

FYBCOM (A & F)/SEM II/REG/Foundation of Behavioral Skills

Marks:30

Time: 1 hr.

Note:

1. Draw neat diagrams wherever necessary.
2. Figures to the right indicate full marks.
3. Write any **THREE** questions from the following
4. Each question carry **10 Marks**.

- | | | |
|-----|--|------|
| Q.1 | Explain the term stress diary with an example. | [10] |
| Q.2 | Describe the skills identified by WHO. | [10] |
| Q.3 | Explain the need for values in our daily life. | [10] |
| Q.4 | Describe any three 21st-century skills. | [10] |
| Q.5 | Define stress and explain its reasons and effects. | [10] |

---X---X---