



THE BHAWANIPUR EDUCATION SOCIETY COLLEGE

A MINORITY RUN COLLEGE. AFFILIATED TO UNIVERSITY OF CALCUTTA
RECOGNISED UNDER SECTION 2(F) & 12 (B) OF THE UGC ACT, 1956

DEPARTMENT OF COMMERCE

B.COM SEMESTER- II (UNDER NEP-CCF SYS, 2022) (4 YEAR/ 3 YEAR)

VALUE ORIENTED LIFE SKILL EDUCATION - ASSIGNMENT 2026

Assignment Copy Preparation Instructions:

1. Write your answer on A4 sheets along with the question you are attempting, to be stapled together neatly.
2. Provide the following details on the front page:
 - a. Name
 - b. CU Roll No.
 - c. CU Registration No.
 - d. UID & Semester
 - e. APAAR ID
3. The date of submission of the handwritten project will be Friday, 11th September 2026.

Answer any one question of the following questions within 500 words:

1. Case Study on an Ethical Business Leader / Change-Maker

Choose an Indian or global business leader known for value-driven leadership (e.g., Ratan Tata, Azim Premji, Kiran Mazumdar-Shaw, Narayana Murthy, etc.)

Highlight the core ethical values they practiced (e.g., corporate social responsibility, integrity, transparency), the life skills they demonstrated during a business crisis (e.g., resilience, ethical decision-making, negotiation skills), and their overall impact on society and your personal career goals.

[Rubric: Research quality (10), Analysis (10), Presentation (5)] (Total: 25 Marks)

2. Active Listening & Assertive Communication Challenge

Perform 3 distinct interactions in your daily life (1 in your family, 1 with a college peer/classmate, and 1 in your neighborhood/community) where you intentionally practice Active Mindful Listening and Assertive Communication (using "I" statements, maintaining positive non-verbal gestures, and respecting diversity).

Document these actions with detailed descriptions (including non-verbal cues observed) and reflect on how this exercise helped you prevent potential conflict, overcome personal communication biases, and build better relationships.

[Rubric: Actions taken (10), Reflection (10), Documentation (5)] (Total: 25 Marks)

3. Integrated SWOT (EQ & IQ) Analysis and Behavior Optimization

Define Emotional Quotient (EQ) and Intelligence Quotient (IQ). Explain how balancing both aids responsible decision-making.

Perform a Personal SWOT Analysis, explicitly categorizing your Strengths and Weaknesses into IQ (academic/technical) and EQ (self-awareness, empathy, regulation) factors.



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Support your analysis with a personal case study of an academic or personal challenge you faced. Apply the 5-A's Framework of Behavior Optimization (Ask, Advise, Assess, Assist, Arrange) in a clear diagrammatic/flowchart format (accompanied by a brief description and supporting photos/visual representation) to illustrate how you optimized your behavior to overcome the challenge.

[Rubric: Definitions & Balanced SWOT (4), Personal Case Study (5), 5-A's Framework & Diagram (6), Description & Visual Support (5), Presentation (5)] (Total: 25 Marks)

4. 10-Day Stress Management & Mindful Coping Journal

Track your daily stressors, emotional manifestations, and coping mechanisms in a journal for 10 consecutive days using the Assess-Plan-Review cycle.

Categorize your daily coping choices into Problem-focused strategies (taking action), Emotion-focused strategies (mindfulness/breathing), or social support. Include daily gratitude logging to build resilience.

After 10 days, write a short reflection and a conclusion analyzing how this practice reduced decision fatigue, improved your attitude, and affected your overall approach to academic stress.

[Rubric: Journal Tracker (10), Reflection (5), Conclusion (5), Presentation (5)] (Total: 25 Marks)