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Daffodil International University

Department of Software Engineering

Faculty of Science & Information Technology

Quiz 01, Summer 2026

Course Code: AOL101 Course Title: Art Of Living

Teacher : DDK

Time: 45 minutes **Marks: 15**

A. Rafi is a talented student who spends most of his time studying alone and avoids participating in group activities. Since childhood, he was encouraged to focus only on academics and had very few opportunities to interact with others. Now, in university, he struggles to communicate during presentations, teamwork, and networking events despite having strong academic knowledge.

Identify and explain the characteristics reflected in Rafi's behavior. What steps should he take to overcome his hesitation, improve social confidence, and develop personally and professionally? [**Marks: 5**]

B. Nila recently started her first job and became extremely focused on her career. She often ignores phone calls from her family and rarely visits them because she believes work responsibilities are more important. Over time, her family members feel emotionally distant, and their relationship starts becoming weaker.

Discuss the responsibilities Nila has towards her family members. Explain how regular communication, emotional support, and spending meaningful time together can help maintain strong family relationships. [**Marks: 5**]

C. Sohan participated in a programming competition after preparing for several weeks, but he failed to achieve a good position. He felt frustrated and started thinking that he was not talented enough to become successful in his career.

Explain the full meaning of the word 'FAILURE' with suitable examples. Discuss how Sohan can transform failure into a learning experience and use it as a step toward future success. [**Marks: 5**]