

End Semester/Reappear (Semester II) Examination, May 2025

Programme: LLM
Course: Life Skills & Development
Course Code: 24H.202
Enrolment no. _____

Full Marks: 70
Time: 3 Hrs.

Section I

- 1. Short Answer type questions. Answer any four. 4 x 5 = 20**
- Explain how interpersonal skills helps in networking.
 - How does facial expression make communication easier?
 - Explain Stress Management. Bring out the difference between stress, anxiety and tension.
 - Problem solving leads to decision making. Discuss.
 - How one can cope up with one's stress? What are the golden principles of stress -free living. Describe.
 - Discuss the steps in making an effective power point presentation.

Section II

- Long Answer type questions. Answer any three. 3 x 10 = 30**
- Define Attitude. Explain ABC component of attitude.
 - What do you mean by a barrier to communication? List all the barriers to effective communication.
 - Life is all about balancing the stress and leading a healthier self. Discuss how stress and tension are inevitable part of human life but the art lies in dealing with it.'
 - Goal setting needs to be associated with one's vision and mission'. Justify this statement with your own perspective
 - How would you define Emotional Intelligence? Analyze its significance and examine the four key pillars that contribute to emotional awareness and management.

Section III

- Application based questions. Answer any one. 1 x 20 = 20**
- 'Good content is the backbone of a presentation.' Is it a myth or reality? Analyze.
 - Bring out the relationship between stress management and time management.
 - While producers and managers play crucial roles in an organization, leadership is essential for sustained success. Discuss the significance of leadership in shaping long-term organizational growth and stability.
