MANIPAL ACADEMY OF HIGHER EDUCATION

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

SUBJECT: MYT 5001 - AN INTRODUCTION TO YOGA - I

Monday, January 23, 2023

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

1.   **Answer the following questions briefly:**

1A. Write ayogavahs.

1B. Write roman transliteration of avargeeya consonants.

1C. Write karkasa consonants.

1D. Name vibhakthis of Sanskrit literature

1E. Change the sentence to passive voice - Lathaa patram likhathi.

(1 mark × 5 = 5 marks)

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

2A. Declare the following words in cases. Mention the gender

   i)   Yoga   ii)   Go

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

   i)   Chint   ii)   Vad

2C. Split and name the Sandhi

   i)   Devarshih   ii)   Munindrah   iii)   Tenaiva

   iv)   Jagannathah   v)   Antarjalam

2D. Write the vigrahavakya and name the samasa

   i)   Asatya   ii)   Megha shyamah   iii)   Pratigruham

   iv)   Poorvanhah   v)   Pitodakam

(5 marks × 4 = 20 marks)

3.   **Answer the following questions:**

3A. Explain Karma yoga and Mantra yoga.

3B. Explain Kundalini yoga and its principles.

(10 marks × 2 = 20 marks)

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

   Post Patanjali period

(5 marks)

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FIRST SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JANUARY 2023
SUBJECT: MYT 5003 - PHILOSOPHY OF YOGA

Tuesday, January 24, 2023

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

✍ **Answer the following:**

1. Explain bahiranga yoga.

2. What is abhyasa and vairagya? Explain.

3. Explain dharma lakshana avasta parinama.

(10 marks × 3 = 30 marks)

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

4A. Yama

4B. Samadhi

4C. Ruthambharaprajna

4D. Klesha

(5 marks × 4 = 20 marks)

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MANIPAL ACADEMY OF HIGHER EDUCATION

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

SUBJECT: MYT 5005 – PHILOSOPHY OF SANKHYA

Wednesday, January 25, 2023

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

✍ **Answer the following.**

1. Explain three fold afflictions and how to overcome them?

2. Explain sukshma-sharira.

3. Explain existence of Prakrati.

(10 marks × 3 = 30 marks)

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

4A. Respective functions of jnanedriya and karmendriya

4B. Linga- sarga

4C. Limitation for direct perception

4D. Dharmadi-bhavas

(5 marks × 4 = 20 marks)

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