



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD [now MoE]
Re-accredited with an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC
Coimbatore – 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I – August 2025
III Semester

Class: II UG

Time: 2 Hours

**Major: Biochemistry and Biotechnology, AR and VR, computer science,
computer applications, Food Service Management and Dietetics**

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

- Which of the following best represents a common mental health issue prevalent both in India and globally?
a) Scurvy b) Anxiety c) Diabetes d) Asthma **CO1K1**
- One of the effective ways to reduce stigma around mental illness is:
a) Avoiding discussions on mental health b) Punishing individuals with disorders **CO2K2**
c) Promoting awareness & open conversations d) Restricting access to mental health content
- Which of the following is a common symptom of anxiety?
a) Slow heart rate b) Feeling of calm **CO1K1**
c) Excessive worry d) Increased appetite
- Which of the following is a preventive measure for suicide?
a) Ignoring warning signs b) Promoting isolation **CO3K3**
c) Encouraging secrecy d) Gatekeeper training programs
- Mental health issues in adolescence often include:
a) Work-life balance b) Bullying and academic stress **CO1K1**
c) Cataract and arthritis d) Alzheimer's disease
- One of the main causes of depression is:
a) Long-term stress and trauma b) A balanced routine **CO3K2**
c) Excessive happiness d) Social media use only

Part B

3 x 6 = 18

Answer ALL questions

Each answer should not exceed 400 words or two pages

- a) Define mental health and discuss some major mental health issues prevalent in India and around the globe. **CO1K2**
(or)
b) Explain the importance of mental health in individual and societal well-being. **CO2K3**
- a) Discuss effective ways to reduce stigma related to mental illness and promote mental health awareness. **CO2K3**
(or)
b) Differentiate between anxiety and depression based on their major features and symptoms. **CO3K4**
- a) Explain some common causes of depression. **CO3K2**
(or)
b) List out the signs and symptoms of anxiety. **CO3K2**

Part C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- a) Explain the common mental health issues faced by adolescents today. Provide examples from school or college life. **CO1K2**
(or)
b) List some common mental health conditions seen in India and globally. Explain any two with suitable illustrations. **CO1K2**
- a) What is anxiety? Explain its signs, symptoms, and how it can affect everyday life. **CO2K2**
(or)
b) What are the common signs and symptoms of depression? How can recognizing them early help in seeking support? **CO3K3**
- a) Describe how relationship issues with parents, friends, or romantic partners can affect mental health. **CO2K2**