

PGDGC Final Examination, 2021
Counselling and Life Style Practices

Course: PGDGC-04

Time: 2½ 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*): 10 X 5=50

1. Mention any two life skills as identified by WHO and show their relevance with two specific examples of our day-to-day life. 5 + 5
2. Show with the example of our daily routine how physiological clock controls our electro-cerebral waves in practical situation. 5 + 5
3. Specify the role of DAT in career grooming and discuss how you will counsel the family regarding career options for a student of class x. 5 + 5
4. Do you think that Heredity plays any role in choosing the career of a child? Discuss with two specific examples of social ecology. 5 + 5
5. Discuss at least five different Medico-Socio-Legal issues important for marriage and show their relevance in practical life. 5 x 2
6. Breakups in relationships cause many suicidal cases among adolescents. Chalk out a counselling intervention program to prevent loss of a precious life. 10
7. State a counselling plan to help a rape victim to come out of her traumatic experience – emphasize on five specific issues to counsel the girl. 5 x 2
8. Design a Family Counselling Program to help a terminal cancer patient and family to tackle their crisis. 10

