



**IGNOU**

## **Certificate Programme in Yoga (CPY)**

**ASSIGNMENTS 2025 (July 2025 Batch)**

**CPY/AS 1-2**

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

**Dear Student,**

As explained in the Programme Guide, there are two assignments in total and **all** these assignments are compulsory. Please note that the assignments carry a weightage of 30% marks towards the final evaluation in theory component and ***submission of related assignments is a prerequisite*** for appearing in theory term-end examination for respective papers. It is always better if you can submit all assignments as early as possible during your contact session.

<b>Last Date of Submission</b>	<b>Course Code</b>	<b>Blocks Involved</b>	<b>Assignment Code</b>
<b>November 30, 2025</b>	BYG-001/TMA/2025	1, 2, 3, and 4	BYG-001/TMA/2025/AS-1
<b>November 30, 2025</b>	BYG-002/TMA/2025	1, 2, 3, and 4	BYG-002/TMA/2025/AS-2

Please take note of the following points before writing your assignments:

- Use only foolscap size paper for writing your responses. Only handwritten assignments will be accepted. Typed or printed copies of assignments will not be accepted.
- Tie the pages after numbering them carefully.
- Write the questions and question number with each answer.
- All the questions are compulsory.
- ***Zero marks will be given if it is found that the answers were copied from other student***
- Every assignment will be evaluated out of a full mark of 100. Weightage is indicated in parenthesis against each question.

**Suggestions for writing an assignment:**

Read the assignments carefully. Go through the units on which the answers are based. Draw a rough outline of your answer. Make a logical order. Then write your answer neatly and submit. Give illustrations and tables wherever necessary. You may keep a photo copy of the answer sheets for future reference.

Answer each assignment in separate sheets. On the first page of the assignment response sheet, write the course code, course title, assignment code, name of your programme study centre and date of submission. Your Roll No., Name and Full address should be mentioned in the top right corner of the first page. The first page of your response sheet should look like the format given.

Course Code _____	Enrollment No. _____
Course Title _____	Name _____
Assignment Code _____	Address _____
PSC _____	_____
Date of Submission _____	_____

**Please submit the assignments to your Regional Centre/Programme-in-charge (PIC) only.**

**Assignment 1 for Course 1 of Certificate Programme in Yoga  
(Block 1, 2, 3 & 4)  
Programme Code: CPY  
Course Code: BYG-001  
Assignment Code: BYG-001/TMA/2025**

**Programme Code: CPY  
Course Code: BYG-001  
Assignment Code: BYG-  
001/TMA/2025**

**Maximum Marks: 100**

**Last date of Submission: November 30, 2025**

**Write the answers in 1200-1500 words. Each question carries 10 marks.**

- 1 What do the first and fourth discourse of *Hathapradipika* deals with? 10
- 2 What is *karma yoga*? Explain the types of *karma* according to *Bhagwadgita*. 10
- 3 Write down any ten misconceptions about *Yoga*. 10

**Section 2**

**Write the answers in 500-600 words. Each question carries 5 marks.**

- 4 Discuss the views of *Maharishi Dayananda Saraswati* on *Traitavad* and *Upasana*. 5
- 5 What do you understand by the term *Abhyasa*. 5
- 6 Discuss the modern period of *Yoga* tradition. 5
- 7 Describe the *kriyayoga* practice popularized by *Paramhansa Yogananda*. 5
- 8 Write short note on following 5  
*Avidya*  
*Abhinivesha*.
- 9 Why did *Shree Aurbindo* have started reading of *Vedas*, *Upanishads* and various other spiritual works? 5
- 10 Discuss the *Antaranga Sadhana Of Jnana Yoga*. 5

- 11 What are *Panch Mahabhavas of Bhakti*? Explain with examples. 5
- 12 Briefly describe the content of the seventh discourse of *Gheranda Samhita*. 5
- 13 How many *Chittavikshepa* has been enumerated by *Maharishi Patanjali* in *Yogasutra*? Describe them. 5
- 14 What do you understand by the concept of *Chittaprasadana*. 5
- 15 Describe Shree *Aurbindo* as a freedom fighter. 5
- 16 What are the five states of mind as stated by *Maharishi Vyasa*. 5
- 17 Describe the *asthanga yoga* for cultivating *abhyasa and vairagya*. 5