## Assignment Task 7.1: The Upanishads and the Bhagavad Gita

***Integrating philosophical principles into yoga practice***

**Formal assessment and underpinning knowledge for The Teaching and Philosophy of Meditation**

Discuss in depth ONE of the following themes with reference to passages from the source texts and informed commentary. Give personal views on what the theme means to you and the relevance of teaching aspects of the Upanishads or the Bhagavad Gita to students in western yoga classes

1. The Soul or Self.
2. The Mantra OM and states of consciousness.
3. Karma and Reincarnation.
4. Meditation as a means to Self-discovery.
5. Non-duality and Brahman.
6. Paths of Yoga: Karma, Bhakti, Jnana and Raja Yoga summarising the paths and choosing ONE to discuss in depth.

Your work should demonstrate personal research by including references from your source Upanishad or the Bhagavad Gita and at least one other Upanishad or course text.

Guideline word count: 1,500 to 3,000 words. Detailed assessment criteria appear in the assessment front sheet (AFS) 7.1 that follows.

**Please note:**

* Only choose **one** of a) to f)
* Remember whichever theme you choose when discussing the theme please **also refer to another text**, other than the one from which the theme has been taken, i.e. there must be references from the Gita and Upanishads
* Make sure you **include your personal views** on the theme, illustrating its **practical relevance** to your own life, and your way of viewing the world
* Do not omit the final part where you are asked to discuss the **relevance of presenting aspects** of the B.G. & Upanishads and here referring to our class discussion will help.

**Additional notes:**

* Please ensure you write the whole question out the start of the assignment
* Please show the word count at the end, to exclude the bibliography
* Do not forget to add a bibliography in the required format (see our Written Guidelines Sheet)
* When making revisions make them a different colour so it easier for me to see what has changed.

Please see the assessment criteria below against which 7.1 will be marked:

## AFS Unit 7: Task 7.1, The Upanishads and Bhagavad Gita (Tutor)

**Written Work Assessment Front Sheet**

This task evidences the following learning outcome assessment criteria from the BWYQ Level 4 Qualification Unit Specifications. Tutors must assess against this criteria to evidence that the student has learned the desired knowledge and skills required for them to achieve this component of the qualification. Comments on the assessment sheets should refer to these criteria including any rationale to ‘refer’ or ‘pass’.

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| This task provides evidence for the following qualification learning outcomes and assessment criteria:  **Unit 7: Learning Outcome 2: Know and understand aspects of the Upanishads and the Bhagavad Gita** Assessment Criteria 2.1: Consider and discuss a central theme from the Bhagavad Gita or the Upanishads. | | |
| Name of Student Teacher: Date: | | |
| **Written work should include:** | **P/R** | **Tutor’s Comments:** Tutors must consider assessment criteria for the above learning outcomes when assessing these items. |
| 1. Consideration of all parts of chosen Essay title:   1. Discussion of chosen philosophical theme. 2. Choice of relevant passages from classical texts and informed commentary to support and inform discussion. 3. Inclusion of own views. 4. Consideration of the relevance of teaching aspects of the Upanishads or the Bhagavad Gita to students.   ***Refer to Unit 7 Learning Outcome 2 Assessment Criteria 2.1*** |  |  |
| 2. Structure, organisation and development of material selected. |  |  |
| 3. Evidence of discriminative, analytical and independent thinking. |  |  |
| 4. Use and acknowledgment of sources, correct referencing and bibliography. |  |  |
| **General comments of tutor/assessor:**  Signature: Date: | | |
| **Student Teacher’s comments: *Student to add any comments referring to the tutor’s assessment feedback***  Signed (student teacher): Date: | | |
| **A Student Teacher’s Reflection on Written Work (page 31) should be completed by the student after Tutor feedback** | | |