

**CENTRE FOR DISTANCE AND ONLINE EDUCATION
SRI SRI UNIVERSITY, CUTTACK**

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCT-101

Academic Year: 2025-26

Course Name: Foundation of Yoga

Session: August 2025

Semester: 1st

Total Marks: 100

A. Answer any eight questions (essay type). Answer in about 350-500 words each.

(10 X 8 = 80)

1. Describe History and Development of Yoga?
2. Explain Aim and Objectives of Yoga?
3. What is the importance of meditation in yoga.
4. Explain Concept of Karma Yoga.
5. Describe Yoga in Vedas and Upanishads.
6. How does yoga promote holistic well-being.
7. What is the central concept of Jnana Yoga, and how does it lead to Self-realisation?
8. Differentiate between **Saguna Bhakti** and **Nirguna Bhakti** with examples.
9. Describe Yoga in Vedas and Upanishads.
10. What is the role of Nishkama Karma in Karma Yoga?

B. Write short notes on any four. Answer in about 150-200 words each.

(5 X 4 = 20)

1. Explain 10 Misconceptions about Yoga.
2. Explain Concept of Karma Yoga.
3. Describe Yoga in Vedas and Upanishads.
4. Describe Meaning and Definitions of yoga.
5. Describe Bhakti Yoga.