

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

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCT-101

Course Name: Foundation of Yoga

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 history and development of Yoga from the Vedic period to the modern age.
2. Discuss the meaning, definitions, aims and objectives of Yoga. Explain common misconceptions related to Yoga.
3. Describe the concept of Yoga in the Vedas and Upanishads with suitable references.
4. Explain the concept of *Prasthanatrayee* and its importance in Indian philosophical tradition.
5. Discuss the concept of *Purushartha Chatushtaya* and its relevance in human life.
6. Explain the teachings of Yoga in the Bhagavad Gita and its practical relevance.
7. Discuss the role of Yoga in Yoga Vasistha with special reference to mind and liberation.
8. Explain the basic concepts of *Shad-Darshana* and discuss the role of Yoga in Samkhya, Yoga and Vedanta Darshana.
9. Discuss the concept of Yoga in the Indian epics Ramayana and Mahabharata.
10. Explain the relevance of Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, Hatha Yoga and Mantra Yoga in modern life.

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

(5 X 4 = 20)

1. Yoga in Yajnavalkya Smriti
2. Yoga in Bhagavata Purana
3. Yoga in Narada Bhakti Sutra
4. Contribution of Kabirdas to Yoga philosophy
5. Concept of Yoga in Jainism
6. Concept of Yoga in Buddhism