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MANIPAL ACADEMY OF HIGHER EDUCATION

**FIRST SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JANUARY 2021**

**SUBJECT: MYT 501 - AN INTRODUCTION TO YOGA - I**

Monday, January 25, 2021

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

1. Answer the following questions:

- 1A. How many letters are there in Sanskrit literature?
- 1B. Which are short vowels?
- 1C. Which are anunasika consonants?
- 1D. Write roman transliteration of consonants.
- 1E. Change the sentence to passive voice – Ramena vanam gamyate.

(1 mark  $\times$  5 = 5 marks)

2. Answer the following questions as directed:

- 2A. Declare the following words in cases. Mention the gender.
- i) Guru ii) Phala
- 2B. Declare the following root words in Lan and Lrt lakaras
- i) Khad ii) vad
- 2C. Split and name the sandhi.
- i) Yogangam ii) Yatnobhyasah iii) Tajjapah
- iv) Piturichha v) Mahaushadham
- 2D. Write vighrahavakya and name the samasa.
- i) Yoganushasanam ii) Nilameghah iii) Ramalakshmanau
- iv) Upanagaram v) Pitambarah

(5 marks  $\times$  4 = 20 marks)

3. Answer the following questions:

- 3A. Explain the historical development of yoga in the period of Patanjali and Post Patanjali.
- 3B. What are Chakras? Explain Manipura and Vishuddha Chakras.

(10 marks  $\times$  2 = 20 marks)

4. Write short note on:

## Karma Yoga

(5 marks)



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**MANIPAL ACADEMY OF HIGHER EDUCATION**

**FIRST SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JANUARY 2021**

**SUBJECT: MYT 503 - PHILOSOPHY OF YOGA - I**

Wednesday, January 27, 2021

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

**Answer the following.**

1. Explain citta vrttis according to sage patanjali.
2. Explain yama and niyama of astanga yoga.
3. Explain any five viboothis.

(10 marks × 3 = 30 marks)

**Write short notes on the following:**

- 4A. Avidya
- 4B. Evolution theory
- 4C. Upayapratyaya
- 4D. Pranava

(5 marks × 4 = 20 marks)



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**MANIPAL ACADEMY OF HIGHER EDUCATION**

**FIRST SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JANUARY 2021**

**SUBJECT: MYT 505 - BASIC HUMAN ANATOMY**

Thursday, January 28, 2021

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

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

- 1A. Define anatomical position.
- 1B. Give any two examples of flat bone.
- 1C. Name any three derivatives of mesoderm.
- 1D. Enumerate the extrinsic muscles of the tongue.
- 1E. Name the parts of brain stem.
- 1F. Name the chambers of the heart.
- 1G. Name the lining epithelium of skin and oesophagus.
- 1H. Name the layers of meninges.
- 1I. Name any two structures passing through the foramen magnum.
- 1J. Name the openings present in the hiatus semilunaris of the nasal cavity.

(1 mark × 10 = 10 marks)

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

- 2A. Islets of langerhans.
- 2B. Cerebrospinal fluid
- 2C. Draw a neat labelled diagram of the multipolar neuron.
- 2D. Oogenesis
- 2E. Maxillary sinus

(4 marks × 5 = 20 marks)

**3. Explain the following:**

- 3A. Enumerate the parts of digestive system. Describe the vermiform appendix in detail.
- 3B. Enumerate the parts of respiratory system. Describe the lateral wall of nose in detail.

(10 marks × 2 = 20 marks)



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## MANIPAL ACADEMY OF HIGHER EDUCATION

FIRST SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JANUARY 2021

SUBJECT: MYT 507 - PHYSIOLOGY

Friday, January 29, 2021

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

1. Answer the following multiple choice questions:

- 1A. The hormone which lowers the plasma glucose level is  
i) Vitamin D3      ii) Parathormone      iii) calcitonin      iv) insulin
- 1B. The most important muscle of inspiration is  
i) External intercostals      ii) Diaphragm      iii) Internal intercostals  
iv) Abdominal muscles
- 1C. Dysphagia means  
i) Difficulty in swallowing      ii) Difficulty in breathing      iii) Defect in speech  
iv) Excessive food intake
- 1D. The normal urine output per 24 hours is  
i) 4-5 liters      ii) 250-500 milliliters      iii) 1-2 liters      iv) None of these
- 1E. 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
- 1F. Hypothalamus secretes all these **EXCEPT**  
i) Growth hormone releasing hormone      ii) Thyrotropin releasing hormone  
iii) Luteinizing hormone      iv) Somatostatin
- 1G. Most of the carbon dioxide combines with \_\_\_\_\_ forming carbonic acid  
i) Oxygen      ii) Water      iii) Hemoglobin      iv) Sodium bicarbonate
- 1H. Which of the following statement is **true** regarding Electrocardiogram?  
i) P wave is due to ventricular depolarization  
ii) QRS complex is due to ventricular repolarization  
iii) T wave is due to ventricular repolarization  
iv) P wave is due to atrial repolarization
- 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 mark × 10 = 10 marks)

2. **Answer the following:**

- 2A. Define blood pressure. Give normal values of Systolic Blood Pressure, Diastolic Blood Pressure and Mean Arterial Pressure.
- 2B. List the functions of bile.
- 2C. Write the types of white blood cells.
- 2D. List any two ascending tracts with one function of each.
- 2E. Mention the types of deafness and list the tests for hearing.

(2 marks  $\times$  5 = 10 marks)

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

- 3A. Briefly outline the events at neuromuscular Junction on arrival of a Nerve Action Potential
- 3B. Functions of oxytocin
- 3C. Movements of small intestine
- 3D. Functions and regulation of thyroid hormones
- 3E. Different parts and functions of the cerebellum
- 3F. Define hemostasis. Outline the role of platelets in hemostasis

(5 marks  $\times$  6 = 30 marks)

