

Roll No.104601.....

Total No. of Pages : 4

PC 1459-NK

P-12/2112

LIFE SKILLS EDUCATION-EDUM-2304T Opt. (6)

Semester-III (Reg. & D.E.)

Time Allowed : Three Hours]

[Maximum Marks : 70

Note :- Attempt two questions each from Sections A and B. Section C is compulsory.

SECTION—A

1. Describe the concept and importance of life skills. 10
2. What are different core life skills ? Explain in detail. 10
3. Elaborate upon life skills in school setting. 10
4. What is life skills training ? Discuss its four stage model in detail. 10

SECTION—B

5. Discuss the four pillars of education in detail. 10
6. Elaborate upon the concept of life skills in social context. 10
7. How can life skills be used by the students to deal with peer pressure ? Describe in detail. 10

Learning to know
to do
to be
live together

8. What is the relationship between life skills and well-being? Explain in the context of positive psychology. 10

SECTION—C

9. Write short notes on the following :

- (i) Social skills
- (ii) Life skills for suicide prevention
- (iii) Cognitive problem solving theory
- (iv) Life skills and national integration
- (v) Thinking skills
- (vi) Life skills and substance abuse
- (vii) Coping skills
- (viii) Resilience theory
- (ix) Life skills and media influence
- (x) Life skills for social harmony.

10×3=30