

Code : A-H616125-M	I SEMESTER EXAM – 2025-26	2 x 910
Std. : XII	Sub. : Health and Physical Education	Marks : 25
Date :		Time : 1 Hr.

Question Nos.										Total Marks
Marks Obtained										

Name : _____ Div : _____

Roll No. : _____ Supervisor's Sign. : _____ Examiner's Sign. : _____

Q. I. Fill in the blanks. (05)

- (1) Today's lifestyle has become _____ and Sedentary in nature.
(Chemical, Electrical, Mechanical)
- (2) The body Contains _____ water, which is essential to maintain the body temperature. (55-60%, 60-65%, 65-70%)
- (3) Sachin Tendulkar is the only cricketer to Score _____ runs in International matches. (14,000, 15,000, 16,000)
- (4) A player is awarded Shiv Chhatrapati Sports Awards directly if he has received _____ from Central Government.
(Arjuna Award, Jijumata Aured, Padma Nund)
- (5) The extreme of _____ is Samadhi (Asana, Dhyana, Dharana)

Q. II Match the following. (05)

1) Vilom		Manipur
2) Dronacharya Award		Bahiranga Yoga
3) Lifetime Activity		Five Lakhs
4) Mary Kom		B and C
5) Water Soluble Vitamins		Happy old age

Q. III True or false**(05)**

- 1) Asteya means not to steal _____
- 2) Khashaba won the first Silver medal for India in Olympics in Wrestling. _____
- 3) Arjuna Award is given to players with outstanding performance at the international level. _____
- 4) Spend at least one hour daily playing favourite Sport is beneficial. _____
- 5) Athletes require protein to develop muscles during training period. _____

Q. IV Answer in one sentence.**(05)**

- 1) Name the eight limbs of yoga

Ans. _____

- 2) What are the factors which effect the individual development?

Ans. _____

- 3) What is the objective of Shiv Chhatrapati state Adventure Sports Award?

Ans. _____

- 4) What Balanced Diet?

Ans. _____

- 5) Who is known as the creator of the Golden period of Indian Hockey?

Ans. _____

Q. V Complete the diagram**(05)**
