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Daffodil International University

Faculty of Science & Information Technology

Department of Software Engineering

Course Title: Art of Living

Course Code: AOL101,

Teacher Initial: MSP **Time:** 30 Minutes **Marks:** 15

1. Urmi is a university student. She comes from a small town. She is very introverted by nature. When she got admitted to university, she could not mix with other students easily. She always stays alone. Because of this she became a target of criticism and mockery.

   Identify and explain the characteristics reflected in Urmi's behavior. What steps should she take to come out of her comfort zone and increase personal and professional growth?

2. In a classroom, some students often criticize and judge their friends without proper justification, which emotionally hurts them. Moreover, they continue talking among themselves even when the teacher is present, creating disturbance and disrespect in the class. Based on this scenario:

   a. What do you understand by **Learn to Learn (L2L)** and **Learn to Unlearn (L2U)**?
   b. How can practicing **L2L** and **L2U** help in creating a smooth and harmonious society?

3. What is the meaning of parents? What roles do they play in our lives, and what should be our duties toward our parents in the future? Explain in your own words.

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