

(DDGC01)

ASSIGNMENT-1

P.G. DIPLOMA EXAMINATION, DEC 2025

PSYCHOLOGICAL BASIS OF GUIDANCE AND COUNSELLING

MAXIMUM MARKS :30

ANSWER ALL QUESTIONS

1. (a) What are the differences between guidance and counselling?
(b) Outline the importance and limitations of Guidance and counselling.
2. (a) What are the different areas covered under guidance?
(b) Examine about the different organisational needs of guidance services.
3. (a) Discuss the role of parenting in the process of counselling.
(b) Examine how counselling is useful in building career guidance.

ASSIGNMENT-2

P.G. DIPLOMA EXAMINATION, DEC 2025

PSYCHOLOGICAL BASIS OF GUIDANCE AND COUNSELLING

MAXIMUM MARKS :30

ANSWER ALL QUESTIONS

1. (a) What are the advantages of positive psychology?
(b) What measures are required to promote pleasure?
 2. (a) Discuss the need and importance of companionship.
(b) Explain in detail about cognitive focused approach.
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(DDGC02)

ASSIGNMENT-1

P.G. DIPLOMA EXAMINATION, DEC 2025

INTRODUCTION OF COUNSELLING

MAXIMUM MARKS :30

ANSWER ALL QUESTIONS

1. (a) Define 'counselling'. Discuss the various applications of counselling.
(b) Discuss the Nature, Need and Scope of counselling.
2. (a) What are the skills required by an effective counsellor?
(b) Explain in detail about various types of counselling.
3. (a) Evaluate the process involved in counselling.
(b) Discuss about the termination stage of counselling process.

ASSIGNMENT-2

P.G. DIPLOMA EXAMINATION, DEC 2025

INTRODUCTION OF COUNSELLING

MAXIMUM MARKS :30

ANSWER ALL QUESTIONS

1.
 - (a) What measures are required to promote counsellor and client relationships?
 - (b) What factors are responsible for the deterioration of counsellor and client relationships?
 2.
 - (a) Elucidate about ethical needs of counselling.
 - (b) Discuss the need and importance of professional approach to counselling.
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(DDGC03)

ASSIGNMENT-1

P.G. DIPLOMA EXAMINATION, DEC 2025

TYPES OF COUNSELLING

MAXIMUM MARKS :30

ANSWER ALL QUESTIONS

1. (a) Define 'Stress'. What are the different sources of stress? Give a case study in this regard.
 (b) What is meant by the Anxiety? What factors are responsible for anxiety?
2. (a) Discuss the need and importance of educational counselling. Explain with an example of a case study.
 (b) What are the objectives of career counselling?
3. (a) What is family counselling? What are its advantages?
 (b) Do you support the concept of Marriage counselling?

ASSIGNMENT-2

P.G. DIPLOMA EXAMINATION, DEC 2025

TYPES OF COUNSELLING

MAXIMUM MARKS :30

ANSWER ALL QUESTIONS

4. (a) Outline the process involved in Rehabilitation Counselling.
 - (b) What are the limitations of Rehabilitation Counselling?
 5. (a) Discuss about crisis counselling with an example.
 - (b) What are the different types of substance abuses?
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ASSIGNMENT-1

P.G. DIPLOMA EXAMINATION, DEC 2025

APPROACHES AND TECHNIQUES OF COUNSELLING

MAXIMUM MARKS :30

ANSWER ALL QUESTIONS

1. (a) What are the issues involved in psycho analytical approach to counselling?
(b) What are the objectives of Dynamic approach to counselling?
2. (a) Outline the limitations of Behaviouristic approach to counselling.
(b) Do you support the concept of Behaviouristic approach to counselling? Give reasons.
3. (a) What are the different issues involved in cognitive approach to counselling?
(b) Briefly write about CBT techniques.

ASSIGNMENT-2

P.G. DIPLOMA EXAMINATION, DEC 2025

APPROACHES AND TECHNIQUES OF COUNSELLING

MAXIMUM MARKS :30

ANSWER ALL QUESTIONS

1. (a) "Person centered approach plays a vital role in counselling". Discuss.
(b) What are the different techniques of person centered approach?
 2. (a) Outline the need and importance of Group Counselling.
(b) What are the limitations of Group Counselling?
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(DDGC05)

ASSIGNMENT-1

P.G. DIPLOMA EXAMINATION, DEC 2025

MENTAL HEALTH AND PSYCHOLOGICAL DISORDERS

MAXIMUM MARKS :30

ANSWER ALL QUESTIONS

1. (a) What is meant by mental health? Discuss its need and importance.
(b) How do you create mental health awareness in the society? Explain.
2. (a) What measures are required to control stress?
(b) Explain about the concept of clinical reaction to stress.
3. (a) What are anxiety disorders? Explain with examples.
(b) What factors are responsible for compulsory disorders?

ASSIGNMENT-2

P.G. DIPLOMA EXAMINATION, DEC 2025

MENTAL HEALTH AND PSYCHOLOGICAL DISORDERS

MAXIMUM MARKS :30

ANSWER ALL QUESTIONS

1. (a) Discuss briefly about personality disorders.
 (b) Examine about cluster A and cluster B of personality disorders.
 2. (a) What factors are responsible for committing suicide?
 (b) Suggest measures to prevent depression.
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