

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

**MASTER OF ARTS (YOGA)**

**TUTOR MARKED ASSIGNMENT**

**Course Code: MSY-SCT-105**

**Course Name: Yoga Practical-I**

**Semester: 1st**

**Academic Year: 2025-26**

**Session: August 2025**

**Total Marks: 100**

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

(10 X 8 = 80)

1. Elaborate on the six classical Shatkarmas and analyze their purpose and relevance within the Hatha Yoga tradition.
2. Provide a detailed explanation of the complete sequence of Surya Namaskar, including the associated mantras and the physical–mental benefits of the practice.
3. Compare Poorna Shankhaprakshalana and Laghu Shankhaprakshalana, focusing on the techniques, objectives, and expected outcomes of each cleansing method.
4. Discuss the method, advantages, and precautions associated with Kapalabhati, emphasizing both physiological and subtle effects.
5. Explain the concept, process, and benefits of Neti Kriya—covering both Jala Neti and Sutra Neti—with reference to their impact on health and clarity of mind.
6. Analyze the role of standing asanas in enhancing strength, balance, and psychological wellbeing. Support your answer with suitable examples.
7. Describe the correct technique and key benefits of commonly practiced sitting postures, illustrating any five in detail.
8. Present an account of major prone postures, explaining their method of practice and the advantages they offer to different bodily systems.
9. Discuss the importance of supine asanas in yogic training and outline the proper way of performing them with relevant examples.
10. Explain the purpose and procedural steps of Shankhaprakshalana as a major yogic cleansing practice, highlighting its therapeutic value.

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

(5 X 4 = 20)

1. Describe the practice of Trataka and discuss how it aids in cultivating concentration and mental steadiness.
2. Explain the technique of Ardha Matsyendrasana and outline its key physiological benefits.
3. Define Agnisar Kriya and discuss how it influences digestion and abdominal health.
4. Present a brief note on Dhanurasana, including its method and major benefits.
5. Write a short explanation of the Manipura Chakra, highlighting its connection to yogic purification and vitality.
6. Discuss the importance of appropriate dietary measures following Shankhaprakshalana and their role in recovery.