Time : Three hours   Maximum : 100 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

All the questions carry equal marks.

Each answer should not exceed 50 words.

1. Yogic practice.
2. Time Allotment.
3. Bandhas.
4. Lesson plan.
5. Kriyas.
6. Sitting Posture.
7. Siddha.
8. Meditation.
9. Explanation.
10. Pranayama.

PART B — (5 × 6 = 30 marks)

Answer ALL the questions.

All the questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Describe the class management in yogic practice.

Or

(b) Explain the meaning and importance of methods in yogic practice.

12. (a) Describe about any two method of teaching yogasanas.

Or

(b) Describe the asanas in prone lying position.

13. (a) Describe the meaning and importance of lesson plan in yogic practice.

Or

(b) Explain the preparation of lesson plan for mudras.

14. (a) Describe the role of Ayurveda medicine.

Or

(b) Describe the modern medicine in detail.

15. (a) Describe the analysis of the yoga lesson plan.

Or

(b) Explain in detail uses of lesson plan in detail.

PART C — (5 × 10 = 50 marks)

Answer ALL questions.

All the questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Describe the steps in presentation of yogic practices.

Or

(b) Explain the uses of teaching aid in yogic practice.

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17. (a) Describe the various methods of teaching naturopathy.

    Or

    (b) Explain any three yogasanas in sitting and standing postures.

18. (a) Prepare a model lesson plan for meditation.

    Or

    (b) Explain the preparation of lesson plan for pranayama.

19. (a) Describe the nature and scope of Sidda medicine.

    Or

    (b) Describe the yoga and its relationships with naturopathy.

20. (a) Describe the analysis of lesson plan to conduct yoga classes for college students.

    Or

    (b) Explain the role of evaluation format for supervising the yogic practices.

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