Yoga Education

Short answer questions:

1. Write short note on importance of health.

2. Briefly explain the importance of first aid in case of fracture.

3. What are causes of mishandling?

4. What is the concept of health?

5. Explain, briefly, what is important in the aspect of health care?

6. Write about Yoga day.

7. Explain external yoga.

8. What is the importance of first aid in case of dislocation?

9. What is the concept of health?

10. Write the importance of measurement in Physical Education.

Long answer questions:

1. Differentiate between food, diet, and nutrition. Explain different components of balanced diet along with their functions.

2. Define yoga. What is its contribution in developing a healthy individual through its programmes?

3. Write an essay on different types of pollution, causes, and their prevention.

4. Discuss why physical education is an important part of education.

5. Write in detail what are different methods for strength development. Explain in detail.

6. Give the concept of yoga and write an essay on the role of yoga in the development of health in school children.

7. What is balanced diet? Explain its components with its functions.

8. What are various communicable diseases common in school children? Explain any one of them with special reference to its causes and prevention.

9. Explain what are the aims and objectives of yoga education.

10. Explain in detail the meaning and classification of asanas.