



Murugesu

Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Bachelor's / Bachelor of Vocation / Bachelor of Engineering Degree Examination - April 2024

VI Semester

Class : III UG / III B.Voc / III B.E
Major / Branches : All Majors / All Branches

Time : 2 Hours
Max. Marks : 60

21BXNS06 / 21BVNSS6 / 21BENSS6 NSS - VI

Part A

20 x 1 = 20

Choose the Correct Answer

- The practical skills specific to a career, trade or job role is skills
 - Vocational
 - Soft
 - Technical
 - Interpersonal
- The Nodal ministry for the development and coordination of vocational education and skill development program in India is
 - Ministry of Human Resource Development
 - Ministry of Skill Development and Entrepreneurship
 - Ministry of Micro, Small and Medium enterprises
 - Ministry of Youth Affairs and Sports.
- Skill India Mission was started in the year
 - 2005
 - 2008
 - 2015
 - 2018
- The Civil Defence Act was passed by the Parliament in
 - January 1968
 - March 1968
 - February 1968
 - May 1968
- UXB's are referred to as
 - unexploded bombs
 - exploded bombs
 - broken stone
 - unbroken stone
- The symbol of civil defence is
 - equilateral orange triangle on blue ground
 - equilateral blue triangle on an orange ground
 - equilateral white triangle on red ground
 - equilateral red triangle on white ground
- World Civil Defense Day is celebrated every year on
 - 21st March
 - 1st May
 - 1st March
 - 21st May
- Expand SFU.
 - Start Fellowship Units
 - Supervisor Fellow Units
 - Start Finance Units
 - Self Financing Units
- The process of getting resources from the resource provider to implement an organization's predetermined goals is
 - resource mobilization
 - project proposal
 - self defence
 - stress management
- One of the habits to develop positive thinking is
 - talking negatively
 - meditation
 - increased stress
 - increased wealth
- The tendency to attribute ones success to internal, personal factors, and failures to external, situational factors is called
 - deflection
 - explanatory style
 - self-serving bias
 - pessimistic style

12. Exercise for 30 minutes every day for the next seven days is an example for goals.
- project
 - non measurable
 - systematic
 - measurable
13. The most common form of stress among human worldwide is stress.
- Acute
 - Medical
 - Long time
 - Low level
14. Which of the following does NOT define self-esteem?
- Positive or negative evaluation of your self-concept
 - An understanding of what others think of you
 - Sometimes dependent on the ideas, morals, and values of the family, group, and culture that the individual belongs
 - Evaluation of our personal worthiness
15. What term denotes the negative and positive evaluations an individual makes about the self?
- Self efficacy
 - Self involvement
 - Self esteem
 - Self centeredness
16. Elevated cortisol levels indicate
- increased self-esteem
 - reduced heart rate
 - increased attachment to close others
 - increased stress
17. Martial art can be classified into
- Armed combat and unarmed combat
 - Armed combat and kick combat
 - Unarmed combat and hand combat
 - Unarmed combat and leg combat
18. Judo is
- Fun
 - Self defence
 - Play
 - Lecture
19. The theme of World Civil Defense Day 2024 is
- Honor and Protect Girl Child
 - Honor and Protect our Environment
 - Honor Heroes and Promote Safety Skills
 - Honor Civil Defense Heroes
20. Expand MSDE.
- Ministry of Small Defense Environment
 - Ministry of Self Defense and Evaluations
 - Ministry of Social Development and Entrepreneurship
 - Ministry of Skill Development and Entrepreneurship

Part B

5 x 2 = 10

Answer ALL questions

Answer the following in one or two sentences.

- How would you define vocational skill development program?
- What is a civil defence triangle?
- Write the need for self finance units.
- State the benefits of positive thinking.
- Give the techniques to improve self confidence.

Part C

2 x 15 = 30

Answer ALL questions

Each answer should not exceed 800 words or four pages

- Pick out and explain any two skill development programs you have attended arranged by our Institution.
(or)
- Elaborate the importance of self defence.
- Discuss effective means and methods of stress management with special reference to time.
(or)
- Critically analyze the steps involved in setting and achieving life goals.
