

**B.Ed. Even Semester Exam, 2023**

**Education**

2<sup>nd</sup> Semester

COURSE NO. B.Ed.-206

**(Yoga and Health Education)**

Full Marks : 35

Pass Marks : 14

Time : 2 hours

*The figures in the margin indicate full marks for the questions*

*Answer all questions*

- 1) a. Define health. Explain the determinates of health. 3+7=10
- Or
- b. Describe the importance of balance diet in school health programme. 10
- 2) a. What is physical education? Illustrate the objectives of physical education. 5+5=10
- Or
- b. Explain the need and importance of physical education in different levels of schooling. 4+6=10

- 3) a. Outline the types and factors of physical fitness. 3+3=6

Or

- b. State the importance of physical activities at school level. 6
- 4) Write short notes on any three of the following: 3x3=9
- a. Mis-conception of Yoga
- b. Pranayama
- c. Yamas
- d. Shuddhikriya
- e. Yogasanas

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