June : 2026

PSYCHOLOGY

Paper: PSY-M-201

UNDERSTANDING MENTAL HEALTH

Time: $2^{1}/_{2}$ Hours **Total Mark: 60**

(The figures in the right margin indicate full marks of the questions)

1. Answer in brief: 1×6=6

   a) State any one mental health challenge.

   b) Mention any one sign of depression.

   c) Mention any one criticism of NMHP.

   d) What is Community Mental Health?

   e) Who is a counselor?

   f) Mention one form of bullying.

2. Write short notes on– 3×4=12

   a) Objectives of global burden of disease.

   b) Preventive measures of substance abuse.

   c) Current status of Mental Health services in India.

   d) Importance of Psychological first aid.

3. What is mental health? Describe any two components of mental health. Suggests few ways of reducing stigma associated with mental health. 2+4+5=11

4. What are common cause of Mental Health issues in young adults? Discuss intervention and prevention method for mental health issues among youth. 4+6=10

5. Discuss the importance of community mental health policies in India (NMHP& DMHP). 10

Or

Discuss the major provisions of Mental Healthcare Act 2017. 10

6 a) Discuss the concept and skills required for peer mentoring. 6

b) Explain the role of mental health professional in mental healthcare. 5

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