

Reg. No.

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MANIPAL ACADEMY OF HIGHER EDUCATION

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

SUBJECT: MYT 601 - PRINCIPLES OF YOGA THERAPY I

Friday, January 29, 2021

Time: 14:00 – 16:30 Hrs.

Max. Marks: 50

Answer the following:

1. Explain three bandhas with therapeutic benefits.
2. Explain shatkriyas.
3. Explain sheetali and sitkari pranayama.

(10 marks × 3 = 30 marks)

Write the short notes on the following:

- 4A. Pathya ahara
- 4B. Moorchha and plavini pranayama
- 4C. Bhramari pranayama
- 4D. Ghatavastha

(5 marks × 4 = 20 marks)



Reg. No.																			
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MANIPAL ACADEMY OF HIGHER EDUCATION

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

SUBJECT: MYT 603 - YOGA THERAPY I

Saturday, January 30, 2021

Time: 14:00 – 16:30 Hrs.

Max. Marks: 50

Answer the following:

1. Describe seven principles of yoga therapy.
2. Explain importance of shadrasa concept in yoga therapy.
3. Explain pancha kosha theory.

(10 marks × 3 = 30 marks)

4. Write the short notes on the following:

- 4A. Concept of health according to Patanjala yoga sutra.
- 4B. Sadvrta.
- 4C. Treatment concepts according to Bhagvad Gita
- 4D. Pulse in fever and its types.

(5 marks × 4 = 20 marks)

