Total No. of Printed Pages-3

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

2022

(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?

- (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.

Or

Write the principles of good mental health and describe any one factor affecting mental health.

5+5=10

- 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
