

Programme:BCA
Course:Character Building and Holistic Development of Personality II
Full Marks: 50
Course Code: 3CVAC103
Time: 2 Hrs.
Enrolment no. _____

Q.No.	Questions	CO	Bloom Taxonomy Category	Marks
Section I				
1	Very short Answer type questions (50 words) : Attempt all questions.			10x1 =10
i.	Briefly explain 'Yam and Niyam'.	CO1	Remember	1x10 = 10
ii.	What is Hemant Ritucharya?	CO1	Understand	
iii.	How many postures are there in Surya Namaskara?	CO2	Understand	
iv.	Introduce Patanjali Yogasutra in brief.	CO4	Remember	
v	Yoga is the base of human values, why?	CO3	Understand	
vi	Define the concept of Prana.	CO4	Remember	
vii	Explain the objectives and principles of Yoga Therapy.	CO2	Understand	
viii	Define yoga according to Hastha Yoga pitha.	CO2	Understand	
ix	Which asana you like the most and why?	CO4	Remember	
x	What according to you is a good mental health?	CO3	Understand	
Section II				
2	Short answer type questions : Answer any six.			6x3=18
a	Explain the day to day principles of healthy life.	CO2	Understand	6x3=18
b	Describe the role of desh,kal,ayu and ritu in maintaining good health.	CO3	Understand	
c	What are the benefits of waking up in Brahma Muhurta?	CO2	Understand	
d	Write the role of nutrition in wellness.	CO1	Understand	
e	Describe the yogic importance of Pranayam.	CO4	Understand	
f	Explain the physical and mental dimensions of health.	CO3	Understand	
g	What are the causes of lifestyle diseases?	CO4	Understand	
h	How can we get good mental health? Explain.	CO2	Understand	
i	Define yogic concept of health.	CO1	Remember	
Section III				
3	Short answer type questions : Answer any two.			2x4 = 8
a	What do you understand by 'Yoga'? Discuss the importance of Yoga in our life.	CO2	Understand	
b	List all the dimensions of health and explain the emotional and spiritual dimensions briefly.	CO3	Understand	
c	Define yogic concept of health. List the characteristics of health according to yogic concept.	CO1	Understand	
d	Explain the role of Ritucharya in human body According to different ritu's.	CO4	Understand	
Section IV				
4	Short Essay writing type : Answer any two.			2x7=14
a.	Have you experienced any change in your body after performing Surya Namaskara? Describe two Asanas which make you relaxed.	CO4	Understand	
b.	What changes do you experience after meditation? Write the benefits of Anuloma-viloma Pranayama.	CO3	Understand	
c.	Which dimension of health is more influential? Explain the different dimensions of health.	CO3	Understand	
d.	What do you mean by 'Panchkosha? What is the difference between asana and pranayama?	CO2	Understand	

COURSE OUTCOME

CO1 Develop a good understanding of spiritual and mental health.

CO2 Adapt the concept of sustainability and development.

CO3 Understand the importance of Yoga and practice it in day- to- day life.

CO4 Enable to develop Pancha Kosha and Yogic life style