

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

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCT-103

Exam: July 2026

Course Name: Applications of Hatha Yoga and Patanjali Yoga

Session: February 2026

Semester: 1st

Total Marks: 100

A. Answer any eight questions (essay type). Answer in about 350-500 words each.

(10 X 8 = 80)

1. Explain the role of Hatha Yoga in personality development at different levels of human existence (physical, mental, emotional, intellectual, and spiritual).
2. Describe how Yogic diet, Shat Kriyas, and Asanas contribute to physical health and personality development.
3. Discuss the importance of Pranayama, Mudras, and Bandhas in the purification of Nadis and regulation of Prana.
4. Explain the role of Yama and Niyama in developing personal discipline and social behaviour. Provide practical examples.
5. Analyse the concept of Chitta Vritti Nirodha and explain how Abhyasa and Vairagya help in stress management.
6. Describe the four-fold attitude (Maitri, Karuna, Mudita, Upeksha) and explain how it helps in achieving mental peace and emotional balance.
7. Explain the application of Ashtanga Yoga in managing stress and improving mental and emotional wellbeing.
8. Discuss how Yoga practices enhance sports performance, including physical stamina, concentration, and emotional control.
9. Explain the role of Yoga in developing cognitive abilities, creativity, and willpower in sportspersons.
10. Discuss the application of integrated Yoga therapy for children with special needs. Explain how Yoga can support their cognitive, emotional, and physical development.

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

(5 X 4 = 20)

1. Panchakosha model and its relevance in personality development
2. Pratyahara and Dharana in emotional regulation
3. Role of meditation in reducing stress and anxiety
4. Yoga for children with autism spectrum disorder
5. Importance of Yoga in improving flexibility, strength, and endurance
6. Spiritual health and the concept of equanimity in Yoga