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No.:

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## SAINTGITS COLLEGE OF ENGINEERING (AUTONOMOUS)

(AFFILIATED TO APJ ABDUL KALAM TECHNOLOGICAL UNIVERSITY, THIRUVANANTHAPURAM)

### SECOND SEMESTER INTEGRATED MCA DEGREE EXAMINATION (R,S), MAY 2024 (2020 SCHEME)

**Course Code:** 20IMCAT110

**Course Name:** Personality Development and Soft Skills

**Max. Marks:** 60

**Duration:** 3 Hours

#### PART A

*(Answer all questions. Each question carries 3 marks)*

1. In what ways do self-awareness help an individual in his/her life?
2. Help your friend by suggesting few techniques to improve his self-awareness.
3. How can you use non-verbal communication to enhance your communication skills?
4. Explain Swami Vivekananda's concept of personality development with its dimensions.
5. Explain the components of personality development in connection with Freudian analysis.
6. How does emotional intelligence help in communication?
7. What is creativity and how is it different from innovation?
8. What is para-language?
9. What are the three types of group discussion?
10. How will e-learning help one to grow professionally?

#### PART B

*(Answer one full question from each module, each question carries 6 marks)*

##### MODULE I

11. a) How can you develop excellent interpersonal skills by improving behavioral traits? (4)
- b) How do personality tests help to identify perfect candidates for a job? (2)

##### OR

12. a) What are the different personality types? (4)
- b) How does mastering interpersonal skill helps in molding personality and career? (2)

##### MODULE II

13. Write an article highlighting the importance of practicing stress management techniques. (6)

**OR**

14. Explain Four A's of Stress management with a real-life example of each of its uses. (6)

**MODULE III**

15. a) What are the harmful ways of dealing with emotions? (5)  
b) What is lateral thinking? (1)

**OR**

16. a) Explain PATH method and why is it important in stress management? (4)  
b) What is morality and what are the two different types of moralities? (2)

**MODULE IV**

17. Can we consider body language as an intense form of communication tool? Explain your answer with suitable examples. (6)

**OR**

18. What is Kinesics and explain its types. (6)

**MODULE V**

19. a) What are the strategies to prepare a resume? (4)  
b) How can e-learning be integrated into a traditional classroom? (2)

**OR**

20. a) What are the different types of interviews? (3)  
b) Explain some of the widely used e-learning technologies? (4)

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