MANIPAL ACADEMY OF HIGHER EDUCATION

THIRD SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – DECEMBER 2023
SUBJECT: MYT 6001 - PRINCIPLES OF YOGA THERAPY I

Tuesday, December 26, 2023

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

1. **Answer the following:**

1A. Explain Shat-kriyas

1B. Explain Nadishuddhi Pranayama

1C. Explain Siddhasana and its importance

(10 marks × 3 = 30 marks)

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

2A. Relation between Hathayoga and Rajayoga

2B. Pathya and Apathya

2C. Kundalini – Shakti

2D. Maha-Mudra

(5 marks × 4 = 20 marks)

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1.   **Answer the following:**

1A.   Define Yoga therapy. Explain therapeutics of Kriyas.

1B.   Explain concept of health according to Ayurveda.

1C.   Explain therapeutics of Asana and Pranayama.

(10 marks × 3 = 30 marks)

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

2A.   Therapeutics of Ahara

2B.   Vyayama

2C.   Sadvrita

2D.   Importance of Shadrasa in Yoga therapy

(5 marks × 4 = 20 marks)

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