

No. of Printed Pages : 2

**BEDS-005**

**DIPLOMA IN VALUE EDUCATION  
(DPVE)**

**Term-End Examination**

**June, 2022**

**BEDS-005 : LIFE SKILLS EDUCATION**

*Time : 3 Hours*

*Maximum Marks : 100*

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**Note :** Answer any **five** questions. All questions carry equal marks.

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1. What are life skills ? Explain any *two* theories of life skills. 20
2. What is the meaning of cultural sensitivity ? What are skills needed to be culturally competent ? 20
3. Distinguish between self-confidence and self-reliance. What are the characteristics of self-reliance ? 20
4. Describe causes of conflict. Explain the ways to manage conflicts. 20

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5. What is learning ? Explain pedagogic strategies of learning in different situations. 20
6. Distinguish between debate and discussion. Discuss the skills required for debating and discussion. 20
7. What is Yoga ? Describe the benefits of Yoga. 20
8. Write short notes on any *two* of the following : 10+10
  - (i) SMART
  - (ii) Problem-solving
  - (iii) Types of outdoor games and their benefits