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MANIPAL ACADEMY OF HIGHER EDUCATION

SECOND YEAR M.Sc. YOGA THERAPY DEGREE EXAMINATION – JULY 2019

SUBJECT: PAPER I: BASIC PRINCIPLES OF YOGA THERAPY

Monday, July 01, 2019

Time: 14:00 – 17:00 Hrs.

Max. Marks: 80

Answer the following questions briefly:

1. **Explain the following asanas according to Hatha yoga:**

1A. Paschimotanasana

1B. Matsyasana

(10 marks)

2. Explain Pathyapatha according to Hatha yoga.

(10 marks)

3. Explain Nadisuddhi pranayama according to Gheranda.

(10 marks)

4. Explain Pratyaya Sarga.

(10 marks)

5. Explain Vibhooti Pada.

(10 marks)

6. Explain Ghata Yoga.

(10 marks)

7. **Write short notes for the following:**

7A. Suryabedhana according to Gheranda

7B. Kapalabhati therapeutical benefits

7C. Viparitarani Mudra

7D. Mitahara

(5 marks × 4 = 20 marks)



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MANIPAL ACADEMY OF HIGHER EDUCATION

SECOND YEAR M.Sc. YOGA THERAPY DEGREE EXAMINATION – JULY 2019

SUBJECT: PAPER II: BASIS AND THERAPEUTICS OF YOGA THERAPY

Wednesday, July 03, 2019

Time: 14:00 – 17:00 Hrs.

Max. Marks: 80

Answer the following questions briefly:

1. Define Yoga Therapy. Explain Panchavimshati theory. (10 marks)
2. Explain effect of yoga on Endocrine System. (10 marks)
3. Discuss the yoga therapy in Osteo Arthritis. (10 marks)
4. Write effect of yoga therapy in Menopause. (10 marks)
5. Explain yogic concept of Diet. (10 marks)
6. Write importance of Shadrasa (Six tastes) in improving health. (10 marks)
7. **Write short notes for the following:**
 - 7A. Hamsodaka
 - 7B. Dakshinayana
 - 7C. Ghrita (Ghee)
 - 7D. Cow milk

(5 marks × 4 = 20 marks)



