

**Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore – 641 043**

Master of Education Degree Examination – April 2019
II Semester

Class : I M.Ed.

Time : 3 Hours
Max.Marks: 60

18MEDC07 Yoga and Health Education

Part A

10 x ½ = 5

Choose the Correct Answer

1. According to the definition of Health by TONES(1995), the following are strong motivation forces except
 - a. Pain
 - b. Drive
 - c. Hunger
 - d. Pressure
2. Which of the following is a scope of health promotion ?
 - a. Personal social services
 - b. Health counselling
 - c. Promote health care
 - d. Tertiary health care
3. What are the 5 major components of Physical Education ?
 - a. Muscular strength, muscular density, muscular endurance, flexibility, agility
 - b. Muscular strength, muscular endurance, cardiovascular endurance, flexibility, body composition
 - c. Muscular strength, cardiovascular strength, cardiovascular endurance, flexibility, vertical jump
 - d. Muscular strength, flexibility, vertical jump, body composition, cardiovascular endurance
4. Which personality factor has been found to be associated with high levels of healthcare use as well as negative health behaviours?
 - a. Introversion
 - b. Neuroticism
 - c. Extroversion
 - d. Psychoticism
5. Health Education is defined as the following except
 - a. Tool
 - b. Process
 - c. Service
 - d. Education
6. What is the best condition for yogic practice ?
 - a. Early morning
 - b. Evening
 - c. Before sleep
 - d. When bowel and bladder are empty
7. The word "Nadi" is derived from the word "Nad" which means
 - a. To flow
 - b. To blow
 - c. To Run
 - d. To carry
8. Which gland in your body is responsible for Stress ?
 - a. Lymph gland
 - b. Pituitary gland
 - c. Thyroid gland
 - d. All the above
9. Which of the following concepts best exemplifies a personality characteristic?
 - a. disposition
 - b. mood
 - c. habit
 - d. attitude
10. Point out the characteristics of Positive Stress ,
 - a. Enhance Motivation
 - b. Causes anxiety
 - c. Feels unpleasant
 - d. Decreases performance

Part B

5 x 4 = 20

Answer the following questions

Answers should not exceed 200 words or one page

11. a. Define Health. Explain its meaning and its Yardsticks.
(or)
11. b. Write Short note on 'Positive Health'.
12. a. Discuss the importance of Healthy Personality for a Healthy life.
(or)
12. b. Comment on 'Superior Mental Health'.
13. a. Elucidate 'Yoga as a Therapy'.
(or)
13. b. Describe 'Wholesome Development of Individual'.
14. a. Elucidate the need for 'Positive Hygiene of Yoga'.
(or)
14. b. Distinguish Stress Response Vs Relaxation Response ?
15. a. Explain the conflicts and problems of executives.
(or)
15. b. Substantiate 'Personal Efficiency as genetic term'.

Part C

5 x 7 = 35

Answer the following questions

Answers should not exceed 600 words or three pages

16. a. Discuss "Controlling health status is individual's own responsibility".
(or)
16. b. Describe Physical Health. What are the steps to be maintained for good health ?
17. a. 'Superior mental health leads to Healthy Personality'- Justify.
(or)
17. b. Discuss about 'Physical Education and Sport Fitness'.
18. a. Write an essay on 'Yoga and Health as components of General Fitness'.
(or)
18. b. Integration of Body and Mind leads to Wholesome Development- Substantiate.
19. a. Write an essay on 'Positive hygiene of Yoga'.
(or)
19. b. Discuss the strategies in cultivation of Correct Psychological attitude.
20. a. Elucidate the steps to improve personal efficiency through yoga.
(or)
20. b. Describe how practices of yoga develop social quality of personality.
