

(4<sup>th</sup> Semester)  
Value Added Course (VAC)  
(Health and Wellness)  
Full Marks : 75 Time : 3 hrs

**The figures in the margin indicates full marks for the questions**

(10x1=10)

1. Choose the Correct answer.
  - (1) Which dimension of wellness focuses on maintaining a balanced and healthy diet, engaging in regular physical activity, and getting enough sleep?
    - a) Emotional Wellness ( )
    - b) Physical Wellness ( )
    - c) Social Wellness ( )
    - d) Intellectual Wellness ( )
  - (2) Which dimension of wellness refers to the ability to understand and manage emotions effectively, cope with stress, and maintain a positive outlook on life?
    - a) Intellectual Wellness ( )
    - b) Financial Wellness ( )
    - c) Emotional Wellness ( )
    - d) Environmental Wellness ( )
  - (3) What is the primary cause of skin cancer?
    - a) Lack of vitamin D ( )
    - b) Exposure to ultraviolet (UV) radiation from the sun ( )
    - c) Genetics ( )
    - d) Consuming sugary foods to ultraviolet (UV) radiation from the sun ( )
  - (4) How can you improve your mental health?
    - a) Filling your day with activities (sports, school, etc.) without taking a break ( )
    - b) Looking at photos of fitness or lifestyle influencers and trying to imitate them ( )
    - c) Spending time with friends and family ( )
  - (5) What should you do when you feel stressed?
    - a) Sort out your thoughts and meditate ( )
    - b) Talk to yourself the way you'd talk to a friend ( )
    - c) All of the above ( )
  - (6) Recommended for hypo-kinetic exercise include
    - (a) Cycling ( )
    - (b) Singing ( )
    - (c) Guitar playing ( )
  - (7) Which of the following is of healthy lifestyle factor
    - (a) Drinking beer ( )
    - (b) No smoking ( )
    - (c) Dine out with friends ( )
  - (8) During meditation
    - (a) You dance ( )
    - (b) You sleep ( )
    - (c) You focus on one thing ( )
  - (9) Components of physical fitness do not include
    - (a) Flexibility ( )
    - (b) body composition ( )
    - (c) Long hair
  - (10) Children under the age of 5 requires daily sleep of
    - (a) 5-7 hours ( )
    - (b) 7-9 hours ( )
    - (c) 9-11 hours ( )
    - (d) 10-12 hours ( )
  2. Write short notes on any 3 of the following: (5X3=15)
    - (1) What is anxiety?
    - (2) Define and differentiate health and wellness
    - (3) What are the biggest causes of cancer?
    - (4) Meaning of Physical fitness
    - (5) 6 Health benefits of Meditation
    - (6) Mental illness
  3. Answer any 5 from the following questions (10x5=50)
    1. Explain the factors affecting health and wellness?
    2. What is sedentary lifestyle and its risk of disease?
    3. What causes Malnutrition, Nutrition and over-nutrition?
    4. What are body system? Explain its common diseases?
    5. What are the common postural deformities?
    6. What are the health benefits of meditation?
    7. How are sleep and physically health connected?
    8. How does sleep affect mental health?

