

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

**MASTER OF ARTS (YOGA)**

**TUTOR MARKED ASSIGNMENT**

**Course Code: MSY-SCT-102**

**Course Name: Insights into Indian Philosophy**

**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 theory of cause and effect according to Samkhya Philosophy.
2. Discuss the concepts of Prakriti and Purusha in Samkhya philosophy.
3. Explain the process of evolution of the universe and the concept of liberation according to Samkhya philosophy.
4. Describe the concepts of Atman, Brahman, Maya, Universe and God in Indian philosophy.
5. Explain the threefold afflictions (Trividha Dukha) and the methods to overcome them.
6. Discuss the twenty-five Tattvas of Samkhya philosophy and the means of knowledge (Pramanas).
7. Explain Satkaryavada with suitable examples. Effect already exists in its cause,
8. Describe the similarities and differences between Vyakta and Avyakta and explain the concept of Triguna.
9. Explain the concepts of Karana, Antahkarana and Bahyakarana according to Sankhya Karika.
10. Discuss the organization of Yoga Sutras of Patanjali, stages of Chitta, Chitta Vrittis, Kleshas and Ashtanga Yoga.

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

(5 X 4 = 20)

1. Existence and plurality of Purusha
2. Proximity of Purusha and Prakriti
3. Five stages of Chitta
4. Five kinds of Kleshas
5. Eightfold Path of Yoga (Ashtanga Yoga)
6. God and liberation in Yoga philosophy