Lagda Singh Charitable Trust's (Regd.)
THAKUR COLLEGE OF ENGINEERING & TECHNOLOGY
Autonomous College Affiliated to University of Mumbai
Approved by All India Council for Technical Education(AICTE) and Government of Maharashtra(GoM)
Conferred Autonomous Status by University Grants Commission (UGC) for 10 years w.e.f. AY 2019-20
Among Top 250 Colleges in the Country where NIRF India Ranking 2020 in Engineering College category
• ISO 9001:2015, 14001:2015, 50001:2018 Certified • Programmes Accredited by National Board of Accreditation
• Institute Accredited by National Assessment and Accreditation Council (NAAC) Bangalore

Estd. 2001

IN-SEMESTER EXAMINATION-I

T.E/T.T (Semester-VI)

SUBJECT – Workplace Mental Health

Date: 10/03/2025
Timing: 12:00 PM to 12:45 PM
Maximum Marks: 10

Branch: ALL
Div.: ALL
Duration: 45 Minutes

Instructions –

1. All questions are compulsory.
2. Assume suitable data wherever necessary and state the assumptions made.
3. Diagrams / sketches should be given wherever necessary.
4. Use of logarithmic table, drawing instruments and non-programmable calculators is permitted.
5. Figures to the right indicate full marks.

Q.1		Answer any 5 of the following questions	Marks	Course Outcomes	Learning Levels
	a.	Mention any one organizational policy that support workplace mental health.	1	1	R
	b.	How does Resilience relate to workplace mental health?	1	2	U
	c.	State two examples of positive coping mechanisms.	1	3	R
	d.	What is the key sign of mental health issues among employees?	1	1	R
	e.	Mention two ways in which companies can support employees' mental health.	1	2	R
	f.	List two common mental health conditions linked to stress.	1	3	R
Q.2	a.	Reflect on a time when you felt stressed due to academic or professional responsibilities. What strategies did you use to cope with the stress?	5	3	A
		OR			
	b.	Explain the connection between diversity, inclusion, and workplace mental health policies.	5	2	A

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IN-SEMESTER EXAMINATION-II

T.E. (Semester-VI)

SUBJECT – Work Place Mental Health

Branch: ALL
Div.: ALL
Duration: 45 Minutes

Date: 15/04/2025
Timing: 10:00-10:45 AM
Maximum Marks: 20

Instructions –

1. All questions are compulsory.
2. Assume suitable data wherever necessary and state the assumptions made.
3. Diagrams / sketches should be given wherever necessary.
4. Use of logarithmic table, drawing instruments and non-programmable calculators is permitted.
5. Figures to the right indicate full marks.

Q.1		Answer any 5 of the following questions	Marks	Course Outcomes	Learning Levels
	a.	What are the observable indicators of a mentally supportive workplace?	1	4	U
	b.	How would employee turnover change if mental health support systems were enhanced?	1	4	R
	c.	Discuss the role of organizations to create an environment that supports positive thinking for better mental health?	1	5	U
	d.	Imagine you are part of a team facing a tight deadline, and tensions are rising due to differing opinions on how to approach the project. How can you apply a positive mindset to manage the conflict and keep the team focused on achieving the goal?	1	5	A
	e.	Describe the benefits of online mental health platforms.	1	6	A
	f.	A small business cannot afford expensive mental health services. Suggest two cost-effective ways for the business to support employee mental health.	1	6	U
	g	If your workplace lacked mental health resources, what two solutions would you propose to the management?	1	6	U
Q.2	a	You're a teacher, and one of your students, Emily, seems hesitant to participate in class discussions. When you speak with her privately, she reveals she's struggling with social anxiety. Write a brief response (around 200 words) on how you would create a supportive classroom environment, encourage Emily's participation, and foster open communication among all students.	5	4	A
		OR			
	b	Evaluate how the principles of positive thinking can be applied to reduce stress and enhance productivity in engineering students during examinations. Analyze the feedback loop between positive thinking, mental health, and academic performance, and provide a practical guide for maintaining this cycle. How can students use positive thinking strategies to improve their mental well-being and exam performance, ensuring long-term academic success?	5	5	A

END SEMESTER EXAMINATION, MAY 2025
T.E./T.T. SEMESTER VI (CBCGS-HME 2023)

Branch:	ALL	Q.P. Code:	E655RM25A1-1
Subject:	Work Place Mental Health	Duration:	1 hour
Subject Code:	HSMC601	Max. Marks:	30

Instructions: 1. All sections are compulsory
2. Figures to the right indicate full marks.

Section-I	Short Answer Questions (Answer any 05 questions out of 06) (Fundamental, Core Types)				(10 Marks)
Q. No.		Marks	CO	RBT Level	PI
1	Define stigma in the context of mental health at the workplace.	2	1	R	1.1.1
2	Name two legal protections for employees regarding mental health in the workplace.	2	2	U	1.3.1
3	How does workplace culture contribute to stress?	2	3	R	1.1.1
4	What connections can be made between mental health literacy and employee retention?	2	4	U	1.3.1
5	What is the relationship between positive thinking and job satisfaction?	2	5	R	1.1.1
6	If your workplace lacked mental health resources, what two solutions would you propose to the management?	2	6	A	2.1.1
Section-II	Descriptive Answer Questions (Answer any 02 out of 03) (Descriptive, Comprehension Types)				(10 Marks)
1	How can an organization create a mentally healthy work environment? Provide at least three strategies.	5	2	A	2.1.1
2	Define stress and describe its types with examples.	5	3	U	1.3.1
3	Analyze the impact of poor communication skills on mental health discussions in the workplace. Propose strategies to improve communication and build trust among employees.	5	4	U	1.3.1
Section-III	Long Answer Question (Answer any 01 out of 02) (Application, Analytical, Evaluation, Design Type)				(10 Marks)
1	Explain the stages of General Adaptation Syndrome (GAS) as proposed by Hans Selye.	10	5	A	2.1.1
2	With the rise of the gig economy, many workers lack access to employer-provided mental health resources. What innovative solutions can be introduced to support their well-being?	10	6	A	2.1.1