

KANYASHREE UNIVERSITY

M.A 2nd Semester 2021

Subject-Education

Course-SEC

Mental Health and Life Skill Education

Full Marks-40

Time- 2:00 Hours

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Answer any four of the followings

5x4=20

1. State the concept of mental health in historical perspective. 2+3
2. 2. What is conduct disorder? Mention the major causes of such disorder. 2+3
3. Mention any five symptoms through which we can identify people with OCD.
4. State any five goals of promoting good mental health.
5. What are the advantages of life skill education?
6. Enumerate the skills required by a teacher to maintain interpersonal relationship with students.
7. Elucidate any five self awareness techniques.

Answer any two of the followings (10x2=20)

8. Discuss how the Reform Movement of 18th and 19th century help in improving the conditions of people suffering from mental disorder. 10
9. What is schizophrenia? Discuss its major symptoms. How can people suffering from schizophrenia be treated? 2+4+4
10. Define psycho therapy. Discuss Carl Roger's Humanistic psycho therapy. 2+8

11. Define life skills? Why are life skills important? Discuss the activities that can be undertaken to develop life skills in school. 2+4+4

12. What is self concept? Discuss the different types of self concept?

4+6