

**DWARAKA DOSS GOVERDHAN DOSS VAISHNAV EVENING COLLEGE
(AUTONOMOUS)**

DEPARTMENT OF COMPUTER APPLICATIONS (BCA)

NON MAJOR ELECTIVE-I EXAMINATION – OCT 2018

CONTEMPORARY MANAGEMENT SKILLS

DATE : 22-10-18

YEAR: I

TIME : 3 HRS

MAX. MARKS: 100

Answer any FIVE of the following:

(5*5=25)

1. Write note on personality.
2. Describe Biological factors.
3. List the importance of self-esteem.
4. What are the rules for motivation?
5. What is memory? Define the importance of memory.
6. Comments on cause of forget.
7. Discuss about decision making and solving the problem.
8. List out National and international events.

Answer ALL of the following:

(5*15=75)

9. a) Discuss about socio-cultural factors.
(OR)
b) Explain the needs of personality development.
10. a) What is the principle of SMART?
(OR)
b) Explain self-motivation and motivation checklist.
11. a) What are the techniques for passing exam?
(OR)
b) How to manage examination fear.
12. a) List out the goals and techniques for thinking.
(OR)
b) Comments on practicing a positive life style.
13. a) Discuss about political and historical facts.
(OR)
b) Explain health promotion.

DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE (AUTONOMOUS)
SOFT SKILLS EXAMINATION- OCTOBER 2018

I B.A./ B.Sc./ B.Com./ BCA/ BBA/BBM

SEMESTER I

Time: 3 Hours

Maximum Marks: 50

SECTION - A

I. Answer any TEN questions in about 50 words each. (10 x 2 = 20)

1. What are the behaviour traits associated with stress?
2. What is 'chronic stress'?
3. What are the factors that influence one's attitude?
4. What are the advantages of SWOT analysis?
5. List down the negative effects of stress on an individual's behaviour.
6. What are the physical symptoms of stress?
7. Define 'values'.
8. List a few values relating to civic responsibilities.
9. Name a few de-stressors.
10. Define 'Attitude'.
11. What is SWOT analysis?
12. Discuss briefly the role of values in business.
13. Give a few examples of negative attitude.
14. When does one's attitude change?
15. Mention the sources of values.

SECTION - B

II. Answer any FIVE questions in about 200 words each. (5 x 6 = 30)

16. What are the obstacles faced in developing a positive attitude and how can one overcome those obstacles?
17. 'People may hear your words but they feel your attitude'. Discuss.
18. How does one develop a positive attitude?
19. Distinguish between Eustress and Distress.
20. Attempt a SWOT analysis of yourself.
21. Why is it important to nurture social values and how does it impact society?
22. Do you believe that stress at one level can be positive? Substantiate your statement.
23. Discuss the importance of values in the overall development of an individual.