

2207M003

**B.Voc Management Financial Services**  
**Subject: Wellness Management**  
**Subject Code: BFS- 710**  
**Semester: Sixth**  
**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 short/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 labelled

Roll Number									

**SECTION –A (SHORT/OBJECTIVE TYPE QUESTIONS)**

**(10x2 = 20 Marks)**

Very Short answers type (All questions are compulsory)

- A. What is AYUSH?
- B. How to develop positive attitude in yourself?
- C. What is mental health?
- D. What is anger management?
- E. What is flexibility?
- F. What is meditation?
- G. Give a suitable example that would help to awaken your wellness?
- H. What are the component which describes personality?
- I. How to develop positive attitude?
- J. What is eating disorder?

**SECTION –B (ESSAY TYPE QUESTIONS)**

**(5x10 = 50Marks)**

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

1. What are the 7 principals of well management?
2. What do you understand by Ayurveda healing for body soul and mind?
3. What is yoga and meditation? Give some example of yoga and explain how it helps in being fit?
4. What is diet plan? Explain diet plan for a fit body and mind with example?
5. What are the modes of identifying depression and treating different types of depressions?
6. Describe the personality change in detail? How will you handle a person with obsessive compulsive disorder OCD?
7. What is mind alertness and positivity?
8. Please explain about health and emotional balance in detail?

==END OF PAPER==