

BA ENGLISH
FOURTH SEMESTER
HEALTH AND WELL BEING
BPY – 741 [GENERIC ELECTIVE]

**SET
A**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs.

Full Marks: 70

Time: 30 mins.

(Objective)

Marks: 20

Choose the correct answer from the following:

1 × 20 = 20

- Which of the following statements is true?
 - In small quantities, stress is good
 - Too much stress is harmful
 - All stress is bad
 - Only a & b are right
- Which of the following are the basic sources of stress?
 - Environment
 - Social stressors
 - Physiological
 - All of the above
- Aches, shallow breathing and sweating, palpitations are
 - Physical symptoms of stress
 - Behavioral symptoms of stress
 - Emotional symptoms of stress
 - Cognitive symptoms of stress
- Which of the following statements is true?
 - Habitual behavior patterns like over scheduling, procrastination, etc. can cause negative stress
 - Thoughts like fear, worrying about future etc. can cause negative stress
 - Both a & b are true
 - None of the above
- Alcohol abuse and smoking share a window of vulnerability especially during_____.
 - Adolescence
 - Adulthood
 - Middle age
 - Old age
- _____ is a process by which the body increasingly adapts to the use of a substance, requiring larger and larger doses of it to obtain the same effects, and eventually reaching a plateau.
 - Withdrawal
 - Tolerance
 - Metacognition
 - Relapse
- Which of these is not an example of a health enhancing behaviour?
 - Smoking
 - Taking regular exercise
 - Eating healthy food
 - Going to the gym
- Health compromising behavior means
 - Good to health
 - Harmful to health
 - Mediate health
 - None of these

9. Alcohol consumption has been linked to
- a. Liver cirrhosis
 - b. High Blood pressure
 - c. Stroke
 - d. All of the above
10. Withdrawal symptoms, such as nausea, sweating, shakiness and anxiety after stopping drinking is;
- a. Dependence
 - b. Craving
 - c. Loss of control
 - d. Tolerance
11. In general, happy people do NOT:
- a. Express gratitude, forgiveness, and kindness
 - b. Get regular exercise, sexual activity, and good sleep
 - c. Have higher incomes or higher intellect than most
 - d. Savor joy and practice optimism and self-actualization
12. What is empathy?
- a. The ability to put yourself in someone else's position and understand what they are feeling
 - b. When you feel sorry for someone else's hardships.
 - c. The ability to know what someone else is thinking.
 - d. None of the options are correct.
13. Which theory of humor focuses primarily on the motivational mechanisms of interpersonal needs, positing that humor provides relief of tension?
- a. Relief theory
 - b. Superiority theory
 - c. Incongruity theory
 - d. None of the above
14. Which of these is an example of altruism?
- a. A person gives a homeless man a sandwich for no other reason than to help him out.
 - b. A person helps a coworker on a report so that the coworker will 'owe him one'.
 - c. A person shares his food with his brother because he wants his relatives to survive.
 - d. All are examples of altruism.
15. Wisdom comes from ____.
- a. Thinking
 - b. Experience
 - c. Age
 - d. Practicality
16. If you feel you owe someone for the kindness they showed you or something they gave you, which concept are you exhibiting?
- a. Indebtedness
 - b. Gratitude
 - c. Reciprocity
 - d. Altruism
17. What is resilience?
- a. bouncing back from a tragic event
 - b. a negative approach to tough situations
 - c. depression that occurs after a challenging situation
 - d. approaching problems in a positive manner

18. Which of the following is part of forgiving someone?
- a. Starting over
 - b. Acting like nothing ever happened
 - c. Letting the other person have their way
 - d. Ignoring your feelings about what happened
19. Generally speaking, self-esteem is
- a. The extent to which we approve of ourselves
 - b. how intelligent we are
 - c. How skilled we are
 - d. The extent to which others approve of us
20. Another word for kind is:
- a. Rude
 - b. Mean
 - c. Caring
 - d. Annoying
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(Descriptive)

Time : 2 Hr. 30 Mins.

Marks : 50

[Answer question no.1 & any four (4) from the rest]

1. Define stress. How stress impacts us physiologically? 3+7=10
2. Define Alcoholism. What are the various health implications of alcohol abuse? 3+7=10
3. What is the impact of chronic stress? Is stress and behavioral change correlated? Support your answer with valid reasons. 3+4+3=10
4. Explain the various psychological and physiological benefits of exercise, support your answer in correlation to health compromising behavior 10
5. What is love? What are the tips for cultivating love? 5+5=10
6. Describe flow and mindfulness. 5+5=10
7. What is kindness? Describe the benefits of being kind. 5+5=10
8. What is self esteem? Describe the pillars of self esteem. 5+5=10

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