

**PGDGC**

**PGDGC/SEM-I/P-I/21**

**PGDGC 1<sup>st</sup> Semester Examination, 2021**

**Introduction to Guidance and Counselling**

**Course: PGDGC-01**

**Time: 2 Hours**

**Full Marks: 50**

*The figures in the right-hand margin indicate marks.  
Candidates are required to give their answers  
in their own words as far as practicable*

Answer **any five** of the following questions (*each within 300 words*)      5x10= 50

1. Write about holistic approach of counselling mentioning its different dimensions. 5+5
  2. Define Guidance. State the major types of Guidance giving examples from school situation. 3+7
  3. Distinguish between Guidance and Counselling. Write three different approaches of counselling technique and mention your opinion about the effectiveness of each one. 4+3+3
  4. Show your acquaintance with various brainwaves mentioning their relationship with various neurochemicals of our body. 5+5
  5. What do you understand by Circadian Rhythm? State its role in parental guidance in the daily life of a school child. 4+6
  6. Who are different personnel of CGC? Specify their roles. 5+5
  7. What are various maladjusted behaviour patterns among adolescents? Suggest counselling interventions of any five types of behaviour. 5+5
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