

**CERTIFICATE PROGRAMME IN
FUNCTIONAL ENGLISH
(CFE)**

Term-End Examination

December, 2025

BEG-006 : JOINING THE WORKFORCE

Time : 3 Hours

Maximum Marks : 100

Note : *All questions are compulsory.*

1. Read the passage given below and answer the questions that follow :

In recent years, the importance of mental health awareness has gained significant attention worldwide. Mental health refers to emotional, psychological, and social well-

being, and it affects how people think, feel, and behave. Promoting mental health involves raising awareness about mental illnesses, reducing stigma, and advocating for access to mental health services.

One of the key challenges in mental health advocacy is combating stigma and discrimination associated with mental illnesses. Many individuals with mental health conditions face prejudice and misunderstanding, which can hinder their recovery and integration into society. Addressing stigma requires education, empathy, and inclusive community support. Another critical aspect of mental health awareness is promoting resilience and well-being. Building resilience through positive coping strategies and supportive environments can enhance individuals' ability to manage stress and adversity.

Additionally, promoting well-being involves fostering healthy relationships, engaging in meaningful activities, and practicing self-care.

Efforts to improve mental health awareness and support must be comprehensive and culturally sensitive. Providing accessible mental health services, empowering individuals to seek help, and promoting holistic well-being are essential components of a successful mental health advocacy strategy.

Questions :

- (a) Multiple choice questions : 5
- (i) What does mental health refer to ?
- (1) Physical well-being only
 - (2) Emotional, psychological and social well-being
 - (3) Intellectual capabilities only

(ii) One key challenge in mental health advocacy is :

- (1) Promoting stigma and discrimination
- (2) Combating stigma and discrimination
- (3) Ignoring mental health conditions

(iii) How can building resilience benefit individuals' mental health ?

- (1) It has no impact on mental health.
- (2) It enhances the ability to manage stress and adversity.
- (3) It increases stigma associated with mental illnesses.

(iv) What is essential for promoting well-being ?

- (1) Isolation and loneliness
- (2) Healthy relationships and self-care
- (3) Discrimination and prejudice

(v) What are essential components of a successful mental health advocacy strategy ?

- (1) Limited access to mental health services
- (2) Inclusive community support and education
- (3) Ignoring mental health conditions

(b) State True or False : 10

(i) Mental health awareness has gained little attention in recent years.

- (ii) Stigma and discrimination can hinder recovery from mental illnesses.
- (iii) Building resilience is irrelevant to mental health promotion.
- (iv) Providing accessible mental health services is unnecessary.
- (v) Promoting well-being involves fostering healthy relationships.
- (vi) Mental health refers only to physical well-being.
- (vii) Comprehensive and culturally sensitive approaches are crucial in mental health advocacy.
- (viii) Empowering individuals to seek help is not a component of mental health advocacy.

(ix) Combating stigma requires education and empathy.

(x) Inclusive community support is not needed in mental health advocacy efforts.

(c) Match the following : 5

Column A

Column B

- | | |
|--------------------|--|
| (1) resilience | (i) emotional and social well-being |
| (2) stigma | (ii) hindrance to recovery |
| (3) discrimination | (iii) positive coping strategies |
| (4) well-being | (iv) prejudicial attitudes and behaviors |
| (5) advocacy | (v) promoting mental health awareness |

2. Write a letter to a sports equipment supplier requesting information about sports gear for a school sports event. You are coordinating a group of high school athletes and need details about equipment availability and pricing. Specify the requirements of your group and inquire about product options and discounts. 15

3. Read the following internship opportunity advertised by a tech startup : 10

“Seeking motivated interns with strong problem-solving skills and a background in computer science. Apply by sending your resume and cover letter to hr@techstartup.com by May 1st.”

Write an application for the internship position, including your cover letter and resume.

4. Imagine you are a Project Manager in a construction company. Your team has encountered safety issues on site. Write a detailed report outlining the following aspects : 20

- Causes of safety lapses and hazards on the construction site
- Measures to enhance safety practices and mitigate risks
- Protocols for reporting safety incidents and addressing worker grievances

5. You are a part of a group discussion on “Impact of Social Media on Society”. Write out the discussion using the following points :

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- Positive effects of social media on communication and connectivity
- Negative effects of social media on mental health and relationships
- Ethical considerations and responsible use of social media platforms

6. (a) Rewrite the following passive sentences in the active form. Begin with the word(s) given : 10

(i) The decision was made by them.

They made

(ii) The report was written by her.

She wrote

(iii) The cake was baked by Sarah.

Sarah

(iv) The project will be completed by us.

We will

(v) The book has been read by many people.

Many people

(vi) The movie was directed by Steven Spielberg.

Steven Spielberg

(vii) The problem can be solved by them.

They can

- (viii) The concert was attended by thousands of fans.

Thousands of fans

- (ix) The message was delivered by him.

He

- (x) The proposal has been rejected by the committee.

The committee

- (b) Rewrite the following sentences by putting the parts in the right order : 5

(i) Brothers / and / I / were / very / close / to / our / father.

(ii) After / graduating / from / college, / my sister / and I / moved / to / the / same / city.

(iii) Every / day, / my dog / used to / jump / on / my / bed / to / wake me up.

(iv) He / recited / his / favorite / poems /
in / a / melodious / manner.

(v) Despite / the / noise / around / us,
/ I / listened / to / her / because / she
/ was / my / best / friend.

7. Write short note on any *one* of the following :

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(i) Benefits of volunteer work and
community service

(ii) Impact of social media on mental health
and well-being

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