



## **PRACTICE SET**

**End Semester (Semester V) Examination-FALL, 2025**

**Program: B.Tech**

**Semester: V**

**Subject: Character Building and Holistic Development Of Personality III**

**Subject Code: 3VAC101**

### **Course Outcome:**

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

**CO 1:** Students will understand the importance of Indian cultural values.

**CO2:** Students will learn to adapt, protect and preserve values and ethics.

**CO3:** Students will become responsible citizens committed to serving humanity.

**CO4:** Students will develop their personality holistically and in a balanced manner.

**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 the term Personality. [CO1] (BTL, Remember, LOT)
2. Explain the concept of Personality Development with suitable examples. [CO1] (BTL Understand, LOT)

3. Explain the concept of Panchkosha as described in the Taittiriya Upanishad and its its relevance to holistic personality development. [CO1] (BTL Understand, LOT)
4. Describe how Annamaya Kosha and Pranamaya Kosha contribute to the physical and vital aspects of 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. Discuss the relationship between Manomaya Kosha and emotional intelligence in building character. [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. Summarize the significance of Anandamaya Kosha in achieving inner peace and self-actualization. [CO1] (BTL, Remember, LOT)

## **Unit-2**

11. Define the term values and explain how personal values influence an individual's mental and emotional development. [CO 2] (BTL, Remember, LOT)
12. Define the term Moral Emotional Development. [CO2] (BTL, Understand, LOT)
13. Describe the role of family in shaping an individual's emotional stability and value system. [CO2] (BTL, Remember, LOT)
14. Identify key values that help individuals cope with stress and maintain mental well-being. [CO2] (BTL, Remember, LOT)
15. Explain the concept of non-possession (Aparigraha) and illustrate how it supports inner peace and balanced living for an individual. [CO2] (BTL, Remember, LOT)
16. Explain how self-study (Swadhyaya) promotes continuous learning and self-improvement in a technology-driven environment. [CO2] (BTL, Understand, LOT)
17. Define respectful salutation and explain how it reflects gratitude and humility within the family system. [CO2] (BTL, Understand, LOT)
18. Explain the value of serving parents (Matri Devo Bhava, Pitru Devo Bhava) and its impact on moral and emotional development. [CO2] (BTL, Understand, LOT)
19. Explain how worship as a family activity strengthens unity, shared values and spiritual growth. [CO2] (BTL, Understand, LOT)
20. Discuss how good behaviour within the family sets the foundation for ethical social conduct. [CO2] (BTL, Understand, LOT)

### Unit-3

21. Explain the duties of citizens as outlined in the Indian Constitution and analyze their relevance in nation-building. [CO3] (BTL, Understand, LOT)
22. Define discipline in the context of Indian culture. [CO3] (BTL, Understand, LOT)
23. Describe the concept of social responsibility and illustrate how it reflects the spirit of collective well-being in Indian traditions. [CO3] (BTL, Understand, LOT)
24. Discuss the importance of being soft-spoken as a reflection of humility and respect in interpersonal communication. [CO3] (BTL, Remember LOT)
25. Explain the importance of keeping good company. [CO3] (BTL, Remember, LOT)
26. Explain the constitutional values of dignity of an individual and discuss how it upholds human rights and equality. [CO3] (BTL, Remember, LOT)
27. Define fundamental duties and illustrate their importance in strengthening the moral civic foundation of Indian democracy. [CO3] (BTL, Understand, LOT)
28. Explain how democracy in India reflects both political freedom and moral responsibility. [CO3] (BTL, Remember, LOT)
29. Discuss the significance of Sarva Pantha Samman (respect for all faiths) as a constitutional and cultural value promoting national unity. [CO3] (BTL, Understand, LOT)
30. Explain the importance of adopting a scientific approach as emphasized by the Constitution in promoting rational and progressive thinking. [CO3] (BTL, Understand, LOT)

### Unit-4

31. Explain the importance of practicing values. [CO4] (BTL, Understand, LOT)
32. Define national integrity and explain its importance in preserving India's unity. [CO4] (BTL, Remember, LOT)
33. Describe the principles of Swadeshi and illustrate how it promotes self-reliance. [CO4] (BTL, Understand, LOT)
34. Discuss the importance of emotional intelligence in developing a holistic personality. [CO4] (BTL, Understand, LOT)
35. Explain patriotism as a moral and emotional value. [CO4] (BTL, Understand, LOT)
36. Describe the role of ethics and values in shaping an individual's character. [CO4] (BTL, Understand, LOT)
37. Explain the Indian cultural view of equality. [CO4] (BTL, Understand, LOT)
38. Describe the role of spirituality in balancing material progress with moral and emotional well-being. [CO4] (BTL, Understand, LOT)
39. Discuss the importance of mother tongue in preserving cultural identity. [CO4] (BTL, Understand, LOT)
40. Describe Vasudhaiva Kutumbakam and Swavalamban/ Self-Reliance [CO4] (BTL, Understand, LOT)

**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. [CO1] (BTL, Analyze HOT)
42. Define Personality. Analyze any four key traits of a well-developed personality. [CO1] (BTL, Analyze, HOT)
43. Evaluate the role of Pranayama in maintaining mental health. [CO1] (BTL, Evaluate, HOT)
44. Evaluate the role of Annamaya Kosha in physical development. [CO1] (BTL Evaluate, HOT)
45. Analyze the determinants of an individual’s personality. [CO1] (BTL, Analyze, HOT)
46. Analyze the importance of positive thinking in personality transformation. [CO1] (BTL, Analyze, HOT)
47. Explain the five layers of the Panchakosha and their relevance to modern personality development. [CO 1] (BTL, Evaluate, HOT)
48. Identify how Pranamaya Kosha supports life energy. [CO 1] (BTL, Evaluate, HOT)

**Unit - II**

49. ‘Character building can transform an individual’s Life’. Evaluate the given statement. [CO2] (BTL, Evaluate, HOT)
50. State how emotional self- regulation contributes to holistic personality development. [CO2] (BTL, Analyze, HOT)
51. Analyze the role of moral and spiritual development in building a balanced personality. [CO2] (BTL, Analyze, HOT)
52. Discuss the contribution of Mahatma Gandhi in the context of development of Indian society. [CO2] (BTL, Remember, LOT)
53. Evaluate the role of silence in enhancing emotional resilience. [CO2] (BTL, Evaluate, HOT)
54. Define Mental and emotional development and analyze how enthusiasm influences learning. [CO2] (BTL, Analyze, HOT)

55. Analyze how values in the family context (obedience, contentment, hospitality) translate into professional ethics. [CO2] (BTL, Evaluate, HOT)

### **Unit- III**

56. Analyze how discipline contributes to academic and professional success. [CO3] (BTL, Analyze, HOT)
57. Define the value of Satya (truth) and state its importance in personal and professional life. [CO3] (BTL, Analyze, HOT)
58. Analyze the impact of Indian values like truth, discipline and respect on modern workplace ethics. [CO3] (BTL, Analyze, HOT)
59. Illustrate the role of equality in eliminating discrimination and promoting social harmony. [CO 3] (BTL, Analyze, HOT)
60. Compare the values promoted by the Constitution with traditional Indian values like truth, duty and non-violence. [CO3] (BTL, Evaluate, HOT)

**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**

61. Explain the interrelationship between character building and personality development. [CO1] (BTL, Evaluate, HOT)
62. Explain the concept of Holistic Personality Development through the Panchkosha model. [CO1] (BTL, Evaluate, HOT)
63. “Technology without character leads to imbalance”. Analyze the given statement in the context of Engineering education. [CO1] (BTL, Analyze, HOT)
64. Explain the journey from Annamaya Kosha to Anandamaya Kosha as a process of self-realization and personal growth. [CO1] (BTL, Analyze, HOT)

#### **Unit -II**

65. Design a one-week self-development plan that incorporates enthusiasm, silence and consideration for a balanced emotional life. [CO2 ] (BTL, Create, HOT)

66. Critically analyze how neglecting family values can affect an individual's mental, emotional and social development. . [CO2 ] (BTL, Analyze, HOT)
67. Analyze the significance of hospitality in creating a positive family and community environment. [CO 2] (BTL, Analyze, HOT)
68. Critically examine how emotional intelligence, guided by values like consideration and patience can influence career success. [CO2] (BTL, Analyze, HOT)

### Unit -III

69. Compare Ahimsa and Satya in terms of personal development and societal impact. [CO3] (BTL, Analyze, HOT)
70. Design a daily routine or action plan that incorporates at least five Indian values for a student or professional. [CO3] (BTL, Create, HOT)
71. Justify why values such as selflessness, duty and respect are essential for creating a harmonious society. [CO3] (BTL, Evaluate, HOT)
72. Evaluate how adherence to constitutional values contributes to holistic personality development. [CO3] (BTL, Evaluate, HOT)

**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 WORDS**

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

73. Illustrate how Indian value systems like Seva (service) and Dharma (Duty) shape moral characters. [CO4] (BTL, Analyze, HOT)
74. Analyze how global values such as sustainability and universal brotherhood reflect the Indian worldview of Vasudhaiva Kutumbakam ( "The World is One family") [CO4] (BTL, Evaluate, HOT)
75. Analyze the importance of emotional intelligence in developing a holistic personality. [CO4] (BTL, Analyze, HOT)
76. Explain the relationship between Indian cultural values and ethical living in contemporary society. (BTL, Analyze, HOT)
77. "The balance between emotional and intellectual intelligence determines professional success". Critically evaluate this statement using examples from corporate leaders. [CO4] (BTL, Evaluate, HOT)
78. Compare traditional Indian ethical practices with modern global ethical frameworks in professional life. [CO4] (BTL, Analyze, HOT)
79. 'Ethical, moral values help a person to become a better individual.' Is it a myth or reality? Analyze. [CO4] (BTL, Analyze, HOT)

80. Reflect on your own emotional and intellectual growth during your studies at JRU. Identify areas of strength and areas for further development. [CO4] (BTL, Analyze, HOT)

**Summary Sheet:**

**CO Wise**

<b>CO</b>	<b>Q. No</b>	<b>Marks</b>
CO1	1,2,3,4,5,6,7,8,9,10,41,42,43,44,45,46,47,48,61,62,63,64	50
CO2	11,12,13,14,15,16,17,18,19,20,49,50,51,52,53,54,55,65,66,67,68	47
CO3	21,22,23,24,25,26,27,28,29,30,56,57,58,59,60,69,70,71,72	41
CO4	31,32,33,34,35,26,37,38,39,40,73,74,75,76,77,78,79,80	66
	<b>TOTAL MARKS</b>	<b>204</b>

**Unit Wise**

<b>Unit</b>	<b>Q. No</b>	<b>Marks</b>
Unit 1	1,2,3,4,5,6,7,8,9,10,41,42,43,44,45,46,47,48,61,62,63,64	50
Unit 2	11,12,13,14,15,16,17,18,19,20,49,50,51,52,53,54,55,65,66,67,68	47

Unit 3	21,22,23,24,25,26,27,28,29,30,56,57,58,59,60,69,70,71,72	41
Unit 4	31,32,33,34,35,26,37,38,39,40,73,74,75,76,77,78,79,80	66
<b>Total</b>		<b>204</b>

### Blooms Taxonomy Level (BTL) Wise

<b>B T L</b>	<b>Q. No</b>	<b>Ma rks</b>

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Prepared By- **RASHMI**

<p><b>Disclaimer:</b> -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.</p>
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