

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

Continuous Internal Assessment Test II – April 2025

SEMESTER- II

Class : I M.Ed.

Max. Marks: 60

Time: 2 Hrs

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 difference 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

Choose the correct answer

6 x 1 = 6

1. A student practices deep breathing exercises before an exam. This helps in: CO3K3
a. Improving handwriting b. Reducing stress
c. Increasing body weight d. Enhancing digestion
2. Which activity best demonstrates the integration of body and mind? CO3K3
a. Watching television b. Running while listening to music
c. Playing video games d. Practicing Tai Chi
3. Which yogic practice involves surrendering to a higher power for mental peace? CO4K1
a. Asana b. Dhyana c. Pranidhana d. Niyama
4. What is the primary benefit of Nadi purification in yoga? CO4K1
a. Increased muscle strength b. Improved energy flow
c. Faster heart rate d. Weight loss
5. What improves when an executive replaces stimulants with yoga? CO5K3
a. Clarity b. Fatigue c. Addiction d. Stress
6. What social skill does yoga help develop? CO5K3
a. Conflict b. Cooperation c. Isolation d. Resistance

PART – B

Answer ALL questions

3 x 6 = 18

Each answer should not exceed 200 words

7. a. Assess the role of traditional and modern approaches in fostering the integration of body and mind for a balanced lifestyle. CO3K4
(OR)
7. b. Assess the difference between physical fitness and mental well-being in achieving holistic development. CO3K4
8. a. How can positive psychological attitudes help reduce anxiety and improve emotional stability? Give examples. CO4K3
(OR)
8. b. How is the relaxation response practiced, and how does it help reduce stress? CO4K3
9. a. Compare and contrast the effects of artificial stimulants and yoga on an executive's efficiency and well-being. CO5K4
(OR)
9. b. Analyze the relationship between yoga practices and the improvement of personal efficiency in professional environments. CO5K4

PART – C

Answer ALL questions

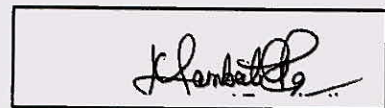
3 x 12 = 36

Answer should not exceed 800 words

10. a. Develop a structured intervention program that integrates physical fitness, mental training, and social well-being for students. CO3K6
(OR)
10. b. Formulate a research-based strategy to enhance the mind-body connection in school curriculum CO3K6
11. a. Differentiate stress response and relaxation response in terms of physiological and psychological impact. CO4K4
(OR)
11. b. Analyze the role of prayer and faith-based practices in fostering resilience against mental and emotional stress. CO4K4
12. a. Critically evaluate the long-term impact of using artificial stimulants versus practicing yoga for stress management among executives. CO5K4
(OR)
12. b. Assess the effectiveness of yoga in fostering teamwork and collaboration in corporate settings. CO5K4

Staff in-charge: Dr. Santhoshini K.

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23MEDC06 – Human Resources and Capacity Development in Higher Education

Course outcomes

- CO1 apply the knowledge of soft skills through instruction, knowledge dissemination, demonstration and practice
- CO2 actively participate in group discussion / meetings / interviews and prepare & deliver presentation
- CO3 communicate effectively through verbal/oral communication and improve the listening and speaking skills
- CO4 demonstrate knowledge about the significance of current research by writing a research paper
- CO5 prepare, critically analyse and assess the capacity development programmes

PART – A

Choose the correct answer

6 x 1 = 6

1. In a group discussion, it is important to CO3K1
a. Only listen and not to speak.
b. Interrupt others to make your point
c. Dominate the conversation
d. Listen actively and wait for your turn to speak.
2. If one miss a call at work, what is the best action to take? CO3K1
a. Ignore it and hope they call back
b. Return the call as soon as possible, apologizing for missing it.
c. Wait for them to leave a message.
d. Text them instead of calling back
3. Interview enhances -----to questions skills CO4K1
a. Action b. Responding
c. Listening d. Non-verbal action
4. Creative writing is a -----centered technique. CO4K1
a. Teacher b. Syllabus c. Learner d. Examination
5. A major challenge in capacity building is CO5K1
a. The overuse of traditional training methods.
b. Lack of sufficient funding and resources.
c. Too much focus on theoretical knowledge.
d. All the above
6. Which of the following is an example of an innovative tool for capacity development? CO5K1
a. Paper-based surveys
b. Mobile apps for on-the-job learning.
c. Traditional lectures with no interaction.
d. One-way communication via newsletter

PART – B

Answer ALL questions

3 x 6= 18

Each answer should not exceed 200 words

7. a. Demonstrate the steps involved in filling out a basic form, such as a job application form. CO3K4
(OR)
7. b. Give an account on telephone etiquette CO3K4
8. a. Prepare a tool to assess critical reading skills. CO4K4
(OR)
8. b. Highlight the significance of creative writing. CO4K3
9. a. Explain the importance of testing and evaluation in capacity development. CO5K3
(OR)
9. b. Mention the key methods to evaluate capacity building programs . CO5K4

PART – C

Answer ALL questions

3 x 12 = 36

Answer should not exceed 800 words

10. a. Explain the process of filling out a government application form. Mention the common mistakes people make when completing these forms, and how can they be avoided? CO3K5
(OR)
10. b. Using appropriate examples, describe how you would be ready for a job interview, a media interview, and an academic interview. CO3K4
11. a. Compose a Biographical writing of your locality. CO4K4
(OR)
11. b. Enumerate on the types of Essays and it's significance CO4K4
12. a. Summarize the steps involved in identifying and capitalizing on opportunities within a capacity development program. CO5K4
(OR)
12. b. Prepare a tool to assess and evaluate capacity development. CO5K4

Staff in-charge: Dr.R.Vaijyanthi

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J. Hanthappa

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SEMESTER- II

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23MEDC09 – Educational Management

Course outcomes

- CO1 Explain the concept of educational administration
- CO2 Apply the scientific practices of educational management in work situation
- CO3 Develop communication skills for educational administration
- CO4 Understand the role of the headmaster and the teacher in school management develop communication skills for educational administration
- CO5 Critically analyse the role of administrator in the Educational Institutions

PART – A

Choose the correct answer

6 x 1 = 6

1. The first step in organizing a successful event is
a. Planning b. Deciding c. Scheduling d. Defining
CO3K1
2. Which of the following is Not a criterion for assessing the quality of an educational institution
a. Teaching methods b. Faculty qualifications
c. Size of the campus d. Facilities and infrastructure
CO3K1
3. A Log book for teachers is primarily used to
a. Tracks the teacher's professional growth and career progression
b. Records the teacher's absences
c. Lists all extracurricular activities
d. Provides details of the school's curriculum
CO4K1
4. A key quality of a good headmaster/principal
a. Strictness b. Strong leadership
c. control over all school finances d. Both b and d
CO4K1
5. The Code of Conduct for school teachers includes
a. Guidelines for maintaining discipline in school
b. Dress code for students
c. Rules for conducting extra-curricular activities
d. All the above
CO5K1
6. ICSE stands for
a. Indian Certificate of Secondary Education
b. Indian Counsel of Secondary Education
c. Indian Certificate of Senior Education
d. Indian Certificate of Secondary Education
CO5K1

PART – B

Answer ALL questions

3 x 6 = 18

Each answer should not exceed 200 words

7. a. Elaborate the key steps involved in organizing a curricular or co-curricular event in an educational institution. CO3K3
(OR)
7. b. Discuss the importance of maintaining institutional quality in educational institutions. CO3K3
8. a. Elaborate the qualities of the Head master/Principals. CO4K3
(OR)
8. b. Enumerate the Importance and activities of PTA CO4K3
9. a. State the nature of secondary school code. CO5K3
(OR)
9. b. Enlist the characteristics of CBSE in India. CO5K4

PART – C

Answer ALL questions

3 x 12 = 36

Answer should not exceed 800 words

10. a. Highlight the challenges that may arise in the process of organizing an event with suitable illustrations. CO3K3
(OR)
10. b. Construct a model class time table with curricular and co-curricular activities CO3K3
11. a. Discuss in detail the meaning and importance, criteria of performance appraisal of Teachers. CO4K4
(OR)
11. b. Enlist the records maintained in schools with suitable example. CO4K4
12. a. Discuss Types of Grant-in-Aid and its Characteristics. CO5K4
(OR)
12. b. Elaborate the functions of NCERT and SCERT and its salient features. CO5K4

Staff in-charge: :Dr.R.Vaijyanthi

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