

**PGDGC 2nd Semester Examination, 2022****Counselling and Life style Practices****Course: PGDGC 005****Time: 2 hrs****Full Marks: 50**

*The figure in the right-hand margin indicates marks.  
Candidates are required to give their answer in their own  
words and to the point as far as practicable.*

[ Answer **any five** from the following questions each within 300 words] 5x10=50

1. What do you understand by life skill? Mention any 5 skills as prescribed by WHO relating them from life experience. 2+8
2. What is differential aptitude? How it can be utilised in career counselling in class X. 2+8
3. What is domestic violence? Describe the role of counsellor in respect to domestic violence. 2+8
4. What is palliative care? State the role of counsellor in taking risk care in relative case. 2+8
5. Define diurnal rhythm. Discuss the role of physiological clock in determining various life styles of an individual. 2+8
6. Describe the role of Teacher Counsellor in grooming a child for a specific career of his choice irrespective of his hereditary background. 10
7. Write short notes on 5+5
  - a) Brain Waves
  - b) Marriage Counselling