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B.M.S COLLEGE FOR WOMEN AUTONOMOUS
BENGALURU – 560004
SEMESTER END EXAMINATION – JANUARY/FEBRUARY 2023

Open Elective - I Semester

PSYCHOLOGY OF HEALTH AND WELLBEING
(NEP Scheme 2021-22 onwards F+R)

Course Code: PSY1OE01

Duration: 2 ½ Hours

Instructions:

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

QP Code: 1205

Max. Marks: 60

SECTION-A

I. Answer any FOUR of the following questions. Each question carries TWO Marks (4x2=08)

1. Define Wellbeing.

ÀÉÆÛÀPÉëÄ¹ÄÄ ¹ÁåSÁå¹.

2. What is Holistic Health?

À¹ÄÄUÀæ DgÉÆÛUÀå JAzÀgÉËÄÄ?

3. What is a Stressor?

MvÀÛqÀPÀ JAzÀgÉËÄÄ?

4. What is Guided Imagery?

¹ÀiÁUÀðzÀ²ð avÀæt JAzÀgÉËÄÄ?

5. What is Optimism?

D±Á¹ÁZÀ JAzÀgÉËÄÄ?

6. What is Homeostasis?

ºÉÆË«ÄAiÉÆË,ÁÖ¹,ï JAzÀgÉËÄÄ?

SECTION-B

II. Answer any FOUR of the following questions. Each question carries FIVE marks (4x5=20)

1. Explain Bio psychosocial Model of health.

DgÉÆÛUÀåzÀ eÉÊ«PÀ ¹ÀiÁÆÀ¹PÀ ,Á¹ÀiÁfPÀ ¹ÀiÁzÀjAiÀÄÆÄÄß ZÀað¹.

2. Explain the sources of Stress.

MvÀÛqÀzÀ ¹ÄÄÆ®UÀ¼ÀÆÄÄß ZÀað¹.

3. Explain Health Compromising Behaviour.

DgÉÆÛUÀå gÁf ¹ÀvÀðÆÉAiÀÄÆÄÄß ZÀað¹.

4. Explain the benefits of exercise in enhancing health
 «ÁâAiAiÁâÄzÀ ´Á¨sÀUÀ¼ÀÈÀÄß ZÀað¹.
5. Explain Internet addiction.
 CAvÀeÁð® ZÀl ZÀað¹.
6. Explain Stress management techniques.
 MvÀÛqÀ ¢âÀð°Àt vÀAvÀæUÀ¼ÀÈÀÄß ZÀað¹.

SECTION-C

III. Answer any FOUR of the following questions. Each questions carries EIGHT marks (4x8=32)

1. Explain the methods of overcoming weakness.
 zËŞð®â UÀÄgÀÄw¹ d-Ä,ÄÄâÄzÀÄ °ÉÃUÉ ,ÁzsÀâ ZÀað¹.
2. Explain the effects of stress on physical and mental health.
 MvÀÛqÀâÄ zÉÊ»PÀ °ÁUÀÄ âAiÁÈÀ¹PÀ DgÉÆÃUÀâzÀ âÉÄÄ´É °ÉÃUÉ
 ¥Àæ¨sÁâÀ ©ÃgÀÄvÀÛzÉ ZÀað¹.
3. Explain health enhancing behaviour.
 DgÉÆÃUÀâ âÀçüð,ÄÄâÀ ÈÀqÀÄâÀ½PÉAiÀÄÈÄß «âÀj¹.
4. Define Strength and explain the ways of maximising Unrealised Strength.
 §® JAzÀgÉÃÈÄ? CâÁ,ÀÛ«PÀ §®âÈÄÄß âÀçüð,ÄÄâÄzÀÄ °ÉÃUÉ «âÀj¹.
5. Explain the strategies to develop hope and optimism.
 ¨sÀgÀâÀ,É âÄÄvÀÄÛ D±ÁâÁzÀ ¨É¼À¹PÉÆ¼ÄÄîâÀ vÀAvÀæUÀ¼ÀÈÀÄß
 «âÀj¹.
6. Explain the models of health and wellbeing.
 DgÉÆÃUÀâ âÄÄvÀÄÛ AiÉÆÃUÀPÉëâââ âÀiÁzÀjUÀ¼ÀÈÀÄß «âÀj¹.
