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BEDS-005

**DIPLOMA IN VALUE EDUCATION
(DPVE)**

Term-End Examination

December, 2022

BEDS-005 : LIFE SKILLS EDUCATION

Time : 3 Hours

Maximum Marks : 100

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

(ii) *All questions carry equal marks.*

1. Distinguish between Innovative and Positive Thinking. What are the ways to develop positive thinking ? 20
2. Why is goal setting important ? Explain theories of goal setting. 20
3. What is Decision Making ? Discuss the importance of and skills required for decision making. 20

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4. Discuss the importance of listening. Describe various types of listening. 20
5. What do you understand by social networking ? Discuss the importance of social networking in community development. 20
6. Explain the types of public speech. Describe the tools required for effective public speaking. 20
7. What is counselling ? Explain the challenges of counselling. 20
8. Write short notes on any *two* of the following :
2×10=20
 - (a) OCER Method
 - (b) Meditation
 - (c) Performing Arts