

Roll Number: _____

SCHOOL OF CHEMICAL AND LIFE SCIENCE
B.Sc. BOTANY (FYUP), SEMESTER-II
SEMESTER EXAMINATION, NOVEMBER 2023
PAPER CODE: BBO VAC 202

PAPER TITLE: HEALTH AND WELLNESS, YOGA EDUCATION, SPORTS AND FITNESS

Time: 1.5 Hours

Maximum Marks: 30

Write the Roll No. at the top immediately on receipt of this Question Paper. Attempt all questions. All parts of a question must be attempted in continuation. Start the answer to the next question on a new page. Cite examples and draw labeled diagrams wherever necessary.

SECTION A

Q1. Answer all the following questions.

[8x1=8]

- A. Write the name of a book of Patanjali?
- B. Who compiled the Yoga?
- C. Where is the Headquarter of W.H.O?
- D. What is W.H.O?
- E. What is B.M.I?
- F. Write the definition of Yoga?
- G. Write the different chapters of Yoga sutra?
- H. How much chapters are there in Bhagwad Geeta?

SECTION B

Q2. Answer ANY TWO of the following.

[6x2=12]

- A. Explain the Aims and Objectives of Yoga and its Importance in Physical and Mental Wellbeing?
- B. Explain the different Dimensions of Health?
- C. Explain the difference between Games and Sports?

SECTION C

Q3. Answer ANY ONE of the following.

[1x10=10]

- A. Explain the Classification of Yoga with Introduction Janana Yoga, Bhakti Yoga, Karma Yoga, Raj Yoga, Hath Yoga, and Mantra Yoga?
- B. Explain Balance Diet and Nutrition and its role in Health and Wellbeing?
- C. Explain the Post Independence Development in the Field of Sports?

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