

2026

Bachelor of Education**(Guidance and Counseling)****Course – 11 (ii)***Full Marks : 70**Time : 3 hours*

*The figures in the margin indicate full marks
for the questions*

Answer five (5) questions from within the Internal options

1. a) Explain the concept of Guidance and Counseling. Discuss the role of a teacher in Guidance and Counseling. 6+8

Or

- b) Explain the need for Counseling. Explain the principles involved in a Counseling programme. 6+8

2. a) *“All counseling is guidance, but all guidance is not counseling”*. Justify the statement. 14

Or

- b) *“Educational guidance is indispensable for secondary students in this present time”*. Justify the above statement with reference to the context of Nagaland State. 14

(Please turn over)



3. a) Distinguish between Orientation Service and Occupational Information Service. Explain the need of Occupational Information Service in schools. 7+7

Or

- b) Discuss the sources and types of Pupil Information Services of a school guidance programmes. 7+7

4. a) Differentiate between 'Career Corner' and 'Career Exhibition'. Develop a detail plan of action for organizing any one of the following:
i) Career Corner 6+8
ii) Career Exhibition

Or

- b) Discuss the objectives and role of State Vocational Bureau (Employment Exchange). 6+8

5. Write notes on *any two* of the following: 7x2
a) Nature of Guidance and Counseling.
b) Vocational Guidance.
c) Sources of Collecting Career Information.
d) Suggest some measures to prevent drug abuse among the youths of Nagaland.

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Bachelor of Education**(Health and Physical Education)**

Paper – 11(iii)

*Full Marks : 70**Time : 3 hours*

The figures in the margin indicate full marks for the questions

Answer five questions within the internal options

1. a) Describe the scope and functions of Physical and Health Education in Schools. Explain how they contribute to personality development of a student. 4+10

Or

- b) Describe the history and development of Physical Education in India. 14

2. a) Explain the philosophy of Yoga. Discuss its significance in developing discipline and self-control among students. 4+10

Or

- b) Identify major psychological and social problems faced by adolescents. Describe the role of yogic practices in overcoming them. 6+8

(Please turn over)

3. a) Discuss the role of teachers in promoting cleanliness, sanitation and healthy habits in schools. Suggest some suitable activities for this purpose. 6+8

Or

- b) Explain the nutritional requirement of school-going children. Prepare a sample balanced diet for one day. 7+7

4. a) Discuss the values and limitations of competition. 7+7

Or

- b) Discuss different methods of assessing skill, fitness and participation in Physical Education with objectivity. 7+7

5. Write notes on *any two* of the following: 7x2

- a) Influence of peer group and media on substance abuse.
- b) Emergency care in case of heat stroke, fainting and bleeding.
- c) Preparation and maintenance of students' fitness record.
- d) Contribution of national institutions of sports development in India.

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