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First Year (BSc Science, BCA, BVOC)
PSY12304: MENTAL HEALTH SELF CARE
(Semester II)

Program: BSc. Science, BCA, BVOC
Program Specific: FY Open Elective
Course Type: Regular
Paper:

Credits: 2
Time: 2 Hours
Max. Marks: 30
SET: A

Instructions to the candidate:

- 1) All questions are compulsory.
- 2) Figures to the right indicate full marks.
- 3) Draw a well labelled diagram wherever necessary.

SECTION: A

Q1) Solve the following Multiple Choice Questions

[5 X 1= 5]

1. Our Mental & Physical Health are connected, and it is Called _____ Connection.
(Head –Body, Face- Body, Mind -Body)
2. Our Mental Health is Determined by _____.
(biological factors, social factors, both)
3. The Father of Modern Stress Research is _____.
(Abraham Maslow, Hans Selye, Fredrik Taylor)
4. _____ may represent a major type of Stress.
(Life Changes, Nature, Both)
5. People who exercise also tend to feel less anxious and more positive about themselves. This Sentence is _____.
(True, False, Cannot Say)

SECTION: B

Q2) Answer the following in One Sentence. (Attempt any 5)

[5 X 2 =10]

1. What is a difference between Mental Health & Physical Health?
2. Who has conceptualized the Bio psychosocial Model of Health?
3. What is Resilience?
4. Give Any Two Benefits of Meditation.
5. State Any Three Areas of Self Care.
6. Define Distress
7. Give One Example of Approach –Avoidance Conflict.

SECTION: C

Q3) Write short notes (Attempt any 2)

[2 X 5 = 10]

1. Mental Health
2. Stress Response
3. Relaxation Techniques
4. Conflict

SECTION: D

Q4) Answer the following in 100 Words. (Attempt any 1)

[5 X 1 = 5]

1. Explain Bio psychosocial Model
2. Elaborate Self-care Activities.
