

**VIT****Vellore Institute of Technology**
(Deemed to be University under section 3 of UGC Act, 1956)
CHENNAI

Reg. Number:

Continuous Assessment Test (CAT) – II - OCTOBER 2025

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|----------------------------|---|--|--------------|---|-----------------|
| 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