

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

**MASTER OF ARTS (YOGA)**

**TUTOR MARKED ASSIGNMENT**

**Course Code: MSY-SCP-206**

**Course Name: Yoga Practical-II**

**Semester: 2<sup>nd</sup>**

**Academic Year: 2025-26**

**Session: February 2025**

**Total Marks: 100**

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

(10 X 8 = 80)

1. Explain the traditional sequence of Surya Namaskara and describe its benefits with special reference to chakra awareness.
2. Describe the technique, steps, benefits and precautions of Pada Prasar Paschimottanasana. How is it useful for forward-bending flexibility?
3. Discuss Ardha Padma Paschimottanasana in detail. Explain its therapeutic and pranic benefits.
4. Write the procedure and balancing principles of Ardha Padma Padottanasana and Ardha Baddha Padmottanasana.
5. Explain Vatayanasana and Vashishthasana as balancing postures. What physical and mental benefits do they offer?
6. Describe Sirshasana and Oordhwa Padmasana. What are the preparatory practices and safety precautions for inverted asanas?
7. Explain any four advanced asanas from the syllabus (e.g., Koormasana, Mayurasana, Poorna Shalabhasana, Hanumanasana). Describe steps, benefits and contraindications.
8. Define Surya Bheda, Moorchha and Plavini Pranayama. Explain their method and physiological effects.
9. Explain Nadi Shodhana (Antar & Bahir Kumbhaka) and Bhastrika Pranayama. Discuss their role in balancing the pranic system.
10. What is Kapalbhata Pranayama? Explain types, method, physiological impact and contraindications.

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

(5 X 4 = 20)

1. Chakra Awareness in Surya Namaskara
2. Dhanurakarshanasana – Technique & Benefits
3. Mayurasana and Padma Mayurasana – Key Differences
4. Poorna Matsyendrasana – Spinal Twisting Benefits
5. Moolabandhasana and Gorakshasana