



**End Semester/Reappear (Semester III) Examination December 2024**

**Programme: MCA**

**Full Marks: 50**

**Course: Character Building and Holistic Development of Personality III**

**Course Code: 3CVAV201**

**Time: 2 Hrs.**

**Enrollment No: \_\_\_\_\_**

**Section I**

1. **Very Short Answer type questions (50 words). Answer all.** **1 x 10 = 10**
- Describe the meaning of Holistic Development of Personality. [CO1] Understand
  - Discuss the concept of Vigyanmaya Kosha. [CO1] Understand
  - Explain few major traits of Swami Vivekananda. [CO2] Understand
  - Sardar Vallabhbai Patel is a renowned Personality. Mention his few characteristics. [CO2] Remember
  - Explain: (a) Halasana (b) , Sarvangasana. [CO3] Understand
  - Explain Nadi Shodhan, Shitali and Agnisara [CO3] Understand
  - Is Yoga a religion. Discuss. [CO3] Understand
  - Explain the concept of gender equality . [CO4] Understand
  - Discuss the importance of environmental protection. [CO4] Understand
  - Describe the term Sarva Pantha Samman. [CO4] Understand

**Section II**

2. **Short Answer type questions (150 words). Answer any six.** **6 x 5 = 30**
- Explain the importance of physical education. [CO1] Understand
  - Describe the basic concept of PanchaKosha described in Taitriya Upanishad. [CO1] Apply
  - How character building can transform an individual's Life? [CO2] Evaluate
  - Discuss the contribution of Bhagini Nivedeta in the context of development of Indian society. [CO2] Understand
  - 'Pranayama and Kapal-Bhati are important asanas for an individual well-being'. Is it a myth or reality. Formulate. [CO3] Create
  - Judge the importance of Inhale and Exhale i.e. deep breathing. [CO1] Evaluate
  - Describe the components of Vigyanmaya Kosha. [CO1] Understand
  - Construct the contribution of Maharishi Arvinda in the process of character building and personality development. [CO2] Create
  - Determine the procedure, benefits and precautions during Pawan-Muktasanana, Naukasana, Shavasana and Viprit-Karni. [CO3] Apply

**Section III**

- Essay writing (Word limit: 300 words). Answer any two.** **1 x 10 = 10**
- Analyze intellectual development. Discuss the importance of learning in collaboration with adults and peers. What are the implications for education? [CO4] Analyze
  - Can cognitive development be trained? Formulate. [CO4] Create
  - Construct the relationship between problem solving and decision making. [CO4] Create

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**Course Outcome:**

On the completion of the Course, the students will be able to:

CO1: Develop a good understanding of Vigyanmaya Kosha and its importance.

CO2: Analyze the concept of character building and personality development in the context of human, society and nation building.

CO3: Corelate the importance of physical development asana in one's life.

CO4: Enable to develop the feeling of nationality and also understand the importance of gender equality.