CENTRE FOR DISTANCE AND ONLINE EDUCATION
SRI SRI UNIVERSITY, KATAKA

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCP-206 | **Exam: January 2027**
Course Name: Yoga Practical - II | **Session: February 2026**
Semester: 2nd | **Total Marks: 100**

A. Answer any eight questions (essay type). Answer in about 350-500 words each. (10 X 8 = 80)

1. Explain the method and benefits of Swastikasana.
2. Describe the steps and benefits of Padmasana.
3. Explain Surya Namaskara and its importance.
4. Describe any four standing asanas with their benefits.
5. Explain any four forward bending asanas with their benefits.
6. Describe any four backward bending asanas with their benefits.
7. Explain the method and benefits of Nadi Shodhana Pranayama with Antar Kumbhaka.
8. Describe Bhastrika and Kapalbhati Pranayama.
9. Explain any four Mudras and their benefits.
10. Write about Cyclic Meditation and Yoga Nidra.

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

1. Siddhasana
2. Balancing asanas
3. Inverted asanas
4. Jalandhara Bandha and Moola Bandha
5. Mindfulness Based Stress Reduction (MBSR)
6. Vipassana and Preksha Meditation.