

Seat No./Enrollment No.: _____

GUJARAT TECHNOLOGICAL UNIVERSITY
BBA/MBA INTEGRATED – SEMESTER 3 – EXAMINATION – SUMMER 2026

Subject Code: BB03001051

Date: 12/05/2026

Subject Name: HEALTH AND WELLNESS

Time: 02:30 PM TO 04:00 PM

Total Marks: 50

Instructions:

- 1. Attempt all questions.**
- 2. Make suitable assumptions wherever necessary.**
- 3. Figures to the right indicate full marks.**
- 4. Use of simple calculators and non programable scientific calculators are permitted**

- Q.1** Short Questions (Theoretical / practical questions (7 (nos.) each of 2 marks), no options, total 14 marks. All questions are compulsory) **14**
- (a) Social Health.
 - (b) Health -WHO.
 - (c) Stress and Anxiety.
 - (d) Malnutrition.
 - (e) Immune System.
 - (f) Digital Wellbeing.
 - (g) Define Deficiency Disease.
- Q.2** Short Note (Any Four out of Six) **16**
- (a) Describe Various Component of Health.
 - (b) Prevention of Lifestyle-Related Diseases.
 - (c) Importance of Health in Everyday Life.
 - (d) Concept of Mind–Body Connection in Health.
 - (e) Difference between Undernutrition and Over nutrition.
 - (f) How wellness is different from health?
- Q.3** Detail Question **10**
- What is a sedentary lifestyle? Discuss its role in increasing the risk of diseases.
- OR
- Q.3** Detail Question **10**
- Explain in Detail: Various component of AYUSH.
- Q.4** Detail Question **10**
- “Happiness in Indian philosophy is inner and spiritual rather than material.” Explain this statement.
- OR
- Q.4** Detail Question **10**
- Why is health considered important for students? Explain the role of physical, mental, and social health in students’ lives.

Enrollment No./Seat No.:

GUJARAT TECHNOLOGICAL UNIVERSITY
BBA/MBA INTEGRATED - SEMESTER - III EXAMINATION - WINTER 2025

Subject Code: BB03001051

Date: 08-12-2025

Subject Name: Health and Wellness

Time: 10:30 AM to 12:00 PM

Total Marks: 50

Instructions

- 1. Attempt all questions.**
- 2. Make suitable assumptions wherever necessary.**
- 3. Figures to the right indicate full marks.**
- 4. USE of SIMPLE calculators AND non-programmable scientific calculators are permitted.**

	Marks
Q.1 ALL questions are compulsory	14
(a) Define Health as per WHO	
(b) Define Stress and Anxiety	
(c) What is called well-being?	
(d) How many health systems are part of AYUSH? Name them.	
(e) Provides any two examples of view of indigenous people view towards health?	
(f) What is Malnutrition?	
(g) Define Digital Wellbeing.	
Q.2 Short Note (Any Four out of Six)	16
(a) Describe Various Component of Health	
(b) Short Note: Examples of Folk Beliefs in India	
(c) Mention key philosophical and cultural foundation of Indian Tradition	
(d) What Does the "Modern Lifestyle" Really Look Like? Explain in detail.	
(e) Short Note: Determinants of well-being	
(f) What Happens to the Body During Malnutrition	
Q.3 Mention various Principles of Wellness	10
OR	
Explain key detail and example of Digital well being	10
Q.4 Explain in Detail: Various component of AYUSH	10
OR	
Mention Actionable Strategies for a Healthier Modern Life	10
