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MANIPAL ACADEMY OF HIGHER EDUCATION
FOURTH SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JUNE 2023
SUBJECT: MYT 602 – PRINCIPLES OF YOGA THERAPY II

Monday, June 26, 2023

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

1. Answer the following.

- 1A. Explain the therapeutics of pranayama.
- 1B. Explain viparitakarani mudra.
- 1C. Explain preparation for pranayama.

(10 marks × 3 = 30 marks)

2. Write the short notes on the following:

- 2A. Bhalabhati
- 2B. Physiology of asana
- 2C. Therapeutics of bandha
- 2D. Padmasana

(5 marks × 4 = 20 marks)



Reg. No.

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MANIPAL ACADEMY OF HIGHER EDUCATION

FOURTH SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JUNE 2023

SUBJECT: MYT 604 – YOGA THERAPY II

Tuesday, June 27, 2023

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

1. Answer the following

- 1A. Write yoga therapy for Arthritis.
- 1B. Write yoga therapy for Menstrual disorders.
- 1C. Write yoga therapy for Back ache.

(10 marks × 3 = 30 marks)

2. Write the short notes on the following:

- 2A. Endocrine system and yoga therapy
- 2B. Ikshu (sugar cane) and godhuma (wheat)
- 2C. Rules of nidra
- 2D. Gangambu and madhu

(5 marks × 4 = 20 marks)

