

# KANYASHREE UNIVERSITY

M.A. 4th Semester Examination-2023

Subject: Education

Course-CC 18

Mental Health and Life Skill Education

Full Marks-40

Time-2.00 Hours

## Group-A

[Answer **any four** of the following]

(5x4=20)

1. Mention the different criteria for mentally healthy person.
2. Write a short note on obsessive compulsive disorders.
3. Mention the impact of drugs and substance dependence on mental health.
4. Write a short note on Carl Roger's humanistic therapy.
5. Write a short note on life skills based education.
6. Mention the salient features of psycho-analysis.
7. How can you help a person who is suffering from depression and has suicidal tendencies?

## Group-B

[Answer any two of the following]

(10x2=20)

1. Define mental illness. Mention the early signs and symptoms of mental illness. Briefly discuss about the preventive measures of mental illness. (2+3+5)
2. Explain the concept and goals of psychotherapy. Briefly discuss the different approaches of psychotherapy. (5+5)
3. Define emotional problem. Mention the different symptoms and causes of major emotional problem among adolescents. Explain the management strategies of emotional problems among adolescents. (2+3+5)
4. What are life skills? List out the different life skills mentioned by the World Health Organization. How different like skills are related to our mental health? (2+3+5)

\*\*\*\*\*