



# TAMIL NADU OPEN UNIVERSITY

Chennai - 15  
School of Education

## HOME / SPOT ASSIGNMENT - 1

Programme Code No : 990  
Programme Name : Short Term Course in Yoga Education  
Course Code & Name : CYEW-3 & Essentials of Yoga Practice  
Batch : AY 2021 -22  
No.of Assignments : One Assignment for Each 2 Credits  
Maximum CIA marks : 25 (Average of Total No. of Assignment)

Answer any one of the question not exceeding 1000 words

- 1) Question : 1 Describe the essentials required for doing yoga.
- 2) Question : 2 Describe the precautions to be taken by women, patients and children before doing yoga.
- 3) Question : 3 Explain the stretching and strengthening exercises before doing yoga.

## HOME / SPOT ASSIGNMENT - 2

Answer any one of the question not exceeding 1000 words

- 1) Question : 1 short note on
  - A. Steps in Suryanamaskar with their bija mantra.
  - B. Padahasthasana
  - C. Paschimothanasana
  - D. Benefits of Bujangasana.
  - E. Vipareetha Karani
- 2) Question : 2 Explain the concept of Pranayama and the methods to do it.
- 3) Question : 3 How do you perform jalaneti, sutraneti and nauli? Describe in detail.