



PRACTICE SET

End Semester (Semester III) Examination-FALL' 2025

Program: MCA

Semester: III

Subject: Character Building and Holistic Development of Personality III

Subject Code: 3CMVAC201

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: 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.

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 Vallabhbhai 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) , Sarvangasana. [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 Vallabhbbhai 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

BT L	Q. No	Mark s

BT L	Q. No	Mar ks

Prepared By- **RASHMI**

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.