

**2023/FYUG/ODD/SEM/  
EDUSEC-101T/020**

**FYUG Odd Semester Exam., 2023  
( Held in 2024 )**

**EDUCATION**

**( 1st Semester )**

Course No. : EDUSEC-101T

**( Yoga and Life Skill Education )**

Full Marks : 50

Pass Marks : 20

Time : 2 hours

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

**SECTION—A**

Answer *fifteen* questions, selecting any *three* from  
each Unit : 1×15=15

**UNIT—I**

1. Define health education.
2. Mention the types of health.
3. Write one dimension of health education.
4. What do you mean by physical education?

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UNIT—II

5. What is the literal meaning of the word 'Yoga'?
6. Who is the founder of Yoga philosophy?
7. What is Yoga education?
8. Mention any two types of Yoga.

UNIT—III

9. Who introduced life skills education?
10. What do you mean by core life skill education?
11. Write one objective of life skill education.
12. Mention one advantage of life skills.

UNIT—IV

13. What is 'Asana'?
14. What is the name of practice of breath control in Yoga?
15. Write one health benefit of Kapalbhathi Yoga.
16. Mention the name of Asana practiced for relaxation.

UNIT—V

17. What is the meaning of peace of mind?
18. When was first Yoga Day celebrated?
19. Mention one benefit of self-realization.
20. What is consciousness?

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( Continued )

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SECTION—B

Answer *five* questions, selecting *one* from each  
Unit : 2×5=10

UNIT—I

21. What is balanced diet?
22. Mention two objectives of physical education.

UNIT—II

23. Write the basic concept of Raj Yoga.
24. Write a brief note on Pranayama.

UNIT—III

25. Write a brief note on empathy.
26. Mention two importances of life skill education.

UNIT—IV

27. Enumerate two health benefits of Yogasanas in educational institutions.
28. Write two benefits of Anulom-Vilom.

UNIT—V

29. What is a healthy life style?
30. Write any two benefits of Yoga.

SECTION—C

Answer *five* questions, selecting *one* from each  
Unit : 5×5=25

UNIT—I

31. Discuss the various dimensions of health education.

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( Turn Over )

32. Explain the importance of physical education.

UNIT—II

33. Discuss the misconception of Yoga.  
34. Explain the importance of meditation in educational institutions.

UNIT—III

35. What are the strategies for developing individual life skill at higher education level?  
36. Explain the ten life skills recommended by WHO.

UNIT—IV

37. Write a note on Padmasana.  
38. Explain in brief the role of a teacher in inculcating life skills among the learners.

UNIT—V

39. Discuss the importance of international Yoga Day.  
40. Write a short note on international Yoga education.

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