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|  | | **ITER, SIKSHA ‘O’ ANUSANDHAN (Deemed to be University)** | | | | | **Assignment 2** | |
| Branch | | **Common to all branches** | | Programme | | | **BTech** | |
| Course Name | | **Universal Human Values** | | Semester | | | **VII** | |
| Course Code | | **GEN1975** | | Academic Year | | | **2022-23** | |
| **Assignment- 2** | | **Topic: Co-existence of Self ('I') and Body, Harmony in the Self, Harmony with the Body** | | | | | | |
| Learning Level (LL) | | **L1**: Remembering | **L3:** Applying | | **L5**: Evaluating | | | |
| **L2**: Understanding | **L4**: Analysing | | **L6**: Creating | | | |
| Q’s | Questions | | | | | COs | | LL |
|  | Are the activities in ‘I’ continuous or temporary? Justify your answer. | | | | | **CO2** | | **L2,L4,L5** |
|  | Distinguish between the needs of the Self and the needs of the Body. | | | | | **CO2** | | **L2,L4,L5** |
|  | Why are physical facilities required? What do you mean by right utilization of the Body? | | | | | **CO2** | | **L2,L4,L5** |
|  | What is the qualitative difference between the activities of the Self and those of the Body? Illustrate with one example. | | | | | **CO2** | | **L3,L4,L5** |
|  | Do you think that human beings are sum-total of sentiments and physical aspects the ‘self’ and the ‘body’? Explain your answer using examples. | | | | | **CO2** | | **L2,L4,L5** |
|  | How do we go into conflicts when our activities are not guided by our natural acceptance? | | | | | **CO2** | | **L3,L4,L5** |
|  | ‘Self-regulation' is essential to maintain health’, Elaborate with examples. | | | | | **CO2** | | **L2,L4,L5** |
|  | How does the family impact the health of the individual? | | | | | **CO2** | | **L2,L4,L5** |
|  | What are the programs to take care of the body? Explain. | | | | | **CO2** | | **L2,L4,L5** |
|  | Examine whether health problems of recent times are more due to problems with the body or problems with the Self. Explain with examples. | | | | | **CO2** | | **L2,L3,L5** |