

FREE SOLVED SAMPLE

IGNOU BSSS-183 Life Skills

Tutor Marked Assignment for the July 2026 and January 2027 sessions. Assignment Code: BSSS-183/ASST/TMA. Five questions solved in the pattern the booklet asks for: at least two from each section, about 500 words each.

Item	As printed on the official booklet (School of Social Sciences, IGNOU)
Programmes	All undergraduate programmes: CBCS BAG and Honours; FYUP Majors, BAM, BSCM and BCOMF
Course	BSSS-183 Life Skills, a four-credit skill enhancement course
Valid for	July 2026 and January 2027 admission cycles
Weightage	Assignments 30 per cent, term-end examination 70 per cent
Pattern	Attempt any five questions, at least two from each of Sections A and B, in about 500 words each; 20 marks each
Questions solved here	Section A: 2, 4 and 5. Section B: 7 and 9.

Study reference only. Never submit this file or copy it as your answer. The booklet itself asks you to write the answers to all TMA questions in your own words, within the approximate word limit. This sample shows the depth, structure and accuracy a good answer needs. Your submitted assignment must be your own work, in your own handwriting.

Prepared on 1 October 2026 by the ignouproject.com editorial team under BK Sahni, founder of Shri Chakradhar Publication Pvt. Ltd., New Delhi, which has served IGNOU distance learners since 2010. Laws, schemes and dates in the answers were checked on that date. ignouproject.com is an independent service, not affiliated with or endorsed by IGNOU.

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Read the next page before you use this sample.

Read this first

What the official booklet tells you

- Write the answers to all TMA questions in your own words, and keep each answer within the approximate word limit.
- Submit the assignment to the Coordinator of your Study Centre, obtain a receipt and keep it, and if possible keep a photocopy.
- Your Regional Centre may allow online submission on its website. Check your Regional Centre website before you post or upload.
- The Study Centre returns evaluated assignments and sends the marks to the Student Evaluation Division at IGNOU, New Delhi.
- Plan, organise and present: read the questions, go through the units, outline the points, give attention to the introduction and conclusion, and underline the points you wish to emphasise.

Your last date

Your session	Date printed on the 2026-27 booklet	What it means
July 2026	31st March 2027	Submit by 31 March 2027 for the June 2027 term-end examination.
January 2027	30th September 2026	An obvious misprint for 2027. Other School of Social Sciences booklets for the same cycle print 30 September 2027. Confirm the date with your Study Centre.
January 2026	Not this booklet	You answer the BSSS-183 booklet valid for the January 2026 cycle, not this one. For the December 2026 term-end examination, IGNOU extended the last date to 31 October 2026 (SED notification dated 1 October 2026).

How to use this sample without copying it

- **Read** one answer fully, noticing its introduction, headings, examples and conclusion.
- **Recall:** close the file and write the main points from memory on rough paper.
- **Compare** your points with the sample and with the course units, and note what you missed.
- **Rewrite** the answer in your own words and handwriting, using the "Make it your own" prompts after each answer.

Many learners can download the same free sample. Identical wording in many submissions is easy to notice, and IGNOU booklets warn that assignments are rejected when copying is noticed. Use this sample for structure and coverage, not text.

First page of your answer sheet

IGNOU booklets ask you to write your enrolment number, name, address, assignment code and Study Centre code on the first page. A common layout is shown below; follow the layout printed in your own Programme Guide or booklet if it differs.

Left side	Right side
Programme Title/Code: [your programme, for example BAG or BCOMF]	Enrolment No.: [your enrolment number]
Course Title/Code: Life Skills / BSSS-183	Name: [your name]
Assignment Code: BSSS-183/ASST/TMA (July 2026 to January 2027)	Address: [your full postal address]
Study Centre (Code): [name and code of your Study Centre]	Date: [date of submission]

Question 2 | Section A | 10 + 10 marks | about 500 words

Discuss the following: a. FIR (First Information Report) b. Chargesheet

(a) FIR (First Information Report)

Introduction. A First Information Report (FIR) is the written record of the first information about a cognizable offence given to the officer in charge of a police station. It sets the criminal law in motion. Since 1 July 2024 the FIR is governed by Section 173 of the Bharatiya Nagarik Suraksha Sanhita, 2023 (BNSS), which replaced Section 154 of the Code of Criminal Procedure, 1973.

- **Cognizable offences only.** These are offences such as theft, robbery or murder, for which the police may arrest without a warrant. For a non-cognizable offence, the police record the information and refer the informant to a Magistrate (Section 174, BNSS).
- **Who can inform.** The victim, a witness or anyone who knows of the offence. Oral information is written down, read over and signed by the informant; for certain offences against women, a woman police officer records it.
- **Zero FIR and e-FIR.** Information can be given at any police station, whatever the place of the offence; the case is then sent to the station with jurisdiction. Information sent electronically must be signed by the informant within three days.
- **Free copy.** A copy of the FIR is given to the informant or the victim free of cost.
- **Preliminary enquiry.** For offences punishable with three years or more but less than seven years, the police may first hold an enquiry of up to fourteen days, with permission from a Deputy Superintendent of Police or above.
- **If the police refuse.** The person can send the information to the Superintendent of Police and then approach the Magistrate, who can order an investigation (Section 175(3), BNSS).

Conclusion. An FIR is not proof of guilt. It is the first record of the case, and an early, accurate FIR protects both the victim and the accused.

Length of this answer: about 299 words (the booklet asks for about 500 for the whole question, so about 250 for each part).

Make it your own before you write the final copy:

- Find your state police citizen portal and note one service it offers online, such as an e-FIR for a lost article.
- Add one sentence of your own on why delay in reporting an offence weakens a case.

(b) Chargesheet

Introduction. A chargesheet is the report the police send to the Magistrate after completing an investigation, when the evidence shows that an offence has been committed. In law it is the police report under Section 193 of the BNSS (earlier Section 173 of the CrPC). When the evidence is not enough, the same report recommends closure and is commonly called a closure report.

Contents. The report gives the names of the parties, the nature of the information, the persons who know the circumstances, whether an offence appears to have been committed and by whom, and whether the accused has been arrested or released on bond. In rape cases the report of the medical examination of the woman is attached, and the BNSS adds the sequence of custody of any electronic device seized.

Time limits. No single deadline applies to every case, but if the report is not filed within 60 or 90 days, depending on the offence, an accused in custody becomes entitled to default bail (Section 187, BNSS). Investigation of rape and of certain offences against children must be completed within two months of recording the information, and the police must tell the informant or the victim about the progress of the investigation within 90 days. Further investigation remains possible after the report is filed.

After filing. The Magistrate decides whether to take cognizance. The accused receives copies of the report and documents, and the court later frames the charges.

Conclusion. The FIR opens a police investigation and the chargesheet closes it. Knowing both helps a citizen follow a case and protect his or her rights.

Length of this answer: about 269 words (the booklet asks for about 500 for the whole question, so about 250 for each part).

Make it your own before you write the final copy:

- Draw a small two-column table comparing the FIR and the chargesheet: stage, prepared from, law, result.
- Use your own example of how a citizen can follow up a case after the chargesheet.

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Question 4 | Section A | 20 marks | about 500 words*Discuss the significance of gender sensitization.*

Introduction. Gender sensitization means making people aware of how society assigns different roles, expectations and opportunities to women, men and transgender persons, and helping them change the attitudes and behaviour that lead to discrimination. Sex is biological; gender is social and is learnt through the family, school, media and work. The beliefs that cooking is a girl's duty or that boys must not cry are gender norms, not facts of nature. Because gender roles are learnt, they can be questioned and changed.

Why gender sensitization is significant

- **It turns constitutional promises into daily practice.** The Constitution guarantees equality before the law (Article 14), forbids discrimination on the ground of sex while allowing special provisions for women and children (Article 15), assures equal opportunity in public employment (Article 16) and directs equal pay for equal work (Article 39(d)). Article 51A(e) makes it a fundamental duty to renounce practices derogatory to the dignity of women.
- **It prevents harassment and violence.** The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 requires every workplace with ten or more employees to have an Internal Committee. Training helps people recognise harassment, report it and respond without blaming the victim.
- **It improves education and health.** Families that value daughters equally keep them in school and seek timely health care for them. The Beti Bachao Beti Padhao scheme, launched in 2015, responded to the falling child sex ratio.
- **It supports economic participation.** The Code on Wages, 2019 prohibits discrimination in wages on the ground of gender, and the Maternity Benefit (Amendment) Act, 2017 extended paid maternity leave to 26 weeks. Sensitized workplaces apply these laws in spirit and share care responsibilities fairly.
- **It includes transgender persons.** The Supreme Court recognised transgender persons as a third gender in NALSA v. Union of India (2014), and the Transgender Persons (Protection of Rights) Act, 2019 prohibits discrimination against them in education, employment and health care.
- **It changes language and images.** Jokes, stereotypes and media portrayals shape what children expect of themselves. Sensitized parents, teachers and journalists show women and men in a wide range of roles.
- **It strengthens democracy.** The 73rd and 74th Amendments reserved not less than one-third of seats in panchayats and municipalities for women, and the Constitution (One Hundred and Sixth Amendment) Act, 2023 provides one-third reservation in the Lok Sabha and state assemblies, to apply after the next delimitation. Sensitization helps elected women lead in their own right rather than act as proxies for male relatives.

- **It benefits men as well.** Rigid ideas of masculinity discourage men from expressing emotion or sharing care work. Sensitization frees both men and women from limiting roles.

How it is done

Gender sensitization works through school and college curricula, workplace training, community programmes, self-help groups and responsible media. Teachers can share classroom duties equally between boys and girls, and employers can review hiring, pay and promotion records for bias. It succeeds when people examine their own assumptions over time, not through a single lecture.

Conclusion. Laws can punish discrimination, but only changed attitudes can prevent it. Gender sensitization builds that change, which is why it is central to a just and productive society.

Length of this answer: about 528 words (the booklet asks for about 500 words).

Make it your own before you write the final copy:

- Add one gender stereotype you have noticed in an advertisement or serial and say how it could be shown differently.
- Mention one gender sensitization activity in your college, workplace or village, or one you would propose.

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Question 5 | Section A | 20 marks | about 500 words

Explain the challenges faced by Persons with Disabilities.

Introduction. The Census of 2011 counted about 2.68 crore persons with disabilities in India, around 2.21 per cent of the population. The Rights of Persons with Disabilities Act, 2016 recognises 21 specified disabilities and follows the United Nations Convention on the Rights of Persons with Disabilities, which India ratified in 2007. The Act reflects the social model of disability: people are disabled less by an impairment than by the barriers society places in their way.

Main challenges

- **Physical barriers.** Many buildings, footpaths, buses, railway stations and toilets are still not accessible. The Accessible India Campaign (Sugamya Bharat Abhiyan), launched in 2015, aims to make public buildings, transport and information accessible, but progress is uneven, especially in small towns and villages, where low-floor buses, ramps and audio announcements are still rare.
- **Attitudes and stigma.** Persons with disabilities often meet pity, ridicule or low expectations. Families may hide a disabled member and employers may doubt ability. Such attitudes exclude more than the impairment does.
- **Education.** Children with disabilities drop out more often where schools lack ramps, trained teachers, Braille books, sign language interpreters or assistive technology. The 2016 Act requires inclusive education and reserves not less than 5 per cent of seats in government and government-aided higher education institutions, yet colleges often lack accessible hostels, libraries and examination arrangements such as a scribe or extra time.
- **Employment.** The Act reserves not less than 4 per cent of vacancies in government establishments, yet many posts remain unfilled, and private workplaces often lack accessibility and reasonable accommodation.
- **Health care and rehabilitation.** Early identification, therapy, assistive devices and specialists are scarce and costly outside cities. Getting a disability certificate and the Unique Disability ID (UDID) card can need repeated visits to offices.
- **Digital barriers.** Websites, apps and documents that do not work with screen readers or lack captions shut people out of online services, education and jobs.
- **Multiple disadvantage.** Women with disabilities and persons who are poor or live in rural areas face combined disadvantages, including a higher risk of abuse and neglect.
- **Social isolation.** Exclusion from friendships, sports, cultural life and leisure lowers confidence and affects mental health, which in turn makes education and work harder.
- **Low awareness of rights.** Many persons with disabilities and their families do not know their legal entitlements, schemes or grievance routes.

Way forward

Universal design in buildings and digital services, inclusive teacher training, strict use of the reservation provisions, simpler certification and public awareness can reduce these barriers. Information in accessible formats such as large print, audio and sign language widens access further. Above all, persons with disabilities must take part in the decisions that affect them.

Conclusion. Most of the challenges faced by persons with disabilities are created by society, so society can remove them. Moving from charity to rights is the shift the 2016 Act seeks.

Length of this answer: about 470 words (the booklet asks for about 500 words).

Make it your own before you write the final copy:

- Describe one accessibility barrier you have seen near your home or Study Centre and how it could be fixed.
- Add one facility or scheme for persons with disabilities that your state government offers.

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Question 7 | Section B | 20 marks | about 500 words

Why is it important to be careful with our digital footprint? Discuss.

Introduction. A digital footprint is the trail of information a person leaves while using the internet. It is **active** when we share it knowingly, through posts, photos, comments, reviews or forms, and **passive** when it is collected without our noticing, through cookies, location data, browsing history and app permissions. Because this trail is stored, copied and analysed, it can affect our privacy, safety and future opportunities.

Why we must be careful

- **It is hard to erase.** Content can be screenshotted, shared and archived within minutes. Deleting a post does not delete every copy.
- **It shapes reputation and opportunities.** Colleges, employers and landlords may look at public profiles. A careless or offensive post from years ago can cost a person admission or a job.
- **It affects personal safety.** Sharing a home address, daily routine, travel plans or live location helps stalkers and thieves. Posting one's college, timings and photos can invite cyberbullying.
- **It feeds fraud.** Fraudsters use personal details from social media to make phishing calls and messages convincing, posing as a bank, a courier company or a relative. Identity theft and cheating by personation using a computer resource are offences under Sections 66C and 66D of the Information Technology Act, 2000, but prevention is easier than recovery.
- **It is used for profiling.** Advertisers and data brokers combine footprints to predict interests, spending and even opinions, and then target people with advertisements or misleading content.
- **It starts before we choose.** Parents who post a child's photos, school and milestones begin that child's digital footprint before the child can agree to it.
- **It affects relationships and wellbeing.** Online arguments, trolling and comparison with others' curated lives can harm mental health and friendships.
- **Documents can be misused.** Images of identity documents shared online can be misused to open accounts or take loans in another person's name.

The law helps, but only partly

The Digital Personal Data Protection Act, 2023 gives every individual, called a data principal, rights to information about how personal data is processed, to correction and erasure of data, and to grievance redressal. Cybercrime can be reported on the National Cyber Crime Reporting Portal (cybercrime.gov.in), and financial cyber fraud on helpline 1930. No law, however, can pull back what we have already made public.

Good digital habits

Think before posting and ask whether you would be comfortable if a teacher or employer saw it. Keep profiles private and review app permissions. Use strong,

different passwords with two-factor authentication. Never share OTPs, passwords or pictures of identity documents. Delete unused accounts and search your own name now and then.

Conclusion. A digital footprint is a permanent public diary written partly by us and partly by the apps we use. Guarding it protects our privacy, safety and future, and makes us responsible digital citizens.

Length of this answer: about 461 words (the booklet asks for about 500 words).

Make it your own before you write the final copy:

- List three things your own public profile shows today and say which one you would change, and why.
- Describe, without personal details, one suspicious message you or a family member received and how it tried to trick you.

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Question 9 | Section B | 10 + 10 marks | about 500 words

Discuss the following: a. JAM Trinity b. Voter's Card

(a) JAM Trinity

Introduction. JAM Trinity is the linking of Jan Dhan bank accounts, Aadhaar numbers and Mobile phones to deliver government benefits directly to people. The idea was set out in the Economic Survey of 2014-15.

- **Jan Dhan:** the Pradhan Mantri Jan Dhan Yojana, launched on 28 August 2014, opened basic bank accounts for households that had none. The accounts come with a RuPay debit card and serve as the base for small insurance and pension schemes.
- **Aadhaar:** the 12-digit identity number issued by the Unique Identification Authority of India, backed by the Aadhaar Act, 2016, helps identify beneficiaries and weed out duplicate or fake names.
- **Mobile:** phones carry alerts, enable banking and digital payments through the Unified Payments Interface (UPI), launched in 2016, and connect people to services.

Significance. Together they make Direct Benefit Transfer (DBT), begun on 1 January 2013, work at scale: subsidies, scholarships and pensions go straight into beneficiaries' accounts. This cuts leakages and middlemen, speeds up payments and brings poor households into the formal financial system.

Challenges. Authentication failures, weak connectivity, few banking points in remote areas, low digital literacy and privacy concerns remain. The Supreme Court recognised privacy as a fundamental right in 2017 and, in 2018, upheld Aadhaar for welfare delivery while limiting its use elsewhere.

Conclusion. JAM turned identity, banking and connectivity into one delivery channel for welfare.

Length of this answer: about 230 words (the booklet asks for about 500 for the whole question, so about 250 for each part).

Make it your own before you write the final copy:

- Ask at home whether any DBT payment, such as a scholarship or LPG subsidy, reaches a family bank account, and describe the route in your own words.

(b) Voter's Card

Introduction. The Voter's Card, officially the Electors Photo Identity Card (EPIC), is issued by the Election Commission of India to persons whose names are in the electoral roll.

Eligibility and enrolment. Under adult suffrage in Article 326, every Indian citizen aged 18 or above on the qualifying date and ordinarily resident in a constituency can be enrolled. The Sixty-first Amendment Act, 1988 lowered the voting age from 21 to 18. Since the Election Laws (Amendment) Act, 2021, there are four qualifying dates every year, 1 January, 1 April, 1 July and 1 October, so young people can enrol soon

after turning 18. Form 6 is used for new enrolment and Form 8 for shifting, correction of entries or a replacement card, through the Voters' Service Portal (voters.eci.gov.in), the Voter Helpline app or the Booth Level Officer. A digital e-EPIC can be downloaded, a facility launched on National Voters' Day, 25 January 2021.

Significance. The EPIC identifies the voter at the polling station, helps prevent impersonation and is widely accepted as proof of identity and address. What gives the right to vote, however, is the name on the electoral roll: an enrolled voter without the card can vote with another photo identity document approved by the Commission.

Conclusion. Before every election, voters should check their names in the roll on the Voters' Service Portal. The Voter's Card, with a name on the roll, protects the most basic right in a democracy, the right to choose one's representatives.

Length of this answer: about 253 words (the booklet asks for about 500 for the whole question, so about 250 for each part).

Make it your own before you write the final copy:

- Describe how you or a family member enrolled as a voter or corrected an entry, step by step, without personal details.

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Facts used in these answers

Each fact below was checked on 1 October 2026. Laws change; if your course units give an older section number, mention both the old and the new law.

Answer	Laws, schemes and data referred to
Q2	Bharatiya Nagarik Suraksha Sanhita, 2023 (in force from 1 July 2024): Sections 173, 174, 175(3), 187 and 193; replaced Sections 154 and 173 of the CrPC, 1973
Q4	Constitution of India: Articles 14, 15, 16, 39(d) and 51A(e); Sexual Harassment of Women at Workplace Act, 2013; Beti Bachao Beti Padhao (2015); Code on Wages, 2019; Maternity Benefit (Amendment) Act, 2017; NALSA v. Union of India (2014); Transgender Persons (Protection of Rights) Act, 2019
Q5	Census of India 2011; Rights of Persons with Disabilities Act, 2016; UN Convention on the Rights of Persons with Disabilities (ratified by India in 2007); Accessible India Campaign (2015); UDID card
Q7	Information Technology Act, 2000: Sections 66C and 66D; Digital Personal Data Protection Act, 2023; National Cyber Crime Reporting Portal and helpline 1930
Q9	Economic Survey 2014-15; Pradhan Mantri Jan Dhan Yojana (2014); Aadhaar Act, 2016; Direct Benefit Transfer (2013); Article 326; Sixty-first Amendment Act, 1988; Election Laws (Amendment) Act, 2021; Forms 6 and 8; e-EPIC (2021)

What the complete solved files include

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