

2207M002

**Bachelor of Vocation**  
**Management Financial Services**  
**Subject: Fundamental of Wellness Management**  
**Subject Code: AWH-701**  
**Semester: Second**  
**Session: July 2022**  
**Theory (External): 70 Marks**  
**Time: 03 Hours**

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**Instructions to the Students**

1. This Question paper consists of two Sections. All sections are compulsory.
2. Section A comprises 10 questions of objective type in nature. All questions are compulsory. Each question carries 02 marks.
3. Section B comprises 8 essay type questions out of which students need to do any 5. Each question carries 10 marks.
4. Read the questions carefully and write the answers in the answer sheets provided.
5. Do not write anything on the question paper.
6. Wherever necessary, the diagram drawn should be neat and properly labeled

Roll Number									

**SECTION –A (SHORT/OBJECTIVE TYPE QUESTIONS)**  
(10x2 = 20 Marks)

Very Short answers type (All questions are compulsory)

- A. Write the cause of stress?
- B. What is anger management?
- C. What is muscular strength?
- D. What do you understand by personality change?
- E. Write some government programmes on well management?
- F. What is meditation?
- G. Give a suitable example that would help to awaken your wellness?
- H. How to develop positive attitude?
- I. How to achieve peace for mind and soul? Your opinion.
- J. What is depression? How to treat it?

**SECTION –B (ESSAY TYPE QUESTIONS)**  
(5 x 10 = 50 Marks)

Long answers type (Do any 5 and Q2.8 is compulsory)

1. What do you understand by Ayurveda healing for body soul and mind?
2. Describe about some physical activities and fitness good practices.
3. What are the 7 principals of well management?
4. Define about spirituality from our ancient books? How can we achieve spirituality and what's are its benefits?
5. What is yoga and meditation? Give some example of yoga and explain how it helps in being fit?
6. What is diet plan? Explain diet plan for a fit body and mind with example?
7. What is stress and how to identify them? Also define some stress management techniques?
8. What is eating disorder? What are techniques to improve upon them?

==END OF PAPER==