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BEGC-131

B. A. (GENERAL) (BAG)

Term-End Examination

December, 2023

BEGC-131 : INDIVIDUAL AND SOCIETY

Time : 3 Hours

Maximum Marks : 100

Note : *All questions are compulsory.*

1. Read the following passage and answer the questions given below :

Exercise is an essential part of a healthy lifestyle. Not only does it help to keep our bodies fit and strong, but it also has a host of other benefits for our overall well-being.

One of the most significant benefits of exercise is that it helps to improve our cardiovascular health. When we exercise, our heart rate increases, which helps to strengthen our heart

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muscles and improve blood flow throughout the body. This, in turn, can help to reduce our risk of developing heart disease, high blood pressure, and other related conditions.

Exercise can also be a great way to manage stress and anxiety. When we exercise, our bodies release endorphins, which are natural mood-boosters. Endorphins help to reduce feelings of stress and anxiety, and they can also help to improve our overall mood.

Regular exercise can also help to improve our cognitive function. Studies have shown that people who exercise regularly tend to have better memory and cognitive skills than those who don't. Exercise can also help to improve our concentration and focus, which can be particularly beneficial for people who work in demanding or high-pressure jobs.

In addition to these benefits, exercise can also help to improve our sleep quality. When we exercise, our bodies become physically tired, which can make it easier to fall asleep and stay asleep throughout the night. Exercise can also help to regulate our body's internal clock, which can also improve our overall sleep patterns. Finally, exercise can be a great way to socialize and connect with others. Whether you join a sports team, attend fitness classes, or simply go for a walk with a friend, exercise can be a fun and enjoyable way to spend time with others. Socializing and connecting with others can also help to improve our mental health and well-being. In conclusion, exercise is an essential part of a healthy lifestyle. It has a host of benefits for our physical and mental health, including improving our cardiovascular health, managing stress and anxiety, improving our cognitive function, improving our sleep quality,

and socializing and connecting with others. Whether you prefer to run, swim, lift weights, or do Yoga, finding an exercise routine that works for you is one of the best things you can do for your overall health and well-being.

- (A) (i) How is exercise essential for a healthy lifestyle ? 2
- (ii) How does exercise impact cardiovascular health ? 2
- (iii) What are some cognitive benefits of exercise ? 2
- (iv) In what ways exercise can influence mental health ? 2
- (v) How can exercise help manage stress and anxiety ? 2
- (vi) How can exercise improve sleep quality ? 2
- (vii) What is the most important advantage of exercise ? 2
- (viii) Give a suitable title to this passage. 1

(B) Use the following words in sentences of your own : 1×5=5

- (i) Significant
- (ii) Reduce
- (iii) Cognitive
- (iv) Host
- (v) Prefer

2. Match the words/phrases in column A with their meanings in column B : 1×10=10

Column A	Column B
(i) Chronic	(a) reveal
(ii) A lion's share	(b) weaken gradually
(iii) Indigenous	(c) kindness
(iv) Undermine	(d) happens again
(v) Resplendent	(e) lasting a long time
(vi) Pilgrimage	(f) large portion
(vii) Divulge	(g) which cannot be overcome
(viii) Recurrence	(h) native

(ix) You try this soup if you like.

(Use 'may' or 'ought to')

(x) Whenever my grandfather was tired, he
..... to sleep. (Use the correct form of 'go')

(xi) I have a lot of money. I can buy a car.

(Rewrite as a conditional sentence)

(xii) The book I read last week was
thought-provoking.

(Complete using who, which or that)

(xiii) It was sunny day.

(Complete using the correct article)

(xiv) I had cleaned the house before the storm.

(Rewrite, changing into passive voice)

(xv) The order had been delivered by him.

(Rewrite, changing into active voice)

4. Write a dialogue between you and your friend discussing the last film you watched and why each of you liked or disliked it, in about **250** words.

5. Write a letter to your cousin planning a hiking trip to the mountains. 10
6. You are the president of the students union. Write a speech in around **250** words highlighting the pros and cons of social media usage. 'Social Media : Conversations or Confusions'. 15
7. Write an essay (in about **250** words) on the following topic : 15

'Swachh Bharat Abhiyan'.