1. **Why is self-awareness important in learning the Science of Living?**
2. **Explain how the Mental Aspect helps in learning new skills in everyday life.**
3. **How does practicing concentration improve mental abilities?**
4. **In what ways does expanding your mental capacity lead to greater creativity?**
5. **In the context of the hospitality industry, describe a situation where you apply the four aspects of being (physical, mental, emotional, and spiritual).**
6. **How would you explain the concept of Science of Living to a kid, using practical examples?**
7. **Summarize the major events in The Mother’s life before meeting Sri Aurobindo.**
8. **Describe Sri Aurobindo’s early life and education in detail.**
9. **List 12 core values given by The Mother.**
10. **How does self-awareness contribute to personal development and growth?**
11. **Describe the four aspects of being (physical, mental, emotional, and spiritual) and their key attributes.**
12. **Explain the concept of ‘knowing oneself’ in the context of thoughts, emotions, and body movements.**