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**B.A./B.Sc./B.Com./B.B.A./B.C.A./B.Sc.(H.Sc.)
(Semester-III) (NEP) Examination, 2025-26**

Value Added Course (VAC)

ENGLISH LITRATURE

(Emotional Intelligence)

Time Allowed : Two Hours

Maximum Marks : 35

Note : This question paper is divided into **two** sections. Attempt questions of **all two** sections as per direction. Distribution of marks is given in each section.

SECTION-A

(Objective Type Questions)

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(1)

[P.T.O.]

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1. Attempt **any five** questions. Each question carries **1** mark.
[5×1=5]

Choose the correct alternative :

- (i) Emotional Intelligence primarily deals with :

- (a) Logic
- (b) Managing emotions
- (c) Physical ability
- (d) Memory

- (ii) A barrier to effective communications is :

- (a) Listening carefully
- (b) Using clear language
- (c) Prejudice
- (d) Empathy

- (iii) A person who communicates confidently without hurting others is :

- (a) Passive

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- (b) Aggressive

- (c) Assertive

- (d) Silent

- (iv) Social competence includes :

- (a) Teamwork

- (b) Laziness

- (c) Isolation

- (d) Self-doubt

Fill in the blanks :

- (v) Understanding one's strength and weaknesses means_____.

- (vi) Self regard means_____.

State True or False :

- (vii) Emotional Intelligence is inborn and cannot be developed.

- (viii) Assertiveness is same as aggression.

[P.T.O.]

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Signature
Senior Superintendent
Center 01



(Short Answer Type Questions)

Note: Attempt any five questions. Each question carries 2 marks. [5×2=10]

2. (i) Define Emotions.
- (ii) What is self-actualization according to Maslow?
- (iii) Define Empathy. How does it help in relationships?
- (iv) Explain interpersonal relationship in brief.
- (v) What is Emotional Regulation?
- (vi) Mention any two barriers to effective communication.
- (vii) How does physical exercise help in emotional balance?

SECTION-B

(Descriptive Type Questions)

Note: There are four units in this section. Attempt any one question from each unit. Each question carries 5 marks.

[4×5=20]

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UNIT-I

3. Describe nature, characteristics and functions of emotions.

OR

Explain the concept, meaning and scope of Emotional Intelligence.

UNIT-II

4. Describe Intrapersonal Skills. How are they important for emotional and professional growth?

OR

Explain Personal competence in detail. How do self-awareness, self-regard, and independence contribute to EI.

UNIT-III

5. Analyse the importance of empathy in social and professional relationships. Give practical examples.

[P.T.O.]

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OR

Discuss the role of social responsibility and effective communication in enhancing EI.

UNIT-IV

6. Describe how emotional intelligence can be developed and improved. Discuss any four practical techniques or training methods.

OR

Write an essay on different techniques to employed to manage emotions effectively.

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