

TDC (CBCS) Odd Semester Exam., 2020
held in March, 2021

EDUCATION

(3rd Semester)

Course No. : EDNSEC-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 any *fifteen* as directed : 1×15=15

1. Mention one objective of physical education.
2. What is spiritual dimension of health?

3. Deficiency of vitamin A causes

- (a) night blindness
- (b) beriberi
- (c) anaemia
- (d) osteoporosis

(Choose the correct option)

4. Write two essential minerals required for healthy development of a child.

5. Which dimension of health incorporates development of sustainable attitudes?

6. Which of the following food components is required for the growth and maintenance of the human body?

- (a) Proteins
- (b) Vitamins
- (c) Minerals
- (d) Both (a) and (b)

(Choose the correct option)

(3)

7. Which of the following food items provide dietary fibre?

- (a) Pulses
- (b) Whole grains
- (c) Fruits and vegetables
- (d) All of the above

(Choose the correct option)

8. Which of the following food items is the best source of plant proteins?

- (a) Milk
- (b) Egg
- (c) Legumes
- (d) Cheese

(Choose the correct option)

9. Which of the following minerals functions in building strong bones and teeth?

- (a) Iodine
- (b) Iron
- (c) Calcium
- (d) Sodium

(Choose the correct option)

(4)

10. "Pranayama is the practice of breathing control."

(Write True or False)

11. Which one of the following is a 'Shuddhikriya' or Yogic cleanser?

- (a) Meditation or Dhyana
- (b) Yama
- (c) Neti
- (d) Smriti

(Choose the correct option)

12. Ahimsa or non-violence comes under

- (a) Niyamas
- (b) Asana
- (c) Yama
- (d) Panchakoshas

(Choose the correct option)

13. What is the literal meaning of the word 'Yoga'?

14. What is the meaning of 'Hatha' in Hatha Yoga?

(5)

15. Which of the following are the types of Pranayama according to Patanjali Yoga Sutra?

- (a) Stambhavritti Pranayama
- (b) Sahita Pranayama
- (c) Bahyabhyantara Vishayakshepi
Pranayama
- (d) Kevali Pranayama

(Choose the correct option)

16. Who was the Yoga Guru of Swami Kuvalayananda?

- (a) Pattabhi Jois
- (b) J. Ramachandran
- (c) Madhav Das
- (d) Yogendra

(Choose the correct option)

17. Which of the following practices leads to immortality Ishwaropanishad?

- (a) Vairagya
- (b) Viveka
- (c) Vidya
- (d) Vishaya

(Choose the correct option)

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(Turn Over)

(6)

18. Mention one advantage of life-skills.

19. Life-skills are

- (a) psychological skills
- (b) social skills
- (c) psycho-social skills
- (d) technological skills

(Choose the correct option)

20. What is the literal meaning of the word 'empathy'?

21. _____ skill helps us to add novelty and flexibility to the situation of our daily life.

(Fill in the blank)

22. Name the person who developed the technique of 'brainstorming' as a teaching strategy.

23. Time management, getting job, interview, computer, cooking and driving are the

- (a) livelihood skills
- (b) life skills
- (c) learning skills
- (d) soft skills

(Choose the correct option)

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(Continued)

(7)

24. _____ is the concept that describes belief of an individual.

- (a) Moral values
- (b) Attitude
- (c) Behaviour
- (d) Personality

(Choose the correct option)

25. Collective qualities and characteristics that distinguish a person is

- (a) attitude
- (b) personality
- (c) character
- (d) self-image

(Choose the correct option)

26. Write one health benefit of 'Kapalabhati' in Yoga.

27. In _____ Pranayama, the breathing exercise is called bee breath or the humming breath.

- (a) Shitali
- (b) Ujjayi
- (c) Bhramari
- (d) Kapalabhati

(Choose the correct option)

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(Turn Over)

(8)

28. "Neti Kriya is a type of yogic nasal cleansing."

(Write Yes or No)

29. Which one of the following yogic asanas is called corpse pose?

- (a) Sarvangasana
- (b) Halasana
- (c) Shavasana
- (d) Chakrasana

(Choose the correct option)

30. Which meditative posture or asana is generally preferred in 'Anulom-Vilom Pranayama'?

- (a) Chakrasana
- (b) Shavasana
- (c) Padmasana
- (d) Shalabhasana

(Choose the correct option)

SECTION—B

Answer any *five* questions :

2×5=10

31. Explain the concept of 'balanced diet'.

32. Write in brief, social dimension of health.

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(Continued)

(9)

33. Explain the term 'Raja Yoga'.
34. Enumerate two health benefits of Yogasanas in educational institutions.
35. What is meant by coping with stress?
36. How can educational institutions promote life-skills education? Give two suggestions in this regard.
37. Write two benefits of 'Matsyasana'.
38. What is 'Ujjayi Pranayama'?
39. What is life-skill education?
40. Mention two misconceptions associated with Yoga.

(10)

SECTION—C

Answer any *five* questions : 5×5=25

41. Explain in brief, various dimensions of health.
42. What is physical education? Examine various features or characteristics of physical education.
43. What is Kundalini Yoga? Describe in brief, 'Ashtang Yoga' or eight limbs of Yoga.
44. What are Shuddhikriyas? Write down a few benefits of meditation in our daily life.
45. Explain in brief, ten core life-skills recommended by WHO.
46. Explain in brief the role of a teacher in inculcating life-skills among the learners.

47. Write in brief some benefits of any two Yogasanas included in your syllabus.
48. Write a note on 'Art in Living Skills'.
49. Write a note on 'Anulom-Vilom Pranayama'.
50. Write about the importance of life-skill education.
