

## Set -1

**Unique Paper Code: 61018314**

**Name of the Paper: Life Skills Education (GEC 3.3)**

**Name of the Course: B.Voc (Web Designing) CBCS**

**Semester: III**

**Duration: 3 Hours**

**Maximum Marks: 75 Marks**

### **Instructions for Candidates**

***(i) Attempt any four questions.***

***(ii) All questions carry equal marks.***

1. What are Life skills? Explain briefly the different types of life skills.
2. Explain the need and importance of decision making skill. What are the components of Decision making skills? Explain with suitable examples.
3. “Communication is a tool for healthy interpersonal relationships”. Explain the statement with suitable example. Briefly explain the qualities of a good communicator. Also discuss the different steps involved in organising a life skills program.
4. Explain Self-awareness. List the qualities of the people who are self aware. Describe the basic process involved in the development of self-awareness.
5. Write the definition of Adolescents and youth. Explain in detail the role of youth in Nation Development.
6. “Emotion is a mental state that arises spontaneously rather than through conscious effort”, explain. Discuss the different types of emotions and explain the ways of managing negative emotions.

You suddenly came to know that your father has got transfer and you have to shift to another town now. You have so many good friends over here. The ones who were always there when you needed them, with whom you have shared all your secrets. Though you don't want to leave, but you have to. You are feeling very sad and depressed. How would you manage yourself in such a situation?