MANIPAL ACADEMY OF HIGHER EDUCATION

FIRST SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – DECEMBER 2019

SUBJECT: MYT 501 - AN INTRODUCTION TO YOGA - I

Monday, December 09, 2019

Time: 14:00 – 16:30 Hrs.　　　　　　　　　　　　　　　　　　Max. Marks: 50

1.　Answer the following question:

1A.　How many lakharas are there in Sanskrit literature?

1B.　Write avargeeya consonants.

1C.　Which are short vowels and long vowels?

1D.　What is Dhatu?

1E.　Change the sentence to passive voice - Ramah shaalam gacchati.

　　　　　　　　　　　　　　　　　　　　　　　(1 mark × 5 = 5 marks)

2.　Answer the following questions as directed

2A.　Write the pratipadika, case, number and gender of the following
　　　i)　Phalena　　ii)　Gurave　　iii)　Latayam　　iv)　Tesam　　v)　Asmabhih

2B.　Declare the following root words in Lat and Lot lakaras.
　　　i)　khad　　　ii)　Ish

2C.　Join and name the Sandhi
　　　i)　Guru+upadesah　　ii)　Eka+ekam　　iii)　Guna + upethah
　　　iv)　Yogas + cittavritth　　v)　Antah + gatah

2D.　Write the samastapada and name the samasa.
　　　i)　Cittasya vrittih　　ii)　gramat nirgatah　　iii)　karmani kusalah
　　　iv)　Na dharmah　　　v)　Dukham atitah

　　　　　　　　　　　　　　　　　　　　　　　(5 marks × 4 = 20 marks)

3.　Answer the following questions:

3A.　Explain the meaning, definition and Aim of Yoga.

3B.　Explain Kundalini yoga and its Principles.

　　　　　　　　　　　　　　　　　　　　　　　(10 marks × 2 = 20 marks)

4.　Write short note on:　Jnana yoga

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FIRST SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – DECEMBER 2019

SUBJECT: MYT 503 - PHILOSOPHY OF YOGA - I

Tuesday, December 10, 2019

Time: 14:00 – 16:30 Hrs.

Max. Marks: 50

✍ **Answer the following:**

1. Explain antaranga yoga.

2. What is abhyasa and vairagya? Explain.

3. Explain dharma lakshana avasta parinama.

(10 marks × 3 = 30 marks)

4. **Write short notes on the following:**

4A. Niyama

4B Pranayama

4C. Ruthambaraprajna

4D. Bhavapratyaya

(5 marks × 4 = 20 marks)

2. **Answer the following:**

2A. List the functions of middle ear.

2B. What is a reflex arc? Name its components.

2C. List the names and functions of any two neuroglial cells.

2D. Role of erythropoietin.

2E. List any four actions of testosterone.

(2 marks × 5 = 10 marks)

3. **Write short notes of the following:**

3A. Autonomic Nervous System.

3B. Effects of insulin on the body.

3C. Oxygen transport.

3D. Composition and functions of gastric juice.

3E. Active transport.

3F. Factors maintaining cardiac output.

(5 marks × 6 = 30 marks)
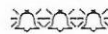
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MANIPAL ACADEMY OF HIGHER EDUCATION

FIRST SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – DECEMBER 2019

SUBJECT: MYT 505 - BASIC HUMAN ANATOMY

Wednesday, December 11, 2019

Time: 14:00 – 16:30 Hrs.   Max. Marks: 50

1.   **Answer the following in one word or one sentence each:**

1A.   Name any two flat bone

1B.   Name the outer most covering of the blood vessel

1C.   Give an example for the lymphoid organ

1D.   Name the parts of the brain stem

1E.   Name the layers of the pleura

1F.   Give an example to the synovial joint

1G.   Give an example to the skeletal muscle

1H.   Name the parts of small intestine

1I.   Name the coverings of the testis

1J.   Little's area of epistaxis is present in which wall of the nasal cavity?

(1 mark × 10 = 10 marks)

2.   **Write short notes of the following:**

2A.   Neuroglia

2B.   Pancreas

2C.   Hilum of left lung

2D.   External features of right Kidney

2E.   Microscopic structure of Pituitary

(4 marks × 5 = 20 marks)

3.   **Explain the following:**

3A.   Enumerate the parts of digestive system. Describe the Stomach in detail

3B.   Describe the right atrium of the heart in detail

(10 marks × 2 = 20 marks)

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FIRST SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – DECEMBER 2019

SUBJECT: MYT 507 - PHYSIOLOGY

Thursday, December 12, 2019

Time: 14:00 – 16:30 Hrs.   Max. Marks: 50

1. **Answer the following multiple choice questions:**

1A. Which of the following maintains balance of the body?
    i)   Cerebrum   ii)   Cerebellum   iii)   Medulla oblongata   iv)   Calyx

1B. The depolarization phase of action potential in a neuron is mainly due to
    i)   Sodium influx   ii)   Sodium efflux   iii)   Potassium influx
    iv)   Potassium efflux

1C. A person with 'A' negative blood group will be having the following agglutinins in plasma
    i)   Anti B only   ii)   Anti B & anti D   iii)   Anti A only
    iv)   Anti A & anti D

1D. Almost all the glucose that is filtered through the glomerulus is reabsorbed in the
    i)   Bowman's capsule   ii)   Proximal tubule   iii)   Loop of Henle
    iv)   Distal tubule

1E. Contractile unit of skeletal muscle fibre is the area between
    i)   Two adjacent Z lines   ii)   A and H band   iii)   A and I band
    iv)   Z line and A band

1F. The following is a calorigenic hormone
    i)   Thyroxine   ii)   Luteinizing hormone   iii)   Oestrogen
    iv)   Oxytocin

1G. The following is an abnormal constituent of urine
    i)   Sodium   ii)   Potassium   iii)   Urea   iv)   Protein

1H. The baroreceptors regulating blood pressure are located in
    i)   Arteries   ii)   Arterioles   iii)   Veins   iv)   Capillaries

1I. The micturition reflex is integrated in the-
    i)   Spinal cord   ii)   Hypothalamus   iii)   Medulla oblongata
    iv)   Cerebral cortex

1J. Broca's area in the left cerebral hemisphere is related to
    i)   Vision   ii)   Taste   iii)   Smell   iv)   Speech

(1 marks × 10 = 10 marks)