

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

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCT-103

Academic Year: 2025-26

Course Name: Applications of Hatha Yoga & Patanjali 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. Present the philosophical basis, traditional roots, and primary aims of Hatha Yoga, and explain how its approach differs from other major streams of Yoga practice.
2. Examine the role of the Yama and Niyama principles in establishing a moral and disciplined foundation for a Yoga practitioner within the Hatha Yoga framework.
3. Evaluate the usefulness of the Yoga Sutras of Patanjali in addressing different layers of stress—physical, emotional, and mental—across the human system.
4. Describe how asanas promote physical steadiness and mental balance, with references to illustrations and teachings drawn from the Hatha Yoga Pradipika.
5. Discuss the applications of Patanjali Yoga and Hatha Yoga in enhancing athletic performance, endurance, and overall sports capability.
6. Explain the concept of Pranayama as elaborated in the Hatha Yoga Pradipika, and analyze its physiological and psychological impacts.
7. Define Mudras and Bandhas and discuss their role in channelizing and awakening the flow of Kundalini energy.
8. Provide an overview of the four chapters of the Hatha Yoga Pradipika, highlighting their core themes and the way each section connects with the others.
9. Assess the therapeutic advantages of Patanjali Yoga and Hatha Yoga for supporting children with special needs.
10. Discuss Samadhi as the culminating experience in Yoga from both philosophical and contemporary neuroscientific viewpoints.

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

(5 X 4 = 20)

1. Hatha Yoga Kriyas and their role in cleansing and harmonizing the body–mind system.
2. A comparative note on Siddhasana, Padmasana, and Bhadrasana in terms of posture technique and purpose.
3. Nadanusandhana and its progressive stages of practice.
4. Technique, method, and benefits of Viparitakarani Mudra.
5. Scientific explanations for how Bandhas influence the autonomic nervous system.
6. Contributions of Swami Swatmarama to the systematization and textual preservation of Hatha Yoga.