Reg. No.										

MANIPAL ACADEMY OF HIGHER EDUCATION

FIRST SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – FEBRUARY 2023

SUBJECT: MYT 5001 - AN INTRODUCTION TO YOGA - I

Monday, February 27, 2023

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

1. **Answer the following questions:**

1A. Write roman transliteration of consonants.

1B. Which are long vowels?

1C. How many lakharas are there in Sanskrit literature?

1D. What is avyaya?

1E. Change the sentence to passive voice - Aham devam namaami.

(1 mark × 5 = 5 marks)

2. **Answer the following questions as directed:**

2A. Write the pratipadika, case, number and gender of the following

i) Phalena ii) Guruh iii) Phalam iv) Tena v) Mama

2B. Declare the following root words in Lat and Lot lakaras.

i) Pat ii) Vad

2C. Join and name the Sandhi

i) Deva + alaya ii) Maha + aushadam iii) Yadi + api

iv) Yogas + chittavritti v) Antah + gatah

2D. Write the samastapada and name the samasa.

i) Chittasya vrittih ii) Gramat nirgatah iii) Dukham atitah

iv) Na jnanah v) Navanam ratrinam samaharah

(5 marks × 4 = 20 marks)

3. **Answer the following questions:**

3A. Explain the meaning, definition and aim of Yoga.

3B. What is Mooladhara chakra? Discuss the relationship between chakra and Endocrine glands.

(10 marks × 2 = 20 marks)

4. **Write short note on**

Karma yoga

(5 marks)

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FIRST SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – FEBRUARY 2023

SUBJECT: MYT 5005 – PHILOSOPHY OF SANKHYA

Tuesday, February 28, 2023

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

Answer the following:

1. Explain Process of evolution.

2. Explain Triguna.

3. Explain cause and effect theory.

(10 marks × 3 = 30 marks)

4. **Write a short note on the following:**

4A. Moola-Prakrati

4B. Viparyaya

4C. Gross body

4D. Bandha and moksha

(5 marks × 4 = 20 marks)