



*Hambaldy*

**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 (now MoE)  
Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, Category I by UGC  
Coimbatore - 641 043, Tamil Nadu, India

**Bachelor's / Bachelor of Vocation / Bachelor of Engineering / Integrated M.Tech  
Degree Examination – April 2025  
VI Semester**

**Class: III U.G / III B.Voc / III B.E / 2020 Batch (Repeater)  
Major / Branch : All Majors / All Branches**

**Time: 2 hours  
Max. Marks: 60**

**21BXNS06 / 21BVNSS6 / 21BENSS6 / 20BENSS6 - NSS VI**

**Part A**

**Choose the Correct Answer**

**20 x 1 = 20**

- Which are the two skills needed for good career growth?  
a. Singing and dancing  
b. gardening and cultivation  
c. Technical and Softskill  
d. technical & employability skill.
- In today's times .....skills has become a basic skill requirement in many jobs.  
a. Acting  
b. digital  
c. painting  
d. dancing
- Skill India mission was started in the year .....  
a. 2005  
b. 2008  
c. 2015  
d. 2018
- Which country recently announced drills involving tactical nuclear weapons?  
a. Russia  
b. China  
c. France  
d. India
- The civil defence Act was passed by the parliament in  
a. January 1968  
b. March 1968  
c. February 1968  
d. May 1968
- Normally communication is ..... where in the information or message is transferred from one person to other.  
a. Impersonal  
b. interpersonal  
c. personal  
d. important.
- UXB's are referred to as  
a. Unexploded bombs  
b. Exploded bombs  
c. Broken stone  
d. Unbroken stone
- The symbol of civil defense is  
a. Equilateral orange triangle on blue ground  
b. Equilateral blue triangle on an orange ground  
c. Equilateral white triangle on red ground  
d. Equilateral red triangle on white ground
- World Civil Defense Day is celebrated every year on  
a. 21st March  
b. 1st May  
c. 1st March  
d. 21st May
- Which of the following describes attitude?  
a. one's physical posture  
b. one's thoughts and feelings  
c. one's level of intelligence  
d. all the above
- What is the primary focus of positive thinking?  
a. Only on the negative aspects of situation  
b. Only on the positive aspects of a situation  
c. on both positive and negative aspects equally  
d. On avoiding any thoughts about situations
- While thinking positively, you pay attention to \_\_\_\_\_.  
a. only the bad aspects  
b. only the good aspects  
c. not paying attention to anything  
d. thinking about both the good and bad aspects
- Expand SFU  
a. Start Fellowship Units  
b. Supervisor Fellow Units  
c. Start Finance Units  
d. Self Financing Units

14. The process of getting resources from the resource provider to implement an organization's predetermined goals is
  - a. Resource mobilization
  - b. Project proposal
  - c. Self defense
  - d. Stress management
15. Self-confidence is affected by comparing ourselves to others, or social comparison,
  - a. Positively
  - b. Negatively
  - c. Neutrally
  - d. emotionally
16. The most common form of stress among human worldwide is
  - a. Acute stress
  - b. Medical stress
  - c. Long time stress
  - d. Low level stress
17. Which of the following does NOT define self-esteem?
  - a. Positive or negative evaluation of your self-concept
  - b. An understanding of what others think of you
  - c. Sometimes dependent on the ideas, morals, and values of the family, group, and culture that the individual belongs
  - d. Evaluation of our personal worthiness
18. The term which denotes the negative and positive evaluations of an individual makes about the self is
  - a. Self efficacy
  - b. Self involvement
  - c. Self esteem
  - d. Self centeredness
19. One of the major consequences of high self-esteem is
  - a. Good mental health.
  - b. Increased worker involvement on teams
  - c. Increased absenteeism.
  - d. Decreased complaints from unionized workers
20. Judo is
  - a. Fun
  - b. Self defense
  - c. Play
  - d. Lecture

**Part-B**

**Answer all question**

**Each answer in one or two sentences**

**5 x 2 = 10**

21. State the benefits of positive thinking.
22. Give the techniques to improve self confidence.
23. How to write a good project proposal ?
24. What is the main aim of self defense?
25. What is the difference between vocational and skill development?

**Part-C**

**Answer all question**

**Each answer should not exceed 800 words or four pages**

**2 x 15 = 30**

- 26.a. Explain the major types of skill development.  
(or)
- 26.b. Elaborate the six pillars of total defense.
- 27.a. Comment your view on " positive thinking ".  
(or)
- 27.b. Critically analyze the steps involved in setting and achieving life goals.

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