

Reg. No.

MANIPAL ACADEMY OF HIGHER EDUCATION**SECOND SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JUNE 2022****SUBJECT: MYT 502 - AN INTRODUCTION TO YOGA - II**

Thursday, June 23, 2022

Time: 14:00 – 16:30 Hrs.

Max. Marks: 50

1. Answer the following:

- 1A. Explain preparation for Dhyana according to BG.
- 1B. Explain Sadhana chatushtaya.
- 1C. Explain Panchakosha theory.

(10 marks × 3 = 30 marks)

2. Write the short notes on the following:

- 2A. Vairaja pranava
- 2B. Shravana
- 2C. Satvika ahara
- 2D. Tapas

(5 marks × 4 = 20 marks)



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SECOND SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JUNE 2022

SUBJECT: MYT 504 - PHILOSOPHY OF YOGA - II

Friday, June 24, 2022

Time: 14:00 – 16:30 Hrs.

Max. Marks: 50

Answer ALL the questions.

1. Answer the following:

1A. Explain three dhukhas

1B. Explain karanas

1C. Explain pratyayasarga

(10 marks × 3 = 30 marks)

2. Write the short notes on the following:

2A. Bhuddi lakshana

2B. Purpose of Samyoga

2C. Vyaktha

2D. Tattva abyasa

(5 marks × 4 = 20 marks)

