

**End Semester/Reappear (Semester II) Examination May 2025**

**Programme: BBA/B.COM**

**Course: Character Building and Holistic Development of Personality II**

**Course Code:BBVAC 102 & 32AVAC102**

**Enrolment no. \_\_\_\_\_**

**Full Marks: 50**

**Time: 2 Hrs.**

Q.No.	Questions	CO	Bloom Taxonomy Category	Marks
<b>Section I</b>				
<b>1</b>	<b>Very short Answer type questions (50 words) : Attempt all questions.</b>			<b>10x1 = 10</b>
i.	Briefly explain 'Yam and Niyam'.	CO1	Remember	1x10 = 10
ii.	Explain the objectives and principles of Yoga Therapy.	CO2	Understand	
iii.	Yoga is the base of human values, why?	CO3	Understand	
iv.	Explain the Indian concept of Life style.	CO3	Remember	
v	How many postures are there in Surya Namaskara?	CO2	Understand	
vi	Explain the name of two Asanas which make you feel relaxed.	CO3	Remember	
vii	Introduce Patanjali Yogasutra in brief.	CO4	Remember	
viii	What do you mean by 'Panchkosha'? Explain.	CO2	Understand	
ix	Discuss the importance of Yoga in our life.	CO2	Remember	
x	Describe the physical dimension of health as per yoga sutra.	CO2	Understand	
<b>Section II</b>				
<b>2</b>	<b>Short answer type questions : Answer any six.</b>			<b>6x3=18</b>
a	Yoga is the base of human values. Describe	CO1	Remember	6x3
b	Explain the physical and mental dimensions of health.	CO3	Understand	
c	Which dimension of health is more influential? Justify your answer with argument.	CO2	Understand	
d	Write the role of nutrition in wellness.	CO1	Understand	
e	List two important guidelines for performing Asanas.	CO3	Understand	
f	Analyze the role of pranayama in wellness.	CO3	Analyze	
g	What are the causes of lifestyle diseases?	CO4	Understand	
h	Explain the day to day principles of healthy life.	CO2	Understand	
i	Explain basic principles and scopes of yoga Therapy.	CO3	Understand	
<b>Section III</b>				
<b>3</b>	<b>Short answer type questions : Answer any two.</b>			
a	Define yogic concept of health. List the characteristics of health according to yogic concept.	CO1	Understand	2x4 = 8
b	What is Stress? Explain in detail the cause and effect of stress on human being.	CO4	Understand	
c	List all the dimensions of health and explain the emotional and spiritual dimensions briefly.	CO3	Understand	
d	What do you understand by 'Yoga'? Discuss the importance of Yoga in our life.	CO2	Understand	
<b>Section IV</b>				
<b>4</b>	<b>Short Essay writing type : Answer any two.</b>			
a.	What is the principle of sukshma Vyayama? How many types of Sukshma Vyayam are there?	CO1	Remember	2x7
b.	Where is the concept of 'Panchkosha' derived from? What is the difference between asana and pranayama?	CO4	Understand	
c.	Have you experienced any change in your body after performing Surya Namaskara? Describe two Asanas which are great for mental health.	CO4	Understand	
d.	What changes do you experience after meditation? Write the benefits of Anuloma-viloma Pranayama.	CO3	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