

Seat No. : \_\_\_\_\_

**DG-106**

**December-2017**

**TY MBA Integrated Degree Course**

**Health and Fitness Management**

**Time : 2 Hours]**

**[Max. Marks : 50**

1. Explain any **one** : **10**
- (1) Nervous System (with its figure and notations)
  - (2) Urinary System (with its figure and notations)

2. Highlight and describe Aims and Principles of Health Education. Also Brief about different types of Health Insurance Policies. **10**

3. Describe the concept of “Physical fitness.” Also explain the components of physical fitness with example of each. **10**

**OR**

Discuss the needs for physical fitness. Also describe the different set of exercises meant for specific purpose and weight control.

4. Explain and define the concept of “Meditation.” Describe it’s techniques in detail. **10**

**OR**

Define and Elaborate the concept “Yoga”. Explain the benefits of Yoga in detail.

5. Explain “Stress”. How to Manage Stress at work place ? Also write about the sources and causes of stress. **10**

**OR**

“Time Management is a key aspect in one's life.” Discuss the statement with reference to management of time in daily schedules.

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