



Diploma Programme in Value Education (DPVE)

ASSIGNMENTS JANUARY-JULY 2025

***School of Extension and Development
Studies***

**Indira Gandhi National Open University
Maidan Garhi, New Delhi-110 068
2025**

ASSIGNMENTS FOR DIPLOMA PROGRAMME IN VALUE EDUCATION ((SOEDS) JANUARY - JULY 2025

Dear Student,

As per laid down guidelines of the university, you have to complete assignments before the term end examination. The assignments carry 30% weightage and 70% weightage is for Term End Examinations. The questions are analytical and descriptive by nature. Therefore take your assignments very seriously. The main purpose of the assignments is to inspire you to thoroughly read the study materials and also to test your comprehension of the learning materials. It is advised that you apply your judgment and if possible consult reference books and related text materials before answering the assignments.

Complete the responses on assignments in all respects. Check that you have not inadvertently left answering any question before submitting the assignments. Incomplete assignments will ensure you poor grade. If you fail to get pass grade in any assignment, you have to submit it again. However, once you get the pass grade in an assignment, you cannot resubmit it for improvement of the grade. You need to score 40% (minimum) each in both assignments and Term End Examinations to pass.

Remember that you have to write the answers of the assignments in your own handwriting and should not send typed assignments.

You should submit the assignments before the due date to the Programme Coordinator given below.

Submission of Assignments

For January Cycle/Session

Last date of assignments submission: 30th September, 2025 (If not extended)

For July Cycle/Session

Last date of assignments submission: 31st March, 2026 (if not extended)

BEDS 005:LIFE SKILLS EDUCATION

TOTAL MARKS-100

COVERAGE: This Assignment covers all the Blocks. Now read the following questions carefully and start working. You have to answer all questions.

Q1.Discuss Creative thinking, Creative thinking techniques and types of Creativity
(20 Marks)

Q2.What is Self Confidence and Self Reliance? What are the characteristics and importance of Self Reliance?
(20 Marks)

Q3.What are the characteristics of Mediation? Explain the techniques and advantages, disadvantages of Mediation?
(20 Marks)

Q4. What is the importance of Human Wellbeing? Explain the dimensions of Human Wellbeing?
(20 Marks)

Q5. Write notes on:

(10x2= 20 marks)

- (i) Types of Indoor Games
- (ii) Yoga