

Reg. No.

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MANIPAL ACADEMY OF HIGHER EDUCATION

THIRD SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – DECEMBER 2024

SUBJECT: MYT 6001 - PRINCIPLES OF YOGA THERAPY I

Monday, December 23, 2024

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

1. Answer the following:

- 1A. Explain three bandhas with therapeutic benefits.
- 1B. Explain shat-kriyas.
- 1C. Explain Sheetali and Sitkari pranayama.

(10 marks × 3 = 30 marks)

2. Write the short notes on the following:

- 2A. Pathya
- 2B. Jeevanmuktha lakshana of Yogi
- 2C. Bhramari pranayama
- 2D. Ghatavastha of Nadanusandhana

(5 marks × 4 = 20 marks)



Reg. No.

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MANIPAL ACADEMY OF HIGHER EDUCATION

THIRD SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – DECEMBER 2024

SUBJECT: MYT 6003 - YOGA THERAPY I

Tuesday, December 24, 2024

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

1. Answer the following:

1A. Explain Yoga therapy and seven components.

1B. Describe pancha vimshati theory.

1C. Explain preventive, promotive & curative aspects of Yoga therapy.

(10 marks × 3 = 30 marks)

2. Write the short notes on the following:

2A. Therapeutics of Shavasanas

2B. Importance of Dinacharya

2C. Shadrasa

2D. Pulse in cardio vascular and blood diseases

(5 marks × 4 = 20 marks)

