CENTRE FOR DISTANCE AND ONLINE EDUCATION
SRI SRI UNIVERSITY, KATAKA

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCT-101 **Exam: January 2027**
Course Name: Foundation of Yoga **Session: Aug 2026**
Semester: 1st **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 and definitions of Yoga. Also write its main aims and objectives.
2. Describe the development of Yoga in the Vedas and Upanishads.
3. What is Purushartha Chatushtaya? Explain its four aims of human life.
4. Explain the basic concepts of Shad-darshana (six Indian philosophies).
5. Describe the concept of Yoga in Samkhya Darshana and Yoga Darshana.
6. Explain the importance of Yoga in the Bhagavad Gita.
7. Write a short account of Yoga in Jainism and Buddhism.
8. Explain the contribution of Kabirdas, Tulasidas and Surdas to the development of Yoga.
9. What is Jnana Yoga? Explain its meaning and importance in daily life.
10. Explain the meaning and importance of Hatha Yoga and Raja Yoga.

B. Write short notes on any four. Answer in about 150-200 words each. (5 X 4 = 20)

1. Misconceptions about Yoga.
2. Prasthanatrayee .
3. Yoga in Yoga Vasistha.
4. Yoga in Ramayana and Mahabharata.
5. Narada Bhakti Sutra.
6. Karma Yoga and Bhakti Yoga.