

- (d) How does mindfulness relate to self-confidence?
- (e) Analyze two classroom practices that aid in developing better communication skills.
- (f) Identify two benefits of group activity in the classroom for promoting self-confidence.

SECTION—B

(Descriptive-type Questions)

Answer any *four* of the following questions :

10×4=40

- 2. Is self-confidence nature or nurture? Support your answer with relevant examples.
- 3. What is goal-setting? Describe four ways in which goal-setting builds self-confidence.
- 4. Compare and contrast four outdoor activities that can be used to build self-confidence.
- 5. Discuss the key components or strategies for building self-confidence in public speaking. Use relevant examples.

6. Identify three key interpersonal relationship skills with peers. Describe ways in which each of these skills can be developed. 5+5=10
7. What is the significance of self-awareness in the process of building self-confidence? Identify two strategies that can be used to overcome negative self-talk. 4+6=10
8. Briefly explain the following : 5+5=10
 - (a) The concept of self-confidence
 - (b) Drawbacks of group activity for building self-confidence

2/SEC-182 Syllabus-2023

2026

(May-June)

FYUP : 2nd Semester Examination

SKILL ENHANCEMENT COURSE

(**E-Commerce**)

(**SEC-182**)

Marks : 56

Time : 2½ hours

*The figures in the margin indicate full marks
for the questions.*

SECTION—A

(**Marks : 16**)

1. Answer any four of the following questions :

4×4=16

(a) Distinguish between Traditional banking and E-banking system.

(b) "Despite its rapid growth, e-commerce is not suitable for every business or every consumer." Identify and explain any four limitations of e-commerce that restrict its universal adoption.

26D/1630

(**Turn Over**)