



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Master's Degree Examination – June / July 2021
II Semester

Class: I PG
Major: HD / Biotextiles / Mathematics /
Computer Science

Time : 3 Hours
Max Marks : 100

20MSWI01 IDC- Basic Life Skills

Part A
Choose the Correct Answer

10 x 1 = 10

1. The value of life skill are ----- K1
 - a. aware of their rights and responsibilities
 - b. concerned about the welfare of others
 - c. capable of having an influence on the world
 - d. All the above
2. -----is a term used to describe a set of basic skills acquired through learning K1
 - a. Life skills
 - b. Vocational skills
 - c. Literacy skills
 - d. None of the above
3. ----- is the Management or a problem in a way that successfully meets the goal establishing for treating it. K1
 - a. Problem
 - b. Solution
 - c. Idea
 - d. Values
4. Stress signals fall into following categories feelings K2
 - a. Thoughts
 - b. Behavior
 - c. Physical symptoms
 - d. All the above
5. ----- can be regard as the outcome of cognitive process K2
 - a. Problem solving
 - b. Decision making
 - c. Empathy
 - d. Critical thinking
6. Trying to find a solution to a problem is known as K1
 - a. Problem solving
 - b. Decision making
 - c. Self-awareness
 - d. None of the above
7. The ability to understand the perspective of others is called ----- K1
 - a. empathy
 - b. sympathy
 - c. sorrow
 - d. feelings
8. Feelings are the basic element of ----- K1
 - a. caring
 - b. emotion
 - c. love
 - d. affection
9. Understanding group dynamics is important for management practice for all of the following reasons EXCEPT: K1
 - a. Organizations are themselves group entities
 - b. Groups facilitate the work of agencies and organizations
 - c. Dysfunctional organizational cultures reflect inappropriate group dynamics
 - d. All the above
10. Leadership today is increasingly associated with ----- K1
 - a. getting others to follow
 - b. strategy
 - c. control
 - d. command

Part B
Answer ALL questions
Each answer should not exceed 400 words or two pages

5x6=30

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|---|----|
| 11.a. List out the essential life skills required by a professional
(or) | K2 |
| 11.b. Highlight the importance of life skills | K3 |
| 12.a. What are the stress management techniques?
(or) | K2 |
| 12.b. Write short note on resilience. | K1 |
| 13.a. List out the steps in problem solving
(or) | K2 |
| 13.b. Elucidate the six thinking hats | K4 |
| 14.a. Distinguish between group vs team
(or) | K3 |
| 14.b. Describe the importance of team dynamics | K2 |
| 15.a. What is an effective leadership?
(or) | K2 |
| 15.b. What is crisis management? and Why it is important? | K2 |

Part-C
Answer ALL questions
Each answer should not exceed 800 words or four pages

5X12=60

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|---|----|
| 16.a. Illustrate the steps for setting goals and achieving them
(or) | K4 |
| 16.b. Describe personality development | K2 |
| 17.a. Elucidate the four A's of stress management
(or) | K4 |
| 17.b. Illustrate the steps to control emotions with example | K4 |
| 18.a. Describe the problem-solving techniques
(or) | K3 |
| 18.b. Explain logical thinking with example | K2 |
| 19.a. Analyse the formation of group dynamics
(or) | K4 |
| 19.b. Highlight the steps to manage team performance and conflicts | K3 |
| 20.a. Describe the purpose of leadership development
(or) | K2 |
| 20.b. Express the qualities required for a leader. | K3 |
