

Day & Date		Subject Name	Time	Code	Max,. Marks
23/05/2022		Certificate course in guidance and counselling	11.00 AM To 2:00 PM	122005	100

Instructions:

**Question number 7 is compulsory
write any 5 questions from 1 to 6**

- Q.1 Explain with examples concept, characteristics and need of counselling? 15
- Q.2 Ram is eighteen years old boy he has approached you for counselling as he has anxiety issues explain the steps of counselling process? 15
- Q.3 Explain the concept of mental health? What are different issues of mental health? Explain anxiety disorder and social phobia 15
- Q.4 what are the qualities of counsellor? what are various ethics counsellor should follow? 15
- Q.5 Explain concept of positive mental health?
- ‘Family plays an important role in positive mental health’-- do you agree with this statement 15
justify your answer
- Q6 why school counselling is important ? Explain various roles school counselor plays at different levels 15
- Q7 Answer the following (any 5) 25
- Explain 4 types of family counselling
 - Explain the benefits of premarital counseling
 - Elaborate 5 issues those need marital counselling
 - Elaborate 5 issues those need counselling in the old age
 - What is eating disorder? What are potential signs of eating disorder
 - What is Bipolar affective disorder?

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