**ASSIGNMENT TOPICS (Write on any 1 topic)**

1. YOGA AS A SCIENCE OF CONSCIOUSNESS
2. STATES OF HUMAN CONSCIOUSNESS AND ITS ENHANCEMENT THROUGH YOGA
3. [TRANSFORMATION OF BODY & MIND -THROUGH CONSCIOUSNESS](https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwi435WzqoHuAhUAlUsFHf_2DDoYABACGgJzZg&ae=2&ohost=www.google.com&cid=CAASE-RoU8FTzhpXGn2Nmq22tNPOGvk&sig=AOD64_1UUSgYD1Tb6AydqRATDMxOmBabJw&q&adurl&ved=2ahUKEwi86o6zqoHuAhURXnwKHR7IAJg4UBDRDHoECAcQAQ)
4. [ESSENCE OF YOGA IS ROOTED IN NON-VIOLENCE, TRUTH AND CONSCIOUSNESS](https://www.asiavillenews.com/your-take/submit-your-story/essence-of-yoga-is-rooted-in-non-violence-truth-and-higher-consciousness-beyond-denomination-195)
5. [YOGA AND PSYCHOTHERAPY: THE EVOLUTION OF CONSCIOUSNESS](https://www.healio.com/psychiatry/journals/psycann/1976-12-6-12/%7Bb3ebbb0b-205b-422f-8f77-c85548728868%7D/yoga-and-psychotherapy-the-evolution-of-consciousness)
6. [IMMORTALITY & COSMIC CONSCIOUSNESS](https://yssofindia.org/spiritual/thoughts-of-immortality)
7. [CONSCIOUSNESS CREATES REALITY - FROM PERCEPTION TO FREEDOM](https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwi435WzqoHuAhUAlUsFHf_2DDoYABABGgJzZg&ae=2&ohost=www.google.com&cid=CAASE-RoU8FTzhpXGn2Nmq22tNPOGvk&sig=AOD64_3OWbI_AAO7Nbv5QFXvKWOEro_BMQ&q&adurl&ved=2ahUKEwi86o6zqoHuAhURXnwKHR7IAJg4UBDRDHoECAQQAQ)
8. [COGNITIVE ANOMALIES, CONSCIOUSNESS AND YOGA](https://matrixpublishers.org/portfolio-item/cognitive-anomalies-consciousness-and-yoga/)
9. [YOGA: AN INTEGRATION OF CONSCIOUSNESS](https://www.swami-krishnananda.org/knowledge/know_04.html)
10. [EFFECT OF YOGA ON SELF CONSCIOUSNESS MORAL VALUE AND MENTAL HEALTH](https://shodhganga.inflibnet.ac.in/handle/10603/226818)

Heading for write up:

* Introduction
* Description of the theme
* Applications for improvement in life style
* Science of yoga interlinked to consciousness
* Societal impact
* Role to build up a strong nation
* Concluding remarks

Total page count : Minimum 4 pages maximum 6 pages

Topic:

Name :

Roll Number:

Branch:

Subject Teacher:

* Introduction
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**\* Note: Hand written notes will only be accepted.**