

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

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCT-205

Course Name: Therapeutic Yoga

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 health? Explain its dimensions (physical, mental, social, and spiritual).
2. Describe the concept of health and disease in modern and Indian systems of medicine.
3. Explain the yogic concept of health and disease (Adhi and Vyadhi).
4. What is stress? Explain how stress leads to disease according to Yoga.
5. Discuss the role of Yoga in preventive healthcare.
6. Explain the concepts of Trigunas and Pancha Mahabhutas and their role in health.
7. Describe the Pancha Kosha model and explain its importance in maintaining wellbeing.
8. Explain the concept of Prana, Nadis, and Chakras in relation to health and healing.
9. Describe the role of Shuddhi Prakriyas (cleansing practices) in maintaining health.
10. Explain the importance of Yama, Niyama, Asana, Pranayama, and Meditation in therapeutic Yoga.

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

(5 X 4 = 20)

1. Tapatrayas (three types of suffering)
2. Kleshas in Yoga
3. Preventive vs curative healthcare
4. Role of Shatkarma in health
5. Concept of Pancha Prana
6. Mental health in Yoga