

FYBCOM/SEM II/REG/Foundation of Behavioural 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 carries **10 Marks**.

- | | | |
|-----|--|------|
| Q.1 | What are Life Skills? Enlist the Life Skills identified by the WHO. | [10] |
| Q.2 | What is Stress? List down the different Types of Stress. | [10] |
| Q.3 | What is the difference between Creative Thinking & Critical Thinking? | [10] |
| Q.4 | List down the different Thought Provoking Issues of recent times. Why do we need values in our daily life? | [10] |
| Q.5 | Elaborate on the 4 A's of Stress Management. | [10] |

---X---X---