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Sardar Patel University, Vallabh Vidyanagar
B. Ed. (Advanced) Programme - CBCS
Semester – 1 External Examination
UE01EB2A15 (EPC 1 – B) : Holistic Health : Yoga

Date: 24 / 10 / 16

Total Marks: 35

Day: Monday

Timing: 10:00 am to 11:30pm

Instructions:

- All the four questions are compulsory.
- The figures in the brackets to the extreme right indicate marks.

Q.1 (A) Answer the following questions in brief. (06)

1. What is Hygiene?
2. Which organization works to promote better health throughout the world?
3. State two activities affecting Physical health.
4. Write the meaning of term 'Yoga'.
5. From which Sanskrit word the term 'Karma' is derived.
6. Name the Yog Purush who introduced the 'Ashtanga Yoga' to the modern world.

Q.1 (B) Write a short note in approximately 125 words each. (Any One) (05)

1. Factors affecting Mental Health
2. Necessary Precautions for health

Q. 2 Answer the following question. (07)

Discuss Hygiene refers to the good practices that prevent diseases and leads to good health.

OR

Q.2 Write a short note in approximately 125 words each. (Any One)

1. Significance of Health and Hygiene
2. Reasons for deteriorating health status in India

Q – 3 Answer the following question. (07)

Describe the components of Physical and Mental Health

OR

Q – 3 Write short notes on the following topics.

1. Characteristics of Physical and Mental Health
2. Differentiate between health and hygiene

Q – 4 Answer the following questions in approximately 150 words each. (Any 2) (10)

1. You are appointed as a Yoga Teacher in a reputed educational institute. Discuss the different types of styles of Yoga with the students.
2. Write a letter to your friend suggesting the 'Desired Quality and Role of a Yoga Teacher'.
3. Write an article on 'Concept and Significance of Yoga' for the Journal Health and Hygiene.