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BEDS-005

**DIPLOMA IN VALUE EDUCATION
(DPVE)**

Term-End Examination

June, 2024

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 the importance of life skills. Ex. value education. 20
2. What do you understand by Creative Thinking ? Discuss various types of creativity. 20
3. Define personality. Describe the characteristic features of personality. 20
4. Explain the basic principles of Time Management Skills. 20

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5. What are the causes of stress ? Describe strategies of stress management. 20
6. What are the attributes of Teamwork ? Discuss the stages of team building. 20
7. Explain various characteristics of effective communication. Why is effective communication important ? 20
8. Write short notes on the following : 10+10
 - (a) Yoga and Meditation
 - (b) Sports and Games