



# **JHARKHAND Rai University**

RANCHI

## **Practice Set**

**End Semester Examination, Spring- 2026**

**Program: BALLB**

**Semester-II**

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

**Subject Code: 24VAC171**

### **Course Outcome:**

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

CO1: Develop a good understanding of intellectual development

CO2: Adapt the concept of constructive roles.

CO3: Analyze the understanding of spiritual and holistic development.

CO4: Correlate the importance of world as a family and enable them to intellectual and holistic development

### **Very short answer question (Words limit: 50 words)**

#### **Section – I (01 Marks each question)**

#### **Unit-1**

1. Discuss the term Character. [CO1, Remember] [BTL-LOT]
2. Explain the meaning of Holistic. [CO2,Analyse] [BTL-HOT]
3. Discuss the term Kosha. [CO2,Remember] [BTL-LOT]
4. Discuss the element and concept of character building. [CO1, Understand] [BTL-LOT]
5. Examine the importance of holistic development of a character. [CO3,Evaluate] [BTL-HOT]

#### **Unit-2**

6. Discuss the basic concept of Vijnamaya Kosha.[CO3, Analyse] [BTL-HOT]
7. Illustrate the five layers of Kosha?[CO2,Understand] [BTL-LOT]
8. Define what is Personality [CO4,Remember] [BTL-LOT]
9. Discuss what you understand about Pancha Kosha? [CO1, Understand] [BTL-LOT]

#### **Unit-3**

10. Discuss the word personality? [CO3,Remember] [BTL-LOT]
11. Define the term Prana ?[CO3,Understand] [BTL-LOT]
12. Which are the three bodies? [CO3,Remember] [BTL-LOT]

#### **Unit-4**

13. Discuss the three Rules of Chanakya? [CO4,Understand] [BTL-LOT]
14. Who is Birsa Munda? [CO4,Remember] [BTL-LOT]
15. Discuss the Bhoodan Andolan. [CO4,Evaluate] [BTL-HOT]
16. Who is known as the missile man of India ?[CO4,Understand] [BTL-LOT]
17. Write about M.S Swami Nathan?[CO4,Understand] [BTL-LOT]
18. Who was the father of the Green Revolution? [CO4,Remember] [BTL-LOT]

#### **Short Answer (word limit: 150 words)**

##### **Section-II (3 marks each question)**

#### **Unit-I**

19. Elaborate the components of Holistic Development [CO1,Create] [BTL-HOT]
20. Explain the Manomaya Kosha? [CO2,Analyse] [BTL-HOT]
21. Discuss the concept of Panch Koshas? [CO1,Understand] [BTL-LOT]
22. Define Annamaya Kosha [CO3,Remember] [BTL-LOT]
23. Define the benefits of Vijnamaya kosha? [CO2,Evaluate] [BTL-HOT]

#### **Unit - II**

24. How Vijnamaya Kosha Transforms Our Lives? [CO3,Evaluate] [BTL-HOT]
25. Which kosha is called universal consciousness? [CO3,Apply] [BTL-LOT]
26. Define the source of Panch Kosha? [CO1,Understand] [BTL-LOT]
27. Explain Anandmaya kosha as a state of bliss [CO3,Analyse] [BTL-HOT]
28. How to activate Anandmaya Kosha? [CO3,Evaluate][BTL-HOT]

#### **Unit- III**

29. Discuss the Anandmaya Kosha role in developing personality? [CO2,Apply] [BTL-LOT]
30. Which kosha is the deepest level of the soul?[CO3, Analyse] [BTL-HOT]
31. Which kosha is related to the chakras and Nadis?[CO3,Evaluate] [BTL-HOT]

#### **Short Answer (word limit: 200 words)**

##### **Section-III (2 Marks each question)**

#### **Unit-I**

32. Describe the Indian concept of Personality? [CO3, Apply] [BTL-LOT]
33. Explain Panch Kosha in detail. [CO1, Evaluate] [BTL-HOT]
34. Elaborate the components of Holistic Development. [CO3, Create] [BTL-HOT]
35. Explain in brief elements and pillars of character building. [ CO1Apply] [BTL-LOT]

#### **Unit - II**

36. Explain the contribution of Manomaya Kosha in developing Anandmaya Kosha.  
[CO3, Create] [BTL-HOT]
37. Explain the four functions of intellectual cognitive development?  
[CO2, Understand] [BTL-LOT]
38. Write down the main stages of cognitive development?[CO1,Remember] [BTL-LOT]

39. Discuss the fourfold conscience of Manomaya kosha?[ CO1,Apply][BTL-LOT]

### Unit-III

40. State the factors promoting the growth of Vijnanamaya kosha?[CO3,Evaluate] [BTL-HOT]

41. Write about the aspects of Personality Development? [CO3, Analyse] [BTL-HOT]

42. Elaborately discuss the problems that may arise due to an underdeveloped Vijnanamaya Kosha . [CO3, Evaluate] [BTL-LOT]

### Short Essay Writing (Word Limit: 300) Section-IV (7 Marks each question)

43. Identify the contribution of Acharya Shusruta as a leading scientist of India.

[CO4, Apply] [BTL-LOT]

44. Discuss why APJ Abdul Kalam is famous? Explain the five inventions of Kalam.

[CO4, Evaluate] [BTL-HOT]

45. Explain the role of M.K Gandhi in freedom struggle [CO4,Analyse] [BTL-HOT]

46. Write a short essay on Annie Besant's Contributions in Indian Freedom Struggle.

[CO4, Create] [BTL-HOT]

47. Prepare a Character sketch on Birsa Munda [CO4, Create] [BTL-HOT]

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### Summary Sheet: CO Wise

CO	Q. No	Marks
CO1	1,4,9,21,26,33,38,39	15
CO2	2,3,7,20,23,29,37	14
CO3	5,6,10,11,12,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42	35
CO4	13,14,15,16,17,18,43,44,45,46,47	40
	<b>TOTAL MARKS</b>	<b>104</b>

**Unit Wise**

<b>Unit</b>	<b>Q. No</b>	<b>Marks</b>
Unit 1	1,2,3,4,5,19,20,21,22,23,32,33,34,35	28
Unit 2	6,7,8,9,24,25,26,27,28,36,37,38,39	30
Unit 3	10,11,12,29,30,31,40,41,42	18
Unit 4	13,14,15,16,17,18,43,44,45,46,47	28
<b>Total</b>		<b>104</b>

**Blooms Taxonomy Level (BTL) Wise**

<b>BTL</b>	<b>Q. No</b>	<b>Marks</b>
LOT	1,,3,4,7,8,9,10,13,14,16,17,18, 21,22,25,26,27,28,30,,32,35,37,38,39,42,43	38
HOT	2,5,6,15,19,20,23,24,27,28, 30,31,33,34,35,36,40,41,43,44,45,46,47	66
<b>Total</b>		<b>104</b>

**Prepared By- Ms. Priyanka Kumari**

**Moderated By:- Dr. Razia Syed**

**Disclaimer:** - This is a Model Paper. The Question in End term examination may differ from the Model Paper. This Model paper is meant for practice only.