



**BIJU PATNAIK INSTITUTE OF INFORMATION TECHNOLOGY
& MANAGEMENT STUDIES, BHUBANESWAR**

Quiz

Health and Wellness

Section:

Name:

Reg. Number:

1. Which of the following is considered a component of physical wellness?
 - I. Positive relationships
 - II. Regular exercise
 - III. Time management
 - IV. Financial stability
2. Which vitamin is primarily obtained from sunlight exposure?
 - I. Vitamin A
 - II. Vitamin B12
 - III. Vitamin C
 - IV. Vitamin D
3. What is a common effect of chronic stress on the body?
 - I. Increased immunity
 - II. Improved sleep quality
 - III. High blood pressure
 - IV. Better memory
4. Which of the following is an example of eustress (positive stress)?
 - I. Studying for an exam you're excited about
 - II. Conflict with a friend
 - III. Financial problems
 - IV. Non of the baove
5. Which of the following practices is most effective in managing stress?
 - i. Avoiding responsibility
 - ii. Deep breathing and meditation
 - iii. Gossiping
 - iv. Non of the above
6. What do you mean by Eustress?



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7. What is the primary objective of practicing yoga?
 - I. Building muscles
 - II. Weight loss
 - III. Achieving physical, mental and spiritual balance
 - IV. Non of the above
8. Why do you like Savasan?
9. A group of chemicals in the body that are closely linked to feelings of **happiness, well-being, and pleasure** is known as.....
10. Which hormone is commonly known as the "feel-good" hormone?
 - I. Adrenaline
 - II. Cortisol
 - III. Dopamine
 - IV. Insulin