



IGNOU

Certificate Programme in Yoga (CPY)

ASSIGNMENTS 2020

CPY/AS 1-2

**School of Health Sciences
Indira Gandhi National Open University
Maidan Garhi, New Delhi-110 068**

Dear Student,

As explained in the Programme Guide, there are two assignments in total and **all** these assignments are compulsory. Please note that the assignments carry a weightage of 30% marks towards the final evaluation in theory component and **submission of related assignments is a prerequisite** for appearing in theory term-end examination for respective papers. It is always better if you can submit all assignments as early as possible during your contact session.

Last Date of Submission	Course Code	Blocks Involved	Assignment Code
April 30, 2020	BYG-001/TMA/2020	1, 2, 3, and 4	BYG-001/TMA/2020/AS-1
April 30, 2020	BYG-002/TMA/2020	1, 2, 3, and 4	BYG-002/TMA/2020/AS-2

Please take note of the following points before writing your assignments:

- Use only foolscap size paper for writing your responses. Only handwritten assignments will be accepted. Typed or printed copies of assignments will not be accepted.
- Tie the pages after numbering them carefully.
- Write the questions and question number with each answer.
- All the questions are compulsory.
- **Zero marks will be given if it is found that the answers were copied from other student**
- Every assignment will be evaluated out of a full mark of 100. Weightage is indicated in parenthesis against each question.

Suggestions for writing an assignment:

Read the assignments carefully. Go through the units on which the answers are based. Draw a rough outline of your answer. Make a logical order. Then write your answer neatly and submit. Give illustrations and tables wherever necessary. You may keep a photo copy of the answer sheets for future reference.

Answer each assignment in separate sheets. On the first page of the assignment response sheet, write the course code, course title, assignment code, name of your programme study centre and date of submission. Your Roll No., Name and Full address should be mentioned in the top right corner of the first page. The first page of your response sheet should look like the format given.

Course Code _____	Enrollment No. _____
Course Title _____	Name _____
Assignment Code _____	Address _____
PSC _____	_____
Date of Submission _____	_____

Please submit the assignments to your Programme-in-charge (PIC) only.

**Assignment 1 for Course 1 of Certificate Programme in Yoga
(Block 1, 2, 3&4)**

Programme Code: CPY

Course Code: BYG-001

Assignment Code: BYG-001/TMA/2020

Programme Code: CPY

Course Code: BYG-001

Assignment Code: BYG-001/TMA/2020

Maximum Marks: 100

Last date of Submission: April 30, 2020

Section 1

Write the answers in 1200-1500 words. Each question carries 10 marks.

- 1 Give a life sketch of *Maharishi Dayananda Saraswati* along with his work. 10
- 2 What do the first and fourth discourse of *Hathapradipika* deals with? 10
- 3 What is *karmayoga*? Explain the types of *karma* according to *Bhagwadgita*. 10

Section 2

Write the answers in 500-600 words. Each question carries 5 marks.

- 4 What do you understand about *Yoga*? Give its etymology and meaning. 5
- 5 Discuss the modern period of *Yoga* tradition. 5
- 6 How many types of *Bhaktas* are described in *Bhagwadgita*? Also discuss the qualities of *Bhakta*. 5
- 7 Briefly discuss the principles of *Yoga*. 5
- 8 What do you understand by the concept of *Atma* and *Parmatma* in *Bhagwadgita*? 5
- 9 Write short notes on following : 5
 - a. *Ishopnishad*
 - b. *Prashnopnishad*

10	Explain in your words the importance of <i>Yoga Sutra</i> in comparison to other <i>Yogic</i> literature.	5
11	What do you understand by <i>Ghatastha Yoga of Maharishi Gheranda</i> ?	5
12	Discuss the early life of <i>Adishankaracharya</i> .	5
13	Describe the <i>kriyayoga</i> practice popularized by <i>Paramhansa Yogananda</i> .	5
14	Describe the five associates (<i>Vikshepasahabhava</i>) of <i>Chittavikshepa</i> .	5
15	Describe Shree <i>Aurbindo</i> as a freedom fighter.	5
16	Describe the five states of mind as stated by <i>Maharishi Vyasa</i> .	5
17	What are the four modes of existence of <i>Kleshas</i> ? Explain.	5

**Assignment 1 for Course 2 Certificate Programme in Yoga
(Block 1, 2, 3 &4)
Programme Code: CPY
Course Code: BYG-002
Assignment Code: BYG-002/TMA/2020**

**Programme Code: CPY
Course Code: BYG-002
Assignment Code: BYG-002/TMA/2020
Maximum Marks: 100
Last date of Submission: April 30, 2020**

Section 1

Write the answers in 1200-1500 words. Each question carries 10 marks.

- | | | |
|---|---|----|
| 1 | Discuss Respiratory System in detail. | 10 |
| 2 | What is <i>Panchakosha</i> theory? Explain in detail. | 10 |
| 3 | What is <i>Yogic</i> diet? Explain the three categories of food as mentioned in <i>Yoga</i> . | 10 |

Section 2

Write the answers in 500-600 words. Each question carries 5 marks.

- | | | |
|---|----------------------------------|---|
| 4 | Write short notes on following : | 5 |
| | a. Synovial joint. | |
| | b. Cardiac cycle. | |
| 5 | Write short notes on following : | 5 |
| | a. Spinal cord. (1.5 mark) | |
| | b. Blood pressure. (2.5 mark) | |

- c. Thyroid gland. (1 mark)
- 6 Discuss the relationship of *Panchabhutas* with *Tridoshas* and *Trigunas*. 5
- 7 Write short notes on following : 5
- a. *Kanda*
a. *Prana*
- 8 What is good health? Discuss its different dimensions. 5
- 9 Discuss the practices recommended to achieve the perfect health of *Manomaya Kosha*. 5
- 10 Write short notes on following : 5
- a. Role of *Pranayama* in calming down the mind.
b. *Sakshi Bhava*.
- 11 What do you understand by the term *Triguna*? Briefly discuss the characteristics of *Triguna*. 5
- 12 Write a note on human personality and *Svabhav*. 5
- 13 What do you understand by the term consciousness? Briefly discuss the four states of consciousness. 5
- 14 Discuss the *Yogic* perspective of stress in brief. 5
- 15 What do you understand by *Sadavritta* (code of conduct) of *Ayurveda*? 5
- 16 Write about the concept of *Ayurvedic* diet. 5
- 17 How will you explain the concept of *Achara* as a *Yogic* principle of healthy living? 5