

MAY 2011

U/ID 14823/UCAC

---

Time : Three hours

Maximum : 100 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 50 words.

1. Presentation technique.
2. Audio-visual aids.
3. Demonstration method.
4. Standing postures.
5. Types of lesson plan.
6. Yogasanas.
7. Naturopathy.
8. Ayurvedha.
9. Yoga.
10. Evaluation.

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Explain the importance of methods.

Or

(b) Explain the class formation.

12. (a) Explain any one supine lying posture in asanas.

Or

(b) Explain any one prone lying posture in asanas.

13. (a) Explain Meditation.

Or

(b) Explain Pranayamas.

14. (a) What are the Principles of Siddha Medicine?

Or

(b) What are the principles of Modern Medicine?

15. (a) Describe the rules and regulations of conducting Bandhas.

Or

- (b) What are the benefits of Kriyas?

PART C — (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Describe the scientific factors to be taken into consideration in determining the methods of teaching.

Or

- (b) Describe the points to be noted for a proper class management.

17. (a) Describe the progressive part method and observation and visualization method of teaching yogic practices.

Or

- (b) Describe the whole method and whole-part-whole method of teaching yogic practices.

18. (a) Describe the principles of naturopathy.

Or

(b) Describe the methods of naturopathy.

19. (a) Describe the role of Ayurveda on health.

Or

(b) Describe the role of modern medicine on health.

20. (a) Describe the yoga props in teaching yogic practices.

Or

(b) Describe the precautionary measures in conducting yoga classes.

---