

Sr No. Of Question Paper:

Unique Paper Code : **12115902**

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

Name of the 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. Conceptualize Illness and health with examples. Discuss the model of Holistic Health approach?
2. How does subjectivity affects the perception of stress? Elaborate different stress management techniques?
3. 'Maintaining good hygiene is a precursor to maintaining good health' evaluate the statement in the light of Covid 19 pandemic.
4. Critically examine the difference between perceived human strengths and virtues in the Eastern and Western culture?

5. Discuss the effects of Alcoholism and Smoking on health of an individual. Support your answer with relevant studies.

6. What role does Hope and Optimism play in human health management? What are different scales that measure hope and optimism?