

MAY 2014

P/ID 369/PGI

Time : Three hours

Maximum : 100 marks

SECTION A — (5 × 8 = 40 marks)

Answer any FIVE questions.

All questions carry equal marks.

Each answer should not exceed 300 words.

1. Find the difference between Guidance and Counselling.
2. How will you enhance the Clients Involvement?
3. State the significant concepts of Behavioural Approach.
4. Briefly explain about the significance of Autogenic-Training.
5. Examine Pranayama and its significance.
6. Discuss the Merits and Demerits of Systematic Desensitization.
7. Write a short note on Assertiveness Training.
8. Explain the strategies for evaluating Client Improvement.

SECTION B — (3 × 20 = 60 marks)

Answer any THREE questions.

All questions carry equal marks.

Each answer should not exceed 1,200 words.

9. Elucidate the significant assessment techniques in Counselling Process.
 10. List the steps involved in Jacobson Progressive Muscle Relaxation Exercise (JPMR).
 11. Explain the Systematic Desensitization Technique and its Effects.
 12. Elaborate the Eight Stages of Yoga.
 13. Describe the Operant Conditioning Techniques and its applications.
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