

[This question paper contains 2 printed pages.]

6437

2

Your Roll No.....

Section – A

Sr. No. of Question Paper : 6437 L

Unique Paper Code : 2114001203

Name of the Paper : GE 7: Health and Well-Being

Name of the Course : **GE 7**

Semester : II

Duration : 3 Hours Maximum Marks : 90

Instructions for Candidates

1. Write your Roll No. on the top immediately on receipt of this question paper.
2. Answers should be written either in English or in Hindi, but the same medium should be followed throughout the paper.
3. Attempt both the sections.
4. Attempt any **three** long questions out of **five** questions from section 'A'. **All** questions carry equal marks, (max marks 20).
5. Attempt any **three** short questions out of **five** questions from **section 'B'**. **All** questions carry equal marks, (max marks 10).

1. Explain various theories of health behaviour and its applications. (20)
2. Discuss various Health promoting and Health compromising behaviours in detail. (20)
3. What is the illness wellness continuum? Describe Bio-psychosocial model of health with relevant examples. (5+15)
4. Elucidate how to enhance Health and Well Being with Physical Activities and Emotional Regulation. (20)
5. Discuss how meditation and yoga contribute to health and wellbeing. Explain in detail. (20)

Section - B

6. Write short notes on **ANY THREE** of the following:
(10×3=30)
 - (i) Mind Body Relationship
 - (ii) Indicators of health and well being
 - (iii) Stress Management in daily life
 - (iv) Goals of health psychology

P.T.O.

(1000)

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