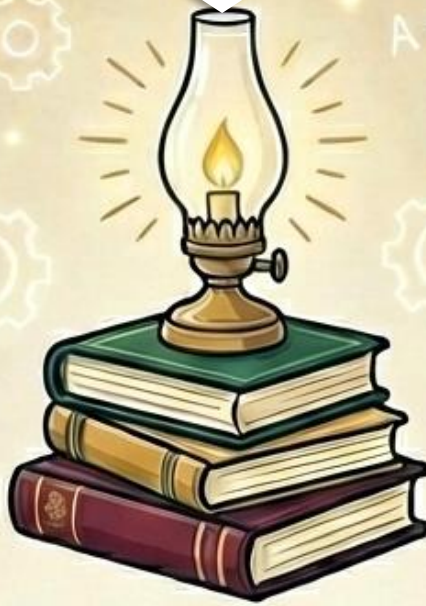




$$A = \frac{m}{(m^2 + c)^2}$$



NIOS PYQ's SOLUTIONS

$$fa = bc^2$$

$$\sqrt{h-x^2}$$

PREVIOUS YEARS' QUESTIONS & ANSWERS



APRIL-2025

Your Path to Success

SECTION - A

Q1. In which period two cults-Nath cult and Bhakti cult were famous?

- (A) Smriti period
- (B) Medieval period
- (C) Epic period
- (D) Sutra period

Answer - (B) Medieval period

Q2. Which exercises are performed before any workout with a purpose of physiological and psychological preparation?

- (A) Cooling down
- (B) Anaerobic exercise
- (C) Warming up
- (D) Pilates

Answer - (C) Warming up

Q3. Increase in size of muscles due to increase in size of muscle cells is known as

- (A) hypertrophy
- (B) hyperactive
- (C) hypertension
- (D) hyperthermia

Answer - (A) hypertrophy

Q4. Which one of the following is not the domain of learning?

- (A) Cognitive
- (B) Affective
- (C) Physical fitness
- (D) Psychomotor

Answer - (C) Physical fitness



Q5. Which principle of sports training focuses on the ratio of rest and recovery between exercises?

- (A) Principle of balance
- (B) Principle of overload
- (C) Principle of reversibility
- (D) Principle of recovery

Answer - (D) Principle of recovery

Q6. Seeding means :

- (A) exemption from playing in initial round due to draws
- (B) exemption from playing in initial round due to last year winners/ runners of the tournament
- (C) player/team enters straight away to quarter finals
- (D) loser team gets another chance to play

Answer - (B) exemption from playing in initial round due to last year winners/ runners of the tournament

Q7. What is the aim of school health program?

- (A) To promote mid-day meal
- (B) To promote first aid
- (C) To promote health care of child
- (D) To reduce disability

Answer - (C) To promote health care of child

Q8. Who states that "An effective school health program can be one of the most cost-effective investments a nation can make to simultaneously improve education and health"?

- (A) World Health Organization
- (B) UNESCO
- (C) Pan American Health Organization
- (D) World Bank

Answer - (D) World Bank



Q9. _____ is an essential part of school health services, in order to raise the nutritional level of children in schools.

- (A) Medical checkup
- (B) First aid and emergency care
- (C) Prevention of communicable diseases
- (D) Mid-day meal

Answer - (D) Mid-day meal

Q10. Which program was executed by the Govt. of India to ensure overall hygiene of people in the country?

- (A) Deworming Program
- (B) Swachh Bharat Abhiyan
- (C) Ayushman Bharat
- (D) National Health Mission

Answer - (B) Swachh Bharat Abhiyan

Q11. _____ exercise is performed when the constant supply of oxygen is not present.

- (A) Anaerobic
- (B) Aerobic
- (C) Isometric
- (D) Isokinetic

Answer - (A) Anaerobic

Q12. The term used for the union of sun or pingala or moon or Ida is known as

- (A) Chakra
- (B) Hatha Yoga
- (C) Raj Yoga
- (D) Ashtanga Yoga

Answer - (B) Hatha Yoga



Q13. Vaman Dhauti is commonly known as

- (A) Danda Dhauti
- (B) Shankh Prakshalan
- (C) Kunjal
- (D) Vahnisara Dhauti

Answer - (C) Kunjal

Q14. Which component of pranayama means complete exhaling?

- (A) Poorak
- (B) Antar kumbhaka
- (C) Bahir kumbhaka
- (D) Rechak

Answer - (D) Rechak

Q15. In which mudra the face appears like a crow?

- (A) Kaki mudra
- (B) Shambhavi mudra
- (C) Ashwini mudra
- (D) Varun mudra

Answer - (A) Kaki mudra

Q16. Jalandhar bandh is also known as _____ and Uddiyan bandh means _____.

Answer - Throat lock; pulling the abdomen inward/upward

Q17. Overstretching and tearing of ligaments is known as _____ and overstretching and tearing of muscles is known as _____.

Answer - Sprain; Strain.

Q18. The National Discipline Scheme came into existence in the year _____ and in the year _____ after the Indo-China war the Govt. of India decided to consider a scheme of compulsory physical education in schools.



Answer - 1954; 1963.

Q19. _____ and _____ are the activities of eating.

Answer - Providing energy; Body building

OR

_____ and _____ are the specialties of school health service.

Answer - Disease prevention; Health promotion

Q20. Match the following:

- | | |
|---------------------------|--------------------------------|
| (a) Fat soluble vitamin | (i) Amino acid |
| (b) Water soluble vitamin | (ii) Vitamin A, D, E, K |
| (c) Mineral salt | (iii) Vitamin B, C (d) Protein |
| (d) Protein | (iv) Iodine, copper |

Answer - (a)-(ii), (b)-(iii), (c)-(iv), (d)-(i)

Q21. Three main aspects of school health program are school health services, _____ and _____.

Answer - Healthful school environment; Health education.

Q22. Mark the following statements as true or false:

(a) Physical activity is a necessary step to develop the proper function and growth of human body.

Answer - True

(b) Physical education and sports are not related with the overall development of personality.

Answer - False.

Q23. College of Physical Education, Madras was founded in the year _____ and Govt. College of Physical Education, Hyderabad was established in the year _____.

Answer - 1920; 1931.

Q24. The energy yielded from per gram carbohydrate is _____ calories and per gram fat is _____ calories.

Answer - 4 calories; 9 calories.



Q25. Match the following:

- | | |
|-----------------------|--|
| (a) Physical changes | (i) Thinking becomes abstract |
| (b) Emotional changes | (ii) Change their relationship with family |
| (c) Social changes | (iii) Instable and intense feelings |
| (d) Cognitive changes | (iv) Achieves maximum limit in physical growth |

Answer –

- (a) Physical change → (iv) Achieves maximum limit in physical growth
- (b) Emotional change → (iii) Instable and intense feelings
- (c) Social change → (ii) Change their relationship with family
- (d) Cognitive change → (i) Thinking becomes abstract

Q26. What is the method of Tratak Kriya?

Answer - Trataka is a purification process. For its procedure, sit in a comfortable posture in a quiet room. Place a burning candle or a black dot two feet away at your eye level. Focus on it without blinking until tears come to the eyes. After this, close the eyes and rest.

OR

Write in brief about Dhauti.

Answer - Dhauti is an important practice of Shatkarma performed for the purification of the upper digestive tract. In this, Vaman Dhauti (vomiting after drinking water) and Vastra Dhauti (swallowing a cloth strip) are prominent. It balances the Pitta dosha and improves digestion by removing impurities from the stomach.

Q27. What is the principle of overload?

Answer - According to this principle of sports training, if an athlete's physical capacity is to be increased, it is necessary to put more workload on the body than normal. When the body becomes accustomed to a certain level of load, the load must be gradually increased further for progress.

OR

What is Bye?

Answer - In a knock-out tournament, when the number of participating teams is not a power of 2 (2, 4, 8, 16, etc.), some teams are given a 'Bye'. A team receiving a bye does not have to play in the first round and directly enters the second round.



Q28. What are the objectives of extramural competition?

Answer - Its main objectives are to give students the opportunity to compete with players from other institutions, to raise the standard of the game, to learn new techniques, and to develop a sense of friendship and brotherhood between different schools. It prepares players for large-scale performances.

Q29. Define tournament and fixture.

Answer - Tournament: This is a series of games in which a winning team is ultimately chosen. In this, the losing team either gets eliminated or gets another chance.

Fixture: This is a systematic schedule of matches that decides which team will play against whom, at what time, and on which ground.

Q30. What do you know about macronutrients?

Answer - Macronutrients are dietary components that our body requires in large quantities. They include carbohydrates for energy, protein for cell repair, and fat for energy storage. These elements play a major role in providing energy and growth to the body.

OR

What is the concept of 'Mitahar'?

Answer - According to Yoga, Mitahara means 'limited and balanced diet'. In this, a person should fill two parts of the stomach with food, one part with water, and leave the fourth part empty for air. The diet should be pure, easily digestible, and pleasing to the mind.

Q31. Differentiate between isometric and isotonic contractions.

Answer -

Basis	Isometric	Isotonic
Muscle Length	No direct change is visible in the length of muscles.	Muscle length changes (becomes shorter or longer).
Joint Movement	There is no movement in the joint.	Distinct movement is visible in the joint.
Example	Pushing a wall.	Exercising with dumbbells or running.



Q32. Briefly explain motivation.

Answer - Motivation is that internal or external force that inspires and stimulates an individual to act towards a certain goal. In sports, it is of two types: internal (for self-happiness) and external (for rewards or trophies). It is the main basis for performance improvement.

OR

Write a short note on 'self-talk'.

Answer - Self-talk is the internal dialogue an athlete has with themselves during a competition. It can be positive (such as "I can do this") or instructional. It is considered a very effective technique for increasing an athlete's confidence, reducing stress, and maintaining focus.

Q33. What is the philosophy of Ashtanga yoga?

Answer - According to Maharishi Patanjali, there are eight limbs of yoga that lead a person toward physical, mental, and spiritual perfection. These are: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi. Following these results in the cessation of the modifications of the mind and the destruction of impurities.

OR

Write in brief about 'Mantra chanting'.

Answer - Mantra Japa means repeating a sacred sound or word. It is an effective means of calming the mind and focusing. Japa is of three types: Vaikhari (spoken), Upanshu (whispering), and Manasik (mentally). It reduces mental stress.

Q34. What are the core values of Olympism?

Answer - There are three main values of Olympism:

1. **Excellence:** This is not just about winning, but about giving one's best in sports and life.
2. **Friendship:** Building mutual understanding and peaceful relations among people worldwide through sports.
3. **Respect:** Having respect for oneself, others, the rules, and the environment. These values enhance the spirit of sportsmanship and help in building a better society.

Q35. What are the effects and benefits of Hatha Yoga?

Answer - Hatha Yoga primarily emphasizes the purification of the body and life force (prana). Its benefits are as follows:



1. **Physical Purification:** Internal organs are cleansed through the practice of Shatkarma.
2. **Balance of Prana:** A balance is established between the Ida and Pingala nadis.
3. **Mental Peace:** It removes the restlessness of the mind and increases concentration.
4. **Kundalini Awakening:** Continuous practice increases the flow of prana (life force) in the Sushumna nadi.

OR

What is the method of Kapalbhathi?

Answer - Kapalbhathi is a 'frontal brain purification' kriya. Its procedure is as follows:

- Sit straight in any meditative posture (such as Padmasana).
- Take a deep breath.
- Now exhale through the nose with a jerk and simultaneously contract the abdominal muscles inward.
- The process of inhaling should be automatic and slow. Repeat this 20-30 times according to your capacity. It increases lung capacity and brings a glow to the face.

Q36. Differentiate between aerobic and anaerobic activities with suitable examples from sports.

Answer -

S.No.	Aerobic	Anaerobic
1. Presence of Oxygen	These activities are performed in the presence of oxygen.	These activities are performed in the absence or deficiency of oxygen.
2. Duration and Intensity	These activities are performed for a long time (moderate intensity).	These are performed for a very short time and with high intensity.
3. Effect / Energy Source	This increases heart and lung efficiency.	In these, energy comes from fuel already stored in the muscles (ATP-CP).
4. Example	Marathon running, swimming, long-distance cycling.	100-meter sprint, weightlifting, high jump.

OR



What are the effects of warm up on body systems?

Answer - The effects of warming up are as follows:

1. **Increase in temperature:** Body and muscle temperature increases, which improves performance.
2. **Blood circulation:** Heart rate increases, causing oxygen and nutrients to reach the muscles faster.
3. **Flexibility:** Flexibility comes to the joints and muscles, reducing the risk of injury.
4. **Nervous system:** Reaction time improves and mental concentration increases.

Q37. What are the components of physical fitness? Explain.

Answer - There are five main components of physical fitness:

1. **Strength:** The ability of muscles to act against resistance. This is of two types - static and dynamic.
2. **Speed:** The ability to complete a task in the shortest possible time.
3. **Endurance:** The ability to continue work for a long time even in a state of fatigue.
4. **Flexibility:** The range of motion of joints.
5. **Coordination:** The ability to move effectively by harmonizing different body parts. All these components together make a person efficient and healthy.

OR

Enlist the types of fracture and explain the RICE process for treatment of simple sport injuries.

Answer - Types of Fractures: Simple, Compound, Complicated, and Greenstick fracture.

RICE process: This is adopted for the immediate treatment of sports injuries:

- **Rest:** Immediately rest the affected part so that the injury does not increase.
- **Ice:** Apply ice for 15-20 minutes to reduce swelling and pain.
- **Compression:** Bandage the injured area to prevent swelling.
- **Elevation:** Keep the injured part raised above the level of the heart so that blood does not pool.

Q38. What are the benefits and contraindications of Sheetkari and Surya Bhedi pranayama? Explain.

Answer - Benefits and precautions of Sheetkari and Suryabhedhi pranayamas:

1. Sheetkari: In this, breath is drawn inward by placing the tongue against the palate or between the teeth.
- **Benefits:** It cools the body, quenches thirst, and reduces stress.



- **Precaution:** Do not do it during a cold, cough, or asthma.
2. **Suryabhedhi:** In this, breath is taken only from the right nostril (Pingala) and released from the left.
- **Benefits:** It increases heat in the body, stimulates digestive fire, and clears the sinuses.
 - **Precaution:** Patients with high blood pressure and heart disease should not practice it.

OR

What is the importance of Yoga Mudra? Write the method and benefits of Gyan Mudra.

Answer - Mudras direct and balance the flow of energy (prana) within the body. These are extremely important for increasing concentration and mental peace.

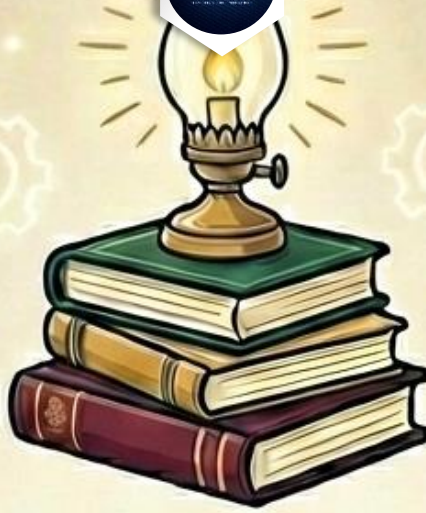
Gyan Mudra Procedure: Sit in a comfortable posture. Join the tip of the index finger with the tip of the thumb. Keep the other three fingers straight and loose. Keep the palms on the knees facing upwards.

Benefits: It increases memory, cures insomnia, and improves concentration by calming the nerves of the brain.





$$A = \frac{m}{(m^2 + c)^2}$$



NIOS PYQ's SOLUTIONS

$$fa = bc^2$$

$$\sqrt{h-x^2}$$

PREVIOUS YEARS' QUESTIONS & ANSWERS



OCTOBER-2025

Your Path to Success

SECTION - A

A. ☐
B. ☒
C. ☐



Q 1. International Day of Yog is celebrated on _____ every year.

- (A) 21st June
- (B) 30th September
- (C) 8th March
- (D) 14th January

Answer – (A) 21st June

Q 2. Physical Education contributes towards the development of the individual by participating in:

- (A) Awareness Program
- (B) School Health Services
- (C) Physical activities and sports
- (D) Mantra Chanting

Answer – (C) Physical activities and sports

Q 3. _____ is a behaviour and attitude that shows respect for the rules of the game and other players.

- (A) Equality
- (B) Sportsmanship
- (C) Friendship
- (D) Excellence

Answer – (B) Sportsmanship

Q 4. Cognitive development is related to:

- (A) Self consciousness, Self respect
- (B) Cooperation and Coordination
- (C) Improved Physiological Development
- (D) Critical thinking and decision making



Answer - (D) Critical thinking and decision making

Q 5. Which of the following is NOT a psychological factor that affects a player's performance?

- (A) Arousal
- (B) Imagery
- (C) Goal Setting
- (D) Group Cohesion

Answer - (D) Group Cohesion

Q 6. Which one of the following is not the domain of learning?

- (A) Cognitive
- (B) Affective
- (C) Physical Growth
- (D) Psychomotor

Answer - (C) Physical Growth

Q 7. In the year _____ the Indian Education Commission recommended Physical Training in School Education.

- (A) 1833
- (B) 1870
- (C) 1882
- (D) 1852

Answer - (C) 1882

Q 8. Which of the following Olympic value aims to do the athlete's personal best?

- (A) Respect
- (B) Excellence
- (C) Friendship
- (D) Fair play



Answer - (B) Excellence

Q 9. _____ is protein, found in muscle tissue.

- (A) Myoglobin
- (B) Glycogen
- (C) Lactate
- (D) Hemoglobin

Answer - (A) Myoglobin

Q 10. Wheat, Rice, Bajra and Sugar are good examples of _____.

- (A) Proteins
- (B) Fats
- (C) Vitamins
- (D) Carbohydrates

Answer - (D) Carbohydrates

Q 11. Which of the following is a fat-soluble Vitamin?

- (A) D
- (B) B6
- (C) C
- (D) B12

Answer - (A) D

Q 12. The foods which stimulate the body and excite the desire are termed as :

- (A) Sattvic Diet
- (B) Tamasic Diet
- (C) Rajasic Diet
- (D) Balanced Diet

Answer - (C) Rajasic Diet



Q 13. _____ are responsible for different chemical processes occurring in body.

- (A) Fats
- (B) Vitamins
- (C) Carbohydrates
- (D) Proteins

Answer - (B) Vitamins

Q 14. _____ specifically targets on nutrition and health of school children.

- (A) In service program
- (B) Khelo India Program
- (C) Remedial measures
- (D) School Health Program

Answer - (D) School Health Program

Q 15. Which of the following is NOT the sub-component of speed?

- (A) Reaction Ability
- (B) Acceleration Ability
- (C) Movement Speed
- (D) Coupling Ability

Answer - (D) Coupling Ability

Q 16. Fill in the blanks:

Anaerobic exercises are performed for _____ duration and in the absence of _____.

Answer - short, oxygen

Q 17. In _____ tournament a team continues to play further matches as per schedule till defeated but in _____ tournament, a team has to play with all other participating teams.

Answer - knock-out, league



Q 18. Contusion is damage in ____ while Abrasion is loss of ____.

Answer - blood vessels, epidermis and skin

OR

In RICE, R stands for ____ I stands for ICE, C stands for ____ and E stands for Elevation.

Answer - Rest, Compression

Q 19. Fill in the blanks:

Our thumb represents ____ element and Index finger represents ____ element.

Answer - fire, air

Q 20. Match the following:

Section-A

Section-B

(1) Jalandhar Bandh

(a) The flying uplock

(2) Uddiyan Bandh

(b) Root Lock

(3) Mool Bandh

(c) Chin Lock

(4) Bhastrika

(d) Heating Pranayam

Answer - Section-A

Section-B

(1) Jalandhar Bandh

(c) Chin Lock

(2) Uddiyan Bandh

(a) The flying uplock

(3) Mool Bandh

(b) Root Lock

(4) Bhastrika

(d) Heating Pranayam

Q 21. Fill in the blanks:

____ breathing is associated with the movement of diaphragm and the outer wall of abdomen whereas in ____ form of breathing, chest and ribs movement takes place.

Answer - Abdominal, Thoracic

Q 22. Mark the following statements as true or false:

(i) Hath Yog is the product of Tantra.



Answer - True

(ii) Cleansing practices of specific bodily organs are known as _____.

Answer - Shatkarma

Q 23. Fill in the blanks:

Ladder type tournament is a type of _____ tournament and in _____ tournament every defeated team gets another chance to play with the winner team.

Answer - Challenge, Double knock-out

Q 24. Steady and comfortable postures are known as ____ and Yog Nidra Tratak are the practices of _____.

Answer - Asana, Pratyahara

Q 25. Match the following:

Section-A

- (1) Social Development
- (2) Cognitive Development
- (3) Emotional Development
- (4) Psychomotor Development

Section-B

- (a) Decision making reasoning
- (b) Physically and mentally fit
- (c) Friendliness and Sportsmanship
- (d) Self respect, self consciousness

Answer - Section-A

- (1) Social Development
- (2) Cognitive Development
- (3) Emotional Development
- (4) Psychomotor Development

Section-B

- (c) Friendliness and Sportsmanship
- (a) Decision making reasoning
- (d) Self respect, self consciousness
- (b) Physically and mentally fit



SECTION – B

A. ☐
B. ☒
C. ☐



Q 26. Write a short note on National Cadet Corps.

Answer - The National Cadet Corps (NCC) was established in 1948. It is a scheme implemented across the country by the Ministry of Defence in collaboration with state governments. Under this, three main categories have been set: Senior, Junior, and Girls, which promote discipline and physical training among the youth.

OR

Write a short note on Epic period.

Answer - The education system during the Epic period (Ramayana and Mahabharata) was quite comprehensive. During this time, physical activities like archery, javelin throw, swordsmanship, wrestling, horse riding, and chariot racing were taught as compulsory education. Students in Gurukuls used to stay until the age of 25 to acquire these physical skills and knowledge of weapons.

Q 27. What do you understand by Balanced Diet?

Answer - A balanced diet consists of food and drinks that contain all the essential nutrients in appropriate amounts. It is necessary for the normal growth, development, and functioning of the body. A balanced diet provides adequate nutrition and energy to the body, keeping a person healthy and enabling them to perform at their full potential.

OR

State any two features of school health services.

Answer - Two features of school health services are-

1. Evaluating the health of school children and staff through periodic medical check-ups.
2. Maintaining immunization records for the prevention of communicable diseases.

Q 28. What is the meaning of sports training?

Answer - Sports training is a systematic and scientific preparation undertaken by an athlete or team with the objective of achieving superior performance in competitions. It includes physical conditioning, psychological training, skill development, and training in sports strategies so that players can achieve their full potential.



Q 29. Briefly explain Hath Yog.

Answer - 'Hath' is derived from two Sanskrit words, 'Ha' (Sun) and 'Tha' (Moon). Hath Yog is a technique to create harmony and balance between these two energies. Its objective is not only to improve physical health but also to develop mental peace and consciousness.

Q 30. What are the benefits of Bhrahmari Pranayam?

Answer - The benefits of Bhrahmari Pranayam are as follows-

1. It reduces stress, anger, and anxiety, and calms the mind.
2. It is beneficial for insomnia and increases concentration.
3. It controls high blood pressure and improves the condition of the thyroid.

OR

What are the components of pranayam?

Answer - The three main components of pranayam are-

1. **Puraka (Inhalation):** It means inhaling breath completely.
2. **Rechaka (Exhalation):** It means exhaling breath completely.
3. **Kumbhaka:** It means holding the breath (Antar Kumbhaka and Bahya Kumbhaka)

Q 31. What precautions should be taken while performing Kaki Mudra?

Answer - Precautions for Kaki Mudra-

1. It should not be practiced in a polluted environment.
2. In case of cough and cold, it should be practiced for a short duration only.
3. If an eye surgery has been performed, it should not be practiced without consulting a doctor.

Q 32. Differentiate between Jal Neti and Sutra Neti.

Answer - In Jal Neti, lukewarm saline water is poured into one nostril with the help of a Neti pot and is taken out from the other nostril. Whereas in Sutra Neti, a wax-coated thread or rubber catheter is inserted into one nostril and pulled out from the mouth to clean the nasal passage, and it is moved up and down gently.

OR



What is the method of Tratak Kriya?

Answer - In this, a Ghee lamp or a candle is placed in front of the eyes at a distance of about 4 feet. Sitting straight in Padmasana or Sukhasana, the flame is observed without blinking. When there is irritation or tears in the eyes, the eyes are closed. After this, the practice is repeated, and the duration of the practice is gradually increased.

Q 33. What are the features of healthful school living environment?

Answer - Features of a healthful school living environment-

1. Availability of safe drinking water, adequate sanitation, and proper nutrition (Mid-day meal).
2. Furniture appropriate to the age of the students and the school being located at a suitable place.
3. Provision of a first-aid room and separate toilets for boys and girls.

Q 34. State any three ethics in sports.

Answer - Three main ethics in sports are as follows-

1. **Discipline:** Following the rules of the game and behaving in a punctual and responsible manner.
2. **Equality:** Providing equal opportunities and respect to all players in the game without any discrimination.
3. **Respect:** Maintaining respect and sportsmanship by players towards their opponents, teammates, coaches, and officials.

Q 35. Differentiate between aerobic and anaerobic activities.

Answer - Main differences between aerobic and anaerobic activities-

Basis	Aerobic Activities	Anaerobic Activities
Oxygen	Oxygen is required for energy production.	Oxygen is not required for energy production.
Duration	Performed for a long duration (approx. more than 2 minutes).	Performed for a short duration (a few seconds to approx. 2 minutes).
Benefits/Examples	Increases heart and respiratory capacity; e.g., running, swimming, cycling.	Develops strength and muscles; e.g., sprinting, weightlifting.



OR

What are the effects of warm up on our body systems?

Answer - Warm-up has the following effects on the body systems-

1. It increases the core body temperature by 1°C, speeding up the metabolic rate.
2. Red blood cells take up more oxygen, which increases the energy level.
3. It increases blood flow to the muscles and makes them flexible, reducing the chances of injury.
4. The speed of nerve impulses increases, improving coordination and reaction time.

Q 36. In the context of Yog, what does the word 'Swasthya' mean? Enlist Panchakoshas.

Answer - In the context of Yog, the word 'Swasthya' means being situated in the 'Swa' (self), i.e., being established in oneself and being physically, mentally, and spiritually balanced.

In Yog, the five levels of the body are called Panchakoshas, which are as follows-

1. Annamaya Kosha (Physical body)
2. Manomaya Kosha (Mental body)
3. Pranamaya Kosha (Energy dimension)
4. Vijnanamaya Kosha (Intuitive body)
5. Anandamaya Kosha (Body of bliss)

OR

What is the philosophy of Ashtang Yog?

Answer - Ashtang Yog (Patanjali Yog) is the science of the mind and a path to self-realization. Its objective is to make external life excellent and develop internal awareness. It has eight limbs: Yama (social code), Niyama (personal code), Asana, Pranayama (control over Prana), Pratyahara (control over senses), Dharana (concentration), Dhyana (meditation), and Samadhi (superior consciousness). These eight stages lead an individual towards mental peace, self-development, and higher realization.

Q 37. Define Nutrients. What are the types of nutrients? Briefly explain micro nutrients.

Answer - Nutrients are chemical substances present in food that are essential for the growth, development, reproduction, and life of all living beings.



Nutrients are mainly divided into **two** categories-

1. Macro-nutrients (Carbohydrates, Proteins, and Fats)
2. Micro-nutrients (Vitamins and Minerals).

The body requires **micro-nutrients** in very small quantities, but they are extremely important for the body's functioning. Vitamins control various chemical processes (metabolism) occurring in the body, while minerals are necessary for body tissues and proper growth and development. A deficiency of these elements can lead to serious diseases in the body.

OR

What are the features of Health Education? (any five)

Answer - Health education is an important part of the school health program, aimed at bringing changes in knowledge, attitude, and behaviour towards health.

Its main features are as follows-

1. Health education includes the study of not just health, but various subjects so that comprehensive health knowledge can be gained.
2. School health records are maintained under it.
3. It includes curative services like dental care and arrangements for hospital referral.
4. It provides strong support to adolescents and children, which improves their educational achievements.
5. It involves active participation of students, where every child is motivated to take care of their own health.

Q 38. What are the causes of sports injuries? How you can prevent sports injuries?

Answer - A sports injury occurs when excessive force is applied to a tissue beyond its capacity, causing damage to cells, muscles, and blood vessels. Muscle strain, trauma, and lack of caution are also major causes of sports injuries.

Measures to prevent sports injuries-

1. Follow the rules of the game and use equipment correctly.
2. Stop playing immediately in case of excessive fatigue or pain.
3. Keep the body hydrated by consuming adequate amounts of water and fluids.
4. Wear appropriate protective gear according to the sport.



5. Train under the guidance of a certified coach and ensure physical examination and an emergency plan before playing.

OR

What do you understand by First Aid? What are the principles of first aid?

Answer - First aid is the immediate assistance given to a person who becomes suddenly ill or injured. Its objective is to protect the life of the injured or ill person, prevent their condition from worsening, and provide necessary help until reaching a qualified doctor or hospital.

Principles of First Aid-

1. **Immediate Action:** The first-aider should act quickly and calmly without panicking and arrange for necessary medical aid.
2. **Medical Alert Equipment:** Pay attention to any medical alert equipment or related information available with the patient, which can assist in proper treatment.
3. **Assurance and Mental Health:** Reassure the injured person mentally to reduce their fear, stress, and shock.





Thank you!



We hope you found this material helpful. We wish you the very best for your examination.



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