

16.12.2024 - (E)

Exam Code: 1181
Sub. Code: 45682

2124
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. Throw light on different approaches to counselling. (15)
- II. Write notes on:-
 - a) Eclectic counselling
 - b) Testing techniques of counselling (2x7½)

UNIT - II

- III. Discuss the goals and therapeutic process of psycho-analytical theory. (2x7½)
- IV. Explain the Indian therapeutic approach. (15)

UNIT - III

- V. Elaborate upon emotional and social causes of maladjustment. (2x7½)
- VI. Write notes on:-
 - a) Adjustment mechanism
 - b) Conflict resolution (2x7½)

UNIT - IV

- VII. Write note on:-
 - a) Demonstrating empathy
 - b) Cyber bullying (2x7½)
- VIII. Describe emerging trends and areas in counselling. (2x7½)

UNIT - V

- IX. Write short notes on following:-
 - (a) Counselling for aging population
 - (b) Individual counselling
 - (c) Albert Ellis
 - (d) Role of counselor for developing good mental health (15)