

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

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-DSTE-303

Course Name: DSTE- I (Yoga and Cultural Synthesis)

Semester: 3rd

Exam: July 2026

Session: February 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 religion? Explain its role in guiding human life and values.
2. Discuss the concept of cultural synthesis and explain how Yoga connects different traditions.
3. Describe the goal of human life in Jainism and its relevance to self-discipline and non-violence.
4. Explain the goal of human life in Buddhism and its connection to suffering and liberation.
5. Describe the goal of human life in Islam and Christianity, highlighting common ethical values.
6. Explain the essence of Sufism and its connection with devotion and inner transformation.
7. Describe the concept of Anekantavada (Syadvada) and explain its importance in developing tolerance.
8. Explain the Tri-ratnas (Three Jewels) in Jainism and their role in spiritual development.
9. Describe the Four Noble Truths and the Eightfold Path in Buddhism in simple terms.
10. Explain the role of meditation practices (Zen, Tai Chi, Qi-gong, G-Tum-O) in achieving mental and spiritual balance.

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

(5 X 4 = 20)

1. Kayotsarga (Preksha Dhyana)
2. Skandha-vada
3. Concept of non-violence in Jainism
4. Mindfulness in Buddhism
5. Unity in diversity through Yoga
6. Spiritual goal of human life