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Daffodil International University

Department of Genetic Engineering and Biotechnology
Faculty of Health and Life Sciences
B. Sc. (Hons.) in Genetic Engineering and Biotechnology
Midterm Examination Spring 2026

Course Code: AOL0223-1309 **Course Title:** Art of Living
Level and Term: L-1,T-3 **Section: 252 (A+B)** **Course Teacher Initials:** FAA
Time: 1 Hour 30 Minutes **Total Marks: 25**

		Marks
1. People often remain silent during misunderstandings in relationships instead of expressing their feelings openly. **Explain** how coming out of the box by communicating honestly can strengthen relationships and improve mental well-being.	[CLO1, PLO2, C2]	5
2. Zaisha's friends often asked her to join late-night outings, even when she had assignments or personal tasks. She used to agree every time because she didn't want to disappoint them. Lately, she started politely saying no when she needed personal time. By setting boundaries, she managed her schedule better, reduced stress, and felt more confident, while her friends respected her choices. **Interpret** how protecting your mental and emotional space by setting boundaries can improve self-esteem. Use Zaisha's scenario to show how saying no respectfully contributes to confidence and well-being.	[CLO1, PLO2, C2]	5
3. Listening patiently when someone shares their personal problems without interrupting is a common but often forgotten aspect of polite etiquette. **Identify** ten similar everyday etiquette practices that you personally follow but many people tend to overlook or forget. Analyze why these practices are important for maintaining respectful and positive social interactions.	[CLO2, PLO9, C3]	5
4. Many of us buy clothes and accessories just for satisfaction, even when they don't really need them. Find out five ways you could contribute to your community without spending on unnecessary items. **Analyze** how each action supports community development.	[CLO3, PLO11, C4]	5
5. Our parents make daily efforts to care for us, but we often take these efforts for granted. **Jusify** at least five ways you can recognize their contributions and build a stronger connection with them. List your points clearly and explain how each action can improve your relationship.	[CLO4, PLO6, C5]	5