

**M. Ed. Semester-IV Examination 2023**  
**MED-244.2: Yoga Education and Personality Development**

Time- Three Hours

Full Marks-70

*Questions are of value as indicated in the margin.*

**Group-A**

**4x10 = 40**

1. Attempt any **four**

- a. What is the Etymological meaning of Yoga? Discuss the need and importance of Yoga in modern times. 3+7
- b. What are the eight Limbs of Yoga? Discuss about '*Niyama*' with their educational implications. 2+5+3
- c. Define the concept of '*Purush*'. Give five proofs of existence of *Purush* and its educational implications. 3+7
- d. What is *Panchakosha* theory of Personality? Discuss the impact of each *kosha* on human behaviour. 3+7
- e. What is '*Hatha Yoga*'? Discuss how B.K.S. Iyengar popularized *Hatha Yoga* at International level. 3+7

**Group-B**

**4x5 = 20**

2. Attempt any **four**

- a. Distinguish between Eastern and Western concept of personality.
- b. Discuss 12 steps of *Surya Namaskar*.
- c. Discuss the role and functions of 'AYUSH'.
- d. Discuss the concept and types of *Pranayama*.
- e. Discuss the concept and importance of *Bhakti Yoga* in human life.

**Group-C**

**3x2 = 6**

3. Attempt **all** the following:

- a. What is the concept of the '*Dhyana*'?
- b. What is the importance of the International Yoga Day?
- c. What are the characteristics of *Rajasik* Personality?

**Group-D**

**4x1=4**

4. Attempt **all** the following:

- a. Which is not a part of Evolution?  
i) *Prakriti* ii) *Mind* iii) *Self* iv) *Ego*
- b. Who is the founder of '*Kriya Yoga*'?  
i) *Sri Sri Ravi Shankar* ii) *Maharshi Patanjali* iii) *Maharshi Vashishtha* iv) *Sri Aurobindo*
- c. A person with thin, undernourished and lusterless body comes under:  
i) *Pitta* type ii) *Vata* type iii) *Kapha* type iv) *Prana* type
- d. Work without any desire for the result comes under:  
i) *Jnana Yoga* ii) *Bhakti Yaga* iii) *Hatha Yoga* iv) *Karma Yoga*

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**M.Ed. Semester-IV Examination-2023**  
**Subject: Education**  
**MED 242: Educational Technology and ICT**

Time: 3 Hours

Full Marks: 70

*Questions are of value as indicated in the margin*

1. Attempt any **four** of the following questions: 4x10= 40
- a) What is the nature of communication? Write down the merits and demerits of new technologies of communication with examples. 3+7
  - b) What is OER? Describe the OERs available to you 3+7
  - c) What is e-learning? Explain the e-learning tools with suitable examples. 2+8
  - d) Give a concept of SMART Classroom. Write the uses and feasibility of ICT in the classroom. 4+6
  - e) What are the applications of educational technology in formal and non-formal education? Explain with suitable examples. 5+5
2. Attempt any **four** of the following questions: 4x5=20
- a) Discuss the Flanders Interaction Analysis System. 5
  - b) Briefly discuss CML. 5
  - c) What is virtual reality? How it can be used in education? 2+3
  - d) What do you mean by the Mass Media Approach? Give a suitable example. 4+1
  - e) What are the main functions of CIET? 5
3. Attempt **all** questions: 2x3=6
- a) Write down the components of the systems approach.
  - b) What is EDUSAT?
  - c) Differentiate hardware and software with suitable examples.
4. Choose the appropriate answer from the multiple options. 1x4=4
- a) Computer-assisted instruction is based on the principle of:
    - i) Operant conditioning    ii) Pavlovian conditioning
    - iii) Sender conditioning    iv) Classical conditioning
  - b) Who is known as the father of Modern Media Education?
    - i) Flanders    ii) Edger Dale    iii) Erikson    iv) Charles Babbage
  - c) Which of the following courses has been designed only for professional development of teachers from higher education sector?
    - i) APPIT courses    ii) ARPPT courses    iii) ARPIT courses    iv) APRIT courses
  - d) PM e-Vidya AR is meant for:
    - i) Virtual Reality    ii) Augmented Reality    iii) AR & VR both    iv) None of the above.

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**M. Ed. Semester-IV Examination 2023**  
**MED-244.1: GUIDANCE AND COUNSELING**

Time- Three Hours

Full Marks-70

*Questions are of value as indicated in the margin.*

**Group-A**

**4x10 = 40**

1. Attempt any **four** of the following:
- a) Distinguish guidance and counseling. What are the needs of guidance at higher secondary level? Write about group guidance techniques. 2+4+4
  - b) What is a psychological test? Explain any three psychological tests along with their purpose and uses. 2+8
  - c) Differentiate directive and non directive techniques of counseling. Write down the psychoanalytic approach to counseling. 4+6
  - d) Enumerate the role of guidance personnel in promoting positive mental health of secondary school students. 10
  - e) Discuss the concept of maladjustment with reference to conflict and frustrations. Suggest some measures to resolve the problem. 10

**Group- B**

**4x5=20**

2. Attempt any **four** of the following:
- a) State the qualities of an effective counselor.
  - b) What are the stages involved in counseling process?
  - c) Mention the purpose and uses of cumulative record for guidance services.
  - d) Differentiate sleep disorder, anxiety and phobia with suitable examples.
  - e) What do you know about online testing services as technique for collecting data for guidance?

**Group-C**

**3x2=6**

3. Attempt **all** the following:
- a. What are the non testing techniques of counseling?
  - b. Distinguish counseling and psychotherapy.
  - c. What is disrupt behaviour disorder?

**Group-D**

**4x1=4**

4. Attempt **all** the following:
- a. A group of behavioural and emotional problems characterized by disregard for others is called-
    - i) Sleeping disorder ii) Disrupt behaviour disorder iii) Conduct disorder iv) Anxiety disorder
  - b. Which of the following refer to the ability to manage day to day life in the host culture context?
    - i) Cultural adjustment ii) Socio cultural adjustment iii) Biological adjustment iv) Environmental adjustment
  - c. Which approach of counseling focuses on changing unwanted behavior through reward, reinforcement and desensitization?
    - i) Psychoanalytic ii) Behaviouristic iii) Humanistic iv) Transactional
  - d. The therapy, that helps individual to access and understand their feelings, gain a sense of meaning in life, and reach self actualization, is known as:
    - i) Cognitive behavior therapy ii) Psychoanalytic therapy iii) Rational emotive behavior therapy iv) Humanistic therapy

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**M.A. (Education) Semester-IV Examination 2023**  
**EDN-343: Yoga Education**

Time: 3 Hours

Full Marks: 70

*Questions are of value as indicated in the margin.*

**Group-A**

1. Attempt any **four** questions:

**4x10=40**

- a) Explain the concept and types of Asana and Pranayama. Write their benefits and educational implications. 5+5
- b) What are the 12 postures of Surya Namaskar? Explain the postures and their benefits. 3+7
- c) Discuss the concept of Purusha with five proofs of its existence and its educational implications. 10
- d) Define Yoga. What are the different types of Yoga? Discuss any one type of Yoga. 2+4+4
- e) Discuss the contributions of Baba Ramdev towards Yoga education. 10

**Group-B**

2. Attempt any **four** questions:

**4x5=20**

- a) Which asana can be performed after meal? What are the benefits of doing it?
- b) Discuss the need and importance of Yoga education in higher educational institutions.
- c) How Yoga helps in socio-moral upliftment of humans. Explain?
- d) Explain the concept of Yama and its educational implications.
- e) Write the 23 principles of evolution process..

**Group-C**

3. Attempt **all** the questions:

**3x2=6**

- a) State any two functions of Ministry of AYUSH.
- b) What is Apara Bhakti?
- c) What is Mahat?

**Group-D**

4. Attempt **all** the questions:

**4x1=4**

- a) The First International Day of Yoga was organised by the Ministry of AYUSH on:  
i) 21<sup>st</sup> June 2014 ii) 21<sup>st</sup> June 2015 iii) 21<sup>st</sup> June 2017 iv) 21<sup>st</sup> June 2016
- b) In the term AYUSH, 'H' stands for:  
i) Holistic ii) Homeopathy iii) Harmony iv) Hormone
- c) Which is NOT the part of evolution?  
~i) Purusha ii) Ego iii) Prakriti iv) Mind
- d) Sensory organs are originated from:  
i) Self ii) Mahat iii) Sattvik Ego iv) Tamas Ego

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**M.Ed. Semester-IV Examination, 2024**  
**Subject: Education**  
**MED-242: Educational Technology and ICT**

**Time: 3 Hours**

**Full Marks-70**

*(Questions are of value, as indicated in the margin)*

**1. Answer any four of the following:**

**4x10=40**

- a) What do you mean by educational technology? Discuss various forms of educational technology. 2+8
- b) What are the components of communication? How does Flanders Interaction Analysis System enhance classroom interaction? Discuss. 4+6
- c) What is the importance of 5Rs and OER in education? What are the six CC licenses related with OERs? Explain with suitable examples. 5+5
- d) Critically analyze the provisions of ICT in school education, as mentioned in NEP-2020. 10
- e) What is PM-eVidya? How is it related with NME-ICT? Explain any three programmes running under PM-eVidya promoting uses of ICT in today's classroom teaching learning process. 2+2+6

**2. Answer any four of the following:**

**4x5=20**

- a) Briefly discuss Edgar Dale's Cone of Experience.
- b) '*Senses are the gateway of knowledge*'. Discuss the multi-media approach of education in context of the given statement.
- c) What is Virtual Reality? How is it different from AR and MR? Name any free AR app known to you. 2+2+1
- d) What are the ICT based provisions for the professional development of teachers in India?
- e) Explain any one AI based recent trend of education known to you.

**3. Answer all the following:**

**3x2=6**

- a) What are the main characteristics of technology?
- b) Write the name of two LMS known to you.
- c) Enlist any four online assessment tools in education.

**4. Select the most appropriate alternative for the following:**

**4x1=4**

- a) Who wrote the paper entitled 'Goodbye teachers'? 4x1=4
  - i. B.F. Skinner
  - ii. Edgar Dale
  - iii. Ned A. Flanders
  - iv. Fred S. Keller
- b) Verbal communication consists of:
  - A. Oral communication B. Written communication Code:
  - i. Only A
  - ii. Only B
  - iii. Neither A nor B
  - iv. A and B both
- c) Which kind of information you will NOT get on NDL:
  - i. School Education
  - ii. Vocational Education
  - iii. Higher Education
  - iv. Career Development
- d) Which one of the following app is a designing app for content creation?
  - i. Pixabay
  - ii. Canva
  - iii. Flickr
  - iv. Canvas

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**M.Ed. Semester-IV Examination, 2024**  
**Subject: Education**  
**MED-244.1: Guidance and Counseling**

**Time: 3 Hours**

**Full Marks-70**

*(Questions are of value, as indicated in the margin)*

- 1. Answer any four of the following:** **4x10=40**
  - a. Distinguish between guidance and counseling. Explain different techniques of group guidance. Write about the steps involved in counselling. 3+4+3
  - b. Explain different types of guidance services at school level? 10
  - c. Describe psychoanalytical approach to counseling. Mention the role of counselor in psychoanalytic counseling. 7+3
  - d. What are the criteria of a good adjusted individual? Explain the environmental and biological causes of maladjustment with suitable examples. 5+5
  - e. Define mental health. Write the main characteristics of a mentally unhealthy individual. Explain the role of home in promoting mental health of the students. 2+4+4
- 2. Answer any four of the following:** **4x5=20**
  - a. What are the needs of educational guidance at secondary level?
  - b. Briefly describe about nondirective techniques of counseling.
  - c. What are the major symptoms of a child with ADHD? How to counsel him/her? Explain with suitable example.
  - d. What is adaptability? How is it different from adjustment?
  - e. Find out the similarities between conduct disorders and disrupt behaviour disorder with suitable example.
- 3. Answer all the following:** **3x2=6**
  - a. What is frustration?
  - b. Distinguish between counseling and psychotherapy.
  - c. How anxiety is different from phobia?
- 4. Select the most appropriate alternative for the following:** **4x1=4**
  - a. The fear of places or situations that might cause you to panic and make you feel trapped, helpless or embarrassed is called-
    - i. general anxiety disorder
    - ii. social anxiety disorder
    - iii. agoraphobia
    - iv. phobia
  - b. Which of the following is caused by difficulty falling asleep?
    - i. Sleep apnea
    - ii. Insomnia
    - iii. Parasomnia
    - iv. Narcolepsy
  - c. This approach of counseling focuses on changing unwanted behavior through reward, reinforcement and desensitization-
    - i. Psychoanalytic
    - ii. Behaviouristic
    - iii. Humanistic
    - iv. Transactional
  - d. Which of the following therapy helps individual to access and understand their feelings, gain a sense of meaning in life and reach self actualization?
    - i. Cognitive behavior therapy
    - ii. Psychoanalytic therapy
    - iii. Rational emotive behavior therapy
    - iv. Humanistic therapy

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**M.Ed. Semester-IV Examination, 2024**  
**Subject: Education**  
**MED-244.2: Yoga Education and Personality Development**

**Time: 3 Hours**

**Full Marks-70**

*(Questions are of value, as indicated in the margin)*

- 1. Answer any four of the following:** **4x10=40**
- a. What do you mean by 'Yoga'? Discuss the need and scope of yoga in modern time. 3+7
  - b. Explain the concept of 'Pranayama'? Discuss about its types, benefits and precautions. 2+2+3+3
  - c. Discuss about the evolution of 23 principles from Prakriti according to Sankhya philosophy.
  - d. Discuss about the role and functions of AYUSH.
  - e. What are the five Niyamas? Discuss about their importance and educational implications. 2+ 4+4
- 2. Answer any four of the following:** **4x5=20**
- a. Explain 'Purusha' as the independent principle with its five proofs. 2+3
  - b. What is Pratyahar? Justify its importance before Dharana
  - c. Justify why should yoga be placed in school curriculum. 2.5 +2.5
  - d. Compare between the eastern and western concept of personality.
  - e. Discuss the significant contributions of B.K.S.Iyengar to the world of Yoga
- 3. Answer all the following:** **3x2=6**
- a. Explain the concept of the Samadhi.
  - b. What are nine types of Bhakti?
  - c. What is Kriya Yoga?
- 4. Select the most appropriate alternative for the following:** **4x1=4**
- a. Which of the following is not an internal organ as per sankhya philosophy?
    - i. Mind
    - ii. Ego
    - iii. Intelligence
    - iv. Heart
  - b. Ajna Chakra is associated with?
    - i. Gyana Yoga
    - ii. Bhakti Yoga
    - iii. Hatha Yoga
    - iv. Kundalini Yoga
  - c. 'Light on Yoga' was authored by
    - i. Sri Sri Ravishankar
    - ii. B.K.S. Iyengar
    - iii. Patanjali
    - iv. Sri Aurobindo
  - d. Which of the following is the most subjective method of measuring personality?
    - i. Projective method
    - ii. Interview method
    - iii. Sociometry method
    - iv. Questionnaire method

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**M.Ed. Semester-IV Examination, 2024**

**Subject: Education**

**MED-243: Economics of Education**

**Time: 3 Hours**

**Full Marks-70**

*(Questions are of value, as indicated in the margin)*

**1. Answer any four of the following:**

**4x10=40**

- Compare and contrast the concepts of Economics, Education and Economics of Education. Justify the objectives of studying Economics of Education in an egalitarian nation like India. 6+4
- Show your acquaintance with the concept of capital and human capital and their impact as experienced over Indian society and Indian market. 10
- Transact the impact of Gresham's law in today's higher education spectrum. 10
- Show your acquaintance with the concept of manpower planning and its various facets, applicable for teacher-education in national spectrum. 5+5
- Synthesize Rabindranath Tagore's approach for 'development through education' as experimented a century back in the rural backdrop of Birbhum. 10

**2. Answer any four of the following:**

**4x5=20**

- Compare CBA and CEA
- Classify budget and its role in education
- Annotate education as an 'investment' in Indian economy
- What is usage-pattern of resources by society?
- What are the problems in the path of opportunity-cost in Education?

**3. Write short notes on all of the following**

**3x2 = 6**

- IRG
- GDP
- Reputation verses goodwill.

**4. Select the most appropriate alternative for the following:**

**4x1=4**

- Quality of teachers possess a direct impact over the nation in terms of its:
  - Manpower index
  - Man-standard index
  - Security index
  - Corruption index.
- Which of the following sector of education do possess direct bearing with national development?
  - Liberal Arts
  - Science
  - Engineering
  - Technology
- Choice depends upon:
  - Opportunity
  - Availability
  - Resources
  - Monopoly.
- In oriental perspective, education is treated as:
  - Commodity
  - Product
  - Choice
  - Wealth.

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