



Mavinay

**Avinashilingam Institute for Home Science and Higher Education for Women**  
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)  
Re-accredited with A++ Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment Test I - March 2023**  
**SEMESTER II**

Class : I M.Ed.  
Major: Education

Max. Marks: 60  
Time: 2 Hrs.

**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 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**

**6x 1=6**

**Choose the correct answer**

1. On which day is world health day celebrated? CO1 K2
  - a. April 7<sup>th</sup>
  - b. October 20<sup>th</sup>
  - c. June 21<sup>st</sup>
  - d. March 7<sup>th</sup>
2. One of the following is not a dimension of health. CO1 K2
  - a. Economic sufficiency
  - b. Social aspect
  - c. Mental aspect
  - d. Physical aspect
3. Which of the following organization handles the global health issues? CO2 K1
  - a. WHO
  - b. FAO
  - c. WTA
  - d. FDA
4. Positive mental health involves CO2 K2
  - a. effective functioning
  - b. maturity
  - c. positive emotional balance
  - d. Combination of all the three
5. Who compiled 'Yoga Sutra'? CO3 K1
  - a. Patanjali
  - b. Gautama
  - c. Kapila
  - d. Krishnamacharya
6. Regular practice of Yoga improves CO3 K2
  - a. Physical health
  - b. Mental health
  - c. Physical and mental health
  - d. Wholesome development

**PART – B**  
**Answer ALL questions**  
**Each answer should not exceed 400 words or two pages**

**3x 6 = 18**

- |    |    |   |     |    |
|----|----|---|-----|----|
| 7. | a. | How can we achieve Positive health?<br>(or)                   | CO1 | K4 |
| 7. | b. | List out the important yardsticks of Health.                  | CO1 | K2 |
| 8. | a. | Enumerate the characteristics of Healthy personality.<br>(or) | CO2 | K2 |
| 8. | b. | Give an account of physical fitness.                          | CO2 | K2 |
| 9. | a. | Relate Yoga and Health.<br>(or)                               | CO2 | K4 |
| 9. | b. | Highlight the significance of Meditation.                     | CO3 | K3 |

**PART – C**  
**Answer ALL questions**  
**Each answer should not exceed 800 words or four pages**

**3 x 12 = 36**

- |     |    |   |     |    |
|-----|----|---|-----|----|
| 10. | a. | Explain briefly how the health dimensions are interrelated?<br>(or)   | CO1 | K3 |
| 10. | b. | How can an individual be responsible for his own health status?   | CO1 | K3 |
| 11. | a. | How far physical education and sports activities can make oneself a healthy personality? . Justify your answer.<br>(or) | CO2 | K4 |
| 11. | b. | Do you think that the teacher has a role to increase the mental health of the students?. Substantiate your answer.      | CO2 | K4 |
| 12. | a. | Analyse the role of yoga in integrating the body and mind.<br>(or)  | CO2 | K3 |
| 12. | b. | How far Yoga be treated as a therapy?   | CO3 | K4 |

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