

**2023/TDC(CBCS)/ODD/SEM/  
EDUSEC-301T/234**

**TDC (CBCS) Odd Semester Exam., 2023**

**EDUCATION**

**( 3rd Semester )**

Course No. : EDUSEC-301T

**( Yoga and Life-Skill Education )**

Full Marks : 50

Pass Marks : 20

Time : 3 hours

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

**SECTION—A**

Answer *fifteen* questions, selecting *three* from each

Unit :

1×15=15

**UNIT—I**

1. State the meaning of health.
2. What is balanced diet?
3. Define physical education.
4. Write the dimension of health.

**UNIT—II**

5. What is Yoga?
6. What is the philosophy of Yoga?
7. Write the concept of Bhakti Yoga.

8. State the types of Yoga.

UNIT—III

9. What is life-skill education?  
10. Write the importance of self-awareness.  
11. Why is it necessary to know life-skill education?  
12. What is empathy?

UNIT—IV

13. What is Shavasana?  
14. State the importance of Paschimottanasana.  
15. Mention one advantage of Janu-shirasana.  
16. Write the advantage of Vajrasana.

UNIT—V

17. What do you mean by critical thinking?  
18. Why do we practice meditation?  
19. Write the benefit of Padmasana.  
20. What is Hatha Yoga?

SECTION—B

Answer *five* questions, selecting *one* from each

Unit :

2×5=10

UNIT—I

21. Explain in brief the significance of taking balanced diet.

22. Write the emotional dimension of health.

UNIT—II

23. Write the misconceptions of Yoga.  
24. Define Pranayama.

UNIT—III

25. Write the ten core life skills.  
26. How do you cope with stress?

UNIT—IV

27. Define the concept of Anulom-Vilom Pranayama.  
28. Write the merits and demerits of Kapalbhathi.

UNIT—V

29. How could you develop interpersonal relationship?  
30. What is Shitali?

SECTION—C

Answer *five* questions, selecting *one* from each

Unit :

5×5=25

UNIT—I

31. Explain the dimension of health education.  
32. Define health and discuss the importance of health education.

UNIT—II

33. Explain the stages of Ashtanga Yoga.
34. Elaborate the concept of Karma Yoga.

UNIT—III

35. What are the strategies used for developing individual life-skill at elementary level?
36. Elaborate the role of the teacher in inculcating life-skill among the students.

UNIT—IV

37. Explain the role of a teacher in practicing Yoga.
38. Write a note on Bhujangasana.

UNIT—V

39. Discuss the importance of participation on art in living skills.
40. Write the concept and merits of Brikshasana.

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