

MANIPAL ACADEMY OF HIGHER EDUCATION**FOURTH SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JUNE 2022****SUBJECT: MYT 602 – PRINCIPLES OF YOGA THERAPY II**

Thursday, June 23, 2022

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

 **Answer ALL the questions.**

1. **Answer the following:**

- 1A. Explain sahita kumbhaka.
- 1B. Explain physiology of mudra.
- 1C. Explain yoni mudra.

(10 marks × 3 = 30 marks)

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

- 2A. Danthadhauti
- 2B. Relation of Aum with chakra
- 2C. Sukshma dhyana
- 2D. Difference between asana and exercise

(5 marks × 4 = 20 marks)



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FOURTH SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JUNE 2022
SUBJECT: MYT 604 – YOGA THERAPY II

Friday, June 24, 2022

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

✍ Answer ALL the questions.

1. Answer the following:

- 1A. Write yoga therapy for arthritis.
- 1B. Write yoga therapy for hypertension.
- 1C. Write yoga therapy for bronchial asthma.

(10 marks × 3 = 30 marks)

2. Write the short notes on the following:

- 2A. Digestive system and yoga therapy
- 2B. Therapeutics of kriyas in obesity
- 2C. Triphala and lavana
- 2D. Therapeutics of shavasana in insomnia

(5 marks × 4 = 20 marks)

