

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

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCT-202

Course Name: Physiological Effects of Yoga Practices

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. What is homeostasis? Explain how Yoga helps maintain balance in the body.
2. Explain how Yoga influences both mind and body in maintaining health.
3. Describe the basic physiological effects of different types of asanas on the body.
4. Explain how stretching and strengthening postures affect muscles and joints.
5. Describe the mechanism of breathing and explain how Pranayama improves it.
6. Explain how Pranayama affects the nervous system and helps in relaxation.
7. Describe the basic physiological principles behind Kriyas (like movement of fluids and cleansing action).
8. Explain how Kriyas support digestion and internal cleansing.
9. What are Bandhas? Explain their basic effects on muscles and body control.
10. What are Mudras? Explain how they influence the mind and body.

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

(5 X 4 = 20)

1. Types of asanas (any classification)
2. Role of oxygen and carbon dioxide in the body
3. Peristalsis in digestion
4. Vagus nerve and relaxation
5. Muscle coordination in Yoga
6. Importance of breath control in Yoga