

**B A, B SC, B COM DEGREE END SEMESTER EXAMINATION - APRIL 2026**  
**UGP (HONS.) SEMESTER - 2: MULTI DISCIPLINARY COURSE**  
**COURSE: 24UBSWMDC103 - POSITIVE MENTAL HEALTH AND WELL - BEING**

*(For Regular 2025 Admission)*

Time: 1 Hours

Max. Marks - 35

**PART A**

***Answer any 5 (3 marks each)***

1. Identify and briefly explain any three characteristics of a resilient person. (CO6)
2. What are the different coping styles? (CO1)
3. Briefly explain the reflective learning process. (CO3)
4. Define psychological well-being. (CO1)
5. Why is self-care important for maintaining well-being? (CO2)
6. List any three features of a productive life with a brief explanation. (CO4)
7. Explain conflict resolution as a relationship-building skill. (CO5)

**(3 x 5 = 15)**

**PART B**

***Answer any 2 (10 marks each)***

8. Analyse emotional intelligence and differentiate it from emotional awareness.  
Discuss its relevance in everyday life. (CO5)
9. Discuss various relaxation techniques and evaluate their contribution to positive  
mental health. (CO2)
10. A college student feels anxious after failing in one subject and has begun to doubt his  
abilities. Analyse the situation and propose suitable coping strategy. (CO6)
11. Explain Carol D. Ryff's model of well-being and discuss its significance in promoting  
holistic development. (CO1, CO4)

**(10 x 2 = 20)**