



SANTHIGIRI

COLLEGE OF COMPUTER SCIENCES

Affiliated to MG University and Approved by AICTE

Holistic Education & Universal Human Values

ADD-SC-04

Time :1 hr

Marks:20

Date: 30/09/2019

(Answer all Questions)

(1*20=20)

1. What refers to human efforts for maintaining healthy body and mind.
2. Which is a practice where an individual is supposed to focus his/her mind.
3. What is self-reliance.
4. Having conscious knowledge of your own self, capabilities, feelings and one's character is called?
5. What refers to the ability or competence to express one's feelings, needs or desires openly and directly but in a respectful manner or without hurting one's feelings.
6. Anything that prevents understanding of the message is called?
7. Involving recognizing emotions within us and others, being aware of how emotions influence behavior and being able to respond to emotions appropriately is called?
8. What is the ability to understand, consider and appreciate other peoples' circumstances, problems and feelings.
9. An informal communication network within the organization is known as
10. What is a method for developing creative solutions to problems.
11. What is the main factor in a person for social development.
12. By what method we can know what the receiver understood or got the message
13. Give an example for a positive facial expression while communicating.
14. What is simply the force within you that drives you to do things.
15. Set of dreams with a deadline to get them is called?
16. What is the ability to plan and control how you spend the hours of your day well and do all that you want to do.
17. Which skill help us to prepare for new changes, so that we can do transition seamlessly.

18. Stress causing agents are called?

19. What is the ability to identify and name one's own emotions.

20. Knowing your inner strengths, hidden talents, skills and even weaknesses are called?



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