

**International Centre for Distance Education and Open Learning (ICDEOL),
Himachal Pradesh University,**

Gyan Path, Summer Hill, Shimla-171005

Note: All the students are directed to prepare hand written assignments. Prepare each course assignments separately and Write your **Name, Father's Name, Course Regn. No, Exam Roll No, Phone No., Address and Semester** on front of the each course. Do not tag all the courses together. After preparing assignments of each course, put these in an envelope. Don't use plastic folder. Send these assignments to the address given below:

SECTION OFFICER

M Com

**ICDEOL, HP
UNIVERSITYSUMMER
HILL, SHIMLA 171005**

IMPORTANT INSTRUCTION:

- 1. Assignments can be submitted by hand or by post.**
- 2. No assignment will be accepted after due date**
- 3. Only hand written assignment will be accepted.**

MC-GE-II

INDIAN ETHOS AND LIFE SKILLS AND BUSINESS

Assignment -I

Maximum Marks – 10

Note: Attempt any 2 Questions of the following:

1. 'To develop wisdom, one must develop calmness, only through calmness can one become deeply centered in the Self'. Give your comments.
2. Describe the key techniques often discussed in the context of inner engineering?
3. Define the term 'Yoga Asanas'? Discuss the various yoga asanas along with their benefits?
4. What do you understand by the term 'Supine Asanas'? Discuss the different types of Supine Asanas?
(2X5=10)

Assignment -II

Maximum Marks – 10

Note: Attempt any 2 Questions of the following:

1. Briefly describe Ethical dilemma and critical thinking in the light of Vishad Yoga?
2. Briefly describes the relationship between values and yoga philosophy?
3. Briefly describe the team building activities? Also highlight the nature of team building.
4. Discuss the ways in which leadership contributes to effective team building?

(2X5=10)