

**ASSIGNMENT TOPICS**  
**P.G. DIPLOMA IN FAMILY AND HEALTH COUNSELLING**  
**2019 Calendar Session**

**PDFHD 1.01 COUNSELLING, PRINCIPLES AND PRACTICE**

*Answer any THREE questions*  
*All questions carry equal marks*

3 x 10 = 30

1. Define the concept of counselling and discuss the similarities and differences with case work.
2. Explain the guidance therapy and their uses.
3. Discuss counselling as the helping processes.
4. Elaborate the skills and techniques of counselling.
5. Discuss the process involved in marital and premarital counselling.
6. Explain the significance and scope of group counselling.
7. Elucidate the counsellor –client relationship.
8. Lucidly explain the role of counsellor in handling resistances.

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**PDFHD 1.02 COUNSELLING AS A PROFESSION**

***Answer any THREE questions***  
***All questions carry equal marks***

3 x 10 = 30

1. Discuss the skills and techniques of a profession.
2. Explain the integration of theory to practice in a profession.
3. Elucidate the empowerment process in dialogue, discovery and development phases.
4. Elaborate the importance and limitations of interviewing process.
5. Explain the need and importance of assessment in counselling.
6. What is the scope and significance of Eco-map and use of worksheets in counselling?
7. What is the role of school in social support?
8. Explain the assessment of social support systems for the purpose of counselling.

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**PDFHD 1.03 FAMILY CENTERED COUNSELLING**

*Answer any **THREE** questions*  
*All questions carry equal marks*

3 x 10 = 30

1. Define family and discuss the characteristics of the Indian family.
2. Discuss the relationship theory in family life.
3. Elucidate the functions of family.
4. Explain the understanding of family from gender perspective.
5. Elaborate the significance and need for family life education for family.
6. How you plan and implement a family enrichment programme for spiritual development?
7. What are the challenges in counselling the families affected by disasters?
8. Explain the use of various approaches in counselling.

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**PDFHD 1.04 HEALTH COUNSELLING**

*Answer any THREE questions*  
*All questions carry equal marks*

3 x 10 = 30

1. Explain the concept, meaning and definition of health.
2. Discuss the various dimensions of health.
3. What are the signs and symptoms of cancer?
4. Give a brief clinical picture of AIDS and STDs.
5. Explain the characteristics of a mentally healthy person.
6. Narrate a brief clinical picture of alcoholism.
7. Discuss the scope and significance of health counselling in crisis intervention.
8. Elucidate the use of activity oriented interventions in health counselling.

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