

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

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCT-303

Course Name: Yoga Shastras- I (Yoga Upanishads)

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. Give a brief introduction to the Ten Principal Upanishads and explain their importance in Indian philosophy.
2. Discuss the concepts of Karmanishta, Vidya and Avidya in Isha Upanishad.
3. Explain the knowledge of Brahman and Atma Bhava according to the Isha Upanishad.
4. Discuss the concepts of Self, Mind and intuitive realization of truth in Kena Upanishad.
5. Explain the moral teachings of Yaksha Upakhyana in the Kena Upanishad.
6. Discuss the definition of Yoga, nature of soul and importance of Self-realization according to Katha Upanishad.
7. Explain the concept of Prana, Rayi and Panchapranas according to Prashna Upanishad.
8. Discuss Para and Aparā Vidya, Tapas and Guru Bhakti according to Mundaka Upanishad.
9. Explain the four states of consciousness in Mandukya Upanishad and their relation with Omkara.
10. Discuss the concepts of Pancha Kosha, Om Meditation and Jnana Yoga according to Taittiriya, Chhandogya and Brihadaranyaka Upanishads.

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

(5 X 4 = 20)

1. Atma Bhava in Isha Upanishad
2. Six questions of Prashna Upanishad
3. Brahmanubhuti in Mundaka Upanishad
4. Four states of consciousness in Mandukya Upanishad
5. Pancha Kosha in Taittiriya Upanishad
6. Union of Atman and Paramatman in Brihadaranyaka Upanishad