



‘সমানো মন্ত্র: সগিরি: সমানী’

UNIVERSITY OF NORTH BENGAL

SEC 1st Semester Examination, 2024

SEC - UEDCSEC11001-EDUCATION

YOGA EDUCATION

Time Allotted: 2 Hours

Full Marks: 40

The figures in the margin indicate full marks.

GROUP-A

Answer any five questions from the following

1×5 = 5

1. Who is considered the Father of modern yoga?
2. Mention any one type of yoga.
3. Name one type of meditation process.
4. Define Yoga Education.
5. What is the First limb of Astanga yoga?
6. Who is the Author of the yoga sutras?
7. Which Indian Philosophy is yoga a part of?
8. Mention any one yogic principle for healthy living.

GROUP-B

Answer any three questions from the following

5×3 = 15

9. List two objectives of yoga education in promoting well-being.
10. Define meditation in the context of yoga.
11. What is the significance of yoga as an educational discipline?
12. Write about ‘Niyama’ as one of the parts of Astanga yoga.
13. Discuss the role of yoga education in personal development.

GROUP-C

Answer any two questions from the following

10×2 = 20

14. Critically analyze the aims and objectives of yoga education. Provide examples of yoga education in practical aspect. 5+5
15. Analyze how the Philosophy and Practice of yoga contribute to holistic education. 10
16. Analyze the connection between physical health, mental well-being and practice of yoga. 10
17. Explain how the meditational processes in yoga contribute to both physical health and spiritual growth. 10

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UNIVERSITY OF NORTH BENGAL
SEC 1st Semester Examination, 2024

SEC - UHSSEC11001-HISTORY

UNDERSTANDING HERITAGE

Time Allotted: 2 Hours

Full Marks: 40

The figures in the margin indicate full marks.

CATEGORY-I

Answer any five questions from the following

1×5 = 5

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| 1. | Define ‘Tangible Heritage’. | 1 |
| 2. | Who was the founder of Archaeological Survey of India? | 1 |
| 3. | Name one museum located in North Bengal. | 1 |
| 4. | What is the full form of DHR? | 1 |
| 5. | Where is Qutub Complex located? | 1 |
| 6. | Name two important fairs in India. | 1 |
| 7. | What do you understand by the term ‘unity in diversity’? | 1 |
| 8. | Name two important festivals in India. | 1 |

CATEGORY-II

Answer any three questions from the following

5×3 = 15

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|-----|--|---|
| 9. | What is the difference between culture and heritage? | 5 |
| 10. | Examine the ways through which National monuments can be preserved. | 5 |
| 11. | How does smuggling and terrorism create a threat to tangible heritage? | 5 |
| 12. | What are the recent trends of tours and travels connected with understanding heritage? | 5 |
| 13. | Write a note on Archaeological Survey of India. | 5 |

CATEGORY-III

Answer any two questions from the following

10×2 = 20

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| 14. | In what ways do antiquities help us in reconstructing our past? | 10 |
| 15. | What is the significance of festivals and fairs in understanding our cultural heritage? | 10 |
| 16. | Discuss the experience of any heritage site that you have visited. Also discuss the historical significance of that site. | 10 |
| 17. | Discuss the role of world heritage sites in promoting tourism in India. | 10 |

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