

2/SEC-181 Syllabus-2023

2 0 2 5

(May-June)

FYUP : 2nd Semester Examination

SKILL ENHANCEMENT COURSE

(Confidence Building)

(SEC-181)

Marks : 56

Time : 2½ hours

*The figures in the margin indicate full marks
for the questions*

SECTION—A

(Short Answer-type Questions)

- 1. Answer any *four* of the following questions in
4 or 5 sentences each : 4×4=16**
- (a) What is self-confidence?
 - (b) Why do we need self-confidence?
 - (c) List out four outdoor activities to boost self-confidence.

(2)

- (d) Write about practice of communication skills in the classroom.
- (e) What are interpersonal skills?
- (f) What are the different types of goal setting for building self-confidence?

SECTION—B

(Descriptive-type Questions)

Answer *any four* questions

- 2. What are the types of self-confidence? Is self-confidence a nature or nurture? Justify your answer. 3+7=10
- 3. What is public speaking? Explain how can one practice public speaking. 3+7=10
- 4. What is Yoga? Discuss how Yoga practices help to be mindfulness. 3+7=10
- 5. Give the concept of self-awareness. Explain how can self-awareness skills be developed in the classroom. 4+6=10
- 6. Identify the things that trigger negative self-talk. How can you transform your thoughts positively and boost confidence? 10

(3)

- 7. Describe how does physical exercise enhance self-confidence. 10
- 8. Briefly explain the following : 5+5=10
 - (a) Needs and importance of self-confidence
 - (b) Interpersonal relationship skills with peer mates
