



Roll No:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

BBA
(SEM III) THEORY EXAMINATION 2025-26
HOLISTIC HEALTH & HAPPINESS

TIME: 3 HRS

M.MARKS: 70

Note: Attempt all Sections. In case of any missing data; choose suitably.

SECTION A

1. Attempt all questions in brief.

2 x 07 = 14

Q no.	Question	CO	Level
a.	Define health and write the five dimensions of holistic health.	CO1	K1
b.	Enlist the importance of a holistic approach to health and well-being.	CO1	K1
c.	Define stress with its types.	CO2	K2
d.	Write the role of Yoga in achieving physical and mental balance.	CO2	K2
e.	What do you mean by positive thinking?	CO3	K1
f.	What are the stages of change in behaviour transformation?	CO4	K1
g.	Mention the steps involved in reviving a strained relationship.	CO5	K2

SECTION B

2. Attempt any three of the following:

07 x 3 = 07

Q no.	Question	CO	Level
a.	Describe the concept of a spiritual lifestyle and its influence on overall happiness.	CO1	K3
b.	Explain the concept of happiness and discuss its heritable, personality-based and environmental causes.	CO2	K3
c.	Discuss the techniques for managing thoughts and emotions with suitable examples.	CO3	K3
d.	Discuss how individual strengths can be used to face opportunities and challenges.	CO4	K3
e.	Explain the role of sharing feelings and emotional expression in improving relationships.	CO5	K3

SECTION C

3. Attempt any one part of the following:

07 x 1 = 07

Q no.	Question	CO	Level
a.	Explain the concept of energy wheels in the human body and describe the seven chakras.	CO1	K3
b.	Analyse how thoughts and emotions impact physical and mental health.	CO1	K3



Roll No:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

BBA
(SEM III) THEORY EXAMINATION 2025-26
HOLISTIC HEALTH & HAPPINESS

TIME: 3 HRS**M.MARKS: 70****4. Attempt any one part of the following:****07 x 1 = 07**

Q no.	Question	CO	Level
a.	Discuss various stress and anger management techniques for stress-free living.	CO2	K3
b.	Explain the concept of soul connectedness and its importance in positive living.	CO2	K3

5. Attempt any one part of the following:**07 x 1 = 07**

Q no.	Question	CO	Level
a.	Define relationship and describe the stages of relationships in the family life cycle.	CO3	K3
b.	Explain emotional intelligence and discuss Goleman's Model of emotional intelligence.	CO3	K3

6. Attempt any one part of the following:**07 x 1 = 07**

Q no.	Question	CO	Level
a.	Explain the concept of positive change and its importance in personal growth.	CO4	K3
b.	Analyse the role of self-motivation and self-discipline in sustaining positive change.	CO4	K3

7. Attempt any one part of the following:**07 x 1 = 07**

Q no.	Question	CO	Level
a.	Define fears and describe the process of identifying and overcoming fears.	CO5	K3
b.	Explain the significance of taking challenges and emotional expressiveness in personal transformation.	CO5	K3