

SRM VALLIAMMAI ENGINEERING COLLEGE

SRM Nagar, Kattankulathur – 603 203.

(An Autonomous Institution)

COMMON TO ALL BRANCHES : MANDATORY COURSE - II

QUESTION BANK



MGE201 – WELL BEING WITH TRADITIONAL PRACTICES: YOGA, AYURVEDA AND SIDDHA

Regulation – 2026

Academic Year 2026- 2027

Prepared by

Dr. V. Vijayalakshmi, Associate Professor/Mathematics

Dr. I. Sadham Hussain, Assistant Professor/Mathematics

Dr. R. Geetha, Assistant Professor/English

Dr. P. Padmapriya, Assistant Professor/ English

SRM VALLIAMMAI ENGINEERING COLLEGE

DEPARTMENT OF MATHEMATICS

QUESTION BANK

SUBJECT: MGE201 – WELL BEING WITH TRADITIONAL PRACTICES: YOGA, AYURVEDA AND SIDDHA
SEM / YEAR : VII/4

UNIT I - HEALTH AND ITS IMPORTANCE:

Health: Importance of maintaining health- prevention than treatment - Ten types of health - Physical - Mental - Social - Financial - Emotional - Spiritual - Intellectual - Relationship - Environmental and Occupational/Professional health.

Present health status - The life expectancy- present status - mortality rate - dreadful diseases - Non-communicable diseases (NCDs) the leading cause of death - 60% - heart disease – cancer – diabetes - chronic pulmonary diseases - risk factors – tobacco – alcohol - unhealthy diet - lack of physical activities.

Types of diseases and disorders - Lifestyle disorders – Obesity – Diabetes – Cardiovascular diseases – Cancer – Strokes – COPD - Arthritis - Mental health issues.

Causes of the above diseases / disorders - Importance of prevention of illness - Takes care of health - Improves quality of life - Reduces absenteeism - Increase satisfaction - Saves time.

Simple lifestyle modifications to maintain health - Healthy Eating habits (Balanced diet according to age)- Physical Activities (Stretching exercise, aerobics, resisting exercise) – Maintaining BMI-Importance and actions to be taken.

Q.No.	Question	Bloom's Taxonomy Level	Competence	Course Outcome
PART – A				
1.	Define health.	BTL -1	Remembering	CO 1
2.	List any four types of health.	BTL -2	Understanding	CO 1
3.	What is meant by life expectancy?	BTL -2	Understanding	CO 1
4.	Define Non-Communicable Diseases (NCDs).	BTL -1	Remembering	CO 1
5.	Mention any four risk factors responsible for lifestyle disorders.	BTL -2	Understanding	CO 1
6.	What is obesity?	BTL -1	Remembering	CO 1
7.	Define cardiovascular disease.	BTL -2	Understanding	CO 1
8.	State the importance of prevention rather than treatment.	BTL -1	Remembering	CO 1
9.	What is meant by quality of life?	BTL -2	Understanding	CO 1
10.	Define balanced diet according to age.	BTL -1	Remembering	CO 1

11.	What are stretching exercises?	BTL -1	Remembering	CO 1
12.	What are aerobic exercises?	BTL -1	Remembering	CO 1
13.	Define resistance exercise.	BTL -2	Understanding	CO 1
14.	What is Body Mass Index (BMI)?	BTL -1	Remembering	CO 1
15.	Mention any four lifestyle modifications for maintaining health.	BTL -2	Understanding	CO 1

PART – B

1.	Explain the importance of maintaining health and discuss the concept of prevention rather than treatment.	BTL -3	Applying	CO 1
2.	Describe the ten dimensions of health with suitable examples.	BTL -2	Understanding	CO 1
3.	Discuss the present health status of society with reference to life expectancy, mortality rate, and dreadful diseases.	BTL -3	Applying	CO 1
4.	Explain Non-Communicable Diseases (NCDs) and discuss why they are the leading causes of death.	BTL -3	Applying	CO 1
5.	Describe the major risk factors responsible for lifestyle disorders such as tobacco, alcohol, unhealthy diet, and lack of physical activity.	BTL -3	Applying	CO 1
6.	Explain lifestyle disorders such as obesity, diabetes, cardiovascular diseases, cancer, stroke, COPD, arthritis, and mental health issues.	BTL -2	Understanding	CO 1
7.	Discuss the causes of lifestyle diseases and explain the importance of illness prevention.	BTL -2	Understanding	CO 1
8.	Explain the benefits of maintaining good health in improving quality of life, reducing absenteeism, and increasing satisfaction.	BTL -4	Analyzing	CO 1
9.	Discuss healthy eating habits and explain the concept of a balanced diet according to age.	BTL -2	Understanding	CO 1
10.	Explain the importance of physical activities, different forms of exercise, and the significance of maintaining BMI.	BTL -4	Analyzing	CO 1

UNIT II - DIET

Role of diet in maintaining health - energy one needs to keep active throughout the day – nutrients one needs for growth and repair - helps one to stay strong and healthy - helps to prevent diet-related illness, such as some cancers - keeps active and - helps one to maintain a healthy weight - helps to reduce risk of developing lifestyle disorders like diabetes – arthritis – hypertension – PCOD – infertility – ADHD – sleeplessness -helps to reduce the risk of heart diseases - keeps the teeth and bones strong. Balanced Diet and its 7 Components - Carbohydrates – Proteins – Fats – Vitamins – Minerals - Fibre and Water.

Food additives and their merits & demerits - Effects of food additives - Types of food additives - Food additives and processed foods - Food additives and their reactions.

Definition of BMI and maintaining it with diet Importance - Consequences of not maintaining BMI - different steps to maintain optimal BM

Common cooking mistakes. Different cooking methods, merits and demerits of each method.

Q.No.	Question	Bloom's Taxonomy Level	Competence	Course Outcome
PART – A				
1.	Define diet.	BTL-2	Understanding	CO 2
2.	State the role of diet in maintaining health.	BTL-2	Understanding	CO 2
3.		BTL-2	Understanding	

	What is a balanced diet?			CO 2
4.	List the seven components of a balanced diet.	BTL-1	Remembering	CO 2
5.	Define carbohydrates.	BTL-2	Understanding	CO 2
6.	What are proteins?	BTL-1	Remembering	CO 2
7.	State the functions of fats in the body.	BTL-1	Remembering	CO 2
8.	Why are vitamins important?	BTL-2	Understanding	CO 2
9.	What are minerals?	BTL-2	Understanding	CO 2
10.	Define dietary fibre.	BTL-2	Understanding	CO 2

PART –B

1	Explain the role of diet in maintaining health and describe its importance in growth, repair, and disease prevention.	BTL-2	Understanding	CO 2
2	Discuss the role of diet in reducing the risk of lifestyle disorders such as diabetes, arthritis, hypertension, PCOD, infertility, ADHD, sleeplessness, and heart diseases.	BTL-2	Remembering	CO 2
3	Explain the concept of a balanced diet and discuss its importance in maintaining a healthy body weight.	BTL-2	Understanding	CO 2
4	Describe the seven components of a balanced diet and explain the functions of each component.	BTL-2	Remembering	CO 2
5	Explain carbohydrates and proteins and discuss their importance in the human body.	BTL-4	Analyzing	CO 2
6	Discuss the functions of fats, vitamins, minerals, fibre, and water in maintaining health.	BTL-4	Analyzing	CO 2
7	Explain food additives and discuss their merits and demerits.	BTL-3	Applying	CO 2
8	Describe the effects, types, and reactions of food additives in processed foods.	BTL-3	Applying	CO 2
9	Define Body Mass Index (BMI) and explain its importance and the consequences of not maintaining an optimal BMI.	BTL-4	Analyzing	CO 2
10	Discuss different cooking methods and explain their merits, demerits, and common cooking mistakes.	BTL-4	Analyzing	

UNIT III ROLE OF AYURVEDA AND SIDDHA SYSTEMS IN MAINTAINING HEALTH

AYUSH systems and their role in maintaining health - preventive aspect of AYUSH - AYUSH as a soft therapy.

Secrets of traditional healthy living - Traditional Diet and Nutrition - Regimen of Personal and Social Hygiene - Daily routine (Dinacharya) - Seasonal regimens (Ritucharya) - basic sanitation and healthy living environment - Sadvritta (good conduct) - for conducive social life.

Principles of Siddha & Ayurveda systems - Macrocosm and Microcosm theory - Panchaekarana Theory / (Five Element Theory) 96 fundamental Principles - Uyir Thathukkal (Tri-Dosha Theory) - Udal Thathukkal.

Prevention of illness with our traditional system of medicine

Primary Prevention - To decrease the number of new cases of a disorder or illness – Health promotion/education, and - Specific protective measures - Secondary Prevention - To lower the rate of established cases of a disorder or illness in the population (prevalence) - Tertiary Prevention – To decrease the amount of disability associated with an existing disorder.

Q.No.	Question	Bloom's Taxonomy Level	Competence	Course Outcome
PART – A				
1.	Expand the term AYUSH.	BTL-2	Understanding	CO 3
2.	What is meant by preventive healthcare in AYUSH?	BTL-2	Understanding	CO 3
3.	Define soft therapy.	BTL-2	Understanding	CO 3
4.	What is Dinacharya?	BTL-1	Remembering	CO 3
5.	What is Ritucharya?	BTL-2	Understanding	CO 3
6.	What is meant by Sadvritta?	BTL-1	Remembering	CO 3
7.	List the five elements (Pancha Bhootas).	BTL-1	Remembering	CO 3
8.	State the Macrocosm and Microcosm Theory.	BTL-1	Remembering	CO 3
9.	Name the three Uyir Thathukkal (Tri-Doshas) in the Siddha system.	BTL-2	Understanding	CO 3
10.	What are Udal Thathukkal?	BTL-1	Remembering	CO 3
11.	Write any four principles of personal hygiene.	BTL-2	Understanding	CO 3
12.	Mention any four benefits of a traditional balanced diet.	BTL-1	Remembering	CO 3
13.	What is Primary Prevention? Give one example.	BTL-2	Understanding	CO 3
14.	What is Secondary Prevention?	BTL-1	Remembering	CO 3
15.	What is Tertiary Prevention?	BTL-2	Understanding	CO 3
PART – B				
1.	Explain the AYUSH systems and discuss their role in maintaining health.	BTL-2	Understanding	CO 3
2.	Discuss AYUSH as a soft therapy. Explain its characteristics, advantages, and applications in maintaining health.	BTL-3	Applying	CO 3
3.	Discuss the role of traditional diet, personal and social hygiene, and a healthy living environment in leading a healthy life.	BTL-3	Applying	CO 3
4.	Describe Dinacharya and Ritucharya Explain their importance in disease prevention.	BTL-3	Applying	CO 3
5.	What is Sadvritta? Explain its principles and discuss its significance in promoting personal and social well-being.	BTL-4	Analyzing	CO 3
6.	Discuss the Panchekarana and its importance in Ayurveda and Siddha systems.	BTL-2	Understanding	CO 3
7.	Describe the 96 Fundamental Principles (96 Thathuvams) of the Siddha system. Explain the concepts of Uyir Thathukkal and Udal Thathukkal.	BTL-2	Understanding	CO 3
8.	What are Vatham, Pitham, and Kabam? Explain their functions and their role in maintaining good health.	BTL-4	Analyzing	CO 3
9.	Explain the Primary, Secondary, and Tertiary levels of prevention in traditional systems of medicine with suitable examples.	BTL-3	Applying	CO 3

10.	Explain the basic principles of Ayurveda and Siddha systems. How do they help in preventing diseases and maintaining good health?	BTL-3	Applying	CO 3
UNIT IV MENTAL WELLNESS Emotional health - Definition and types - Three key elements: the subjective experience – the physiological response - the behavioural response - Importance of maintaining emotional health - Role of emotions in daily life -Short term and long term effects of emotional disturbances – Leading a healthy life with emotions - Practices for emotional health - Recognize how thoughts influence emotions - Cultivate positive thoughts - Practice self-compassion - Expressing a full range of emotions. Stress management - Stress definition - Stress in daily life - How stress affects one's life -Identifying the cause of stress - Symptoms of stress - Managing stress (habits, tools, training, professional help) - Complications of stress mismanagement. Sleep - Sleep and its importance for mental wellness - Sleep and digestion. Immunity - Types and importance - Ways to develop immunity.				
Q.No.	Question	Bloom's Taxonomy Level	Competence	Course Outcome
PART – A				
1.	Define emotional health.	BTL-1	Remembering	CO 4
2.	What are the three key elements of emotion?	BTL-1	Remembering	CO 4
3.	What is meant by the subjective experience of emotion?	BTL-1	Remembering	CO 4
4.	Mention any four benefits of maintaining emotional health.	BTL-1	Remembering	CO 4
5.	What is self-compassion?	BTL-1	Remembering	CO 4
6.	How do thoughts influence emotions?	BTL-1	Remembering	CO 4
7.	Define stress.	BTL-1	Remembering	CO 4
8.	List any four common causes of stress.	BTL-2	Understanding	CO 4
9.	Mention any four symptoms of stress.	BTL-2	Understanding	CO 4
10.	State any four methods of managing stress.	BTL-2	Understanding	CO 4
11.				
12.				
13.				
14.				
15.				
PART –B				
1.	Explain the three main elements of emotions. Why is emotional health important?	BTL-2	Understanding	CO 4
2.	Explain the role of emotions in our daily life. What are the short-term and long-term effects of emotional disturbances?	BTL-2	Understanding	CO 4
3.	Explain the following: a. How thoughts influence emotions b. Positive thinking c. Self-compassion	BTL-1	Remembering	CO 4

	d. Expressing emotions in a healthy way			
4.	Explain the causes, symptoms, and effects of stress on physical and mental health.	BTL3	Applying	CO 4
5.	Explain different stress management techniques such as healthy habits, relaxation methods, training, and professional help. What happens if stress is not managed properly?	BTL3	Applying	CO 4
6.	Why is sleep important for mental wellness? Explain the relationship between sleep and digestion.	BTL3	Applying	CO 4
7.	What is immunity? Explain its types, importance, and ways to improve immunity.	BTL3	Applying	CO 4
8.	What is mental wellness? Explain how emotional health, stress management, sleep, and immunity help us lead a healthy life.	BTL3	Applying	CO 4
9.	How do positive thinking and emotional control help in maintaining mental wellness? Suggest ways to develop emotional resilience.	BTL4	Analyzing	CO 4
10.	"Mental wellness is important for a healthy and happy life." Explain this statement with reference to emotional health, stress management, sleep, and immunity.	BTL3	Applying	CO 4

UNIT V YOGA

Definition and importance of yoga - Types of yoga - How to Choose the Right Kind for Individuals according to the Age - The Eight Limbs of Yoga - Simple yoga asanas for cure and prevention of health disorders - What yoga can bring to our life.

Q.No.	Question	Bloom's Taxonomy Level	Competence	Course Outcome
PART – A				
1.	What is yoga?	BTL-1	Remembering	CO 5
2.	Mention any four types of yoga.	BTL-1	Remembering	CO 5
3.	What are the Eight Limbs of Yoga?	BTL-2	Understanding	CO 5
4.	Why is yoga important for good health?	BTL-1	Remembering	CO 5
5.	How does yoga help in preventing diseases?	BTL-2	Understanding	CO 5
6.	Name any four simple yoga asanas.	BTL-2	Understanding	CO 5
7.	What is meant by Ashtanga Yoga?	BTL-1	Remembering	CO 5
8.	Mention any four benefits of practising yoga every day.	BTL-2	Understanding	CO 5
9.		BTL-2	Understanding	CO 5
10.		BTL-2	Understanding	CO 5
11.		BTL-1	Remembering	CO 5
12.		BTL-2	Understanding	CO 5
13.		BTL-1	Remembering	CO 5
14.		BTL-1	Remembering	CO 5
15.		BTL-2	Understanding	CO 5
PART – B				

1.	What is yoga? Explain its importance in maintaining physical and mental health.	BTL-2	Understanding	CO 5
2.	Explain the different types of yoga. How can a person choose the right type of yoga according to age?	BTL-2	Remembering	CO 5
3.	Explain the Eight Limbs of Yoga (Ashtanga Yoga) in detail.	BTL-3	Applying	CO 5
4.	Explain any five simple yoga asanas. Discuss their benefits in preventing and curing common health problems.	BTL-3	Applying	CO 5
5.	How does yoga improve our daily life? Explain the physical, mental, and emotional benefits of practising yoga regularly.	BTL-4	Analyzing	CO 5
6.		BTL-3	Applying	CO 5
7.		BTL-4	Analyzing	CO 5
8.		BTL-3	Applying	CO 5
9.		BTL-4	Analyzing	CO 5
10.		BTL-3	Applying	CO 5

