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Total No. of Pages: 02

Total No. of Questions: 09

Master of Hotel Management & Catering Technology (Sem. – 1)

HEALTHY LIVING & FITNESS

Subject Code: MHM-105-18

M Code: 75147

Date of Examination : 19-01-23

Time: 3 Hrs.

Max. Marks: 60

INSTRUCTIONS TO CANDIDATES:

1. **SECTION-A is COMPULSORY** consisting of **TEN** questions carrying **TWO** marks each.
2. **SECTION-B** contains **FIVE** questions carrying **FIVE** marks each and students have to attempt any **FOUR** questions.
3. **SECTION-C** contains **THREE** questions carrying **TEN** marks each and students have to attempt any **TWO** questions.

SECTION-A

1. Explain:

- a) Health
- b) Stress
- c) Obesity
- d) First aid
- e) Mental health
- f) Diabetes
- g) Any one yoga asana
- h) Depression
- i) Vitamins
- j) Importance of fibre

SECTION-B

2. Discuss the harmful effect of eating junk foods.
3. Why is it important to have breakfast in the morning?
4. Throw light on drinking and chewing as addictions.
5. Discuss any TWO first aid techniques done during emergencies.
6. Write a note on location and broad functions of liver in the body.

SECTION-C

7. Healthy lifestyle can keep various diseases away. Discuss in detail the various diseases cropping up due to unhealthy lifestyle pattern.
8. Give detailed notes on:
 - a) Stress management
 - b) Anxiety and depression
9. Discuss the benefits of yoga and exercise for a healthy living?

NOTE : Disclosure of Identity by writing Mobile No. or Marking of passing request on any paper of Answer Sheet will lead to UMC against the Student.