

**PRACTICE SET**  
**End Semester Examination, Spring- 2026**

**Program: BA LLB**

**Semester: IV**

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

**Course code- 24VAC271**

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

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

**Section B**

**(No. of Questions to be attempted 3)**

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

21. Define health and explain its four dimensions. [CO2] [Understand] LOT
22. Briefly explain 'Varsha Rituacharya. [CO2] [Remember] LOT
23. What is an ideal daily routine? Explain its main principles. [CO3] [Understand] LOT
24. What is a balanced diet? Explain its benefits. [CO3] [Remember] LOT
25. Describe the yogic importance of Pranayam. [CO4] [Understand] LOT
26. Explain the concept of diet according to 'Aayu.' [CO1] [Remember] LOT
27. Write a short note on Sukshama Vyayama. [CO2] [Remember] LOT
28. Explain the physical and mental dimensions of health. [CO3] [Understand] LOT
29. Define Yoga and explain its aims and objectives. [CO2] [Understand] LOT
30. Describe any four types of Yoga in details. [CO1] [Remember] LOT
31. List two important guidelines for performing Asanas. [CO3] [Understand] LOT
32. Write the benefits of dhyana. [CO3] [Remember] LOT
33. What are the causes of lifestyle diseases? [CO4] [Understand] LOT
34. Define yogic concept of health. [CO1] [Remember] 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] [Remember] LOT
37. Write the role of nutrition in wellness. [CO1] [Understand]
38. Discuss the concept of balanced diet according to Desh. [CO3] [Understand] HOT
39. How can we get good mental health? Explain. [CO2] [Understand] LOT
40. Explain the importance and practice of Anuloma-Viloma and Kapalbhathi Pranayama. [CO2] [Understand] 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 lives. [CO2] [Understand] LOT
42. What is malnutrition? Differentiate between undernutrition and overnutrition. [CO1] [Remember] LOT
43. Define the yogic concept of health. List the characteristics of health according to yogic concept. [CO1] [Understand] LOT
44. What is self-defence? Which self-defence is best for girls? [CO3] [Understand] LOT
45. Write a short note on Grishma Ritucharya. [CO2] [Understand] LOT

46. What is Stress? Explain in detail the cause and effect of stress on human beings. [CO4] [Understand] HOT
47. Discuss how the concept of a balanced diet changes according to Ritu. [CO4] [Understand] LOT
48. Write a short note on Ashtanga Yoga. [CO1] [Understand] LOT
49. List all the dimensions of health and explain the emotional and spiritual dimensions briefly. [CO3] [Understand] LOT
50. What do you understand by Suryanamaskar? Discuss its steps, precautions and benefits in detail. [CO4] [Understand] 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 analysing how different dimensions of health are interrelated in daily life. [CO2] [Understand] HOT
52. Analyse how a balanced diet varies according to *Desh, Kaal, Ayu* and *Ritu*. Give relevant examples. [CO1] [Remember] HOT
53. Write an essay to describe Ashtanga Yoga in detail. Also, compare Hatha yoga and Raja yoga in brief. [CO4] [Remember] 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] [Remember] HOT
56. Define Dinacharya. Discuss how dinacharya supports life. [CO1] [Remember] LOT
57. Explain Sharad ritucharya. [CO4] [Understand] LOT
58. Write the benefits and precautions of doing Bhujangasana and Vajrasana. [CO4] [Remember] LOT
59. Have you experienced any change in your body after performing Surya Namaskara? Describe two Asanas which make you relaxed. [CO4] [Understand] LOT
60. What changes do you experience after meditation? Write the benefits of Anuloma-viloma Pranayama. [CO3] [Understand] LOT

**Summary Sheet:****CO Wise**

<b>CO</b>	<b>Q. No</b>	<b>Marks</b>
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
<b>TOTAL MARKS</b>		<b>167</b>

**Unit Wise**

<b>Unit</b>	<b>Q. No</b>	<b>Marks</b>
Unit 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
<b>Total</b>		<b>167</b>

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

<b>BTL</b>	<b>Q. No</b>	<b>Mark s</b>
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 End term examination will differ from the Practice set. This Practice set is meant for practice only.