CENTRE FOR DISTANCE AND ONLINE EDUCATION
SRI SRI UNIVERSITY, KATAKA

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCT-301 **Exam: January 2027**
Course Name: Yogic Concepts in Principal Upanishads **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. Write a brief introduction to the ten Principal Upanishads.
2. Explain the concepts of Vidya and Avidya in the Ishavasya Upanishad.
3. Explain the importance of self-knowledge according to the Kena Upanishad.
4. Describe the story of Yaksha in the Kena Upanishad and its moral.
5. Explain the definition of Yoga and the nature of the soul according to the Katha Upanishad.
6. What are the five Pranas? Explain briefly according to the Prashna Upanishad.
7. Explain the difference between Para Vidya and Apara Vidya according to the Mundaka Upanishad.
8. Describe the four states of consciousness according to the Mandukya Upanishad.
9. Explain the concept of Pancha Kosha according to the Taittiriya Upanishad.
10. Explain the concept of Atman according to the Brihadaranyaka Upanishad.

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

1. Karmanishtha in the Ishavasya Upanishad.
2. The six questions of the Prashna Upanishad.
3. Meaning of Brahmavidya.
4. Omkara meditation in the Chhandogya Upanishad.
5. Concept of Atman in the Aitareya Upanishad.
6. Three sections of the Taittiriya Upanishad.