



*Nannuruf*

**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

**Master of Education Degree Examination - July 2022**  
**II Semester**

**Class : I M.Ed.**

**Time : 3 Hours**  
**Max. Marks : 100**

**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**  
**Choose the Correct Answer**

**10 x 1 = 10**

1. Our ability to interact successfully in our global community belongs to \_\_\_\_\_ dimension. **CO1 K1**  
a. social                      b. physical                      c. emotional                      d. occupational
2. The scientific study of health assets is known as **CO1 K1**  
a. happiness                      b. positive health  
c. wellness                      d. positive assets
3. A way for a person to act, guided by intelligence and respect for life is **CO2 K6**  
a. personality                      b. mental health  
c. healthy personality                      d. physical health
4. A state of complete physical, mental, social well-being and not merely the absence of disease or infirmity – This definition of health given by **CO2 K1**  
a. UNICEF                      b. UNO  
c. National Library of Medicine                      d. WHO
5. A course taught in school that focuses on developing physical fitness is **CO3 K3**  
a. Physical education                      b. Mine craft education  
c. Health education                      d. Value education
6. The ability to adjust oneself with the various stressful situations of the environment is **CO3 K2**  
a. mental health                      b. physical health  
c. personality                      d. mental hygiene
7. The word Shraddha comes from \_\_\_\_\_ word. **CO4 K3**  
a. Latin                      b. Greek                      c. Sanskrit                      d. French
8. The yogic practice of focusing on breathe is **CO4 K2**  
a. Ashtanga yoga                      b. Pranayama  
c. Hatha Yoga                      d. Kundalini yoga
9. A trait of handling tasks without any stress is \_\_\_\_\_ efficiency. **CO5 K5**  
a. Individual                      b. Subjective                      c. Special                      d. Personal
10. A feeling of fear is **CO5 K1**  
a. stress                      b. tension                      c. conflict                      d. anxiety

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. Define the concept 'Health'. List the criteria of health. CO1 K1  
(or)
- 11.b. Discuss how one can control one's own health status. CO1 K2
- 12.a. Explain the characteristics of a healthy personality. CO2 K3  
(or)
- 12.b. Compare Physical Education and Sports Fitness (any six). CO2 K4
- 13.a. Summarize how yoga can be treated as a therapy. CO3 K5  
(or)
- 13.b. Yoga can make oneself a healthy personality – justify the statement. CO3 K6
- 14.a. Enumerate the concept 'Purification of Nadi'. CO4 K1  
(or)
- 14.b. Write about the cultivation of correct psychological attitudes. CO4 K3
- 15.a. Point out the problems of executives. CO5 K4  
(or)
- 15.b. Identify the reasons for constant stress and strain. CO5 K2

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 16.a. Explore the various dimensions of health. CO1 K6  
(or)
- 16.b. Enlighten the important yardsticks of health. CO1 K3
- 17.a. Outline the aids to a healthy personality. CO2 K4  
(or)
- 17.b. Validate the need of physical education to enhance superior mental health. CO2 K6
- 18.a. Evaluate the importance of yoga for the integration of body and mind. CO3 K5  
(or)
- 18.b. Explain the significance of yoga in treatment with examples. CO3 K4
- 19.a. Elucidate the positive hygiene of yoga. CO4 K5  
(or)
- 19.b. Analyse the process of stress response vs. cultivation of relaxation response. CO4 K4
- 20.a. Establish the use of artificial stimulants and their side effects. CO5 K3  
(or)
- 20.b. Describe the improvement of personal efficiency through yoga. CO5 K2

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