

**B.Ed. Semester-IV Examination 2017**

**Course – BED. - 144**

**Yoga and Health Education**

**Time : 2 Hours**

**Full Marks : 35**

Questions are of value as indicated in the margin

**Group - A**

**Answer any one question :**

1×10=10

1. What do you mean by 'Yoga'? Discuss about the need and importance of Yoga for modern Man. 3+7=10
2. What is 'Surya Namaskar'? Explain the therapeutic value of 'Surya Namaskar'. 3+7=10
3. What is 'Mental Health'? Discuss about the factors that affect mental health and suggest measures for good mental health. 2+5+3=10

**Group – B**

**4. Answer any three questions:**

3×5=15

- (a) Discuss about Eight Limbs of Yoga.
- (b) Explain the Need and importance of 'Karma Yoga'.
- (c) Differentiate between Asanas and Pranayam.
- (d) Justify the place of Yoga in school curriculum.
- (e) Discuss about the need and importance of First Aid knowledge for a teacher.

**Group – C**

**5. Attempt all the questions:**

5×2=10

- (a) What is 'Dharana'?
  - (b) What is Raja Yoga? Why it is called so?
  - (c) Explain the importance of International Day of Yoga.
  - (d) Explain the importance of Health Education.
  - (e) What is Pratyahara?
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