

Reg. No.

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MANIPAL ACADEMY OF HIGHER EDUCATION
FOURTH SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JULY 2024
SUBJECT: MYT 6002 – PRINCIPLES OF YOGA THERAPY II

Monday, July 01, 2024

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

1. Answer the following.

- 1A. Explain Characteristics of Asana according to MM Gore.
- 1B. Explain Aim and objectives of Pranayama according to MM Gore.
- 1C. Explain Sahita Pranayama.

(10 marks × 3 = 30 marks)

2. Write the short notes on the following:

- 2A. Relation of Aum with Chakra according to MM Gore.
- 2B. Moolashodhana- kriya
- 2C. Ujjayi Kumbhaka
- 2D. Vahnisara- Kriya

(5 marks × 4 = 20 marks)



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MANIPAL ACADEMY OF HIGHER EDUCATION
FOURTH SEMESTER M.Sc. YOGA THERAPY DEGREE EXAMINATION – JULY 2024

SUBJECT: MYT 6004 – YOGA THERAPY II

Tuesday, July 02, 2024

Time: 10:00 – 12:30 Hrs.

Max. Marks: 50

1. Answer the following

- 1A. Write yoga therapy for Mental health.
- 1B. Write yoga therapy for Back aches.
- 1C. Write yoga therapy for Diabetes mellitus.

(10 marks × 3 = 30 marks)

2. Write the short notes on the following:

- 2A. Circulatory system and Yoga therapy
- 2B. Therapeutics of Yama and Niyama in Anxiety disorders
- 2C. Nidra
- 2D. Gritha (ghee) and godhuma (wheat)

(5 marks × 4 = 20 marks)

