

I Semester End Examination March/April 2022  
B.Com./B.B.A  
Psychology-Open Elective  
Psychology of Health and Wellbeing

Course Code: PSY10E01

Time: 2 hours

QP. CODE:1205

Total Marks: 60

**Instructions:**

- 1) All sections are compulsory
- 2) Answers should be written completely either in Kannada or in English

**Section-A**

**Answer any four of the following**

**4X2=08**

1. What is well being?
2. What is stress?
3. Mention any four uses of exercise?
4. What is Strength?
5. Mention any two sources of Stress?
6. Mention any four uses of yoga?

**Section-B**

**Answer any four of the following**

**4X5=20**

1. Explain Health and Wellbeing?
2. Explain effects of stress on Physical and mental health?
3. Describe illness management.
4. Define weakness. Explain Identifying and overcoming weakness?
5. Explain alcoholism as health compromising behavior.
6. Explain personal and social mediators of stress.

**Section C**

**Answer any four of the following**

**4X8=32**

1. Explain models of health and illness.
2. Explain coping and stress management.
3. Explain any two health enhancing behaviors.
4. Explain strategies to develop hope and optimism.
5. Explain smoking and internet addiction as health compromising behaviors.
6. Explain health continuum and holistic health.

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«sÁUÀ- A

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4X2=08

1. ,ÀÄ'Üw JAzÀgÉÄfÄÄ?
2. MvÀÛqÀ JAzÀgÉÄfÄÄ?
3. aÁaAiÀiÁaÄzÀ AiÀiÁaÄzÉÄ fÁ®ÄÌ G¥AAiÉÆÄUÀUÀ¼ÄfÄÄß §gÉ-Äj.
4. §® JAzÀgÉÄfÄÄ?
5. MvÀÛqÀzÀ AiÀiÁaÄzÁzÀgÄÄ JgÀqÄÄ aÄÄÆ®UÀ¼ÄfÄÄß w½¹.
6. AiÉÆÄUÀzÀ AiÀiÁaÄzÁzÀgÄÄ fÁ®ÄÌ G¥AAiÉÆÄUÀ¼ÄfÄÄß w½¹.

«sÁUÀ- B

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4X5=20

1. ,ÀÄ'Üw aÄvÀÄÛ DgÉÆÄUÀaÄfÄÄß «aÄj¹.
2. zÉÊ»PÀ aÄvÀÄÛ aAiÁfÀ¹PÀ DgÉÆÄUÀâzÀ aÉÄÄ-É MvÀÛqÀzÀ ¥ÄjuÁaÄÄUÀ¼ÄfÄÄß «aÄj¹.
3. CfÁgÉÆÄUÀâzÀ aÄa°ÀuÉAiÄÄfÄÄß aÄtÄð¹.
4. zÉ§ð®aÄfÄÄß aÄa°SÄa°¹. zÉ§ð®aÄfÄÄß UÄÄgÄÄw,ÄÄaÄzÄÄ °ÁUÀÆ CzÄjAzÀ °ÉÆgÄ§gÄÄaÄzÄfÄÄß «aÄj¹.
5. DgÉÆÄUÀaÄ gÁf aÄiÁrPÉÆ¼ÄÄr¹aÄ aÄvÀðfÉAiÀiÁV aÄzÄaÄ¥ÄfÄÄß «aÄj¹.
6. MvÀÛqÀzÀ aÉÊAiÄÄQÛPÀ °ÁUÀÆ ,ÁaÄiÁfPÀ aÄzÄaÄwðUÀ¼ÄfÄÄß «aÄj¹.

«sÁUÀ- C

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4X8=32

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QUESTION PAPER**

1. DgÉÆÛUÀà °ÁUÀÆ CłÁgÉÆÛUÀâzÀ °ÀiÁzÀjUÀ¼À£ÀÄß «ªÀj¹.
2. ¸ˆsÁªÀuÉ °ÁUÀÆ MvÀÚqÀ ¸ªÀð°ÀuÉAiÀÄ£ÀÄß «ªÀj¹.
3. AiÀiÁªÀÄzÁzÀgÀÆ JgÀqÀÄ DgÉÆÛUÀªªÀ£ÀÄß ªÄÈçP, ÀÄªÀ ªÀvÀð£ÉUÀ¼À£ÀÄß «ªÀj¹.
4. ¨sÀgÀªÀ,É °ÁUÀÆ D±ÁªzÀª£ÀÄß ¨É¼É, ÀÄªÀ vÀAvÀæUÀ¼À£ÀÄß «ªÀj¹.
5. DgÉÆÛUÀª gÁªÀiÁrPÉÆ¼ÀÄªªÀ ªÀvÀð£ÉAiÀiÁV zsÀÆªÀÄªÁ£À °ÁUÀÆ CAvÀgİeÁ® ªÀª, À£Àª£ÀÄß «ªÀj¹.
6. DgÉÆÛUÀªzÀ wªªªævÉ °ÁUÀÆ ,ªªªUÀæ DgÉÆÛUÀªªª£ÀÄß «ªÀj¹.

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