



*Lamballe*

**Avinashilingam Institute for Home Science and Higher Education for Women**  
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)  
Re-accredited with A+ +Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment II – October 2025**  
**Semester III**

**Class: II UG**  
**Major: All majors**

**Time: 2 Hours**  
**Max. Marks: 60**

**25BPSGE3 – PSYCHOLOGY AND MENTAL HEALTH**

**Course Outcomes:**

- CO1:** Understanding the Status of Mental Health Problem in India and the World.  
**CO2:** Starting conversations around Mental Health and creating Mental Health Awareness amongst Non-Psychology Students.  
**CO3:** Being able to identify people suffering from common Mental Health Problems like Anxiety and Depression.  
**CO4:** Learning to provide Psychological First Aid to People.  
**CO5:** Understanding and Enhancing Positive Mental Health and Well-being.

**Part A**

**6 x 1 = 6**

**Choose the correct answer**

- The emotional symptom of an individual lacking mental health  
a) Fatigue b) Procrastination c) Delusions d) Temper tantrums **CO3K1**
- The attitude that will harm the person approaching for help  
a) Empathetic b) Setting limits c) Reacting d) Offering reassurance **CO3K2**
- PTSD stands for  
a) Persistent Traumatic Stress Disease b) Post-Traumatic Stress Disorder **CO3K2**  
c) Primary Traumatic Stress Disorder d) Post-Therapy Stress Dysfunction
- The one that does not feature the mentoring techniques  
a) Modeling b) Feedback c) Criticism d) Networking **CO4K1**
- The ability to understand the feeling of another person  
a) Sympathy b) Antipathy c) Apathy d) Empathy **CO4K2**
- This is a process of gathering information from the client  
a) Establishment b) Intervention c) Assessment d) Termination **CO4K2**

**Part B**

**3 x 6 = 18**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- a) Elaborate the signs shown by a person requiring psychological support. **CO3K2**  
(OR)  
b) Focus the actions that should be avoided when providing psychological assistance to an individual. **CO3K3**
- a) Articulate the best practices that should be implemented when an individual reaches out for help. **CO3K3**  
(OR)  
b) Throw light on guidance and its types. **CO4K4**
- a) Emphasize the qualities a good counsellor must possess. **CO4K2**  
(OR)  
b) Delineate the types of mentoring. **CO4K2**

**Part C**

**3 x 12 = 36**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

10. a) Provide an illustration on psychological firstaid, its goals and core actions. CO3K2  
(OR)  
b) Elucidate on RAPID Model with example. CO3K3
11. a) Illuminate the concepts of peer mentoring. CO4K2  
(OR)  
b) Expound the steps in counselling process. CO4K3
12. a) Construct a dialogue that depicts an interaction between yourself and a friend who seeks psychological support. CO3K3  
(OR)  
b) Reflect on a life experience that disturbed you significantly and bring out the ways in which it could have been handled effectively in order to preserve your mental health. CO4K4

Copies: 20 + 47 = 67

Staff-in-charge: Ms. Sanmathi. A. P &  
Ms. Anushya J, Ms. Shruthi S