

**SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN  
(AUTONOMOUS)**

**(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)  
Chromepet, Chennai — 600 044.**

**B.Sc. END SEMESTER EXAMINATIONS APRIL-2022**

**SEMESTER - VI**

**17UNDCE6A02 & UND/CE/6A02 - Health Psychology**

**Total Duration : 3 Hrs.**

**Total Marks : 60**

**Section A**

Answer any **SIX** questions ( $6 \times 5 = 30$  Marks)

1. Define health and explain the need of health psychologist.
2. What are the sources of stress? Explain.
3. Why childhood nutrition is important Explain any five points.
4. Explain any five reasons for childhood obesity.
5. What are the treatment taken to treat the eating disorders? Explain.
6. How to cope-up with AIDS? Explain any five points.
7. Explain about any two relaxation techniques.
8. What are the principles of counseling? Explain.

**Section B**

Answer any **THREE** questions ( $3 \times 10 = 30$  Marks)

9. What are the perspectives in health psychology? Explain in detail.
10. Explain any five techniques of managing stress.
11. Explain the ageing theories in detail.
12. What are the reasons for CVD and How to cope-up with CVD?
13. Explain any five alternative healing system in detail.

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