

OCTOBER 2013

U/ID 14823/UCAC

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Time : Three hours

Maximum : 100 marks

PART A — (10 × 2 = 20 marks)

Answer ALL the questions.

All the questions carry equal marks.

Each answer should not exceed 50 words.

Write short notes on:

1. Naturopathy.
2. Class management.
3. Explanation.
4. Demonstration.
5. Standing Posture.
6. Prone lying position.
7. Any two Mudras.
8. Lesson plan.
9. Ayurveda.
10. Meditation.

PART B — (5 × 6 = 30 marks)

Answer ALL the questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Explain the class management in teaching naturopathy.  
Or  
(b) Explain the factors influencing methods in teaching yoga.
12. (a) Explain the teaching of any one asana in supine position.  
Or  
(b) Explain the various methods of teaching yogasanas.
13. (a) Explain the importance of lesson plan.  
Or  
(b) Explain the preparation of lesson plan for any one kriya.
14. (a) Write in detail about the relationship between yoga and siddha  
Or  
(b) Explain the relationship between yoga and modern medicine.

15. (a) Explain the uses of preparing lesson plan before teaching yoga.

Or

- (b) Explain the format for supervisors in evaluating yoga classes.

PART C — (5 × 10 = 50 marks)

Answer ALL the questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Explain any two methods of teaching Dhanurasana.

Or

- (b) Explain the teaching aids in yoga practices.

17. (a) Explain the selection and teaching of yogasanas for children and adult.

Or

- (b) Explain the teaching of any two asanas in prone lying and supine lying position.

18. (a) Write a model lesson plan for teaching any one meditation.

Or

- (b) Write a model lesson plan for teaching any one bandha.

19. (a) Explain the yoga and its relationship with siddha and ayurveda.

Or

- (b) Describe the modern medicine in detail.

20. (a) Explain the analysis of yoga lesson plan in detail.

Or

- (b) Explain the role of evaluation in upgrading the lesson plan of yogic practices.
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