

Practice Set
End Semester Examination, Spring-2026

Program: B.Tech MiE

Semester: II

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

Subject code: 8VAC101

Course Outcomes	Description
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

Course Outcome:

Very short answer question: (Questions from All 4 units) words limit: 50 words

Section – I (10 Marks)

(01 Marks each question)

Unit-1

1. What is do you understand by ‘Character’? [CO1, Remember] [BTL-LOT]
2. Describe the meaning of Holistic in simple words. [CO2,Remember] [BTL-LOT]
3. What is the meaning of the term ‘Kosha’? [CO2,Remember] [BTL-LOT]
4. State two elements important for character building. [CO1, Understand] [BTL-LOT]
5. In which chapter of the Upanishad do we find the theory of Panch Kosha? [CO3, Remember] [BTL-LOT]

Unit-2

6. Describe the basic concept of Vijnamaya Kosha. [CO3, Discuss] [BTL-LOT]
7. Name the five layers of Kosha. [CO2, Understand] [BTL-LOT]
8. What do you understand by Pancha Kosha? [CO1, Understand] [BTL-LOT]

Unit-3

9. Discuss the word personality? [CO3, Remember] [BTL-LOT]
10. Which kosha is responsible for developing the Cognitive intellect? [CO3, Remember] [BTL-LOT]
11. What does the word 'Prana' means? [CO3, Understand] [BTL-LOT]
12. Which kosha is related to the development of cognition? [CO3, Remember] [BTL-LOT]

Unit-4

13. Who was the 11th President of India? [CO4, Understand] [BTL-LOT]
14. Who was Birsa Munda? [CO4, Remember] [BTL-LOT]
15. Who started the Bhoodan Andolan? [CO4, Discuss] [BTL-LOT]
16. Who is known as the missile man of India? [CO4, Remember] [BTL-LOT]
17. Who was the father of Green Revolution in India? [CO4, Remember] [BTL-LOT]

Section-II (18 Marks) 6/9 questions to be attempted

3 marks each question

Short Answer (from first three Units) word limit: 150 words

Unit-I

18. State the components of Holistic Development [CO1, Remember] [BTL-HOT]
19. Explain the concept of Manomaya Kosha in brief? [CO2, Understand] [BTL-LOT]
20. Which kosha is the outer most layer of human conscience? Why? [CO1, Understand] [BTL-LOT]
21. Define Annamaya Kosha. [CO3, Remember] [BTL-LOT]
22. Define the benefits of having a developed Vijnamaya kosha? [CO2, Remember] [BTL-LOT]

Unit - II

23. How can developed Vijnamaya Kosha transform our lives? [CO3, Understand] [BTL-LOT]
24. Which kosha is called as the kosha of universal consciousness? [CO3, Remember] [BTL-LOT]
25. What is the source of Panch Kosha? [CO1, Understand] [BTL-LOT]
26. Explain Anandmaya kosha as a state of bliss [CO3, Analyse] [BTL-LOT]
27. Explains the ways to activate Anandmaya Kosha? [CO3, Understand] [BTL-LOT]

Unit- III

28. What is the Anandmaya Kosha role in developing personality? [CO2, Apply] [BTL-LOT]
29. Which kosha is the deepest level of the soul? Why? [CO3, Remember] [BTL-LOT]

Short Answer (from first three Units) word limit: 200 words

Section-III (8 Marks) (2/4 questions to be attempted)

2 Marks each question.

Unit-I

30. Describe the Indian concept of Personality? [CO3, Apply] [BTL-LOT]
 31. Discuss the components of Holistic Development. [CO3, Understand] [BTL-LOT]
 32. Explain in brief elements and pillars of character building. [CO1, Understand] [BTL-LOT]

Unit - II

33. Explain the contribution of Manomaya Kosha in developing Anandmaya Kosha.
 [CO3, Understand] [BTL-LOT]
 34. What are the four functions of intellectual cognitive development?
 [CO2, Understand] [BTL-LOT]
 35. What are the main stages of cognitive development?[CO1,Remember] [BTL-LOT]

Unit-III

36. State the factors promoting the growth of Vijnanamaya kosha?[CO3, Remember] [BTL-LOT]
 37. State the aspects of Personality Development? [CO3, Remember] [BTL-LOT]
 38. Elaborately discuss the problems that may arise due to an underdeveloped Vijnanamaya Kosha . [CO3, Evaluate] [BTL-LOT]

Short Essay Writing [Questions only Unit 4] Word Limit: 300

Section-IV (14 Marks) 2/4 questions to be attempted

7 Marks each question.

39. Identify the contribution of APJ Abdul kalam as leading scientist of India.
 [CO4, Analyse] [BTL-HOT]
 40. Discuss the contributions of Sardar Ballabh Bhai Patel in shaping the nation.
 [CO4, Evaluate] [BTL-HOT]
 41. Explain the role of M.K Gandhi in freedom struggle [CO4,Analyse] [BTL-HOT]
 42. Write a short essay on Annie Besant's Contributions in Indian Freedom Struggle.
 [CO4, Create] [BTL-HOT]
 43. Prepare a Character sketch on Birsa Munda [CO4, Create] [BTL-HOT]

Summary Sheet:

CO Wise

CO	Q. No	Marks
CO1	1,4,9,21,26,33,35,38,39	20
CO2	8,2,3,7,20,23,29,37	14
CO3	5,6,10,11,12,22,24,25,27,28,30,31,32,34,36,40,41,42	38
CO4	13,14,15,16,17,18,43	41
TOTAL MARKS		113

Unit Wise

Unit	Q. No	Marks
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	34
Unit 3	10,11,12,29,30,31,40,41,42	20
Unit 4	13,14,15,16,17,18,43	31
Total		113

Blooms Taxonomy Level (BTL) Wise

BTL	Q. No	Marks
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	47
HOT	2,5,6,15,19,20,23,24,27,28, 30,31,33,34,35,36,40,41,43	66
Total		113

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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.