

(60M)

Indian Institute of Information Technology,
Sri City, Chittoor (An Institute of National Importance under an Act of Parliament)

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Foundations of Human Values and Ethics

End Term Quiz

Please note some questions can have more than one answer. All answers need to be accurate. No Partial marks (2 each)

- 1 When we take decisions we are working on the level of
 - a. Mind
 - b. Intellect
 - c. Ego
 - d. Breath
- 2 There is no point in basing our happiness on others opinions because
 - a. Our Opinion Our Right
 - b. Once we have made up our mind, we don't listen to even ourselves
 - c. Opinions are tough
 - d. Opinions change
- 3 As part of kriya we generally do _____ Ujjai Breaths in third stage of pranayamas. In Bhastrika we breath _____ times for each of the _____ rounds
 - a. 12-3-20
 - b. 20-3-6
 - c. 6-20-3
 - d. 6-3-20
- 4 Which of the following is false.
 - a. Emotional maturity before Physical intimacy
 - b. Study for marks not for knowledge
 - c. Less responsibility More Growth.
 - d. P stands for Perception in POINT System
- 5 Concentration Pranayama is done
 1. Before Sunrise
 2. Before Studying only.
 2. Before sunset
 4. Before Bathing
- 6 Observation Stage in POINT SYSTEM relies on
 - a. Analytical Thinking
 - b. Sensory Knowledge
 - c. Statements of truth
 - d. All are true
- 7 While doing First stage pranayama
 - a. Elbows are in line with the navel
 - b. Elbows are in line with the shoulders
 - c. Palm is on the stomach
 - d. Elbows are pointed to the ceiling.
- 8 Surya Namaskaras help to
 1. reduce Tamas
 2. reduce Rajas
 3. reduce Sattva
 4. reduce Carbon Footprint
- 9 In order to improve sleep

- a. we can consume Sunflower seeds as part of our diet.
- b. we can consume coffee
- c. We can do Bramari Pranayama
- d. We can consume Turmeric colored water

(1M)

10 You are giving a presentation and lets say nobody really says anything much about it. Not that they didn't like it, they probably did, but just didn't say it. Shrikanth goes about asking people how the presentation was hoping someone would say a few nice words. Write about Why you think this is not a good habit, and how one can overcome it

11 Explain POINT system of learning

12 Explain the various stages of Goal setting and prioritisation. What are the various quadrants in Time management

13 You have to conduct a interhouse competition at your college. But three other teams are also competing to conduct it. You have to come up with a winning pitch Using the Blooms taxonomy.

14 Speak about How even though we fail at integrity, we can still recuperate at Ethics and Morality with an example from your own experience.

15 Explain how sensitivity and sensibility are different. Talk about how one remains steadfast inspite of peer pressure.