

**National Institute of Open Schooling**  
**Secondary**  
**Lesson 26 – Nurturing the Whole being: an Indian Perspective**  
**Worksheet-26**

1. While "personality" is universally accepted in popular circles, the concept of personality has been approached by psychologists in different ways. Compare the difference between the layman and psychological understanding of the term 'Personality'.
2. Everybody is attracted towards an impressive "personality". Enlist at least two people you identify as an ideal personality. Discuss the personality traits that you admire in these people.
3. Khalid is very active when it comes to his duties and responsibilities, he makes sure that he finishes everything up on time and takes out time for recreation as well. Identify and explain the personality type of Khalid.
4. A person shows Tamasic personality trends in the majority of his/her lifetime. In your opinion, what will be the major characteristics of this person? Explain the advantages/disadvantages, if any, of Tamasic personality.
5. "People love this person and this person also loves and helps people."  
In the given statement, which personality type is being referred to? Support your answer with appropriate reasons. Explain the features of the identified personality type.
6. Taittiriya Upanishad talks about the five sheaths of our existence. Define the five sheaths and provide examples for each explaining their role in an individual's life.
7. The physiological systems of the body form the vital sheath. Discuss the importance of vital sheath in detail. Explain its relationship to the physiological system of the human body.
8. A friend of yours wants to work upon his/her personality. In your opinion, which model (Trigunas or Pancha koshas) will be more effective? Support your answer with appropriate reasons.
9. In your locality, a poster competition is being organized on "Healthy lifestyle practices -Indian perspective" by the RWA committee. Prepare a poster on "Ways to enhance the growth of Pancha koshas".