

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

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCP-305

Course Name: Yoga Practical-III

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. Explain the practice of Surya Namaskara with chakra awareness, including its benefits and precautions.
2. Describe any two forward bending asanas, including their procedure, benefits, and contraindications.
3. Explain the importance of balancing asanas and describe any two with their technique and benefits.
4. Describe the procedure and precautions of inverted asanas, with reference to Sirshasana or Oordhwa Padmasana.
5. Explain any two advanced asanas, focusing on alignment, benefits, and safety measures.
6. Describe the practice of Nadi Shodhana Pranayama with Kumbhaka and its effects on body and mind.
7. Explain the procedure and benefits of Surya Bheda, Moorchha, or Plavini Pranayama (any two).
8. Describe the concept and practice of Mudras and Bandhas, including Maha Mudra and Maha Bandha.
9. Explain the practice of Yoga Nidra and its role in relaxation and mental wellbeing.
10. Describe different types of Dharana practices (Chidakasha, Hridayakasha, Bahyakasha, Antarakasha) and their importance.

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

(5 X 4 = 20)

1. Chakra Dharana
2. Panchakosha Dharana
3. Nadanusandhana
4. Jyoti Dhyana
5. Benefits of Kapalabhati and alternate nostril breathing
6. Teaching skills in Yoga practice