

TILAK MAHARASHTRAVIDYAPEETH, PUNE

M.A. YOGA

EXAMINATION : APRIL-MAY- 2026

FOURTH SEMESTER

Sub. : Teaching Methods in Yoga (MA24N-406TH)

Date: 25/04/2026

Total marks: 60

Time: 2.00 pm to 4.30 pm

Instructions:

- 1) All questions are compulsory.
- 2) Figures to the right indicate full marks.

Q. 1. Multiple choice questions

(10)

1. Which of the following is the most important quality of a yoga teacher while teaching asanas?
 - a) Speed of instruction
 - b) Personal demonstration and clarity
 - c) Loud voice
 - d) Giving long lectures
2. The demonstration method in yoga teaching is mainly used for:
 - a) Explaining philosophy
 - b) Teaching practical techniques like asanas and pranayam
 - c) Conducting examinations
 - d) Group discussion
3. Which teaching method encourages active participation and interaction among students?
 - a) Lecture method
 - b) Discussion method
 - c) Demonstration method
 - d) Drill method
4. The lecture method is most suitable for teaching:
 - a) Meditation practice
 - b) Yoga philosophy and theoretical concepts
 - c) Asana practice
 - d) Relaxation techniques
5. In yoga teaching, individual guidance is especially important for:
 - a) Large public lectures
 - b) Therapeutic yoga sessions
 - c) Yoga competitions
 - d) Group discussions
6. Which method involves repeated practice to achieve perfection in yoga techniques?
 - a) Drill method
 - b) Lecture method
 - c) Seminar method
 - d) Project method
7. Which of the following is NOT a teaching aid in yoga education?
 - a) Charts
 - b) Models of human anatomy
 - c) Projector
 - d) Incense stick
8. The project method in yoga education mainly aims at:
 - a) Memorizing sutras
 - b) Practical and research-based learning
 - c) Physical exercise only
 - d) Competitive activities
9. The role of feedback in yoga teaching is to:
 - a) Understand the minute details in practices
 - b) Improve performance
 - c) Correction of mistakes
 - d) All of these

