



PRACTICE SET

End Semester (Semester I) Examination-FALL, 2025

Program: MCA

Semester: I

Subject: Character Building and Holistic Development of Personality 1

Subject Code: 3CMVAC101

Course Outcome:

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

CO 1: Develop a good understanding of spiritual and mental health.

CO2: Analyze the concept of behavioral aspect of an individual.

CO3: Correlate the importance of yoga in one's life.

CO4: Enable to become self-reliant and behavioral aspect.

Very short answer questions: (Questions from All 4 units) {10 out of 12 Questions to be attempted of 01 MARKS each} Total Marks : 10

Section – I [Total Marks : 10]

Unit-1

1. Define the term Character Building. [CO1] (BTL, Remember, LOT)
2. Explain the concept of Holistic Development of Personality with suitable examples. [CO1] (BTL Understand, LOT)
3. State the relevance of character building in managerial success. [CO1] (BTL Understand, LOT)
4. Explain the term Personality. [CO1] (BTL, Understand, LOT)
5. Mention five fundamental sheath of Panchkosha. [CO1] (BTL, Remember, LOT)

6. Explain the importance of Annamaya Kosha in the creation of a healthy, strong, vigorous, tolerant, elastic and elegant body. [CO1] (BTL, Understand, LOT)
7. Describe the Panchkosha model and highlight its significance in personality development. [CO1] (BTL, Remember, LOT)
8. Identify and discuss key values and ethics that contribute to a strong character [CO1] (BTL, Understand, LOT)
9. Define Annamaya Kosha and illustrate how it influences physical and professional performance. [CO1] (BTL, Understand, LOT)
10. Explain the concept of moral values. [CO1] (BTL, Remember, 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. Define the term Moral Spiritual Development. [CO2] (BTL, Understand, LOT)
13. Explain few major traits of Mahatma Buddha. [CO2] (BTL, Remember, LOT)
14. Maharishi Valmiki 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.' Discuss. [CO3] (BTL, Evaluate, HOT)
17. Describe Asanas and types of Asanas in standing position. [CO3] (BTL, Evaluate, HOT)
18. State the importance of Pranayama. [CO3] (BTL, Remember LOT)
19. Explain: (a) Gyana Mudra (b) Vaayu Mudra. [CO3] (BTL, Remember, LOT)
20. Evaluate the importance of deep breathing (Anuloma-Viloma) in our daily life. [CO3] (BTL, Evaluate, HOT)
21. 'Yoga can improve decision-making ability in manager'. Is it a myth or reality. [CO3] (BTL, Analyze, HOT)
22. Is Yoga a religion. Discuss. [CO3] (BTL Evaluate, HOT)

Unit-4

23. Explain the concept of Intellectual – Emotional Development. [CO4] (BTL, Understand, LOT)
24. Describe the term Self-Reliance. [CO4] (BTL, Remember, LOT)
25. Discuss Nishkama Karma Yoga. [CO4] (BTL, Understand, LOT)
26. Analyze the importance of emotional intelligence in developing a holistic personality. [CO4] (BTL, Analyze, HOT)
27. Evaluate the concept of self-discipline and its relevance in leadership. [CO4] (BTL, Evaluate, HOT)

28. Describe the role of ethics and values in shaping an individual's character. [CO4] (BTL, Understand, LOT)
29. Evaluate the importance of forming GOAL in an individual's life. [CO4] (BTL, Evaluate HOT)
30. Describe the impact of communication skills and interpersonal relationships on character building. [CO4] (BTL, Understand, LOT)

Short Answer (From first three Units){ 6 out of 9 Questions to be attempted of 05 MARKS each} Total Marks : 30

Section-II (30 Marks)

Unit-I

31. "Holistic Development involves the integration of body, mind and spirit". Discuss this statement with suitable examples from your personal or professional life. [CO1] (BTL, Understand, LOT)
32. Explain the Mano Maya Kosha [CO1] (BTL, Remember, LOT)
33. Evaluate the role of Pranayama in maintaining mental health. [CO1] (BTL, Evaluate, HOT)
34. Evaluate the relationship between body, mind and soul in Yogic philosophy. [CO1] {Unit 1} (BTL HOT)
35. Describe the importance of physical education. [CO1] (BTL, Understand, LOT)
36. You are newly appointed manager in an organization facing ethical challenges. Analyze how your character and personal values guide your decisions. [CO1] (BTL, Analyze, HOT)

Unit - II

37. 'Character building can transform an individual's Life'. Evaluate the given statement. [CO2] (BTL, Evaluate, HOT)
38. Mention the kosha which is called universal consciousness and discuss its importance. [CO2] (BTL, Analyze, HOT)
39. Describe the role of moral and spiritual development in building a balanced personality. [CO2] (BTL, Understand, LOT)
40. Discuss the contribution of Mahatma Gandhi in the context of development of Indian society. [CO2] (BTL, Remember, LOT)
41. Describe the contribution of Sant Ravidas in the process of character building and personality development. [CO2] (BTL, Remember, LOT)
42. Analyze the contribution of Maharishi Valmiki. [CO2] (BTL, Analyze, HOT)
43. Explain the role of M.K Gandhi in freedom struggle. [CO2] (BTL, Remember, LOT)

Unit- III

44. 'Asanas help in physical health and mental health'. Is it a myth or reality. Analyze the given statement. [CO3] (BTL, Analyze, 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. Evaluate the role of Asanas, Pranayama and Hast Mudra in our body and mind. [CO3] {Unit 3} (BTL, Analyze, HOT)
47. 'Regular practice of Yoga enhances productivity and emotional intelligence in managers.' Analyze the given statement with suitable examples. [CO 3] (BTL, Analyze, HOT)
48. 'Yoga is not just a physical exercise but a holistic discipline.' Justify this statement with suitable arguments. [CO3]} (BTL, Evaluate, HOT)
49. Analyze how a daily Yoga routine can improve concentration, team performance and conflict management among Post Graduate Students. [CO 3] (BTL, Analyze, HOT)

Essay Writing (only from Unit 4){01 out of 03 Questions to be attempted of 10 MARKS each}
Total Marks : 10

Section-III (10 Marks)

50. Explain intellectual development. Analyze the importance of learning in collaboration with adults and peers. What are the implications for education? [CO4] (BTL, Analyze, HOT)
51. Can cognitive development be trained? Evaluate. [CO4] (BTL, Evaluate, HOT)
52. Analyze the importance of emotional intelligence in developing a holistic personality. [CO4] (BTL, Analyze, HOT)
53. Discuss the relationship between bhakti yoga, karma yoga and jnana yoga. (BTL, Analyze, HOT)
54. "The balance between emotional and intellectual intelligence determines professional success". Critically evaluate this statement using examples from corporate leaders. [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. Analyze. [CO4] (BTL, Analyze, HOT)
57. Evaluate how training and organizational culture can foster both emotional and intellectual development among employees. Suggest initiatives that business schools and corporates can adopt to nurture these abilities. [CO4] (BTL, Create, HOT)
58. Reflect on your own emotional and intellectual growth during your studies at JRU. Identify areas of strength and areas for further development. [CO4] (BTL, Create, HOT)
59. Define emotional intelligence and discuss its key components. How does it differ from intellectual intelligence in the context of managerial effectiveness? [CO4] (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	108
	TOTAL MARKS	244

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	108
	Total	244

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.