

Daffodil International University

Department of Computer Science and Engineering

Faculty of Science and Information Technology

Mid-term Examination

Semester: Fall 2019

Course Title: Art of Living

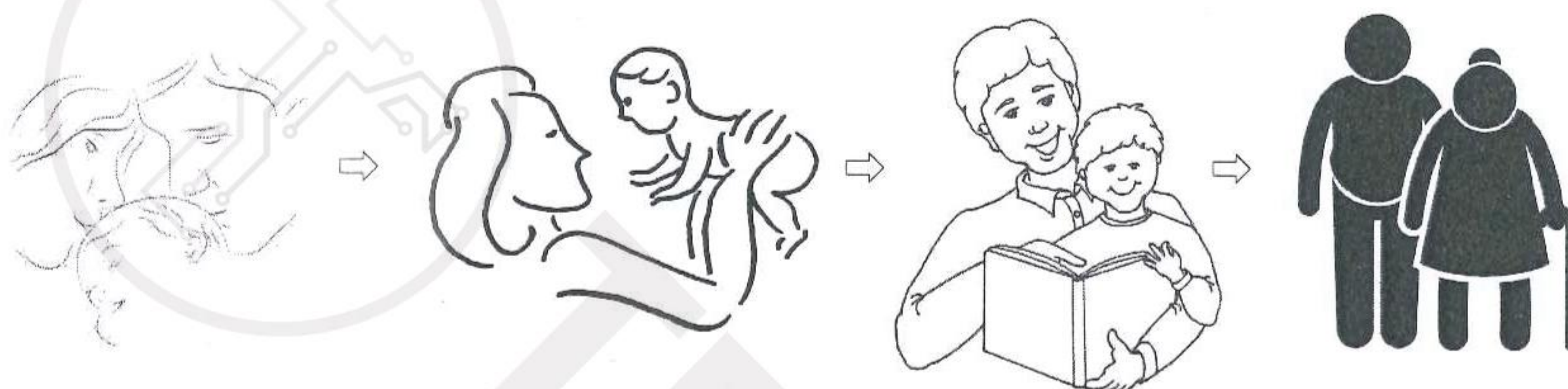
Course Code: GED 321

Course Facilitator: SMR, KI, SH, MSI, MP

Exam Duration: 1 Hour and 30 Minutes

Total Marks: 5 X 4 = 20

1. Please go through the images and prepare a story on Parents' Love and Care.



2. Self-esteem is how you feel about yourself, or the opinion you have about yourself. Everyone has times when they feel a bit low or find it hard to believe in themselves. However, if this becomes a long-term situation, this can lead to problems, including mental health issues such as depression or anxiety. Some of the symptoms of low self-esteem can also be a sign of these problems. Self-esteem is often the result of a lifetime of experiences, and particularly what happened to us as children. However, it is possible to improve your self-esteem at any age.
- a. **A man cannot be comfortable without his own approval.” – Mark Twain. Write a paragraph to identify yourself, who are you and who are you not.**
3. **According to Japanese author Haruki Murakami, *Pain is unavoidable. Suffering is optional*. In spite of getting pain how can we reduce our suffering from every step of life? Write a paragraph based on the question within 200 words.**
4. The family is one of the most important aspects of a person's life and is equally one of the most crucial factors in determining how a child turns out as an adult. A strong family is all that you need to fight all odds in life. No matter how the day has been for you, no matter how people must have behaved with you, and no matter the problems you have been facing, the smiling face of your spouse and children help you stay balanced. Good family relationships help your children feel secure and loved. They help you feel good too. You can build good relationships in your family with quality time, communication, teamwork and appreciation.
- a. **How much busy are you in your daily life? Are you really busy or you like to show artificial busyness? How do you deal your busyness and family relationship together?**