



**SURESH
GYAN VIHAR**
UNIVERSITY
Accredited by NAAC with 'A' Grade

INTERNAL ASSIGNMENT - 1

Course	MBA	Personal Care Management
Semester	3	
Total Marks:	15	

Q.1. Write answers for any two questions from below. (5 marks each – Word limit – 500)

- A.** Most of the corporate believe that hard work improves professional life and give reward
- B.** What is hygieneity? Why hygienity is so important in personal care management?
- C.** Explain the measures to be effective in inculcating civic sense amongst your children.

Q.2. Write short notes on all of the following topics (1 mark each - Word limit - 100)

- A.** List the popular yoga techniques.
- B.** What are four Es?
- C.** Define Excellence.
- D.** Define Negative thoughts.
- E.** What is external and internal beauty?



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INTERNAL ASSIGNMENT - 2

Course	MBA	Personal Care Management
Semester	3	
Total Marks:	15	

Q.1. Write answers for any two questions from below. (5 marks each – Word limit – 500)

- A.** What is food triangle? How does it help to maintain good health?
- B.** What do you mean by medical hygiene?
- C.** What do you mean by bio-medical waste? How to overcome problems of bio-medical waste.

Q.2. Write short notes on all of the following topics (1 mark each - Word limit - 100)

- A.** What is the supreme method of meditation?
- B.** Explain Holistic Personality.
- C.** What is personal Hygiene?
- D.** Explain Morality.
- E.** What are the dimensions of personal care services?