

Term End External Examination 1<sup>st</sup> Semester (Session-Feb 2025)

Subject: Value Added Course

Course No and Title: HYS022/ Health and Wellness, Yoga Education, Sports and Fitness

Time: 1.15 hours Max Marks:50 Min. Marks:20

**Section A: Objective Type Questions**

**Q1. Choose the appropriate Answer: (4x1.5=06)**

**i. Which of the following best defines health?**

- A Complete physical, B Absence of disease  
mental, and social  
well-being  
C A state of mental D Physical fitness  
satisfaction

**ii. How much sleep is generally recommended for maintaining physical and mental health?**

- A 4-5 hours B 5-6 hours  
C 7-8 hours D 9-10 hours

**iii. Which nutrient is primarily responsible for tissue repair and growth?**

- A Protein B Carbohydrates  
C Vitamins D Fats

**iv. Which body system is most affected by substance abuse?**

- A Muscular system B Nervous system  
C Digestive system D Respiratory system

**Section-B: Descriptive Type Questions (Short Type)**

**Q2: Answer all the Questions (4 x 4 =16)**

- i. Define health and wellness and explain how they differ.
- ii. List and explain any four essential components of a balanced diet.
- iii. Highlight the risks associated with a sedentary lifestyle.
- iv. What are the effects of substance abuse on physical and mental health?

**Section – C: Descriptive Type Questions (Medium Type)**

**Answer all the questions: (2 x 7=14)**

**Q3.** Explain malnutrition. What are its various types?

**OR**

What is balanced diet? What are its essential components?

**Q4.** How do yoga, asanas, and meditation contribute to health and wellness?

**OR**

Write short notes on any two: a) Anxiety b) Stress c) Depression

**Section – D: Descriptive Type Questions (Long Type)**

**Answer any one of the following: (1 x 14=15)**

**Q5.** Describe how diet and physical fitness can help prevent and manage cancer, hypertension, and cardiovascular diseases.

**Q6.** Explain the role of carbohydrates, proteins, fats, vitamins, and minerals in maintaining a healthy body.