

**FINAL EXAMINATION**  
**Post Graduate Diploma in Yoga**  
**Paper Code: PGDY0204**  
**Paper Name: Teaching Methods of Yoga**

**Maximum Marks = 70**

**Maximum Time = 3 Hrs.**

---

The question paper has seven questions. The candidate must attend only five of them. All the questions has equal marks.

---

- |             |   |          |
|-------------|---|----------|
| Question 1. | Explain the historical highlights of yoga.  | 14 Marks |
| Question 2. | What is Astanga yoga and explain Bahiranga yoga?                                      | 14 Marks |
| Question 3. | What are those principal that a yoga teacher also should keep in mind? Give examples. | 14 Marks |
| Question 4. | What are the kinds of Question? Discuss with examples.                                | 14 Marks |
| Question 5. | What are the principles and basic steps of selecting teaching aids?                   | 14 Marks |
| Question 6. | Write short note on-  | 14 Marks |
|             | i. Class formation in teaching  |          |
|             | ii. Importance of Audio-Visual aids in yoga lesson.                                   |          |
| Question 7. | What are the principles of Pranayama?   | 14 Marks |