



IGNOU

Certificate Programme in Yoga (CPY)

ASSIGNMENTS 2026 (January 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
APR. 30, 2026	BYG-001/TMA/2026	1, 2, 3, and 4	BYG-001/TMA/2026/AS-1
APR. 30, 2026	BYG-002/TMA/2026	1, 2, 3, and 4	BYG-002/TMA/2026/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 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/2026

Programme Code: CPY

Course Code: BYG-001

**Assignment Code: BYG-
001/TMA/2026**

Maximum Marks: 100

Last date of Submission: Apr. 30, 2026

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

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|---|--|----|
| 1 | Explain the etymology, meaning and various classical definitions of Yoga from different texts. | 10 |
| 2 | Describe the origin of Yoga with special reference to Hiranyagarbha and Guru–Shishya tradition. | 10 |
| 3 | Discuss the philosophy, teachings and practical aspects of Hatha Yoga as described in classical texts. | 10 |

Section 2

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

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|----|---|---|
| 4 | Explain the concept of Yoga in Buddhism. | 5 |
| 5 | Discuss the features of Sutra and Mahakavya period in Yoga history. | 5 |
| 6 | Write a short note on Maharshi Aurobindo's concept of Yoga. | 5 |
| 7 | Explain the contribution of Upanishads to Yoga philosophy. | 5 |
| 8 | Discuss the Yoga described in Bhagavad Gita. | 5 |
| 9 | Describe Yoga as explained in Agnipurana. | 5 |
| 10 | Explain the concept of Bhakti Yoga. | 5 |
| 11 | Discuss the Antaranga Sadhana of Jnana Yoga. | 5 |
| 12 | Describe the eight limbs of Ashtanga Yoga. | 5 |
| 13 | Explain the concept of Chitta and its modifications (Vrittis). | 5 |

14	Write a short note on Kriya Yoga.	5
15	Explain the structure and contents of Gheranda Samhita.	5
16	Discuss the modern period of Yoga and its developments.	5
17	Describe the contribution of Swami Vivekananda to Yoga.	5