

**PRACTICE SET**  
**End Semester Examination, May 2026**

**Program: BMLT**

**Semester: IV**

**Course: Character Building and Holistic Development of Personality-II (Yoga and Physical Fitness)**

**Course code-8VAC201**

<b>Course Outcomes</b>	<b>Descriptions</b>
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 Panch Kosha and Yogic life style

**Section A**

**(No. of Questions to be attempted 10)**

**UNIT – I**

**Total Marks 10 x 1 MARKS EACH=10)**

1. What do you understand by Asanas? [CO1] [understanding] LOT
2. Briefly explain Yam and Niyam. [CO1] [Remembering] LOT
3. What is Vasant Ritucharya? [CO1] [Understanding] LOT
4. What are the common health needs of Adolescents? [CO1] [Remembering] LOT

**UNIT – II**

**Total Marks 10 x 1 MARKS EACH=10)**

5. What do you mean by Samadhi? [CO2] [ understanding] LOT
6. Name the three Dosh according to Ayurveda. [CO2] [understanding] HOT
7. What is meant by health? [CO2] [Understanding] LOT
8. How many postures are there in Surya Namaskara?[CO2] [understanding ] LOT
9. Discuss the importance of Yoga in our life. [CO2] [Remembering ] LOT
10. What do you mean by Hatha yoga? [CO2][ understanding] LOT
11. Define the concept of Prana.. [CO2] [ understanding ] LOT

**UNIT – III****Total Marks 10 x 1 MARKS EACH=10)**

12. What is meant by diet? [CO3] [Understanding] LOT
13. What does Ritucharya mean? [CO3] [understanding ] LOT
14. Explain the Indian concept of ideal daily routine. [CO3] [Remembering] LOT
15. What is self-defence? [CO3] [Apply] LOT
16. Name any two Asanas from Suryanamaskara. [CO3] [Remembering] LOT
17. What is good mental health? [CO3] [understanding] LOT

**UNIT – IV****Total Marks 10 x 1 MARKS EACH=10)**

18. Name the five koshas in Panch kosha Theory. [CO4] [Remembering] LOT
19. Which asana you like most and why? [ CO4] [Remembering] LOT
20. Introduce Patanjali's Yogasutra in brief. [CO4] [Remembering ] LOT

**Section B****(No. of Question to be attempted 3)****UNIT-I****(Total Marks-6 x 3=18)**

21. Explain the concept of diet according to 'Aayu.' [CO1] [Remembering] LOT
22. Describe any four types of Yoga in details. [CO1] [Remembering] LOT
23. Define yogic concept of health. [CO1] [Remembering] LOT
24. How can we get good mental health? Explain [CO1] [Remembering] LOT
25. Write the role of nutrition in wellness. [CO1] [Understanding]

**UNIT-II****(Total Marks-6 x 3=18)**

26. Define health and explain its four dimensions. [CO2] [Understanding] LOT
27. Briefly explain 'Varsha Rituacharya. [CO2] [Remembering] LOT
28. Write a short note on Sukshama Vyayama. [CO2] [Remembering] LOT
29. Define Yoga and explain its aims and objectives. [CO2] [Understanding] LOT
30. How can we get good mental health? Explain. [CO2] [Understanding] LOT
31. Explain the importance and practice of Anuloma-Viloma and Kapalbhatai Pranayama. [CO2] [Understanding] LOT

**UNIT-III**  
**(Total Marks-6 x 3=18)**

32. What is an ideal daily routine? Explain its main principles. [CO3] [Understanding] LOT
33. 24. What is a balanced diet? Explain its benefits. [CO3] [Remembering] LOT
34. 28. Explain the physical and mental dimensions of health. [CO3] [Understanding] LOT
35. List two important guidelines for performing Asanas. [CO3] [Understanding] LOT
36. Write the benefits of dhyana. [CO3] [Remembering] LOT
37. What is Pranayama? Analyze its importance and basic rules of practice. [CO3] [Analyze] HOT
38. Discuss the concept of balanced diet according to Desh. [CO3] [Understanding] HOT

**UNIT-IV**  
**(Total Marks-6 x 3=18)**

39. Describe the yogic importance of Pranayam. [CO4] [Understanding] LOT
40. What are the causes of lifestyle diseases? [CO4] [Understanding] LOT

**Section C**

**(No. of Questions to be attempted 2)**

**UNIT -I**  
**(Total Marks -4 x2= 08)**

41. What is malnutrition? Differentiate between undernutrition and overnutrition. [CO1] [Remembering] LOT
42. Define yogic concept of health. List the characteristics of health according to yogic concept. [CO1] [Understanding] LOT
43. Write a short note on Ashtanga Yoga. [CO1] [Understanding] LOT

**UNIT -II**  
**(Total Marks -4 x2= 08)**

44. What do you understand by 'Yoga'? Discuss the importance of Yoga in our life. [CO2] [Understanding] LOT
45. Write a short note on Grishma Ritucharya. [CO2] [Understanding] LOT

**UNIT -III**  
(Total Marks -4 x2= 08)

46. What is self-defence? Which self-defence is best for girls? [CO3] [Understanding] LOT
47. 49. List all the dimensions of health and explain the emotional and spiritual dimensions briefly. [CO3] [Understanding] LOT

**UNIT -IV**  
(Total Marks -4 x2= 08)

48. What is Stress? Explain in detail the cause and effect of stress on human being. [CO4] [Understanding] HOT
49. Discuss how the concept of balanced diet changes according to Ritu. [CO4] [Understanding] LOT
50. 50. What do you understand by Suryanamaskar? Discuss its steps, precautions and benefits in details. [CO4] [Understanding] LOT

**Section D**

**(No. of Questions to be attempted 2)**

**UNIT - I**  
(Total Marks 7 x 2=14)

51. Analyze how a balanced diet varies according to *Desh, Kaal, Ayu* and *Ritu*. Give relevant examples. [CO1] [Remembering] HOT
52. Discuss the significance of Surya Namaskar in improving overall fitness. How can it be incorporated into daily life? [CO1] [Remembering] HOT
53. Define Dinacharya. Discuss how dinacharya supports life. [CO1] [Remembering] LOT

**UNIT - II**  
(Total Marks 7 x 2=14)

54. "Health is a multidimensional concept." Explain this statement by analyzing how different dimensions of health are interrelated in daily life. [CO2] [Understanding] HOT

**UNIT - III**  
**(Total Marks 7 x 2=14)**

55. Examine the role of *Ritucharya* in disease prevention. Illustrate your answer with reference to any one season. [CO3] [Analyse] HOT
56. What changes do you experience after meditation? Write the benefits of Anuloma-viloma Pranayama. [CO3] [Understanding] LOT

**UNIT - IV**  
**(Total Marks 7 x 2=14)**

57. . Write an essay to describe Ashtanga Yoga in details. Also compare between Hatha yoga and Raja yoga in brief. [CO4] [Remembering] LOT
58. Explain Sharad ritucharya. [CO4] [Understanding] LOT
59. Write the benefits and precautions of doing Bhujangasana and Vajrasana. [CO4] [Remembering] LOT
60. Have you experienced any change in your body after performing Surya Namaskara? Describe two Asanas which make you relaxed. [CO4] [Understanding] LOT

**Summary Sheet:**

**CO Wise**

<b>CO</b>	<b>Q. No</b>	<b>Marks</b>
CO1	1,2,3,4,21,22,23,24,25,41,42,43,51,52,53,	43
CO2	5,6,7,8,9,10,11,26,27,28,29,30,31,44,45,54	46
CO3	32,33,34,35,36,37,38,46,47,55,56	43
CO4	18,19,20,39,40,48,49,50,57,58,59,60	35
	<b>TOTAL MARKS</b>	<b>167</b>

### Unit Wise

CO	Q. No	Marks
Unit 1	1,2,3,4,21,22,23,24,25,41,42,43,51,52,53,	43
Unit 2	5,6,7,8,9,10,11,26,27,28,29,30,31,44,45,54	46
Unit 3	32,33,34,35,36,37,38,46,47,55,56	43
Unit 4	18,19,20,39,40,48,49,50,57,58,59,60	35
	<b>TOTAL MARKS</b>	<b>167</b>

### Bloom's Taxonomy Level (BTL) Wise

BTL	Q. No	Marks
LOT	1,2,3,4,7,8,9,10,11,12,13,14,15,16,18,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,36,37,39,40,41,42,43,44,45,51,52,53,54,55,56,57,58,59,60	137
HOT	5,6,17,19,35,38,46	30
	<b>Total</b>	<b>167</b>

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**Disclaimer:** - This is a Practice Set. The Question in the End term examination will differ from the Practice Set. This Practice Set is meant for practice only.