

**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*

1. Which of the following statements is true?
  - a. In small quantities , stress is good
  - b. Too much stress is harmful
  - c. All stress is bad
  - d. Only a & b are right
2. Which of the following are the basic sources of stress?
  - a. Environment
  - b. Social stressors
  - c. Physiological
  - d. All of the above
3. Aches , shallow breathing and sweating, palpitations are
  - a. Physical symptoms of stress
  - b. Behavioral symptoms of stress
  - c. Emotional symptoms of stress
  - d. Cognitive symptoms of stress
4. Which of the following statements is true?
  - a. Habitual behavior patterns like over scheduling, procrastination, etc. can cause negative stress
  - b. Thoughts like fear, worrying about future etc. can cause negative stress
  - c. Both a & b are true
  - d. None of the above
5. Alcohol abuse and smoking share a window of vulnerability especially during\_\_\_\_\_.
  - a. Adolescence
  - b. Adulthood
  - c. Middle age
  - d. Old age
6. \_\_\_\_\_ 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.
  - a. Withdrawal
  - b. Tolerance
  - c. Metacognition
  - d. Relapse
7. Which of these is not an example of a health enhancing behaviour?
  - a. Smoking
  - b. Taking regular exercise
  - c. Eating healthy food
  - d. Going to the gym
8. Health compromising behavior means
  - a. Good to health
  - b. Harmful to health
  - c. Mediate health
  - d. None of these

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

**(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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