



**Progressive Education Society's**  
**Modern College of Arts, Science & Commerce Ganeshkhind, Pune – 16**  
**(Autonomous)**  
**End Semester Examination: October 2024**  
**Faculty: Humanities and Fine Arts**

**Program: B. A. (BA01)**  
**Program (Specific): B. A. English**  
**Class: TYBA**  
**Name of the Course: (SEC English) SEC-2C- Life Skills**  
**Course Code: 22-A 3524**

**Semester: V**

**SET: A**  
**Course Type: SEC**  
**Max. Marks: 25**  
**Time: 2 Hours**  
**Paper: V**

**Instructions to the candidate:**

- 1) All questions are compulsory.*
- 2) Figures to the right indicate full marks.*
- 3) Draw a well labelled diagram wherever necessary.*

**Q.1 Answer the following questions in about 100 words each. (Any Three) 15 Marks**

- a. How are interpersonal skills important in our lives?
- b. Write a note on problem solving.
- c. Recount an experience from your past, where you came across a hurdle in your life. Describe how by using problem solving and decision-making skills you overcame that hurdle.
- d. How can one inculcate the habit of cooperation and understanding among colleagues at workplace?
- e. How do critical and creative thinking skills help us make sound decisions? Justify your response with suitable examples.

**Q.2 Answer the following questions in about 200 words each. (Any One) 10 Marks**

- a. What do you understand by the term, 'Life Skills?' What are the different life skills that we rely on to survive in this world?
- b. Discuss elaborately the management of stress and emotions. How do coping tactics and management of time help in the management of stress?