

No. of Printed Pages : 2

**BEDS-005**

**DIPLOMA IN VALUE EDUCATION  
(DPVE)**

**Term-End Examination**

**December, 2025**

**BEDS-005 : LIFE SKILLS EDUCATION**

*Time : 3 Hours*

*Maximum Marks : 100*

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

(ii) All questions carry equal marks.

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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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