

Enroll No

K.E.Society's
Rajarambapu Institute of Technology, Rajaramnagar
 (An Empowered Autonomous Institute, Affiliated to SUK)
 End Semester Examination (Nov./Dec. 2025)

Q.P.Code
E 1264

Course Code: BBA207

Class: S.Y.B.B.A. Sem- III

Course Name: Indian Systems of Health and Wellness

Day & Date: Tuesday 11/11/25

Time: 10.30 a.m. to 1.30 p.m.

Max Marks: 100

Instructions: 1) All questions are compulsory.

2) Figures in rounded () brackets within the question, indicate the scheme of marking for respective part of the question, whereas, figures in the first right column indicate total marks for that whole question.

3) CO is the index number of the Course Outcome statement.

4) The Bloom's taxonomy level (BL) for 1,2,3,4,5 and 6 is remember, understand, apply, analyze, evaluate and create respectively.

5) Assume suitable data if necessary.

6) Use of non-programmable calculators is allowed

Q.1 Answer the following

	Marks	CO	BL
(a) Define wellness and describe the determinants of health behavior.	07	CO_1	L2
(b) Discuss the importance of physical, mental, and social health in maintaining a balanced lifestyle.	08	CO_2	L3
OR			
(b) Analyze how Yoga & sports are relevant for a healthy lifestyle	08	CO_2	L3

Q.2 Answer the following

(a) Explain the relationship between mind, body, and emotions in promoting well-being.	07	CO_2	L3
(b) Evaluate the effects of excessive digital exposure on health and productivity.	08	CO_3	L4
OR			
(b) Explain Concepts of wellness, Mental health and wellness, Determinants of healthy behaviour	08	CO_3	L4

Q.3 Answer the following

(a) Differentiate between malnutrition, undernutrition, and over nutrition with examples.	07	CO_3	L4
(b) Analyze how sedentary lifestyle leads to cardiovascular and metabolic disorders.	08	CO_4	L3
OR			
(b) Elaborate the Concepts of Malnutrition, under nutrition and over nutrition	08	CO_4	L3



Q.4 Answer the following

- (a) Explain the core philosophies of Ayurveda and their relevance to modern health. 07 CO_4 L5
- (b) Assess the role of indigenous health beliefs in promoting happiness and wellness 08 CO_1 L2
- OR**
- (b) Evaluate the Importance of Yoga in 21st century, How are yoga and sports significant for a healthy lifestyle 08 CO_1 L2

Q.5 Read the Case study and answer the questions given below:

20 Marks

Case: Health Issues

Ajay is a BBA student who feels fatigued and stressed due to irregular sleep, unhealthy food habits, and social media overuse.

Questions:

- a. Identify the determinants of health behavior affecting Ajay's well-being. 06 CO_3 L2
- b. Analyze the psychological and physical impact of his current lifestyle. 07 CO_3 L4
- c. Design a wellness intervention plan for Ajay based on yoga and balanced diet principles. 07 CO_4 L6

Q.6 Read the Case study and answer the questions given below:

20 Marks

Case: "Corporate Wellness Program"

An organization wants to introduce a "Corporate Wellness Program" to enhance employee productivity and reduce absenteeism.

Questions:

- a. What are the key components of health and wellness to include in the program? 10 CO_1 L3
- b. Propose a stress management module inspired by Indian wellness traditions. 10 CO_2 L6

