

Reg. No.

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MANIPAL ACADEMY OF HIGHER EDUCATION

SECOND SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – MAY 2019

SUBJECT: MYT 502 - AN INTRODUCTION TO YOGA - II

Monday, May 27, 2019

Time: 14:00 – 16:30 Hrs.

Max. Marks: 50

✍ Answer ALL the questions.

1. Answer the following:

- 1A. Explain Adhikari according to Jnana yoga.
- 1B. Explain features of Atma.
- 1C. Explain Nadanusandhana.

(10 marks × 3 = 30 marks)

2. Write the short notes on the following:

- 2A. Adhyasa
- 2B. Samadhi and its obstacles
- 2C. Karma yoga according to BG
- 2D. Benefits of Dhyana according to BG

(5 marks × 4 = 20 marks)



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MANIPAL ACADEMY OF HIGHER EDUCATION

SECOND SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – MAY 2019

SUBJECT: MYT 504 - PHILOSOPHY OF YOGA - II

Tuesday, May 28, 2019

Time: 14:00 – 16:30 Hrs.

Max. Marks: 50

Answer ALL the questions.

1. Answer the following:

- 1A. Explain threeguna
- 1B. Explain eight causes for non-perception
- 1C. Explain “kaaranam asti avyatham”

(10 marks × 3 = 30 marks)

2. Write the short notes on the following:

- 2A. Special characteristics of vyaktha, avyaktha and Jna
- 2B. Ahamkara
- 2C. Banda and moksha
- 2D. Anumana pramana

(5 marks × 4 = 20 marks)

