

B.Ed - 2nd Year - Paper - 11 Date: 25/5/17
Time: 1:30 Hours. Health, Physical And Yoga Education. Max. Marks - 80

Note:- Attempt Five questions in all. Question No. 1. is Compulsory.
Attempt remaining four questions, selecting one question from each unit. All question carry equal marks.

Q: 1 Write short Notes in 150-200 words on each of the following

(a) TYPES of Yoga. (4)

(b) Global Warming. (4)

$4 \times 4 = 8$

Unit - I

2. Role of School and Society in developing a healthy individual through the programme of Yoga. (16)
OR.

3. What are the Component of Balanced Diet? How are these components of diet helpful in keeping good health? (16)

Unit - II

4. What do you understand by Pollution? What are its types? Explain each in detail. (16)

OR

5. Postural deformities and their management through Yoga and other exercise. (16)