



N. Srinivasan

Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD)

Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Master of Education Degree Examination – May 2023

II Semester

Class: I M.Ed.

Time : 3 Hours

Max. Marks : 100

21MEDC08 Yoga and Health Education

Course Outcomes:

CO1: Learn Good health habits and health services

CO2: Create awareness on the need and importance of physical education

CO3: Implement different methods of learning and teaching physical activities

CO4: Learn basic skills, rules and regulations of few games

CO5: Emerge as the best yoga practitioner and yoga trainer

Part A

10 x 1 = 10

Choose the Correct Answer

1. Who comprised the quote "yoga is a complete suppression of all modes or process (chittavrttinirodhah)? CO1 K2
 - a. Vyasa
 - b. Patanjali
 - c. Swamy Sathyananda
 - d. Yajnavalkya
2. Which type of yoga is referred as "Royal road"? CO1 K1
 - a. Karma yoga
 - b. Jnana yoga
 - c. Rajayoga
 - d. Bhakthi yoga
3. "The psychologically healthy personality traits are capable to experience and express emotions" is referred by CO2 K3
 - a. Abraham Maslow
 - b. Bleidorn
 - c. Fromm
 - d. Allport
4. Which aspect that comprises an equal relationship in which the partners maintain self-identity and independence? CO2 K2
 - a. Productive thinking
 - b. Happiness
 - c. Productive love
 - d. Productive orientation
5. 'The interaction between the mind and body' is put forwarded by CO3 K1
 - a. Rene Descartes
 - b. Socrates
 - c. Aristotle
 - d. Plato
6. This yoga is often known as 'yoga of awareness' and performed by breathing exercises, chanting and singing. CO3 K2
 - a. Ashtanga yoga
 - b. Hatha yoga
 - c. Kundalini yoga
 - d. Jivamukti yoga
7. Restlessness, irritability and sadness are the examples of CO4 K3
 - a. response
 - b. relaxation response
 - c. stress response
 - d. behavioural stress
8. When we inhale and exhale only through the right nostril, it activates CO4 K2
 - a. Ida Nadi
 - b. Pingala Nadi
 - c. Sushumna
 - d. Shankhini
9. Which term of yoga is identified as 'life or breath'? CO5 K1
 - a. Pranayama
 - b. Asana
 - c. Bhandha
 - d. Dhyana
10. Which kind of person has a strong sense of respect for guru, kindness and self-control? CO5 K2
 - a. Rajasic guna
 - b. Tamasic guna
 - c. Sattvic guna
 - d. Prakriti

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Illustrate the concept of 'Positive Health'.
(or)
11.b. Examine the responsibilities of one's own health status. CO1 K2
- 12.a. List out the characteristics of healthy personality.
(or)
12.b. Suggest some traditional activities that help in promoting healthy personality. CO1 K3
- 13.a. Express your views on 'Yoga is a treatment for good health'
(or)
13.b. Illustrate wholesome development. CO2 K1
- 14.a. Explain purification of Nadi.
(or)
14.b. Summarize your views on Pranadhana and prayer . CO2 K2
- 15.a. List out the uses of artificial stimulants and their side effects.
(or)
15.b. Explain how yoga will improve personal efficiency. CO3 K6
- CO3 K2
- CO4 K4
- CO4 K5
- CO5 K3
- CO5 K4

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Explain the various dimensions of health. Demonstrate how it leads to holistic wellbeing.
(or)
16.b. Illustrate the criteria and important yardsticks of health with example. CO1 K4
- 17.a. Evaluate the significance of Physical Education and sports fitness for a healthy personality.
(or)
17.b. Explain the concept of superior mental health. Propose ways to promote superior mental health. CO1 K2
- 18.a. Sound mind is in a sound body – Justify.
(or)
18.b. Highlight how yoga helps in wholesome development. CO2 K4
- 19.a. Structure a plan to cultivate hygiene of yoga.
(or)
19.b. Analyze how to cultivate the correct psychosocial attitudes through yoga. CO2 K3
- 20.a. Explain the contribution of yoga to solve the problems of executives.
(or)
20.b. Yoga helps to develop social qualities – Justify. CO3 K4
- CO3 K6
- CO4 K4
- CO4 K5
- CO5 K3
- CO5 K6
