

MAY 2013

U/ID 14823/UCAC

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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.

Define/ Explain.

1. Yogic practice
2. Naturopathy
3. Time allotment
4. Demonstration
5. Kriya
6. Supine position
7. Lesson plan
8. Meditation
9. Modern medicine
10. Bandha.

PART B — (5 × 6 = 30 marks)

Answer ALL the questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Describe the class management in naturopathy.

Or

- (b) Explain the importance of time allotment in yogic practice.

12. (a) Describe any two method of teaching naturopathy.

Or

- (b) Describe the three sitting postures asanas.

13. (a) Describe the importance of lesson plan in naturopathy.

Or

- (b) Explain the preparation of lesson plan for kriyas.

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

Or

(b) Describe the modern medicine.

15. (a) Describe the evaluation of naturopathy.

Or

(b) Explain the need and importance of lesson plan.

PART C — (5 × 10 = 50 marks)

Answer ALL the questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Describe the various steps involved in presentation in naturopathy.

Or

(b) Explain the factors influencing in yogic practice.

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

Or

(b) Explain the methods of teaching in yogasanas.

18. (a) How to prepare a model lesson plan for Practicing bandha?

Or

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

19. (a) How to prepare a yoga and its relationship with siddha and ayurveda.

Or

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

20. (a) Explain the need and importance of meditation.

Or

(b) Give your views about lesson plan for better teaching of yoga.

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