

Enroll No

K.E.Society's  
**Rajarambapu Institute of Technology, Rajaramnagar**  
(An Empowered Autonomous Institute, affiliated to SUK)  
**Unit Test - II (2025-26)**

Q.P. Code
UT 3204

**S.Y. BBA. - Department of Management Studies**

**Course Code: BBA207**

**Course Name: Indian Systems of Health and Wellness**

**Day & Date: Saturday, 20/09/2025**

**Max Marks: 25**

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

- 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: Attempt the following questions below:**

	Marks	BT Level	COs
A Elaborate what do you mean by Sedentary Life Style and how it promotes diseases in Human Beings?	08	03	CO2
B Discuss the role of Exercise and Balanced Diet to maintain Good Health?	08	04	CO3
<b>OR</b>			
B Write a note on the Importance of Exercise in today's Digital World.	08	04	CO3

**Q.2: Attempt any 1 of the following questions below:**

A Briefly explain the relationship between mind, body and wellbeing and an individual's ability to cope with daily life.	09	05	CO4
B Explain the concept of the "Mind – Body Connection" and its impact on a person's overall well-being?	09	05	CO4

