

- 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—