

2019

(June)

Education

Course No: EDN(O): 205

**Mental Health Education**

Full Marks- 37½

Time 1½ hours

Answer question number **5** and any **two** from the rest

1. Explain the concept of Mental Health and Mental Hygiene. Discuss the role of the school in developing good mental health. 8+7=15
2. What are the criteria for a mentally healthy person? Elaborate on the factors affecting mental health. 6+9=15
3. What is psychotherapy? Describe any three techniques of behavioural therapy for treatment of mental disorder. 3+12=15
4. Describe the salient features of psycho-analysis. Explain briefly the techniques of psychoanalysis in treating mentally ill persons. 7+8=15
5. Write a short note on any **one** of the following: 7½
  - a. Principles of good mental health
  - b. Normality vs Abnormality