

Islampur college
B.A 1st Semester Practical Examination
Paper : Yoga Education (SEC)
Date of Exam : 28/01/2026
Time : 11:00 Am -12:00 pm

Marks: 20

Q.Prepare a practical note on the following Yogic Asanas with neat diagrams. Describe the procedure (method of practice), benefits, precautions, and explain their importance in maintaining a healthy lifestyle.

- a) Padmasana
- b) Vajrasana
- c) Bhujangasana
- d) Halasana
- e) Ardha Chandrasana

Islampur college
B.A 3rd Semester Practical Examination
Paper: Factors of Educational Psychology (SEC)
Date of Exam : 28/01/2026
Time : 12:00 pm – 1 :00 pm

Marks: 20

Q. Describe the measurement of personality. Explain projective tests such as Rorschach Ink Blot Test, TAT and CAT.

Islampur college
B.A 5th Semester Practical Examination (CBCS)
Paper: EDUPSEC3
Date of Exam : 28/01/2026
Time :12:00pm – 1:00 pm

- The Practical Examination will be conducted in viva-voce mode.

Islampur college
B.A 3rd Semester Practical Examination (CBCS)
Paper: EDUPSEC1
Date of Exam : 28/01/2026
Time :12:00pm – 1:00 pm

- The Practical Examination will be conducted in viva-voce mode.