

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

**MASTER OF ARTS (YOGA)**

**TUTOR MARKED ASSIGNMENT**

**Course Code: MSY-SCT-204**

**Academic Year: 2025-26**

**Course Name: Diet and Nutrition**

**Session: February 2025**

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

**Total Marks: 100**

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

**(10 X 8 = 80)**

1. Define nutrition and explain importance of nutrition and classify the nutrients, explain any 2 macronutrients.
2. Explain in detail about carbohydrates sources and function and effects of excess in the human body.
3. Classify the water soluble vitamins and explain each with source RDA and functions
4. Concept of diet according to hata yoga pradipika.
5. Explain the fat soluble vitamins in detail.
6. Explain concept of diet according to gheranda samhitha and bagavadgeetha in detail.
7. Explain the diet according to body constitution.
8. Explain the sources and function of protein .
9. Explain the Importance of yogic diet in yoga sadana.
10. Explain Importance of yogic diet in healthy living.

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

**(5 X 4 = 20)**

1. Explain the sources and function of fat and effect of trans fat in the body.
2. Explain the sources, function and importance of vitamin D
3. Explain the concept of guna and ahara.
4. Concept of diet in hata yoga pradipika.
5. Explain the vitamin C sources function and rda.
6. Explain the sources and function of carbohydrates .