Reg. No. | | | | | | | | | |

MANIPAL ACADEMY OF HIGHER EDUCATION

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

SUBJECT: MYT 601 - PRINCIPLES OF YOGA THERAPY I

Thursday, December 19, 2019

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

✍ Answer ALL the questions.

1.   Explain bhastrika pranayama.

2.   Explain nadanusandhana.

3.   Explain siddhasana.

(10 marks × 3 = 30 marks)

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

4A. Pathya

4B. Ujjayee pranayama

4C. Aim of Hatha yoga

4D. Shavasana

(5 marks × 4 = 20 marks)

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MANIPAL ACADEMY OF HIGHER EDUCATION

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

SUBJECT: MYT 603 - YOGA THERAPY I

Friday, December 20, 2019

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

✍ Answer ALL the questions.

1. Define yoga therapy. Explain seven principles of yoga therapy.

2. Explain tridosha concept in yoga therapy.

3. Explain pancha prana theory.

(10 marks × 3 = 30 marks)

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

4A. Balanced diet

4B. Therapeutics of meditation

4C. Treatment concepts according to Patanjali

4D. Method of examination of pulse.

(5 marks × 4 = 20 marks)

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