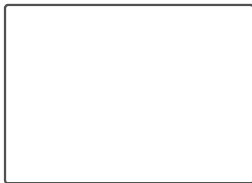


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[NPTEL \(https://swayam.gov.in/explorer?ncCode=NPTEL\)](https://swayam.gov.in/explorer?ncCode=NPTEL) » Enhancing Soft Skills and Personality (course)


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Course outline

About NPTEL
()

How does an
NPTEL online
course work?
()

Week 0 ()

Week 1 ()

Week 2 ()

Week 3 ()

Week 3: Assignment 3

Your last recorded submission was on 2025-03-05, 23:27 IST Due date: 2025-03-12, 23:59 IST.

Questions 1 to 10 are Multiple Select Questions where more than one answers are correct. It has partial marking and hence carefully select the answer choices.

For Example: if choice 1 and choice 2 are correct out of 6 choices, and if you select both choice 1 and choice 2, you will get full marks.

If you select either choice 1 or choice 2 and did not select other choices, you will get partial marks.

If you select choice 1 and choice 3 or choice 1 and choice 4, you will not get any marks.

If you select choice 2 and choice 3 or choice 2 and choice 4, you will not get any marks.

1) At a family function, a group of youngsters get into a debate with the elders. Based on **1 point** their behaviour, choose the appropriate answer that suits these people.

Alishba nodded politely and shifted the dialogue towards a more neutral subject because she prefers to be inactive and does not want to state her opinion.

Roy, calmly articulating his thoughts, spoke with conviction, making sure his perspective was acknowledged and gave equal space for others to articulate their opinions, to which he carefully listened and calmly responded to his agreements and disagreements. Anamika forcefully dismissed opposing viewpoints and imposed her stance on the conversation, leaving little room for others to convey their ideas.

- ☒ Alishba is a passive person.
- ☒ Roy is an assertive person.
- ☐ Alishba is an aggressive person.
- ☐ Roy is a passive person.
- ☐ Anamika is an assertive person.
- ☒ Anamika is an aggressive person.

2) Which of the following individuals show aggressive behaviour?

1 point

● Lecture 11:
Assertiveness
-2: Types of
People (unit?
unit=33&lesson
=34)

● Lecture 12:
Assertiveness
-3: How to Say
"No" (unit?
unit=33&lesson
=35)

● Lecture 13:
Managing
Negative
Emotions:
Controlling
Anger (unit?
unit=33&lesson
=36)

● Lecture 14:
Channelizing
Positive
Emotions-1:
Gaining Power
from Positive
Thinking-1
(unit?
unit=33&lesson
=37)

● Lecture 15:
Channelizing
Positive
Emotions-2:
Gaining Power
from Positive
Thinking-2
(unit?
unit=33&lesson
=38)

● Week 03:
Lecture Notes
(unit?
unit=33&lesson
=147)

● Quiz: Week 3:
Assignment 3

- ☒ Vinod, in a discussion with his teammates, resorts to hostile tactics. He undermines his opponent's opinions and uses offensive remarks against any rebuttal.
- ☐ Aditya remains calm and composed in the face of a rude remark, responding with a polite tone that diffuses tension effortlessly.
- ☐ Sana approaches any challenging encounter with a composed attitude by choosing polite words to navigate the situation gracefully.
- ☒ Kiran, in order to dominate others, consistently thrusts her opinions on others without regard for their feelings.
- ☒ Gaurav tries to be in control by putting others down, believing he is better, which harms relationships.
- ☒ Aisha always communicates her opinions forcefully, hurting others emotionally and weakening their confidence.

3) From the people below, choose the ones that are in agreement with Stanley and Nancy's Ten Commandments for escaping restrictive inner beliefs and achieving one's goal. **1 point**

- ☒ Swati, attempting to find quiet time for herself, practices yoga every morning, followed by gentle stretches and meditation that brings her a sense of calm and solitude.
- ☐ Charu never pursued her passion for painting because she was convinced that she lacked the innate ability to create meaningful art.
- ☒ After being fed up with pretending to fit in with society's expectations, Govind decides to be honest about his fears and insecurities, inviting others to share their true selves in return, fostering mutual understanding and genuine connection.
- ☐ Despite having numerous business ideas, Hussain felt restricted by his inadequate monetary state, holding back from entrepreneurial pursuits due to a perception of financial limitations.
- ☒ Ishita, a firm believer in self-reliance, seeks answers within and undergoes a self-discovery process, extensively relying on her inner wisdom to guide her through life's complexities.
- ☐ Dua's belief that she lacks intelligence limited her academic aspirations, causing her to avoid challenging courses and advanced learning opportunities, hindering her personal and professional growth.

4) Given below are certain situations that happen in our day-to-day lives. Identify the situations that you think represent correct behaviour based on this week's lectures. **1 point**

- ☐ You are hungry and go to the kitchen to get some food. You see that your least favourite food is cooked. You get angry and start shouting at your family members.
- ☒ You are busy doing your assignments. Your brother comes to your room asking if you would like to go out for ice cream. You say "No" to him and continue doing your assignment.
- ☐ You have been trying to call your friends for a very long time. None of them answered your calls, and you start thinking they are not your real friends.
- ☒ You are trying to finish an urgent report. You get a notification on your phone, but you ignore it because it is unimportant.
- ☐ You are out with your family. Everyone is trying to talk to you, but you are busy texting on your phone.

(assessment?
name=176)

Feedback For
Week 3 (unit?
unit=33&lesson
=39)

Week 4 ()

Text
Transcripts ()

DOWNLOAD
VIDEOS ()

Books ()

☒ All your friends are planning a one-day trip you are not interested in. They insist you join them, but you tell them you will not as you had scheduled your upcoming exam preparation on that day.

5) Which of the following individuals are using the correct tactics to control their anger? **1 point**

☒ Ranveer, when faced with a triggering situation, makes efforts to delay his reaction. He waits for some time before responding to the situation.

☐ Aarav immediately shouts at the person who triggered his anger, believing that expressing it loudly will help him feel better.

☒ Saiba is listening to a speaker whose statements are making her angry. She feels aggression rising in her, but she focuses on the damage her anger may cause her if she acts upon it.

☐ Kabir responds to anger by breaking objects around him to release his frustration.

☐ Varun avoids dealing with his anger by distracting himself with unhealthy habits like overeating or excessive screen time.

☐ Riya holds grudges and silently plans ways to get back at the person who made her angry.

6) Identify the possible reasons for which George Orwell created his masterpieces *1984* and *Animal Farm*? **1 point**

☒ To channel his anger positively

☐ To dedicate them to his friends killed in concentration camps

☒ To sarcastically attack totalitarian societies

☒ Creatively express his anger against the dictatorship

☐ To express his love for animals

☐ To commemorate his son's birth year, which is 1984

7) Identify all those statements that describe the characteristics of people who think positively. **1 point**

☐ They are highly efficient in manipulating people.

☒ They give hope to sad and frustrated people around them.

☒ They desire to make others happy.

☒ They offer people perspective to appreciate the beauty life has to offer.

☐ They derive pleasure from the suffering of others.

☐ They believe only good things can happen in life.

8) Identify the steps involved in changing negative thoughts into positive ones. **1 point**

☒ Delving deep into the self.

☐ Blaming others.

☒ Discarding limitations.

☒ Developing a positive image.

- ☐ Constantly gossiping.
- ☒ Synchronising body, mind, and the world.

9) Choose the correct pairs:

1 point

- ☒ Positive Mental Attitude: Attracts opportunities
- ☐ Negative Mental Attitude: Makes room for self-development
- ☒ Negative Mental Attitude: Repels opportunities
- ☐ Positive Mental Attitude: Discourages the will to find a way
- ☒ Positive Mental Attitude: Facilitates Self-actualisation
- ☐ Negative Mental Attitude: Guides toward your full potential

10) According to Roald Dahl, a person's thoughts have a direct impact on their facial features. Choose the options that reflect his opinion correctly.

1 point

- ☒ Ugly thoughts make a person's face look mean and unpleasant.
- ☐ A person with bad thoughts will always remain physically attractive.
- ☐ Thinking negatively makes a person's face more symmetrical.
- ☒ A person filled with positivity and kindness radiates warmth and beauty.
- ☒ Good thoughts naturally brighten the eyes and bring a glow to the face.
- ☐ People with ugly thoughts always look the same as those with good thoughts.

11) Fill in the blank with the correct word, as quoted from Bhagavad Gita.
"From anger delusion occurs; from delusion bewilderment of memory; after forgetfulness of memory; the loss of _____ ..."

1 point

- ☒ spiritual intelligence
- ☐ faithfulness
- ☐ physical strength
- ☐ happiness
- ☐ patience
- ☐ positive thoughts

12) Which one among the following list of self-labelling statements does not fall under a negative mindset?

1 point

- ☒ "If I try my best, I can win this competition."
- ☐ "All my classmates are better than me!"
- ☐ "I always fail no matter what I do."
- ☐ "I am not capable of doing anything."
- ☐ "I cannot do this."
- ☐ "I lack the intelligence to do this work."

13) Which one of the following options describes a passive personality correctly?

1 point

- ☐ Individuals with a passive personality naturally seek continuous engagement in various activities. Whether it is pursuing hobbies, participating in social events, or taking up new projects, they thrive on staying involved and finding stimulation in diverse experiences.
- ☒ A passive personality is marked by being emotionally dishonest, self-evasive, and inexpressive, often leading to anxiousness as individuals struggle to openly communicate their true feelings and needs.
- ☐ A passive personality is characterised by an abundance of vibrant energy, reflected in a lively and animated approach to daily life. This energy often translates into a proactive attitude, motivating individuals to take on challenges enthusiastically.
- ☐ Passive personalities approach life with a dynamic mindset. They are open to change, adaptable to challenges, and constantly seek ways to evolve.
- ☐ A passive personality often goes hand in hand with an adventurous spirit. These individuals are more likely to seek out novel experiences, embrace challenges, and find excitement in exploring the unknown and learning new skills.
- ☐ Personality often serves as an inspiration to others. Their energy and passion can motivate people around them.

14) Irshad is working on a crucial project when his friend Mahoor interrupts and compels him for a coffee break. Irshad is caught in a dilemma between choosing friendship and academic engagement. As Mahoor continues to persuade him, Irshad tries to find a solution that will neither hurt his friend nor affect his work. Considering this week's lectures, what will be Irshad's correct course of action? **1 point**

- ☒ Irshad should accept the invitation and accompany Mahoor to the coffee shop. There, he should inform Mahoor of his time constraint and leave early without staying long.
- ☐ Irshad must say 'Yes' to his friend's request and go to the coffee shop despite having a lot of work because friendship is more important than work.
- ☐ Irshad should get angry and tell Mahoor that he would not be available and not disturb him again for petty reasons like going to a coffee shop.
- ☐ Irshad should tell his mother to inform Mahoor that he does not want to see her because he is involved in work and avoids engaging with her directly.
- ☐ Irshad should change his home to a new place so that Mahoor will not come and disturb him like this.
- ☐ Irshad should give Mahoor an indecisive answer that will confuse her and try to give false hope that Irshad might be joining her later.

15) When Robert Lowell says, "I myself am my enemy, nobody else." What does he mean? **1 point**

- ☐ He does not allow anyone to be his enemy.
- ☒ His negative thoughts are his enemy.
- ☐ He is designed to be his own enemy.
- ☐ There are neither friends nor enemies.
- ☐ He is cut off from the rest of the world.
- ☐ He likes being his own enemy.

16) From the options given below, identify the one that appropriately represents positive and negative emotions. **1 point**

- ☐ Experiencing constant anger is beneficial for maintaining a healthy mental state, while joy and happiness are detrimental to overall mental health.
- ☐ Feeling overwhelming sadness, all the time enhances one's overall well-being, while feeling constant contentment hinders personal and professional growth.
- ☐ Chronic anxiety is a key factor in achieving success and personal growth, while optimism has no impact on one's ability to overcome challenges.
- ☐ Sustained feelings of despair contribute positively to long-term happiness, while constant love and affection have no positive impact on interpersonal relationships.
- ☐ Embracing guilt is beneficial for maintaining healthy social connections while feeling consistent hopefulness has no bearing on achieving life goals.
- ☒ Sharing negative emotions and exposing their honest self reduces the burden of grief, while sharing positive feelings increases the joy of happiness, making everyone around you emanate with positivity.

17) Identify the practice that can help one control emotions and become a better person. **1 point**

- ☐ Avoiding regular exercise and leading a sedentary lifestyle.
- ☐ Getting inadequate sleep.
- ☒ Indulging frequently in self-analysis to identify your limitations, weaknesses, faults, and mistakes.
- ☐ Consuming processed foods, sugary snacks, and low-nutritional items.
- ☐ Suppressing emotions, avoiding self-reflection, and neglecting mental health.
- ☐ Spending long hours on screens and binge-watching Netflix shows.

18) Which of the following acts is a step towards becoming assertive? **1 point**

- ☒ Accepting genuine praise and criticism.
- ☐ Apologising excessively, even when not at fault.
- ☐ Letting others make decisions for you.
- ☐ Interrupting others to make your point heard.
- ☐ Avoiding eye contact and speaking hesitantly.
- ☐ Seeking approval of others for all your actions.

19) What, according to Josh Billings is one of the hardest arguments to refute? **1 point**

- ☐ Sarcasm
- ☐ Flattery
- ☒ Silence
- ☐ Anger
- ☐ Lies
- ☐ Denial

20) Which of the following acts exhibits emotional intelligence?

1 point

- ☒ Anger management
- ☐ Academic excellence
- ☐ Overthinking
- ☐ Creative pursuits
- ☐ Health consciousness
- ☐ Monetary achievements

21) Negative thinking can be repeated and reinforced, whereas positive thinking comes naturally.

1 point

- ☐ True
- ☒ False

22) If you are not able to say 'No' to someone, you should just avoid the person for some day.

1 point

- ☐ True
- ☒ False

23) The word "emotion" is derived from the French word "emouvoir", which means "to stir up."

1 point

- ☒ True
- ☐ False

24) If you live your life to please others, you will develop a positive self-image.

1 point

- ☐ True
- ☒ False

25) Avoiding a situation is the best way to develop an upright personality

1 point

- ☐ True
- ☒ False

You may submit any number of times before the due date. The final submission will be considered for grading.

Submit Answers