

Plot No. 2, Knowledge Park-III, Greater Noida (U.P.) –201306

**POST GRADUATE DIPLOMA IN MANAGEMENT (2024-26)**  
**END TERM EXAMINATION (TERM -V)**

Subject Name: **OEC (Strategic Calm: Yoga and Meditation for Leaders)** Time: **02.00 hrs**  
Sub. Code: **PG45** Max Marks: **40**

**Note: All questions are compulsory. Section A carries 12 marks: 6 questions of 2 marks each, Section B carries 18 marks having 3 questions (with internal choice question in each) of 6 marks each and Section C carries 10 marks one Case Study having 2 questions of 5 marks each.**

**Kindly write the all the course outcomes as per your TLEP in the box given below:**

**CO1:** Understand the scientific and philosophical foundation of consciousness and self-discovery. Students will develop critical thinking towards modern problems and spiritual solutions.  
**CO2:** Understand the need, Yoga vs Gym, Ashtang Yoga, Surya Nmaskar,  
**CO3:** Understand Ability to apply principles of time, energy, and mind management in academic and personal life. Ability to distinguish between matter and spirit and develop a higher perspective on career and contribution.  
**CO4:** Understand the Diff types Asanas, diff types of Pranayams, Breathing Techniques, Hasth Mudras and Meditation

<b><u>SECTION - A</u></b>		
Attempt all questions. All questions are compulsory.		<b>2×6 = 12 Marks</b>
Questions	CO	Bloom's Level
<b>Q. 1: (A).</b> State two differences between a living human being and a robot.	CO-1	L-2
<b>Q. 1: (B).</b> What is meant by the term “spirit soul”?		
<b>Q. 1: (C).</b> Mention any two practical benefits of understanding that we are the soul, not the body.		
<b>Q. 1: (D).</b> Which limb of Ashtanga Yoga is Pranayama? What is its main purpose?	CO-2	L-3
<b>Q. 1: (E).</b> Write any five physical benefits of practicing Surya Namaskar?		
<b>Q. 1: (F).</b> Name the eight limbs of Ashtanga Yoga?		
<b><u>SECTION – B</u></b>		
All questions are compulsory (Each question has an internal choice. Attempt anyone (either A or B) from the internal choice)		<b>6 x 3 = 18 Marks</b>
Questions	CO	Bloom's Level
<b>Q. 2: (A).</b> Explain in detail how consciousness proves the presence of the soul within the body. Describe the observable symptoms of the soul, and analyze what happens at the time of death that shows the difference between a living and a dead body. Support your answer with logical reasoning.	CO-1	L-4
<b>Or</b>		
<b>Q. 2: (B).</b> Discuss the concept of reincarnation and the continuity of the soul beyond one lifetime. Refer to research-based evidence such as past-life studies and explain how understanding this knowledge influences a person's decisions, behavior, and purpose in life.		
<b>Q. 3: (A).</b> Explain Surya Namaskar in detail. Describe its meaning, the complete sequence of twelve postures, and explain its physical, mental, and spiritual benefits.	CO-2	L-3

<b>Or</b>		
<p><b>Q. 3: (B).</b> Explain Ashtanga Yoga as described by Maharshi Patanjali. Write in detail about the eight limbs of Ashtanga Yoga and explain how the practice of Ashtanga Yoga helps in the physical, mental, and moral development of an individual.</p> <p><b>Q. 4: (A).</b> Explain the Vedic understanding of knowledge and human life. In your answer, describe the three ways of gaining knowledge, the four defects that lead to imperfect knowledge, and the role of the <i>parampara</i> (disciplic succession) system. Also explain the real problems of life and the threefold miseries that affect every living being.</p>	CO-3	L-5
<b>Or</b>		
<p><b>Q. 4: (B).</b> Discuss the spiritual science of the soul and its journey. Explain what happens at the time of death and on what basis the next body is awarded. Describe the importance of mantra meditation, the meaning of mantra, references to chanting in different traditions, and the practical benefits of chanting. Also explain why, if God is one, there are many religions in the world.</p>		

**SECTION - C**

Read the case and answer the questions

**5×02 = 10 Marks**

Questions	CO	Bloom's Level
<p><b>Q5: Case Study: Rahul – A Stressed Management Student</b></p> <p>Rahul is a final-year Management student who has been experiencing high levels of stress, anxiety, and lack of concentration due to academic pressure and excessive use of mobile phones. His sleep cycle has also been disturbed, and he often feels mentally exhausted.</p> <p>To help him improve his mental and physical health, his college Yoga Instructor advised him to practice Pranayama along with some forward bending asanas regularly. During the yoga session, the instructor specifically taught him Bharmari Pranayama, explaining that it is very effective in calming the mind and reducing stress.</p> <p>The instructor also guided Rahul to practice forward bending asanas such as Paschimottanasana and Padahasthasana, as these postures help relax the nervous system and improve digestion.</p> <p>Further, the instructor explained that the human body has different types of prana flows which regulate various bodily functions.</p> <p><b>Questions:</b></p> <p><b>Q. 5: (A).</b> Based on the above case:</p> <ul style="list-style-type: none"> <li>• What is Pranayama?</li> <li>• Write the method and any two benefits of Bharmari Pranayama.</li> </ul> <p><b>Q. 5: (B).</b> What are forward bending asanas?</p> <ul style="list-style-type: none"> <li>• Write any two examples.</li> <li>• How many types of prana flow are there in our body?</li> </ul>	CO4	L2, L5

**Kindly fill the total marks allocated to each COs in the table below:**

COs	Question No.	Marks Allocated
CO1	Q1(A, B, C)	6
CO2	Q1 (D, E, F), Q. 2	12
CO3	Q5	10
CO4	Q4	6
CO5	Q3	6

**(Please ensure the conformity of the CO wise marks allocation as per your TLEP.)**

**Blooms Taxonomy Levels given below for your ready reference:**

**L1= Remembering**

**L2= Understanding**

**L3= Apply**

**L4= Analyze**

**L5= Evaluate**

**L6= Create**