

SECTION - II (37 Marks)

- 5 Define Ego Defense Mechanism. Explain any three Ego Defense Mechanism with example. **10**
- 6 What is Memory ? Describe methods of memory improvement. **7**
- 7 What is Stress and describe the stress management techniques. **12**
- 8 Write short notes : (any two) **4×2=8**
- (1) Characteristics of mentally healthy persons
 - (2) Motivation
 - (3) Conflicts.