

Seat No. : _____

NH-104
December-2015
T.Y. MBA Integrated
Health & Fitness Management

Time : 2 Hours]

[Max. Marks : 50

1. Write summaries on Any **Two** : **10**
- (a) Minerals
 - (b) Fat soluble Vitamins
 - (c) Digestive System

2. Write a short note on 'Health insurance'. Mr. Mehta wants to buy a health insurance for his wife, introduce him concisely about the various types of Health Insurances in India. **10**

3. Elaborate the most general and frequently used physical fitness tests. **10**

OR

Talk over the necessity for fitness. Write a brief note on various fitness exercises.

4. Explain Patanjali's eight step yoga system. **10**

5. Illustrate the causes of Stress. What are the techniques to manage stress ? **10**

OR

Write a note on :

- (a) Time management Verses Productivity
- (b) Stress in Students
