

- d) What is anxiety ? Mention the physical, emotional and behavioural symptoms of anxiety. $2+5=7$
- e) How would you identify what type of problems are called mental health problems ? Mention the role of teacher in this regard. $3+4=7$
- f) What is stress ? How can we cope with stress ?
3. Answer **any five** in about 60 words each : $2 \times 5 = 10$
- a) What is GAD ?
- b) What is OCD ?
- c) What is meant by positive stroke ?
- d) What is DSM ?
- e) Define Empathy as a life skill.
- f) What is panic attack ?
- g) What is bipolar disorder ?

BACHELOR OF EDUCATION EXAMINATION, 2018

(1st Year, 1st Semester)

CHILDHOOD AND GROWING UP - MENTAL HEALTH AND LIFE SKILLS EDUCATION FOR GROWING UP

COURSE : B. ED - 1.1

(2ND HALF)

Time : Two hours

Full Marks : 50

1. Answer **any one** : $12 \times 1 = 12$
- a) What is depressive disorder ? What are the signs and symptoms of depression ? Discuss the role of the teacher for depressive disorder students. $2+4+6=12$
- b) What is meant by life skills ? What are the core life skills prescribed by WHO ? What are the benefits of Self awareness ?
2. Answer **any four** in about 250 words each : $7 \times 4 = 28$
- a) What is conflict ? Explain the different conflict resolutions style with examples. $2+5=7$
- b) What are the major causes of suicide in India ? Discuss the myth and facts about suicide. $2+5=7$
- c) What is ADHD ? Discuss the role of teachers for ADHD Students. $3+4=7$