

**B.Ed. Examination 2018**  
**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.**

**Group -A**

Answer **any one** questions:

1×10=10

1. What is the concept of yoga? Discuss the scope and objectives of Yoga Education. 4+3+3
2. Explain the concept of 'Yama' and 'Niyama' What are their educational implications? 5+5
3. What is meant by 'Emotional Health'? Discuss the factors that affect the Emotional Health of an adolescent. 4+6

**Group-B**

4. Attempt **any three** of the following : 3×5=15
  - a) Discuss different types of Pranayam.
  - b) What is 'Bhakti Yoga'? Discuss briefly various methods of 'Bhakti Yoga'.
  - c) Explain different steps of Surya Namaskar.
  - d) Discuss how yoga helps towards promotion of good mental health.
  - e) What is First Aid knowledge? Discuss why should a school teacher need first-aid knowledge? 2+3

**Group-C**

5. Attempt all the questions : 5×2=10
    - a) What is meant by 'Asana'?
    - b) What is Hatha Yoga?
    - c) What is Swadhyaya (Self-study)?
    - d) State the objectives of Health Education?
    - e) State different methods of preventing communicable diseases.
-