

✓ There are _____ levels of existence

2/2

☐ 4

☒ 7



☐ 6

☐ 8

✓ Quality of our life depends on _____

2/2

☐ model of iPhone we own

☐ shortness of our breath

☐ Number of kidneys we have

☒ State of our mind



✓ Which of the following are right

2/2

☐ concentration pranayama is done before sleep

☐ Kriya should be done right after meals

☒ Concentration pranayama is done before studying



☐ Surya Namaskaras are done before paying next term fees.

✓ Which of the following is False.

2/2

- ☐ Blooms taxonomy begins with the verb Remember
- ☐ Stress has a physiological impact as well as a psychological one
- ☐ Ujjayi breath uses pressure on the throat.
- ☒ Internal toxins are not as harmful as external pollutants ✓

✗ Consider these statements and comment on the choices

0/2

1. In the POINT system, P stands for perception
2. In India we always put Artha before Dharma.
3. Urgent things that are important should not be postponed.

☒ 1 is true 2 is not true 3 is not false ✗

- ☐ 2 and 3 are definitely true 1 is not necessarily false
- ☐ All are false
- ☐ All are true

Correct answer

☒ 2 and 3 are definitely true 1 is not necessarily false

✓ Which facts about the body are false based on the assignments given 2/2

- ☐ We are responsible for our actions and inactions equally
- ☐ Ecological footprint is an expression of our irresponsibility
- ☒ Ujjay breath helps decrease lung usage internal toxins removal ✓
- ☐ Cortisol is a Stress hormone

✓ Consider these statements and comment on the choices 2/2

1. In the POINT System O stands for oppose
2. It is important to gamify around one's goals.
3. It is intelligent to reduce Urgent and important things
4. Bhramari pranayam help reduce entropy and calms out nerves

- ☐ 1, 2 and 4 are definitely false 3 is definitely true
- ☒ 2, 3 and 4 are definitely true and 1 is definitely false ✓
- ☐ 1, 3, 4 are definitely false and 2 is true d.
- ☐ All are true

✓ Shantanu does not perform well in his first job. His Manager makes it clear he needs to leave the company. What is not a good response to his situation ? 2/2

- ☐ Apply to other companies immediately. That is an essential next course of action.
- ☒ Get depressed about his failure and waste away his placement season. ✓
- ☐ Plan a recovery: Remember the decisions that lead to this situation and counter them with good habits
- ☐ Become centered with constant practice of meditation to handle tough situations.

✗ Exams are coming and Shambhavi is going through a tough phase since her dear friend recently passed away. She reminds herself that exams are important and her friend would have wanted her to be strong. What principle is she applying? 0/2

- ☒ Opposite values are supplementary ✗
- ☐ What's the use of studying for exams, one can fail anyhow
- ☐ The present moment is inevitable.
- ☐ No one understands my position. Let me cry myself to sleep.

Correct answer

- ☒ The present moment is inevitable.

✓ The primary stress hormone released during prolonged stress is

2/2

- ☐ Insulin
- ☐ Melatonin
- ☒ Cortisol
- ☐ Pyrimidine



✓ Prakruti makes an embarrassing mistake during her presentation and the whole class laughs at her mistake. 2/2
Kavin brings up the mistake in a later conversation but tells her what would have been a right way to use the same sentence. Prakruti is able to volunteer for another presentation and makes the correct usage this time. Choose the correct combo.

- ☐ Class was Sensitive and Kavin was Insensitive
- ☐ Class was Sensible and Kavin was Sensitive
- ☒ Class was Insensitive and Kavin was Sensible.
- ☐ Kavin was both Sensitive and Sensible.



✓ Which of the following are true.

2/2

- ☐ Being 100% is a competition with others.
- ☐ Accepting people and situations is to be passive about incorrectness in our lives.
- ☒ Domain Skills are necessary but 85% of our success depends on the use of Life Skills and soft skills. ✓
- ☐ Perception is the same as Observation in Blooms Taxonomy

✓ Which of the following is a key characteristic of effective goal setting?

2/2

- ☐ Setting goals that are vague and general.
- ☐ Focusing only on long-term goals without considering short-term steps.
- ☒ Ensuring goals are specific, measurable, achievable, relevant, and time-bound ✓
- ☐ Setting goals without a timeline to avoid stress.

✗ The POINT system for evaluating goals emphasizes which of the following elements?

*0/2

- ☐ Precision, Observation, Innovation, Network, and Timing.
- ☐ Perception, Observation, Inference, Newness, and Tradition.
- ☐ Personalization, Optimization, Innovation, Necessity, and Timing.
- ☒ Planning, Observation, Investment, Necessity, and Tracking. ✗

Correct answer

- ☒ Perception, Observation, Inference, Newness, and Tradition.

✓ In Ayurveda which characteristic (dosha) associated with heat, intensity, and metabolism 2/2

- ☐ Vata
- ☒ Pitta ✓
- ☐ Kapha
- ☐ Tamas