

$4 \times 2 = 16$

Q:1 is Compulsory :-

- (i) What is Ashtanga Yoga? (Yama, Niyama, Dhyanan, Pranayam, Samadhi  $\rightarrow$  in brief)
- (ii) Write first aid medical treatment help in the case of - Snake bite.

Q:2 What do you understand about Contagious Diseases? Explain any five such type of disease commonly spread in schools? Explain measures of its prevention?

OR

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Elaborate the term - Global Warming? Give all its reasons and effects on human being and creatures.

Q:3- Define Physical 'Fitness'. Explain its components and objectives.

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OR

Explain in detail about the diseases Aids & Polio. Reasons & cure.