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BEDS-005

**DIPLOMA IN VALUE EDUCATION
(DPVE)**

Term-End Examination

June, 2023

BEDS-005 : LIFE SKILLS EDUCATION

Time : 3 Hours

Maximum Marks : 100

Note : (i) *Answer any **five** questions.*

(ii) *All questions carry equal marks.*

1. What are Life Skills ? Explain any *two* theories of life skills. 20
2. What do you mean by cultural sensitivity ? What are the skills needed to be culturally competent ? 20
3. Distinguish between self-confidence and self-reliance with suitable examples. 20
4. What are the types of conflict ? Explain the causes and consequences of conflict. 20

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5. How to set goals ? Discuss how to attain goal achievement ? 20
6. Distinguish between hearing and listening. What are the barriers to effective listening and how to overcome them ? 20
7. What is Yoga ? Explain the benefits of Yoga. 20
8. Write short notes on any *two* of the following :
2×10=20
 - (a) Performing Arts
 - (b) Sports and Games
 - (c) Mediating Skills