



Mallikarjuna

**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

**Continuous Internal Assessment - May 2023**  
**Practical Examination**  
**SEMESTER IV**

**Class: II B.Ed.**  
**Major: Education**

**Time: 2 Hrs**  
**Max. Marks: 50**

**21BEDEP4 – Enhancing Professional Capacity: Understanding the self**

**Course outcomes**

At the end of the course, students will:

- CO1** Explore various aspects of own self.
- CO2** Understand the concept of self-development and self-efficacy.
- CO3** Self-expression in the form of oral as well as written.
- CO4** Develop holistic and integrated concept of self through workshops.
- CO5** Becoming the change agent – designing and leading change / social action.

**Answer any FIVE questions**

**5 x 10 = 50**

1. Define Self-concept. Discuss the impact of positive and negative self-concept.
2. Assess the various skills involved in the professional identity of a teacher.
3. Express your views on the role of a teacher as an agent of social change.
4. As a teacher, how will you express different modes in your classroom?
5. Identify ways to improve your self-esteem.
6. Describe how meditation changes your life and mind.
7. Point out the benefits of practising yoga.

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Ms. M.Vijayalakshmi**