

Four Year Undergraduate Programme, 2024
Semester I
Multidisciplinary Course-Education
Paper Code: MDEDU-01
Mental Health and Education

Time: **Three (03) hours**

Full Marks: **60**

Questions are of equal value as indicated in the margin

Answer Question No. 7 and any four from the rest

1. Define 'Mental Health' and 'Mental Hygiene'. Discuss the role of the educational institutions in promotion of mental health and mental hygiene. 6+6=12
2. Explain the concept of 'conflict'. Describe the types of conflicts. 3+9=12
3. Discuss the concept of 'Positive Psychology'. Enumerate Seligman's Three Pillars of 'Positive Psychology'. 3+9=12
4. What do you mean by 'Defence Mechanisms'? Explain the different types of defence mechanisms. 2+10=12
5. Enumerate the concept of 'Happiness'. Discuss the theories of 'Happiness' 3+9=12
6. Define 'Psychological Capitals'. Explain the types of 'Psychological Capitals'. 4+8=12
7. Write a short note on **any two** of the following: 6+6=12
 - a) Components of happiness.
 - b) Concept of adjustment and maladjustment.
 - c) Brief history of Mental Health Movement.
 - d) Role of 'Psychological Capitals' in the promotion of mental health.