

Model Paper “Application of Colour Therapy” (First Semester)
Diploma in Colour Therapy (01 Year Course)
For Annual Examination 2024 & Onwards
Semester: 1
Practical

Total Marks: 60

TIME: 02 Hours

Q.1. As a color therapist tasked with redesigning the interior of a hospital, you are aware of the significant impact that colors can have on both patients and healthcare providers. The hospital comprises various areas, including patient wards, waiting areas, staff rooms, and consultation rooms. Your challenge is to create a color scheme that promotes healing, reduces stress, and enhances the overall wellbeing of both patients and doctors.

- a.** Patient Wards: Considering that patients in these wards are in various stages of recovery, what colour scheme would you choose for the walls, bedding, and curtains? Explain how your chosen colours could contribute to the patients’ healing process. **06 marks**
- b.** Waiting Areas: These spaces often host anxious families and individuals. What colors would you use to design these areas to create a calming and reassuring atmosphere? Justify your choices. **06 marks**
- c.** Staff Rooms: Doctors and healthcare staff work long hours under stressful conditions. What color palette would you recommend for the staff rooms to help reduce their stress and rejuvenate them during breaks? **06 marks**
- d.** Consultation Rooms: In these rooms, clear communication and a sense of trust are crucial. What colors would you suggest for the walls and furnishings to foster an environment of trust and clarity? **06 marks**
- e.** Overall Harmony: How would you ensure that the color schemes of different areas complement each other, maintaining a harmonious and cohesive look throughout the hospital? **06 marks**

Your answer should demonstrate an understanding of color psychology, the therapeutic effects of colors, and practical considerations for a healthcare environment.



Q.2. As a newly qualified colour therapist, you have your first appointment with a 35 year-old patient, Amna, who has been experiencing chronic stress and anxiety. Your task is to suggest appropriate colour wavelengths for their treatment. In order to do this effectively, you need to gather a detailed history of her illness and diagnose her specific needs.

- a. Begin by explaining how you would initiate the conversation with Amna to make them feel comfortable and willing to share their health history. **06 marks**
- b. Detail the key questions you would ask to understand the history and nature of Amna's stress and anxiety. Consider aspects such as duration, triggers, previous treatment, and how it affects their daily life. **06 marks**
- c. Explain how you would assess Amna's current state of mind and physical health during the consultation. Discuss the importance of observing non-verbal cues and any physical symptoms that may be relevant to your diagnosis. **06 marks**
- d. Based on the information gathered, diagnose the specific type of stress and anxiety Amna is experiencing. Explain your reasoning and how the symptoms align with your diagnosis. **06 marks**
- e. Finally, suggest the appropriate colour wavelengths for Amna's treatment. Justify your choice of colours based on your diagnosis and the principles of colours therapy you have learned. Discuss how these colours can be incorporated into Amna's daily life and any instructions you would give them for the most effective use of these colours. **06 marks**

Remember, your approach should be holistic, taking into account both the psychological and physical aspects of Amna's condition. Your answer should reflect a deep understanding of colour therapy principles and a compassionate to patient care. .