

Enroll No

Q.P. Code
UT 3040

Unit Test -I (2025-26)

S.Y. B.B.A.- Bachelor of Business Administration

Course Code: BBA 207 Course Name: Indian Systems for Health and Wellness

Day & Date: Wednesday, 13/08/2025

Time: 02.30 p.m. to 03.30 p.m.

Max Marks- 25

- 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

Attempt any Two questions given below:

			Marks	BT Level	COs
Q.1	A	Do you agree with the statement, "Health is not merely the absence of disease and infirmity". Justify your answer with specific examples.	08	02	CO_1
	B	Relate the role of Nutrition in maintaining good health and wellness?	08	04	CO_2
OR					
	C	Relate the role of Exercise in maintaining good health and wellness?	08	04	CO_2

Attempt the questions given below:

Q.2	A	What are the essential components of Health? Assess how these affect our health?	09	05	CO_3
OR					
	B	What are the essential components of wellness? Assess how these affect our wellness?	09	05	CO_3

seema.desai@ritindia.edu 8600600280

