



IGNOU

Certificate Programme in Yoga (CPY)

ASSIGNMENTS (July – 2026)

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
31 st October, 2026	BYG-001/TMA/2022	1, 2, 3, and 4	BYG-001/TMA/2022/AS-1
	BYG-002/TMA/2022	1, 2, 3, and 4	BYG-002/TMA/2022/AS-2

***Date may change as per the decision of the University.** Please keep looking the last date of submission of assignment in the IGNOU website.

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 Study Centre/Learner Support Centre/Regional center in hard copy or soft copy as per instruction given by the IGNOU Regional Centre only.

**Assignment 2 for Course 2 Certificate Programme in Yoga
(Block 1, 2, 3 &4)**

Programme Code: CPY

Course Code: BYG-002

Assignment Code: BYG-002/TMA/2026

Programme Code: CPY

Course Code: BYG-002

Assignment Code: BYG-002/TMA/2026

Maximum Marks: 100

Section 1

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

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|----------|---|----|
| 1 | Describe the structure and functions of the endocrine system. Discuss the role of the major endocrine glands in maintaining health. | 10 |
| 2 | Explain the concept of positive mental health according to yoga. Discuss the role of Yoga in promoting psychological well-being. | 10 |
| 3 | Explain the concept of Ritucharya in ayurveda, discuss its importance in adapting lifestyle, diet and activities according to the seasonal changes. | 10 |

Section 2

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

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|------------|---|---|
| 4. | Write a note on nervous tissue. | 5 |
| 5. | Explain the mechanism of urine formation. | 5 |
| 6. | Discuss the importance of diaphragmatic breathing in yoga. | 5 |
| 7. | Explain the autonomic nervous system and its divisions. | 5 |
| 8. | Explain the different types of immunity in humans compare innate immunity and adaptive immunity with suitable examples. | 5 |
| 9. | Discuss the Anamaya Kosha in details. | 5 |
| 10. | Describe the five basic elements and their importance in the formation and | 5 |

functioning.

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|------------|--|----------|
| 11. | Describe the five subsidiary Pranas. | 5 |
| 12. | Short note on health as per the Ayurveda. | 5 |
| 13. | Explain different types of breathing practices and their benefits for physical and psychological well-being. | 5 |
| 14. | Explain the concept of Triguna. According to the Indian Philosophy and their influence on human personality, behavior and mental health. | 5 |
| 15. | Short note on consciousness. | 5 |
| 16. | Discuss yoga as holistic science of health. Explain how yoga balance physical, psychological, social and spiritual aspects of human well-being. | 5 |
| 17. | Explain the concept of Ritucharya in Ayurveda. Discuss its importance in adapting lifestyle diet and activities according to the seasonal changes. | 5 |