



## Emotions Management

**Total Marks: 30**

**Answer the following questions:**

**Q: 1:** Short Questions (15)

- I. What do emotions tell us?
- II. What are values?
- III. How would you create your own vision?

**Q: 2:** Discuss the seven basic human emotions. (7)

**Q: 3:** Describe Plutchik's wheel of emotions. (8)