

**OCTOBER 2012**

**P/ID 369/PGI**

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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. Briefly state the features of behavioural model.
2. Mention the purpose of Assessment.
3. List the varieties of problematic behaviour.
4. State some important points in autogenic technique.
5. What are the other forms of desensitization?
6. List the stages of Yoga.
7. Discuss the steps in Cognitive restructuring procedure.
8. Mention the ways of assisting people in developing their understanding of self.

SECTION B — (3 × 20 = 60 marks)

Answer any **THREE** questions.

All questions carry equal marks.

Each answer should not exceed 1,200 words.

9. List the Tools of Assessment.
  10. Discuss the Advantages of deep muscle relaxation and autogenic relaxation.
  11. Elaborate on the classification of Yogasanas.
  12. Describe the stages in cognitive emotional re-education.
  13. Discuss the Guidance towards Life Goals.
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