

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

**MASTER OF ARTS (YOGA)**

**TUTOR MARKED ASSIGNMENT**

**Course Code: MSY-SCT-201**

**Exam: July 2026**

**Course Name: Applications of Yoga Vashistha  
and Bhagavad Gita**

**Session: August 2025**

**Semester: 2<sup>nd</sup>**

**Total Marks: 100**

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

(10 X 8 = 80)

1. Explain the essence and background of the Bhagavad Gita and discuss its role in stress management.
2. Discuss the concept of Triguna (Sattva, Rajas and Tamas) in the Bhagavad Gita and its relevance in personality development.
3. Explain how Tamas and Rajas become causes of stress according to the Bhagavad Gita.
4. Describe the qualities of Sthitaprajna and explain their importance in healthy living and stress management.
5. Discuss the four rules of Karma Yoga and their application in daily life.
6. Explain the concept of devotion (Bhakti), surrender to the Supreme and Shraddha according to the Bhagavad Gita.
7. Discuss the psycho-analysis model described in Chapter 2, Verses 62–63 of the Bhagavad Gita.
8. Explain the role of Dhyana Yoga, moderation in food, sleep and entertainment for sports personnel according to the Bhagavad Gita.
9. Discuss the concept of mind and stress management according to Yoga Vasistha.
10. Explain the importance of self-enquiry, Abhyasa and Vairagya in personality development according to Yoga Vasistha.

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

(5 X 4 = 20)

1. Concept of Samatvam in healthy living
2. Remedial measures of Abhyasa and Vairagya
3. Adhi and Vyadhi in Yoga Vasistha
4. Story of Kakabhushanda and control of breathing
5. Good association and development of Satwaguna
6. Self-discipline and self-control in Yoga Vasistha