K25FY3070 Pages: 1 Reg No:.....
Name:.....

Third Semester FYUGP Degree (Reg) Examination November 2025

KU3VACPED101 - HEALTH AND FITNESS FOR WELLBEING

2024 Admission onwards

Time : 1.5 hours Maximum Marks : 35

Section A

Answer any 6 questions. Each carry 2 marks.

1. State two examples of healthy snacks.
2. Define stress.
3. Define a balanced diet.
4. What does it mean by healthy eating?
5. What are the key elements for nurturing connections?
6. Mention any two examples of natural foods.
7. List all the essential nutrients required for good health.
8. Mention any two characteristics of good mental health.

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Section B

Answer any 4 questions. Each carry 4 marks.

9. Evaluate the statement: "A balanced diet is essential for energy and long-term well-being."
10. Explain the importance of balancing academic life with personal life.
11. Discuss the benefits of participating in fun and interactive exercises activities.
12. State how team building enhances social skills.
13. Analyse the relationship between physical health and mental health.
14. How do team building activities work to strengthen relationships?

Section C

Answer any 1 questions. Each carry 7 marks.

15. Develop the key points on the importance of mental health for a campaign to create awareness among youth.
16. Create a self-care plan incorporating stress reduction techniques.