

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

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCT-205

Academic Year: 2025-26

Course Name: Therapeutic Yoga

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 concept of health according to WHO and compare it with the yogic concept of health. Discuss physical, mental, social, and spiritual dimensions, highlighting how yoga integrates all four into a single holistic framework.
2. Describe the concepts of health and disease in modern medicine and Indian systems such as Ayurveda, Naturopathy, and Siddha. Evaluate the strengths and limitations of each system in prevention, diagnosis, and healing.
3. Discuss the yogic concept of *Adhi* and *Vyadhi* with reference to *Yoga Vasishta*. Explain how stress (*Adhi*) develops into disease (*Vyadhi*) and the psychophysiological processes involved.
4. Describe the role of yoga in preventive healthcare using the principle "Heyam Dukham An agatam." Explain how yogic practices prevent lifestyle disorders by restoring balance at physical, physiological, mental, and emotional levels.
5. Discuss *Tapatrayas* and *Kleshas* as potential causes of ill-health. Explain how these factors manifest physically, physiologically, mentally, and emotionally, using examples from daily life and common ailments.
6. Describe the physical and physiological manifestations of disease as explained in yoga texts (*Vyadhi*, *Alasya*, *Angamejayatva*, *Svasa-prashvasa*). Analyze how these symptoms indicate imbalance in the body-mind system.
7. Discuss mental and emotional ill-health according to yoga texts, including *Styana*, *Samshaya*, *Pramada*, *Avirati*, *Duhkha*, *Daurmanasya*, *Bhrantidarshana*, *Alabdhabhumi*, and *Anavasthitatva*. Explain how these states affect psychological wellbeing and behaviour.
8. Explain the role of *Trigunas*, *Pancha Mahabhutas*, *Pancha Koshas*, *Pancha Prana*, *Nadis*, and *Chakras* in health and disease. Discuss how imbalances in these subtle frameworks influence physical and mental health.
9. Discuss the importance of *Shuddhi Prakriyas* in yoga. Explain how *Karma Shuddhi*, *Ghata Shuddhi*, *Snayu Shuddhi*, *Prana Shuddhi*, and *Indriya-Mano Shuddhi* support preventive and curative health.

10. Explain how Dharana, Dhyana, and Samadhi contribute to Mana, Buddhi, Ahankara, and Chitta Shuddhi. Evaluate their long-term impact on stress reduction, emotional stability, behavioural transformation, and prevention of psychosomatic disorders.

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

(5 X 4 = 20)

1. What is the yogic definition of disease, and how does it differ from the biomedical model? Briefly explain using the concepts of Adhi and Vyadhi.
2. Explain the principle of "Heyam Dukham Anagatam" and its relevance in preventing lifestyle disorders in modern life.
3. What are Trigunas, and how do Sattva, Rajas, and Tamas influence health, behaviour, and decision-making?
4. Briefly describe the Pancha Koshas and explain how imbalance in any one sheath can affect the others.
5. What is Ghata Shuddhi (Shatkarma), and how does it contribute to preventive and curative health?
6. Explain the concept of Pancha Prana and briefly describe their role in maintaining physiological and mental equilibrium.