



PRACTICE SET
End Semester Examination, December, 2025

Program: MBA

Semester: III

Subject: Character Building and Holistic Development Of Personality III

Subject Code: MBVAC 201

Course Learning Objective:

CLO 1: To create awareness among students about Vigyanmaya Kosha and its requirement.

CLO 2: To make students acquainted with contribution of great Indian Personalities.

CLO 3: To generate awareness about different asanas through yoga among students.

CLO 4: To introduce the students to the fundamental principles of national unity and integration and also to sensitize the students regarding gender equality.

Course Outcome:

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

CO 1: 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: Correlate 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.

Very short answer questions: (Questions from All 4 units)

Section – I [Total Marks : 10]

Unit-1

1. Define the concept of Panchkosha as described in the Taittiriya Upanishad.[CO1] (BTL, Remember, LOT)
2. Describe the meaning of Holistic Development of Personality. [CO1] (BTL, Understand LOT)
3. List and describe the five koshas that represent the layers of human existence. [CO1] (BTL, Remember, LOT)
4. Describe the importance of Personality Development. [CO1] (BTL, Understand, LOT)
5. Define Vijnanamaya Kosha. [CO1] (BTL, Remember, LOT)
6. Explain the importance of Vijyanmaya Kosha. [CO1] (BTL, Understand, LOT)
7. Explain the significance analytical thinking in today's world. [CO1] (BTL, Understand, LOT)
8. Differentiate between Manomaya Kosha and Vijnanamaya Kosha with suitable examples. [CO1] (BTL, Remember, LOT)
9. Describe the role of Vijnanamaya Kosha in developing moral and ethical judgment. [CO1] (BTL, Remember, LOT)
10. Explain the concept of moral values. [CO1] (BTL , Understand, LOT)

Unit-2

11. Mention the names of great Indian Personality who have contributed in the process of Character building and personality development in the context of human, society and nation building. [CO 2] (BTL, Remember, LOT)
12. Explain the term Moral Spiritual Development. [CO2] (BTL, Remember, LOT)
13. Explain few major traits of Swami Vivekananda. [CO2] (BTL , Remember, LOT)
14. Sardar Vallabhbbhai Patel is a renowned Personality. Mention his few characteristics. [CO2] (BTL, Remember, LOT)

Unit-3

15. 'Yoga is the base of Human Values' Discuss. [CO3] (BTL, Analyze, HOT)
16. 'A healthy body has a healthy mind.' Analyze. [CO3] (BTL , Analyze, HOT)
17. Describe Asanas and types of Asanas in lying position. Analyze its importance.[CO3] (BTL, Analyze, HOT)
18. Explain the role of Pranayama in maintaining both mental and physical health. [CO3] (BTL , Understand, LOT)
19. Explain: (a) Halasana (b) , Sarvangansana. [CO3] (BTL, Remember, LOT)
20. Explain and analyze Nadi Shodhan, Shitali and Agnisara [CO3] (BTL, Analyze, HOT)
21. Yamas and Niyamas are essential for physical health. Justify the given statement with suitable example. [CO3] (BTL, Evaluate, HOT)

22. Is Yoga a religion. Analyze. [CO3] (BTL, Analyze, HOT)

Unit-4

23. Explain the concept of Intellectual – Emotional Development. [CO4] (BTL, Understand, LOT)
24. Describe the term Sarva Pantha Samman. [CO4] (BTL, Remember, LOT)
25. Discuss the concept of ideal education. [CO4] (BTL, Remember, LOT)
26. Explain intellectual development and analyze its significance in managerial effectiveness. [CO4] (BTL, Analyze, HOT)
27. Evaluate how emotional maturity contributes to effective leadership and team management. [CO4] (BTL, Evaluate, HOT)
28. Define: (a) Values (b) Ethics. [CO4] (BTL, Remember, LOT)
29. Summarize the relationship between critical thinking and emotional regulation in decision-making. [CO4] (BTL, Evaluate, HOT)
30. Illustrate with an example how intellectual reasoning and emotional sensitivity can be balanced in a workplace situation. [CO4] (BTL, Understand, LOT)

Short Answer (From first three Units)

Section-II (30 Marks)

Unit-I

31. Define Holistic personality development. How does it differ from mere professional development. [CO1] (BTL, Remember, LOT)
32. Explain how awareness of Vijnanamaya Kosha enhances decision making for managers. [CO1] (BTL, Understand, LOT)
33. Evaluate the relevance of Vijnanamaya Kosha in today's competitive corporate environment. How can managers cultivate this sheath to lead with wisdom, values and empathy. [CO1] (BTL, Evaluate, HOT)
34. Explain the benefits of Vigyanmaya kosha. [CO1] (BTL, Evaluate, HOT)
35. Explain the importance of physical education. [CO1] (BTL, Understand, LOT)
36. "A truly developed personality integrates body, mind, intellect and spirit. Explain this statement with reference to the Panchkosha model. [CO1] (BTL, Evaluate, HOT)

Unit - II

37. 'Character building can transform an individual's life'. [CO2] (BTL, Analyze, HOT)
38. Mention the kosha which is called universal consciousness and discuss its importance. [CO2] (BTL, Analyze, HOT)
39. Discuss the contribution of Bhagini Nivedeta in the context of development of Indian society. [CO2] (BTL, Understand, LOT)

40. Discuss the contribution of Swami Vivekanand in the context of development of Indian society. [CO2] (BTL, Remember, LOT)
41. Describe the contribution of Maharishi Arvinda in the process of character building and personality development. [CO2] (BTL, Remember, LOT)
42. Analyze the contribution of Sardar Vallabhbhai Patel. [CO2] (BTL, Analyze, HOT)
43. Explain the role of M.K Gandhi in freedom struggle. [CO2] (BTL , Remember, LOT)

Unit- III

44. Illustrate how meditation contributes to self-awareness and focus in professional life. [CO3] (BTL, Evaluate, HOT)
45. ‘Pranayama and Kapal-Bhati are important asanas for an individual well-being’. Is it a myth or reality. Analyze. [CO3] (BTL, Analyze, HOT)
46. Explain the role of Asanas, Pranayama and Hast Mudra in our body and mind. [CO3] (BTL , Analyze, HOT)
47. Interpret the statement: “Yoga is not just physical exercise; it is a way of life” in the context of character building and holistic development. [CO1] (BTL, Evaluate, HOT)
48. Evaluate: (a) Prithvi Mudra (b) Agni Mudra. [CO3] (BTL, Evaluate, HOT)
49. Analyze the procedure, benefits and precautions during Pawan-Muktasanana, Naukasana, Shavasana and Viprit-Karni. [CO 3] (BTL, Analyze, HOT)

Essay Writing (only from Unit 4)

Section-III (10 Marks)

50. Explain intellectual development. Discuss the importance of learning in collaboration with adults and peers. What are the implications for education? [CO4] (BTL, Analyze, HOT)
51. Interpret the statement: “A truly developed personality integrates body, mind, intellect and spirit”. Justify this with reference to the Panchkosha framework and modern management challenges. [CO4] (BTL, Analyze, HOT)
52. Evaluate the concept of Ideal Education. [CO4] (BTL, Evaluate, HOT)
53. Critically assess the relationship between bhakti yoga, karma yoga and jnana yoga. [CO4] (BTL, Analyze, HOT)
54. Compare and contrast intellectual and emotional development and explain how integrating both leads to holistic growth and effective leadership. [CO4] (BTL, Evaluate, HOT)
55. ‘To avoid government regulation, businessmen follow the concept of social responsibility.’ How much do you agree with this statement? [CO4] (BTL, Analyze, HOT)
56. ‘Ethical, moral values help a person to become a better individual.’ Is it a myth or reality. Discuss. [CO4] (BTL, Analyze, HOT)
57. Examine the role of Vijnanamaya Kosha in building character and evaluate its contribution to ethical decision-making in management. [CO4] (BTL, Evaluate, HOT)

58. Apply your understanding of Yoga, Vijnanamaya Kosha and Emotional Intelligence to : propose a personal development plan incorporating Yoga practices, mindfulness, and self-reflection to build inner strength and integrity.[CO4] (BTL, Create, HOT)
59. ‘Sarva Pantha Samman will help in developing a better society’. Is it a myth or reality. Discuss. [CO4] (BTL, Analyze, HOT)
60. Discuss the concept of Swadeshi and its implication in character building and personality development. [CO 4] (BTL, Analyze, HOT)

Summary Sheet:

CO Wise

CO	Q. No	Marks
CO1	1,2,3,4,5,6,7,8,9,10,31,32,33,34,35,36	46
CO2	11,12,13,14,37,38,39,40,41,42,43	46
CO3	15,16,17,18,19,20,21,22, 44,45,46,47,48,49	44
CO4	23,24,25,26,27,28,29,30,50,51,52,53,54,55,56,57,58,59,60	118
TOTAL MARKS		254

Unit Wise

Unit	Q. No	Marks
Unit 1	1,2,3,4,5,6,7,8,9,10,31,32,33,34,35,36	46
Unit 2	11,12,13,14,37,38,39,40,41,42,43	46
Unit 3	15,16,17,18,19,20,21,22,44,45,46,47,48,49	44
Unit 4	23,24,25,26,27,28,29,30,50,51,52,53,54,55,56,57,58,59,60	118
Total		254

Blooms Taxonomy Level (BTL) Wise

BTL	Q. No	Marks
LOT	1,2,3,4,5,6,7,8,9,10,11,12,13,14,18,19,23,24,25,28,30,31,32,35,39,40,41,43	63

BTL	Q. No	Marks
HOT	15,16,17,21,22,26,27,29,33,34,36,37,38,42,44,45,46,47,48,49,50,51,52,53, 54,55,56,57,58,59,60	190

Prepared by: Rashmi Raj

Disclaimer: - This is a Practice Set. The Question in End term examination will differ from the Practice set. This Practice set is meant for practice only.