GUJARAT TECHNOLOGICAL UNIVERSITY
B. Sc. HONORS/ HONORS WITH RESEARCH (BIOTECHNOLOGY) – SEMESTER - 1
EXAMINATION - WINTER - 2024

Subject Code:BS01001071   **Date: 31 Dec 2024**

Subject Name: Mental Health and Wellness

Time:10:30 AM TO 12:00 PM   **Total Marks: 50**

Instructions:
1. **Attempt all questions.**
2. **Make suitable assumptions wherever necessary.**
3. **Figures to the right indicate full marks.**
4. **Draw neat and clean diagrams as required**

Q.1   Write a note on following   **(Marks-5X2=10)**

1. How does physical inactivity influence mental health and depression?
2. What is the connection between diet and mood disorders?
3. Name two social behaviors that may indicate underlying depression.
4. Mention two cognitive symptoms commonly associated with depression.
5. How does seasonal affective disorder (SAD) relate to depression?

Q.2   Answer the following (Any 2 out of 3)   **(Marks-2X10=20)**

1. Discuss the role of interpersonal relationships in maintaining mental well-being and preventing depression.
2. Explain how financial instability can lead to depressive states, with examples.
3. Analyze the significance of emotional support systems in combating depression.

Q.3   Answer the following (Any 4 out of 6)   **(Marks-4X5=20)**

1. Explore the link between chronic pain and depression.
2. Describe how social media usage can contribute to depression in young adults.
3. Explain the role of early detection and counseling in preventing severe depression.
4. Discuss the connection between unemployment and mental health issues, including depression.
5. How can cultural beliefs influence the understanding and treatment of depression?
6. Explain the importance of workplace mental health policies in managing depression.

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