

BACHELOR OF EDUCATION (B.ED.) EXAMINATION, 2024

(1st Year, 1st Semester)

COURSE: B.ED 1.1

**[CHILDHOOD AND GROWING UP : MENTAL HEALTH
PROBLEMS AND LIFE SKILLS EDUCATION FOR GROWING UP]
2ND HALF**

Time : Two hours

Full Marks : 50

- d) What is anxiety? Mention the physical, emotional and behavioural symptoms of anxiety. 2+5
- e) Discuss the role of life skills in promotion of mental health among the school-going adolescents.
- f) What is stress? How can you cope with stress? 3+4
3. Answer any **five** of the following questions in about 60 words each: 2×5=10
- a) Define 'mental health' as prescribed by WHO.
- b) What is ICD?
- c) Mention any two symptoms of 'Schizophrenia'.
- d) Mention the main characteristics of ADHD.
- e) Differentiate between anxiety and fear.
- f) What is 'atychiphobia'?
- g) What is 'doxophobia'?

1. Answer any **one** of the following questions : 12×1=12

- a) What is OCD? What are its different characteristics? Discuss the role of teacher for OCD sufferers.

2+4+6

- b) What is self-awareness? How can you practice self-awareness? How can you develop self-esteem among your students?

2+5+5

2. Answer any **four** questions in about 250 words each:

7×4=28

- a) As a teacher, how will you help a student with Conduct Disorder?
- b) Explain the myths and realities about suicide.
- c) Explain the different types of conflict resolution strategies indicating the goal and importance of relationship.