



Programme:BPT IV

Course:Character Building and Holistic Development of Personality - II

Course Code: 23VAC201

Enrolment no. _____

Full Marks: 50

Time: 2 Hrs.

Q.N o.	Questions	CO	Bloom Taxonomy Category	Marks
Section I				
1	Very short Answer type questions (50 words) : Attempt all questions.			10x1 =10
i.	What do you understand by Asanas?	CO1	Understand	1x10 = 10
ii.	Briefly explain 'Yam and Niyam'.	CO1	Remember	
iii.	Explain the objectives and principles of Yoga Therapy.	CO2	Understand	
iv.	Describe the physical dimension of health as per yoga sutra.	CO2	Understand	
v	Explain the Indian concept of Life style.	CO3	Remember	
vi	Yoga is the base of human values, why?	CO3	Understand	
vii	Discuss the importance of Yoga in our life.	CO2	Remember	
viii	Introduce Patanjali Yogasutra in brief.	CO4	Remember	
ix	What is good mental health?	CO3	Understand	
x	Explain the name of two Asanas which make you relaxed.	CO3	Remember	
Section II				
2	Short answer type questions : Answer any six.			6x3=18
a	Briefly explain 'Varsha Rituacharya.	CO2	Remember	6x3
b	Explain basic principles and scopes of yoga Therapy.	CO3	Understand	
c	Describe the yogic importance of Pranayam.	CO4	Understand	
d	Yoga is the base of human values. Describe.	CO1	Remember	
e	Explain the day to day principles of healthy life.	CO2	Understand	
f	What are the causes of lifestyle diseases?	CO4	Understand	
g	Analyze the role of pranayama in wellness?	CO3	Analyze	
h	Write the role of nutrition in wellness.	CO1	Understand	
i	Which dimension of health is more influential? Justify your answer with argument.	CO2	Understand	
Section III				
3	Short answer type questions : Answer any two.			
a	What are MDGs, and SDGs? How are these important for the world?	CO1	Understand	2x4 = 8
b	What is self-defence? Which self-defence is best for girls?	CO3	Understand	
c	What is Stress? Explain in detail the cause and effect of stress on human being.	CO4	Understand	
d	List all the dimensions of health and explain the emotional and spiritual dimensions briefly.	CO3	Understand	
Section IV				
4	Short Essay writing type : Answer any two.			
a.	Write an essay on Ashtanga Yoga. Write the name of two Asanas which help in increasing the flexibility of the body.	CO4	Remember	2x7
b.	What is the principle of sukshma Vyayama? How many types of Sukshma Vyayam are there?	CO1	Remember	
c.	Have you experienced any change in your body after performing Surya Namaskara? Describe two Asanas which make you relaxed.	CO4	Understand	
d.	Which dimension of health is more influential? Explain the different dimensions of health.	CO3	Understand	

COURSE OUTCOME

At the end of course, candidate will able to

CO1: Develop a good understanding of intellectual development

CO2: Adapt the concept of constructive roles.

CO3: Analyze the understanding of spiritual and holistic development.

CO4: Correlate the importance of world as a family and enable them to intellectual and holistic development