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BEDS-005

**DIPLOMA IN VALUE EDUCATION
(DPVE)**

Term-End Examination

June, 2026

BEDS-005 : LIFE SKILLS EDUCATION

Time : 3 Hours

Maximum Marks : 100

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

(ii) All questions carry equal marks.

1. Discuss any *two* theories of Life Skills. How can one impart life skills in the classroom ?

20

2. Describe characteristic features of personality. Explain types of personality. 20

3. What is effective communication ? Why is effective communication important ? How do you overcome communication barriers ? 20

4. Describe Creative, Innovative and Positive Thinking by giving suitable examples. 20
5. Explain different stages of Team development. Describe ways to overcome challenges to teamwork. 20
6. Describe importance of Time Management. Discuss the measures to improve Time Management Skills. 20
7. Explain types of conflict. Discuss conflict management styles. 20
8. Write short notes on the followings :
2×10=20
 - (a) Self-confidence and self-reliance
 - (b) Stress Management

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