

**Time: 1 hr.**

**Marks:30**

- Note:**
1. All questions are compulsory.
  2. Draw neat diagrams wherever necessary.
  3. Figures to the right indicate full marks.

**Q.1 Rewrite the following by choosing the correct options given below. [06]**

- (a) Which of the following is the best definition of health?
- |  |   |
|--|---|
| (i) The absence of disease or illness                    | (ii) A state of complete Physical, mental and social well-being |
| (iii) The ability to perform daily tasks without fatigue | (iv) A condition where a person has no physical impairments     |
- (b) Which of the following is a common benefit of practicing yoga regularly?
- |                                 |   |
|---------------------------------|---|
| (i) Increased stress levels     | (ii) Reduced flexibility                          |
| (iii) Decreased muscle strength | (iv) Improved mental clarity and stress reduction |
- (c) Who captained India to its first-ever Cricket World Cup victory in 1983?
- |                        |                     |
|------------------------|---------------------|
| (i) Kapil Dev          | (ii) Sunil Gavaskar |
| (iii) Sachin Tendulkar | (iv) Sourav Ganguly |
- (d) Who is the only Indian male boxer to win a medal at the Olympics?
- |                           |                     |
|---------------------------|---------------------|
| (i) Manoj Kumar           | (ii) Mary Kom       |
| (iii) Vikas Krishan Yadav | (iv) Vijender Singh |
- (e) Yoga means ?
- |                              |                                      |
|------------------------------|--------------------------------------|
| (i) Just an exercise         | (ii) a way to distract oneself       |
| (iii) an escape from reality | (iv) a process for elevating oneself |
- (f) Who is the father of yoga?
- |                           |                  |
|---------------------------|------------------|
| (i) Krishnamacharya       | (ii) Baba Ramdev |
| (iii) Maharishi Patanjali | (iv) BKS Iyenger |

**Q.2 Answer the following. (Any TWO) [06]**

- (a) What is the meaning of Sports? Explain its importance.  
(b) What is Yoga? How does it contribute to Physical & Mental health?  
(c) Explain the history of Physical Education as a concept.

**Q.3 Answer the following. (Any TWO) [06]**

- (a) What are the aims and objectives of Sports?  
(b) Explain the modern trends of sports as a concept with examples.  
(c) Describe various government schemes aimed at promoting sports in India.

**Q.4 Answer the following. (Any TWO)**

[06]

- (a) Discuss the fundamental principles of fitness training.
- (b) Discuss Meditation with special reference to its types.
- (c) Explain any five yoga asanas and their overall impact on health.

**Q.5 Answer the following. (Any TWO)**

[06]

- (a) Discuss the concept of 'National Sports Federation of India'.
- (b) Explain the benefits of Meditation.
- (c) Elaborate on the major sports awards in India with respect to their objective and criteria.

—X—X—