CENTRE FOR DISTANCE AND ONLINE EDUCATION
MASTER OF ARTS (YOGA) FEBRUARY 2025 BATCH
1ST SEMESTER EXAMINATION – JULY 2025
Paper Code: MSY-SCT-105 Paper Name: Yoga Practical
Exam Mode: Practical Demonstration + Viva Voce Total Marks: 70

Student Evaluation Sheet

Roll Number of Candidate: _____ **Name of Candidate**: _____

Section A: Asana Performance (Total: 30 Marks | 5 Asanas × 6 Marks)
Candidate must demonstrate 5 asanas from 5 different subtypes (e.g., standing, sitting, prone, supine, twisting, etc.)

Sl. No.	Name of Asana	Subtype	Marks (out of 5)
1			
2			
3			
4			
5			
Subtotal (out of 25)			

Section B: Pranayama Demonstration (Total: 10 Marks | 2 Pranayamas × 5 Marks)
Candidate must demonstrate 2 pranayamas from 2 different subtypes (Heating / Cooling / Balancing)

Sl. No.	Name of Pranayama	Subtype	Marks (out of 5)
1			
2			
Subtotal (out of 10)			

Section C: Viva Voce on Theory & Technique (Total: 25 Marks)

Evaluation Criteria	Marks (0–5)
1. Meaning & Purpose	
2. Steps & Technique	
3. Benefits	
4. Contraindications	
5. Scriptural/Traditional Reference	
Subtotal (out of 25)	

Section D: Yogic Attitude & Discipline (Total: 10 Marks)

Evaluation Criteria	Marks Awarded (0–10)
Dress code, punctuality, sincerity, focus	
Subtotal (out of 10)	

Final Score Summary

Section A	Section B	Section C	Section D	Total Marks

Student's Signatures: _____ **Examiner's Signatures:** _____

Date:_____**Date:**_____

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Marks Evaluation Criteria

Paper Code: MSY-SCT-105 **Paper Name: Yoga Practical**
Exam Mode: Practical Demonstration + Viva-Voce **Total Marks: 70**

Section	Details	Max Marks
A. Asana Performance	Demonstrate 5 different **Asanas** from any 5 out of 7 subtypes (one from each sub type): - Standing Asanas (e.g., Tadasana, Trikonasana) - Sitting Asanas (e.g., Swastikasana, Baddha Konasana) - Prone Asanas (eg. Bhujangasana, Dhanurasana, Salabhasana) - Supine Asanas (e.g., Sarvangasana, Vrikshasana, Vakrasana) - Inverted Asanas (e.g., Sarvangasana, Halasana, Viparitakarani) - Twisting Asanas (e.g., Vakrasana, Ardha Matsyendrasana) - Balancing Asanas (e.g., Vrikshasana, Natarajasana)	25 Marks (5 × 5=25)
B. Pranayama Demonstration	Demonstrate 2 different **Pranayamas** from any 2 out of 3 subtypes (one from each sub type): - **Heating** (e.g., Bhastrika, Surya Bhedana) - **Cooling** (e.g., Sheetali, Sheetkari, Bhramari) - **Balancing** (e.g., Nadi Shuddhi / Anuloma Viloma, Ujjayi)	10 Marks (2 × 5=10)
C. Viva Voce on Theory & Technique	Understanding of practices: meaning, technique, benefits, contraindications. (May include Sanskrit references or classical texts like *Hatha Yoga Pradipika,* and therapeutic applications of Yoga Practices)	25 Marks
D. Yogic Attitude & Discipline	Includes uniform, punctuality, sincerity, attention, Yogic decorum during exam.	10 Marks
TOTAL		**70**