

SET A

Roll No:

**SCHOOL OF CHEMICAL AND LIFE SCIENCES
JAMIA HAMDARD, NEW DELHI-110062**

**B.Sc. Semester II (FYUP), Semester Examination - May 2025
Paper Title: Health and Wellness, Yoga Education, Sports, and Fitness
Paper Code: BCH VAC 202**

Time: 1.5 hours

Max 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.

Section A

Question 1. MCQ. Attempt all questions. Questions 1 to 8 are of one mark (each) while 9 is of 2 marks.

[10 marks]

- I. National sports day celebrated on _____.**
 - a) 28 August
 - b) 29 August
 - c) 27 August
 - d) 30 August
- II. Yoga sutra given by _____.**
 - a) Shri Adishankracharya
 - b) Swami Vivekananda
 - c) Maharishi Patanjali
 - d) BKS Iyengar
- III. What does the term Yuj in Sanskrit from which the word Yoga is derived mean?**
 - a) Strength
 - b) Unity
 - c) Knowledge
 - d) Peace
- IV. Meditation is necessary condition of _____.**
 - a) Yoga
 - b) Dhayan
 - c) Dhaarna
 - d) Asanas
- V. Which city hosted the first modern Olympic Games?**
 - a) Paris
 - b) London
 - c) Rome
 - d) Anthens

- VI. In which year was the first Olympic Games held?**
a) 1920
b) 1924
c) 1896
d) 1936
- VII. Khelo India programme launched in which year?**
a) 2014
b) 2016
c) 2017
d) 2018
- VIII. WHO headquarter at _____.**
a) Munich
b) London
c) Geneva
d) Delhi
- IX. Very Short answer, attempt all questions below-**
a) Full form of SAI.....
b) Formula for calculating BMI.....
c) Ancient Olympics played in honor of.....
d) When you are not sick you are

Question 2. Short answers (Answer ANY THREE)

[3 x 4 =12 marks]

- A. What are the 8 limbs of yoga as described by Patanjali?
B. Write short note on SAI.
C. Explain briefly the determinants of health.
D. Define sports. Write about importance and health benefits of sports.
E. Write short note on Khelo India.

Question 3. Long questions (Answer ANY ONE)

[1 x 8 = 8 marks]

- A. Enumerate the objectives of yoga and its importance in physical and mental well-being.
B. Define nutrition. Explain its role in health and well-being.
C. Explain the post-independence development in the field of sports.

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