

B.Ed. 4th Semester Examination

Course: EPC-4 – Yoga Education: Self Understanding and Development

GROUP – A (2 Marks)

(Answer within 50 words)

1. What is Yoga?
 2. Define Yoga Education.
 3. What is Self Understanding?
 4. What do you mean by Self Development?
 5. Define Asana.
 6. What is Pranayama?
 7. What is Meditation (Dhyana)?
 8. What is Surya Namaskar?
 9. What is Stress Management?
 10. What is Mental Health?
 11. What is Emotional Intelligence?
 12. What is Physical Well-being?
 13. What is Holistic Development?
 14. Define Yogic Lifestyle.
 15. What is Concentration?
 16. What is Personality Development?
 17. Mention any two benefits of Yoga.
 18. What is Self-awareness?
 19. What is Relaxation Technique?
 20. What is Mindfulness?
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GROUP – B (5 Marks)

(Answer within 150 words)

1. Explain the concept and importance of Yoga Education.
2. Discuss the objectives of Yoga Education.
3. Explain the importance of Self Understanding.
4. Discuss the role of Yoga in Personality Development.
5. Explain the benefits of Pranayama.
6. Discuss the role of Meditation in Stress Management.
7. Explain the importance of Surya Namaskar.
8. Discuss the relationship between Yoga and Mental Health.
9. Explain the importance of Yogic Lifestyle.
10. Discuss the role of Yoga in Physical and Emotional Well-being.
11. Explain the importance of Self Development in the teaching profession.
12. Discuss the role of Yoga in improving concentration and memory.

GROUP – C (10 Marks)

(Answer within 300 words)

1. Explain the meaning, objectives and importance of Yoga Education in detail.
2. Discuss the role of Yoga in Self Understanding and Personality Development.
3. Explain the importance of Asana, Pranayama and Meditation for holistic development.
4. Discuss the role of Yoga in maintaining Physical, Mental and Emotional Health.
5. Explain the importance of Yogic Lifestyle for teachers and students.
6. Discuss different types of Yoga and their educational significance.
7. Explain the role of Yoga in Stress Management and Emotional Balance.
8. Discuss the contribution of Yoga Education in Value Education and Character Building.
9. Explain the importance of Self-awareness and Self-development through Yoga.
10. Discuss the role of Yoga in promoting a healthy and disciplined life.
11. Explain the educational importance of Yoga in the modern education system.
12. Discuss the role of Yoga in improving concentration, memory and learning ability.