



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.

| Last Date of Submission | Course Code | Blocks Involved | Assignment Code |
|--------------------------------|--------------------|------------------------|------------------------|
| November 30, 2025 | BYG-001/TMA/2025 | 1, 2, 3, and 4 | BYG-001/TMA/2025/AS-1 |
| November 30, 2025 | 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 2 Certificate Programme in Yoga
(Block 1, 2, 3 & 4)**

Programme Code: CPY

Course Code: BYG-002

Assignment Code: BYG-002/TMA/2025

Programme Code: CPY

Course Code: BYG-002

Assignment Code: BYG-002/TMA/2025

Maximum Marks: 100

Last date of Submission: November 30, 2025

Section 1

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

- | | | |
|---|---|----|
| 1 | Discuss Nervous System in detail. | 10 |
| 2 | What is <i>Panchakosha</i> theory? Explain in detail. | 10 |
| 3 | What is <i>Yogic</i> diet? Explain the three categories of food as mentioned in <i>Yoga</i> . | 10 |

Section 2

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

- | | | |
|---|--|---|
| 4 | Write short notes on following: a. Chemical digestion. (1.5 mark) b. Structure of mouth. (2.5 mark) c. Absorption. (1 mark) | 5 |
| 5 | Explain the following terms. (1 mark each) (a) Pericardium (b) Cardiac impulse (c) Mediastinum (d) Haematocrit (e) Mitral valve | 5 |
| 6 | When mind is disturbed, <i>Prana</i> also gets disturbed. Do you agree with this statement? Give reason in support of your answer. | 5 |
| 7 | Write short notes on following: | 5 |

- a. *Sthula sharira.*
- b. *Linga sharira.*
- 8 What is good health? Discuss its different dimensions. 5
- 9 Discuss the practices recommended to achieve the perfect health of *Manomaya Kosha*. 5
- 10 Explain the concept of *Panchamahabhutas*. 5
- 11 What do you understand by the term *Triguna*? Briefly discuss the characteristics of *Triguna*. 5
- 12 Discuss the relationship between mind and body. 5
- 13 What do you understand by yogic attitude? Discuss about *Pratipaksha Bhavna*. 5
- 14 Discuss stress in perspective of *YogaVasishtha*. 5
- 15 Write a note on human personality and *Svabhav*. 5
- 16 Write about the concept of *Ayurvedic* diet. 5
- 17 How will you explain the concept of *Vichara* as a *Yogic* principle of healthy living? 5