

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

**MASTER OF ARTS (YOGA)**

**TUTOR MARKED ASSIGNMENT**

**Course Code: MSY-SCT-104**

**Course Name: Human Anatomy and Physiology**

**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 structure and functions of a cell, including cell organelles and movement of substances across the cell membrane.
2. Describe the musculoskeletal system, including bones, joints, muscles, ligaments, and tendons. Explain their role in body movement.
3. Explain the process of muscular contraction and relaxation, including the role of the neuromuscular junction.
4. Discuss the yogic effects on bones, joints, and muscles, with suitable examples from asana practice.
5. Describe the anatomy and physiology of the digestive system, including the process of digestion and gastrointestinal secretions.
6. Explain the structure and function of the kidney and nephron, and describe the process of urine formation.
7. Discuss the structure and functions of the nervous system, including neurons, synapse, reflex action, and higher brain functions.
8. Explain the role of endocrine and exocrine glands, including important hormones and their functions in the human body.
9. Describe the cardiovascular system, including the structure of the heart, cardiac cycle, and blood circulation.
10. Explain the respiratory system, including the mechanism of breathing, gas exchange, and regulation of respiration. Discuss the yogic impact on respiratory health.

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

(5 X 4 = 20)

1. Bioelectric potentials and their significance
2. Types of joints and their functions
3. Gastrointestinal hormones
4. Dialysis and its importance
5. Reflex action and its types
6. Immune system and its functions