

Total No. of Printed Pages—3

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

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(November)

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) What is the full form of WHO?
- (b) Write one feature of mental health.
- (c) Who was the father of mental hygiene?
- (d) Mention one contribution of home in the development of mental health of a child.

(2)

- (e) Write any one characteristic of maladjustment.
- (f) Mention one function of home for mental health.
- (g) From which language is the word 'resilience' derived?
- (h) Write one principle of Yoga.
2. Write short notes on the following : $4 \times 5 = 20$
- (a) Meditation
- (b) Principles seeking adjustment with one's self
- (c) Qualities of healthy home environment
- (d) Well-being
- (e) Yoga and physical fitness
3. Define mental health. Write the characteristics of mentally healthy person. $2+8=10$
4. Define adjustment. Mention the characteristics of well-adjusted person. 11
5. Write an essay on personality development and mental hygiene. 10

(3)

6. Discuss elaborately the various ways to improve empathy. 11

Or

Discuss about the role of Pranayama for keeping mental health.

7. Discuss elaborately the causes of frustration. 10

Or

Describe how child rearing practices develop mental health.
