

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

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCP-206

Course Name: Yoga Practical-II

Semester: 2nd

Exam: July 2026

Session: August 2025

Total Marks: 100

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

(10 X 8 = 80)

1. Explain the technique, benefits and precautions of Swastikasana, Siddhasana and Siddha Yoni Asana.
2. Discuss the Padmasana group of Asanas with special reference to Matsyasana, Kukutasana and Garbhasana.
3. Explain the importance of Surya Namaskar with mantra awareness.
4. Describe the standing group of Asanas and explain their role in flexibility and balance.
5. Explain the backward bending and forward bending group of Asanas with their benefits and contraindications.
6. Discuss the spinal twisting and balancing group of Asanas and their effects on the nervous system.
7. Explain the inverted group and advanced group of Asanas with suitable precautions.
8. Describe the techniques and benefits of Nadi Shodhana, Bhastrika and Kapalabhati Pranayama.
9. Explain the importance of Mudras and Bandhas in Yoga practice.
10. Discuss different meditation techniques such as Cyclic Meditation, Vipassana Meditation, Raja Yoga Meditation and Yoga Nidra.

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

(5 X 4 = 20)

1. Sarvangasana
2. Chakrasana
3. Nadi Shodhana Pranayama
4. Khechari Mudra
5. Mindfulness Based Stress Reduction Technique
6. Yoga Nidra