

**Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**  
**A Deemed to be University established under Section 3 of the UGC Act, 1956**

**Program:** BSc (Yoga Therapy)  
**Subject Name:** Teachings Methods of Yoga  
**Sem Period:** Aug, 2024 – Dec, 2024  
**Date:** 02.12.2024  
**Examination Mode:** Back Paper

**Semester:** 4<sup>th</sup> Semester Back  
**Subject Code:** BSYTT 403  
**Batch:** August, 2022  
**Time:** 09.45 am to 12.45 pm  
**Max. Marks:** 100

**General Instructions:**

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

**Objective Types (Attempt All) – 1 Mark for each Question**

**10 \*01 =10 Marks**

1. Special attention group?
2. Shishya
3. Vidyarathi
4. Beginners?
5. School children?
6. Mumukshu
7. Yoga Teacher qualities?
8. Levels or Phases in teaching.
9. Yoga class room
10. Importance of Educational technology.

**Short Notes (Attempt any Ten) – 2 Marks for each Question**

**10 \*02 =20 Marks**

11. "What is the role of a yoga teacher?"
12. "What is the essence and purpose of teaching?"
13. "What are the key qualities that define a perfect yoga guru?"
14. "How is yoga practice adapted for special attention groups?"
15. "What techniques are commonly employed in group teaching within the context of yoga sessions?"
16. "How is the practice of yoga tailored for the specific needs and preferences of youth?"
17. Lesson Planning
18. Codes of ethics
19. Research in action
20. Sitting arrangement
21. Class room problems
22. "What tools are commonly used in the practice of teaching yoga?"

**Short Essay (Attempt any Six) – 5 Marks for each Question**

**06 \*05 =30 Marks**

23. Source of teaching methods.
24. "What is the meaning and scope of teaching methods?"
25. What is effective classroom management, and what common problems do teachers face in the classroom?
26. "What are the essential components and considerations that contribute to the development of a good lesson plan?"
27. "What are some key hints or guidelines for effectively conducting a lesson on meditation?"
28. "What are the sequential steps involved in the practical conduct of a yogic lesson?"
29. Educational technology.
30. Teaching Aids /tools

**Long Essay: (Attempt any Four) – 10 Marks for each Question**

**04\* 10 =40 Marks**

31. What are the different learning methods, and what are the benefits of various teaching methods?
32. How does the practice of yoga vary at different levels, including beginners, advanced practitioners, school children, youth, women, and special attention groups?
33. What are the practical applications of creating and implementing a lesson plan, can you write a lesson plan focused on asana or pranayama?
34. What is the meaning of action research in the context of yoga, and what roles and steps are involved in conducting action research within the field of yoga?
35. How does educational technology play a role in the field of yoga, and what are the various ways in which it contributes to yoga education and practice?
36. What principles are considered in constructing a timetable for scheduling yoga activities or events?