



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 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

Last date of Submission: Apr. 30, 2026

Section 1

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

- 1 Explain the structure and functions of the human digestive system. 10
- 2 Discuss in details about the recommended food/ *Pathya Ahara* as described in Hathayogic text *Gheranda smhita* 10
- 3 Explain the structure and functions of the nervous system with special reference to reflex action. 10

Section 2

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

- 4 Define cell and explain its basic structure. 5
- 5 Describe different types of tissues in the human body. 5
- 6 Write short notes on following : 5
 - a. Sthula sharira.
 - b. Linga sharira.
- 7 Write a short note on different types of joints. 5

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| 8 | Explain the functions of the respiratory system. | 5 |
| 9 | Describe the organs and functions of the excretory system. | 5 |
| 10 | Write a short note on the endocrine system and its functions. | 5 |
| 11 | Write short notes on following : | 5 |
| | a. Kanda | |
| | b. Prana | |
| 12 | Explain the concept of health according to WHO. | 5 |
| 13 | How will you explain the concept of Vichara as a Yogic principle of healthy living? | 5 |
| 14 | Write a short note on lifestyle disorders. | 5 |
| 15 | Write about the concept of Ayurvedic diet. | 5 |
| 16 | Discuss the concept of Dincharya according to Ayurveda | 5 |
| 17 | Discuss the practices recommended to achieve the perfect health of Manomaya Kosha. | 5 |