



*Lambert*

## 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 [now MoE]

Re-accredited with A++ Grade by NAAC. CGPA 3.65 /4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

### Master of Education Degree Examination – May 2025 II Semester

Class: I M.Ed.

Time : 3 Hours

Max. Marks : 100

#### 23MEDC08 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 a few games.  
CO5: Emerge as the best yoga practitioner as well as yoga trainer.

##### Part A

10 x 1 = 10

##### Choose the Correct Answer

1. The recommended frequency for aerobic exercise is CO1 K1  
a. once a week      b. 3 times a week      c. 5 times a week      d. Everyday
2. The world health day is celebrated on CO1 K2  
a. 1<sup>st</sup> March      b. 7<sup>th</sup> April      c. 6<sup>th</sup> October      d. 10<sup>th</sup> December
3. The primary component of physical fitness is CO2 K3  
a. flexibility      b. strength      c. cardiovascular endurance      d. balance
4. The type of exercise which primarily improves muscular strength. CO2 K2  
a. Aerobic exercises      b. Resistance training  
c. Flexibility exercises      d. Balance exercises
5. The other name of yogic enema is CO3 K2  
a. Basti      b. Nauli      c. Dhouti      d. Trataka
6. The asana increases digestion after a meal is CO3 K1  
a. Trikonasana      b. Ardhamatsyendrasana      c. Vajrasana      d. Hastasana
7. The main focus of raja yoga is CO4 K2  
a. breathing techniques      b. physical postures  
c. mind control and meditation      d. chanting
8. Meaning of yoga in Sanskrit is CO4 K1  
a. Harmony      b. Union      c. Strength      d. Breath
9. Yoga sutra has \_\_\_\_\_ parts. CO5 K3  
a. three      b. two      c. five      d. four
10. Yoga means maintaining the evenness of mind which is known as \_\_\_\_\_ for CO5 K2  
the efficient performance of work.  
a. Karmasikausalam      b. Samatvam      c. Purushav      d. Dukhasamyoga viyoga

**Part B** **5 x 6 = 30**  
**Answer ALL questions**  
**Each answer should not exceed 400 words or two pages**

- |  |        |
|--|--------|
| 11.a. Discuss the criteria of health.<br>(or)                                  | CO1 K2 |
| 11.b. Examine the concept and definition of health.                            | CO1 K2 |
| 12.a. Explain the characteristics of healthy personality.<br>(or)              | CO2 K3 |
| 12.b. Briefly outline the concept of healthy personality.                      | CO2 K5 |
| 13.a. How yoga will be helpful to maintain the health?<br>(or)                 | CO3 K4 |
| 13.b. Describe the activities of yoga that can be used as therapy.             | CO3 K2 |
| 14.a. Explain the ways of purification of nadi.<br>(or)                        | CO4 K3 |
| 14.b. Discuss the cultivation of correct psychological attitudes.              | CO4 K2 |
| 15.a. Executive job is a life of constant stress and strain - Explain.<br>(or) | CO5 K3 |
| 15.b. Comment on use of artificial stimulant and their side effects.           | CO5 K4 |

**Part C** **5 x 12 = 60**  
**Answer ALL questions**  
**Each answer should not exceed 800 words or four pages**

- |   |        |
|---|--------|
| 16.a. Analyse the various dimensions of health.<br>(or)                           | CO1 K5 |
| 16.b. Express the important yardsticks of health.                                 | CO1 K6 |
| 17.a. Describe physical education and sports fitness.<br>(or)                     | CO2 K5 |
| 17.b. Superior Mental health is a must for healthy personality - Substantiate.    | CO2 K4 |
| 18.a. Yoga is the best treatment to maintain health - Comment.<br>(or)            | CO3 K5 |
| 18.b. Integration of mind and body is possible through yoga – Justify.            | CO3 K4 |
| 19.a. State the positive hygiene of yoga.<br>(or)                                 | CO4 K6 |
| 19.b. Compare stress response with cultivation of relaxation response.            | CO4 K4 |
| 20.a. Prepare the ways of yoga for the development of social qualities.<br>(or)   | CO5 K6 |
| 20.b. Elaborate the contribution of yoga to solve the problems of the executives. | CO5 K3 |

\*\*\*\*\*