



Continuous Assessment Test (CAT) – II - OCTOBER 2025

Programme	:	B.Tech	Semester	:	FALL 2025-26
Course Code & Course Title	:	BHUM203L Introduction to Psychology	Class Number	:	CH2025260101097
Faculty	:	Dr. Maya Rathnasabapathy	Slot	:	B1+TB1
Duration	:	2 pm – 3.30 pm	Max. Mark	:	50

General Instructions:

- Write only your registration number on the question paper in the box provided and do not write other information
- Use statistical tables supplied from the exam cell as necessary
- Use graph sheets supplied from the exam cell as necessary
- Only non-programmable calculator without storage is permitted

Answer all questions (10*5)

Q. No	Description	Marks	CO	BT Level
1.	“An eye for an eye will only make the whole world blind”— Mahatma Gandhi. Explain this statement in relation to the main components of conflict.	10	1	K1
2.	“Adjustment is the basis of every relationship”. Justify.	10	2	K5
3.	“Your maladjustment can cause serious damage to your worldly image”. Elaborate maladjustment and explain maladaptive coping strategies.	10	2	K3
4.	Describe in detail the environmental and personal factors that influence mental health.	10	3	K1
5.	Explain the concept of stress and its types along with management strategies.	10	3	K2

Faculty Signature