CENTRE FOR DISTANCE AND ONLINE EDUCATION
SRI SRI UNIVERSITY, KATAKA

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCT-201 **Exam: January 2027**
Course Name: Applications of Yoga Vashistha and Bhagavad Gita **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 importance of the Bhagavad Gita in stress management.
2. What are the three Gunas? Explain their effect on human personality.
3. Explain the qualities of a Sthitaprajna according to the Bhagavad Gita.
4. Describe the four rules of Karma Yoga.
5. Explain the importance of Shraddha (faith) in the Bhagavad Gita.
6. How does the Bhagavad Gita explain self-control and moderation in food, sleep and recreation?
7. Explain the importance of Dhyana Yoga according to the Bhagavad Gita.
8. Explain the concept of mind in Yoga Vasistha.
9. Describe the causes of stress and psychosomatic problems according to Yoga Vasistha.
10. Explain the importance of Abhyasa and Vairagya in personality development.

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

1. Meaning of Samatvam.
2. Three types of faith in the Bhagavad Gita
3. Meaning of Nishkama Karma.
4. Adhi and Vyadhi.
5. Story of Kakabhushanda.
6. Good association (Satsanga) and self-enquiry.