

Exam Code: 1181  
Sub. Code: 8546

2031  
P.G. Diploma in Guidance and Counselling  
First Semester  
PGDGC-02: Introduction to Counselling

Time allowed: 3 Hours

Max. Marks: 75

**NOTE:** Attempt five questions in all, including Question No. IX (Unit - V) which is compulsory and selecting one question each from Unit I - IV.

x-x-x

**UNIT - I**

- I. Discuss types of counselling. What are different techniques used by counselor during counselling process. (15)
- II. Throw light on different approaches of counselling? Giving suitable examples. (15)

**UNIT - II**

- III. Explain self concept/actualization theory given by Maslow. (15)
- IV. Discuss Indian therapeutic approaches and relevance during pandemic. (15)

**UNIT - III**

- V. How will you define term 'adjustment'? Discuss adjustment problems of adolescents and adjustment mechanism. (15)
- VI. What do you mean by conflict resolution? Discuss techniques for stress management and conflict resolution. (15)

**UNIT -IV**

- VII. Define term 'Interview'. Discuss various types of interview giving suitable example. (15)
- VIII. How drug addiction, substance abuse and cyber bullying are the challenges in/of life and suggest suitable counselling techniques to prevent them. (15)

**UNIT -V**

- IX. Write short notes on the following:-
  - a) Emerging trends in counselling
  - b) Procedure of conducting interview
  - c) Self renewal
 (3x5)

x-x-x