

OR

- What is experiential intelligence? Provide relevant examples.
16. What are the characteristics of Type A and Type C personalities? 2
17. What is the nature of stress? 2
18. What is creative visualization? 2
19. What are the signs and symptoms of Autism Spectrum Disorder (ASD)? 2

SECTION C

20. What is emotional intelligence, and what are the characteristics of an emotionally intelligent person? 3

OR

- What is the relationship between intelligence and creativity, how do they influence each other?
21. What are neuroticism, emotional stability, extraversion, introversion, psychoticism? and sociability, and how do they relate to personality traits? 3
22. What are the symptoms of Somatic Symptom Disorder and Illness Anxiety Disorder? 3
23. What is the modality of treatment known as transference, and what are its types? 3

SECTION D

24. What are the various life skills, and how do they impact well-being? 4

OR

- What are the various stress management techniques?
25. What are the signs and symptoms of anorexia nervosa and bulimia nervosa eating disorders? 4
26. What are the various behavioral techniques used in behavioral therapy? 4
27. What are the salient characteristics of a group? 4

SECTION E

28. What are the different types of intelligence tests, explain in detail? 6

OR

- Explain any three intelligence theories in detail.
29. What is psychosexual development by Sigmund Freud? 6

OR

Explain Gordon Allport's theory in detail?

SECTION F

Read the case and answer the questions that follow.

Anita, a 40-year-old woman having a history of persistent depression was referred for therapy. She described feeling overwhelmed by feelings of sadness, hopelessness, and worthlessness, and feeling isolated in her professional setting, not involved in a group which had significantly impacted her personal and professional life. Anita's childhood was marked by significant adversity, including growing up in a dysfunctional family environment characterised by parental neglect and emotional abuse. As a child, Anita internalised feelings of inadequacy and worthlessness. She exaggerated her flaws and overlooked her strengths. Her self-critical thoughts manifested statements such as "I'm a

failure," "I'll never be happy," and "Nobody cares about me." These distorted thoughts reinforced her feelings of hopelessness and contributed to her ongoing depressive state.

30. Identify the core beliefs developed during Anita's childhood. 1
31. Which therapy would be most suitable to reduce Anita's distress and feel involved in a group? Give reason for your answer. 2

Read the case and answer the questions that follow.

Renowned environmentalist T. Shobheendran, after retiring as a Professor of Economics, dedicated himself to fostering a culture of nature conservation among young people. Shobheendran spearheaded unique programs to engage students in tree planting and conservation efforts, transforming approximately 100 acres of barren land surrounding the college campus into a lush green area adorned with over 5,000 trees. Additionally, he actively participated in planting hundreds of saplings in public spaces and along roadsides. Shobheendran's initiatives also led to the establishment of research centres for afforestation projects at both campus and city levels. Members of the Kerala Prakruthi Samrakshana Samiti fondly recalled Shobheendran's tireless efforts against river bank encroachments and water pollution. His advocacy prompted government authorities to take decisive action. Shobheendran's legacy as a champion for nature lives on through the countless individuals he inspired with his relentless conservation activities and social campaigns.

32. 'He actively participated in planting hundreds of saplings in public spaces and along roadsides.' Which component of attitude is expressed here? 1
33. Explain any two processes that may have led to the formation of T. Shobheendran's attitude towards the environment. 2

*****All the best*****