

INTERNAL ASSIGNMENT QUESTIONS CERTIFICATE COURSE IN YOGA - 2024



PROF. G. RAM REDDY CENTRE FOR DISTANCE EDUCATION

(RECOGNISED BY THE DISTANCE EDUCATION BUREAU, UGC, NEW DELHI)

OSMANIA UNIVERSITY

(A University with Potential for Excellence and Re-Accredited by NAAC with "A" + Grade)

DIRECTOR

Prof. G.B. Reddy

Hyderabad – 7 Telangana State

Dear Students,

Every student of Certificate Course in Yoga has to write and submit one **Assignment** which contains two (2) Questions and one field based project for each paper compulsorily. Each assignment carries **30 marks**. The marks awarded to the students will be forwarded to the Examination Branch, OU for inclusion in the marks memo. If the student fail to submit Internal Assignments before the stipulated date, the internal marks will not be added in the final marks memo under any circumstances. The assignments will not be accepted after the stipulated date. **Candidates should submit assignments only in the academic year in which the examination fee is paid for the examination for the first time.**

Candidates are required to submit the Exam fee receipt along with the assignment answers scripts at the concerned counter on or before **20-02-2024** and obtain proper submission receipt.

ASSIGNMENT WITHOUT EXAMINATION FEE PAYMENT RECEIPT (ONLINE) WILL NOT BE ACCEPTED

Assignments on Printed / Photocopy / Typed will not be accepted and will not be valued at any cost.

HAND WRITTEN ASSIGNMENTS will be accepted and valued.

Methodology for writing the Assignments (Instructions) :

1. First read the subject matter in the course material that is supplied to you.
2. If possible read the subject matter in the books suggested for further reading.
3. You are welcome to use the PGRRCDE Library on all working days for collecting information on the topic of your assignments. (10.30 am to 5.00 pm).
4. Give a final reading to the answer you have written and see whether you can delete unimportant or repetitive words.
5. The cover page of the each theory assignments must have information as given in FORMAT below.

FORMAT

1. NAME OF THE STUDENT :
2. ENROLLMENT NUMBER :
3. NAME OF THE COURSE :
4. NAME OF THE PAPER :
5. DATE OF SUBMISSION :

BODY OF ASSIGNMENT

- a) Introduction
 - b) The conceptual framework as per the given assignment topic
 - c) Conclusion & your reflections
 - d) References / Links
6. Write the above said details clearly on every subject assignments paper, otherwise your paper will not be valued.
 7. Tag all the assignments paper wise and submit them in the concerned counter.
 8. Submit the assignments on or before **20-02-2024** at the concerned counter at PGRRCDE, OU on any working day and obtain receipt.

DIRECTOR

Certificate Course in Yoga

INTERNAL ASSESSMENT

Theory Paper – I: CCY – 001 – Introduction to Yoga

SECTION - A

Answer any two of the following short questions (each question carries 10 marks) 2x10=20

1. How do you understand the importance of nature and the scope of Yoga in human life in the present context ?
2. How did Yoga evolved Historically and Developed ?
3. What is the Effect of Yoga Sadhana on human body and mind? Give your reflections.
4. What kind of misconceptions are prevalent among people about yoga ? Discuss with examples. .
5. How do you think yoga makes a happy and healthy human being ? Give your experiences.

SECTION – B

10x1=10

Field – based Project : All the students must prepare a 5 to 10 minutes video on any one topic of your choice from the P – I syllabus & related areas

E.g., Interview some yoga practitioners on any of the aspects of yoga and make a video.

- Note** :
1. Attach the video links to the given email id pgrrcdeyoga@gmail.com.
 2. Mention your name and roll number to your video file
 3. Save prepared video file in your Google derive and Mention the address of video links on the last page of the assignment

Certificate Course in Yoga

INTERNAL ASSESSMENT

Theory Paper – II: CCY – 002 – Traditions of Yoga

SECTION - A

Answer any two of the following short questions (each question carries 10 marks)

2x10=20

1. How do you conceptualise the Concept of Four Noble Truths and Ashtanga Marga of Budha ?
2. How did you understand the Concept of Chitta Vritti Naroda as a basis for Patanjali Yoga Sadhana ?
3. How do you understand Sri Aurobindo's Concept of Mind ?
4. How do you understand the relation between and Karma, Janana, Bakthi Yoga from Bhagavat Gita context ?
5. What are the Characteristics of a Yogi ? Share some examples from the ancient scripts ?

SECTION – B

1x10=10

Field – based Project: All the students must prepare a 5 - minutes video on any one topic of your choice from the P – II syllabus & related areas

E.g., Recite some Gita verses and make some children or adults ? to repeat or speak about the benefits of it for them.

- Note :**
1. Attach the video links to the given email id pgrrcdeyoga@gmail.com.
 2. Mention your name and roll number to your video file
 - 3 Save prepared video file in your Google derive and Mention the address of video links on the last page of the assignment

Certificate Course in Yoga

INTERNAL ASSESSMENT

Theory Paper – III: CCY – 003 – Contemporary Issues in Yoga

SECTION - A

Answer any two of the following short questions (each question carries 10 marks) **2x10=20**

1. How do you distinguish between Ethics, Values and Virtues ? Explain with some examples.
2. How do you overcome Stress ? Give some strategies you adopt to overcome stress.
3. What are the various Systems of the Human Body ? Explain in detail with diagrams.
4. How do you conceptualize Saptha Chakras ? Describe the process.
5. Explain the process of chakra meditation. Write about your Reflections.

SECTION – B

1x10=10

Field – based Project: All the students must prepare a 5 - minutes video on any one topic of your choice from the P – III syllabus & related areas

E.g., Make a video on how to do Chakra Meditation by demonstrating.

- Note :**
1. Attach the video links to the given email id pgrrcdeyoga@gmail.com.
 2. Mention your name and roll number to your video file
 3. Save prepared video file in your Google derive and Mention the address of video links on the last page of the assignment

Certificate Course in Yoga

INTERNAL ASSESSMENT

Practicum Paper – IV: CCY – 004 – Classical Hatha Yoga Sadhana and Yogic Diet

SECTION - A

Answer any two of the following short questions (each question carries 10 marks)

2x10=20

1. How do you practice Sukshma Vya Yam ? Explain in detail the process.
2. What are the various types of Asanas ? Write about them with diagrams
3. Write about the Yogic Diet as per the Hathayoga Pradipika and Gheranda Samhita.
4. What is ISHA Upa-Yoga and write about its importance of it ?
5. How do you practice Isha Kriya Meditation? Explain in detail process.

SECTION – B

1x10=10

Field – based Project: All the students must prepare a 5 - minutes video on any one topic of your choice from the P – IV syllabus & related areas

E.g., Make a video on Sukshma Vyayam, a video on Surya Namaskar

- Note :**
1. Attach the video links to the given email id pgrrcdeyoga@gmail.com.
 2. Mention your name and roll number to your video file
 3. Save prepared video file in your Google derive and Mention the address of video links on the last page of the assignment

Certificate Course in Yoga

INTERNAL ASSESSMENT

Practicum Paper – V: CCY – 005 – Structural & Functional Yoga

SECTION - A

Answer any two of the following short questions (each question carries 10 marks)

2x10=20

1. Write in detail about the AYUSH Common Yoga Protocol.
2. How do you conceptualize and experience Shat Kriyas ? explain
3. What are the Concepts of Immunity Yoga ? Explain with examples
4. Write about the Procedure of Mindfulness Meditation.
5. What are your reflections on Pranayama Practice for Immunity development ?

SECTION – B

1x10=10

Field – based Project: All the students must prepare a 5 - minutes video on any one topic of your choice from the P – V syllabus & related areas

E.g., Make a video - demonstrate AYUSH common Yoga protocol
Demonstration of Jalaneti and Sutraneti
Pranayama Practice
Meditation

- Note :**
1. Attach the video links to the given email id pgrrcdeyoga@gmail.com.
 2. Mention your name and roll number to your video file
 3. Save prepared video file in your Google derive and Mention the address of video links on the last page of the assignment