

Total No. of Printed Pages—3

**5 SEM TDC DSE EDN (CBCS) 4 (H)/8 (NH)**

**2 0 2 1**

( Held in January/February, 2022 )

**EDUCATION**

( Discipline Specific Elective )

( For Honours and Non-Honours )

Paper : DSE-4 (For Hons.)/DSE-8 (For Non-Hons.)

( **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 as directed : 1×8=8
- (a) Who is the writer of *A Mind That Found Itself* ?
  - (b) What is the full form of WHO ?
  - (c) Mention one cause of maladjustment.
  - (d) What is authoritative parenting style?

( 2 )

- (e) Who is known as the father of positive psychology?
- (f) Write one principle of good mental health.
- (g) Define the term 'Yoga'.
- (h) Yoga is the maintenance of \_\_\_\_\_ between the individual soul and universal soul.

(Fill in the blank)

2. Write short notes on/Answer the following :

4×5=20

- (a) Goals of mental hygiene
- (b) Principles seeking adjustment with environment
- (c) Qualities of healthy home environment
- (d) Briefly describe about well-being.
- (e) Write about meditation.

3. What is meant by mental health? Write the criteria of mentally healthy individual. 3+7=10

4. What is meant by adjustment mechanism? Discuss about the process of adjustment.

2+9=11

( 3 )

5. What is child rearing? Explain the different styles of child rearing practices. 2+8=10
  
6. What is positive psychology? Discuss about the aims and scope of positive psychology. 2+9=11
  
7. Discuss about the need of Yoga for physical and mental health. 5+5=10

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