



Diploma Programme in Value Education (DPVE)

ASSIGNMENTS JANUARY 2026 BEDS 005

***School of Extension and Development
Studies***

**Indira Gandhi National Open University
Maidan Garhi, New Delhi-110 068
2026**

**ASSIGNMENTS FOR DIPLOMA PROGRAMME IN VALUE EDUCATION
(SOEDS)**

JANUARY 2026

Dear Student,

As per laid down guidelines of the university, you have to complete assignments before the term end examination. The assignments carries 30% weightage and 70% weightage is for Term End Examinations. The questions are analytical and descriptive by nature. Therefore take your assignments very seriously. The main purpose of the assignments is to inspire you to thoroughly read the study materials and also to test your comprehension of the learning materials. It is advised that you apply your judgment and if possible consult reference books and related text materials before answering the assignments.

Complete the responses on assignments in all respects. Check that you have not inadvertently left answering any question before submitting the assignments. Incomplete assignments will ensure you poor grade. If you fail to get pass grade in any assignment, you have to submit it again. However, once you get the pass grade in an assignment, you cannot resubmit it for improvement of the grade. **You need to score 40% (minimum) each in both assignments and Term End Examinations to pass.**

Remember that **you have to write the answers of the assignments in your own handwriting** and should not send **typed assignments**.

You should submit the assignments before the due date to the Programme Coordinator given below.

Submission of Assignments

For January Cycle/Session

Last date of assignments submission: 30th September, 2026 (If not extended by IGNOU)

Whom to send: Through post to

Prof. Grace Don Nemching
DPVE Programme Coordinator
Block 15-F, SOEDS
Swami Vivekananda Bhawan
IGNOU, Maidan Garhi
DELHI -110068

BEDS 005:LIFE SKILLS EDUCATION

TOTAL MARKS-100

COVERAGE: This Assignment covers all the Blocks. Now read the following questions carefully and start working. You have to answer all questions.

Q1.What do you understand by Life Skills? Explain any two theory of Life Skills?

(20 Marks)

Q2.What do you understand by Decision Making? Explain the importance of Decision-Making?

(20 Marks)

Q3.What are the basic principles of Time Management? Explain the measures to improve Time Management Skills?

(20 Marks)

Q4. What is the importance of Human Well Being ? Explain the dimensions of Human Well Being?

(20 Marks)

Q5. Write notes on:

(10x2= 20 marks)

- i. Counselling
- ii. Effective Communication