

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

**MASTER OF ARTS (YOGA)**

**TUTOR MARKED ASSIGNMENT**

**Course Code: MSY-SCT-201**

**Academic Year: 2025-26**

**Course Name: Applications of Yoga Vashistha and  
Bhagavad Gita**

**Session: February 2025**

**Semester: 2nd**

**Total Marks: 100**

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

(10 X 8 = 80)

1. Explain the *Essence of the Bhagavad Gita* and discuss how its philosophical background contributes to modern stress management.
2. Discuss how the combined practice of Karma Yoga, Jnana Yoga, and Bhakti Yoga forms a holistic approach to stress management.
3. Define *Ādhi* and *Vyādhi*. How does Yoga Vasiṣṭha explain the psychosomatic origin of diseases?
4. Evaluate the theory of *Samatvam* (equanimity) as described in the Bhagavadgita and its importance in healthy living.
5. Define *Devotion (Bhakti)* according to the Gita. Explain the concept of surrender to the Supreme and how it helps in stress management.
6. Evaluate the theory of *Samatvam* (equanimity) as described in the Bhagavad Gita and its importance in healthy living.
7. What is the central concept of Jnana Yoga, and how does it lead to Self-realisation?
8. Define *Devotion (Bhakti)* according to the Gita. Explain the concept of surrender to the Supreme and how it helps in stress management.
9. How does performing actions without attachment to the fruits (Nishkama Karma) enhance performance and mental stability among athletes?
10. What is the significance of sense withdrawal (*pratyāhāra*) in strengthening self-discipline?

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

(5 X 4 = 20)

1. What is *Śraddhā* (perseverance/faith)? Explain its psychological and spiritual relevance in coping with stress.
2. What is the central concept of Jnana Yoga, and how does it lead to Self-realisation?
3. How does **Bhakti Yoga** purify emotions and transform the personality?
4. Explain the role of good association (satsanga) in personality development according to Yogavāsiṣṭha.
5. Discuss any five lifestyle prescriptions from Yoga Vasiṣṭha that help in preventing psychosomatic disorders. Provide examples.