

JAMIA HAMDARD
SCHOOL OF CHEMICAL AND LIFE SCIENCES
B.Sc. (Hons with Research)/ B.Sc. (Hons) as per FYUP
SEMESTER II EXAMNIATION (JULY 2024)

Paper Code: BCR 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 the Question must be attempted in continuation. Start Answering each question on new page. Cite examples and draw labeled diagrams wherever necessary.

SECTION A

Question 1. Answer all the following questions.

[10x1=10]

- i) Mention three objectives of Khelo India.
- ii) Who is the writer of the yoga sutra?
 - A. Maharishi Patanjali
 - B. Vatsyayan
 - C. Maharishi Kapil Muni
 - D. Sampurnanand
- iii) What would not be helpful to do when meditating?
 - A. Concentrate on breathing
 - B. Concentrate on a colour
 - C. Picture a peaceful place
 - D. Think of problems
- iv) Goitre is caused by deficiency of
 - A. Magnesium
 - B. Calcium
 - C. Iodine
 - D. Potassium
- v) When is International Day of Yoga celebrated globally?
 - A. June 21st
 - B. March 20th
 - C. August 15th
 - D. December 10th
- vi) The term wellness encompasses our physical, mental, emotional and social health. (True/False)
- vii) Define Malnutrition.
- viii) What is the deficiency of Vitamin C called?
- ix) Three examples of essential amino acids.
- x) When ancient Olympic games first held?
 - A. 776 BC
 - B. 780 BC
 - C. 790 BC
 - D. 800 BC

SECTION B

Question 2. Attempt ANY THREE questions from the following.

[3x4=12]

- A. What are carbohydrates? Write in detail its digestion and absorption.
- B. Explain in detail about Fit India movement.
- C. What is the difference between macro and micro nutrients? Describe their types.
- D. Define Bhaktiyoga. Describe in detail about it.
- E. What is Body Mass Index (BMI)? Mention the formula to calculate the BMI Body Mass Index. How useful is the body mass index (BMI)?

SECTION C

Question 3. Answer ANY ONE of the following questions.

[1x8=8]

- A. What do you understand by Health? Write in detail about the dimension of health and its types.
- B. Define Ashtanga Yoga. Who is the father and describe the 8 steps of Ashtanga Yoga?
- C. What are Vitamins? Explain about the different types of vitamins and their role.

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