PROGRAMME GUIDE

Certificate Programme in Yoga (CPY)

Yoga for Harmony & Peace

ignou
THE PEOPLE'S UNIVERSITY

School of Health Sciences
Indira Gandhi National Open University

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(CPY)

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School of Health Sciences
Indira Gandhi National Open University
Maidan Garhi, New Delhi-110 068
2020

IMPORTANT INFORMATION

Registration and IGNOU ID	After applying you are required to procure your IGNOU Student ID form your respective Regional Centres after due signature of the concerned Regional Director
Minimum duration of the programme	6 months
Maximum duration of the programme	2 years
Assignments	One for each course
	Submission is essential before filling term end examination form
	To be submitted to the Learner Support Centre
	Validity is six months, in case 6 months are over, you need to solve the new assignment and submit
	You can download the assignment from the IGNOU website www.ignou.ac.in under the downloads. Please note the last date for the submission of the assignments, given on the top right corner of each assignment and submit your assignments on time.
Submission of term end examination form*	Last date for submission of the form is 30th September 30th March for the July-Dec and the Jan-June sessions respectively without late fee. Dates if changed, are notified on the IGNOU website which you should visit frequently
	Schedule for submission of exam form through online mode and exam fee should be Rs.150/- per course.
Centre of examination*	Online submission of exam form link should provide exam centre list.
Admit Card	The admit card or hall ticket can be downloaded from IGNOU website.
ID card for examination	Showing your ID card is a must for entry to the examination hall. You may not be allowed to appear for the examination in case you are unable to show the same
Readmission*	In case you are unable to complete your programme successfully by the end of two years, you can take readmission for another 6 months period. You will be required to fill the readmission form for the courses you have not completed/cleared and pay the requisite fee.
Correspondence with the university*	Always keep a copy of your correspondence with the university, assignments, projects, forms etc. with you. Please mention your enrolment number in all the correspondence you make with the university
Submission of forms	Fill the forms online if available. In cases where you are not required to submit online, download the form and send in the filled in form with the required fee/and enclosures as instructed. Please check for latest versions of the forms which may have been uploaded on the IGNOU website.

*All this information is available in the IGNOU website. However in some instances IGNOU may change the fees, dates and forms. You may kindly keep yourself updated by visiting IGNOU website for all updates

SOME IMPORTANT LINKS

1.	**IGNOU WEBSITE** www.ignou.ac.in
2.	WEBSITE OF SCHOOL OF HEALTH SCIENCES http://www.ignou.ac.in/ignou/aboutignou/school/sohs/introduction
3.	CPY Programme Page http://www.ignou.ac.in/ignou/aboutignou/school/SOHS/programmes/detail/664/2
4.	Know your registration details http://admission.ignou.ac.in/changeadmdata/admissionstatusnew.asp
5.	e Gyankosh –A digital repository ww.egyankosh.ac.in
6.	Downlaod Assignments https://webservices.ignou.ac.in/assignments/
7.	Student Zone http://www.ignou.ac.in/ignou/studentzone
8.	Link of Regional Centres http://www.ignou.ac.in/ignou/aboutignou/regional/about

Dear Student,

Greetings from IGNOU

I welcome you to the Certificate Programme in Yoga (CPY) Programme of IGNOU. This is a unique Course initiated by IGNOU in the field of Yoga. The Course will help prepare you to provide basic concept of Yoga and usefulness of day to day practice of yoga.

During your study, you will get support from IGNOU through Internet as well as through the networks of our Regional and learner Support Centres. You have been allotted a Regional Centre and you will be attached to a Learner support centre under that Regional Centre. You will receive soft copies of the course material and the printed self-learning course material in accordance with our despatch schedule.

You are requested to be in constant touch with us through the email cpy@ignou.ac.in. The programme comprises of a total of two theory courses viz. worth four credits each and one practical course of eight credits. Custom-made self-instructional course material has been prepared for all the courses. You are provided with the self -instructional course material of all the courses at the time of your admission.

As part of your study, you are required to undertake assignments. Assignments are a form of continuous assessment tools and must be submitted in time. At the end of the course you are required to undergo term end examination in each of the courses and clear each one independently.

In addition to the course material, you will have audios and videos available for better understanding of the subject, and radio-counselling/web conferencing/teleconferencing for clearing your doubts and for interaction with subject experts. The radio-counselling, web conferencing and teleconferencing sessions are scheduled by IGNOU as per availability of the facilities. Regular broadcasts and telecasts of recorded audio video programme help in supplementing the information given in the course material.

As with every distance learning programme, we appreciate that due to various personal reasons, you may not be able to complete some or all components of your programme in the designated six months of the duration of the course. IGNOU gives you the flexibility of completing the programme in a total of two years of registration of the programme without paying any extra fees.

Required information or the source and the various forms that may be required by some of you time to time, are available in the Programme Guide. You may also visit the IGNOU website for any updates/ changes in the forms or the fee to be submitted with the forms.

Please read and keep this Programme Guide very carefully and you will have minimum doubts about the frequently asked queries. During the course of your study, if you have any feedback, suggestions and comments to make, please write to us immediately, at cpy@ignou.ac.in. You will be provided administrative support from the Regional Centre and academic support from the Learner Support Centre. I am always there for your support and can be approached for problems not sorted out at any level.

You are advised to be in touch with your learner support centres for advice / timely / day-to-day information or visit the website with www.ignou.ac.in.

Wishing you all the best in pursuing CPY programme.

Dr. Biplab Jamatia
Programme Coordinator
E-mail: cpy@ignou.ac.in
Telephone: 011-29572851

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8.   Appendices

ABBREVIATIONS

IGNOU	:	Indira Gandhi National Open University
SOHS	:	School of Health Sciences
RSD	:	Regional Services Division
SRD	:	Student Registration Division
SED	:	Student Evaluation Division
MPDD	:	Material Production and Distribution Division
PSC	:	Programme Study Centre
PIC	:	Programme-in-charge

1. THE UNIVERSITY

Indira Gandhi National Open University was established by an Act of Parliament in 1985 to achieve the following objectives:

- Democratising higher education by taking it to the doorsteps of the learners

- Providing access to high quality education to all those who seek it irrespective of age, region, religion and gender

- Offering need-based academic programmes by giving professional and vocational orientation to the courses

- Promoting and developing distance education in India

- Setting and maintaining standards in distance education in the country as an apex body.

Over the years, it has emerged as the largest Open University in the World. UNESCO declared IGNOU as the largest institution of higher learning in the world in 2010. Commonwealth of Learning recognised it (1993) as Centre of Excellence in Distance Education. It has also received the award of Excellence for Distance Education Materials by Commonwealth of Learning in 1999).

IGNOU has certain unique features such as International jurisdiction, Nationwide student support services network, Flexible admission rules, Use of latest information and communication technologies, modular approach to programmes, Individualised study i.e. flexibility in terms of place, pace and duration of study Resource sharing. In addition, it provides collaboration and networking with conventional Universities, Open Universities and other Institutions/Organisations.

1.1 Organizational Structure of IGNOU

With a view to develop interdisciplinary studies, the University operates through 21 Schools of Studies. Each School is headed by a Director who arranges to plan, supervise, develop and organise its academic programmes and courses in coordination with the School staff and different academic, administrative and service wings of the University. The emphasis is on providing a wide choice of courses at different levels.

In addition to the various schools there are various divisions and centres. Some of these are administrative divisions while others assist the schools in the development and the delivery of the academic programmes. Some of the support divisions are the Student Registration Division, Student Evaluation division, Regional Services division and Material Distribution division. The following Schools of Studies currently are in operation. The broad organisational structure is given in Fig 1.

1.2 School of Health Sciences

The School of Health Sciences (SOHS) was set up with the objective of augmenting educational avenues and for providing in-service training for medical, nursing, and allied health personnel through the distance education mode.

The School is a pioneer in developing competency-based programmes in various disciplines of Health Sciences. Innovative approaches in Medical and Nursing programmes includes hands-on training which is provided through diversified approach of a network of medical and nursing colleges and district level hospitals. Most of these programmes are skill based programmes aimed at improving the knowledge and skills of inservice health personnel.

ORGANISATIONAL STRUCTURE OF
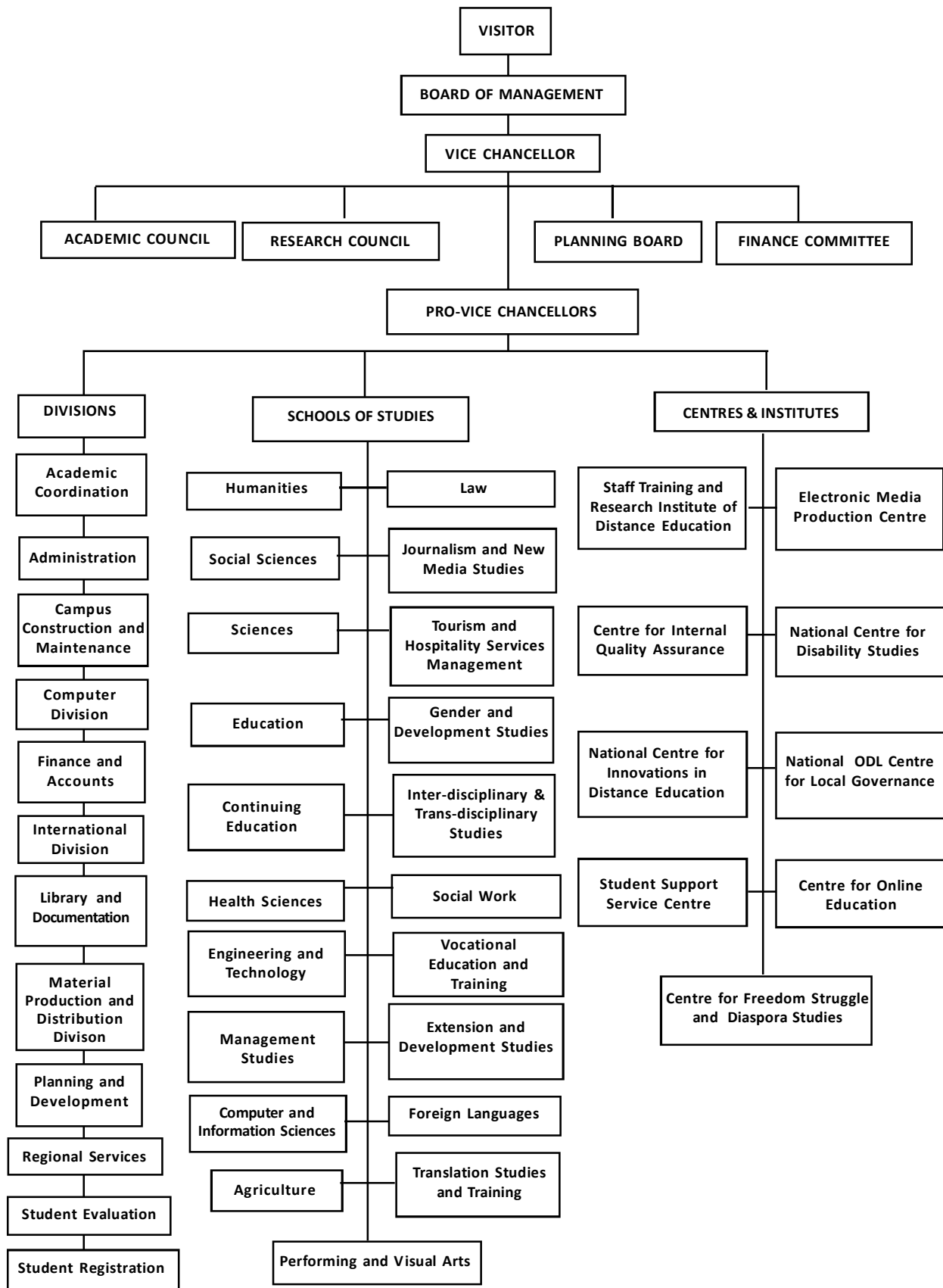# INDIRA GANDHI NATIONAL OPEN UNIVERSITY

Fig. 1: Broad Organisational Structure of IGNOU

To achieve this, the School is collaborating and jointly developing and offering academic programmes, with various national and International organizations like World Health Organization (WHO), Ministry of Health and Family Welfare (MoHFW), National AIDS Control Organisation, Indian Nursing Council (INC) etc. The ongoing Programmes include

Doctoral Degree Programmes

Doctor of Philosophy in Nursing (Ph.D.(N))

Bachelor's Degree Programme

Bachelor of Science in Post Basic B.Sc. Nursing (BSCN(PB))

PG Diploma Programmes

Post-Graduate Diploma in Maternal and Child Health (PGDMCH)

Post-Graduate Diploma in Hospital and Health Management (PGDHHM)

Post-Graduate Diploma in Geriatric Medicine (PGDGM)

Post-Graduate Diploma in HIV Medicine (PGDHIVM)

Diploma Programmes

Diploma in Critical Care Nursing (DCCN)

Diploma in Nursing Administration (DNA)

PG Certificate

Post Graduate Certificate in Medical Management of CBRNE Disasters (PGCMDM)

Certificate Programmes

Certificate in Health Care Waste Management (CHCWM)

Certificate in Maternal and Child Health Nursing (CMCHN)

Certificate in Newborn and Infant Nursing (CNIN)

Certificate in Home Based Health Care (CHBHC)

Certificate in Community Health (CCH)

Certificate in First Aid (CFAID)

Certificate in General Duty Assistance (CGDA)

Certificate in Phlebotomy Assistance (CPHA)

Certificate in Home Health Assistance (CHHA)

Certificate in Geriatric Care Assistance (CGCA)

Certificate Programme in Yoga (CPY)

2. WHAT IS THIS PROGRAMME?

Yoga is essentially a practice based on an extremely subtle science, which focusses on bringing harmony between mind, body and spirit. It is a very powerful means to achieve physical, mental and emotional well being. Yoga paves the way to discover the self, the external world and the nature. It is an art and science for healthy living. Yoga has several benefits including education, health and stress management.

After end of the programme student will be able to:

• Narrate the history and the contribution of various Yogis

• Comprehend the basic principles and practice of yoga.

• Demonstrate the protocol yoga programme developed by AYUSH

• Demonstrate yoga practices for prevention of diseases and adoption of yogic lifestyle

• Develop a holistic health for himself for enhancing functionality

2.1 Programme Structure

The Certificate Programme in Yoga programme consists of three courses. Among them 2 are theory courses and 1 is practical course. All the theory and practical course are compulsory. Course 1 (BYG-001), and Course 2 (BYG-002) represent the disciplines of Introduction to Yoga and Yogic Texts and Yoga and health respectively. The respective practical component of one course is given in the Course 3 (BYGL-001).

The courses are designed on the basis of learning hours required by an average student. As mentioned above, one credit represents 30 hours of learning. The design of the CPY programme in terms of credit distribution of the courses is shown below:

Course Code	Course Title	Nature of Course	Credits
BYG-001	Introduction to Yoga and Yogic texts	Theory	4
BYG-002	Yoga and Health	Theory	4
BYGL-001	Shat Kriyas, Yogic Kriyas, Asanas, Pranayama, Mantra Japa	Practical	8

2.2 Programme Package

The programme is being offered through blended approach. The programme package consists of a blend of multiple media:

➤ Print material in the form of booklets called blocks: Self-instructional material which has been developed with dialogue and personal system of writing method to create a nature of interactivity in the material thus simulating a teacher

➤ Audio Video materials in the form of CD/DVD: these are custom made for the programme

➤ Radio—counselling: a two way interaction between the listeners and the experts

➤ Broadcast: pre recorded programmes broadcast on the radio channels

➤ TV Telecast: Pre-recorded programmes telecast on the Doordarshan from 6:00 am to 6.30 am every morning on different courses of IGNOU

➤ Teleconferencing and / Web counselling: a two way audio and one way video (at some places both way video is possible) between the viewers and the experts. It is a very good teaching learning methodology for bridging the gap in ODL system and imparting knowledge and skill based learning

You will receive all the course materials in the beginning of the session. You will receive two theory books, 1 practical manual and a logbook as mentioned below:

Course Code	Materials to be Received by Students	
	Books	Assignments*
BYG-001	1 (Having all 4 Blocks bound together)	1
BYG-002	1 (Having all 4 Blocks bound together)	1
BYGL-001	1 Practical Manual, and 1 logbook	N.A

* Assignments will be uploaded on IGNOU website

2.3   Scheme of Study

In distance education system, in addition to self-learning, contact sessions are held to facilitate the learning process of students. In this programme, where practical component is quite significant, the contact sessions will comprise of counselling sessions for the theory and practical components. For the convenience of study, the whole duration of these sessions is divided into two Spells/Contact Sessions which will be conducted in the LSC or in identified Yoga training Centre.

3.   HOW TO STUDY?

3.1   Theory Component

The students of distance education system are adult learners. Hence, the self-instructional materials are written with the objective and style so as to make the reading interesting and easily understandable. A schematic representation of the design of units is given below to facilitate your access to the contents.

As the scheme suggests, we have divided the units into sections for easy reading and better comprehension. Each **section is indicated distinctly by bold capital letters** and each sub-section by relatively smaller but bold letters. The significant divisions within sub-sections are in still smaller but bold letters so as to make it easier for you to see their place within sub-sections. For purposes of uniformity, we have employed the same scheme of divisions in every unit throughout the programme.

Please start reading from the very beginning of the block i.e. Block Introduction and then go through the units. In each unit read the objectives, introduction and then the text. The objectives articulate briefly:

- What we have presented in the unit, and

- What we expect from you once you complete working on the unit.

The last section of each unit under the heading 'Let Us Sum Up' summarises the whole unit for purposes of recapitulation and ready reference. We have self-check exercises under the caption 'Check Your Progress' at a few places in each unit. Do not skip these exercises. The answers to these exercises are mentioned at the end of the unit.

Unit X*

X.0   Objectives

X.1   Introduction

X.2   Section 1 (Main Theme)

   X.2.1   Sub-section 1 of Section 1

   X.2.2   Sub-section 2 of Section 1

   …………………………………

   ………………………………… | Check Your Progress |

   …………………………………

X.3   Section 2 (Main Theme)

   X.3.1   Sub-section 1 of Section 2

   X.3.2   Sub-section 2 of Section 2

   …………………………………

   ………………………………… | Check Your Progress |

   …………………………………

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| | | | | |

| | | | | |

X.m   Let Us Sum Up

X.n   Answers to Check Your Progress

* '**X**' stands for the serial number of the unit concerned.

The theory courses comprises of booklets called blocks as mentioned in the section 2.2 on programme package above. Each block has 3-5 chapters called units. The units are designed in such a way that the contents of later units are based upon the contents of initial units. The practical course has two components, including Practical Manuals and Log Book which provide a guide for the counselling sessions of the practical. You will be evaluated on your participation during these practices and your records in the log book. Be sure to carry your log book during the practical term end examination.

All the course material has been written in the self instructional style, with dialogue and a personal system of writing to create a sense of interactivity. It has been attempted to involve you actively through various experience-based activities and assignments. Each unit begins with the learning objectives and has a brief introduction which serves as a motivation and a study guide for the unit. There is summary at the end of the unit and a glossary of the commonly used terms in the unit. All these access devices help you to be self directed for completion of the material and enable you to apply the new knowledge and skills learnt in this programme.

The content in each unit has been divided into smaller sections and sub sections for effective learning. As you go through the units, you may like to jot down important points in the space provided in the margin. *Broad margins in the booklets are there for you to write your notes on*. These notes will help you prepare for the examination as also in assimilating the content.   Besides, you will be able to save on time. They will also help answer the self-check exercises and easily identify the item(s) to be clarified.

After almost each section there are self assessment questions in the form of check your progress. We hope that we have given enough space for you to work on the self-check exercises. The purpose of giving check your progress will be served satisfactorily if you compare your answers with the possible ones given at the end of each unit after having written your answer in the blank space. **You may be tempted to have a glance at answer(s)** given at the end of the unit as soon as you come across an exercise. But we do hope that you will overcome the temptation and turn to these answers only after you have written yours. These exercises are *not* meant to be submitted to us for correction or evaluation. The exercises are to function as study tools to help you keep on the right track as you read the units. They also serve to stress upon the salient points in the material. They also help in self evaluation.

The relevant references and further readings have been provided at the end of each unit for your convenience. The reference books are listed for those who want to know further about the subject. The content presented in the course material is sufficient for your study. Please note that all the questions either in assignments or in term-end examination will be from the syllabi as mentioned in this guide and covered in your course material. You will have to write the assignments related to each block.

Please read all the course material carefully, before reading the next one because; it may be difficult to follow the later units without a proper understanding of the earlier ones. Wherever you face problem in understanding the content, please make note of it and you can always email the questions to cpy@ignou.ac.in or discuss the same in the discussion forum. You can also informally clear your doubts whenever you come in contact with your counsellors at LSC, during your counselling session.

Students may download the material from e-gyankosh or read at IGNOU e Content (link   http://egyankosh.ac.in/handle/123456789/30759). They can also access the blocks and programme guide by clicking as follows:

3.2   Practical Component

This progarmme has one practical course. The skills that you need to learn under each course are mentioned in appendix-1. Please maintain record of all the practices in log-book.

The time allotment at LSC will be used for demonstration of skills to you and limited practice. To ensure that you have understood the steps involved in each of the skills demonstrated, you should practice them by your own.

The duration of practical component is mentioned against the course. The practical manuals provided for the course would provide you information in details about the skills that you need to perform. This manual will guide you in carrying out the procedures both under supervision and later on for self-practice.

Log-book Maintenance

Log-book is meant for maintaining the records of all the practices that you are performing as a part of the programme at LSC. You have been provided with a logbook for the practical courses. The number of practices that you should record in logbook will be according to the provisions made in it. For the rest of the practices as and when you perform them, should be entered in the logbook in the appropriate place as mentioned in respective log-books.

3.3   Audio-video Component

In addition to the course material, audio video programmes are prepared as supplementary to the print material.

Radio counselling

This is a two way audio programme, during which various topics of public importance are discussed. The viewers can interact in real time and ask questions related to the topic under discussion. You are provided with a schedule on the IGNOU website so that you can tune in for hearing and interacting in the programme of your interest. The wavelength for tuning in is 105.6 MHz at Delhi. You can dial in using toll free number 1800112346, 180012347.

Gyan Vani

IGNOU has been offering FM radio channels in 40 cities and towns for education and development. Electronic Media Production Centre (EMPC) is the nodal agency for implementing the project. As many as 10 FM radio stations at Allahabad, Bangalore, Coimbatore, Vishakhapatnam, Mumbai, Lucknow, Bhopal, Kolkata, Chennai and Delhi are already on air. You can tune in to the Delhi station for participating in the gyanvani programmes at 105.6 MHz.

Teleconferencing

Teleconferencinga two way audio and one way video (facility of two way video also available at few centres). This facility helps you to interact online with the experts of this programme. Teleconferencing is linked with the theory courses. The subject experts are invited to the studio to deal with various subject areas as planned for the sessions. While dealing with the components, principles, concepts dealt in different units will be highlighted. The questions raised by you synchronously will be answered with the help of examples so that you comprehend the subject better. At times, you may also be showing clips of videos and the same discussed.

These sessions are planned as per feasibility of telecast. We advise you to attend these sessions regularly at your Regional Centre. You can also view these sessions through internet based telecast from the link available at the homepage of IGNOU website. You can learn about the timing and schedule of the teleconferencing as and when they are scheduled.

Gyandarshan

Gyandarshan is a television channel where video lectures are displayed regarding the different academic programmes prepared in the university. Students desirous of buying the audio CD/DVD can procure them from buying marketing unit EMPC, IGNOU, Maidan Garhi, New Delhi – 110068.

Telecast

The video programmes are transmitted by Doordarshan at national network (DD1). The slot reserved for IGNOU from 6:00 am everyday wherein programmes of different courses of IGNOU are telecast. You learn more about the broadcast of video related to your programme through home page of IGNOU

3.4   Student Information System

Induction Meeting

The induction meeting is held in the beginning of the session. On this occasion you are informed to come to the LSC or the Regional Centre as felt convenient to the organizers. You are given orientation about the IGNOU system and told about your roles and responsibility while undergoing the CPY programme package. This induction is also done through teleconferencing in the beginning of session. You will receive information regarding this from your regional centre.

Peer Group Information System

You could make your own arrangement to get information in time. One method could be to establish telephonic link amongst the batch mates. Two to three of you having easy access to PIC or Regional Centre could collect updated information regarding the schedules of various activities like spells, teleconferencing, any special event etc. These students in turn could pass information to another set of students staying nearby (say, each take responsibility for 2 students). These students pass information to another set of students. Thus, in a short duration and incurring negligible expense, the information could reach to every student in time.

Information by PIC

The Programme In-charge (PIC) is provided information on different activities either by Regional Centre or by the School of Health Sciences from time to time. The PIC in turn also informs you about the relevant activities by post.

Information by Regional Centre

Some of the information is sent to you by the Regional Centre. The Assistant Regional Director (ARD) takes care of this activity.

Information from Headquarters

Information on evaluation and material distribution goes directly from the respective divisions located at head quarters. You could also communicate directly to these divisions. However, in case of any problem, you could inform to the Regional Centre/PIC as the case may be.

Interaction with Programme Coordinator

You could interact with your programme coordinator through e-mail cpy@ignou.ac.in on any of the administrative or academic problems related to the programme.

Information through Teleconference

Some of the important announcements like the schedule of next teleconference are made during teleconferences. However, this information is available in website. You could attend the teleconference at any of the places linked by Gyandarshan (GD-2) channel or at your residence if you have DTH (direct to home) connection.

Information through Gyan Vani

Gyan vani is an educational FM radio channel operating through several FM radio stations each covering a radius of about 70 km. You can interact during the live broadcast through toll free number. Please contact your regional centre for details.

Information from Website

All the latest information is provided in the website of IGNOU (http://www.ignou.ac.in). You can access it as and when required. See section 3.7 for more details.

Information from Student Support Service centre

Any type of unsolved problems could be sent to the student support service centre (ssc@ignou.ac.in).

3.5   Student Responsibility

Travel and Stay in Relation to Programme

The admission fee covers only the expenses towards study material, counselling, practical activities at LSC. Hence, cost towards your stay and travel in relation to the programme during the practical spells, evaluation, teleconference etc. has to be borne by you.

Log-book Maintenance

You will maintain the log-books for practices that you carry out following the practical demonstration at LSC/ yoga centre. Please fill it as per instructions mentioned in the logbook.

Attendance in Spells

All the practical spells are compulsory. However, you have the option to complete them over 2 years. The **attendance for all spells is compulsory**. If you are not able to attend any spell, you can attend them at some other LSC with the prior approval of the programme coordinator. Alternatively, you can do them with the next batch.

Certificate of Completion for Skill Training

You will have to attach the certificate of completion of practical activities performed at LSC/ Yoga centre while applying for the term-end practical examination. You could retain a photo copy of these certificates for future use.

Timely Submission of Assignments

The submission dates are mentioned in the assignment. You should submit your assignments before taking the term-end theory examination.

Filling of Term-end Examination Form

You will have to fill up *theory and practical term-end examination form separately* and submit them to the Registrar Student Evaluation Division (SED) and PIC respectively. The last date for submitting the theory examination form to the ***Registrar, SED is April 30/October 31 for the June/December examination.*** You have the option to submit at a later date with payment of late fee. See the section 6.4 for details. For practical examination the form is to be submitted to the PIC.

Invalid Registration

Even after completing the programme, your registration could be declared as invalid at the time of announcing the result. The reason could be one or more of the following:

- You have appeared in the examination without registration.

- Your registration period has expired.

- Your registration details are not forwarded from the concerned Regional Centre to the Student Evaluation Division.

- You were not eligible for registration for the particular programme/course.

Hence, you should first check the details from the respective Regional Centre before approaching to the head quarters.

3.6 IGNOU Website

You can get the details of information about IGNOU from the website. If you face any problem or have any doubt, you should e-mail to the programme coordinator.
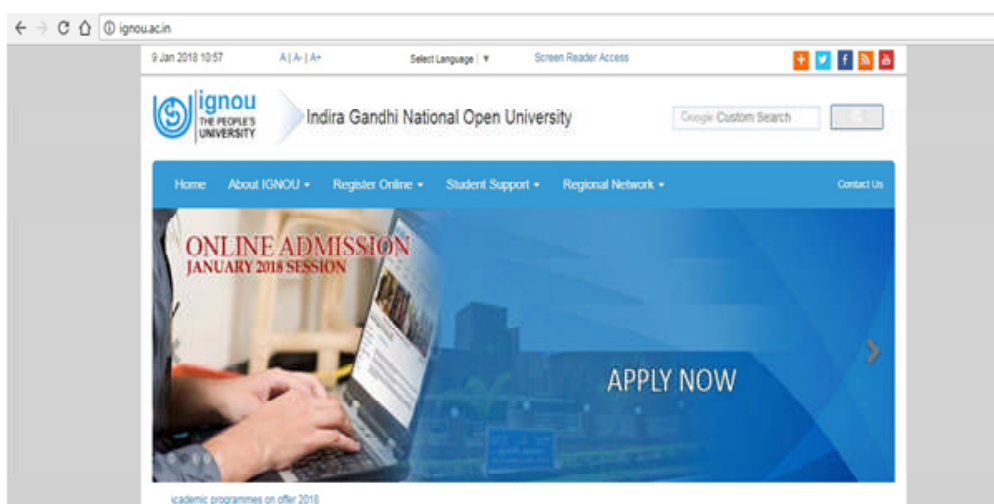
Fig. 1: Web page of IGNOU Website

The screen of the homepage is mentioned in Fig. 1. Please click the respective icons about which you want further information. For example, if you want information on School of Health Sciences, click on the word Schools, similarly if you want information on a specific regional centre, click on Regional websites. If you want information on Gyan Darshan Downlinking Centres, click on Electronic Media.

As a student of IGNOU, you will be interested to know your examination date sheet, old questions papers, term-end theory result, grade card, your correspondence address as recorded at IGNOU Head quarters and the status of the print materials that you are supposed to be provided in the beginning of the session. In addition you may be interested in downloading information like old question papers, fresh assignments etc. All these information related to student learning process in clubbed together which could be accessed by clicking on the word **Students Zone**. Once you click on this word, you will be automatically guided for subsequent search.

You may also notice some information rolling on the screen of the home page. These information are usually displayed periodically according to its relevance. For example, facility for online filling of theory term-end forms will appear only in the month of March or September. Special information like declaration of result, rescheduling of examination etc. are displayed as applicable from time to time. You should click on these matters to know more details.

On line Submission of Theory Term-end Forms

You can fill up the theory term-end form online by clicking on the rolling message in the home page **on-line Examination Form for T.E.E.** . After you fill up the required information, you have to click it to submit. Then you have to wait for sometime till a receipt number gets displayed. Please take a print out of the receipt number which will be useful if you do not receive your admit card in time.

Information on Term-end Theory Examination Date Sheet

The term-end theory examination date sheet gets displayed by the month of February/August for June/December examination respectively. You can see it by clicking at Term End Examination. Usually the paper I (BYG-001) and the paper II (BYG-002) is scheduled for the last week of June and December

4. HOW WILL THE PROGRAMME RUN?

4.1 Infrastructure for Implementation

IGNOU has 56 Regional Centres (RC) which are directly responsible for the programme-related activities of that region. The list of RCs available on IGNOU web site mentions the jurisdiction of each of the regional centres. The head quarters has 21 schools looking after the academic components and several divisions for administrative component.

The School of Health Sciences (SOHS) is responsible for the curriculum design, programme development as well as framing the guidelines for various aspects of the implementation process in consultation with the concerned divisions. Besides it will be monitoring the programme to ensure the quality training. The Student Evaluation Division (SED) is responsible for admission of students, maintenance of progress report and evaluation (both concurrent and end-assessment) including the certification. Computer division possesses the student data to provide address level of students for dispatch of study materials and correspondence with students. MPDD is responsible for dispatch of print materials. The Regional Service Division (RSD) is the coordinating division between the head quarter and peripheral set up. So most of the information from regional director will go to head quarter only through RSD. Besides RSD appoints the counsellors, programme-in-charge and takes care of the financial aspects of running the programme.
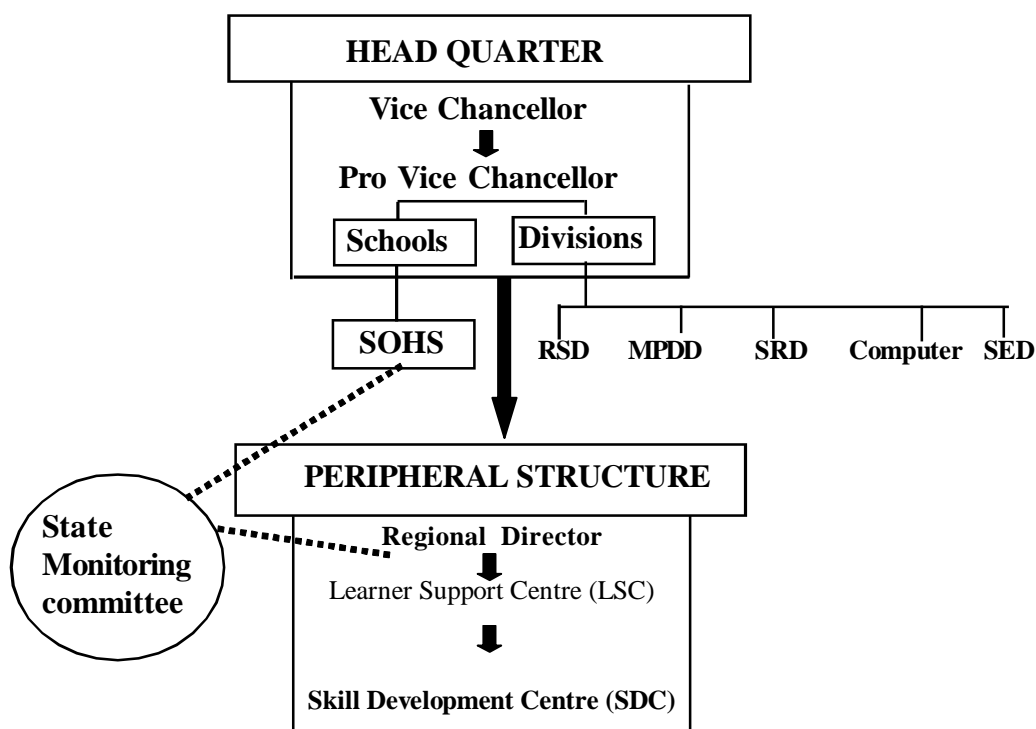

Fig. 2: Administrative set up for CPY Programme

LSC and SDC

You will be primarily attached to an institution for all your teaching-learning process called Learner support centre (LSC). In addition, you may be attached to a yoga centre for practice of yoga activities called Skill Development Centre (SDC).

Allotment of LSC

You will be informed about your allotted Learner Support Centre in your admission letter. You will be issued Identity Card and enrollment number by your Regional Centre. **For all future correspondence, please mention your enrollment number.**

Role of LSC

- **Counselling:** Counselling for theory component as well as for practical component are carried out at LSC. If the LSC does not have yoga teacher, the practical will be done at yoga centre to which you are attached.

- **Viewing of audio video:** discussions on the various audio and videos can be scheduled during your counselling sessions in the centres

- **Evaluation of Assignment:** You will be given assignments having long, short and problem based questions. The counsellors at your learner support centre will evaluate them and return to you for feedback.

- **Library:** There will be availability of relevant course materials, reference books as suggested for further reading, audio video materials related to the programmes run by the learner support centre. You will be able to avail the library facility of the institution to which the learner support centre is attached. Please use your Identity Card for this purpose.

- **Practical term end examination:** You will undergo the term end practical examination on the last day of your counselling in your learner support centre or at Yoga centre

Allotment of Yoga Centre (SDC)

Allotment of the yoga center will be *made in the beginning of the academic session* by the Regional Centres*. It is usually done during the induction meeting*.

Role of Yoga Centre

The yoga centre where you will be attached will have the flowing major functions:

- **Hands on Training**

   You will be practicing different activities during the practical spells/contact sessions. All these practices will be planned by the LSC/Yoga centre(SDC) Counsellor so that all the skills visualized for learning are completed successfully.

- **Internal Evaluation of Practical Courses:** The counsellors at yoga centre will assess each student on the basis of their performance and logbooks. These marks will be sent to the programme In-charge for further compilation.

How can the counsellors help you at Yoga centre?

- Supervise your practice of activities.

- Certify the completion of activities at Yoga centre.

- Evaluate your learning of activities and proficiency

- **Log-book Checking:** Each yoga Counsellor will verify the log-books maintained by the students. This checking will be an integral part of the skill development process.

4.2 Programme Schedules

You will be provided the schedule of counselling by your programme-in-charge. There will be 2 practical spells of six days duration each in this programme. A tentative time frame of the spells is mentioned in appendix-2.

Please note that both **the spells are compulsory and has to be attended in a sequence**. If you are not able to attend any spell in the dates fixed by your LSC, you should inform about it in advance to your PIC and to the Programme Coordinator so that you could be informed about the alternate arrangement being made to enable you to attend it. If the alternate arrangement is also not suitable, then you can attend the activity only with the next batch at your allotted LSC.

4.3   ARRANGEMENT OF CONTACT SESSIONS

4.3.1 Theory Counselling

There will be no separate contact session for theory counseling. All the doubts related to theory material could be clarified during the practical spells.

4.3.2 Practical Activity

i) *At Learner Support Center*

The practical demonstration at the LSC would be done in two spells as mentioned above. It may be noted that the time allotted for LSC will be used for **demonstration of skills and limited practice of those**. It is expected that LSC counsellors will demonstrate all the yogic skills at least once and you also get scope to practice them under their supervision. However, you have to do independent practice of all the skills at home. In addition to demonstration, you could discuss the important points in each of the practice with your counsellors and ensure that you follow all the steps correctly.

At the end of the last spell, the LSC **counsellor will sign on the completion certificate** that is essential to make you eligible to appear in the term-end practical examination.

i) *At Yoga Centre*

You will be attached to a Yoga centre if the LSC does not have facility for practical activities for the Yoga programme.

The yoga practical sessions, irrespective of its venue(i.e. LSC/yoga centre) are divided into two spells of 6 days each. The detailed schedule is mentioned in the appendix-2. Internal assessment of the practical skills will be carried out on the last day of the practical training.

At the end of the last spell, the LSC counsellor will sign on the completion certificate(certificate of proficiency) which is essential to make you eligible to appear in the term-end practical examination.

Please note that *attending all the spells are compulsory* i.e. you will be allowed to appear in the practical examination only after completion of training in all the skills that are planned in both the spells.

5.   HOW WILL YOU BE EVALUATED?

In Indira Gandhi National Open University (IGNOU), every course is considered as an independent entity. Hence every course will be evaluated separately.

Evaluation is both concurrent (assignment/ internal assessment) and at the end (term-end-assessment) for both the theory courses and practical course. The weightage of the internal assessment is 30% while term end-

assessment will be 70% for both the theory courses. But for the practical course, it will be 50% for each of the internal assessment and term end examination. For successful completion of the programme, you will have to **pass in all the six component with a minimum score of 50%** in each component and a combined total of 50% or more.

5.1 DISTRIBUTION OF MARKS

Theory course will have 100 and Practical course will have 200 full marks. Mark distribution and pass marks are mentioned in the table below. It may be noted that even though the students have to secure pass mark separately in both the components, all their successful components are carried forward till the end of the registration period of 2 years. So, the students have the option of either completing all the components in an academic session (6 months) or maximum period of registration(2 years) as feasible to them. However, if you are not able to complete in 2 years of registration, you will not get any more opportunity to complete this programme.

Course-wise Distribution of Marks

Course Code	Nature of Course	Internal Marks	Term-end Marks	Total
BYG-001	Theory	30 (**15**)	70 (**35**)	100
BYG-002	Theory	30 (**15**)	70 (**35**)	100
BYGL-001	Practical	100 (**50**)	100 (**50**)	200
		Total		**400**

Note: Figures in parenthesis show the pass marks.

5.2 METHOD OF EVALUATION OF THEORY COURSES

5.2.1 Internal Assessment (Assignments)

In IGNOU, the internal assessment for theory is carried out by providing you one assignment for every theory course. These assignments are question papers that you will answer at your own place by referring your blocks. For the CPY Programme, you will have to do one assignments for each of Course BYG-001 and BYG-002. You have to secure at least 15 marks in each to pass. If you fail to secure 15 marks, you will have to repeat the assignment. The last date of submission of assignment is mentioned in the assignment itself.

The assignments are to be hand written. Submission of assignments is a pre-requisite for appearing in theory term-end examination.

5.2.2 Term-end Examination

Term-end examination for theory will be held twice in a year i.e. in the month of June and December. There will be 2 papers of 70 marks each. Each paper will be of 3 hours duration. You will have to secure at least 35 marks in each of the theory papers for successful completion.

You could appear in both or any one of them at a time. For appearing in the theory term-end examination, you should *fulfil two requisites, i.e. filling up the form in time* (refer section 6.4) *and timely submission of assignment* related to that theory paper

To make you eligible, you will have to fill the form online and pay *examination fee as applicable. The form gets submitted to the Registrar, SED.* The examination schedule commonly known as *Date Sheet* is uploaded

in website. The theory examination is conducted in about 800 examination centres across the country. You can appear from any of these centres. If the centre that you have opted is not activated as an examination centre, then you will be automatically allotted a centre nearer to that of your option. The hall ticket for the examination has to be downloaded from website which becomes available usually 2 weeks prior to the commencement of examination.

5.3 METHOD OF EVALUATION OF PRACTICAL COURSES

5.3.1 Internal Assessment

The practical course will have 50% weightage for internal assessment. The internal assessment of the practical component will be done by the counsellors located at LSC /Yoga centre. There are no formal question papers to assess this component. The counsellors will make a subjective assessment of your understanding and performance on every skill. The marks on internal assessment will be given by the LSC/yoga centre counsellors in a proforma provided in the programme guide. This proforma will be handed over by the respective LSC/yoga counsellors to the Programme In-charge.

Please note that you have to also submit the *logbook during the term-end practical examination for evaluation by examiners*. You will be returned back your logbooks after the examination.

For BYGL-001, the internal evaluation will have a weightage of 50%. *Passing in internal assessment of the practical is a prerequisite for appearing in the Term-end Practical examination.* A student will have to secure at least 50% marks to be declared as pass in the internal assessment component. If a student fails to secure pass marks, he/she will have to undergo the internal assessment again.

5.3.2 Term-end Examination

For term-end practical examination, there will be one internal and one external examiner. The internal examiners will be from the same LSC and the external examiners will be the counsellors from other LSCs. Their names will be decided by Regional centre in consultation with the School. The practical term-end examination is usually held *once every six months* i.e. in the months of June and December. There is no fee to appear in the term end practical examination.

The examination pattern will be uniform in the whole country. The details are given in appendix-5. A student will have to score at least 50% marks in the practical course to pass successfully. Otherwise, he/she will have to repeat the examination.

You will appear in the term-end practical examination at your LSC. For making you eligible for appearing in the examination, you will have to fill up the form mentioned in the Programme Guide. Please note that this *practical form will be deposited with your programme in-charge*. The examination will be spread over a day. A maximum of 30 students to be evaluated in a day. Your Programme in-charge will inform you about the schedule of your practical examination.

5.4 RESULT AND CERTIFICATION

The results of the assignments and the term end examinations are uploaded on the website. After all the courses are successfully cleared, the student earns a certificate

Declaration of Result

All the results of students are computerized and **when a student completes all the courses of the programme, a printed mark sheet (called grade card) along with a provisional pass certificate is sent to the students**. The grade card is also displayed in the IGNOU website and can be downloaded from here. There is a provision of issuing duplicate grade card on receipt of request application along with a demand draft for the

required fee in favour of IGNOU and payable at New Delhi. Link for the obtaining duplicate copy of grade card, mark sheet or provisional certificate is given in Appendix 8.

There is a provision of informing you about the term-end theory result after each time you appear in an examination. You can also see the result in the website. Usually, declaration of term-end theory result is done by the 15th February or 15th August for the examination held in December or June session respectively.

At times, some component of the results is not reflected in the grade card or mark sheet. In that situation, please write an application to the Registrar, Student Evaluation Division enclosing a photo copy of the partial reflected grade card. You should also follow it up with the Regional Centre for necessary action or write to student support service centre/grievance cell.

Re-evaluation of Answer Scripts

When you are not satisfied with your term-end theory marks, you have an option of approaching IGNOU for re-evaluation of answer script. You should apply online for that within a month of declaration of result in website. You can also ask for the photocopy of your answer script online

Re-admission

There is no re-admission in the certificate Programme.

6. MAY I HELP YOU?

As discussed earlier, the programme implementation is made by a team effort. Different divisions of IGNOU look after different components of this implementation process. Any missing link could create hurdles. Hence, if you as a distant learner face any problem, please follow the guidelines as mentioned below.

6.1 Change of Address

If your address gets changed, please photocopy and fill up the form link of that form is mentioned in Appendix 7 of this guide. This form needs to be submitted to the Registrar, SRD through your Regional Director. Your new address will be taken care of. You can also download the form from IGNOU website.

6.2 Assignments

Some of the commonly faced problems related to assignment are discussed below. If you still find some other problem, please contact the programme In-charge or Programme coordinator.

Missing pages

Whenever you receive a set of assignments, check them immediately and ask for missing pages, if any, from Registrar, Material Production and Distribution Division, IGNOU, Maidan Garhi, New Delhi-110 068.

Writing process

The assignment responses should be complete in all respects. Before submission you should ensure that you have answered all the questions in all assignments. Incomplete answer sheets bring you poor marks. Please leave sufficient margin (about 5 cm) on the answer sheet so that the counsellor could write his comments there.

Submission schedule

You must submit your assignments according to the schedule indicated in the assignment itself. The University/ Programme In-charge has the right to reject the assignments received after the due date. You are, therefore, advised to submit the assignments before the due date.

Repeating assignment

Each assignment is valid only for one session (6 months). The students, who are not able to clear the assignments in the first academic session, should apply for a fresh assignment to the MPDD. **You can also download new assignments from website**. The students of previous batches working on new assignments could submit it on any early date.

Content of Assignment

The main purpose of assignments is to test your comprehension of the learning material you receive from us and also to help you get through the courses by providing feedback to you. The information given in the printed course materials should be sufficient for answering the assignments.

Style of writing

Try to write the assignments in your own style and give suitable examples wherever necessary. This will help you to get good marks. Note that a new set of assignments is prepared for every 6 months.

Defaulters

If you have not been able to submit all the assignments within the time frame of your admission, then you can download the assignments from IGNOU website. *Submit your assignments to your programme-in-charge* as and when you complete them. You will be provided feedback on the assignments usually within one to two months of submission.

Non-entry/wrong entry of marks

The entry of assignment marks is initiated at the level of regional centre which is forwarded to Student Evaluation Division. So, in case of non-entry of assignment marks, report to the regional centre or to PIC in writing regarding the problem. The PIC will forward a copy of assignment marks in a prescribed format to regional centre if necessary.

6.3   Term-end Theory Examination

Some of the commonly faced problems related to term-end theory examination are discussed below. If you still find some additional problem, please contact the programme In-charge or Programme coordinator.

Availability of Theory form

You have to fill the form in time which is now done only by online process.

Filling up form

You could appear in both or any one of the two theory papers at a time.

Fees for theory form

There is a separate fee of Rs. 120/- for each theory paper that you apply for taking examinations. If you submit the form late then late fee of Rs.1000/- will be charged for which you should contact the regional centre.

Last date of submission

The last date for submission of examination forms without late fee is 30th October for examinations to be held in December and 30th April for examinations to be held in June. Examination forms received at the Headquarters after the last date shall strictly be rejected.

Admit Card (Hall ticket)

University will upload admit card to you before the commencement of examinations at least 15 days in advance. You have to download it from website.

Non-receipt of Admit Card

If you do not receive the admit card 15 days before the commencement of examinations, you may contact your Regional Centre/Student Evaluation Division at Headquarters.

Misplaced Admit Card

If you know your examination centre, you can report to the examination centre superintendent with the IGNOU identity card (Student Card) and take the examination.

Centre for Examination

The centre for theory examination will be decided by SE Division. You will be allotted the centre that you have asked for if that centre is identified as an examination centre for that session. Otherwise a nearest possible centre is allotted. This is intimated to you in the admit card.

Wrong Enrollment Number

Your enrolment number is your Roll Number for examinations. Be careful in writing it. Any mistake in writing the Roll Number will result in non-declaration of your result.

6.4   Term-end Practical Examination

Eligibility Criteria

For appearing in the practical term-end examination, you should fulfil the following three requisites:

- Attend all the **two practical spells** at LSC (12 days practical training in two episodes is mandatory) and complete all the activities (related to the course(CPY) you want to appear). The **completion certificate** signed by respective counsellors is to be submitted as a proof.

- **Fill up** the practical term-end form in time and submit to the programme in-charge

- **Pass** in the practical internal assessment.

Please note that appearing in theory paper is not a prerequisite for appearing in practical component

Availability of Practical form

Copies of the examination forms are available only in the programme guide.

Fees for theory examination form

There is no separate fee for CPY practical examination.

Where to deposit the form

The filled-in practical examination form is to be submitted to your Programme In-charge.

Last Date of Submission

The last date for submission of practical examination forms is May 30th and November 30th. Please contact your Programme In-charge if you could not fill it in time.

Intimation Slip

There is no intimation slip. Programme In-charge informs you about the date.

Centre for examination

Your LSC is the Centre for practical examination. If sufficient number of students is not taking exam, the centre will be decided by Head quarter and your PIC will be informed about.

6.5   Channel of Communications

Student Support Service Centre: The Student Support Service Centre was established at IGNOU headquarters in 1998 and provides you complete information pertaining to the old and newly launched academic programmes of IGNOU. It is a single window enquiry for students. So, all enquiry regarding admission, material, examination, etc. can be made to this centre. You may get an immediate reply for general query. For specific issues, they will help you to get the relevant information from concerned section. Any type of unsolved problems could be sent to the student support service centre (ssc@ignou.ac.in). Please refer Section for further details. In addition to the above, SSC also forwards the request received from the students regarding the change of address, corrections in the student's name and father's name, incorporation of assignments/practical marks, term-end theory examination form and the unresolved problems received from regional centres. The centre remains open on all the week days except Saturday, Sunday and Gazetted holidays.

Marketing Cell (MPDD): All the IGNOU materials can be purchased through the marketing cell located at IGNOU head quarters. A request application should be made to A.R. (marketing cell), MPDD, IGNOU, New Delhi-110068 mentioning the Course Code, No. of Copies of material required, etc. The Marketing Cell calculates the cost of material and the cost of Postal charge and writes back to you.

On receipt of the amount of money in form of Demand draft in favour of IGNOU, payable at New Delhi, the books are sent by registered parcel. Please note that books can also be purchased by paying cash amount at the marketing cell.

Marketing Cell (EMPC): The lists of audio-video material for sale are available in the website. They can be purchased by cash amount or by placing order to be sent post.

7.   KNOW SYLLABI OF YOUR COURSES

The programme(CPY) design is mentioned in section 2.2. The block-wise details are mentioned in the following section and the detailed syllabi are mentioned in a separate section.

7.1   Course-wise List of Blocks

THEORY COURSE 1: INTRODUCTION TO YOGA AND YOGIC TEXTS

BYG-001   :   (Theory Course) comprises of the following 4 blocks:

Block 1   :   Yoga-Meaning, History and Streams

Block 2   :   Brief introduction to Yogic texts

Block 3   :   Contribution of Yogis

Block 4   :   Concepts of Fundamental Yogic Terminology

THEORY COURSE 1: YOGA AND HEALTH

BYG-002   :   (Theory Course) has the following 4 blocks:

Block 1   :   General introduction to Human Anatomy and Physiology

Block 2   :   Yogic concepts of Health

Block 3   :   Yoga and Mental Health

Block 4   :   Yogic Life Style

BYGL-001 : **Shat Kriyas, Yogic Kriyas, Asanas, Pranayama, Mantra Japa**

Block 1   :   Practical Manual of Yoga

Block 2   :   Log Book

7.2   Block-wise Details of Each Course

BYG-001 :   **Introduction to Yoga & Yogic texts**

Block 1   **:**   **Yoga - Meaning, History and Streams**

Unit 1   :   Etymology, meaning & definitions of Yoga

Unit 2   :   Origin & history of Yoga

Unit 3   :   Streams of Yoga: Jnana, Bhakti, and Karma Yoga

Unit 4   :   Aim, Objectives, Misconceptions, True nature and Principles of Yoga

Block 2   **:**   **Brief Introduction to Yogic texts**

Unit 5   :   Bhagavad Gita – Prelude to Bhagavadgita,

Unit 6   :   A very brief introduction of Ekadasha Upanishada and Shaddarshan

Unit 7   :   Patanjalayoga Sutra

Unit 8   :   Hatha Yoga Pradeepika

Unit 9   :   Gheranda Samhita (Ghatastha Yoga): Concept of Ghata and Ghata Shudhhi

Block 3   **:**   **Contribution of Yogis**

Unit 10   :   Maharishi Patanjali and Adi Shankaracharaya

Unit 11   :   Gorakshanath , Shyama Charan Lahiri

Unit 12   :   Maharishi Dayananda Saraswati and Swami Vivekananda

Unit 13   :   Shri Aurobindo Maharshi Raman

Block 4   **:**   **Concepts of Fundamental Yogic Terminology**

Unit 14   :   Chitta, chitta bhumi. Chitta vritti

Unit 15   :   Chitti vritti Nirodhokaya (Abhyas and Vairagya)

Unit 16   :   Chitta Vikshepa, Vikshepa Sahabhuva

Unit 17   :   Chitta prasadhan

Unit 18   :   Pancha Klesha

BYG-002 :   **Yoga and Health**

Block 1	**:**	**General introduction to Human Anatomy & Physiology**
Unit 1	:	Cell and Tissue, Musculo-Skeletal and Digestive System
Unit 2	:	Excretory, Respiratory system and Cardiovascular System
Unit 3	:	Neuro Endocrine system
Unit 4	:	Lymphatic and Immune system
Block 2	**:**	**Yogic concepts of health**
Unit 5	:	Concept of Pancha Koshas, Concept of Panchamahabhutas
Unit 6	:	Concepts of Chakras, Pranas, Nadis, Kanda
Unit 7	:	Health: Meaning and Definitions;
Unit 8	:	Concept of Triguna and Tridoshas, their relation and relevance in health and hygiene
Block 3	**:**	**Yoga and Mental Health**
Unit 9	:	Human psyche
Unit 10	:	Yoga and Mental
Unit 11	:	Stress Management through Yoga
Block 4	**:**	**Yogic Life Style**
Unit 12	:	Dinacharya, Ritucharya with respect to natural hygiene
Unit 13	:	Introduction to Diet and Nutrition;
Unit 14	:	Yogic principles of Healthy Living
BYGL-001 :		**Shat Kriyas, Yogic Kriyas, Asanas, Pranayama, Mantra Japa**
Block 1	**:**	**Practical Manual on Yoga**
Unit 1	:	Meditation (Dhyana)
Unit 2	:	Loosening Exercises for all postures and Yogic Kriyas (Sandhichalana)
Unit 3	:	Shatkarma (Cleansing techniques)
Unit 4	:	Aasana I - Suryanamaskara
Unit 5	:	Aasana II
Unit 6	:	Pranayama (Regulation of Breath)
Unit 7	:	Mudra and Bandha
Block 2	**:**	**Log Book**

LIST OF YOGA PRACTICAL ACTIVITIES

MEDITATION
Prayer
Soham Japa
Breath Awareness
SANDHICHALANA(Loosening Exercise)
Grivashaktivikasaka-Kriya (Tech. 1)
Grivashaktivikasaka-Kriya (Tech. 2)
Grivashaktivikasaka-Kriya (Tech. 3)
Grivashaktivikasaka-Kriya (Tech. 4)
Bhujavallishaktivikasaka-Kriya
Purnabhujashaktivikasaka-Kriya
Katishaktivikasaka-Kriya (Tech. 1)
Katishaktivikasaka-Kriya (Tech. 2)
Katishaktivikasaka-Kriya (Tech. 3)
Katishaktivikasaka-Kriya (Tech. 4)
Katishaktivikasaka-Kriya (Tech. 5)
Janghashaktivikasaka-Kriya (Tech. 1)
Janghashaktivikasaka-Kriya (Tech. 2)
Janushaktivikasaka-kriya
Padamulashaktivikasaka-kriya (Tech. 1)
Padamulashaktivikasaka-kriya (Tech. 2)
Gulpha-padaprishtha-padatalashaktivikasaka-kriya
SHATAKARMA(Cleansing Practices)
Kapalabhati
Neti
Jala Neti
Vamana/ Kunjal Kriya
Trataka

ASANA 1
Surya-Namaskara
ASANA II
Tadasana
Ardhakatichakrasana
Ardha-Chakrasana
Trikonasana (Tech. 1)
Trikonasana (Tech. 2)
Parivrtta- Trikonasana
Parshva-Konasana
Vrikshasana
Garudasana
Katichakrasana (Tech. 1)
Katichakrasana (Tech. 2)
Padahastasana
Dandasana
Sukhasana
Siddhasana
Padmasana
Yoga-Mudrasana
Shashakasana
Vajrasana
Supta-Vajrasana
Virasana (Tech. 1)
Virasana (Tech. 2)
Supta-Virasana
Pashchimottanasana
Ushtrasana
Vakrasana
Ardha-Matsyendrasana

Hamsasana (Tech. 1)
Hamsasana (Tech. 2)   *Mayurasana*
Kakasana
Bhadrasana
Mandukasana
Uttana- Mandukasana
Gomukhasana
Ardha-Shirshasana
Shirshasana
Purvottanasana
Makarasana
Bhujangasana (Tech. 1)
Bhujangasana (Tech. 2)
Bhujangasana (Tech. 3)
Shalbhasana (Tech. 1)
Shalbhasana (Tech. 2)
Shalbhasana (Tech. 3)
Dhanurasana
Shavasana
Sarvangasana
Matsyasana
Halasana
Vipreetkarni-Mudrasana
Chakrasana
Pavana-Muktasana
Setu-Bandhasana
Uttana-Padasana
Naukasana
Markatasana (Tech. 1)
Markatasana (Tech. 2)
Markatasana (Tech. 3)

PRANAYAMA (Regulation of Breath)
Puraka   *Kumbhaka*
Rechaka
Nadishodhana
Surya-Bhedana
Bhramari Pranayama
Ujjayi Pranayama
Bhastrika Pranayama
Sheetali Pranayama
Sitkari Pranayama
MUDRA AND BANDHA
Chin Mudra
Jnana *Mudra*
Brahma Mudra
Jalandhar Bandha
Uddiyana Bandha
Moola Bandha
Mahabandha

SAMPLE SCHEDULE FOR PRACTICAL TRAINING

The 1st spell is for six days, all students will be in a group and they will be instructed for practical training. The 2nd spell is also for six days again and all activities will be done in group. The details are given below.

(The Yoga practical training will be divided in two contact spells. The 1st spell will be of 12 days having 12 theory sessions of 2 hrs each and 24 practical sessions of 2 hrs each (The 2 hr could be divided into 1 hrs of demo and 1 hrs of practice).

Day	7-9 am Demonstration	10 am-12 pm Theory Discussion	4-6 pm Practice under supervision (Video view with discussion)*
	First Contact Session		
Day 1	*Sandhichalana series, Suryanamaskara* **Standing Asana** Tāāsana, Ardhakamicakrāsana, Trikoo Gāsansa, V[kcāsana **Sitting Asana** DaGāsana, Sukhāsana, ŚaśāEkāsana, Vajrāsana, Kakasana, Mandukasana **Prone Asana** Makarāsana, BhujaEgāsana, Śalabhāsana, Markatasana (option) **Supine Asana** Śavāsanam,	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics
Day 2	*Sandhichalana series, Suryanamaskara* **Standing Asana** Tāāsana, Ardhakamicakrāsana, Trik oGāsansa, V[kcāsana, PārśvakoGāsana **Siting Asana** DaGāsana, , Padmāsana, Gomukhasana, Vīrāsana, , Paścimottānāsana, Ucmrāsana, Vakrāsana, **Prone Asana** Makarāsana, BhujaEgāsana, Śalabhāsana, Dhanurāsana, VipritNaukasana **Supine Asana** Śavāsanam, ViparītakariGī, Ardhaśīrcāsana, Uttanpadasana	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics
Day 3	*Sandhichalana series, Suryanamaskara* **Standing Asana** Ardhakamicakrāsana, TrikooGāsansa, PārśvakoGāsana, Pariv[tatrikoGāsana **Sitting Asana** Siddhāsana, Padmāsana, Yogamudrāsana, ŚaśāEkāsana,	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics

	Suptavajrāsana, Paścimottānāsana, Ucmrāsana, Ardhamatsyendrāsana, Uttanmandukasana **Prone Asana** Śalabhāsana, Dhanurāsana, **Supine Asana** Śavāsanam, SarvāEgāsanam, Matsyāsanam, Chakrāsanam Ardhaśīrcāsana, Pawanmuktasana, Setubandhanasana		
Day 4	*Sandhichalana series, Suryanamaskara* **Standing Asana** Ardhakamicakrāsana, TrikooGāsansa, PārśvakoGāsana, Pariv[tatrikoGāsana, Garudasana, Ardhacakrāsana **Sitting Asana** Siddhāsana, Yogamudrāsana, Suptavajrāsana, Paścimottānāsana, Ucmrāsana, Ardhamatsyendrāsana, HaAsāsana, Mayūrāsana **Prone Asana** Śalabhāsana, Dhanurāsana, **Supine asana** Śavāsanam SarvāEgāsanam, Matsyāsanam, Halāsanam, Chakrāsanam, Śīrcāsana, Dhanurasana	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics
Day 5 `	*Sandhichalana series, Suryanamaskara* **Standing Asana** Tāāsana, Ardhakamicakrāsana, Ardhacakrāsana, TrikooGāsansa, `Pariv[tatrikoGāsana, PārśvakoGāsana, V[kcāsana, Garudasana **Sitting Asana** Siddhāsana, Yogamudrāsana, Suptavajrāsana, Paścimottānāsana, Ucmrāsana, Ardhamatsyendrāsana, HaAsāsana, MayūrāsanaDaGāsana, Sukhāsana, Siddhāsana, Padmāsana, Yogamudrā, ŚaśāEkāsana, Vajrāsana, Suptavajrāsana, Vīrāsana, Supta-Vīrāsana, Paścimottānāsana, Ucmrāsana, Vakrāsana, Ardhamatsyendrāsana, HaAsāsana, (optional) **Prone asana** Śalabhāsana, Dhanurāsana, **Supine Asana** Śavāsanam, SarvāEgāsanam, Matsyāsanam, Halāsanam,	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics

	ViparītakariGī, Chakrāsanam Kakasana, Ardhaśīrcāsana		
Day 6 `	**Shat Karma (Cleansing techniques)** *Kapalabhati (according to hatha pradipika)* *Neti*-Nasal passage cleansing *Dhauti* (*Vamana*)- Gastro-Esophageal Track cleansing*Trataka*	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics

2ⁿᵈ Spell

Day 1	Prayer*Recap of the first spell Sandhichalana series, Suryanamaskara* **Standing Asana** Tsana, Ardhakamicakrsana, Trikoo Gsansa, V[kcsana **Sitting Asana** DaGsana, Sukhsana, , Za[Eksana, Vajrsana, Kakasana, Mandukasana **Prone Asana** Makarsana, BhujaEgsana, Zalabhsana, Markatasana (option) **Supine Asana** Zavsanam, Meditation: Breath awreness	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics
Day 2	Prayer **Pranayama (Regulation of Breath)** ● *Puraka (Inhalation), Rechaka (Exhalation)and Kumbhaka* (Retention) ● *Nadishodhana*, ● *Bhrmar+* ● *Sithali,* *Mudras* **(Locks)** ● Chin Mudra ● Jnana Mudra *Bandhas* **(Gestures)** ● Jalandha Bandha ● Uddiyana Bandha ● Moola Bandha *Bandhas* **(Gestures)** ● Jalandha Bandha ● Uddiyana Bandha ● Moola Bandha ● Maha Bandha *Bandhas* **(Gestures)** ● Jalandha Bandha ● Uddiyana Bandha ● Moola Bandha Meditation: Breath awareness	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics

Day 3	Prayer **Pranayama (Regulation of Breath)** ● *Nadishodhana,* ● *Surya Bhedhana,* ● *Bhrmar+ ,* ● *Sitkari* *Mudras* **(Locks)** ● Chin Mudra ● Jnana Mudra **Brahma Mudra** *Bandhas* **(Gestures)** ● Jalandha Bandha ● Uddiyana Bandha ● Moola Bandha Meditation: Soham	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics
Day 4	Prayer **Pranayama (Regulation of Breath)** ● *Surya Bhedhana,* ● *Ujjy+,* ● *Bhastrika,* *Mudras* **(Locks)** ● Chin Mudra ● Jnana Mudra ● Brahma Mudra *Bandhas* **(Gestures)** ● Jalandha Bandha ● Uddiyana Bandha ● Moola Bandha ● Maha Bandha (optional) Meditation: Soham	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics
Day 5	*Prayer* **Revision/Revisiting the activity**		
Day 6	*Internal assessment*		

Indira Gandhi National Open University

CPY Programme

CERTIFICATE OF PROFICIENCY CERTIFICATE OF PRACTICAL SKILLS

This is to certify that Mr/Ms_____Enrollment

No_____has attended to all the practical skills listed in the practical manuals for the following courses as planned for LSC and SDC and proficient in the all skills as mentioned in the Appendix 2 (LSC Code_____).

BYGL001 : Shat Kriyas, Yogic Kriyas, Asanas, Pranayama, Mantra Japa

This is to certify that the above information is true to the best of my knowledge. If any information is found to be wrong at a later date, my results could be held invalid.

Place .... Signature of the Student ....

Date .... Name..

Roll No. ....

Signature of the Counsellor at LSC

Name of Counsellor...

Address ....

....

....

| Date for submission of Examination Form | • October 31 for December Examination |
| | • April 31 for June Examination |

INDIRA GANDHI NATIONAL OPEN UNIVERSITY, NEW DELHI
TERM-END EXAMINATION (Practical Only) JUNE/DECEMBER 20…..…

Programme Study
Centre Code

CONTROL No. (For Office Use Only)

Enrolment No.

Write in BLOCK CAPITAL LETTERS only.

NAME : Mr./Mrs./Dr.

Please tick (ü) against appropriate group of courses in which you intend to take the examination. The Course(s) which you have already passed should not be mentioned.

Sl.No.	Course Title Examination (put✓mark)	Course Code	Intend to Take
1.	**Shat Kriyas, Yogic Kriyas, Asanas, Pranayama, Mantra Japa**	BYGL 013	

I hereby solemnly affirm that I have submitted the required number of Log-books have completed all the skills planned under the above course(s). The certificate of completion in support of the skills is attached.

I am aware that completion of all the skills at Skill Development Centre and Programme Study Centre and passing in the internal assessment (practical) is a prerequisite for taking Term-end (Practical) Examination. In case my above statement regarding submission is found to be untrue, the University may cancel the result of my above mentioned Term-end Examination and I undertake that I shall have no claim whatsoever in this regard. I also undertake that I shall abide by the decision, rules and regulations of the University. I have signed this undertaking on this _____day of _____20_____

Name ....   Signature of Student ....

Complete...

Address for ....

Correspondence ....

I have verified that the student has submitted all the Log-books/Project Report and certificate of completion of skills related to the above courses in time.

Place _____   (Signature of Programme-in-charge with Stamp)

Date _____

Pattern for Term End Practical Examination (CPY)

Term end practical examination will be carried out in the presence of one internal and one external examiner. Number of students to be examined are 25 for one internal and one external examiner. We need two internal and two external examiners if the number of students is 26-50 or we can arrange examination on another convenient date. Total mark is 100 and minimum 50 marks need to score to pass the examination. Start the examination with group prayer/meditation.

The term end practical evaluation will have five components as detailed below:

1. ***Shatkarma*/Cleansing Practice**: Students have to perform any two activities out of three (i.e *Sutraneti, Jalaneti & Vaman-Dhauti).* Each practice will carry five marks. Then students have to perform one practice out of two practices i.e. Kapalbhati/ *Trataka, and it will carry four marks.*total marks will be 14 under this category.

2. *Asana* **Demonstration**: Students have to perform nine practices, one from each category i.e. *Sandhichalana, Suryanamaskara, Aasana* (from each category, i.e. Standing, seating, supine and prone position), *Pranayama, Mudra and Band*. Each practice will carry four marks and 36 marks in total.

3. **Teaching**: Student will be given one practice out of all the practical activities to perform/teach in fron of class. In it a student must provide verbal instruction regarding introduction of the practice given (by examiner), steps, benefit and precaution. Then the candidate needs to perform or demonstrate that particular practice in front of the class. This will be of maximum 5 minutes duration and will carry 20 marks.

4. **Viva Voce**: The duration of viva voce will be of five to seven minutes for each student carrying 20 marks. The focus will be on the concept of Yogic practices, different categories of Hathayogic practices, their importance and application.

5. **Assessment of Log Book**: Students need to bring completely filled log-book in this exam and the examiner (internal) will assess whether it is correctly & completely filled or not as per the instruction provided in the log-book. It will carry 10 marks.

Different components of the marks of the practical examination are given below:

SN	Components	Marks
1	*Shatkarma*/Cleansing practice-Any 2 between (*Sutraneti, Jalaneti & Vaman-Dhauti*) 2×5=10 Marks Kapalbhati/ *Trataka*-4 Marks	14
2	Asana Demonstration: There has to be NINE demonstrations from different categories namely, *Sandhichalana, Suryanamaskara, Aasana* (from each category, i.e. Standing, seating, supine and prone position), *Pranayama, Mudra and Band*. (9×4=36 Marks)	36
3	Teaching: In this session the student must provide verbal instruction regarding introduction of the practice given (by examiner), steps, benefit and precaution. Then the candidate needs to perform or demonstrate that particular practice in front of the class. (Duration- maximum 5 minutes)	20
4	Viva Voce	20
5	Assessment of Log Book	10

*   **All Academic Counsellors are Eligible to be Internal or External Examiner.**

*   **100% ATTENDANCE in Practical Contact Sessions is Must for Students to Appear in the Final Practical Examination.**

*   **The examiner may allow the students to perform the *Suryanamaskara* all together in a group.**

*   **List of all the Yogic practices is given in Appendix-1 of this programme guide**

Indira Gandhi National Open University, New Delhi
School of Health Sciences

Award list of CPY Term End Practical Examination

Name of the Programme: Certificate Programme in Yoga

Programme Code: CPY

Name of the Study Centre:

Study Centre Code: ……………Course Code: BYGL-001 Date of Examination………………

Sl. No.	Enrollment Number of Student	Obtain Marks Term-end	Maximum (100)	Remarks (Pass/ Fail)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Name of the Internal Examiner ………………….....................………………Signature and Date

Name of the External Examiner ……………….....................………….…..….. Signature and Date

SEAL   Signature of Programme In-charge

LINKS TO FORMS

1.	REVISED FEE FOR OTHER SERVICES http://ignou.ac.in/userfiles/ANNEXURE-II_othercharges.doc
2.	APPLICATION FORM FOR CHANGE/CORRECTION OF ADDRESS http://www.ignou.ac.in/upload/address_change_name_correction.pdf
3.	TERM END EXAMINATION FORM www.ignou.ac.in at home page to submit exam form through online mode only.
4.	FORM FOR OBTAINING DUPLICATE COPY OF CERTIFICATE http://www.ignou.ac.in/userfiles/ Duplicate%20Degree,Diploma%20and%20Certificate%20Form.pdf
5.	FORM FOR OBTAINING DUPLICATE COPY OF THE GRADE CARD OR MARK SHEET http://www.ignou.ac.in/userfiles/Duplicate%20mark%20sheet%20form.pdf
6.	FORM FOR ISSUE OF OFFICIAL TRANSCRIPT http://www.ignou.ac.in/userfiles/Official%20Transcript%20form.pdf
7.	APPLICATION FORM FOR IMPROVEMENT IN DIVISION/CLASS http://www.ignou.ac.in/userfiles/Improvement%20form.pdf
8.	EARLY DECLARATION OF TERM END EXAMINATION RESULT http://www.ignou.ac.in/userfiles/Early%20declarion%20of%20results%20form.pdf
9.	NOTIFICATION FOR OBTAINING PHOTOCOPY OF ANSWER SCRIPTS http://www.ignou.ac.in/upload/noti.photocopy.asn.sctps..doc - to be applied online
10.	OBTAINING PHOTOCOPY OF ANSWER SCRIPT http://www.ignou.ac.in/upload/form-photocopy%20of%20ans.scrpt.doc - to be applied online
11.	RE EVALUATION OF ANSWER SCRIPTS http://www.ignou.ac.in/userfiles/ Application%20form%20for%20Reevaluation%20of%20Answer%20Scripts.pdf - to be applied online
12.	DIRECTIONS FOR OBTAINING VERIFICATION REPORT FOR THE CERTIFICATES OF THE IGNOU STUDENT FOR THEIR MARK-SHEET/GRADE CARD/PROVISIONAL CERTIFICATE / DEGREE & DIPLOMA CERTIFICATES ETC. http://www.ignou.ac.in/ userfiles/Instructions%20for%20Verification%20of%20mark%20sheet%20and%20certificates.pdf
13.	*RESULT RELATED LINK FOR* • *Hall ticket/admit card·* • *Result of term end·* • *Grade card* *http://www.ignou.ac.in/ignou/studentzone/results/1*

WHOM TO CONTACT FOR WHAT

1.	Identity Card, Fee Receipt, Bonafide Certificate Migration, Certificate, Scholarship Forms, change of name, correction of name/address	Concerned Regional Centre
2.	Non-receipt of study material and assignments	Registrar (MPDD), IGNOU, Maidan Garhi, New Delhi-110068
3.	Change of Elective/Medium/opting of left over electives/ Deletion of excess credits	Concerned Regional Centre
4.	Re-admission and Credit Transfer	Student Registration Division, Block No. 1 & 3, IGNOU, Maidan Garhi, New Delhi-110068
5.	Purchase of Audio/Video CDs	Marketing Unit, EMPC, IGNOU, Maidan Garhi, New Delhi-110068
6.	Academic Content	Director of the School concerned
7.	Approval of a Project Synopsis	Project Co-ordinator in the Concerned School
8.	Student Support Services and Student Grievances, pre-admission Inquiry of various Programmes in IGNOU	Director, Student Service Centre, IGNOU, Maidan Garhi, New Delhi-110068 E-mail : ssc@ignou.ac.in Tel.No.: 29572514
9.	International Students residing in India should contact	Director, International Division, IGNOU, Block-15, Section K, Maidan Garhi, New Delhi. Tel. Nos. : 29533987; 29571684 E-mail : internationaldivision@ignou.ac.in

	Issues related	Contact No.	Controlling Officer & Telephone No.	E-mail ID
10.	Issue of Deree/ Diploma Certificate/Despatch of returned Degrees/ Verification of Degrees/Convocation	011-29572213 011-29535438	Asstt. Registrar 011-29572224	convocation@ignou.ac.in
11.	Issue of Hall Ticket/ Correction in the hall ticket for handicapped student s/ Non-receipt of hall tickets for term-endexamination & Entrance Test/ Entrance, Test Results/Queries related to dispatch of attendance, list of examinees etc./ writer	011-29572209 011-29572202	Asstt. Registrar 011-29535064	sgoswami@ignou.ac.in jitenderkr@ignou.ac.in
12.	Declaration of results of Masters & Bachelors degree level programme/ Issue of grade card and provisional certificate of Masters and Bachelors degree level prog./ Practical marks of all programmes	011-29572212	Section Officer 011-29536103	mdresult@ignou.ac.in bdresult@ignou.ac.in practicalsed@ignou.ac.in
13.	Declaration of results of Masters, Bachelor and Diploma programme/Issue of gradecard and provisional certificate of Masters, Bachelor and Diploma level programme	011-29572211	Section Officer 011-29536743	bdresult@ignou.ac.in dpresult@ignou.ac.in
14.	Declaration of results of DPE and Certificate programme/ Issue of grade card and provisional certificate of DPE & Certificate level programme	011-29572208	Section Officer 011-29536405	cpresult@ignou.ac.in
15.	Verification of genuineness of provisional certificate and grade card/ Issue of Transcript	011-29572210	Section Officer 011-29536405	gcverification@ ignou.ac.in
16.	Queries related to UFM cases	011-29572208 011-29576405	Section Officer	ufmgroup@ignou.ac.in

17.	Status of Project Report of all Programmes/ Dissertation and Viva marks	011-29571324 011-29571321	Asstt. Registrar 011-29532294	projects@ignou.ac.in
18.	Queries related to Assignment Marks	011-29571325 011-29571319	Asstt. Registrar 011-29571313	assignment@ ignou.ac.in
19.	Students general enquiries and grievances/Issue of duplicate mark sheet	011-29572218 011-29571313	Asstt. Registrar	sedgrievance@ ignou.ac.in
20.	Discrepancy in grade card, non updation of grade/marks programmeswise in the grade card etc	011-29572206 011-29572215 011-29572219	Dy. Director/Asstt. Director	garora@ignou.ac.in

IGNOU EPBAX: 29536980, 29535924-32, 29572524
IGNOU Website: ignou.ac.in; Email: directorsohs@ignou.ac.in

Internal evaluations cum Monitoring Performa

Name of PSC……………………………………………………....………………………………

Name of the Student……………….....................…..**Enrolment No**…………..............…………

S.No.	Name of Skill	Practical spell completed (put only a tick mark)		Max. Marks (200)	Marks obtained	Signature of counsellor with date
		1st spell	2nd spell			
1	**MEDITATION**	.		**10**		
	Prayer					
	Soham Japa					
	Breath Awareness					
2	*SANDHICHALANA* *(Loosening Exercise)*			**15**		
	Grivashaktivikasaka-Kriya (Tech.1)					
	Grivashaktivikasaka-Kriya (Tech.2)					
	Grivashaktivikasaka-Kriya (Tech.3)					
	Grivashaktivikasaka-Kriya (Tech.4)					
	Bhujavallishaktivikasaka-Kriya					
	Purnabhujashaktivikasaka-Kriya					
	Katishaktivikasaka-Kriya (Tech.1)					
	Katishaktivikasaka-Kriya (Tech.2)					
	Katishaktivikasaka-Kriya (Tech.3)					
	Katishaktivikasaka-Kriya (Tech.4)					
	Katishaktivikasaka-Kriya (Tech.5)					
	Janghashaktivikasaka-Kriya (Tech.1)					
	Janghashaktivikasaka-Kriya (Tech.2)					
	Janushaktivikasaka-kriya					
	Padamulashaktivikasaka-kriya (Tech.1)					
	Padamulashaktivikasaka-kriya (Tech.2)					
	Gulpha-padaprishtha-padatalashaktivika saka-kriya					

3	**SHATAKARMA (Cleansing Practices)**			**15**		
	Kapalabhati					
	Neti					
	Jala Neti					
	Vamana/ Kunjal Kriya					
	Trataka					
4	*ASANA 1*			**10**		
	Surya-Namaskara					
5	*ASANA II*			**25**		
	Tadasana					
	Ardhakatichakrasana					
	Ardha-Chakrasana					
	Trikonasana (Tech.1)					
	Trikonasana (Tech.2)					
	Parivrtta- Trikonasana					
	Parshva-Konasana					
	Vrikshasana					
	Garudasana					
	Katichakrasana (Tech.1)					
	Katichakrasana (Tech.2)					
	Padahastasana					
	Dandasana					
	Sukhasana					
	Siddhasana					
	Padmasana					
	Yoga-Mudrasana					
	Shashakasana					
	Vajrasana					
	Supta-Vajrasana					
	Virasana (Tech.1)					
	Virasana (Tech.2)					

	Supta-Virasana					
	Pashchimottanasana					
	Ushtrasana					
	Vakrasana					
	Ardha-Matsyendrasana					
	Hamsasana (Tech.1)					
	Hamsasana (Tech.2)					
	Mayurasana					
	Kakasana					
	Bhadrasana					
	Mandukasana					
	Uttana- Mandukasana					
	Gomukhasana					
	Ardha-Shirshasana					
	Shirshasana					
	Purvottanasana					
	Makarasana					
	Bhujangasana (Tech.1)					
	Bhujangasana (Tech.2)					
	Bhujangasana (Tech.3)					
	Shalbhasana (Tech.1)					
	Shalbhasana (Tech.2)					
	Shalbhasana (Tech.3)					
	Dhanurasana					
	Shavasana					
	Sarvangasana					
	Matsyasana					
	Halasana					
	Vipreetkarni-Mudrasana					
	Chakrasana					
	Pavana-Muktasana					
	Setu-Bandhasana					

	Uttana-Padasana					
	Naukasana					
	Markatasana (Tech.1)					
	Markatasana (Tech.2)					
	Markatasana (Tech.3)					
6	***PRANAYAMA(Regulation of Breath)***				**15**	
	Puraka					
	Kumbhaka					
	Rechaka					
	Nadishodhana					
	Surya-Bhedana					
	Bhramari Pranayama					
	Ujjayi Pranayama					
	Bhastrika Pranayama					
	Sheetali Pranayama					
	Sitkari Pranayama					
7	***MUDRA AND BANDHA***				**10**	
	Chin Mudra					
	Jnana *Mudra*					
	Brahma Mudra					
	Jalandhar Bandha					
	Uddiyana Bandha					
	Moola Bandha					
	Mahabandha					

The Certificate in Home Health Assistance (CHHA) Programme of IGNOU has been designed and developed in collaboration with MOHFW, GOI

	SOME IMPORTANT LINKS
1.	**IGNOU WEBSITE** www.ignou.ac.in, IGNOU Telephone Exchange: 011-29571000
2.	WEBSITE OF SCHOOL OF HEALTH SCIENCES http://www.ignou.ac.in/ignou/aboutignou/school/sohs/introduction
3.	CHHA Programme Page http://www.ignou.ac.in/ignou/aboutignou/school/sohs/programmes/detail/666/2
4.	Know your registration detailshttp://admission.ignou.ac.in/changeadmdata/ admissionstatusnew.asp
5.	e Gyankosh – A digital repository www.egyankosh.ac.in
6.	Downlaod Assignments https://webservices.ignou.ac.in/assignments/
7.	Student Zonehttp://www.ignou.ac.in/ignou/studentzonec