

PRACTICE PAPER
End Semester Examination, Spring- 2026

Program: BPT
Semester: IV
Course: Character Building and Holistic Development of Personality-II (Yoga and Physical Fitness)
Course code-23AVAC201

Course Outcomes	Descriptions
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)
(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 do you mean by Samadhi? [CO2] [understanding] LOT
4. Name the five koshas in Panch kosha Theory. [C04] [Remembering] LOT
5. What is meant by health? [CO2] [Understanding] LOT
6. Name the three Dosh according to Ayurveda. [CO2] [understanding] HOT
7. What is meant by diet? [CO3] [Understanding] LOT
8. What does Ritucharya mean? [CO3] [understanding] LOT
9. Explain the Indian concept of ideal daily routine. [CO3] [Remembering] LOT
10. What is self-defence? [CO3] [Apply] LOT
11. Which asana you like most and why? [CO4] [Remembering] LOT
12. How many postures are there in Surya Namaskara?[CO2] [understanding] LOT
13. Discuss the importance of Yoga in our life. [CO2] [Remembering] LOT
14. What is Vasant Ritucharya? [CO1] [Understanding] LOT
15. Name any two Asanas from Suryanamaskara. [CO3] [Remembering] LOT
16. What is good mental health? [CO3] [understanding] LOT
17. What are the common health needs of Adolescents? [CO1] [Remembering] LOT
18. Introduce Patanjali's Yogasutra in brief. [CO4] [Remembering] LOT
19. What do you mean by Hatha yoga? [CO2][understanding] LOT
20. Name the three Doshas mentioned in Ayurveda. [CO2] [understanding] LOT

Section B

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

21. Define health and explain its four dimensions. [CO2] [Understanding] LOT
22. Briefly explain 'Varsha Rituacharya. [CO2] [Remembering] LOT
23. What is an ideal daily routine? Explain its main principles. [CO3] [Understanding] LOT
24. What is a balanced diet? Explain its benefits. [CO3] [Remembering] LOT
25. Describe the yogic importance of Pranayam. [CO4] [Understanding] LOT
26. Explain the concept of diet according to 'Aayu.' [CO1] [Remembering] LOT
27. Write a short note on Sukshama Vyayama. [CO2] [Remembering] LOT
28. Explain the physical and mental dimensions of health. [CO3] [Understanding] LOT
29. Define Yoga and explain its aims and objectives. [CO2] [Understanding] LOT
30. Describe any four types of Yoga in details. [CO1] [Remembering] LOT
31. List two important guidelines for performing Asanas. [CO3] [Understanding] LOT
32. Write the benefits of dhyana. [CO3] [Remembering] LOT
33. What are the causes of lifestyle diseases? [CO4] [Understanding] LOT
34. Define yogic concept of health. [CO1] [Remembering] LOT
35. What is Pranayama? Analyze its importance and basic rules of practice. [CO3] [Analyze] HOT
36. How can we get good mental health? Explain [CO1] [Remembering] LOT
37. Write the role of nutrition in wellness. [CO1] [Understanding]
38. Discuss the concept of balanced diet according to Desh. [CO3] [Understanding] HOT
39. How can we get good mental health? Explain. [CO2] [Understanding] LOT
40. Explain the importance and practice of Anuloma-Viloma and Kapalbhathi Pranayama. [CO2] [Understanding] LOT

Section C

**(No. of Questions to be attempted 2
(Total Marks -4 x2= 08)**

41. What do you understand by 'Yoga'? Discuss the importance of Yoga in our life. [CO2] [Understanding] LOT
42. What is malnutrition? Differentiate between undernutrition and overnutrition. [CO1] [Remembering] LOT
43. Define yogic concept of health. List the characteristics of health according to yogic concept. [CO1] [Understanding] LOT

44. What is self-defence? Which self-defence is best for girls? [CO3] [Understanding] LOT
45. Write a short note on Grishma Ritucharya. [CO2] [Understanding] LOT
46. What is Stress? Explain in detail the cause and effect of stress on human being. [CO4] [Understanding] HOT
47. Discuss how the concept of balanced diet changes according to Ritu. [CO4] [Understanding] LOT
48. Write a short note on Ashtanga Yoga. [CO1] [Understanding] LOT
49. List all the dimensions of health and explain the emotional and spiritual dimensions briefly. [CO3] [Understanding] LOT
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)
(Total Marks 7 x 2=14)

51. "Health is a multidimensional concept." Explain this statement by analyzing how different dimensions of health are interrelated in daily life. [CO2] [Understanding] HOT
52. Analyze how a balanced diet varies according to *Desh, Kaal, Ayu* and *Ritu*. Give relevant examples. [CO1] [Remembering] HOT
53. Write an essay to describe Ashtanga Yoga in details. Also compare between Hatha yoga and Raja yoga in brief. [CO4] [Remembering] LOT
54. Examine the role of *Ritucharya* in disease prevention. Illustrate your answer with reference to any one season. [CO3] [Analyse] HOT
55. Discuss the significance of Surya Namaskar in improving overall fitness. How can it be incorporated into daily life? [CO1] [Remembering] HOT
56. Define Dinacharya. Discuss how dinacharya supports life. [CO1] [Remembering] LOT
57. Explain Sharad ritucharya. [CO4] [Understanding] LOT
58. Write the benefits and precautions of doing Bhujangasana and Vajrasana. [CO4] [Remembering] LOT
59. Have you experienced any change in your body after performing Surya Namaskara? Describe two Asanas which make you relaxed. [CO4] [Understanding] LOT
60. What changes do you experience after meditation? Write the benefits of Anuloma-viloma Pranayama. [CO3] [Understanding] LOT

Summary Sheet:

CO Wise

CO	Q. No	Marks
CO1	1,2,14,26,34,36,43,48,55,56	43
CO2	3,5,6,13,19,20,21,22,27,29,39,40,41,45,51	46
CO3	7,8,9,10,15,16,23,24,28,31,35,44,49,54,60	43
CO4	4,11,18,25,33,46,47,50,57,59	35
	TOTAL MARKS	167

Unit Wise

Unit	Q. No	Marks
Unit 1	1, 1,2,14,26,34,36,43,48,55,56	43
Unit 2	3,5,6,13,19,20,21,22,27,29,39,40,41,45,51	46
Unit 3	7,8,9,10,15,16,23,24,28,31,35,44,49,54,60	43
Unit 4	4,11,18,25,33,46,47,50,57,59	35
	Total	167

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
Total		167

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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.