

8. a. Each individual is responsible for his/her own health status. Justify CO2 K3
(or)
8. b. Suggest ways and means to emerge as a healthy personality CO2 K4
9. a. Explain the eight steps or limbs of yoga CO2 K3
(or)
9. b. Give the meaning and definition of 'Yoga Therapy' CO5 K2

Part – C

3 x 10 = 30

Answer all the questions

Each answer should not exceed 600 words or three pages

- 10 a. Sketch a concept map denoting the various dimensions of health and explain it CO1 K5
(or)
10 b. Health is very important for a person to emerge as a successful man. Do you accept this statement? Substantiate your answer CO1 K3
11 a. Elucidate the benefits of Physical Education CO2 K3
(or)
11 b. Establish the inter relationship between Physical Education and Healthy Personality CO2 K3
12 a. Do you agree that Yoga contributes much to one's health? Justify your answer CO5 K4
(or)
12 b. How does Yoga integrate our body and mind resulting in wholesome development? CO5 K3

Staff In charge : Dr.M.Chandravathana

No. needed : 8