

Programme: MCA

Course: Character Building and Holistic Development of Personality - IV

Course Code: 3CMVAC401

Enrolment no. _____

Full Marks: 50

Time: 2 Hrs.

Q.No.	Questions	CO	Bloom Taxonomy Category	Marks
Section I				
1	Very short Answer type questions (50 words) : Attempt any ten.			
i.	Bring out the difference between Happiness, Fun, Pleasure and Ananda.	CO1	Understand	10x1
ii.	Define Anandamaya Kosha. How is it different from the other koshas in the Panchkosha system?	CO1	Remember	
iii.	Mention names of few of the great Indian Personalities who have contributed in the process of Character Building and Personality Development in the context of Human, Society, and Nation building.	CO2	Understand	
iv.	'Dr. Bhim Rao Ambedkar is remembered for his remarkable contribution towards nation building.' Discuss.	CO2	Understand	
v.	Explain Makarasana and Dhanurasana.	CO3	Understand	
vi.	Explain the benefits of Bhrastrika Pranayama.	CO3	Remember	
vii.	Explain the concept of Intellectual Development.	CO4	Understand	
viii.	Explain the importance of benevolence as human value.	CO4	Understand	
ix.	How does the concept of 'Sat-Chit-Ananda' help in understanding the nature of Self (Atman).	CO1	Remember	
x.	Explain few major traits of Dr. Sarvepalli Radhakrishnan.	CO2	Remember	
xi.	Define Shunya Mudra and Apana Mudra.	CO3	Remember	
xii.	Explain Self-Discipline and its importance.	CO4	Understand	
Section II				
2	Short answer type questions : Answer any six.			
a.	Describe the Panchakosha theory and elaborate on the characteristics of the Anandamaya Kosha in relation to the other four koshas.	CO1	Analyze	6x5
b.	Explain the significance of Anandmaya Kosha in understanding the concept of self in Indian philosophy.	CO1	Evaluate	
c.	Evaluate the contribution of Subhash Chandra Bose in the context of development of Indian society.	CO2	Evaluate	
d.	'The human being consists of Five Koshas or "Sheaths". Evaluate the given statement.	CO2	Evaluate	
e.	Asanas help in physical health and mental health'. Critically evaluate the given statement.	CO3	Analyze	
f.	Elaborate the procedure and benefits of Bhrastrika, Bhraamri and Ujjayee Pranayam.	CO3	Analyze	
g.	Explain the procedure, benefits and precautions during Bhujangasana.	CO3	Analyze	
h.	Evaluate the interrelatedness of Sat-Chit-Ananda.	CO1	Evaluate	
i.	Discuss how character building can transform an individual's Life.	CO2	Analyze	
Section III				
3	Short Essay writing type : Answer any one.			
a.	Explain intellectual development. Discuss the importance of learning in collaboration with adults and peers. Discuss the implications of value education in an individual well being.	CO4	Analyze	1x10
b.	Describe judiciousness. Explain its importance in decision-making with the help of real-life examples.	CO4	Analyze	
c.	Discuss the role of education and cultural exchange in fostering the spirit of universal brotherhood.	CO4	Analyze	

COURSE OUTCOME

CO1 Develop a good understanding of Anandamaya Kosha.

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

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

CO4 Develop the understanding that the whole world is one (my family).

