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BEDS-005

**DIPLOMA IN VALUE EDUCATION
(DPVE)**

Term-End Examination

June, 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. What are life skills ? Explain the importance of life skills. 20
2. What do you understand by creative thinking ? Discuss various types of creativity. 20
3. Define personality. Describe different characteristics of personality. 20

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4. Distinguish between self-confidence and self-reliance. What are the characteristics of self-reliance ? 20
5. Distinguish between debate and discussion. Discuss the skills required for debating and discussion. 20
6. What is Yoga ? Discuss the benefits of Yoga. 20
7. Define counseling. Explain challenges of counseling. 20
8. Write short notes on any *two* of the following : 2×10=20
 - (a) Performing Arts
 - (b) Types of outdoor games and their benefits
 - (c) Negotiating skills

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