MANIPAL ACADEMY OF HIGHER EDUCATION

THIRD SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JANUARY 2022
SUBJECT: MYT 601 - PRINCIPLES OF YOGA THERAPY I

Tuesday, January 04, 2022

Time: 10:00 – 12:30 Hrs.   Max. Marks: 50

✍   **Answer the following:**

1.   Explain Yoga matha.

2.   Explain nadi shuddhi pranayama.

3.   Explain tri bandhas.

(10 marks × 3 = 30 marks)

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

4A.   Ghatavashta

4B.   Mayurasana

4C.   Hathasiddhilakshanam

4D.   Shambhavi mudra

(5 marks × 4 = 20 marks)

꧁꧂꧁꧂

MANIPAL ACADEMY OF HIGHER EDUCATION

THIRD SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JANUARY 2022

SUBJECT: MYT 603 - YOGA THERAPY I

Wednesday, January 05, 2022

Time: 10:00 – 12:30 Hrs.   Max. Marks: 50

✍ **Answer the following:**

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

2. Explain pancha prana theory.

3. Explain concept of health according to Ayurveda.

(10 marks × 3 = 30 marks)

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

4A. Therapeutics of bandha and mudra.

4B. Importance of ritucharya.

4C. Therapeutics of yogic diet.

4D. The nature of pulse in physiological conditions.

(5 marks × 4 = 20 marks)

🔔🔔🔔