


Name:			
Enrolment No:			
<div>UPES</div> <div>End Semester Examination, May 2025</div> <div><div>Course: Holistic Wellness and Life Skills</div><div>Semester: VI</div><div>Program: B.Sc. Food, Nutrition & Dietetics</div><div>Duration: 3 Hours</div><div>Course Code: HSFN 3004P</div><div>Max. Marks: 100</div></div>			
Instructions: Please read all the questions carefully.			
S. No.	Section A Short answer questions/ MCQ/T&F (20Qx1.5M= 30 Marks)	Marks	COs
Q 1	Which Dosha is primarily responsible for movement and communication in the body? a) Pitta b) Vata c) Kapha d) Rasa	1.5	CO 2
Q 2	Rasayana drugs in Ayurveda are mainly used for: a) Pain relief b) Detoxification c) Rejuvenation and longevity d) Inducing sleep	1.5	CO1
Q 3	Which taste increases Kapha Dosha according to Ayurveda? a) Bitter b) Sour c) Sweet d) Pungent	1.5	CO2
Q 4	In Unani medicine, which humor is associated with heat and moisture? a) Dam (Blood) b) Balgham (Phlegm) c) Safra (Yellow Bile) d) Sauda (Black Bile)	1.5	CO2
Q 5	Which limb of Ashtanga Yoga focuses on self-discipline and personal ethics? a) Yama b) Niyama c) Pranayama d) Dhyana	1.5	CO1

Q 6	The concept of 'Mizaj' in Unani medicine refers to: a) Disease stage b) Diet plan c) Body constitution/temperament d) Pulse diagnosis	1.5	CO1
Q 7	Which of the following Rasas helps pacify Vata Dosha? a) Amla (Sour) b) Tikta (Bitter) c) Kashaya (Astringent) d) Madhura (Sweet)	1.5	CO2
Q 8	Which Siddha concept emphasizes balance of the Five Elements (Pancha Bootham)? a) Tridosha b) Udaliyal c) Uyir Thathukkal d) Sattam	1.5	CO1
Q 9	Which principle in Homeopathy means "like cures like"? a) Law of Similar b) Minimum dose c) Vital force d) Hering's Law	1.5	CO1
Q 10	Which classification of Ahar is known for promoting clarity, calmness, and purity? a) Tamasic b) Rajasic c) Sattvic d) None of the above	1.5	CO2
Q 11	True/False -The principle of holism views the body as a sum of isolated parts.	1.5	CO1
Q 12	True/False - Rajasic foods are known to stimulate rest and clarity of thought.	1.5	CO2
Q 13	True/False - Pranayama is the practice of regulating breath in Yoga	1.5	CO3
Q 14	True/False - In Homeopathy, treatment always involves the highest possible dose.	1.5	CO4
Q 15	True/False - Kapha Dosha provides structure and lubrication to the body.	1.5	CO2
Q 16	True/False - Rasayana therapies are used only during illness in Ayurveda.	1.5	CO1
Q 17	True/False - Sattvic food includes fresh fruits, vegetables, and milk.	1.5	CO2
Q 18	One Word Answer – system of medicine uses the concept of Akhlat (four humors)?	1.5	CO1
Q 19	Name the taste (Rasa) that aggravates Pitta Dosha.	1.5	CO2

Q 20	Which taste (Rasa) in Ayurveda is considered cooling and Vata-pacifying?	1.5	CO2
<p style="text-align: center;">Section B (4Qx5M=20 Marks)</p>			
Q 1	Describe the Siddha approach to personalized healthcare, focusing on the concepts of doshas and the importance of balancing the body's energy systems.	5	CO4
Q 2	Discuss how Rasayana are classified based on their benefits, methods of use, and the materials used.	5	CO2
Q 3	Explain the Rasa (Five-Tastes) & their action on Tridosha.	5	CO2
Q 4	Analyze the relationship between the Mizaj (temperament) of an individual and the Unani approach to treatment/Management.	5	CO3
<p style="text-align: center;">Section C (2Qx15M=30 Marks)</p>			
Q 1	Describe the Seven Cardinal Principles of Homeopathy and explain how each principle contributes to the philosophy and practice of homeopathic medicine.	15	CO1
Q 2	Analyze the role of the Tridosha theory in maintaining health and balance in Ayurveda.	15	CO3
<p style="text-align: center;">Section D (2Qx10M=20 Marks)</p>			
Q 1	Analyze how the Ayurvedic classification of Ahar into Sattvic, Rajasic, and Tamasic types influences the state of manas (mind). How do these food types interrelate with mental qualities and behavior?	10	CO3
Q 2	Discuss the eight limbs of Yoga (Ashtanga Yoga) and their role in achieving overall health.	10	CO1