

# **Rabindrasadan Girls' College**

**FYUG 1<sup>st</sup> Semester Unit Test-II, 2025**

## **Assignment**

**Paper Code: VAC-101**

### **Yoga & Sports, Health & Wellness**

(All Questions carry 7 marks each.)

1. Discuss the different types of Astanga Yoga.
2. Discuss the importance of Physical Education in modern society.

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### **Understanding India**

(All Questions carry 7 marks each.)

- 1) Elucidate Swami Vivekananda's views on Nationalism.
- 2) Describe the chief features of Indus Valley Civilization.

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### **NCC**

(All Questions carry 7 marks each.)

- 1) What is personality development? What are the different factors responsible for personal development?
- 2) How does self-awareness lead people to achieve their goals? Explain.

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### **NSS**

(All Questions carry 7 marks each.)

- 1) What is community mobilization? Discuss in brief the various methods of youth mobilization and the importance of NSS in this context.
- 2) Write a brief note on the Indian tradition of Shram Daan.