

**DIPLOMA IN VALUE EDUCATION
(DPVE)**

**Term-End Examination
December, 2025**

BEDS-005 : LIFE SKILLS EDUCATION

Time : 3 Hours

Maximum Marks : 100

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

(ii) All questions carry equal marks.

1. Explain the meaning and importance of cultural sensitivity. What are the skills needed to be culturally competent? 20
2. What are the causes and effects of stress? Explain the importance of stress management. 20
3. What is decision-making? Discuss the importance of and skills required for decision-making. 20

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4. Explain the importance and characteristics of effective communication. 20
5. What is teamwork ? Explain the challenges and how to overcome challenges to teamwork. 20
6. What is the meaning of social networking ? Explain the advantages and disadvantages of social networking and social media. 20
7. What is human well-being ? Explain various dimensions of human well-being. 20
8. Write short notes on any *two* of the following : 2×10=20
 - (a) Yoga and Meditation
 - (b) Art of Listening
 - (c) Time Management

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