

**FUNDAMENTALS OF MENTAL HEALTH (MPC 051)**  
**TUTOR MARKED ASSIGNMENT (TMA)**

**Course Code: MPC 051**

**Assignment Code: MPC 051/ASST/TMA/July2022-January2023**

**Marks: 100**

**NOTE: All questions are compulsory.**

**SECTION A**

**Answer the following questions in about 1000 words each.**

**Marks 15x3=45**

1. Discuss the developmental related theories.
2. Elaborate the historical perspectives of mental illness and mental health.
3. Critically explain the models of humanistic psychology.

**SECTION B**

**Answer the following questions in about 400 words each.**

**Marks 5x5=25**

4. Discuss the sociological theories related to mental health.
5. Discuss the various causes of abnormality.
6. Elucidate attention as one of the cognitive function.
7. Describe the classical conditioning theory.
8. Explain the eastern concept of mind.

**SECTION C**

**Answer the following in about 50 words each.**

**Marks 10x3=30**

9. Leadership and social power
10. Functional perspectives of normality
11. Phases of conative style
12. Utilitarian concept of mental health
13. Dualistic view towards biological basis of body and mind
14. Brain disease
15. Evolution of adaptive mechanisms
16. Defense mechanisms
17. Mental health as resilience
18. Mesmerism and hypnotism