

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

**2 0 2 2**

( 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 : 4×5=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

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