

## English Language Questions for CLAT | QB Set 8

The theme of World Mental Health Day 2024, "Mental Health at Work," emphasises the need to prioritise mental health in the workplace, an issue often overlooked in discussions about mental well-being. The link between toxic work environments, discrimination, and mental health problems is frequently ignored, as seen in the story of Karthik, a university driver, who feels devalued by the elitism around him. Ajay, an autorickshaw driver, similarly experiences disregard. These encounters highlight how social exclusion, invisibility, and moral violence significantly impact mental health, yet are seldom discussed in mainstream mental health awareness campaigns. Mental health challenges are often framed in an individualised manner, with solutions such as medication or therapies that overlook the systemic causes. Poverty, inequality, and stigma based on race, caste, or gender contribute significantly to mental distress. Mainstream approaches often commodify mental health, creating markets for services rather than addressing the root sociopolitical causes.

Workplace stress and the role of corporations in perpetuating unhealthy work environments also need scrutiny. For instance, the tragic death of a young Chartered Accountant at Ernst and Young sparked allegations of workplace-induced stress, raising concerns about the corporate culture's impact on mental health. Multinational companies increasingly hire psychologists to manage employee well-being, but they often focus on individual solutions like yoga or mindfulness, avoiding the systemic issues that cause distress. Shifting towards a rights-based mental health framework, as advocated by the United Nations, requires addressing power imbalances and emphasising the role of relationships and compassion in healing. Renowned psychiatrist Van der Kolk notes that feeling safe with others is essential for mental well-being. Mental health is not just a biomedical issue but a moral and ethical one, as seen in the broader sociocultural context of dehumanisation, exclusion, and bullying. Addressing these societal factors is key to reimagining mental health interventions and promoting collective healing. Sudarshan R. Kottai, in his article, argues for a broader understanding of mental health, urging teachers and institutional leaders to take responsibility for preventing distress and fostering well-being through respect, compassion, and empathy. The human brain, he emphasises, is inherently social, and healing comes through communal efforts, echoing Bell Hooks' sentiment that "healing is an act of communion."

**1. What is the primary focus of the theme "Mental Health at Work" for World Mental Health Day 2024?**

- a) Addressing the impact of toxic work environments on mental health
  - b) Providing yoga and mindfulness programs for employees
  - c) Offering personalised therapy and medication to employees
  - d) Commodifying mental health services for corporate gain
- 

**2. According to the passage, how are mental health challenges commonly addressed in mainstream approaches?**

- a) Through systemic solutions that focus on poverty and inequality
  - b) Through government policies addressing workplace discrimination
  - c) By fostering compassion and collective healing within communities
  - d) By commodifying mental health and focusing on individualised treatments
- 

**3. The tragic death of a young Chartered Accountant at Ernst and Young is used in the passage to highlight what issue?**

- a) The effectiveness of corporate mental health programs
  - b) The dangers of financial stress on mental health
  - c) Workplace-induced stress and its role in mental health problems
  - d) The need for better mindfulness programs in corporations
- 

**4. What does psychiatrist Van der Kolk emphasise as essential for mental well-being?**

- a) Regular mindfulness and meditation practices
  - b) Feeling safe with others in a supportive environment
  - c) A strong focus on biomedical treatments and medication
  - d) Developing workplace programs to alleviate stress
-

5. What does Sudarshan R. Kottai advocate for in his article regarding mental health?

- a) Increased funding for workplace therapy sessions
- b) A shift towards biomedical solutions for mental health issues
- c) A collective, relationship-based approach to healing mental distress
- d) A focus on individual therapy and stress management programs

## Answers

- 1. **Answer:** a) Addressing the impact of toxic work environments on mental health
- 2. **Answer:** d) By commodifying mental health and focusing on individualised treatments
- 3. **Answer:** c) Workplace-induced stress and its role in mental health problems
- 4. **Answer:** b) Feeling safe with others in a supportive environment
- 5. **Answer:** c) A collective, relationship-based approach to healing mental distress

**GET 320+ ENGLISH LANGUAGE QUESTIONS**

English Language Question Bank

*E-book version*

**CLAT 2025**

*Based on the latest CLAT pattern & official 2025 sample paper*

- 320+ practice questions
- Focus on developing RC solving Skills
- Detailed answers and explanations

**Rs 149/-**

Scan to order

Prepared by NLU Graduates



More Information  
[hello@clatbuddy.com](mailto:hello@clatbuddy.com)