Reg. No.			

MANIPAL ACADEMY OF HIGHER EDUCATION

FIRST SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JANUARY 2024 SUBJECT: MYT 5001 - AN INTRODUCTION TO YOGA - I

Monday, January 22, 2024 Time: 10:00 - 12:30 Hrs. Max. Marks: 50 Answer the following questions. 1A. How many letters are there in Sanskrit literature? What is dhatu? 1C. Which are anunasika consonants? 1D. Write roman transliteration of vowels. 1E. Change the sentence to passive voice - Ramah shaalam gacchati. $(1 \text{ mark} \times 5 = 5 \text{ marks})$ 2. Answer the following questions as directed. 2A. Declare the following words in cases. Mention the gender. Guru ii) Mati 2B. Declare the following root words in Lan and Lrt lakaras i) Khad ii) Bhu 2C. Split and name the sandhi. i) Yogangam ii) Madhvarih iii) Tajjapah iv) Haraye v) Mahaushadham 2D. Write vigrahavakya and name the samasa Cittavrittih ii) Pitambarah iii) Ramalakshmanau iv) Upanagaram Avidhya $(5 \text{ marks} \times 4 = 20 \text{ marks})$ 3. Answer the following questions. 3A. Explain the historical development of yoga in the period of Patanjali and post Patanjali. 3B. Explain chakra and manipura chakra $(10 \text{ marks} \times 2 = 20 \text{ marks})$ Write short note on: Jnana Yoga (5 marks)

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MANIPAL ACADEMY OF HIGHER EDUCATION

FIRST SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JANUARY 2024 SUBJECT: MYT 5003 - PHILOSOPHY OF YOGA

Tuesday, January 23, 2024

Time: 10:00 - 12:30 Hrs.

Max. Marks: 50

- 1. Explain chitta vrittis.
- 2. Explain asana and pranayama of Ashtanga yoga.
- 3. Explain any five vibhoothis.

 $(10 \text{ marks} \times 3 = 30 \text{ marks})$

- 4. Write short notes on the following:
- 4A. Asmita
- 4B. Evolution theory
- 4C. Upayapratyaya
- 4D. Pranava

 $(5 \text{ marks} \times 4 = 20 \text{ marks})$

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MANIPAL ACADEMY OF HIGHER EDUCATION

FIRST SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JANUARY 2024 SUBJECT: MYT 5005 – PHILOSOPHY OF SANKHYA

Wednesday, January 24, 2024

Time: 10:00 - 12:30 Hrs.

Max. Marks: 50

- Answer the following.
- Explain three pramanas.
- Explain similarity and dissimilarity between manifest and un-manifest
- 3. Explain Pratyaya-sarga

 $(10 \text{ marks} \times 3 = 30 \text{ marks})$

- 4. Write a short notes on the following:
- 4A. Eight obstacles for direct perception
- 4B. Mind
- 4C. Purpose of Samyoga of Purusha and Prakriti
- 4D. Dharmadi-Bhavas and their results

 $(5 \text{ marks} \times 4 = 20 \text{ marks})$