

Programme: MCA

Course: Character Building & Holistic Development of Personality-II

Course Code: 3CMVAC102

Enrolment no. _____

Full Marks: 50

Time: 2 Hrs.

Q.No.	Questions	CO	Bloom Taxonomy	Marks
Section I				
1	Very short Answer type questions (50 words) : Attempt any ten.			
i.	Describe Manomaya Kosha as the operator of the body.	CO1	Understand	10x1
ii.	Mention the names of minor Prana.	CO1	Remember	
iii.	Describe the four impulses of Prana.	CO1	Remember	
iv.	What do you understand by the term Moral Spiritual Development?	CO2	Remember	
v.	How is asana different from meditation?	CO3	Understand	
vi.	Explain the concept of Yoga.	CO3	Understand	
vii.	Define Mudra. Is Yoga a religion.	CO3	Remember	
viii.	Explain Pranayama and its importance in human life.	CO3	Understand	
ix.	Explain the concept of Pranamaya Kosha.	CO1	Remember	
x.	Explain few major traits of Guru Gobind Singh.	CO2	Remember	
xi.	What is your understanding of Emotional Development?	CO4	Understand	
xii.	Explain Non-Violence.	CO4	Understand	
Section II				
2	Short answer type questions : Answer any six.			
a.	Elaborate the concept of Holistic Development.	CO1	Evaluate	6x5
b.	Discuss how character building can transform an individual's Life.	CO2	Analyze	
c.	Mention five Major Pranas and its importance.	CO1	Remember	
d.	Explain Prana's four impulses- Aahaar, Nidra, Bhay (Fear) and Maithun.	CO1	Analyze	
e.	What is the role of asanas, pranayama and hast mudra in our body and mind?	CO3	Analyze	
f.	Discuss the contribution of Veer Shivaji in the character building and personality development.	CO2	Evaluate	
g.	Explain the procedure, benefits and precautions during Surya Mudra.	CO3	Analyze	
h.	Explain Manomaya Kosha as the operator of the body, peace, concentration, detachment, positivity.	CO2	Analyze	
i.	Evaluate the interrelatedness of Manomaya Kosha and Pranamaya Kosha.	CO2	Evaluate	
Section III				
3	Short Essay writing type : Answer any one.			
a.	'Destiny of a nation is shaped in classroom'. Discuss the given statement in context of Koshas.	CO4	Analyze	1x10
b.	Explain the process of creating spirit of nationality among students.	CO4	Analyze	
c.	Explain intellectual development. Discuss the importance of learning in collaboration with adults and peers. What are the implications for education?	CO4	Analyze	

COURSE OUTCOME

CO1 Develop a good understanding of Pranamaya Kosha and Manomaya Kosha.

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 become self-reliant and behavioral aspect.