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5 SEM TDC DSE EDN (CBCS) 4 (H)

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(Nov/Dec)

EDUCATION

(Discipline Specific Elective)

(For Honours)

Paper : DSE-4

(Mental Health Issues)

Full Marks : 80

Pass Marks : 32

Time : 3 hours

*The figures in the margin indicate full marks
for the questions*

1. Answer the following questions : 1×8=8

(a) Mention one criterion of a mentally healthy person.

(b) Who wrote the book, *A Mind That Found Itself*?

(c) "Home is an original starting point of education." Who said this statement?

(2)

- (d) Mention one social quality of healthy home environment.
- (e) Mention one function of school for mental health.
- (f) Who was the father of positive psychology?
- (g) From which language was the word 'resilience' derived?
- (h) What is Pranayama?
2. Write short notes on the following : $4 \times 5 = 20$
- (a) Principles of mental hygiene
- (b) Causes of maladjustment
- (c) Role of family in maintaining mental health of the child
- (d) Steps of forgiveness
- (e) Effect of meditation on mental health
3. Define mental health. Explain the classification of abnormal behaviour. $2 + 8 = 10$
4. What is frustration? Discuss the causes of frustration. $3 + 7 = 10$

Or

Write the principles of good mental health and describe any one factor affecting mental health. $5 + 5 = 10$

(3)

5. What are the qualities of healthy home environment? Discuss the role of teacher for maintaining mental health of the student. $5 + 5 = 10$
6. Describe the meaning, nature and scope of positive psychology. $3 + 3 + 5 = 11$
- Or
- Define gratitude. How can gratitude be practised? Explain it. $4 + 7 = 11$
7. What is Yoga? Discuss the Yogic principles for healthy living. $3 + 8 = 11$
