(6 pages) Reg. No. :.....

Code No. : 20264 E **Sub. Code : EVBE 41/ FVBE 41**

U.G. (CBCS) DEGREE EXAMINATION,
APRIL 2026.

Fourth Semester

Part IV

VALUE BASED EDUCATION

(For those who joined in July 2023 onwards)

Time : Three hours Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. _____ is the first school where good habits and values are nurtured in a child.

(a) Kindergarten (b) Temple

(c) Play ground (d) Family

2. Values reflect a person's sense of _____.

(a) Taste (b) Smell

(c) Envy (d) Right or wrong

3. Understanding of values in relationship helps us to extend our _____ with people in the society.

(a) harmonious living (b) human goals

(c) production work (d) output

4. The needs of the body like food, clothes and shelter are called _____.

(a) physical facilities

(b) temporary facilities

(c) basic facilities

(d) quantity

5. Expand WHO

(a) World Heritage Organiser

(b) World Health Organisation

(c) Whole Hearted Organiser

(d) Whole Health Organic

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6. Who is the father of 'Indian Renaissance'?

(a) Chandra Vidyasagar

(b) Swami Dayananda Sarawati

(c) Raja Ram Mohan Roy

(d) Sayyid Ahmed Khan

7. _____ is a technology that uses written, spoken or broadcast communication to reach a large audience.

(a) circular (b) sign board

(c) drawing (d) media

8. _____ is the process by which ideas, knowledge, information, goods and services spread around the world.

(a) globalisation (b) digitalization

(c) demonitization (d) activation

9. Ethics is the philosophical study of _____.

(a) modernity (b) morality

(c) equity (d) clarity

10. What is HSP?

(a) Human Society is Powerful

(b) Humanity Spreads among People

(c) Highly Sensitive Person

(d) Having a Supreme Power

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Write short note on the classification of values.

Or

(b) What is Inculcation? Explain the need for value inculcation.

12. (a) Explain the two aspects of individual harmony.

Or

(b) Write the difference between the needs of self and needs of body.

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13. (a) Bring out the various programmes and measures for alcohol treatment.

Or

(b) List out the causes of Poverty in India.

14. (a) Describe Media Power.

Or

(b) Comment on the relationship between mass media and society.

15. (a) Why tolerance is important? Explain.

Or

(b) What are the key aspects of Civic sense.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the role of parents and teachers in inculcating values.

Or

(b) Explain Value Erosion.

17. (a) Discuss the key elements and practices that contribute to harmony in human beings.

Or

(b) Explain the holistic perception of harmony in existence.

18. (a) Comment on Drug Addiction and its characteristics.

Or

(b) Bring out the features of Unemployment, its forms and types.

19. (a) Discuss the effects and influence of Mass media on Youth and Children.

Or

(b) Explain the role of media in value building.

20. (a) What is ethics? Explain its importance.

Or

(b) "Justice is a central part of ethics and a fundamental value in human society" – Explain.

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Reg. No. :.....

Code No. : 20265 E **Sub. Code : CYOG 31/ EYOG 31**

U.G. (CBCS) DEGREE EXAMINATION, APRIL 2026.

Third Semester

Part IV — YOGA

(For those who joined in July 2021 onwards)

Time : Three hours Maximum : 100 marks

PART A — (10 × 2 = 20 marks)

Answer ALL the questions.

1. Define Body Structure.

2. What is meant by Physical Health?

3. What is meant by Balanced Diet?

4. What is the origin of Yoga?

5. What is meant by mental frequency?

6. State any two methods of concentration?

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7. What is Kapalabhati?

8. What are preparatory exercises?

9. Define Pranayama?

10. What is Silent Meditation?

PART B — (5 × 6 = 30 marks)

Answer ALL questions, choosing either (a) or (b).

11. (a) Explain the various systems of the human body.

Or

(b) Explain the concept of physical fitness and its components.

12. (a) Explain the origin and development of Yoga.

Or

(b) Describe the principles of Yogic Practices.

13. (a) Explain the concept of Mind and its stages.

Or

(b) Explain the guidelines for practicing Asanas.

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14. (a) Explain the meaning and importance of preparatory exercises.

Or

(b) Describe the types of Asanas and their benefits.

15. (a) Explain the meaning and types of Pranayama.

Or

(b) Explain the benefits of Breathing Meditation.

PART C — (5 × 10 = 50 marks)

Answer ALL the questions, choosing either (a) or (b).

16. (a) Explain in detail the various systems of the human body and their functions.

Or

(b) Explain the concept of wholesome development and its dimensions.

17. (a) Write an essay on the origin, meaning and development of Yoga.

Or

(b) Discuss the modern concept of Yoga and its impact on health and wellness.

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18. (a) Explain in detail the stages of mind and their significance.

Or

(b) Describe the mind training process and its role in personality development.

19. (a) Explain in detail the meaning, types, benefits and principles of Asanas.

Or

(b) Describe the importance of preparatory exercises and their role in Yoga practice.

20. (a) Explain in detail the meaning, principles and benefits of Meditation.

Or

(b) Evaluate the importance of Mediation in daily life.

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