

(2)

- (e) Who is known as the father of positive psychology?
- (f) Write one principle of good mental health.
- (g) Define the term 'Yoga'.
- (h) Yoga is the maintenance of _____ between the individual soul and universal soul.

(Fill in the blank)

2. Write short notes on/Answer the following :

4×5=20

- (a) Goals of mental hygiene
- (b) Principles seeking adjustment with environment
- (c) Qualities of healthy home environment
- (d) Briefly describe about well-being.
- (e) Write about meditation.

3. What is meant by mental health? Write the criteria of mentally healthy individual. 3+7=10

4. What is meant by adjustment mechanism? Discuss about the process of adjustment.

2+9=11

(3)

- 5. What is child rearing? Explain the different styles of child rearing practices. 2+8=10
- 6. What is positive psychology? Discuss about the aims and scope of positive psychology. 2+9=11
- 7. Discuss about the need of Yoga for physical and mental health. 5+5=10
