

Programme: MBA

Course: Character Building & Holistic Development of Personality-II

Course Code: MBVAC102

Enrolment no. \_\_\_\_\_

Full Marks: 50

Time: 2 Hrs.

Q.No.	Questions	CO	Bloom Taxonomy Category	Marks
<b>Section I</b>				
1	<b>Very short Answer type questions (50 words) : Attempt any ten.</b>			
i.	Explain the concept of Manomaya Kosha.	CO1	Understand	<b>10x1</b>
ii.	Describe Manomaya Kosha as the operator of the body.	CO1	Remember	
iii.	Mention the names of major Prana.	CO1	Remember	
iv.	Mention few of the characteristics of Savitri Bai Phule.	CO2	Remember	
v.	Explain Pranayama and its importance in human life.	CO3	Understand	
vi.	Explain the benefits of Chandrabhedhi Pranayama.	CO3	Remember	
vii.	Explain the concept of Intellectual Development.	CO4	Understand	
viii.	Describe four major emotions.	CO4	Understand	
ix.	Describe the importance of Pranamaya Kosha.	CO1	Remember	
x.	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	
xi.	What is your understanding of Emotional Development?	CO4	Understand	
xii.	Explain the importance of benevolence as human value.	CO4	Understand	
<b>Section II</b>				
2	<b>Short answer type questions : Answer any six.</b>			
a.	'To bring about positive transformation in body and mind we must understand the energy, prana, through which they work'. Analyze the given statement.	CO1	Analyze	<b>6x5</b>
b.	'Ravindra Nath Tagore is remembered for his contribution towards nation building.' Discuss.	CO2	Understand	
c.	Explain Prana Shakti and its relation to body and mind.	CO1	Remember	
d.	'Pranamaya Kosha is the life force energy.' Discuss.	CO1	Analyze	
e.	How does asana help in physical health and mental health?	CO3	Analyze	
f.	Explain the procedure and benefits of bajrasan, sukhasan and padmasan.	CO3	Analyze	
g.	Explain the procedure, benefits and precautions during Surya Mudra.	CO3	Analyze	
h.	Elaborate the procedure and benefits of Pranayama of Chandra bhedi and Surya bhedi pranayama.	CO3	Analyze	
i.	'The human being consists of Five Koshas or "Sheaths". Evaluate the given statement.	CO2	Evaluate	
<b>Section III</b>				
3	<b>Short Essay writing type : Answer any one.</b>			
a.	Explain intellectual development. Discuss the importance of learning in collaboration with adults and peers. What are the implications for education?	CO4	Analyze	<b>1x10</b>
b.	Explain emotional development. Discuss the importance of emotional development in context of holistic development of personality.	CO4	Analyze	
c.	'Students are the pillars of nation.' 'Character building and holistic development of personality among students is way to build prosperous India. Elaborate.	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.