CENTRE FOR DISTANCE AND ONLINE EDUCATION
SRI SRI UNIVERSITY, KATAKA

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCP-305 **Exam: January 2027**
Course Name: Yoga Practical - III **Session: August 2025**
Semester: 3rd **Total Marks: 100**

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

1. Explain the steps and benefits of Surya Namaskara with Chakra Awareness..
2. Explain the method and benefits of any two forward bending asanas.
3. Describe the steps and benefits of any two balancing asanas.
4. Explain the method and benefits of Sirshasana and Oordhwa Padmasana..
5. Write about any five advanced asanas and explain their benefits.
6. Explain the method and benefits of Surya Bheda and Moorchha Pranayama.
7. Describe Plavini Pranayama and Nadi Shodhana Pranayama.
8. Explain the steps and benefits of Bhastrika and Kapalbhati Pranayama..
9. Write about Maha Mudra, Unmani Mudra and Maha Bandha.
10. Explain Yoga Nidra and any two types of Akasha Dharana.

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

1. Write a short note on Ardha Padma Paschimottanasana.
2. Write a short note on Hanumanasana.
3. Write a short note on Antar Kumbhaka and Bahir Kumbhaka
4. Write a short note on Maha Bandha.
5. Write a short note on Chidakasha Dharana.
6. Write a short note on Chakra Dharana and Jyoti Dhyana.