



*J. Hanumanth*

# 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

### 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**  
**Answer should not exceed 800 words**

**3 x 12 = 36**

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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**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**

