

IMBA (TY) Sem.-5 Examination
Health & Fitness Management

Time : 2-00 Hours]

December-2025

[Max. Marks : 50

- Q1. Answer any two: [10]
a) What are Minerals. Share some type of Minerals with their sources.
b) What are Organs of Body and their functions.
c) What are nutrients and importance and sources of nutrients.
- Q2. What is the concept and definition of health and disease stated by WHO? Why health education is important? [10]
- OR
- Q2. What are health education teaching methods? Also enlighten the importance of effective teaching methods in health education. [10]
- Q3. Answer any two: [10]
a) Design a weekly fitness plan for employees in a corporate office to improve productivity.
b) Why is maintaining a healthy weight important for humans? And could you suggest some yoga practices that are effective for weight management.
c) How does prioritizing fitness contribute to enhancing efficiency and overall lifestyle for humans." Support your answer with the importance of fitness for humans?
- Q4. How can you cultivate a strong Mind-body connection to enhance overall well-being and performance in daily life?" [10]
- OR
- Q4. What is Meditation, why should people incorporate it into their life style? [10]
- Q5. What effective time management techniques can student adopt to enhance their productivity? Additionally, what stress management techniques can they incorporate to better balance academic and personal demands? [10]
- OR
- Q5. What is the definition of stress, and could you provide different kinds symptoms of stress? Additionally, can you elaborate the various causes of stress? [10]

