

PG Odd Semester Examination, 2022**EDUCATION**

(1st Semester)

Course No.: EDNCC-504

(Health & Stress Management)*Full Marks: 70**Pass Marks: 28**Time: 3 hours**The figures in the right margin indicate full marks for the question.**Answer all questions*

- (b) What is the significance of maintaining sexual and reproductive health? 7½
5. (a) Write a note on stress with special reference to classroom context. 8
- (b) List the major signs of emotional stress observable in an individual. 6
- Or
6. (a) Identify the major stressors in a classroom context. Mention some measures to overcome them. 6
- (b) What is anxiety? In a classroom how can anxiety be effectively removed / controlled? 3+5=8
7. (a) What are the signs through which you can identify the stress among learners. 7½
- (b) Elaborate the psychological impact of stress on an individual. 7½
- Or
8. (a) What do you mean by coping strategies. 6
- (b) What types of coping strategies did you adopt during the outbreak of Covid-19 pandemic? 8
9. (a) Is it necessary to assess stress level among learners? Justify. 7
- (b) Mention any two techniques for measuring stress among learners. 8
- Or
10. (a) Do you think that yoga can help you to manage your stress? Explain. 7
- (b) Elaborate any two relaxation techniques in details. 8

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1. (a) Why physical & mental health of learners are important for meaningful learning? Elaborate. 8
- (b) Write a short note on any two communicable diseases with special reference to its preventive measures. 6
- Or
2. (a) Elaborate the significance of environmental sanitation from the perspective human health. 8
- (b) What do you mean by substance abuse? Explain its ill effects. 3+3=6
3. (a) Outline the need for maintaining physical fitness. 7½
- (b) Justify the need for balanced diet to maintain physical & mental health. 7½
- Or
4. (a) Outline the importance of maintaining female health & hygiene. 7½

Turn Over