

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

**MASTER OF ARTS (YOGA)**

**TUTOR MARKED ASSIGNMENT**

**Course Code: MSY-SCP-105**

**Course Name: Yoga Practical-I**

**Semester: 1st**

**Exam: July 2026**

**Session: February 2026**

**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 and importance of Shatkarmas in Yoga practice. Describe any two cleansing techniques in detail with their benefits and precautions.
2. Discuss the procedure, benefits, and precautions of Kunjal Kriya and Neti (Jala/Sutra Neti).
3. Explain the practices of Kapalbhati, Agnisara, and Nauli, and analyze their effects on the digestive system and overall health.
4. Describe the traditional practice of Suryanamaskar, including its steps, breathing pattern, and benefits.
5. Explain how Suryanamaskar can be modified based on the needs of different individuals (e.g., beginners, elderly, patients).
6. Discuss the classification of asanas (standing, sitting, prone, supine, balancing) and explain their role in developing flexibility, strength, and stability.
7. Describe any five standing and sitting asanas, including their technique, benefits, and contraindications.
8. Explain the importance of balancing postures in improving coordination, focus, and mental stability, with suitable examples.
9. Describe the concept and practice of Pranayama, including breath awareness and sectional breathing.
10. Explain different types of Pranayama (Nadi Shuddhi, Bhastrika, Ujjayi, Bhramari, and cooling pranayamas) and their role in enhancing vitality and mental wellbeing.

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

(5 X 4 = 20)

1. Laghoo and Poorna Shankhprakashalana
2. Importance of relaxation in Shavasana
3. Role of humour and positive attitude in Yoga teaching
4. Benefits of Bhujangasana and Dhanurasana
5. Nadishuddhi Pranayama
6. Precautions to be taken during Yoga practice