

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

PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

w Cent

24

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?
 - K) 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?

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
- CAnalyzing 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
- Constraints.
- D) Gathering relevant information
- 7. Which skill involves understanding one's own emotions, strengths, and limitations?

AY Self Awareness

B) Empathy

C) Coping with Emotions

D) Coping with Stress

8. What is empathy?		
A)-Understanding and sharing the fee	elings 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	DyPracticing active listening	
C) Assuming others' feelings	D) Expressing judgment	
10. What is an essential step in coping with n	egative emotions?	
A) Ignoring them	B) Suppressing them	
CYExpressing them constructively	D) Hiding them from others	
11. What is a common sign of stress?		
A) Increased concentration	B) Decreased heart rate	
CHeadaches and muscle tension	D) Improved sleep quality	
12. Which approach to life skills training focu	uses 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 emp being?	hasizes building a broad range of skills for overall well-	
A) Preventive approach	B) Competency Based Approach	
C) Issue-based approach	D) Holistic approach	
14. What is a technique for enhancing self-aw	areness?	
A) Avoiding self-reflection	B) Seeking validation from others	
CyTournaling and self-assessment	D) Ignoring personal strengths and weaknesses	
15. What is the meaning of coping with emoti	ons?	
A) Ignoring emotions	B) Suppressing emotions	
Managing emotions effectively	D) Amplifying emotions	
16. Which of the following is NOT a type of s	stress?	
A) Eustress B) Distress C) H	yperstress DYHypostress	

What is a technique for managing st	ress?	
A) Avoiding social support	B) Engaging in unhealthy coping mechanisms	
CyPracticing relaxation techniq	ues D) Ignoring stressors	
18. Which approach to life skills training	g focuses on preventing issues before they arise?	
A Preventive approach	B) Competency Based Approach	
C) Issue-based approach	D) Holistic approach	
19. Which of the following is NOT a sta	ge of problem solving?	
A) Defining the problem	B) Analyzing the solution	
C) Generating alternatives	D) Implementing the solution	
20. What is a barrier to decision making	?	
A) Considering multiple perspec	etives B) Seeking advice from others	
C) Gathering relevant information	on Di Time constraints	
21. What is a strategy for enhancing crea	stive thinking?	
A) Sticking to conventional met	hods B) Avoiding risks	
CYEncouraging curiosity and ex	ploration D) Focusing solely on outcomes	
22. What is a key component of critical t	hinking?	
A) Accepting information withou	ut question B) Avoiding analysis	
@rExamining evidence and reas	oning D) Relying solely on intuition	
23. What is a technique for enhancing en	npathy?	
A) Disregarding others' perspect	ives ByPracticing active listening	
C) Assuming one's own feelings	D) Expressing judgment	
24. What is a common sign of stress?		
A) Increased relaxation	B) Decreased heart rate	
Offiritability and mood swings	D) Enhanced concentration	
Which approach to life skills training being?	emphasizes building a broad range of skills for overall well-	
A) Preventive approach	PTCompetency Based Approach	
C) Issue-based approach	D) Holistic approach	

NAME: KALPAMA. C. 18 ...

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

MULTIPLE CHOICE QUESTIONS

DATE:	
ALE	

PROGRAME:

MARKS: 25

TIME: 30 Mints

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

AVWHO 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

Cy 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

Co Time constraints

D) Gathering relevant information

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

M Self Awareness

B) Empathy

C) Coping with Emotions

D) Coping with Stress

8. What is empathy?	
Af Understanding and sharing the fe	elings of others
B) Ignoring others' emotions	
C) Suppressing one's own emotions	
D) None of the above	
9. What is a technique for enhancing empath	y?
A) Avoiding eye contact	B) Practicing active listening
C) Assuming others' feelings	D) Expressing judgment
10. What is an essential step in coping with n	negative emotions?
A) Ignoring them	B) Suppressing them
Expressing them constructively	D) Hiding them from others
11. What is a common sign of stress?	
A) Increased concentration	B) Decreased heart rate
CHeadaches and muscle tension	D) Improved sleep quality
12. Which approach to life skills training foc	uses on addressing specific issues or concerns?
A) Preventive approach	B) Competency Based Approach
CMSsue-based approach	D) Holistic approach
13. Which approach to life skills training empleing?	phasizes building a broad range of skills for overall well-
A) Preventive approach	B) Competency Based Approach
C) Issue-based approach	D) Holistic approach
14. What is a technique for enhancing self-av	vareness?
A) Avoiding self-reflection	B) Seeking validation from others
2 Journaling and self-assessment	D) Ignoring personal strengths and weaknesses
15. What is the meaning of coping with emot	ions?
A) Ignoring emotions	B) Suppressing emotions
Managing emotions effectively	D) Amplifying emotions
16. Which of the following is NOT a type of	stress?
A) Eustress B) Distress C) H	lyperstress P) Hypostress

17. What is a technique for managing stress?		
A) Avoiding social support	B) Engaging in unhealthy coping mechanisms	
SPracticing relaxation techniques	D) Ignoring stressors	
18. Which approach to life skills training focus	es on preventing issues before they arise?	
A) Preventive approach	B) Competency Based Approach	
C) Issue-based approach	D) Holistic approach	
19. Which of the following is NOT a stage of p	problem solving?	
A) Defining the problem	By Analyzing the solution	
C) Generating alternatives	D) Implementing the solution	
20. What is a barrier to decision making?		
A) Considering multiple perspectives	B) Seeking advice from others	
C) Gathering relevant information	Diffime constraints	
21. What is a strategy for enhancing creative th	inking?	
A) Sticking to conventional methods	B) Avoiding risks	
C/Encouraging curiosity and explorati	on D) Focusing solely on outcomes	
22. What is a key component of critical thinkin	g?	
A) Accepting information without ques	stion B) Avoiding analysis	
(Examining evidence and reasoning	D) Relying solely on intuition	
23. What is a technique for enhancing empathy	?	
A) Disregarding others' perspectives	By Practicing active listening	
C) Assuming one's own feelings	D) Expressing judgment	
24. What is a common sign of stress?	NO. 11 ONL 100	
A) Increased relaxation	B) Decreased heart rate	
Contritability and mood swings	D) Enhanced concentration	
25. Which approach to life skills training emphasing?	asizes building a broad range of skills for overall well-	
A) Preventive approach B) Cor	npetency Based Approach	
C) Issue-based approach DTHo	C) Issue-based approach Of Holistic approach	

NAME: APPUN. R

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

MULTIPLE CHOICE QUESTIONS

\mathbf{n}	VТ	W.	*	
DE		100		

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?

AT 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
- Considerate Control of the Control o
- D) Conformity
- 4. Which of the following is a strategy for enhancing critical thinking?
 - A) Avoiding alternative perspectives
- B) Relying solely on intuition
- 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

PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 208

Occupants .

Our	
8. What is empathy?	
 A) Understanding and sharing the fee 	elings of others
B) Ignoring others' emotions	X
C) Suppressing one's own emotions	
None of the above	
9. What is a technique for enhancing empathy	R
A) Avoiding eye contact	B) Fracticing active listening
C) Assuming others' feelings	D) Expressing judgment
10. What is an essential step in coping with n	egative emotions?
A) Ignoring them	B) Suppressing them
Expressing them constructively	D) Hiding them from others
11. What is a common sign of stress?	
A) Increased concentration	B) Decreased heart rate
C) Aleadaches and muscle tension	D) Improved sleep quality
12. Which approach to life skills training focu	ises 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 emp being?	hasizes building a broad range of skills for overall well-
A) Preventive approach	By Competency Based Approach
C) Issue-based approach	D) Holistic approach
14. What is a technique for enhancing self-aw	areness?
A) Avoiding self-reflection	B) Seeking validation from others
Cylournaling and self-assessment	D) Ignoring personal strengths and weaknesses
15. What is the meaning of coping with emoti	ons?
A) Ignoring emotions	B) Suppressing emotions
CManaging emotions effectively	D) Amplifying emotions
16. Which of the following is NOT a type of s	stress?
A) Eustress B) Distress C) H	yperstress D'Hypostress
	Alallen

17. What is a technique for managing stress?	
A) Avoiding social support	B) Engaging in unhealthy coping mechanisms
Practicing relaxation techniques	D) Ignoring stressors
Which approach to life skills training focu	ses on preventing issues before they arise?
A) Preventive approach	B) Competency Based Approach
C) Issue-based approach	D'Holistic approach
19. Which of the following is NOT a stage of	problem solving?
A) Defining the problem	B) Analyzing the solution
C) Generating alternatives	D) Implementing the solution
20. What is a barrier to decision making?	
A) Considering multiple perspectives	B) Seeking advice from others
C) Gathering relevant information	DY Time constraints
21. What is a strategy for enhancing creative t	hinking?
A) Sticking to conventional methods	B) Avoiding risks
CY Encouraging curiosity and explora	tion D) Focusing solely on outcomes
22. What is a key component of critical thinki	ng?
A) Accepting information without que	estion B) Avoiding analysis
C) Examining evidence and reasoning	D) Relying solely on intuition
23. What is a technique for enhancing empath	y?
A) Disregarding others' perspectives	PyPracticing active listening
C) Assuming one's own feelings	D) Expressing judgment
24. What is a common sign of stress?	
A) increased relaxation	B) Decreased heart rate
Confritability and mood swings	D) Enhanced concentration
25. Which approach to life skills training employing?	nasizes building a broad range of skills for overall well-
A) Preventive approach B) Co	ompetency Based Approach
C) Issue-based approach	olistic approach

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

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?

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

Of 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

DYGenerating alternatives

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

A) Seeking advice from others

B) Considering multiple perspectives

CY 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?	
Understanding and sharing the fee	elings 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	17
A) Avoiding eye contact	B) Practicing active listening
C) Assuming others' feelings	D) Expressing judgment
10. What is an essential step in coping with n	egative emotions?
A) Ignoring them	B) Suppressing them
CYExpressing them constructively	D) Hiding them from others
11. What is a common sign of stress?	
A) Increased concentration	B) Decreased heart rate
Headaches and muscle tension	D) Improved sleep quality
12. Which approach to life skills training focu	ises on addressing specific issues or concerns?
A) Preventive approach	B) Competency Based Approach
ATIssue-based approach	D) Holistic approach
13. Which approach to life skills training emp being?	hasizes building a broad range of skills for overall well-
Preventive approach	B) Competency Based Approach
C) Issue-based approach	D) Holistic approach
14. What is a technique for enhancing self-aw	areness?
A) Avoiding self-reflection	B) Seeking validation from others
Commaling and self-assessment	D) Ignoring personal strengths and weaknesses
15. What is the meaning of coping with emoti	ons?
A) Ignoring emotions	B) Suppressing emotions
Managing emotions effectively	D) Amplifying emotions
16. Which of the following is NOT a type of s	tress?
A) Eustress B) Distress C) H	yperstress DYHypostress
	INDHIRA COLLEGE OF EDUCATION PANDUR, TIRUVALLUR-637 203
	200000

111 Grant to a commission for managing success.		
A) Avoiding social support	B) Engaging in unhealthy coping mechanisms	
Of Practicing relaxation techniques	D) Ignoring stressors	
18. Which approach to life skills training focus	ses on preventing issues before they arise?	
A)Preventive approach	B) Competency Based Approach	
C) Issue-based approach	D) Holistic approach	
19. Which of the following is NOT a stage of	problem solving?	
A) Defining the problem	B) Analyzing the solution	
C) Generating alternatives	D) Implementing the solution	
20. What is a barrier to decision making?		
A) Considering multiple perspectives	B) Seeking advice from others	
C) Gathering relevant information	D) Time constraints	
21. What is a strategy for enhancing creative the	hinking?	
A) Sticking to conventional methods	B) Avoiding risks	
CrEncouraging curiosity and explorat	ion D) Focusing solely on outcomes	
22. What is a key component of critical thinking	ng?	
A) Accepting information without que	stion B) Avoiding analysis	
(2) Examining evidence and reasoning	D) Relying solely on intuition	
23. What is a technique for enhancing empathy	a	
A) Disregarding others' perspectives	B) Practicing active listening	
C) Assuming one's own feelings	D) Expressing judgment	
24. What is a common sign of stress?		
A) Increased relaxation B) Decreased heart rate		
GY Irritability and mood swings	D) Enhanced concentration	
25. Which approach to life skills training emph being?	asizes building a broad range of skills for overall well-	
A) Preventive approach B) Co	mpetency Based Approach	
C) Issue-based approach D) Ho	olistic approach	

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

MULTIPLE CHOICE	QUESTIONS
DATE:	TIME :30 Minutes
PROGRAME:	MARKS: 25
1. Which of the following techniques involves drawing	without the use of any aids or tools?
a) Pencil Shading b) Nature Work	1/2/
(c) Freehand Drawing d) Fabric Painting	\/0
2. What is the primary focus of Unit II?	
a) Fabric Painting b) Handwriting c) Flow	ver making d) Creative Art
 Which style of handwriting emphasizes connected letters. 	ers?
a) Basic Script by Italic writing c) Numerals	d) Capitals
4. What is the aim of teaching handwriting?	
a) To improve fabric painting skills b) To e	nhance flower arranging techniques
c) To develop proficiency in drawing style in	improve handwriting legibility and consistency
5. What type of flowers are commonly used as gifts?	
a) Fabric flowers b) Artificial flowers	c) Handmade flowers
6. Which unit focuses on preparing bouquets and flower	arrangements?
a) Unit I: Natural Art Wonit II: Handwriting	X
c) Unit III: Flower Making d) Unit IV: Fab	ric Painting
7. Which technique involves painting on fabric?	
a) Pebbles art b) Pot painting c) Glass painting	g dyCoconut shell craft
8. What is the primary focus of Unit V?	
a) Handwriting b) Fabric Painting c) Flow	er making of Creative Art
9. Which art form involves painting on small, rounded of	njects?
a) Pebbles art b) Pot painting c) Landscape or	n disc d) Woolen hanging
10. What is the purpose of a dream catcher?	
a) To enhance handwriting skills	
To catch dreams and filter out nightmares	W. Carlotte and Car

 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 by Geometrical c) Figurative d) Nature-ins	spired
12. Which of the following is NOT a technique used in fabric painting	27
a) Pearl Colours b) 3D & Spray Colours c) Pebbles ar	t d) Glass painting
13. Which unit involves working with coconut shells and pebbles?	
a) Unit I: Natural Art. b) Unit II: Handwriting	
Init III: Flower Making d) Unit IV: Fabric Painting	
14. What is the primary focus of Unit III?	
a) Handwriting b) Fabric Painting cy Flower making	d) Creative Art
15. What material is commonly used for pot painting?	
a) Glass b) Fabric e) Clay d) Wood	
16. Which unit focuses on arranging flowers for home decor?	
a) Unit I: Natural Art b) Unit II: Handwriting (a) Unit III: Flower Making (b) Unit IV: Fabric Painting	
17. What technique is commonly used in fabric painting to create a thr	ree-dimensional effect?
a) Pencil Shading b/3D & Spray Colours c) Handwritin	
18. What is the primary focus of Unit IV?	
a) Handwriting b) Pabric Painting (c) Flower making	d) Creative Art
19. Which of the following involves creating a hanging decoration using	ng wool?
a) Pot painting by Woolen hanging (c) Glass painting	d) Coconut shell craft
20. What is the purpose of crepe paper in Unit III2	
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?	
Unit I: Natural Art b) Unit II: Handwriting	
c) Unit III: Flower Making d) Unit IV: Fabric Painting	
	10 . (

22. What is the primary focus of Unit 1? (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? d) Pebbles art a) Nature Work b) Glass painting c) Pearl Colours 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 E) Flower making d) Creative Art

PRINCIPAL

NAME: KOWSALYA. M

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

	MULTIPLE CHOICE QUESTIONS
DATE:	TIME :30 Minutes

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

a) Pencil Shading

PROGRAME:

b) Nature Work

CYFreehand Drawing d) Fabric Painting

2. What is the primary focus of Unit II?

a) Fabric Painting

b) Handwriting c) Flower making

d) Creative Art

MARKS: 25

3. Which style of handwriting emphasizes connected letters?

a) Basic Script by 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

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

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

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

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-ins	spired
12. Which of the following is NOT a technique used in fabric painting	?
a) Pearl Colours b) 3D & Spray Colours c) Pebbles ar	t 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 of 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 thr	ree-dimensional effect?
a) Pencil Shading by 3D & Spray Colours c) Handwritin	ng d) Freehand Drawing
18. What is the primary focus of Unit IV?	\$155,000,000 (1000) 1000 (1000) 1000
a) Handwriting b) Fabric Painting c) Flower making	d) Creative Art
19. Which of the following involves creating a hanging decoration using	ng 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	
neutriculus de la company de l	110
	A Standard Standard

22. What is the primary focus of Unit 1? 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? c) Pearl Colours a) Nature Work b) Glass painting 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? c) Flower making a) Handwriting b) Fabric Painting d) Creative Art

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

MULTIPLE CHOI	CE QUESTIONS
DATE:	TIME :30 Minutes
PROGRAME:	MARKS: 25
1. Which of the following techniques involves drawing	ng without the use of any aids or tools?
a) Pencil Shading b) Nature Work	/ 6
of Freehand Drawing d) Fabric Painting	
2. What is the primary focus of Unit II?	7
a) Fabric Painting b) Handwriting c) F	Tower making d) Creative Art
3. Which style of handwriting emphasizes connected	letters?
a) Basic Script, b) Italie writing c) Numeral	s d) Capitals
4. What is the aim of teaching handwriting?	
a) To improve fabric painting skills b) 3	o enhance flower arranging techniques
c) To develop proficiency in drawing	o improve handwriting legibility and consistency
5. What type of flowers are commonly used as gifts?	
a) Fabric flowers b) Artificial flowers	c) Handmade flowers di Real flowers
6. Which unit focuses on preparing bouquets and flo	wer arrangements?
a) Unit I: Natural Art b) Unit II: Handwrit	ing
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 pai	nting Coconut shell craft
8. What is the primary focus of Unit V?	
a) Handwriting b) Fabric Painting c) F	lower making (a) Creative Art
9. Which art form involves painting on small, rounde	d objects?
a) Pebbles art b) Pot painting c) Landscap	PRODUCTION OF THE PRODUCT OF THE PRO
10. What is the nurnose of a dream catcher?	Service Control of the Control of th

a) To enhance handwriting skills

b) To catch dreams and fifter out nightmares

MONIRA COLLEGE OF BOUGATION PANDUR, THUVALLURERY ALF

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 (Geometrical c) Figurative d) Nature-insp	rired
12. Which of the following is NOT a technique used in fabric painting?	
a) Pearl Colours b) 3D & Spray Colours of 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) Plower making	d) Creative Art
15. What material is commonly used for put painting?	
a) Glass b) Fabric of Clay d) Wood	
16. Which unit focuses on arranging flowers for home decor?	
a) Unit I: Natural Art b) Unit II: Handwriting	
Unit III: Flower Making d) Unit IV: Fabric Painting	
17. What technique is commonly used in fabric painting to create a thre	e-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 by 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	
	10 1

22. What is the primary focus of Unit 1? Handwriting b) Fabric Painting c) Flower making d) Creative Art 23. What technique is commonly used in fabric painting to create a glossy finish? CPearl Colours a) Nature Work b) Glass painting 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 SFlower making d) Creative Art

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

**	4.7	-	-	
D				
	•			

TIME: 30 Minutes

PROGRAME:

MARKS: 25

- I. 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
- or 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 () 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

e) 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

INDHIRA COLLEGE OF EDUCATION PANDUR, TIRUWALLUR ESI SER

10. What does the "R"	stand for in the	3R system?	
a) Reduction	b) Recycling	c) Reuse	d) Restoration
11. How can individua	als practice the 3	R system at	home?
a) By increasi	ng waste genera	tion	
b) By avoiding	g waste reduction	n	
c) By recyclin	g and reusing m	aterials	
d) By disposin	ng of waste irresp	ponsibly	
12. What is the primar	y focus of clima	te change ad	laptation?
a) Promoting of	deforestation	b) Reduci	ng greenhouse gas emissions
c) Expanding	urbanization	d) Protect	ing endangered species
13. What is the relation	nship between h	uman activit	ies and the environment?
a) Human activ	vities have no in	spact on the	environment
b) Human acti	vities always ber	nefit the env	ironment
e) Human activ	vities can degrad	le or improv	e the environment
d) Human acti	vities are solely	responsible	for environmental degradation
14. Why is public awar	reness needed re	garding envi	ironmental issues?
a) To increase	pollution levels	7 b)	To promote environmental degradation
e) To encourag	ge sustainable pr	actices d)	To exploit natural resources
15. How do human act	ivities affect the	environmen	it?
a) They have n	o impact on the	environmen	ŧ
b) They always	s Improve enviro	onmental cor	nditions
c) They can lea	ad to habitat dest	truction and	pollution
d) They enhand	ce biodiversity c	onservation	82
What are the health	risks associated	with enviro	nmental degradation?
a) Improved air	r quality	h) Increase	ed risk of diseases
c) Reduced wa	ter pollution	d) Enhance	ed food security

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

17. What is the state of municipal waste gene	ration 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) B	y practicing the 3R system
c) By promoting pollution d) B	y 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 hazardo	ous waste management?
a) if 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 was	te 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 hazardou	s waste?
a) Renewable energy sources	b) Industrial activities
c) Agricultural practices	d) Residential areas
23. What is the role of new technologies in wa	aste 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	of polluting industries?
a) Improved air quality / b) Re	educed soil erosion
c) Increased pollution levels d) Er	hanced biodiversity
25. What is the primary concern of waste man	agement?
a) Maximizing waste generation	b) Promoting deforestation
c) Protecting human health and the en	vironment d) Expanding urbanization

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

200	100		
n	AT	Œ	
\boldsymbol{w}	CX 1		

TIME: 30 Minutes

MARKS: 25

PROGRAME:

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
- cylt 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
- 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
- by Nuclear waste
- c) Plastic waste d) Glass waste

8. What are the environmental consequences of ship breaking?

- a) Increased marine biodiversity
- b) Habitat preservation

COCean 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

c) Maintain waste generation	n at current levels	d) Prioritize waste incineration
10. What does the "R" stand for in the	e 3R system?	
a) Reduction b) Recycling	g c) Reuse	d) Restoration
11. How can individuals practice the	3R system at hom	ne?
a) By increasing waste generation	ration	
b) By avoiding waste reduct	ion	
of By recycling and reusing	materials	
d) By disposing of waste irre	esponsibly	
12. What is the primary focus of clin	nate change adapta	ition?
a) Promoting deforestation	b) Reducing g	reenhouse gas emissions
e) Expanding urbanization	d) Protecting	endangered species
13. What is the relationship between	human activities a	and the environment?
a) Human activities have no	impact on the envi	ironment
b) Human activities always b	enefit the environ	ment
c)-Human activities can degr	ade or improve the	e environment
d) Human activities are solel	a Šimosa	
14. Why is public awareness needed		2.7% A 2000
a) To increase pollution level	gr — Markiton	promote environmental degradation
To encourage sustainable		exploit natural resources
15. How do human activities affect th		00%,0011100000001.000000000000
a) They have no impact on the		
b) They always improve envi		OUS
e) They can lead to habitat de	See See and the second	
d) They enhance biodiversity	fill or o design in peak	
16. What are the health risks associate		ental decradation?
	Course I was	
a) Improved air quality	b) Increased ri	
c) Reduced water pollution	d) Enhanced for	ou security

17. What is the state of municipal waste gen	eration in the world?
a) Decreasing steadily b) Stagnant	e) Increasing rapidly d) Non-existent
18. How can individuals minimize wastage	at home?
a) By increasing consumption b) J	By practicing the 3R system
c) By promoting pollution d) I	By wasting resources
19. What is the primary focus of liquid wast	e management?
a) Maximizing waste generation	b) Minimizing waste generation
c) Reducing pollution levels	d) Promoting environmental degradation
20. What is the significance of proper hazard	dous waste management?
a) It reduces air pollution	by 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 wa	iste 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 hazardo	us waste?
a) Renewable energy sources	b) Industrial activities
c) Agricultural practices	d) Residential areas
23. What is the role of new technologies in v	vaste 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) R	educed soil erosion
Increased pollution levels d) E	inhanced biodiversity
25. What is the primary concern of waste ma	nagement?
a) Maximizing waste generation	b) Promoting deforestation
Protecting human health and the e	nvironment d) Expanding urbanization

NAME: ARPANA R

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

MULTIPLE CHOICE	
DATE:	TIME: 30 Minutes
PROGRAME:	MARKS: 25
1. What is the primary focus of the study of ecology?	
a) Economic development b) Human healti	(03/
ex Environmental conservation d) Political stabi	lity
2. What term describes the variety of life forms on Earth!	
a) Climate change by Biodiversity	7
c) Waste management d) Urbanization	X
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 enh	ances environmental conservation efforts
4. What is one of the main goals of biodiversity conservation	tion?
a) Increasing pollution levels b) Decre	asing economic growth
c) Protecting endangered species d) Expan	nding urbanization
5. What is the primary purpose of waste management?	
a) To increase pollutionb) To minimize	waste generation
c) To maximize resource use d) To promote er	avironmental degradation
6. Which of the following is a common way of dealing wi	th municipal solid waste?
a) Ocean dumping b) Burning in open pits-	Recycling d) Illegal dumping in forests
7. What type of waste is considered hazardous and toxic?	
a) Organic waste b) Nuclear waste) Plastic waste d) Glass waste
8. What are the environmental consequences of ship break	ing?
a) Increased marine biodiversity b) Habita	at preservation
Ocean pollution d) Carbo	n sequestration

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

a) Increase waste generation

b) Decrease waste generation

10. What does the "R" stand for in th	ne 3R system?
a) Reduction b) Recycling	g c) Reuse d) Restoration
11. How can individuals practice the	3R system at home?
a) By increasing waste gener	ration
b) By avoiding waste reducti	ion
c) By recycling and reusing r	materials
d) By disposing of waste irre	sponsibly
12. What is the primary focus of clim	nate 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 i	impact on the environment
b) Human activities always b	enefit the environment
) Human activities can degra 	ade or improve the environment
d) Human activities are solely	y responsible for environmental degradation
14. Why is public awareness needed	regarding environmental issues?
a) To increase pollution level	b) To promote environmental degradation
of To encourage sustainable p	practices d) To exploit natural resources
15. How do human activities affect th	e environment?
a) They have no impact on the	e environment
b) They always improve envir	ronmental conditions
They can lead to habitat de	struction and pollution
d) They enhance biodiversity	conservation
16. What are the health risks associate	ed with environmental degradation?
a) Improved air quality	b) Increased risk of diseases
c) Reduced water pollution	d) Enhanced food security

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

PRINCIPAL INDHIRA COLLEGE OF EDUCATION PANDUR, TIRLINALLIIR-EST 208

17. What is the state of municipal waste gen	eration 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) I	By wasting resources
19. What is the primary focus of liquid wast	e management?
a) Maximizing waste generation	-b) Minimizing waste generation
c) Reducing pollution levels	d) Promoting environmental degradation
20. What is the significance of proper hazard	fous 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 wa	ste 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 hazardor	us waste?
a) Renewable energy sources	b) Industrial activities
c) Agricultural practices	d) Residential areas
23. What is the role of new technologies in w	raste 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) R	educed soil erosion
c) Increased pollution levels d) E	nhanced biodiversity
25. What is the primary concern of waste man	ragement?
a) Maximizing waste generation	b) Promoting deforestation
9) Protecting human health and the er	rvironment d) Expanding urbanization

NAME: ELONGIOVAN-B

IND

HIRA COLLEGE OF EDUCATION, PANDUE	R, THIRUVALLUR.	1
ALUE ADDED COURSE – SCRIPT WRITING O MULTIPLE CHOICE QUESTION		(25)
	TIME:	
AME:	MARKS: 25	

PROGRAME:

 What does film narrative structure primarily in

a) Lighting techniques

DATE:

- 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'Paralle) 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
 - by 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

INDHIRA COLLEGE OF EDUCATION

PANDUR, TIRUVALLUR-631 203

of 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 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 o) 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 by 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? Engaging dialogue and narrative for audio broadcast a) Visual effects INDHIRA COLLEGE OF EDUCATION

PANDUR, TIRUVALLUR-631 203

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 Websites and social media d) Physical magazines 18. Which narrative structure involves storytelling in a non-chronological order? b) Circular narrative a) Linear 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 O'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 of 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

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
- e) Websites and social media
- d) Physical magazines
- 25. Which narrative structure involves storytelling in a non-chronological order?
 - a) Linear narrative
- b) Circular narrative

Non-linear narrative d) Parallel narrative

NAME: SURESH-N TOTAL

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

MULTIPLE CHOICE QUESTIONS	20005-20000
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 cd) Types of stories	
4. Which of the following is NOT a common film genre?	
a) Romance b) Science fiction c) Documentary	sical instrument
5. What aspect of media does understanding media audience primarily involve?	
a) Special effects by 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	
e) It determines the filming locations	
d) It influences the editing process	:14
7. Who are often targeted audiences in media production?	
a) Adults only b) Men only c) Women and children d) Senior citize	ens only
8. What does writing for print media primarily involve?	4.00.0001°
a) Writing scripts for radio shows	

Creating storyboards for animation

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
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
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 Di Engaging dialogue and narrative for audio broadca
AD.

c) Creating 3D animation	d) Designing set pieces
16. What distinguishes writing for tele-	vision 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 t	for radio broadcasts
d) It emphasizes writing for on	line platforms only
17. What platforms are included in new	v 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
SYNon-linear narrative	d) Parallel narrative
19. How does genre influence media pr	roduction?
a) It determines the cost of pro-	duction
b) It influences the choice of a	etors
g) It guides the overall tone and	d style of the content
d) It affects the selection of filr	ning equipment
20. What is the primary focus of writing	g for print media?
a) Crafting dialogue for radio b	roadcasts
b) Creating visual effects	
Developing articles for news	spapers or magazines
d) Designing set pieces for tele	vision shows
21. What aspect of media production de	ses targeting women and children primarily involve?
a) Writing engaging scripts	b) Creating visually appealing scenes
of Understanding audience pre-	ferences and interests d) Selecting filming locations
22. What does writing for television pri	marily involve?
a) Crafting stories for print med by Developing engaging parrati	tia ves and dialogue for visual storytelling
O A SALAMAPINE CHEREINE MARKAT	NO 0 -1-
	Afellenne
	INDHIRA COLLEGE OF EDUCATION . PANDUR, TIRUVALLUR-631 203

- 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

PRINCIPAL

MAME: 144APPAN.P

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

dr 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) If thelps 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 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

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
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
of 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
by It helps tailer 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 broadcas
Alex

e) Creating 3D animation	d) Designing set pieces
16. What distinguishes writing for tele	vision from other forms of writing?
a) It primarily focuses on print	media
b) It involves crafting dialogue	and narrative for visual storytelling
cHr requires creating content t	or radio broadcasts
d) It emphasizes writing for on	line platforms only
17. What platforms are included in nev	v media?
a) Traditional newspapers	b) Radio broadcasts
e Websites and social media	d) Physical magazines
18. Which narrative structure involves	storytelling in a non-chronological order?
a) Linear narrative	b) Circular narrative
Non-linear narrative	d) Parallel narrative
19. How does genre influence media pr	roduction?
a) It determines the cost of pro-	duction
b) It influences the choice of a	ctors
It guides the overall tone and	style of the content
d) It affects the selection of file	ning equipment
20. What is the primary focus of writin	g for print media?
a) Crafting dialogue for radio b	roadcasts
b) Creating visual effects	
Developing articles for news	papers or magazines
d) Designing set pieces for tele	vision shows
21. What aspect of media production de	oes targeting women and children primarily involve?
a) Writing engaging scripts	b) Creating visually appealing scenes
Cy Understanding audience pref	ferences and interests d) Selecting filming locations
22. What does writing for television pri	marily involve?
a) Crafting stories for print med	tia
b) Developing engaging narrati	ves 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
- e) 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

PRINCIPAL

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRU VALUE ADDED COURSE - SCRIPT WRITING COURSE (MULTIPLE CHOICE QUESTIONS

VALLUR.	22
VAC10) TIME :	20

×		4	7	m	EA.	٠
	Э,	8	ij,	ы	E	٩

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
- drTypes 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) If 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

INDHIRA COLLEGE OF EDUCATION

PANDUR, TIRUVALLUR-631 203

- 59	c) Crafting articles for ne	wspapers or magazines
	d) Developing dialogue fo	or television series
9. Wh	at is the focus of writing for	radio?
	a) Visual storytelling	
	b) Creating engaging visu	als
	c) Crafting compelling di	alogue and narratives for audio broadcasting
	d) Directing actors for on	-screen performances
10. In	television writing, what is e	essential to consider?
	a) Cinematic techniques	b) Audio quality
	of Visual storytelling	d) Social media engagement
11. W	nat does writing for new me	dia primarily involve?
	a) Crafting stories for trad	litional newspapers
* L	6) Creating content for on	line platforms like websites and social media
	c) Developing scripts for	radio dramas
	d) Writing novels for prin	t publication
12. Wi	nich of the following is NO	I a common type of narrative structure in film?
	a) Circular narrative	b) Linear narrative
·	Interactive narrative	d) Open-ended narrative
13. W	nat does genre help determin	ne in media production?
	a) Target audience	b) Production budget
	c) Editing techniques	d) Sound effects
14. Wh	at is the significance of unc	derstanding media audience in content creation?
	a) It ensures compliance w	with legal regulations
	b) It helps tailor content to	suit audience preferences
	on influences the choice	of filming locations
	d) It determines the runtin	ne of the media content
15. Wh	at is the primary focus of w	riting for radio?
	a) Visual effects _b)	Engaging dialogue and narrative for audio broadcast
		Harf
		DOING

c) Creating 3D animation	d) Designing set pieces
16. What distinguishes writing for tele	vision from other forms of writing?
a) It primarily focuses on print	media
b) It involves crafting dialogue	and narrative for visual storytelling
c) Frequires creating content to	for radio broadcasts
d) It emphasizes writing for on	line platforms only
17. What platforms are included in nev	v media?
a) Traditional newspapers	b) Radio broadcasts
S) Websites and social media	d) Physical magazines
18. Which narrative structure involves	storytelling in a non-chronological order?
a) Linear narrative	b) Circular narrative
ey Non-linear narrative	d) Parallel narrative
19. How does genre influence media pr	roduction?
a) It determines the cost of pro	duction
b) It influences the choice of a	ctors
If guides the overall tone and	d style of the content
d) It affects the selection of file	ning equipment
20. What is the primary focus of writin	g for print media?
a) Crafting dialogue for radio b	roadcasts
b) Creating visual effects	
c) Developing articles for news	papers or magazines
d) Designing set pieces for tele	vision shows
21. What aspect of media production do	oes targeting women and children primarily involve?
a) Writing engaging scripts	b) Creating visually appealing scenes
Onderstanding audience pref	Perences and interests d) Selecting filming locations
22. What does writing for television pri	marily involve?
a) Crafting stories for print med	lia
b) Developing engaging narrati	ves and dialogue for visual storytelling
	PRINCIPAL INDHIRA COLLEGE OF EDUCATION PANDUR, TIRUVALLUR-631 203
	200

- 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

PRINCIPAL

NAME: MADHUPAYA 3 . 21 22

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

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
 - 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

Adoption

d) Latency

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

a) Analyzing user semintent of 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 (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/K 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 by 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
15. Which term refers to the process of analyzing user behavior on websites?
a) Conversion rates (b) Click stream
c) Brand reputation d)-RØI (Return on Investment)

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
- 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
- 6) 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
- 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 soc	al media
	b) Identifying	website usability issu	es
	c) Measuring	customer engagement	
	d) Establishin	g business goals and t	racking progress
8. WI	tich tool is comm	only used for web an	alyties?
	a) Photoshop	b) Microsoft Excel	c) Google Analytics d) Adobe Premiere Pro
9. Wh	at statistical prog	gramming language is	commonly used for data analysis in web analytics?
	a) Python	b) Java 971	(o)C++
10. W	hich package in	R is specifically used	for social media analysis?
	a) R Google T	rends / b) R Data V	/isualization
	cy R Data Min	ing d) R Statist	ical Analysis
11. W	hat is the purpos	e of case analysis in v	veb analytics?
	a) To design w	vebsites by	To measure user experience
	c) To track we	bsite uptime d)	o create social media content
12. W	hich aspect of us	er behavior is measur	ed in user experience measurement cases?
	a) Latency	b) Task success	c) Page views d) Uptime
13. W	hat is the primary	y focus of web analyti	cs cases?
	a) Analyzing s	ocial media sentiment	b) Identifying website usability issues
	c) Calculating	conversion rates	d) Monitoring website uptime
14. W	hat is the signific	ance of customer sen	iment in web analytics?
	a) It measures	website latency	b) It tracks customer engagement
	c) It analyzes u	iser experience	at it evaluates brand reputation
15. W	hich term refers t	to the process of analy	zing user behavior on websites?
	a) Conversion	rates by Click stre	am
	e) Brand reputa	ation d) ROI (Ret	urn on Investment)

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
 - Voice of customer and conversion rates
- 4. What are social media KPIs primarily used for?
 - a) Measuring website uptime
 - 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?
 - 3) 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?

PRINCIPAL INDHIRA COLLEGE OF EDUCATION PANDUR, TIRUVALLUR-631 203

Michael

a) Anaryzing 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 coogle Analytics d) Adobe Premiere Pro
9. What statistical programming language is commonly used for data analysis in web analytics?
a) Python b) Java ATR 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
e) 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 by 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 A 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)

NAME: ROOPAVATHIK.

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?

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?
 - 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 fixeda
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 Pr
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 (1) 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)

16. What is the importance of understanding under nutrition and its implications?
a) It has no impact on health
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
Improving overall well-being
18. What term describes the recommended intake of nutrients for optimal health?
a) Nutrient requirement b) Digitary 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
s) 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
by 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
The state of the s

- 23. What role does yoga play in fitness?
 - a) it promotes unhealthy habits
 - by t 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
 - (t) 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

disimproving overall well-being

0 0-10

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

THE REAL PROPERTY.		ew.	Mark.	
	А	48	100	
D			-	

PROGRAME:

TIME: 30 Minutes

MARKS: 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
- . In 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
- Pamily, 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 marriaged) Their involvement in community service

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

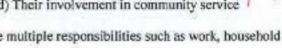
a) Multi-tasking

- b) Gender equality
- c) Socialization d) Gender bias

8. What are some of the health issues	commonly faced by women?
a) Cardiovascular diseases ar	nd hypertension
b) Prostate cancer and erectil	e dysfunction
Shreast cancer and reprodu	ctive health concerns
d) Lung cancer and diabetes	
9. What type of issues are addressed	under the umbrella of women's issues?
a) Economic challenges faceo	i by men
b) Political rights of men	
c) Violence against women a	nd gender-based discrimination
d) Educational achievements	of men
10. What is a major concern discusses	d under women's issues?
a) Increased representation of	women in leadership roles
b) Decreased access to educa	tion for women
c) Equal pay and job opportu	nities for women
d) Elimination of violence ag	ainst women
11. What term describes physical, sex	ual, or psychological harm inflicted on women?
n) 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
@PEmpowerment measures	d) Gender roles
13. How has globalization impacted v	omen in the workplace?
a) It has decreased job opport	unities for women
b) It has led to improved work	king conditions for women
collinas resulted in changing women	working conditions and increased workplace-related issues for
d) It has not affected women's	roles in the workplace
14. What changes have occurred in we	orking conditions for women due to globalization?
a) Decreased discrimination a	gainst women
	A D ()

b) Increased job security for women
c) Heightened workplace safety for women
A) Thereased 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 A Vedic times to the present
17. 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
18. What does the social construction of gender primarily entail?
a) Biological determinants of gender
5) Cultural and societal influences on gender identity
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 by 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?
E 1 0 1

- 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
- cy Socialization
- d) Gender bias
- 23. What are some of the health issues commonly faced by women?
 - a) Cardiovascular diseases and hypertension
 - (a) 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

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

21	re	-	n	re	Wh.	
-1	и	а	66	ю	Е	
٠,	•			ь.	-	- 1

TIME: 30 Minutes

PROGRAME:

MARKS: 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
- de 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) Pheir experiences in marriaged) 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

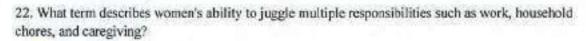
b) Gender equality

c) Socialization d) Gender bias

8. What are some of the health issues	commonly faced by women?
a) Cardiovascular diseases and	d hypertension
b) Prostate cancer and erectile	dysfunction
Breast cancer and reproduc	tive health concerns
d) Lung cancer and diabetes	
9. What type of issues are addressed u	nder the umbrella of women's issues?
a) Economic challenges faced	by men
b) Political rights of men	
of Violence against women an	d gender-based discrimination
d) Educational achievements of	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 educat	ion for women
c) Equal pay and job opportun	ities for women
d) Elimination of violence aga	inst women
11. What term describes physical, sexu	ual, 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 a	and uplift women socially, economically, and politically?
a) Gender bias	b) Patriarchal norms
c) Empowerment measures	d) Gender roles
13. How has globalization impacted w	omen in the workplace?
a) It has decreased job opportu	mities for women
b) It has led to improved work	ing conditions for women
c) It has resulted in changing v women	working conditions and increased workplace-related issues for
d) It has not affected women's	roles in the workplace
What changes have occurred in wo	rking conditions for women due to globalization?
a) Decreased discrimination ag	PRINCIPAL INDHIRA COLLEGE DE EDUCATION
	PANDUR, TIRUVALLUR-631 203

ACTION OF THE PROPERTY OF THE	zation for women in the workplace? tions ces women
d) Increased job flexibility but also increased e 15. Which of the following is a consequence of globali a) Decreased gender wage gap b) Increased gender equality in leadership posi c) Greater exposure to exploitative labor practi d) Reduced barriers to career advancement for 16. What historical period is covered in the discussion present? a) Industrial Revolution to the present b) Me	zation for women in the workplace? tions ces women
15. Which of the following is a consequence of globali a) Decreased gender wage gap b) Increased gender equality in leadership position of Greater exposure to exploitative labor praction of Reduced barriers to career advancement for 16. What historical period is covered in the discussion present? a) Industrial Revolution to the present b) Me	zation for women in the workplace? tions ces women
a) Decreased gender wage gap b) Increased gender equality in leadership posi c) Greater exposure to exploitative labor practi d) Reduced barriers to career advancement for 16. What historical period is covered in the discussion present? a) Industrial Revolution to the present b) Me	tions ices women
b) Increased gender equality in leadership positive of the content of the conten	women
d) Reduced barriers to career advancement for 16. What historical period is covered in the discussion present? a) Industrial Revolution to the present b) Me	women
d) Reduced barriers to career advancement for 16. What historical period is covered in the discussion present? a) Industrial Revolution to the present b) Me	women
16. What historical period is covered in the discussion present? a) Industrial Revolution to the present b) Me	
a) Industrial Revolution to the present b) Me	of women's position from Vedic times to the
ACTIVATION OF THE SAME AND ACTIVATION OF THE CONTRACT OF THE C	
Contraction of the contraction o	edieval era to the present
 c) Renaissance period to the present d) Ne 	dic times to the present
17. What is discussed in relation to women's participati	ion 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	
18. What does the social construction of gender primar	ily entail?
a) Biological determinants of gender	
D'Cultural and societal influences on gender ic	lentity
c) Genetic factors affecting gender roles	
d) Economic disparities between genders	
19. Which term refers to the process through which ind and values related to gender?	ividuals learn and internalize societal norms
a) Social construction by Socialization	c) Gender roles d) Gender bias
20. What institutions play a significant role in socializing	ng individuals into gender roles?
a) Educational institutions only	b) Religious institutions only
of Family, educational institutions, and media	d) Political institutions only
21. What aspect of women's lives is discussed in the co	PRINC FEE

- a) Their political participation
- b) Their roles in the workforce
- c) Their experiences in marriage
- d) Their involvement in community service



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

MAME: SONY P

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

-	W 27	10.00	
		10.0	
.,	A 1	Œ	
	700	7.7.	

TIME: 30 Minutes

PROGRAME:

MARKS: 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
- Al 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
- 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 5 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 marriaged) 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

8. What are some of the health issues	commonly faced by women?
a) Cardiovascular diseases ar	nd hypertension
b) Prostate cancer and erectil	e dysfunction
c) Breast cancer and reproduc	ctive 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	i by men
b) Political rights of men	
Violence against women a	nd gender-based discrimination
d) Educational achievements	of men
10. What is a major concern discusses	d under women's issues?
a) Increased representation of	women in leadership roles
b) Decreased access to educa	tion for women
c) Equal pay and job opportu	nities for women
at Elimination of violence ag	ainst women
11. What term describes physical, sex	ual, or psychological harm inflicted on women?
a) Women's rights	b) Gender equality
c) Empowerment measures	A 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 w	vomen in the workplace?
a) It has decreased job opport	unities for women
b) It has led to improved work	king conditions for women
It has resulted in changing women	working conditions and increased workplace-related issues for
d) It has not affected women's	roles in the workplace
14. What changes have occurred in we	orking conditions for women due to globalization?
a) Decreased discrimination a	gainst women

b) Increased job security for women
c) Heightened workplace safety for women
dyIncreased 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
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
17. What is discussed in relation to women's participation in India's independence movement?
a) Their exclusion from the movement
by Their active involvement in the movement
c) Their leadership in the movement
d) Their role as spectators in the movement
18. 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
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
Family, educational institutions, and media d) Political institutions only
21. What aspect of women's lives is discussed in the context of family?
follem

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

Elimination of violence against women

1

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

MULTIP	LE CHOICE QUESTIONS TIME: 30 Minutes
DATE:	MARKS: 25
PROGRAME: B.E.	
1. Which technique of measuring counsellor and the individual?	personality involves direct interaction between the
a) Observation	byInterview
c) Project techniques	d) Survey
2 Basic areas of adjustment in c	ounselling include all of the following except:
a) Carrage and Joh by Se	ocial media usage (c) Family (d) Martin
a) Carca and 1 11 torral	ves the counsellor's act of actively listening without
3. Which counselling skill involution?	ves the counself
a) Attending b) P	Paraphrasing
c) Reflecting d) I	Focusing
4. Which counselling skill focu	ises on summarizing the client's key points?
	Silence
E) Summer	Clarifying
5. Building rapport in counsell	ling primarily aims to:
Establish trust and co	onnection b) Collect payment from cherits
Distate solutions to	clients d) Maintain professional distance
Which technique focuses of goals and their current behavi	on bringing awareness to discrepancies between a chem's ior?
a) Spheres of Influence	and to the
Confrontation	d) Encouraging
7 What is the primary goal of	of confrontation in counselling?

a) To create conflict

To challenge inconsistencies

c) To reinforce the client's beliefs

d) To avoid difficult topics

8. Core conditions in counselling	refer to:
a)Essential qualities for e	ffective counselling
b) Specific techniques for	behavior modification
c) Client's fundamental be	
to Common issues faced	by clients
 Which counselling technique particular aspect of their experie 	involves guiding the client's attention towards a
a) Engagement	b) Focusing
a) Trustworthiness	d) Self-disclosure
10. Trustworthiness in counsell	ing is primarily established through:
a) Self-disclosure	b) Maintaining confidentiality
v occasing solutions	d) Ignoring client concerns
11. Which technique aims to restimuli?	educe anxiety through gradual exposure to feared
a) Relaxation	b) Biofeedback
or Systematic Desensit	ization d) Assertiveness training
12 Cognitive Behavioral Mo	dification primarily focuses on:
a) Rewiring the brain	through positive reinforcement
bildentifying and cha	nging negative thought patterns
c) Enhancing physica	relaxation techniques
d) Promoting assertive	e communication skills
13. Transaction analysis foc	uses on analyzing:
Interpersonal trans	actions and relationships b) Financial transactions
c) Political transaction	A Tachnological Hausactons
14. Group counselling is be	eneficial for:
a Addressing indiv	idual issues in a group setting
The state of the s	Afellening
	INDHIRA COLLEGE OF EDUCATION
	PANDUR, TIRUVALLUR-631 203

b) Avoiding personal responsibility	
c) Providing entertainment	
d) Isolating clients from social interacti	ons
15. Vocational guidance primarily assists indi-	viduals in:
a) Exploring career options and making	informed decisions
Building personal relationships	1
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 issue	es related to:
p) Peer pressure b) Retireme	nt planning
c) Estate management d) Career tra	ansition
18. Health counselling may involve addressin	g concerns related to:
a) Chronic illness management	b) Financial planning
c) Home décor	d) Social media usage
19. Assertiveness training aims to help individ	uals:
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
	Alesten

prio	a) Basic needs before higher-level needs
	b) Spiritual needs before physical needs
	Same and the same
	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. 1	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
	ND 0-10

Name: APARNA.S

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

MULTIPLE CHOICE QUESTIONS

DATE:	TIME : 30 Minutes
PROGRAME: B.E.	MARKS: 25
Which technique of measuring per- counsellor and the individual?	sonality involves direct interaction between the
a) Observation b)	Interview
c) Project techniques d)	Survey
2. Basic areas of adjustment in couns	elling include all of the following except:
a) Career and Job Social	media usage c) Family d) Marital
3. Which counselling skill involves th interruption?	e counsellor's act of actively listening without
a) Attending b) Paraph	rasing
c) Reflecting d) Focusing	ng
4. Which counselling skill focuses on	summarizing the client's key points?
a) Attending b) Silence	
Summarizing d) Clarify	ing
5. Building rapport in counselling prin	narily aims to:
a) Establish trust and connection	on b) Collect payment from clients
c) Dictate solutions to clients	d) Maintain professional distance
6. Which technique focuses on bringi goals and their current behavior?	ng awareness to discrepancies between a client's
a) Spheres of Influence	b) Clarification
c) Confrontation	d) Encouraging
7. What is the primary goal of confron	tation in counselling?
a) To create conflict	b) To challenge inconsistencies
c) To reinforce the client's believed	efs d) To avoid difficult topics

8. 0	Core conditions in counselli	ng refer to:	
	a) Essential qualities for	r effective counselling	
	b) Specific techniques f	or behavior modificati	on
	c) Client's fundamental	beliefs	
	d) Common issues faceo	d by clients	
	Which counselling technique icular aspect of their experi		client's attention towards a
	a) Engagement	b) Focusing	
	c) Trustworthiness	d) Self-disclosure	
10.	Trustworthiness in counsel	ling is primarily establ	ished through:
	a) Self-disclosure	b) Maintaining con	fidentiality
	e) Offering solutions	d) Ignoring client of	concerns
	Which technique aims to re- uli?	duce anxiety through ş	gradual exposure to feared
	a) Relaxation	b) Biofeedb	ack
	o Systematic Desensitiz	ation d) Assertive	ness training
2, (Cognitive Behavioral Modi	fication primarily focu	ses on:
	a) Rewiring the brain the	ough positive reinforc	ement
	M Identifying and chang	ing negative thought p	atterns
	c) Enhancing physical re	elaxation techniques	
	d) Promoting assertive of	ommunication skills	
3. 7	Fransaction analysis focuse	s on analyzing:	
	a) Interpersonal transacti	ons and relationships	b) Financial transactions
	c) Political transactions		d) Technological transactions
4. (Group counselling is benefi	cial for:	
	Addressing individual	issues in a group setti	ng
	3,000,000		

b) Avoiding personal responsibility	
c) Providing entertainment	
d) Isolating clients from social interact	tions
15. Vocational guidance primarily assists ind	ividuals in:
a) Exploring career options and makin	g informed decisions
b) Building personal relationships	
c) Managing stress and anxiety	
d) Improving physical health	
16. Behavioural problems in counselling ofter	n require:
a) Cognitive restructuring	b) Medication
of Ignoring the problem	d) Punishment
17. Adolescent counselling may focus on issu	es related to:
a) Peer pressure b) Retireme	ent planning
c) Estate management d) Career to	ransition
18. Health counselling may involve addressing	ng concerns related to:
a) Chronic illness management	b) Financial planning
c) Home décor	d) Social media usage
19. Assertiveness training aims to help individ	fuals:
a) Communicate their needs and desire	s 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
	Afor Cenile INDHERA COLLEGE OF EDUCATION
	PANDUR, TIRUVALLUR-631 203

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
1-00.

CANAKA-9

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

MULTIPLE CHOICE QUESTIONS

C202 200 200 C200 C200	CHILLE	HOICE QU		
DATE:			TIN	IE: 30 Minutes
PROGRAME: B.E.			MA	RKS: 25
Which technique of me counsellor and the individ		nality involve	es direct intera	ction between the
a) Observation	by Int	terview		
c) Project techniqu	es d) Su	rvey		
2. Basic areas of adjustme	nt in counselli	ing include a	ll of the follow	ving except:
a) Career and Job	b) Social me	edia usage	c) Family	d) Marital
3. Which counselling skill interruption?	involves the	counsellor's a	act of actively	listening without
p/Attending	b) Paraphras	ing		
c) Reflecting	d) Focusing			
4. Which counselling skill	focuses on su	mmarizing tl	ne client's key	points?
a) Attending	b) Silence	4		
c) Summarizing	d) Clarifying			
5. Building rapport in cour	selling prima	rily aims to:		
a) Establish trust an	d connection	b) Collect p	ayment from	elients
c) Dictate solutions	to clients	d) Maintain	professional o	distance
Which technique focuse goals and their current beh		awareness to	discrepancie	s between a client's
a) Spheres of Influe	nce	b) Clarifica	tion	
c) Confrontation		d) Encourage	jing	
7. What is the primary goa	of confrontat	tion in couns	elling?	
a) To create conflict		byto	challenge inc	onsistencies
c) To reinforce the c	lient's beliefs	d) To	avoid difficu	It topics

8. Core conditions in counselli	ng refer to:
a) Essential qualities for	effective counselling
b) Specific techniques f	or behavior modification
e) Client's fundamental	beliefs
d) Common issues faceo	l by clients
Which counselling technique particular aspect of their experi	involves guiding the client's attention towards a ence?
a) Engagement	b) Focusing
c) Trustworthiness	d) Self-disclosure
10. Trustworthiness in counsell	ing is primarily established through:
a) Self-disclosure	b) Maintaining confidentiality
c) Offering solutions	d) Ignoring client concerns
11. Which technique aims to re stimuli?	duce anxiety through gradual exposure to feared
a) Relaxation	b) Biofeedback
c) Systematic Desensitiz	ation d) Assertiveness training
12. Cognitive Behavioral Modi	fication primarily focuses on:
a) Rewiring the brain thr	ough positive reinforcement
by Identifying and chang	ing negative thought patterns
c) Enhancing physical re	laxation techniques
d) Promoting assertive co	ommunication skills
13. Transaction analysis focuse:	s on analyzing:
a) Interpersonal transacti	ons and relationships b) Financial transactions
c) Political transactions	d) Technological transactions
14. Group counselling is benefic	cial for:
a) Addressing individual	issues in a group setting
	10 -10

b) Avoiding personal responsibility	
c) Providing entertainment	
d) Isolating clients from social interacti	ions
15. Vocational guidance primarily assists indi	viduals in:
a) Exploring career options and making	g 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
e) Ignoring the problem	d) Punishment
17. Adolescent counselling may focus on issue	es related to:
A) Peer pressure b) Retireme	ent planning
c) Estate management d) Career tr	ansition
18. Health counselling may involve addressin	g concerns related to:
a) Chronic illness management	b) Financial planning
c) Home décor	d) Social media usage
19. Assertiveness training aims to help individ	uals:
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:	
Used judiciously and with caution	b) Avoided completely
c) Shared excessively	d) Used to dominate the conversation
	INDHIRA COLLEGE OF EDUCATION PANDUR, TIRUVALLUR-631 203

21. The hierarchy of needs, as proposed by Maslow, suggests that individuals prioritize:
3) 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) Of adual exposure to feared stimuli paired with relaxation
b) Abrupt confrontation with feared situations
c) Avoidance of feared stimuli
d) Aggressive behavior towards feared stimuli
PRINCIPAL INDHIRA COLLEGE OF EDUCATION PANDUR, TIRUVALLUR-631 203

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

N	IULTIPLE C	HOICE QU	ESTIONS	1
DATE:			TIN	IE : 30 Minutes
PROGRAME: B.E.			MA	RKS: 25
Which technique of me counsellor and the individ	CONTRACTOR OF THE PROPERTY OF THE PARTY OF T	nality involve	es direct intera	ction between the
a) Observation	b) Int	terview		X
e Project technique	es d) Su	rvey	1	
2. Basic areas of adjustme	ent in counsell	ing include a	ll of the follow	ving except:
a) Career and Job	by Social me	edia usage	c) Family	d) Marital
3. Which counselling skill interruption?	l involves the	counsellor's a	act of actively	listening without
a) Attending	b) Paraphras	ing		
c) Reflecting	d) Focusing			
4. Which counselling skill	focuses on su	ımmarizing ti	he client's key	points?
a) Attending	b) Silence		/	
c) 8ummarizing	d) Clarifying	3	1	
5. Building rapport in cou	nselling prima	rily aims to:		
a) Establish trust ar	nd connection	b) Collect p	ayment from	clients
c) Dictate solutions	to clients	d) Maintain	professional	distance
 Which technique focus goals and their current bel 		awareness to	o discrepancie	s between a client's
a) Spheres of Influe	ence	b) Clarifica	tion	8
c) Confrontation		d) Encourage	ging	
7. What is the primary goa	d of confronta	tion in couns	elling?	
a) To create conflic	t	_b) To	challenge inc	consistencies
c) To reinforce the	client's beliefs	d) To	avoid difficu	It topics

8. Core conditions in counselli	ng refer to:
a) Essential qualities for	effective counselling
b) Specific techniques f	or behavior modification
c) Client's fundamental	beliefs
d) Common issues faced	i by elients
9. Which counselling technique particular aspect of their experi	e involves guiding the client's attention towards a ence?
a) Engagement	b) Focusing
c) Trustworthiness	d) Self-disclosure
10. Trustworthiness in counsell	ing is primarily established through:
a) Self-disclosure	b) Maintaining confidentiality
c) Offering solutions	d) Ignoring client concerns
11. Which technique aims to restimuli?	duce anxiety through gradual exposure to feared
a) Relaxation	b) Biofeedback
Systematic Desensitiz	ation d) Assertiveness training
12. Cognitive Behavioral Modi	fication primarily focuses on:
a) Rewiring the brain thr	ough positive reinforcement
by Identifying and chang	ing negative thought patterns
c) Enhancing physical re	laxation techniques
d) Promoting assertive c	ommunication skills
13. Transaction analysis focuse	s on analyzing:
a) Interpersonal transacti	ons and relationships b) Financial transactions
c) Political transactions	d) Technological transactions
14. Group counselling is benefit	cial for:
a) Addressing individual	issues in a group setting
95	100
	Atellow

o) revoluing personal responsionity	
c) Providing entertainment	
d) Isolating clients from social interacti	ons
15. Vocational guidance primarily assists indiv	viduals 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 issue	s related to:
a) Peer pressure b) Retirement	nt planning
c) Estate management d) Career tra	nnsition
18. Health counselling may involve addressing	g concerns related to:
A) Chronic illness management	b) Financial planning
c) Home décor	d) Social media usage
19. Assertiveness training aims to help individu	uals:
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
	PRINCIPAL INDHIRA COLLEGE OF EDUCATION PANDUR, TIRUVALLUR-631 203

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

NAME: INDIRANIC

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	al tools
b) Crimes committed against nature	
c) Crimes committed in virtual reality	
d) Crimes committed using computers and t	he internet
2. What term refers to the unauthorized access, man formats?	ipulation, or theft of information stored in digital
a) Cyber security b) Cyber forensics	c) Cyber hacking
3. What is the uniqueness of cybercrime compared to	o conventional crime?
a) It is less serious b) I	It is easier to solve
c) It can be committed remotely d) I	it is always physical in nature
4. Which term describes the act of gaining unauthori	zed access to computer systems or networks?
a) Cracking b) Phishing () Hacking	d) Cyber stalking
5. What type of cybercrime involves using technolog	gy to harass, threaten, or intimidate individuals?
ar Cyber bullying b) Cyber stalking	
c) Hacking d) Phishing	
 What is the term for the act of sending fraudulent reputable sources in order to obtain sensitive information. 	
a) Hacking (b) Phishing c) Cyber sta	d) Cyber bullying
7. Which type of cybercrime involves the unauthoriz intellectual property?	ed copying, distribution, or use of someone else's
a) Cyber bullying b) C	Cyber stalking
of Intellectual property theft d) I	Data theft
8. What term describes the act of altering digital data	a with malicious intent?
a) Hacking b) Cracking e) Data didd	lling d) Phishing
	Afer Cini PRINCIPAL

9. What is steganography?	
a) A type of malware	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 card or banking information?	e involving the unauthorized use of someone else's credi
a) Identity theft b) Intelle	ectual property theft
c) Data theft ATM	fraud
12. What is one of the key advantages of	social media?
a) Limited reach	b) Lack of engagement
or Instant communication	l) Slow response time
13. What term describes crimes committee	d 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	f 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) Sociol	ogy
16. What is the Fraud Triangle?	
A theory explaining the motiva	tion behind cybercrimes
b) A geometric shape used in cyb	er forensics
c) A security measure for prevent	ing fraud
d) A type of cybercrime investiga	tion technique

17. What are the components of information security?	
a) Firewalls, viruses, and malware	
Sonfidentiality, integrity, and availability	
e) 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	
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	
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	
Securing online transactions and user data	
21. What are common threats to information security?	
a) Enhanced encryption techniques	
b) Regular software updates	
of Malware, phishing, and data breaches	
d) Strong passwords and firewalls	

22. What are countermeasures used to mitigate threats to information security?

a) Sharing sensitive information online

b) Using unsecured public Wi-Fi networks

c) Regularly updating antivirus software

- d) Ignoring suspicious emails
- 23. What is the primary concern of safe surfing?
 - a) Avoiding dangerous waters
 - b) Protecting oneself from physical harm
 - , of Preventing online threats and risks
 - d) Engaging in recreational activities
- 24. What factors are considered in understanding cybercriminal behaviour?
 - a) Social, economic, and environmental
 - by Biological, psychological, and sociological
 - c) Physical, emotional, and cognitive
 - d) Political, cultural, and technological
- 25. What is the purpose of studying criminological, sociological, and psychological theories related to cybercrime behaviour?
 - a) To identify potential cybercriminals
 - b) To understand the root causes of cybercrimes
 - c) To develop new cybercrime laws
 - d) To increase cybercrime penalties

PRINCIPAL

NAME: NIVEDHA.B

DATE:

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

TIME: 30 Minutes

PR	OGRAME:				MARKS : 25
1. V	What is cybercrim	e primarily defin	ned as?		1/22
	a) Traditions	d crimes commi	tted using digital	tools	12
	b) Crimes co	mmitted against	nature	× 4	
	c) Crimes co	mmitted in virtu	al reality		
	d) Crimes co	mmitted using c	omputers and the	internet	
	Vhat term refers t	o the unauthoriz	ed access, manip	ulation, or theft of ir	nformation stored in digital
	a) Cyber sec	urity b) C	yber forensics	c) Cyber hacking	et) Data theft
3. W	hat is the unique	ness of cybercri	me compared to	conventional crime?	
	a) It is less se	erious	b) It	s easier to solve	
	can be c	ommitted remot	ely d) It i	is always physical in	nature
4. W	/hich term descri	bes the act of ga	ining unauthorize	d access to compute	er systems or networks?
	a) Cracking	b) Phishing	c) Hacking	d) Cyber stalking	
5. W	hat type of cyber	rcrime involves	using technology	to harass, threaten,	or intimidate individuals?
	a) Cyber bull	ying b) C	yber stalking		
	c) Hacking	d) Pi	nishing	1	
			ling fraudulent en ensitive informati		at appear to be from
	a) Hacking	by Phishing	c) Cyber stalk	ing d) Cyber bullying
	hich type of cybo lectual property?		the unauthorized	copying, distribution	on, or use of someone else's
	a) Cyber bull	ying	b) Су	ber stalking	7
	c) Intellectua	property theft	d) Da	ta theft	
8. V	Vhat term describ	es the act of alte	ring digital data	with malicious inten	12
	a) Hacking	b) Cracking	ey Data diddli	ng d) Phishi	ng
				/	N. O.1.
					1 de Limit

2. Wish is seeganographry:	
a) A type of malware	by Amethod 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) 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 cybe card or banking information?	ercrime involving the unauthorized use of someone else's credit
a) Identity theft b)	Intellectual property theft
c) Data theftd)	ANTM fraud
12. What is one of the key advantage	ges of social media?
a) Limited reach	b) Lack of engagement
of Instant communication	d) Slow response time
13. What term describes crimes cor	nmitted through or using social media platforms?
a) Cyber stalking b)	Social media fraud
(Cyber bullying d)	Social media crimes
14. What should individuals be cau	tious of while using social media?
A Sharing personal informa	ation b) Interacting with friends
c) Ignoring security setting	d) Avoiding privacy concerns
15. What term describes the study of	of why individuals commit cybercrimes?
a) Cyber forensics رطل	Cyber psychology
c) Criminology d)	Sociology
16. What is the Fraud Triangle?	136
a) Atheory explaining the r	notivation behind cybercrimes
b) A geometric shape used	in cyber forensics
c) A security measure for n	susception front

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
- 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
 - er Encrypting web pages
 - d) Securing online transactions and user data
- 21. What are common threats to information security?
 - a) Enhanced encryption techniques
 - (Negular software updates
 - c) Malware, phishing, and data breaches
 - d) Strong passwords and firewalls
- 22. What are countermeasures used to mitigate threats to information security?
 - (a) Sharing sensitive information online
 - b) Using unsecured public Wi-Fi networks

+

- c) Regularly updating antivirus software
- d) Ignoring suspicious emails
- 23. What is the primary concern of safe surfing?
 - a) Avoiding dangerous waters
 - b) Protecting oneself from physical harm
 - c) Preventing online threats and risks
 - d) Engaging in recreational activities
- 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
- 25. What is the purpose of studying criminological, sociological, and psychological theories related to cybercrime behaviour?
 - a) To identify potential cybercriminals
 - b) To understand the root causes of cybercrimes
 - c) To develop new cybercrime laws
 - d) To increase cybercrime penalties

PRINCIPAL

MAME: SAKHIN

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 define	ed as?	
a) Traditional crimes committee	ed using digital tools	2
b) Crimes committed against r	nature	
e) Crimes committed in virtual	I reality	
A Crimes committed using co	mputers and the internet	
2. What term refers to the unauthorized formats?	d access, manipulation, or theft of	of information stored in digital
a) Cyber security b) Cyl	ber forensics c) Cyber hael	king 3) Data theft
3. What is the uniqueness of cybercrim	e compared to conventional crir	ne?
a) ICIs less serious	b) It is easier to solve	7
c) It can be committed remotel	y d) It is always physic	al in nature
4. Which term describes the act of gain	ing unauthorized access to com	puter systems or networks?
a) Cracking b) Phishing	(e) Hacking d) Cyber stall	king
5. What type of cybercrime involves us	sing technology to harass, threat	en, or intimidate individuals?
a) Cyber bullying b) Cyb	oer stalking	
c) Hacking d) Phis	shing	
What is the term for the act of sendir reputable sources in order to obtain sen		s that appear to be from
a) Hacking (b) Phishing	c) Cyber stalking	d) Cyber bullying
7. Which type of cybercrime involves to intellectual property?	he unauthorized copying, distrib	oution, or use of someone else's
a) Cyber bullying	b) Cyber stalking	
c) Intellectual property theft	d) Data theft	
8. What term describes the act of alteri	ng digital data with malicious ir	ntent?
a) Hacking b) Cracking (9) Data diddling d) Ph	ishing
		Afagfenile PRINCIPAL

a) A type of malware	b) A method of hiding information within digital files
c) A form of cyber stal	king d) A type of hacking technique
10. What is a salami attack?	
a) A form of ATM frau	b) A type of cyber bullying
c) A method of phishin	d) A type of hacking technique
11. What is a common type of card or banking information?	cybercrime involving the unauthorized use of someone else's credi
a) Identity theft	b) Intellectual property theft
c) Data theft	d) ATM fraud
12. What is one of the key adva	intages of social media?
a) Limited reach	b) Lack of engagement
Instant communicati	on 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?
Sharing personal info	ormation b) Interacting with friends
c) Ignoring security sett	tings d) Avoiding privacy concerns
15. What term describes the stu	dy 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 t	the motivation behind cybercrimes
by A geometric shape us	sed in cyber forensics
c) A security measure for	or preventing fraud
d) A type of cybercrime	investigation technique

9. What is steganography?

17. What are the components of information security?
a) Firewalls, viruses, and malware
by 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
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
of 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
Securing online transactions and user data
21. What are common threats to information security?
a) Enhanced encryption techniques
b) Regular software updates
Malware, phishing, and data breaches
d) Strong passwords and firewalls
22. What are countermeasures used to mitigate threats to information security?

a) Sharing sensitive information online

b) Using unsecured public Wi-Fi networks

of Regularly updating antivirus software

- d) Ignoring suspicious emails
- 23. What is the primary concern of safe surfing?
 - a) Avoiding dangerous waters
 - b) Protecting oneself from physical harm

, c) Preventing online threats and risks

- d) Engaging in recreational activities
- 24. What factors are considered in understanding cybercriminal behaviour?
 - a) Social, economic, and environmental

by Biological, psychological, and sociological

- c) Physical, emotional, and cognitive
- d) Political, cultural, and technological
- 25. What is the purpose of studying criminological, sociological, and psychological theories related to cybercrime behaviour?
 - a) To identify potential cybercriminals

by To understand the root causes of cybercrimes

- c) To develop new cybercrime laws
- d) To increase cybercrime penalties

PRINCIPAL

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 defi	ned as?
a) Traditional crimes commi	tted using digital tools
b) Crimes committed against	nature
c) Crimes committed in virtu	al reality
d Crimes committed using o	computers and the internet
2. What term refers to the unauthoriz formats?	ed access, manipulation, or theft of information stored in digital
a) Cyber security b) C	yber forensics c) Cyber hacking d) Data theft
3. What is the uniqueness of cybercri	me compared to conventional crime?
a) It is less serious	b) It is easier to solve
of It can be committed remot	ely d) It is always physical in nature
4. Which term describes the act of ga	ining 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) C	yber stalking
c) Hacking d) Pl	nishing
 What is the term for the act of send reputable sources in order to obtain se 	ling fraudulent emails or messages that appear to be from ensitive information?
a) Hacking b) Phishing	c) Cyber stalking d) Cyber bullying
7. Which type of cybercrime involves intellectual property?	the unauthorized copying, distribution, or use of someone else's
a) Cyber bullying	b) Cyber stalking
c) Intellectual property theft	d) Data theft
8. What term describes the act of alte	ring digital data with malicious intent?
a) Hacking b) Cracking	e) Dara diddling d) Phishing
	Afey Penil

9. What is steganography?	
a) A type of malware	b) Amethod of hiding information within digital files
c) A form of cyber stalking	d) A type of hacking technique
10. What is a salami attack?	
3) 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 cybercs card or banking information?	rime involving the unauthorized use of someone else's cred
a) Identity theft b) Int	tellectual property theft
c) Data theft di A	M 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 comm	itted through or using social media platforms?
a) Cyber stalking b) So	cial media fraud
g/Cyber bullying d) So	cial media crimes
14. What should individuals be caution	us of while using social media?
A Sharing personal information	on b) Interacting with friends
c) Ignoring security settings	d) Avoiding privacy concerns
15. What term describes the study of v	vhy individuals commit cybercrimes?
a) Cyber forensics b) Cy	ber psychology
c) Criminology d) Soc	piology
16. What is the Fraud Triangle?	
A theory explaining the mot	ivation behind cybercrimes
b) A geometric shape used in o	ryber forensics
c) A security measure for prev	enting fraud
d) A type of cybercrime invest	igation 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
- 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
- b) Regular software updates
- Malware, phishing, and data breaches
 - d) Strong passwords and firewalls

22. What are countermeasures used to mitigate threats to information security?

- a) Sharing sensitive information online
- b) Using unsecured public Wi-Fi networks

c) Regularly updating antivirus software

- d) Ignoring suspicious emails
- 23. What is the primary concern of safe surfing?
 - a) Avoiding dangerous waters
 - b) Protecting oneself from physical harm
 - c) Preventing online threats and risks
 - d) Engaging in recreational activities
- 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
- 25. What is the purpose of studying criminological, sociological, and psychological theories related to cybercrime behaviour?
 - a) To identify potential cybercriminals
 - b) To understand the root causes of cybercrimes
 - c) To develop new cybercrime laws
 - d) To increase cybercrime penalties

INDHIRA COLLEGE OF EDUCATION PANDUR, TIRUVALLUR-631 203

6/ Cenile

X

DATE:

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

TIME: 30 Minutes

PROGRAME:			M	ARKS: 25	110
1. What is cybercrim	ne primarily defi	ned as?			1/2
a) Traditions	al crimes commit	ted using digital	tools		
b) Crimes co	ommitted against	nature			
c) Crimes co	mmitted in virtu	al reality			
Crimes co	ommitted using o	omputers and the	internet		
2. What term refers t formats?	o the unauthorize	ed access, manip	ulation, or theft of info	ormation stored i	n digital
a) Cyber sec	urity b) C	yber forensics	c) Cyber hacking	A Bata the	eft
3. What is the unique	eness of cybercri	me compared to	conventional crime?	1	
a) It is less s	erious	b) It	is easier to solve		
c) Wean be o	committed remote	ely d) It	is always physical ill n	ature	
Which term descri	bes the act of gai	ning unauthorize	d access to computer	systems or netwo	orks?
a) Cracking	b) Phishing	c) Hacking	d) Cyber stalking		
5. What type of cybe	rcrime involves	using technology	to harass, threaten, or	intimidate indiv	iduals?
a) Cyber bul	lying b) Cy	ber stalking		X	
cyflacking	d) Pl	ishing		/	
6. What is the term for reputable sources in o		TO 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	nails or messages that on?	appear to be from	m
a) Hacking	b Phishing	c) Cyber stalk	ting d)	Cyber bullying	
7. Which type of cyb intellectual property?		the unauthorized	l copying, distribution	, or use of some	one else's
a) Cyber bull	ying	b) Су	ber stalking		
g) Intellectua	I property theft	d) Da	ta theft		
8. What term describ	es the act of alte	ring digital data	with malicious intent?		
a) Hacking	b) Cracking	c) Data diddli	ng Phrishing	X	Cim
					1 /

a) A type of malware	by Amethod of hiding information within digital files
c) A form of cyber sta	
10. What is a salami attack?	
A form of ATM fra	aud b) A type of cyber bullying
c) A method of phishi	ng d) A type of hacking technique
11. What is a common type of card or banking information?	cybercrime involving the unauthorized use of someone else's credit
a) Identity theft	b) Intellectual property theft
c) Data theft	drATM fraud
12. What is one of the key adv	rantages of social media?
a) Limited reach	b) Lack of engagement
S Instant communicat	tion d) Slow response time
13. What term describes crime	es committed through or using social media platforms?
a) Cyber stalking	b) Social media fraud
Cyber bullying	d) Social media crimes
14. What should individuals be	e cautious of while using social media?
a) Sharing personal in	formation b) Interacting with friends
c) Ignoring security se	ttings Avoiding privacy concerns
15. What term describes the st	udy of why individuals commit cybercrimes?
a) Cyber forensics	Cyber psychology
c) Criminology	d) Sociology
16. What is the Fraud Triangle	7
A theory explaining	the motivation behind cybercrimes
b) A geometric shape i	used in cyber forensics
c) A security measure	for preventing fraud
d) A type of cybercrim	e investigation technique

9. What is steganography?

17. What are the components of information security?

- a) Firewalls, viruses, and malware
- b) Confidentiality, integrity, and availability
- c) Hacking, cracking, and phishing
- dyCyber 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
- Descripting 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
 - (a) Securing the confidentiality and integrity of email communications
 - d) Ensuring the availability of email services

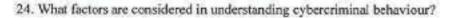
20. What is web security focused on?

- a) Protecting physical web servers
- b) Preventing unauthorized access to websites
- c) Encrypting web pages
- (a) Securing online transactions and user data
- 21. What are common threats to information security?
 - a) Enhanced encryption techniques
 - b) Regular software updates
 - Malware, phishing, and data breaches
 - d) Strong passwords and firewalls
- 22. What are countermeasures used to mitigate threats to information security?
 - a) Sharing sensitive information online
 - b) Using unsecured public Wi-Fi networks

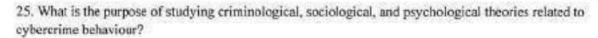
1

Regularly updating antivirus software

- d) Ignoring suspicious emails
- 23. What is the primary concern of safe surfing?
 - a) Avoiding dangerous waters
 - b) Protecting oneself from physical harm
 - Preventing online threats and risks
 - d) Engaging in recreational activities



- a) Social, economic, and environmental
- Biological, psychological, and sociological
 - c) Physical, emotional, and cognitive
 - d) Political, cultural, and technological



a) To identify potential cybercriminals

To understand the root causes of cybercrimes

- c) To develop new cybercrime laws
- d) To increase cybercrime penalties

Aferin





S. RENUKA DEVI

INDHIRA COLLEGE OF EDUCATION, PANDUR, THIRUVALLUR. VALUE ADDED COURSE

HEALTH AND NUTRITION (VAC14) MULTIPLE CHOICE QUESTIONS

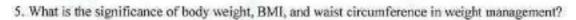
DATE:

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 dyniproving 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



- 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
- by It increases flexibility and mental well-being
- c) It encourages sedentary behavior
- d) It reduces physical activity



8. What is the importance of understanding und	fer 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
9. What is the primary focus of understanding h	nealth and nutrition?
a) Maximizing food consumption	b) Promoting sedentary lifestyle
c) Enhancing physical fitness	d) Improving overall well-being
10. What term describes the recommended inta	ke of nutrients for optimal health?
a) Nutrient requirement	b) Dietary standards
Recommended Dietary Allowance	d) Balanced diet
11. Which of the following is a principle of plan	nning a balanced diet?
a) Maximizing calorie intake	b) Minimizing nutrient variety
Macluding foods from all food groups	d) Ignoring individual dietary needs
12. What is the purpose of using a Food Exchar	nge list in diet planning?
a) To limit food choices b) To i	increase food variety
o substitute similar foods d) To	exclude certain food groups
13. What is the significance of body weight, BN	AI, and waist circumference in weight management?
a) They have no relevance to weight ma	anagement
by They provide a holistic view of an in	dividual'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	r health?
a) Sedentary behavior b) Phys	sical inactivity
c) Nutritional deficiency	dr Cardiovascular endarance
15. What role does yoga play in fitness?	
a) It promotes unhealthy habits	
It increases flexibility and mental we	II-being
c) It encourages sedentary behavior	
d) It reduces physical activity	

16. What is the importance of understanding under nutrition and its implications?
a) It has no impact on health
by nean 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
mproving overall well-being
18. What term describes the recommended intake of nutrients for optimal health?
a) Nutrient requirementb) 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 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
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 Cardiovascular endurance

- 23. What role does yoga play in fitness?
 - a) It promotes unhealthy habits
 - bylt 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
 - byt 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
 - Improving overall well-being

K-POPPY

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
- ncluding 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

bilt increases flexibility and mental well-being

c) It encourages sedentary behavior

d) It reduces physical activity

o. What is the huportance of inderstanding the	ici nutritori and its implications:
a) It has no impact on health	byIt can lead to various health issues
c) It only affects physical appearance	d) It promotes optimal health
9. What is the primary focus of understanding l	nealth and nutrition?
a) Maximizing food consumption	b) Promoting sedentary lifestyle
c) Enhancing physical fitness	d) improving overall well-being
10. What term describes the recommended inta	ke 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 pla	nning a balanced diet?
a) Maximizing calorie intake	b) Minimizing nutrient variety
a) including foods from all food groups	d) Ignoring individual dietary needs
12. What is the purpose of using a Food Exchar	nge list in diet planning?
a) To limit food choices b) To i	increase food variety
o to substitute similar foods d) To	exclude certain food groups
13. What is the significance of body weight, BM	All, and waist circumference in weight management?
a) They have no relevance to weight ma	anagement
They provide a holistic view of an in	dividual'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	r health?
a) Sedentary behavior b) Phys	sical inactivity
c) Nutritional deficiency	d)/Cardiovascular endurance
15. What role does yoga play in fitness?	
a) It promotes unhealthy habits	
balt increases flexibility and mental we	II-being
c) It encourages sedentary behavior	
d) It reduces physical activity	
	100

16. What is the importance of understanding under nutrition and its implications?
a) It has no impact on health
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 by pietary standards
c) Recommended Dietary Allowance d) Balanced diet
19. Which of the following is a principle of planning a balanced diet?
Maximizing calorie intake 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
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
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

PANDUR, TIRUVALLUR-631 203

- 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
 - balt 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

PRINCIPAL