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Brainware University
393, Ramkrishnapur Road, Barasat
Kolkata, West Bengal-700125

BRAINWARE UNIVERSITY

Term End Examination 2024-2025

Programme – B.Sc.(FND)-Hons-2023/B.Sc.(FND)-Hons-2024

Course Name – Holistic Health and Happiness

Course Code - BFD10001

(Semester I)

Full Marks : 60

Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

Group-A

(Multiple Choice Type Question)

1 x 15=15

1. Choose the correct alternative from the following :

- (i) Identify the basic desires of every human being for which they are working.
 - a) Physical facilities
 - b) Realization and understanding
 - c) Happiness and prosperity
 - d) Continuous happiness and prosperity
- (ii) Mill claims that of any two pleasures, one is preferable to the other if and only if
 - a) it lasts longer
 - b) it is more intense
 - c) it is more certain
 - d) it is preferred by those who are acquainted with both
- (iii) Estimate _____ what has an important role in the personlaity building of a child.
 - a) Mother tongue
 - b) Foreign language
 - c) Academic language
 - d) Standard language
- (iv) Infer stress management is about learning
 - a) How to avoid the pressures of life
 - b) How to develop skills that would enhance our body's adjustment when we are subjected to the pressures of life
 - c) Both 'a' & 'b' are true
 - d) None of these
- (v) Identify the God.
 - a) God is the origin of everything he owns & controls everything
 - b) Anyone who excel in his field
 - c) God is just a concept, actually there is no God
 - d) One who helps me is God
- (vi) In Goleman's model of EI, identify the significance of 'empathy'.
 - a) It refers to the ability to solve complex problems
 - b) It is not relevant to emotional intelligence
 - c) It is the capacity to understand & share the feelings of others
 - d) It is solely related to physical fitness

- (vii) Predict among the following, which is a component of Emotional Intelligence that can be improved through practice and self-reflection.
- a) IQ
b) EQ
c) SQ
d) Self-awareness
- (viii) Select a symptom of Chronic Stress.
- a) Short term increase in energy levels
b) Enhanced memory and concentration
c) Persistent fatigue and irritability
d) Improved immune system function
- (ix) Select a symptom of short-term stress.
- a) Rapid breathing
b) Digestive problems
c) Excessive tiredness
d) Mood changes
- (x) Identify the basic component of self-esteem.
- a) Motivation
b) Learning
c) Emotion
d) Memory
- (xi) Predict this is NOT a step for better self-esteem.
- a) Get Positive
b) Fight the inner critic
c) Take care of yourself
d) Don't ask help
- (xii) Articulate that "If you hear a voice within you saying, 'you cannot paint,' then by all means paint and that voice will be silenced."
- a) Self-value
b) Self-confidence
c) Self-awareness
d) Self-love
- (xiii) Identify the odd item.
- a) Look for opportunity
b) Stop making excuses
c) Don't play with victim
d) Learn from the Dreaming
- (xiv) Choose that everyone has common in their life to others is _____.
- a) weaknesses
b) position
c) respect
d) love
- (xv) Select among the following factors, which is NOT typically associated with subjective well-being according to Positive Psychology research?
- a) Strong Social Connections
b) Financial Wealth
c) A sense of purpose and meaning in life.
d) Optimism and positive thinking

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Group-B

(Short Answer Type Questions)

3 x 5=15

2. Discover the components of Emotional Intelligence. (3)
3. Describe the characteristics of a person who is not motivated to bring about positive change. (3)
4. Explain the Holistic Health. (3)
5. According to Freud, describe types of instincts? (3)
6. Conclude the limitation of the knowledge of Chakras in modern terms. (3)

OR

- Explain the Asana for Anahata chakras and their effect. (3)

Group-C

(Long Answer Type Questions)

5 x 6=30

7. Illustrate various concerns and challenges at different stages of family life. (5)
8. Explain the core components of Daniel Goleman's model of emotional intelligence (EI) and their significance in personal and professional life. (5)
9. Describe the Crown Chakra. (5)
10. Assess that you think your friends talk to their parents. (5)

11. Identify specific strategies that can someone in the Precontemplation stage use to become aware of the need for change. (5)
12. Analyze the concept of holistic health and its different dimensions. (5)

OR

Evaluate the importance of understanding interpersonal relationship at different developmental stages. (5)

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