Course outline

How does an NPTEL online course work?

Prerequisite Assignment

Week 1

Week 2

Week 3

Week 4

- Feeling Weird, Losing Touch-I
- Feeling Weird, Losing Touch-II
- Alfred Lord Tennyson, "Break, Break, Break"
- John Keats, "Ode on Melancholy"
- Literature and Coping Skills : Week 4 Feedback form
- Quiz : Assignment 4

Week 5

Week 6

Week 7

Week 8

Download Videos

Assignment 4

The due date for submitting this assignment has passed.

Due on 2021-03-17, 23:59 IST.

As per our records you have not submitted this assignment.

1) feelings of being sad, discouraged, hopeless, irritable, unmotivated are likely to cause a major depressive disorder if they last for *1 point*

- More than 2 weeks
- More than 4 weeks
- More 8 weeks
- More 12 weeks

No, the answer is incorrect.
Score: 0
Accepted Answers:
More than 2 weeks

2) My friend has started to show the following signs: *1 point*

i. Overconfidence in his/her abilities?
ii. Feeling extremely restless or impulsive
iii. A decreased need for sleep

Which of the following problems my friend could be suffering from?

- Major Depressive Disorder
- Persistent Depressive Disorder
- Melancholia
- Mania

No, the answer is incorrect.
Score: 0
Accepted Answers:
Mania

3) I am envious of my friend, because he/she has a great ability to experience a diverse range of emotions in fairly equal measure. I must say, he/she has the power of *1 point*

- Emovelocity
- Emonumbness
- Emodiversity
- Emofrigidity

No, the answer is incorrect.
Score: 0
Accepted Answers:
Emodiversity

4) "COVID-19 lockdown suddenly heightened the longing for physical contact, particularly among the elderly." *1 point*

The above is an example of

- Touch dysthymia
- Skin hunger
- Hyperformal anxiety
- Supranormal anxiety

No, the answer is incorrect.
Score: 0
Accepted Answers:
Skin hunger

5) The set of fibres in our skin that register gentle, stroking touch are known as *1 point*

- Trochlear nerve
- Trigeminal nerve
- Facial nerve
- C tactile afferents (CTs)

No, the answer is incorrect.
Score: 0
Accepted Answers:
C tactile afferents (CTs)

6) "During the COVID-19 lockdown, people depended a lot on video calls to compensate for their touch deprivation as the video calls helped them experience an alternative form of actual touch." *1 point*
The alternative touch is known as

- Social touch
- Tactile afferents
- Vicarious touch
- Sign touch

No, the answer is incorrect.
Score: 0
Accepted Answers:
Vicarious touch

7) "If only I had stopped him that night, he wouldn't be gone forever." *1 point*
The above is an example of the grief stage of

- Anger
- Bargaining
- Denial
- Depression

No, the answer is incorrect.
Score: 0
Accepted Answers:
Bargaining

8) On the death of his/her friend, a person experienced a situational depression. Everyone thought that the grief stage would be over very soon, but the grief seemed to go on and on. *1 point*
The above is an example of

- Melancholia
- Manic grief
- Touch starvation
- Complicated grief

No, the answer is incorrect.
Score: 0
Accepted Answers:
Complicated grief

9) Melancholia is also known as *1 point*

- Reactive depression
- Endogenous depression
- Obsessive compulsive disorder
- Bipolar disorder

No, the answer is incorrect.
Score: 0
Accepted Answers:
Endogenous depression

10) Paradise Engineering is about *1 point*

- Eliminating sadness and suffering
- Creating a paradise
- Engineering Avatars
- Engineering emotional numbness

No, the answer is incorrect.
Score: 0
Accepted Answers:
Eliminating sadness and suffering