

Fourth Semester FYUGP Degree (Reg) Examination April
2026

KU4VACBSW212 - HEALTH AND WELLBEING

2024 Admission onwards

Time : 1.5 hours

Maximum Marks : 50

Section A

Answer any 6 questions. Each carry 2 marks.

1. What is faith healing?
2. What is spirituality?
3. What is environmental hygiene?
4. What is personal hygiene?
5. What is sleep deprivation?
6. What is online counselling?
7. What is mental well-being?
8. What is lifestyle disease?

Section B

Answer any 4 questions. Each carry 6 marks.

9. Create a yoga education module.
10. Develop a stress reduction workshop.
11. Create a digital campaign for mental health awareness.
12. Design a poster explaining WHO concept of health.
13. Design a student wellness program.
14. Create a health diary format.

Section C

Answer any 1 questions. Each carry 14 marks.

15. Develop intervention for tribal health improvement.
16. Apply social work methods in sanitation drive.