# CENTRE FOR DISTANCE AND ONLINE EDUCATION
# SRI SRI UNIVERSITY, KATAKA

## MASTER OF ARTS (YOGA)

## TUTOR MARKED ASSIGNMENT

**Course Code: MSY-SCT-303** **Exam: January 2027**
**Course Name: Yoga Shastras - I (Yoga 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. Explain the importance of Dhyana Yoga according to the Swetaswatara Upanishad.
2. Describe the suitable place and techniques for meditation according to the Swetaswatara Upanishad.
3. What is Pranayama? Explain its importance according to the Yogakundali Upanishad.
4. Explain the six limbs of Yoga according to the Yogachudamani Upanishad.
5. Describe Mantra Yoga, Laya Yoga, Hatha Yoga and Raja Yoga according to the Yogatattva Upanishad.
6. Explain the importance of proper diet and daily routine (Dincharya) in Yoga.
7. Describe Ashtanga Yoga according to the Trishikhibrahmanopanishad.
8. Explain the importance and techniques of Pranava (Om) meditation according to the Dhyanabindu Upanishad.
9. Explain Nada Anusandhana and its importance according to the Nadabindu Upanishad.
10. Describe the nine Chakras and the practice of Dhyana according to the Yogaraja Upanishad.

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

1. Types of Pranayama.
2. Symptoms of Yoga Siddhis.
3. Karma Yoga and Jnana Yoga.
4. Six-limbed Yoga (Shadang Yoga).
5. Twelve Matras of Omkara.
6. Hansavidya.