

B.Ed. Examination, 2019
Semester-IV
Course : B.Ed. 144
Yoga and Health Education

Time : 2 Hours

Full Marks : 35

Questions are of value as indicated in the margin.

Answer **any one** of the following :

10×1=10

1. What do you mean by Yoga? Discuss the importance of Yoga education for human life. 4+6
 2. What are the eight limbs of yoga? Discuss about Pranayam in detail. 3+7
 3. What is the necessity of First Aid Knowledge for a school teacher? What immediate measures should be taken in case of snake bite and drowning? 5+5
 4. Give short notes on **any three** of the following : 3×5=15
 - a) Explain the concept of Nishkama Karma
 - b) Explain Five Yamas
 - c) Discuss the importance of International Yoga Day
 - d) Explain the measures to prevent communicable diseases
 - e) Write a note on Impact of life style on health”.
 5. Answer the following : 2×5=10
 - a) What are the objectives of Health education?
 - b) Discuss the Concept of Dharana
 - c) What is emotional health?
 - d) Write a brief account on Concept of Chitta briti.
 - e) Explain the types of Samadhi
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