

Please check whether you have got the right question paper.

- N.B:
1. Please specify both the question and sub-question numbers with your answers.
  2. All sections are compulsory.

**Section-1**

Answer **any 2** questions out of 3 (Total =15 marks)

1. Explain the factors that affects one's personality development.
2. Explain the different benefits of developing one's personality.
3. Elaborate the different misconceptions related to Personality Development.

**Section-2**

Answer **any 2** questions out of 3 (Total=15 marks)

1. Explain Johari Window.
2. Explain SWOT Analysis and give examples.
3. Elaborate the 7 Rules of motivation.

**Section-3**

Answer **any 2** questions out of 3 (Total=15 marks)

1. Mention the tips to improve Memory.
2. What are the different causes of fear during the exam period?
3. Points to be considered during the exams.

**Section-4**

Answer **any 2** questions out of 3 (Total=15 marks)

1. Explain self-talk.
2. List down 8 out of the ten strategies of developing positive attitude.
3. Give 5 examples of positive attitude.

**Section-5**

Answer **any 3** questions out of 5 (Total=15 marks)

1. What is positive attitude and how do you identify people with positive attitude?
2. Elaborate the key differences between self-confidence and low self-confidence.
3. How to manage fear before the exams?
4. Define memory and explain the different types of memory.
5. Explain the 3 ego states.