

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

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCT-304

Course Name: General Psychology

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 psychology? Explain its importance in Yoga, mindfulness, and wellbeing.
2. Explain the mind-body connection with reference to Yoga and meditation practices.
3. Describe the process of learning and explain how yogic practices can improve learning ability.
4. Explain memory and forgetting, and suggest yogic and mindfulness techniques to improve memory.
5. Describe the role of thinking and decision-making in daily life and how mindfulness improves clarity.
6. Explain the concept of motivation and relate it to self-discipline in Yoga practice.
7. Describe the concept of emotions and stress, and explain how Yoga helps in emotional regulation.
8. Explain the role of attitudes and behaviour and how positive thinking can be developed through Yoga philosophy.
9. Describe the concept of intelligence and discuss how Yoga and meditation support cognitive development.
10. Explain the concept of personality and discuss how yogic and Vedantic practices help in personality development.

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

(5 X 4 = 20)

1. Learning and mindfulness
2. Types of memory
3. Emotional balance in Yoga
4. Positive psychology and wellbeing
5. Defence mechanisms (any two)
6. Role of attitude in behaviour change