

**PRACTICE SET**

**End Semester Examination, Spring- 2026**

**Program: BPT**

**Semester: II**

**Subject: Character Building and Holistic Development of Personality I (Spiritual and Mental Health)**

**Subject Code: 23AVAC101**

<b>Course Outcomes</b>	<b>Description</b>
CO1	Develop a good understanding of Manomaya Kosha
CO2	Adapt the concept of Constructive Roles
CO3	Analyze the understanding of spiritual development
CO4	Correlate the importance of world as a family and enable them to develop Manamaya Kosha, Vijnanamaya Kosha, Anandamaya Kosha

**Very short answer questions: (Questions from All 4 units) {Total Questions : 10 } Total Marks : 10 Word limit of each answer : FIFTY WORDS**

**Section – I [Total Marks : 10]**

**Unit-1**

1. Define Character. Mention the constituent elements of character. CO1(Understand)
2. Explain the methods of character building. CO 1(Understand)
3. Define Panchkosha. Name the five Koshas. CO 1 (Remember)
4. Explain the concept of Panchakosha in brief. CO 1 (Understand)
5. Discuss the concept of Manomaya Kosha. CO 1 (Understand)
6. Briefly state the primary function of Manomaya Kosha in development of human personality. CO1 (Remember)
7. List the components of Manomaya Kosha. CO1 (Remember)

8. Describe how Manomaya Kosha influences thoughts and emotions. CO1 (Understand)
9. Explain the role of Manomaya Kosha in brief. CO 1 (Understand)
10. Explain how does Manomaya Kosha affect daily decision-making. CO1 (Understand)

### **Unit-2**

11. Define Vijnanamaya Kosha. CO 2 (Remember)
12. Identify the fourth kosha in the Panchkoshas system. CO 2 (Remember)
13. Explain the role of Vijnanamaya Kosha in brief. CO 2 (Understand)
14. Summarize the function of intellect in Vijnanamaya Kosha. CO 2 (Understand)
15. Describe the benefits of the development of Vijnanamaya Kosha. CO 2 (Understand)
16. Mention few characteristics of Vijnanamaya Kosha. CO 2 (Remember)
17. Discuss the deficiency happening due to underdeveloped Vijnanamaya Kosha. CO 2 (Understand)
18. Mention the activities related for the development of Vijnanamaya Kosha. CO 2 (Remember)
19. Describe how Vijnanamaya Kosha influences decision making. CO 2 (Remember)
20. Explain the significance of Vijnanamaya Kosha in the process of human personality development. CO 2 (Remember)

### **Unit-3**

21. Define Ananamaya Kosha. CO 3 (Remember)
22. Mention the Kosha which is known as bliss sheath. CO 3 (Remember)
23. Discuss the primary characteristics of Ananamaya Kosha. CO 3 (Understand)
24. Explain what type of experience is linked with Ananamaya Kosha. CO 3 (Understand)
25. Discuss how does Ananamaya Kosha influence overall well-being. CO 3 (Understand)
26. Explain how is Ananamaya Kosha different from other koshas (in brief). CO3 (Understand)
27. Explain how is Ananamaya Kosha related to spiritual experience. CO3 (Understand)
28. Mention the activities related for the development of Ananamaya Kosha. CO3 (Remember)
29. Explain how does Ananamaya Kosha differ from Annamaya Kosha. CO3 (Remember)

30. Describe how does Anandamaya Kosha integrate other Koshas for holistic development. CO3 (Understand)

#### **Unit-4**

31. Explain what do you understand by moral and spiritual development. CO4 (Understand)
32. Mention the names of the great Indian personalities who are categorized under social and national awakening. CO4 (Remember)
33. Mention the contribution of Annie Besant for human development in India. CO4 (Remember)
34. Mention the names of the Seekers of Self-Reliant India and their contribution towards society. CO4 (Remember)
35. Mention the names of the leading scientists of India and discuss their contributions for nation. CO4 (Remember)
36. Discuss few characteristics of Dr. Rajendra Prasad in the context of nation building. CO4 (Remember)
37. Mention the names of the women leaders of India who have contributed for national awakening. CO4 (Remember)
38. Discuss the contribution of Verghese Kurian for society. CO4 (Remember)
39. Discuss the characteristics of Mahatma Gandhi and his contribution towards nation building in the process of holistic development of personality. CO4 (Remember)
40. Mention the sacrifices of Bhagat Singh towards nation. CO4 (Remember)

**Short Answer (From first three Units){ 6 out of 9 Questions to be attempted of 03 MARKS each} Total Marks : 18( Two questions to be attempted from each section} Word Limit for Each Answer : 150 WORDS**

#### **Section-II (18 Marks) [6\*3]**

##### **Unit -I**

41. "Holistic Development involves the integration of body, mind and spirit". Discuss this statement with suitable examples from your personal or professional life. CO 1 (Analyze)
42. Evaluate the role of Annamaya Kosha in physical development. CO 1(Evaluate)

43. Define Personality. Analyze the determinants of an individual's personality. CO1 (Analyze)
44. Describe the components of Manomaya Kosha in the context of the Panchkosha model. CO1 (Analyze)
45. Explain the connection with Manomaya Kosha and stress management. CO1 (Analyze)
46. Explain the role of meditation in strengthening Manomaya Kosha. CO1 (Analyze)

### **Unit -2**

47. Define Vijnanamaya Kosha. Explain its significance in Panchakosha framework. CO2 (Analyze)
48. Analyze the relationship between knowledge (Jnana) and Vijnanamaya Kosha. CO2 (Analyze)
49. Discuss the connection between Vijnanamaya Kosha and ethical values. CO 2 (Evaluate)
50. Evaluate the relationship between Vijnanamaya Kosha and higher consciousness. CO 2 (Evaluate)
51. Explain the importance of Vijnanamaya Kosha in personality development. CO 2 (Analyze)
52. Explain how can education and learning strengthen Vijnanamaya Kosha. CO 2 (Analyze)

### **Unit -3**

53. Discuss the relationship between Anandamaya Kosha and happiness. CO 2 (Analyze)
54. Explain the connection between Anandamaya Kosha and the concept of the true self. (Atman) CO 2 (Analyze)
55. Explain the importance of spiritual practices in realizing Anandamaya Kosha. CO3 (Analyze)
56. Analyze how Anandamaya kosha differs from the other four koshas. CO3 (Analyze)
57. Differentiate between Vijnanamaya Kosha and Anandamaya kosha. CO3 (Analyze)
58. Discuss the role of Anandamaya Kosha in achieving inner peace. CO3 (Analyze)

**Short Answer (From first three Units){ 2 out of 4 Questions to be attempted of 04 MARKS each} Total Marks : 8( Two questions to be attempted from any section} Word Limit for Each Answer : 200 WORDS**

**Section-III (08 Marks) [2\*4]**

### Unit -I

59. **Explain the interrelationship between character building and personality development. CO1 (Evaluate)**
60. **Explain the concept of Holistic Personality Development through the Panchkosha model. CO1(Evaluate)**
61. **“Technology without character leads to imbalance”. Analyze the given statement in the context of health science (Physiotherapy) education. CO1(Analyze)**
62. Assess the importance of mental discipline in maintaining balance in Manomaya kosha. CO 1(Analyze)
63. Justify the statement “Control of mind is essential for overall well-being” with reference to Manomaya Kosha. CO 1(Analyze)
64. Analyze how Manomaya Kosha acts as a bridge between the physical body and higher intellect. CO 1(Analyze)

### Unit -2

65. Evaluate how the development of VIVEKA (discriminative intelligence) strengthens Vijnanamaya Kosha. CO 2(Evaluate)
66. “Right knowledge leads to right action”. Evaluate the given statement in the context of Vijnanamaya Kosha. CO 2(Evaluate)
67. Assess the effectiveness of yogic and meditative practices in developing Vijnanamaya Kosha. CO 2(Evaluate)
68. Discuss the importance of self-reflection in enhancing Vijnanamaya Kosha. CO 2(Evaluate)
69. Analyze how Vijnanamaya Kosha contributes to rational thinking in modern society.
70. Examine the role of BUDDHI (intellect) in regulating the activities of the mind through Vijnanamaya Kosha. CO 2(Evaluate)

### Unit -3

71. Analyze the role of Anandamaya Kosha in achieving lasting happiness beyond material pleasure. CO 3(Analyze)
72. Assess the statement “True bliss is independent of external circumstances” with reference to Anandamaya Kosha. CO 3(Analyze)
73. Discuss the role of meditation and inner awareness in experiencing Anandamaya Kosha. CO 3(Analyze)
74. Assess the role of Anandamaya Kosha in holistic personality development. CO 3(Analyze)

Assess the statement “Anandamaya Kosha represents the ultimate goal of human existence”. CO 3(Analyze)

75. Analyze how Anandamaya Kosha differs from temporary emotional happiness experienced through Manomaya kosha. CO 3(Analyze)

76. ‘A person engaged in selfless service (SEVA) reports deep inner satisfaction’. Explain the experience through Anandamaya Kosha. CO 3(Analyze)

**Essay Writing (only from Unit 4){02 out of 04 Questions to be attempted of 07 MARKS each}  
Total Marks : 14 Word Limit for Each Answer : 300 WO RDS**

**Section-III (14 Marks) (2\*7)**

77. Discuss the contribution of Mahatma Gandhi towards human development, social reform and nation building. Relate how does his principles influence personality development. CO 4 (Analyze)

78. Analyze the role of Dr. Rajendra Prasad in shaping independent India. Evaluate his contribution to society and its relevance for personality development. CO 4 (Analyze)

79. Examine the role of Birsa Munda in tribal upliftment. Analyze his impact on society and nation building. CO 4 (Analyze)

80. Examine the contribution of Rani Lakshmi Bai in the Indian freedom struggle. How does her life inspire courage and leadership in personality development? CO 4 (Evaluate)

81. Examine the contribution of Dr. A.P.J Abdul Kalam in nation building and youth development. How does his life serve as a model for personality development. CO 4 (Evaluate)

82. Evaluate the statement “Great personalities shape not only history but also individual character”. Justify the given statement with suitable examples of great Indian leaders. CO 4 (Evaluate)

**Summary Sheet:****CO Wise**

<b>CO</b>	<b>Q. No</b>	<b>Marks</b>
CO1	1,2,3,4,5,6,7,8,9,10,41,42,43,44,45,46,59,60,61,62,63,64	52
CO2	11,12,13,14,15,16,17,18,19,20,47,48,49,50,51,52,65,66,67,68,69,70	52
CO3	21,22,23,24,25,26,27,28,29,30,53,54,55,56,57,58,71,72,73,74,75,76	52
CO4	31,32,33,34,35,36,37,38,39,40,77,78,79,80,81,82	52
<b>Total</b>		<b>208</b>

**Unit Wise**

<b>Unit</b>	<b>Q. No</b>	<b>Marks</b>
Unit 1	1,2,3,4,5,6,7,8,9,10,41,42,43,44,45,46,59,60,61,62,63,64	52
Unit 2	11,12,13,14,15,16,17,18,19,20,47,48,49,50,51,52,65,66,67,68,69,70	52
Unit 3	21,22,23,24,25,26,27,28,29,30,53,54,55,56,57,58,71,72,73,74,75,76	52
Unit 4	31,32,33,34,35,36,37,38,39,40,77,78,79,80,81,82	52
<b>Total</b>		<b>208</b>

**Blooms Taxonomy Level (BTL) Wise**

<b>BTL</b>	<b>Q. No</b>	<b>Marks</b>
LOT	1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40	40
HOT	41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82	168
<b>Total</b>		<b>208</b>

**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.