Indhira College of Education

No.1, V.G.R Gardens, V.G.R Nagar
Pandur, Thiruvallur 631203
www.icoe.in

Recognized by NCTE / Affiliated to the TamilNadu Teachers Education University Re-Accredited by NAAC

College Code - 12306

Key Indicator – 1.2 Academic Flexibility

Metric No. 1.2.3 – Percentage of students enrolled in the Value – Added Courses mentioned at 1.2.2 during the last five years

Any other relevant Information

Value Added Assessment Sheet

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INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE - LIFE SKILLS

MULTIPLE CHOICE QUESTIONS

DATE :   **TIME : 30 Mints**

PROGRAME: **MARKS : 25**

1. What are the two main categories of life skills?

   A) Survival Skills and Livelihood Skills B) Basic Skills and Advanced Skills

   C) Cognitive Skills and Emotional SkillsD) None of the above

2. Which model of life skills training emphasizes the development of skills for health promotion and risk reduction?

   A) WHO Model   B) 4 H Targeting Life Skills Model

   C) Preventive Approach Model   D) Competency Based Approach Model

3. What is a key component of creative thinking?

   A) Linear thought process   B) Avoiding risks

   C) Divergent thinking   D) Conformity

4. Which of the following is a strategy for enhancing critical thinking?

   A) Avoiding alternative perspectives   B) Relying solely on intuition

   C) Analyzing and evaluating information   D) Accepting information without question

5. Which stage of problem solving involves generating potential solutions?

   A) Defining the problem   B) Implementing the solution

   C) Evaluating the solution   D) Generating alternatives

6. What is a common barrier to effective decision making?

   A) Seeking advice from others   B) Considering multiple perspectives

   C) Time constraints   D) Gathering relevant information

7. Which skill involves understanding one's own emotions, strengths, and limitations?

   A) Self Awareness   B) Empathy

   C) Coping with Emotions   D) Coping with Stress

8. What is empathy?

   A) Understanding and sharing the feelings of others

   B) Ignoring others' emotions

   C) Suppressing one's own emotions

   D) None of the above

9. What is a technique for enhancing empathy?

   A) Avoiding eye contact   B) Practicing active-listening

   C) Assuming others' feelings   D) Expressing judgment

10. What is an essential step in coping with negative emotions?

    A) Ignoring them   B) Suppressing them

    C) Expressing them constructively   D) Hiding them from others

11. What is a common sign of stress?

    A) Increased concentration   B) Decreased heart rate

    C) Headaches and muscle tension   D) Improved sleep quality

12. Which approach to life skills training focuses on addressing specific issues or concerns?

    A) Preventive approach   B) Competency Based Approach

    C) Issue-based approach   D) Holistic approach

13. Which approach to life skills training emphasizes building a broad range of skills for overall well-being?

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15. What is the meaning of coping with emotions?

    A) Ignoring emotions   B) Suppressing emotions

    C) Managing emotions effectively   D) Amplifying emotions

16. Which of the following is NOT a type of stress?

    A) Eustress   B) Distress   C) Hyperstress   D) Hypostress

17. What is a technique for managing stress?

    A) Avoiding social support   B) Engaging in unhealthy coping mechanisms

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21. What is a strategy for enhancing creative thinking?

    A) Sticking to conventional methods   B) Avoiding risks

    C) Encouraging curiosity and exploration   D) Focusing solely on outcomes

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NAME. DIVYA-R

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INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE - ART AND HANDI CRAFTS (VAC05)
MULTIPLE CHOICE QUESTIONS

DATE :   TIME :30 Minutes

PROGRAME: MARKS : 25

22/25

1. Which of the following techniques involves drawing without the use of any aids or tools?

   a) Pencil Shading   b) Nature Work

   c) Freehand Drawing   d) Fabric Painting ✓

2. What is the primary focus of Unit II?

   a) Fabric Painting   b) Handwriting ✓ c) Flower making   d) Creative Art

3. Which style of handwriting emphasizes connected letters?

   a) Basic Script   b) Italic writing ✓ c) Numerals   d) Capitals

4. What is the aim of teaching handwriting?

   a) To improve fabric painting skills   b) To enhance flower arranging techniques

   c) To develop proficiency in drawing   d) To improve handwriting legibility and consistency ✓

5. What type of flowers are commonly used as gifts?

   a) Fabric flowers   b) Artificial flowers   c) Handmade flowers   d) Real flowers ✓

6. Which unit focuses on preparing bouquets and flower arrangements?

   a) Unit I: Natural Art   b) Unit II: Handwriting

   c) Unit III: Flower Making   d) Unit IV: Fabric Painting

7. Which technique involves painting on fabric?

   a) Pebbles art   b) Pot painting c) Glass painting   d) Coconut shell craft ✓

8. What is the primary focus of Unit V?

   a) Handwriting b) Fabric Painting   c) Flower making   d) Creative Art ✓

9. Which art form involves painting on small, rounded objects?

   a) Pebbles art ✓ b) Pot painting c) Landscape on disc   d) Woolen hanging

10. What is the purpose of a dream catcher?

   a) To enhance handwriting skills

   b) To catch dreams and filter out nightmares ✓

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c) To improve flower arranging techniques

d) To decorate the home with geometric patterns

11. What type of pattern is commonly seen on coasters in Unit V?

    a) Landscape   b) Geometrical c) Figurative   d) Nature-inspired

12. Which of the following is NOT a technique used in fabric painting?

    a) Pearl Colours   b) 3D & Spray Colours c) Pebbles art   d) Glass painting

13. Which unit involves working with coconut shells and pebbles?

    a) Unit I: Natural Art   b) Unit II: Handwriting

    c) Unit III: Flower Making   d) Unit IV: Fabric Painting

14. What is the primary focus of Unit III?

    a) Handwriting b) Fabric Painting   c) Flower making   d) Creative Art

15. What material is commonly used for pot painting?

    a) Glass   b) Fabric   c) Clay   d) Wood

16. Which unit focuses on arranging flowers for home decor?

    a) Unit I: Natural Art   b) Unit II: Handwriting

    c) Unit III: Flower Making .   d) Unit IV: Fabric Painting

17. What technique is commonly used in fabric painting to create a three-dimensional effect?

    a) Pencil Shading   b) 3D & Spray Colours c) Handwriting d) Freehand Drawing

18. What is the primary focus of Unit IV?

    a) Handwriting b) Fabric Painting   c) Flower making   d) Creative Art

19. Which of the following involves creating a hanging decoration using wool?

    a) Pot painting b) Woolen hanging   c) Glass painting   d) Coconut shell craft

20. What is the purpose of crepe paper in Unit III?

    a) To paint on fabric   b) To prepare bouquets

    c) To create jewelry   d) To make figurative art

21. Which unit focuses on drawing and shading with pencils?

    a) Unit I: Natural Art   b) Unit II: Handwriting

    c) Unit III: Flower Making   d) Unit IV: Fabric Painting

22. What is the primary focus of Unit I?

     a) Handwriting   b) Fabric Painting   c) Flower making   d) Creative Art

23. What technique is commonly used in fabric painting to create a glossy finish?

     a) Nature Work   b) Glass painting   c) Pearl Colours   d) Pebbles art

24. Which of the following is NOT a part of Unit V?

     a) Pot painting   b) Landscape on disc   c) Dream catcher   d) Woolen hanging

25. What is the primary focus of Unit III?

     a) Handwriting   b) Fabric Painting   c) Flower making   d) Creative Art

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    a) Pebbles art   b) Pot painting c) Landscape on disc   d) Woolen hanging

10. What is the purpose of a dream catcher?

    a) To enhance handwriting skills

    b) To catch dreams and filter out nightmares

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c) To improve flower arranging techniques

d) To decorate the home with geometric patterns

11. What type of pattern is commonly seen on coasters in Unit V?

a) Landscape   b) Geometrical   c) Figurative   d) Nature-inspired

12. Which of the following is NOT a technique used in fabric painting?

a) Pearl Colours   b) 3D & Spray Colours   c) Pebbles art   d) Glass painting

13. Which unit involves working with coconut shells and pebbles?

a) Unit I: Natural Art   b) Unit II: Handwriting

c) Unit III: Flower Making   d) Unit IV: Fabric Painting

14. What is the primary focus of Unit III?

a) Handwriting   b) Fabric Painting   c) Flower making   d) Creative Art

15. What material is commonly used for pot painting?

a) Glass   b) Fabric   c) Clay   d) Wood

16. Which unit focuses on arranging flowers for home decor?

a) Unit I: Natural Art   b) Unit II: Handwriting

c) Unit III: Flower Making   d) Unit IV: Fabric Painting

17. What technique is commonly used in fabric painting to create a three-dimensional effect?

a) Pencil Shading   b) 3D & Spray Colours   c) Handwriting   d) Freehand Drawing

18. What is the primary focus of Unit IV?

a) Handwriting   b) Fabric Painting   c) Flower making   d) Creative Art

19. Which of the following involves creating a hanging decoration using wool?

a) Pot painting   b) Woolen hanging   c) Glass painting   d) Coconut shell craft

20. What is the purpose of crepe paper in Unit III?

a) To paint on fabric   b) To prepare bouquets

c) To create jewelry   d) To make figurative art

21. Which unit focuses on drawing and shading with pencils?

a) Unit I: Natural Art   b) Unit II: Handwriting

c) Unit III: Flower Making   d) Unit IV: Fabric Painting

22. What is the primary focus of Unit I?

    a) Handwriting b) Fabric Painting   c) Flower making   d) Creative Art

23. What technique is commonly used in fabric painting to create a glossy finish?

    a) Nature Work   b) Glass painting   c) Pearl Colours   d) Pebbles art

24. Which of the following is NOT a part of Unit V?

    a) Pot painting b) Landscape on disc   c) Dream catcher   d) Woolen hanging

25. What is the primary focus of Unit III?

    a) Handwriting b) Fabric Painting   c) Flower making   d) Creative Art

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE
ECOLOGY AND WASTE MANAGEMENT (VAC13)
MULTIPLE CHOICE QUESTIONS

DATE :   TIME : 30 Minutes

PROGRAME: MARKS : 25

1. What is the primary focus of the study of ecology?

   a) Economic development   b) Human health

   c) Environmental conservation   d) Political stability

2. What term describes the variety of life forms on Earth?

   a) Climate change   b) Biodiversity

   c) Waste management   d) Urbanization

3. How does the economy impact ecology?

   a) It promotes biodiversity   b) It has no impact on ecology

   c) It can lead to habitat destruction   d) It enhances environmental conservation efforts

4. What is one of the main goals of biodiversity conservation?

   a) Increasing pollution levels   b) Decreasing economic growth

   c) Protecting endangered species   d) Expanding urbanization

5. What is the primary purpose of waste management?

   a) To increase pollution   b) To minimize waste generation

   c) To maximize resource use   d) To promote environmental degradation

6. Which of the following is a common way of dealing with municipal solid waste?

   a) Ocean dumping   b) Burning in open pits   c) Recycling   d) Illegal dumping in forests

7. What type of waste is considered hazardous and toxic?

   a) Organic waste   b) Nuclear waste   c) Plastic waste   d) Glass waste

8. What are the environmental consequences of ship breaking?

   a) Increased marine biodiversity   b) Habitat preservation

   c) Ocean pollution   d) Carbon sequestration

9. What is the primary goal of the 3R system in waste management?

   a) Increase waste generation   b) Decrease waste generation

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c) Maintain waste generation at current levels   d) Prioritize waste incineration

10. What does the "R" stand for in the 3R system?

    a) Reduction   b) Recycling   c) Reuse   d) Restoration

11. How can individuals practice the 3R system at home?

    a) By increasing waste generation

    b) By avoiding waste reduction

    c) By recycling and reusing materials

    d) By disposing of waste irresponsibly

12. What is the primary focus of climate change adaptation?

    a) Promoting deforestation   b) Reducing greenhouse gas emissions

    c) Expanding urbanization   d) Protecting endangered species

13. What is the relationship between human activities and the environment?

    a) Human activities have no impact on the environment

    b) Human activities always benefit the environment

    c) Human activities can degrade or improve the environment

    d) Human activities are solely responsible for environmental degradation

14. Why is public awareness needed regarding environmental issues?

    a) To increase pollution levels   b) To promote environmental degradation

    c) To encourage sustainable practices   d) To exploit natural resources

15. How do human activities affect the environment?

    a) They have no impact on the environment

    b) They always improve environmental conditions

    c) They can lead to habitat destruction and pollution

    d) They enhance biodiversity conservation

16. What are the health risks associated with environmental degradation?

    a) Improved air quality   b) Increased risk of diseases

    c) Reduced water pollution   d) Enhanced food security

17. What is the state of municipal waste generation in the world?

    a) Decreasing steadily   b) Stagnant   c) Increasing rapidly   d) Non-existent

18. How can individuals minimize wastage at home?

    a) By increasing consumption   b) By practicing the 3R system

    c) By promoting pollution   d) By wasting resources

19. What is the primary focus of liquid waste management?

    a) Maximizing waste generation   b) Minimizing waste generation

    c) Reducing pollution levels   d) Promoting environmental degradation

20. What is the significance of proper hazardous waste management?

    a) It reduces air pollution   b) It protects human health and the environment

    c) It promotes water conservation   d) It increases soil fertility

21. What is the main objective of organic waste management?

    a) To increase waste generation   b) To reduce greenhouse gas emissions

    c) To promote deforestation   d) To maximize pollution levels

22. What are the primary sources of hazardous waste?

    a) Renewable energy sources   b) Industrial activities

    c) Agricultural practices   d) Residential areas

23. What is the role of new technologies in waste management?

    a) To increase waste generation   b) To promote environmental conservation

    c) To minimize resource use   d) To maximize pollution levels

24. What are the environmental implications of polluting industries?

    a) Improved air quality   b) Reduced soil erosion

    c) Increased pollution levels   d) Enhanced biodiversity

25. What is the primary concern of waste management?

    a) Maximizing waste generation   b) Promoting deforestation

    c) Protecting human health and the environment   d) Expanding urbanization

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE
ECOLOGY AND WASTE MANAGEMENT (VAC13)
MULTIPLE CHOICE QUESTIONS

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PANDUR, TIRUVALLUR-631 203

c) Maintain waste generation at current levels   d) Prioritize waste incineration

10. What does the "R" stand for in the 3R system?

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25. What is the primary concern of waste management?

    a) Maximizing waste generation   b) Promoting deforestation

    c) Protecting human health and the environment   d) Expanding urbanization

NAME: ARPANA·R

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE
ECOLOGY AND WASTE MANAGEMENT (VAC13)
MULTIPLE CHOICE QUESTIONS

DATE :   TIME : 30 Minutes

PROGRAME: MARKS : 25

23/25

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PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

c) Maintain waste generation at current levels   d) Prioritize waste incineration

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    a) Improved air quality   b) Reduced soil erosion

    c) Increased pollution levels   d) Enhanced biodiversity

25. What is the primary concern of waste management?

    a) Maximizing waste generation   b) Promoting deforestation

    c) Protecting human health and the environment   d) Expanding urbanization

NAME: ELONGOVAN-B

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE – SCRIPT WRITING COURSE (VAC10)
MULTIPLE CHOICE QUESTIONS

DATE :   TIME :

PROGRAME: MARKS : 25

1. What does film narrative structure primarily involve?

   a) Lighting techniques   b) Types of cameras

   c) Plot organization and storytelling   d) Sound editing

2. Which of the following is NOT a type of narrative commonly found in films?

   a) Linear narrative   b) Non-linear narrative

   c) Circular narrative   d) Parallel narrative

3. What is the focus of the genre in media?

   a) Production techniques   b) Narrative structure

   c) Audience engagement   d) Types of stories

4. Which of the following is NOT a common film genre?

   a) Romance   b) Science fiction   c) Documentary   d) Musical instrument

5. What aspect of media does understanding media audience primarily involve?

   a) Special effects   b) Targeting specific demographics

   c) Sound design   d) Cinematography

6. What role does feedback play in media production?

   a) It influences the choice of actors

   b) It helps improve content based on audience response

   c) It determines the filming locations

   d) It influences the editing process

7. Who are often targeted audiences in media production?

   a) Adults only   b) Men only   c) Women and children   d) Senior citizens only

8. What does writing for print media primarily involve?

   a) Writing scripts for radio shows

   b) Creating storyboards for animation

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PANDUR, TIRUVALLUR-631 203

c) Crafting articles for newspapers or magazines

d) Developing dialogue for television series

9. What is the focus of writing for radio?

    a) Visual storytelling

    b) Creating engaging visuals

    c) Crafting compelling dialogue and narratives for audio broadcasting

    d) Directing actors for on-screen performances

10. In television writing, what is essential to consider?

    a) Cinematic techniques   b) Audio quality

    c) Visual storytelling   d) Social media engagement

11. What does writing for new media primarily involve?

    a) Crafting stories for traditional newspapers

    b) Creating content for online platforms like websites and social media

    c) Developing scripts for radio dramas

    d) Writing novels for print publication

12. Which of the following is NOT a common type of narrative structure in film?

    a) Circular narrative   b) Linear narrative

    c) Interactive narrative   d) Open-ended narrative

13. What does genre help determine in media production?

    a) Target audience   b) Production budget

    c) Editing techniques   d) Sound effects

14. What is the significance of understanding media audience in content creation?

    a) It ensures compliance with legal regulations

    b) It helps tailor content to suit audience preferences

    c) It influences the choice of filming locations

    d) It determines the runtime of the media content

15. What is the primary focus of writing for radio?

    a) Visual effects   b) Engaging dialogue and narrative for audio broadcast

c) Creating 3D animation   d) Designing set pieces

16. What distinguishes writing for television from other forms of writing?

     a) It primarily focuses on print media

     b) It involves crafting dialogue and narrative for visual storytelling

     c) It requires creating content for radio broadcasts

     d) It emphasizes writing for online platforms only

17. What platforms are included in new media?

     a) Traditional newspapers   b) Radio broadcasts

     c) Websites and social media   d) Physical magazines

18. Which narrative structure involves storytelling in a non-chronological order?

     a) Linear narrative   b) Circular narrative

     c) Non-linear narrative   d) Parallel narrative

19. How does genre influence media production?

     a) It determines the cost of production

     b) It influences the choice of actors

     c) It guides the overall tone and style of the content

     d) It affects the selection of filming equipment

20. What is the primary focus of writing for print media?

     a) Crafting dialogue for radio broadcasts

     b) Creating visual effects

     c) Developing articles for newspapers or magazines

     d) Designing set pieces for television shows

21. What aspect of media production does targeting women and children primarily involve?

     a) Writing engaging scripts   b) Creating visually appealing scenes

     c) Understanding audience preferences and interests   d) Selecting filming locations

22. What does writing for television primarily involve?

     a) Crafting stories for print media

     b) Developing engaging narratives and dialogue for visual storytelling

c) Creating sound effects

d) Designing logos for broadcasting networks

23. In which form of media writing, is the focus on engaging dialogue and narrative for audio broadcast?

a) Writing for print media   b) Writing for radio

c) Writing for television   d) Writing for new media

24. What platforms are included in new media?

a) Traditional newspapers   b) Radio broadcasts

c) Websites and social media   d) Physical magazines

25. Which narrative structure involves storytelling in a non-chronological order?

a) Linear narrative   b) Circular narrative

c) Non-linear narrative d) Parallel narrative

NAME : SURESH·N

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE – SCRIPT WRITING COURSE (VAC10)
MULTIPLE CHOICE QUESTIONS

DATE :   TIME :

PROGRAME: MARKS : 25

1. What does film narrative structure primarily involve?

   a) Lighting techniques   b) Types of cameras

   c) Plot organization and storytelling   d) Sound editing

2. Which of the following is NOT a type of narrative commonly found in films?

   a) Linear narrative   b) Non-linear narrative

   c) Circular narrative   d) Parallel narrative

3. What is the focus of the genre in media?

   a) Production techniques   b) Narrative structure

   c) Audience engagement   d) Types of stories

4. Which of the following is NOT a common film genre?

   a) Romance   b) Science fiction   c) Documentary   d) Musical instrument

5. What aspect of media does understanding media audience primarily involve?

   a) Special effects   b) Targeting specific demographies

   c) Sound design   d) Cinematography

6. What role does feedback play in media production?

   a) It influences the choice of actors

   b) It helps improve content based on audience response

   c) It determines the filming locations

   d) It influences the editing process

7. Who are often targeted audiences in media production?

   a) Adults only   b) Men only   c) Women and children   d) Senior citizens only

8. What does writing for print media primarily involve?

   a) Writing scripts for radio shows

   b) Creating storyboards for animation

PRINCIPAL
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PANDUR, TIRUVALLUR-631 203

c) Crafting articles for newspapers or magazines

d) Developing dialogue for television series

9. What is the focus of writing for radio?

a) Visual storytelling

b) Creating engaging visuals

c) Crafting compelling dialogue and narratives for audio broadcasting

d) Directing actors for on-screen performances

10. In television writing, what is essential to consider?

a) Cinematic techniques   b) Audio quality

c) Visual storytelling   d) Social media engagement

11. What does writing for new media primarily involve?

a) Crafting stories for traditional newspapers

b) Creating content for online platforms like websites and social media

c) Developing scripts for radio dramas

d) Writing novels for print publication

12. Which of the following is NOT a common type of narrative structure in film?

a) Circular narrative   b) Linear narrative

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13. What does genre help determine in media production?

a) Target audience   b) Production budget

c) Editing techniques   d) Sound effects

14. What is the significance of understanding media audience in content creation?

a) It ensures compliance with legal regulations

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d) It determines the runtime of the media content

15. What is the primary focus of writing for radio?

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    a) Traditional newspapers   b) Radio broadcasts

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NAME: IYYAPPAN·P

22/25

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE – SCRIPT WRITING COURSE (VAC10)
MULTIPLE CHOICE QUESTIONS

DATE :   TIME :

PROGRAME: MARKS : 25

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7. Who are often targeted audiences in media production?

   a) Adults only   b) Men only   c) Women and children   d) Senior citizens only ✓

8. What does writing for print media primarily involve?

   a) Writing scripts for radio shows

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PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

c) Crafting articles for newspapers or magazines

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   a) Traditional newspapers   b) Radio broadcasts

   c) Websites and social media   d) Physical magazines

18. Which narrative structure involves storytelling in a non-chronological order?

   a) Linear narrative   b) Circular narrative

   c) Non-linear narrative   d) Parallel narrative

19. How does genre influence media production?

   a) It determines the cost of production

   b) It influences the choice of actors

   c) It guides the overall tone and style of the content

   d) It affects the selection of filming equipment

20. What is the primary focus of writing for print media?

   a) Crafting dialogue for radio broadcasts

   b) Creating visual effects

   c) Developing articles for newspapers or magazines

   d) Designing set pieces for television shows

21. What aspect of media production does targeting women and children primarily involve?

   a) Writing engaging scripts   b) Creating visually appealing scenes

   c) Understanding audience preferences and interests   d) Selecting filming locations

22. What does writing for television primarily involve?

   a) Crafting stories for print media

   b) Developing engaging narratives and dialogue for visual storytelling

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c) Creating sound effects

d) Designing logos for broadcasting networks

23. In which form of media writing, is the focus on engaging dialogue and narrative for audio broadcast?

a) Writing for print media   b) Writing for radio

c) Writing for television   d) Writing for new media

24. What platforms are included in new media?

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INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE – SCRIPT WRITING COURSE (VAC10)
MULTIPLE CHOICE QUESTIONS

DATE :

TIME :

PROGRAME:

MARKS : 25

22
25

1. What does film narrative structure primarily involve?

   a) Lighting techniques

   b) Types of cameras

   c) Plot organization and storytelling

   d) Sound editing

2. Which of the following is NOT a type of narrative commonly found in films?

   a) Linear narrative

   b) Non-linear narrative

   c) Circular narrative

   d) Parallel narrative

3. What is the focus of the genre in media?

   a) Production techniques

   b) Narrative structure

   c) Audience engagement

   d) Types of stories

4. Which of the following is NOT a common film genre?

   a) Romance   b) Science fiction   c) Documentary   d) Musical instrument

5. What aspect of media does understanding media audience primarily involve?

   a) Special effects

   b) Targeting specific demographics

   c) Sound design

   d) Cinematography

6. What role does feedback play in media production?

   a) It influences the choice of actors

   b) It helps improve content based on audience response

   c) It determines the filming locations

   d) It influences the editing process

7. Who are often targeted audiences in media production?

   a) Adults only   b) Men only   c) Women and children   d) Senior citizens only

8. What does writing for print media primarily involve?

   a) Writing scripts for radio shows

   b) Creating storyboards for animation

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c) Crafting articles for newspapers or magazines

d) Developing dialogue for television series

9. What is the focus of writing for radio?

    a) Visual storytelling

    b) Creating engaging visuals

    c) Crafting compelling dialogue and narratives for audio broadcasting

    d) Directing actors for on-screen performances

10. In television writing, what is essential to consider?

    a) Cinematic techniques   b) Audio quality

    c) Visual storytelling   d) Social media engagement

11. What does writing for new media primarily involve?

    a) Crafting stories for traditional newspapers

    b) Creating content for online platforms like websites and social media

    c) Developing scripts for radio dramas

    d) Writing novels for print publication

12. Which of the following is NOT a common type of narrative structure in film?

    a) Circular narrative   b) Linear narrative

    c) Interactive narrative   d) Open-ended narrative

13. What does genre help determine in media production?

    a) Target audience   b) Production budget

    c) Editing techniques   d) Sound effects

14. What is the significance of understanding media audience in content creation?

    a) It ensures compliance with legal regulations

    b) It helps tailor content to suit audience preferences

    c) It influences the choice of filming locations

    d) It determines the runtime of the media content

15. What is the primary focus of writing for radio?

    a) Visual effects   b) Engaging dialogue and narrative for audio broadcast

c) Creating 3D animation   d) Designing set pieces

16. What distinguishes writing for television from other forms of writing?

    a) It primarily focuses on print media

    b) It involves crafting dialogue and narrative for visual storytelling

    c) It requires creating content for radio broadcasts

    d) It emphasizes writing for online platforms only

17. What platforms are included in new media?

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NAME: MADHUPRIYA.S

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE
SOCIAL MEDIA AND WEB ANALYTICS (VAC15)
MULTIPLE CHOICE QUESTIONS

DATE :   TIME : 30 Minutes

PROGRAME: MARKS : 15

1. What does the term "web analytics" refer to?

    a) Analyzing website design   b) Analyzing user behavior on websites

    c) Creating social media content   d) Designing mobile apps

2. Which framework is commonly associated with web analytics?

    a) Web 2.0 framework   b) Social media KPIs framework

    c) Web analytics 2.0 framework   d) Customer experience framework

3. What are some key components of the Web analytics 2.0 framework?

    a) Social media KPIs and web metrics

    b) Click stream and brand reputation

    c) Multiple outcomes analysis and user experience

    d) Voice of customer and conversion rates

4. What are social media KPIs primarily used for?

    a) Measuring website uptime

    b) Analyzing user engagement on social media

    c) Calculating website latency

    d) Monitoring page views on a website

5. What do Pulse Metrics primarily focus on?

    a) Technical issues related to website performance

    b) Business goals and customer engagement

    c) User behavior and task success

    d) Website design and usability

6. Which of the following is a Heart Metric?

    a) Page views   b) Uptime   c) Adoption   d) Latency

7. What is the goal-signal-metric process used for in web analytics?

a) Analyzing user sentiment on social media

b) Identifying website usability issues

c) Measuring customer engagement

d) Establishing business goals and tracking progress

8. Which tool is commonly used for web analytics?

a) Photoshop   b) Microsoft Excel   c) Google Analytics   d) Adobe Premiere Pro

9. What statistical programming language is commonly used for data analysis in web analytics?

a) Python   b) Java   c) R   d) C++

10. Which package in R is specifically used for social media analysis?

a) R Google Trends   b) R Data Visualization

c) R Data Mining   d) R Statistical Analysis

11. What is the purpose of case analysis in web analytics?

a) To design websites   b) To measure user experience

c) To track website uptime   d) To create social media content

12. Which aspect of user behavior is measured in user experience measurement cases?

a) Latency   b) Task success   c) Page views   d) Uptime

13. What is the primary focus of web analytics cases?

a) Analyzing social media sentiment   b) Identifying website usability issues

c) Calculating conversion rates   d) Monitoring website uptime

14. What is the significance of customer sentiment in web analytics?

a) It measures website latency   b) It tracks customer engagement

c) It analyzes user experience   d) It evaluates brand reputation

15. Which term refers to the process of analyzing user behavior on websites?

a) Conversion rates   b) Click stream

c) Brand reputation   d) ROI (Return on Investment)

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NAME : VANITHA-S

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INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE
SOCIAL MEDIA AND WEB ANALYTICS (VAC15)
MULTIPLE CHOICE QUESTIONS

DATE :   TIME : 30 Minutes

PROGRAME: MARKS : 15

12/15

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VALUE ADDED COURSE
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MULTIPLE CHOICE QUESTIONS

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NAME : ROOPAVATHI.K

DATE :   TIME : 30 Minutes

PROGRAME: MARKS : 15

13 / 15

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16. What is the importance of understanding under nutrition and its implications?

   a) It has no impact on health

   b) It can lead to various health issues

   c) It only affects physical appearance

   d) It promotes optimal health

17. What is the main focus of understanding health and nutrition?

   a) Maximizing food consumption

   b) Promoting sedentary lifestyle

   c) Enhancing physical fitness

   d) Improving overall well-being

18. What term describes the recommended intake of nutrients for optimal health?

   a) Nutrient requirement   b) Dietary standards

   c) Recommended Dietary Allowance   d) Balanced diet

19. Which of the following is a principle of planning a balanced diet?

   a) Maximizing calorie intake   b) Minimizing nutrient variety

   c) Including foods from all food groups   d) Ignoring individual dietary needs

20. What is the purpose of using a Food Exchange list in diet planning?

   a) To limit food choices   b) To increase food variety

   c) To substitute similar foods   d) To exclude certain food groups

21. What is the significance of body weight, BMI, and waist circumference in weight management?

   a) They have no relevance to weight management

   b) They provide a holistic view of an individual's health status

   c) They solely indicate muscle mass

   d) They measure only dietary intake

22. What is one of the components of fitness for health?

   a) Sedentary behavior   b) Physical inactivity

   c) Nutritional deficiency   d) Cardiovascular endurance

23. What role does yoga play in fitness?

   a) It promotes unhealthy habits

   b) It increases flexibility and mental well-being

   c) It encourages sedentary behavior

   d) It reduces physical activity

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NAME : SALINI·R

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE - WOMEN AND SOCIETY IN INDIA(VAC11)
MULTIPLE CHOICE QUESTIONS

DATE :

TIME : 30 Minutes

PROGRAME:

MARKS : 25

92/25

1. Which historical period is covered in the discussion of women's position from Vedic times to the present?

    a) Medieval era   b) Renaissance period

    c) Industrial Revolution   d) Vedic times to the present ✓

2. What is discussed in relation to women's participation in India's independence movement?

    a) Their exclusion from the movement

    b) Their active involvement in the movement ✓

    c) Their leadership in the movement

    d) Their role as spectators in the movement

3. What does the social construction of gender primarily entail?

    a) Biological determinants of gender

    b) Cultural and societal influences on gender identity ✓

    c) Genetic factors affecting gender roles

    d) Economic disparities between genders

4. Which term refers to the process through which individuals learn and internalize societal norms and values related to gender?

    a) Social construction   b) Socialization c) Gender roles d) Gender bias ✓

5. What institutions play a significant role in socializing individuals into gender roles?

    a) Educational institutions only   b) Religious institutions only

    c) Family, educational institutions, and media   d) Political institutions only ✓

6. What aspect of women's lives is discussed in the context of family?

    a) Their political participation   b) Their roles in the workforce

    c) Their experiences in marriage d) Their involvement in community service ✓

7. What term describes women's ability to juggle multiple responsibilities such as work, household chores, and caregiving?

    a) Multi-tasking   b) Gender equality   c) Socialization d) Gender bias

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8. What are some of the health issues commonly faced by women?

    a) Cardiovascular diseases and hypertension

    b) Prostate cancer and erectile dysfunction

    c) Breast cancer and reproductive health concerns

    d) Lung cancer and diabetes

9. What type of issues are addressed under the umbrella of women's issues?

    a) Economic challenges faced by men

    b) Political rights of men

    c) Violence against women and gender-based discrimination

    d) Educational achievements of men

10. What is a major concern discussed under women's issues?

    a) Increased representation of women in leadership roles

    b) Decreased access to education for women

    c) Equal pay and job opportunities for women

    d) Elimination of violence against women

11. What term describes physical, sexual, or psychological harm inflicted on women?

    a) Women's rights   b) Gender equality

    c) Empowerment measures   d) Violence against women

12. What measures aim to strengthen and uplift women socially, economically, and politically?

    a) Gender bias   b) Patriarchal norms

    c) Empowerment measures   d) Gender roles

13. How has globalization impacted women in the workplace?

    a) It has decreased job opportunities for women

    b) It has led to improved working conditions for women

    c) It has resulted in changing working conditions and increased workplace-related issues for women

    d) It has not affected women's roles in the workplace

14. What changes have occurred in working conditions for women due to globalization?

    a) Decreased discrimination against women

b) Increased job security for women

c) Heightened workplace safety for women

d) Increased job flexibility but also increased exploitation and precarious work for women

15. Which of the following is a consequence of globalization for women in the workplace?

a) Decreased gender wage gap

b) Increased gender equality in leadership positions

c) Greater exposure to exploitative labor practices

d) Reduced barriers to career advancement for women

16. What historical period is covered in the discussion of women's position from Vedic times to the present?

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INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE - WOMEN AND SOCIETY IN INDIA(VAC11)
MULTIPLE CHOICE QUESTIONS

DATE :

TIME : 30 Minutes

23/25

PROGRAME:

MARKS : 25

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c) Genetic factors affecting gender roles

d) Economic disparities between genders

19. Which term refers to the process through which individuals learn and internalize societal norms and values related to gender?

a) Social construction   b) Socialization   c) Gender roles   d) Gender bias

20. What institutions play a significant role in socializing individuals into gender roles?

a) Educational institutions only   b) Religious institutions only

c) Family, educational institutions, and media   d) Political institutions only

21. What aspect of women's lives is discussed in the context of family?

a) Their political participation   b) Their roles in the workforce

c) Their experiences in marriage   d) Their involvement in community service

22. What term describes women's ability to juggle multiple responsibilities such as work, household chores, and caregiving?

a) Multi-tasking

b) Gender equality

c) Socialization

d) Gender bias

23. What are some of the health issues commonly faced by women?

a) Cardiovascular diseases and hypertension

b) Prostate cancer and erectile dysfunction

c) Breast cancer and reproductive health concerns

d) Lung cancer and diabetes

24. What type of issues are addressed under the umbrella of women's issues?

a) Economic challenges faced by men

b) Political rights of men

c) Violence against women and gender-based discrimination

d) Educational achievements of men

25. What is a major concern discussed under women's issues?

a) Increased representation of women in leadership roles

b) Decreased access to education for women

c) Equal pay and job opportunities for women

d) Elimination of violence against women

NAME: SONY.P

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE - WOMEN AND SOCIETY IN INDIA(VAC11)
MULTIPLE CHOICE QUESTIONS

DATE :   **TIME : 30 Minutes**

PROGRAME: **MARKS : 25**

22/25

1. Which historical period is covered in the discussion of women's position from Vedic times to the present?

   a) Medieval era   b) Renaissance period

   c) Industrial Revolution   d) Vedic times to the present ✓

2. What is discussed in relation to women's participation in India's independence movement?

   a) Their exclusion from the movement

   b) Their active involvement in the movement ✓

   c) Their leadership in the movement

   d) Their role as spectators in the movement

3. What does the social construction of gender primarily entail?

   a) Biological determinants of gender

   b) Cultural and societal influences on gender identity ✓

   c) Genetic factors affecting gender roles

   d) Economic disparities between genders

4. Which term refers to the process through which individuals learn and internalize societal norms and values related to gender?

   a) Social construction b) Socialization c) Gender roles d) Gender bias ✓

5. What institutions play a significant role in socializing individuals into gender roles?

   a) Educational institutions only   b) Religious institutions only

   c) Family, educational institutions, and media   d) Political institutions only ✗

6. What aspect of women's lives is discussed in the context of family?

   a) Their political participation   b) Their roles in the workforce ✗

   c) Their experiences in marriage d) Their involvement in community service

7. What term describes women's ability to juggle multiple responsibilities such as work, household chores, and caregiving?

   a) Multi-tasking   b) Gender equality   c) Socialization d) Gender bias ✗

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8. What are some of the health issues commonly faced by women?

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  b) Prostate cancer and erectile dysfunction

  c) Breast cancer and reproductive health concerns ✓

  d) Lung cancer and diabetes

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  c) Violence against women and gender-based discrimination

  d) Educational achievements of men

10. What is a major concern discussed under women's issues?

  a) Increased representation of women in leadership roles

  b) Decreased access to education for women

  c) Equal pay and job opportunities for women

  d) Elimination of violence against women

11. What term describes physical, sexual, or psychological harm inflicted on women?

  a) Women's rights   b) Gender equality

  c) Empowerment measures d) Violence against women ✓

12. What measures aim to strengthen and uplift women socially, economically, and politically?

  a) Gender bias   b) Patriarchal norms

  c) Empowerment measures d) Gender roles

13. How has globalization impacted women in the workplace?

  a) It has decreased job opportunities for women

  b) It has led to improved working conditions for women

  c) It has resulted in changing working conditions and increased workplace-related issues for women

  d) It has not affected women's roles in the workplace

14. What changes have occurred in working conditions for women due to globalization?

  a) Decreased discrimination against women

b) Increased job security for women

c) Heightened workplace safety for women

d) Increased job flexibility but also increased exploitation and precarious work for women

15. Which of the following is a consequence of globalization for women in the workplace?

a) Decreased gender wage gap

b) Increased gender equality in leadership positions

c) Greater exposure to exploitative labor practices

d) Reduced barriers to career advancement for women

16. What historical period is covered in the discussion of women's position from Vedic times to the present?

a) Industrial Revolution to the present   b) Medieval era to the present

c) Renaissance period to the present   d) Vedic times to the present

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Name: DIVYA-R

24

TIME : 30 Minutes

24/25

DATE :

MARKS : 25

PROGRAME: B.Ed

1. Which technique of measuring personality involves direct interaction between the counsellor and the individual?

   a) Observation

   b) Interview ✓

   c) Project techniques

   d) Survey

2. Basic areas of adjustment in counselling include all of the following except:

   a) Career and Job   b) Social media usage ✓   c) Family   d) Marital

3. Which counselling skill involves the counsellor's act of actively listening without interruption?

   a) Attending ✓

   b) Paraphrasing

   c) Reflecting

   d) Focusing

4. Which counselling skill focuses on summarizing the client's key points?

   a) Attending

   b) Silence

   c) Summarizing ✓

   d) Clarifying

5. Building rapport in counselling primarily aims to:

   a) Establish trust and connection ✓   b) Collect payment from clients

   c) Dictate solutions to clients   d) Maintain professional distance

6. Which technique focuses on bringing awareness to discrepancies between a client's goals and their current behavior?

   a) Spheres of Influence

   b) Clarification

   c) Confrontation ✓

   d) Encouraging

7. What is the primary goal of confrontation in counselling?

   a) To create conflict

   b) To challenge inconsistencies ✓

   c) To reinforce the client's beliefs

   d) To avoid difficult topics

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8. Core conditions in counselling refer to:

a) Essential qualities for effective counselling

b) Specific techniques for behavior modification

c) Client's fundamental beliefs

d) Common issues faced by clients

9. Which counselling technique involves guiding the client's attention towards a particular aspect of their experience?

a) Engagement　　　　　　b) Focusing

c) Trustworthiness　　　　d) Self-disclosure

10. Trustworthiness in counselling is primarily established through:

a) Self-disclosure　　　　b) Maintaining confidentiality

c) Offering solutions　　　d) Ignoring client concerns

11. Which technique aims to reduce anxiety through gradual exposure to feared stimuli?

a) Relaxation　　　　　　　b) Biofeedback

c) Systematic Desensitization　　d) Assertiveness training

12. Cognitive Behavioral Modification primarily focuses on:

a) Rewiring the brain through positive reinforcement

b) Identifying and changing negative thought patterns

c) Enhancing physical relaxation techniques

d) Promoting assertive communication skills

13. Transaction analysis focuses on analyzing:

a) Interpersonal transactions and relationships　　b) Financial transactions

c) Political transactions　　　　　　　　d) Technological transactions

14. Group counselling is beneficial for:

a) Addressing individual issues in a group setting

b) Avoiding personal responsibility

c) Providing entertainment

d) Isolating clients from social interactions

15. Vocational guidance primarily assists individuals in:

a) Exploring career options and making informed decisions

b) Building personal relationships

c) Managing stress and anxiety

d) Improving physical health

16. Behavioural problems in counselling often require:

a) Cognitive restructuring

b) Medication

c) Ignoring the problem

d) Punishment

17. Adolescent counselling may focus on issues related to:

a) Peer pressure

b) Retirement planning

c) Estate management

d) Career transition

18. Health counselling may involve addressing concerns related to:

a) Chronic illness management

b) Financial planning

c) Home décor

d) Social media usage

19. Assertiveness training aims to help individuals:

a) Communicate their needs and desires effectively

b) Avoid confrontation at all costs

c) Suppress their emotions

d) Manipulate others for personal gain

20. In counselling, self-disclosure should be:

a) Used judiciously and with caution

b) Avoided completely

c) Shared excessively

d) Used to dominate the conversation

21. The hierarchy of needs, as proposed by Maslow, suggests that individuals prioritize:

    a) Basic needs before higher-level needs

    b) Spiritual needs before physical needs

    c) Wants over needs

    d) Intellectual needs over emotional needs

22. What stage of change involves making specific, observable changes in behavior?

    a) Precontemplation   b) Contemplation

    c) Preparation   d) Action

23. Which technique involves providing feedback on the client's non-verbal behavior?

    a) Silence   b) Observation   c) Clarification   d) Focusing

24. What is the primary purpose of educational guidance?

    a) Facilitating academic success   b) Resolving family conflicts

    c) Addressing physical health concerns d) Enhancing social skills

25. What does systematic desensitization involve?

    a) Gradual exposure to feared stimuli paired with relaxation

    b) Abrupt confrontation with feared situations

    c) Avoidance of feared stimuli

    d) Aggressive behavior towards feared stimuli

Name : APARNA.S

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE - COUNSELLING AND TECHNIQUES

MULTIPLE CHOICE QUESTIONS

DATE :   TIME : 30 Minutes

PROGRAME: B Ed   MARKS : 25

1. Which technique of measuring personality involves direct interaction between the counsellor and the individual?

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   c) Project techniques   d) Survey

2. Basic areas of adjustment in counselling include all of the following except:

   a) Career and Job   b) Social media usage   c) Family   d) Marital

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INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE - COUNSELLING AND TECHNIQUES

MULTIPLE CHOICE QUESTIONS

DATE :

TIME : 30 Minutes

PROGRAME: B·Ed

MARKS : 25

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Name: BPSI-S

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE - COUNSELLING AND TECHNIQUES

MULTIPLE CHOICE QUESTIONS

DATE :   **TIME : 30 Minutes**

PROGRAME: B.Ed   **MARKS : 25**

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INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE - CYBER SECURITY (VAC12)
MULTIPLE CHOICE QUESTIONS

DATE :　　　　　　　　　　　　　　　　　　　**TIME : 30 Minutes**

PROGRAME:　　　　　　　　　　　　　　　　**MARKS : 25**

1. What is cybercrime primarily defined as?

    a) Traditional crimes committed using digital tools

    b) Crimes committed against nature

    c) Crimes committed in virtual reality

    d) Crimes committed using computers and the internet

2. What term refers to the unauthorized access, manipulation, or theft of information stored in digital formats?

    a) Cyber security　　　b) Cyber forensics　　　c) Cyber hacking　　　d) Data theft

3. What is the uniqueness of cybercrime compared to conventional crime?

    a) It is less serious　　　　　　　　b) It is easier to solve

    c) It can be committed remotely　　　d) It is always physical in nature

4. Which term describes the act of gaining unauthorized access to computer systems or networks?

    a) Cracking　　b) Phishing　　c) Hacking　　d) Cyber stalking

5. What type of cybercrime involves using technology to harass, threaten, or intimidate individuals?

    a) Cyber bullying　　　　b) Cyber stalking

    c) Hacking　　　　　　　d) Phishing

6. What is the term for the act of sending fraudulent emails or messages that appear to be from reputable sources in order to obtain sensitive information?

    a) Hacking　　b) Phishing　　c) Cyber stalking　　　　d) Cyber bullying

7. Which type of cybercrime involves the unauthorized copying, distribution, or use of someone else's intellectual property?

    a) Cyber bullying　　　　　　　b) Cyber stalking

    c) Intellectual property theft　　d) Data theft

8. What term describes the act of altering digital data with malicious intent?

    a) Hacking　　b) Cracking　　c) Data diddling　　d) Phishing

9. What is steganography?

    a) A type of malware   b) A method of hiding information within digital files

    c) A form of cyber stalking   d) A type of hacking technique

10. What is a salami attack?

    a) A form of ATM fraud   b) A type of cyber bullying

    c) A method of phishing   d) A type of hacking technique

11. What is a common type of cybercrime involving the unauthorized use of someone else's credit card or banking information?

    a) Identity theft   b) Intellectual property theft

    c) Data theft   d) ATM fraud

12. What is one of the key advantages of social media?

    a) Limited reach   b) Lack of engagement

    c) Instant communication   d) Slow response time

13. What term describes crimes committed through or using social media platforms?

    a) Cyber stalking   b) Social media fraud

    c) Cyber bullying   d) Social media crimes

14. What should individuals be cautious of while using social media?

    a) Sharing personal information   b) Interacting with friends

    c) Ignoring security settings   d) Avoiding privacy concerns

15. What term describes the study of why individuals commit cybercrimes?

    a) Cyber forensics   b) Cyber psychology

    c) Criminology   d) Sociology

16. What is the Fraud Triangle?

    a) A theory explaining the motivation behind cybercrimes

    b) A geometric shape used in cyber forensics

    c) A security measure for preventing fraud

    d) A type of cybercrime investigation technique

17. What are the components of information security?

    a) Firewalls, viruses, and malware

    b) Confidentiality, integrity, and availability

    c) Hacking, cracking, and phishing

    d) Cyber bullying, cyber stalking, and cyber fraud

18. What is desktop security?

    a) Protecting physical desktop computers

    b) Ensuring the security of computer operating systems

    c) Preventing unauthorized access to office desks

    d) Encrypting files stored on a desktop computer

19. What is email security primarily concerned with?

    a) Preventing spam emails

    b) Protecting email servers from physical damage

    c) Securing the confidentiality and integrity of email communications

    d) Ensuring the availability of email services

20. What is web security focused on?

    a) Protecting physical web servers

    b) Preventing unauthorized access to websites

    c) Encrypting web pages

    d) Securing online transactions and user data

21. What are common threats to information security?

    a) Enhanced encryption techniques

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    c) Malware, phishing, and data breaches

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24. What factors are considered in understanding cybercriminal behaviour?

   a) Social, economic, and environmental

   b) Biological, psychological, and sociological

   c) Physical, emotional, and cognitive

   d) Political, cultural, and technological

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   a) To identify potential cybercriminals

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   c) To develop new cybercrime laws

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PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE - CYBER SECURITY (VAC12)
MULTIPLE CHOICE QUESTIONS

DATE :   TIME : 30 Minutes

PROGRAME: MARKS : 25

22/25

1. What is cybercrime primarily defined as?

   a) Traditional crimes committed using digital tools

   b) Crimes committed against nature

   c) Crimes committed in virtual reality

   d) Crimes committed using computers and the internet

2. What term refers to the unauthorized access, manipulation, or theft of information stored in digital formats?

   a) Cyber security   b) Cyber forensics   c) Cyber hacking   d) Data theft

3. What is the uniqueness of cybercrime compared to conventional crime?

   a) It is less serious   b) It is easier to solve

   c) It can be committed remotely   d) It is always physical in nature

4. Which term describes the act of gaining unauthorized access to computer systems or networks?

   a) Cracking   b) Phishing   c) Hacking   d) Cyber stalking

5. What type of cybercrime involves using technology to harass, threaten, or intimidate individuals?

   a) Cyber bullying   b) Cyber stalking

   c) Hacking   d) Phishing

6. What is the term for the act of sending fraudulent emails or messages that appear to be from reputable sources in order to obtain sensitive information?

   a) Hacking   b) Phishing   c) Cyber stalking   d) Cyber bullying

7. Which type of cybercrime involves the unauthorized copying, distribution, or use of someone else's intellectual property?

   a) Cyber bullying   b) Cyber stalking

   c) Intellectual property theft   d) Data theft

8. What term describes the act of altering digital data with malicious intent?

   a) Hacking   b) Cracking   c) Data diddling   d) Phishing

9. What is steganography?

   a) A type of malware   b) A method of hiding information within digital files

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   a) A form of ATM fraud   b) A type of cyber bullying

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   a) Limited reach   b) Lack of engagement

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   a) Cyber stalking   b) Social media fraud

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   c) Ignoring security settings   d) Avoiding privacy concerns

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   a) Cyber forensics   b) Cyber psychology

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   a) A theory explaining the motivation behind cybercrimes

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    a) Preventing spam emails

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PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

NAME : SAKTHIN

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE - CYBER SECURITY (VAC12)
MULTIPLE CHOICE QUESTIONS

DATE :   TIME : 30 Minutes

PROGRAME: MARKS : 25

21/25

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    b) Crimes committed against nature

    c) Crimes committed in virtual reality

    d) Crimes committed using computers and the internet

2. What term refers to the unauthorized access, manipulation, or theft of information stored in digital formats?

    a) Cyber security   b) Cyber forensics   c) Cyber hacking   d) Data theft

3. What is the uniqueness of cybercrime compared to conventional crime?

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PANDUR, TIRUVALLUR-631 203

9. What is steganography?

a) A type of malware   b) A method of hiding information within digital files

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INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

NAME: SUSILA·B

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE - CYBER SECURITY (VAC12)
MULTIPLE CHOICE QUESTIONS

DATE :　　　　　　　　　　　　　　　　　　**TIME : 30 Minutes**

PROGRAME:　　　　　　　　　　　　　　　**MARKS : 25**

24
25

1. What is cybercrime primarily defined as?

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    a) Cyber security　　b) Cyber forensics　　c) Cyber hacking　　d) Data theft

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INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

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   a) Avoiding dangerous waters

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PANDUR, TIRUVALLUR-631 203

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE - CYBER SECURITY (VAC12)
MULTIPLE CHOICE QUESTIONS

DATE :   TIME : 30 Minutes

PROGRAME: MARKS : 25

22/25

1. What is cybercrime primarily defined as?

    a) Traditional crimes committed using digital tools

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PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE
HEALTH AND NUTRITION (VAC14)
MULTIPLE CHOICE QUESTIONS

DATE :   **TIME : 30 Minutes**

PROGRAME: **MARKS : 25**

1. What is the primary focus of understanding health and nutrition?

    a) Maximizing food consumption   b) Promoting sedentary lifestyle

    c) Enhancing physical fitness   d) Improving overall well-being

2. What term describes the recommended intake of nutrients for optimal health?

    a) Nutrient requirement   b) Dietary standards

    c) Recommended Dietary Allowance   d) Balanced diet

3. Which of the following is a principle of planning a balanced diet?

    a) Maximizing calorie intake   b) Minimizing nutrient variety

    c) Including foods from all food groups   d) Ignoring individual dietary needs

4. What is the purpose of using a Food Exchange list in diet planning?

    a) To limit food choices   b) To increase food variety

    c) To substitute similar foods   d) To exclude certain food groups

5. What is the significance of body weight, BMI, and waist circumference in weight management?

    a) They have no relevance to weight management

    b) They provide a holistic view of an individual's health status

    c) They solely indicate muscle mass

    d) They measure only dietary intake

6. What is one of the components of fitness for health?

    a) Sedentary behavior   b) Physical inactivity

    c) Nutritional deficiency   d) Cardiovascular endurance

7. What role does yoga play in fitness?

    a) It promotes unhealthy habits   b) It increases flexibility and mental well-being

    c) It encourages sedentary behavior   d) It reduces physical activity

8. What is the importance of understanding under nutrition and its implications?

    a) It has no impact on health   b) It can lead to various health issues

    c) It only affects physical appearance   d) It promotes optimal health

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INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

K-PUPPY

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR.
VALUE ADDED COURSE
HEALTH AND NUTRITION (VAC14)
MULTIPLE CHOICE QUESTIONS

DATE :   TIME : 30 Minutes

PROGRAME: MARKS : 25

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    c) Enhancing physical fitness   d) Improving overall well-being

10. What term describes the recommended intake of nutrients for optimal health?

    a) Nutrient requirement   b) Dietary standards

    c) Recommended Dietary Allowance   d) Balanced diet

11. Which of the following is a principle of planning a balanced diet?

    a) Maximizing calorie intake   b) Minimizing nutrient variety

    c) Including foods from all food groups   d) Ignoring individual dietary needs

12. What is the purpose of using a Food Exchange list in diet planning?

    a) To limit food choices   b) To increase food variety

    c) To substitute similar foods   d) To exclude certain food groups

13. What is the significance of body weight, BMI, and waist circumference in weight management?

    a) They have no relevance to weight management

    b) They provide a holistic view of an individual's health status

    c) They solely indicate muscle mass

    d) They measure only dietary intake

14. What is one of the components of fitness for health?

    a) Sedentary behavior   b) Physical inactivity

    c) Nutritional deficiency   d) Cardiovascular endurance

15. What role does yoga play in fitness?

    a) It promotes unhealthy habits

    b) It increases flexibility and mental well-being

    c) It encourages sedentary behavior

    d) It reduces physical activity

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16. What is the importance of understanding under nutrition and its implications?

    a) It has no impact on health

    b) It can lead to various health issues

    c) It only affects physical appearance

    d) It promotes optimal health

17. What is the main focus of understanding health and nutrition?

    a) Maximizing food consumption

    b) Promoting sedentary lifestyle

    c) Enhancing physical fitness

    d) Improving overall well-being

18. What term describes the recommended intake of nutrients for optimal health?

    a) Nutrient requirement   b) Dietary standards

    c) Recommended Dietary Allowance   d) Balanced diet

19. Which of the following is a principle of planning a balanced diet?

    a) Maximizing calorie intake   b) Minimizing nutrient variety

    c) Including foods from all food groups   d) Ignoring individual dietary needs

20. What is the purpose of using a Food Exchange list in diet planning?

    a) To limit food choices   b) To increase food variety

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22. What is one of the components of fitness for health?

    a) Sedentary behavior   b) Physical inactivity

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23. What role does yoga play in fitness?

   a) It promotes unhealthy habits

   b) It increases flexibility and mental well-being

   c) It encourages sedentary behavior

   d) It reduces physical activity

24. What is the importance of understanding under nutrition and its implications?

   a) It has no impact on health

   b) It can lead to various health issues

   c) It only affects physical appearance

   d) It promotes optimal health

25. What is the primary focus of understanding health and nutrition?

   a) Maximizing food consumption

   b) Promoting sedentary lifestyle

   c) Enhancing physical fitness

   d) Improving overall well-being

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