

MODULE-2

1. What is the need of self 'I'?
 - a. **Respect**
 - b. Food
 - c. Good job
 - d. Big car
2. What is the need of Body?
 - a. **Water**
 - b. Trust
 - c. Happiness
 - d. Peace
3. Activities which are based on the self 'I' and body
 - a. **Walking**
 - b. Breathing
 - c. Thought
 - d. Function of lungs, kidney etc
4. Self and _____ are different in needs, activities and type.
 - a. **Body**
 - b. 'I'
 - c. Happiness
 - d. Prosperity
5. What are the programs for ensuring health of the body:
 - a. **Nurturing, protection and right utilization of the body**
 - b. Treatment of the body
 - c. Physical activity
 - d. Feeling irritated
6. The need of the self are _____ and one intermittent.
 - a. **Continuous**
 - b. Temporary
 - c. Permanent
 - d. Regular
7. Right feeling with in self is
 - a. Define
 - b. Continuous
 - c. Unconditional
 - d. **All the above**
8. Prosperity is a need of
 - a. Self (I)
 - b. Body
 - c. **Both self(I) and Body**
 - d. Money
9. Self(I) is
 - a. Doer
 - b. Seer
 - c. Enjoyer

- d. All the above**
10. Seer means the one that
- a. Understanding**
 - b. Experience happiness / unhappiness
 - c. Does something
 - d. All the above
11. doer means the one that
- a. Understanding
 - b. Experience happiness / unhappiness
 - c. Does something**
 - d. All the above
12. enjoyer means the one that
- a. Understanding
 - b. Experience happiness / unhappiness**
 - c. Does something
 - d. All the above
13. Harmony should be maintained in between
- a. Body and life
 - b. Self and society
 - c. Life and environment
 - d. All the above**
14. _____ just an instrument of self(I)
- a. Money
 - b. Relationship
 - c. Body**
 - d. Physical facility
15. With the help of the body _____ explores and interact with rest of the nature
- a. Physical facility
 - b. Self**
 - c. Money
 - d. Relationship
16. Clothing, nourishment etc are the needs of
- a. Self(I)
 - b. Body**
 - c. Both self and body
 - d. None of the above
17. Needs of self is
- a. Happiness
 - b. Excitement
 - c. Prosperity
 - d. Continuous happiness**
18. Human being is
- a. Self(I)
 - b. Body

- c. **Coexistence of self(I) and body**
 - d. None
19. Harmony should be maintained in between
- a. Body and life
 - b. self and society
 - c. life and environment
 - d. **all the above**
20. _____ ensures swasthya
- a. Anxiety
 - b. Popularity
 - c. **Sanyam (Patience)**
 - d. Money
21. Which of the following pair is not correctly matched
- a. Medicine – treatment
 - b. Asan – pranayama
 - c. Intake – proper upkeep
 - d. **Labour – asan**
22. For being healthy what area, we need to work on
- a. Intake and daily routine (life style)
 - b. Labour and exercise
 - c. Posture of body and regulated breathing
 - d. **All the above**
23. _____ is done with the help of proper food.
- a. **Nourishment of the body**
 - b. Right utilization of the body
 - c. Exploitation of the body
 - d. Protection of the body
24. Where there is harmony among the parts of the body, it is known as
- a. Sanyam
 - b. **Swasthya**
 - c. Both the above
 - d. None
25. _____ helps in balancing/regulation the breathing of the body
- a. Labour
 - b. Medicine
 - c. **Pranayama**
 - d. Food
26. Labour is done for _____ of physical facility
- a. **Production**
 - b. Nourishment
 - c. Exploitation
 - d. Production
27. The amount of physical facility required for nurturing, protection, and right utilization of body is
- a. Unlimited

- b. Uncertain
 - c. **Limited**
 - d. Insignificant
28. Health problem such as diabetics, migraine, digestive disorder are caused by
- a. Lack of feeling and sanyam
 - b. Tendency to take medicine to suppress the ailment
 - c. Intake of improper food, water and air
 - d. **All the above**
29. What is not indicator of good health in self and body
- a. Proper functioning of organ system
 - b. **Feeling of jealousy, competition, anger for others**
 - c. Feeling of self-regulation towards the body
 - d. Feeling of happiness and prosperity
30. As per daily routine (Circadian rhythm) the best time for body to activate liver is
- a. **12.00 am to 2.00 am**
 - b. 2.00 am to 4.00 am
 - c. 4.00 am to 6.00 am
 - d. 6.00 am to 7.00 am
31. As per daily routine (Circadian rhythm) the best time for body to wake up is
- a. 12.00 am to 2.00 am
 - b. 2.00 am to 4.00 am
 - c. **4.00 am to 6.00 am**
 - d. 6.00 am to 7.00 am
32. As per daily routine (Circadian rhythm) the best time for break-fast is
- a. 12.00 am to 2.00 am
 - b. 2.00 am to 4.00 am
 - c. 4.00 am to 6.00 am
 - d. **6.00 am to 7.00 am**
33. As per daily routine (Circadian rhythm) the best lunch time is
- a. **12.00 pm to 1.00 pm**
 - b. 2.00 am to 4.00 am
 - c. 4.00 am to 6.00 am
 - d. 6.00 am to 7.00 am
34. As per daily routine (Circadian rhythm) the best dinner time is
- a. 12.00 am to 2.00 am
 - b. 2.00 am to 4.00 am
 - c. 4.00 am to 6.00 am
 - d. **6.00 pm to 7.00 pm**
35. As per daily routine (Circadian rhythm) the bed time is
- a. **10.00 pm to 4.00 am**
 - b. 2.00 am to 4.00 am
 - c. 4.00 am to 6.00 am
 - d. 6.00 am to 7.00 am
36. The Circadian rhythm is

- a. Body response to the seasons
 - b. Body lifecycle Rhythm
 - c. **Body response to the solar cycle**
 - d. Body response to five sense organs
37. The body is harmed due to self, taking decision based on it's
- a. Natural acceptance
 - b. **Sense organs to get favourable sensation**
 - c. Basic aspiration
 - d. None of the above
38. Which one of the following should be your first priority to stay healthy
- a. Dependence on medicine to perform a body function
 - b. Intake nutritious food
 - c. Exercise for regulating internal and external body organs
 - d. **Both a and b**
39. The needs of self and body are
- a. Same
 - b. **Different**
 - c. Partially same
 - d. None of the above
40. The needs of the body can be fulfilled by
- a. **Physio-chemical things**
 - b. Right understanding
 - c. Right feeling
 - d. Happiness
41. What is right feeling
- a. **Feeling that is naturally acceptable**
 - b. Feeling of sense organs
 - c. Feeling of irritation
 - d. Ego
42. As individual people aspiring for the universal human order will be
- a. More rich
 - b. **More responsible socially and ecologically**
 - c. More powerful
 - d. More well travelled
43. A harmonious world is created by values at 4 levels. These are
- a. Home, family, society, country
 - b. **Individual, family, society, universe**
 - c. School, home, office, temple
 - d. None of the above
44. Sah-astitva means:
- a. **Co-existence**
 - b. Co-operation
 - c. Corporate identity

- d. Coliving
- 49. Respect is the need of the body
 - a. Yes
 - b. **No**
- 50. Employing the body physically for production and maintenance of physical facility is called
 - a. **Labour**
 - b. Work
 - c. Skill
 - d. None of the above
- 51. Human being is the combination of sentiment(l) and
 - a. Physical facility
 - b. Skill
 - c. **Material body**
 - d. Relationship



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