

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

**MASTER OF ARTS (HINDU STUDIES)**

**TUTOR MARKED ASSIGNMENT**

**Course Code: MHS 304**

**Course Name: Basics of Yoga**

**Semester: 3<sup>rd</sup>**

**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 meaning, definition, and basic principles of Yoga. How are these principles relevant in modern life?
2. Discuss the purpose of Yoga practice in the present age. How can Yoga help students manage stress and improve overall well-being?
3. Describe the importance of adopting a Yogic lifestyle for students. How does it influence physical, mental, and emotional health?
4. Explain Ashtanga Yoga in detail. Discuss all its eight limbs and their significance.
5. Elaborate on Yama and Niyama. How do they contribute to moral and ethical development in individuals?
6. Discuss the role and significance of Asana and Pranayama in maintaining health and discipline in daily life.
7. Explain the higher stages of Yoga—Pratyahara, Dharana, Dhyana, and Samadhi. How do they contribute to mental concentration and spiritual growth?
8. Describe the general principles of Yogasana practice. How do these principles ensure safety and effectiveness?
9. Differentiate between Yogasana and physical exercise. Highlight their respective benefits and limitations.
10. Explain the concept of Pranayama. Discuss its guidelines and importance for students, along with examples of different types of Pranayama.

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

(5 X 4 = 20)

1. Define Yoga and state its basic principles.
2. What is the importance of Yogic lifestyle for students?
3. List the eight limbs of Ashtanga Yoga.
4. What are Yama and Niyama?
5. What is the difference between Yogasana and exercise?
6. Name any four types of Pranayama and briefly mention their benefits.