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MANIPAL ACADEMY OF HIGHER EDUCATION
THIRD SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – FEBRUARY 2024
SUBJECT: MYT 6001 - PRINCIPLES OF YOGA THERAPY I

Thursday, February 22, 2024

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

1. Answer the following:

- 1A. Explain Siddhasana and Paschimottanasana.
- 1B. Explain Pathya – Apathya.
- 1C. Explain Nadanusandhana.

(10 marks × 3 = 30 marks)

2. Write a short notes on the following:

- 2A. Suryabedhana Pranayama
- 2B. Viparitakarani mudra
- 2C. Moola bandha
- 2D. Benefits of Hatha yoga

(5 marks × 4 = 20 marks)



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MANIPAL ACADEMY OF HIGHER EDUCATION
THIRD SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – FEBRUARY 2024
SUBJECT: MYT 6003 - YOGA THERAPY I

Time: 10:00 – 12:30 Hrs.

Friday, February 23, 2024

Max. Marks: 50

1. Answer the following:

1A. Define Yoga therapy and describe seven principles of Yoga therapy.

1B. Explain importance of Tridosha.

1C. Explain therapeutic of Bandha and Mudra.

(10 marks × 3 = 30 marks)

2. Write a short notes on the following:

2A. Concept of health according to Patanjala yoga sutra

2B. Pancha kosha theory

2C. Therapeutics of Yama and Niyama

2D. Dhatu and Mala

(5 marks × 4 = 20 marks)

