

Sr. No. of Question Paper:

Unique paper code : **12115902**

Name of the Paper : **Psychology for living (Generic Elective)**

Name of Course : BA (Hons.) APPLIED PSYCHOLOGY

Semester : I

Duration: 3 hours

Maximum Marks: 75

**Instructions for candidates**

1. Each question carries **18.75** marks.
2. Attempt **ANY FOUR** questions. All questions carry equal marks.
3. Answer may be written either in **English or Hindi**; but the same method should be used throughout the paper.

1. Define Health and Illness. Elucidate models of Illness.
2. "Stress is perceived". Explain with the help of examples and elucidate various sources of stress.
3. Describe various health promoting behaviours which can be effective in the present pandemic situations.
4. Discuss the significance of human strength virtues and ways of cultivating inner strength in Indian context.
5. Explain the concept of holistic health. Which of the stress coping mechanisms contribute in maintaining holistic health?

6. Explain the effect of health protective behaviours on health management. Discuss the role of hope and optimism in cultivating inner strengths.