**ST JOSEPH’S UNIVERSITY, BENGALURU -27**

Registration Number:

Date & session:

**M.Sc. Counseling Psychology – I SEMESTER**

**SEMESTER EXAMINATION: OCTOBER 2023**

**(Examination conducted in November /December 2023)**

**PY 7521: CURRENT TRENDS & STRATEGIES OF EFFECTIVE LIVING**

**(For current batch students only)**

**Time: 1 hour Max marks: 25**

**This question paper contains ONE printed page and TWO parts**

 **Section-A**

**Answer ONE question from the following section.This section carries 10 marks.**

1. What are non-communicable diseases? Mention in what ways a therapist can assist individuals in managing or avoiding NCDs.

OR

1. Explain the limitations and detrimental impact of social media on individuals' mental health.

**Section-B**

**Answer ONE question from the following section. This section carries 15 marks.**

1. Contrast email-based counselling with chat-based counselling. Focus on the benefits and limitations of both modalities in an Indian context.

OR

1. What are the various symptoms of stress? Explain various problem-focused and emotion-focused coping strategies that can be used to combat stress

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