

YOGA ASSIGNMENT

11. Assignment

- ❖ **Karma Yoga:** Write assignment on the topic of Karma Yoga for less than thousand words to maximum thousand five hundred words.
 - Assignment should be related to this topic Karma Yoga and also should cover this subtopic, types of Karma: Sanchita (collected), Prarabdha (detained), Agami (present).
 - Akarma, Karma and Vikarma. Sakama Karma - selfish actions, Nishkama Karma - selfless actions, too.
- ❖ **Bhakti Yoga (path of devotion):** Write assignment on the topic Bhakti Yoga for less than thousand words to maximum thousand five hundred words.
 - Assignment should be related to this topic Bhakti Yoga and also should cover this subtopic, Meaning of Bhakti, Types of Bhakti(Para Bhakti, Apara Bhakti),too.
- ❖ **Raja Yoga:** Write assignment on the topic of Raja Yoga for less than thousand words to maximum thousand five hundred words.
 - Assignment should be related to this topic Raja Yoga and also should cover this subtopic Yama - Self-Restraint: Ahimsa - Non-Violence, Satya – Truthfulness, Asteya - Non-Stealing, Brahmacharya – sensual abstinence, Aparigraha - Non-Acquisitiveness.

- Niyama – Fixed Observance (Saucha-cleanliness, Santosa – Contentment, Tapas – austerity, Svadhyaya – Self Study , Ishvara Pranidhana - Resignation to God). Asana – Postures, Pranayama - Breath control, Pratyahara – Sense Withdrawal ,Dharana – Concentration, Dhyana – Meditation, Samadhi – Super consciousness, too.
- ❖ **Ethics:** Write assignment on the topic of, Moral and Ethics, for less than thousand words to maximum thousand five hundred words. Assignment should be related to this topic, ethics and also should cover this subtopic, four attainments of life (Dharma-virtue -universal Dharma, personal Dharma. Artha (Wealth), Kama(Pleasure), Moksa(Emancipation), too.
- ❖ **Health, Wellness, and Lifestyle:** Write assignment on the topics, Physical Health – Physical Wellness, Emotional Health – Emotional Wellness, Intellectual Health – Intellectual Wellness, Social Health – Social Health – Social Wellness, Spiritual Health – Spiritual Wellness. Life-style, for less than thousand words to maximum thousand five hundred words

