

OCTOBER 2011

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.

1. Method.
2. Teaching aids.
3. Command method.
4. Sitting postures.
5. Lesson plan.
6. Meditation.
7. Modern medicine.
8. Siddha medicine.
9. Supervisor.
10. Yoga classes.

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 factors determining the methods of teaching.

Or

- (b) Explain the teaching aids.

12. (a) Explain any one sitting posture in asanas.

Or

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

13. (a) Explain the values of a lesson plan.

Or

- (b) Explain the principles of preparing a lesson plan.

14. (a) Explain Kriyas.

Or

- (b) Explain Mudras.

15. (a) Explain on the evaluation format for supervisors.

Or

- (b) What are the rules and regulations in conducting yoga classes?

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 steps in the way of presentation.

Or

- (b) Describe the principles to be adopted for good class management.

17. (a) Describe the various methods to be adopted for teaching yogic practices and naturopathy.

Or

- (b) Describe the benefits of methods of teaching yogic practices and naturopathy.

18. (a) Prepare a model lesson plan for a Pranayama of your own choice.

Or

(b) Prepare a model lesson plan for a Bandha of your own choice.

19. (a) Is Naturopathy superior to other therapeutic systems? Discuss.

Or

(b) Describe the importance of Ayurvedic system.

20. (a) Describe the rules and regulations of doing Pranayamas.

Or

(b) Describe the benefits of conducting yoga classes with the use of lesson plans.

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