

Certificate in Yoga (CYA)

Assignments (2019 January Session)

YE001: Introduction to Yoga Philosophy

YE002: Yoga Postures and Pranayama

YE003: Human Physiology and Yoga

State Resource Centre, Kerala

(Under Ministry of Human Resource Development, Govt. of India)

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Dear Student,

These are the assignments intended for you as part of Certificate Programme in Yoga. Through these assignments we would help you in assessing your progress in the study of this course

Before attempting the assignment read the directions given below:

1. In these assignments long answer questions are being asked. Each of them requires not less than 400 words.
2. Read the units carefully in order to answer the questions. You must also read reports and other documents in connection with the topics covered under the programme.
3. While writing the assignment keep the following facts in mind:
 - (i) Read the questions carefully so as to know what has been asked. Then think of the answer. The answer may not always be available in the reading material. Though there are some examples mentioned in the study materials, you have to look into the books and journals concerned with Yoga.
 - (ii) Write your name, enrolment number, full address and date on the top right-hand-corner of your assignment sheet(s).
 - (iii) Write the Course Title, Assignment Number and the name of the Study Centre you are attached with, on the first page of your response sheet(s)

The first page of the assignments booklet should be like this:

| |
|----------------------------|
| Enrolment No: |
| Name: |
| Address:..... |
| Date: |
| Course Title:..... |
| Assignment No: |
| Name of Study Centre:..... |

4. Use only foolscap size paper for your response and tag all the pages carefully.
5. Write the relevant question number with each answer.
6. You should write the assignment in your own handwriting.
7. Submission: The completed assignment should be sent to the Coordinator of the Study Centre allotted to you.
8. The last date for submission of this assignment are:
 1. Assignment 1:
YE001A1 Introduction to Yoga Philosophy - June 23, 2019
 2. Assignment 2:
YE002A2 Yoga Postures and Pranayama - June 30, 2019
 3. Assignment 3:
YE003A3 Human Physiology and Yoga - July 7, 2019

GUIDELINES FOR WRITING THE ASSIGNMENTS

You will find it useful to keep the following points in mind:

1. Planning: Read the assignment carefully. Go through the units on which they are based. Make some points regarding each question and then rearrange these in a logical order. Write the answers in your own words. Do not reproduce passages from the units.
2. Organisation: Be a little more selective and analytical before drawing up a rough outline of your answer. In an essay-type question, give an adequate attention to your introduction and conclusion. The introduction must offer your brief interpretation of the question and how you propose to develop it.

The conclusion must summarise your response to the question. In the course of your answer, you may like to make reference to other texts or critics as this will add some depth to your analysis.

Make sure that your answer:

- a) is logical and coherent;
- b) has clear connections between sentences and paragraphs;
- c) is written correctly, given adequate consideration to your expression, style and presentation;
- d) does not exceed the number of words indicated in your question.

Note: Remember that the submission of assignments is a precondition of permission for appearing examination. If you have not submitted the assignments in time, you will not be allowed to appear for the examination.

ASSIGNMENT 1: YE001A1 INTRODUCTION TO YOGA PHILOSOPHY

Programme Code: CYA

Course Code: YE001

Name of the Course: YE001 Introduction to Yoga Philosophy

Assignment Code: YE001A1

Answer each of the following questions in about **400 words**

1. Define yoga on the basis of '*Bhagavat Gita*'.
2. Briefly explain the history of origin and growth of yoga.
3. How *yama* and *niyama* are significant to sustain a good social order in the modern era? Examine.

ASSIGNMENT 2: YE002A2 YOGA POSTURES AND PRANAYAMA

Programme Code: CYA

Course Code: YE002

Name of the Course: YE002 Yoga Postures and Pranayama

Assignment Code: YE002A2

Answer the following questions in about **400 words** each.

1. Yoga is considered the best for preventing lifestyle diseases - Substantiate this statement.
2. Yoga is an ideal programme to synchronize human mind and body - Explain
3. How much does the *Bhakthi Yoga* serve as a path to attain the ultimate goal?

ASSIGNMENT 3: YE003A3 HUMAN PHYSIOLOGY AND YOGA

Programme Code: CYA

Course Code: YE003

Name of the Course: YE003 Human Physiology and Yoga

Assignment Code: YE003A3

Answer each of the following questions in about **400 words**

1. Examine the gross/physical body on the basis of Indian philosophy.
2. Explain in detail the role and functions of digestive system.
3. How much the respiratory system is linked with *pranayama*? - Describe.