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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

✍ **Answer the following:**

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

(10 marks × 3 = 30 marks)

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

- 4A. Asmita
- 4B. Evolution theory
- 4C. Upayapratyaya
- 4D. Pranava

(5 marks × 4 = 20 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.**

1. Explain three pramanas.
2. Explain similarity and dissimilarity between manifest and un-manifest
3. Explain Pratyaya-sarga

(10 marks × 3 = 30 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 marks × 4 = 20 marks)

