

Shimurali Sachinandan College of Education

Shimurali, Nadia

B.Ed. 4th Semester Test Examination, 2024-2026
Yoga Education: Self Understanding and Development
Course: 1.4. EPC4

Time: 1½ Hours

Full Marks: 35

(Candidates are required to give their answers in their own words as far as practicable.)

Group-A

(Marks: 10)

Answer any five from the following questions, each within 50 words.

2 × 5 = 10

- i) Mention the components of Self-Concept.
- ii) Mention two ways of increasing Self-Esteem.
- iii) What is Raja Yoga?
- iv) Write down two importance of Pranayama in modern day life.
- v) What is International Yoga Day?
- vi) What is Pratyahara?
- vii) Name any two Yogic practices that reduce mental stress.

Group-B

(Marks: 15)

Answer any three from the following questions, each within 150 words.

5 × 3 = 15

- 2. Write in brief the history of development of Yoga.
- 3. Briefly describe the integrated approach of Yoga for the management of health.
- 4. Discuss in brief the different ways of developing Self-Esteem among students.
- 5. Briefly discuss the need of Yoga for positive health.
- 6. Explain in brief the causes of ill-health as per Yogic perspectives.

Group-C

(Marks: 10)

Answer any one from the following questions within 300 words.

10 × 1 = 10

- 7. Discuss on the historical development of Yoga.
- 8. Describe the steps and guidelines for the practice of Meditation. Also discuss its role in stress management.