CENTRE FOR DISTANCE AND ONLINE EDUCATION
SRI SRI UNIVERSITY, KATAKA

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCT-401 | **Exam: January 2027**
Course Name: Yoga Shastras - II (Samkhya Karika) | **Session: February 2025**
Semester: 4th | **Total Marks: 100**

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

1. Explain the meaning and historical background of Samkhya philosophy.
2. Write a brief introduction to the Samkhya Karika and its important commentaries.
3. Explain the three types of Dukha according to Samkhya philosophy.
4. Describe the twenty-five principles (Tattvas) of Samkhya philosophy.
5. Explain the nature and characteristics of Prakriti and Purusha.
6. What are the three Gunas? Explain their main characteristics.
7. Explain the theory of Satkaryavada according to Samkhya philosophy.
8. Describe the thirteen instruments (Trayodashakarana) and their functions.
9. Explain the types of Sarga and the three types of Shareera according to Samkhya.
10. What is Mukti? Explain the concept of liberation according to Samkhya philosophy.

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

1. Meaning of Sankhy.
2. Vyakta and Avyakta.
3. Types of Pramana.
4. Eight Dharmas of Buddhi.
5. Linga, Sukshma and Sthula Shareera.
6. Concept of Bandhana.