

2022

Full Marks - 60

Time - 3 hours

The figures in the right-hand margin indicate marks

Answer *all* questions

Part-I

1. Fill in the blanks : 1 × 8

ଶୂନ୍ୟସ୍ଥାନ ପୂରଣ କର । :

a) Counselling means _____.

ପରାମର୍ଶ ଅର୍ଥ _____ ।

b) Counselling psychology is a _____ of psychology.

ମନୋବିଜ୍ଞାନର ଏକ _____ ଭାବରେ ପରାମର୍ଶ ବିଜ୍ଞାନକୁ ମାନ୍ୟତା ଦିଆଯାଏ ।

c) _____ is the first step of counselling process.

ପରାମର୍ଶ ପ୍ରକ୍ରିୟାରେ _____ ପ୍ରାରମ୍ଭିକ ପର୍ଯ୍ୟାୟ ଅଟେ ।

d) Psychoanalytical approach of counselling was developed by _____.

ମନୋବିଶ୍ଳେଷଣ ଚିକିତ୍ସା _____ କ ଦ୍ୱାରା ବିକଶିତ ହୋଇଥିଲା ।

- e) Modelling techniques was developed by _____ for the treatment of fear and impending danger of a mental disease.

ପ୍ରତିରୋପଣ ବା modelling କୌଶଳକୁ ବ୍ୟବହାର କରି ଭୀତି ବା ଆଶଙ୍କା ପରି ମାନସିକ ରୋଗର ନିଦାନ କରାଯାଇଥାଏ ।

- f) Aaron Beck was the founder of ~~cognitive~~ therapy for the person's negative symptoms mental indiscipline and unrealistic behaviour.

_____ ଚିକିତ୍ସା ପଦ୍ଧତିକୁ ଆରୋନବେକ ବ୍ୟକ୍ତିର ନକାରୀ ସ୍ୱଭାବ, ମାନସିକ ବିଶୃଙ୍ଖଳା ଏବଂ ଅବାସ୍ତବିକ ବ୍ୟବହାର ପାଇଁ ବିକଶିତ କରିଥିଲେ ।

- g) Flooding technique is otherwise known as _____.

ପ୍ଲାବନ କୌଶଳକୁ ଅନ୍ୟ ଅର୍ଥରେ _____ କୁହାଯାଏ ।

- h) Behaviour therapy is based on mental.

ବ୍ୟବହାର ଚିକିତ୍ସା _____ ଶିକ୍ଷଣ ତତ୍ତ୍ୱ ଓ ତାର ନୀତି ନିୟମ ଆଧାରରେ ହୋଇଥାଏ ।

Part-II

2. Answer any *eight* of the following within two to three sentences each : 1½ × 8

ନିମ୍ନୋକ୍ତ ଯେ କୌଣସି ଆଠଟିର ଉତ୍ତର ପ୍ରତ୍ୟେକ ଦୁଇରୁ ତିନୋଟି ବାକ୍ୟ ମଧ୍ୟରେ ପ୍ରଦାନ କର :

a) Describe meaning and purpose of counselling.
ପରାମର୍ଶ ସେବାର ଉଦ୍ଦେଶ୍ୟ ବର୍ଣ୍ଣନା କର ।

b) What is child counselling ?
ଶିଶୁ ପରାମର୍ଶ କ'ଣ ?

c) What is family counselling.
ପରିବାର ପରାମର୍ଶ କ'ଣ ?

d) What is student counselling in school ?
ସ୍କୁଲରେ ଛାତ୍ରମାନଙ୍କର ପରାମର୍ଶ କ'ଣ ?

e) What is counselling relationship.
ପରାମର୍ଶ ସେବା ସଂପର୍କ କ'ଣ ?

f) What is counselling process ?
ପରାମର୍ଶ ପ୍ରଣାଳୀ କ'ଣ ?

g) Write different types of Yoga.
ବିଭିନ୍ନ ପ୍ରକାର ଯୋଗ ଗୁଡ଼ିକୁ ଉଲ୍ଲେଖ କର ।

h) Explain how family counselling takes place ?

ପରିବାର ପରାମର୍ଶ କିପରି ହୋଇଥାଏ, ବୁଝାଅ ?

i) Describe goals of counselling in India.

ଭାରତୀୟ ପୃଷ୍ଠଭୂମିରେ ପରାମର୍ଶ ସେବାର ଲକ୍ଷ୍ୟ ବର୍ଣ୍ଣନା କର ।

j) What is alcohol and drug abuse counselling ?

ମଦ୍ୟ ଓ ନିଶା ଦ୍ରବ୍ୟ ଅପବ୍ୟବହାର କାରୀଙ୍କ ପାଇଁ କ'ଣ ପରାମର୍ଶ ଦିଆଯାଏ ?

Part-III

3. Answer any *eight* of the following within 75 words each : 2 × 8

ନିମ୍ନୋକ୍ତ ଯେ କୌଣସି ଆଠଟିର ଉତ୍ତର ପ୍ରତ୍ୟେକ ୭୫ ଶବ୍ଦ ମଧ୍ୟରେ ପ୍ରଦାନ କର :

a) Describe the scope of counselling with the special reference to India.

ଭାରତରେ ପରାମର୍ଶ ସେବାର ବିସ୍ତାର ଓ ବର୍ତ୍ତମାନ ସ୍ଥିତି ବର୍ଣ୍ଣନା କର ।

b) Describe characteristics of a good counsellor.

ଜଣେ ଦକ୍ଷ ପରାମର୍ଶଦାତାର ବୈଶିଷ୍ଟ୍ୟଗୁଡ଼ିକ ବର୍ଣ୍ଣନା କର ।

c) What is client centered counselling ?

ମହକିଲ କେନ୍ଦ୍ରିକ ପରାମର୍ଶ କ'ଣ ?

d) Describe the impact meditation on mental health.

ମାନସିକ ସ୍ୱାସ୍ଥ୍ୟରେ ଧ୍ୟାନର ପ୍ରଭାବ ବର୍ଣ୍ଣନା କର ।

e) What do you mean by existential type of counselling.

ଅସ୍ତିତ୍ୱବାଦୀ ପରାମର୍ଶ କହିଲେ କ'ଣ ବୁଝ ?

f) Describe the factors influencing counselling process.

ପରାମର୍ଶ ପ୍ରଣାଳୀକୁ ପ୍ରଭାବିତ କରୁଥିବା ବିଭିନ୍ନ ଉତ୍ପାଦକ ଗୁଡ଼ିକ ଲେଖ ।

g) Describe the counselling responsibilities of school counselling.

ବିଦ୍ୟାଳୟ ପରାମର୍ଶ ଦାତାଙ୍କର ପରାମର୍ଶ ସେବାର କର୍ତ୍ତବ୍ୟ ବର୍ଣ୍ଣନା କର ।

h) Discuss about Counselling Interview.

ପରାମର୍ଶ ସାକ୍ଷାତକାର ସମ୍ବନ୍ଧରେ ଆଲୋଚନା କର ।

i) State the difference between humanistic and existential approach to counselling.

ମାନବବାଦୀ ଓ ଅସ୍ତିତ୍ୱବାଦୀ ପରାମର୍ଶ ସେବା ମାର୍ଗ ମଧ୍ୟରେ ପାର୍ଥକ୍ୟ ଦର୍ଶାଅ ।

j) State the advantages of yoga for mental health.

ମାନସିକ ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ଯୋଗର ସୁଗୁଣ ଗୁଡ଼ିକ ବର୍ଣ୍ଣନା କର ।

Part-IV

Answer the following within 500 words each

ନିମ୍ନୋକ୍ତ ଗୁଡ଼ିକର ଉତ୍ତର ପ୍ରତ୍ୟେକ ୫୦୦ ଶବ୍ଦ ମଧ୍ୟରେ ପ୍ରଦାନ କର

- 4 a) Describe the meaning, purpose and goals of counselling in Indian context. 6

ଭାରତୀୟ ପୃଷ୍ଠଭୂମିରେ ପରାମର୍ଶ ସେବାର ଅର୍ଥ ଉଦ୍ଦେଶ୍ୟ ଓ ଲକ୍ଷ୍ୟଗୁଡ଼ିକ ବର୍ଣ୍ଣନା କର ।

OR

- b) What do you mean by ethics and values in counselling ? Describe the education and training of the counsellor.

ପରାମର୍ଶରେ ନୈତିକ ପ୍ରସଙ୍ଗ ଓ ମୂଲ୍ୟବୋଧ କ'ଣ ? ପରାମର୍ଶ ଦାତାଙ୍କର ଶିକ୍ଷା ଓ ପ୍ରଶିକ୍ଷଣ ସମ୍ବନ୍ଧରେ ବର୍ଣ୍ଣନା କର ।

- 5 a) Describe in detail about client centered counselling techniques. 6

ମହକିଲ କୈନ୍ଦ୍ରିକ ପରାମର୍ଶ ସେବା ପଦ୍ଧତି ସମ୍ବନ୍ଧରେ ସବିଶେଷ ବର୍ଣ୍ଣନା କର ।

OR

- b) Describe the importance of yoga and meditation for mental health.

ମାନସିକ ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ଯୋଗ ଏବଂ ଧ୍ୟାନର ଗୁରୁତ୍ୱ ବର୍ଣ୍ଣନା କର ।

6 a) What is counselling relationship ? Describe the factors influencing counselling process. 6

ପରାମର୍ଶ ସେବା ସଂପର୍କ କ'ଣ ? ଏହାକୁ ପ୍ରଭାବିତ କରୁଥିବା ଉପାଦାନ ଗୁଡ଼ିକୁ ଆଲୋଚନା କର ।

OR

b) What is student counselling ? Describe roles and activities, responsibilities of a college counsellor.

ଛାତ୍ର ପରାମର୍ଶ କ'ଣ ? ମହାବିଦ୍ୟାଳୟ ପରାମର୍ଶ ଦାତାଙ୍କର ଭୂମିକା ଦାୟିତ୍ୱ ଏବଂ କାର୍ଯ୍ୟ ଗୁଡ଼ିକ ବର୍ଣ୍ଣନା କର ।

7. a) What is family counselling ? State and explain various models and methods of family counselling. 6

ପରିବାର ପରାମର୍ଶସେବା କ'ଣ ? ପରିବାର ପରାମର୍ଶ ସେବାର ବିଭିନ୍ନ କୌଶଳ ଏବଂ ପ୍ରଣାଳୀ ଗୁଡ଼ିକୁ ବୁଝାଅ ।

OR

b) What do you mean by Alcohol and drug abuse counselling ? Describe the advantages of counselling for alcohol and drug abuse.

ମଦ ଓ ନିଶାଦ୍ରବ୍ୟ ଅପବ୍ୟବହାରକାରୀଙ୍କ ପାଇଁ ପରାମର୍ଶ କହିଲେ କ'ଣ ବୁଝ ? ମଦ ଓ ନିଶା ଦ୍ରବ୍ୟର ଅପବ୍ୟବହାରକାରୀଙ୍କ ପାଇଁ ଦିଆଯାଉଥିବା ପରାମର୍ଶର ଉପକାରିତା ଗୁଡ଼ିକ ବର୍ଣ୍ଣନା କର ।

2022

Full Marks - 60

Time - 3 hours

The figures in the right-hand margin indicate marks

Answer *all* questions

Part-I

1. Fill in the blanks :

1 × 8

ଶୂନ୍ୟସ୍ଥାନ ପୂରଣ କର :

a) ___ was father and founder of positive psychology.

___ ସକାରାତ୍ମକ ମନୋବିଜ୍ଞାନର ପିତା ଓ ପ୍ରବର୍ତ୍ତକ ଥିଲେ ।

b) ___ proposed six factor model of psychological well being.

___ ମନସ୍ତାତ୍ତ୍ୱିକ ସୁସ୍ଥିତାର ଛଅ ଉପାଦାନ ପ୍ରତିରୂପ ମୋଡେଲର ପ୍ରସ୍ତାବ ଦେଇଥିଲେ ।

c) Social model is otherwise known as ___.

ସାମାଜିକ ମୋଡେଲକୁ ଅନ୍ୟ ଅର୍ଥରେ ___ କୁହାଯାଏ ।

d) The main goal of positive psychology is to ___.

ସକାରାତ୍ମକ ମନୋବିଜ୍ଞାନର ମୁଖ୍ୟ ଉଦ୍ଦେଶ୍ୟ ହେଉଛି ___ ।

- e) Meaning of Altruism is ____.
ନିଃସ୍ଵାର୍ଥପରତାର ଆକ୍ଷରିକ ଅର୍ଥ ____ ଅଟେ ।
- f) Optimism means ____.
ଆଶା ପ୍ରବଣତା ଅର୍ଥ ____ ଅଟେ ।
- g) Self-actualization theory was profounded
by ____.
ଆତ୍ମସିଦ୍ଧି ବା ଆତ୍ମ ସନ୍ତୋଷ ମତବାଦ ____ କ ଦ୍ଵାରା ଆବୃତ
ହୋଇଥିଲା ।
- h) Spritual Intelligence means ____.
ଆଧ୍ୟାତ୍ମିକ ଧାରଣା ଅର୍ଥ ____ ।

Part-II

2. Answer any *eight* of the following within two to
three sentences each : 1½ × 8
ନିମ୍ନୋକ୍ତ ଯେ କୌଣସି ଆଠଟିର ଉତ୍ତର ପ୍ରତ୍ୟେକ ଦୁଇରୁ ତିନୋଟି ବାକ୍ୟ
ମଧ୍ୟରେ ପ୍ରଦାନ କର :

a) What is positive psychology ?

ସକାରାତ୍ମକ ମନୋବିଜ୍ଞାନ କ'ଣ ?

b) Describe roots of positive psychology.

ସକାରାତ୍ମକ ମନୋବିଜ୍ଞାନର ମୂଳତତ୍ତ୍ଵ ବର୍ଣ୍ଣନା କର ।

c) Describe the component of flow.

ପ୍ରବାହର ବିଭିନ୍ନ ଉପାଦାନ ଗୁଡ଼ିକୁ ବର୍ଣ୍ଣନା କର ।

d) What is happiness ?

ଆନନ୍ଦ କ'ଣ ?

e) What is Resilience ?

ପୂର୍ବସ୍ଥିତାବସ୍ଥା କ'ଣ ?

f) What is Hope ?

ଆଶା କ'ଣ ?

g) What do you mean by positive thinking ?

ସକାରାତ୍ମକଚିନ୍ତନ କହିଲେ କ'ଣ ବୁଝ ?

h) What is the meaning of well being ?

ସୁସ୍ଥିତା ଓ ସନ୍ତୋଷ କ'ଣ ?

i) What is yoga ?

ଯୋଗ କ'ଣ ?

j) How positive psychology helps in relation building.

ସଂପର୍କ ସୃଷ୍ଟି କରିବାରେ ସକାରାତ୍ମକ ମନୋବିଜ୍ଞାନ କିପରି ସାହାଯ୍ୟ କରେ ।

Part-III

3. Answer any *eight* of the following within 75 words each : 2 × 8

ନିମ୍ନୋକ୍ତ ଯେ କୌଣସି ଆଠଟିର ଉତ୍ତର ପ୍ରତ୍ୟେକ ୭୫ ଶବ୍ଦ ମଧ୍ୟରେ ପ୍ରଦାନ କର :

a) Discuss the conditions of flow.

ପ୍ରବାହର ଅବସ୍ଥା ବର୍ଣ୍ଣନା କର ।

b) Describe the goals of positive psychology.

ସକାରାତ୍ମକ ମନୋବିଜ୍ଞାନର ଉଦ୍ଦେଶ୍ୟ ବର୍ଣ୍ଣନା କର ।

c) What is positive emotion ?

ସକାରାତ୍ମକ ଆବେଗ କହିଲେ କ'ଣ ବୁଝ ?

d) Describe the sources of happiness ?

ଆନନ୍ଦର ଉତ୍ପତ୍ତିସ୍ଥଳ ଗୁଡ଼ିକୁ ବର୍ଣ୍ଣନା କର ?

e) What is optimism ? How it can be increased ?

ଆଶାବାଦ କ'ଣ ? ଏହା କିଭଳି ବୃଦ୍ଧିପ୍ରାପ୍ତ କରାଯାଇପାରିବ ?

f) State the relationship between positive emotion and optimum.

ସକାରାତ୍ମକ ଆବେଗ ଏବଂ ଆଶାବାଦ ମଧ୍ୟରେ ଥିବା ସଂପର୍କକୁ ବ୍ୟାଖ୍ୟା କର ।

g) Describe the classification of strength of character.

ଉତ୍ତମ-ଓ ଶକ୍ତିଶାଳୀ ଚରିତ୍ରର ଶ୍ରେଣୀକରଣ ଗୁଡ଼ିକୁ ବର୍ଣ୍ଣନା କର ।

h) Describe the meaning and nature of Altruism.

ନିଃସ୍ଵାର୍ଥପରତାର ଅର୍ଥ ଓ ପ୍ରକୃତି ବିଷୟରେ ବର୍ଣ୍ଣନା କର ।

i) Discuss the factors affecting well being.

ସୁସ୍ଥତା ଓ ସନ୍ତୋଷକୁ ପ୍ରଭାବିତ କରୁଥିବା ଉତ୍ପାଦକ ଗୁଡ଼ିକ ବର୍ଣ୍ଣନା କର ।

j) Define spiritual Intelligence.

ଆଧ୍ୟାତ୍ମିକ ଧାର୍ମିକତାର ପରିଭାଷା ବର୍ଣ୍ଣନା କର ।

Part-IV

Answer the following within 500 words each

ନିମ୍ନୋକ୍ତ ଗୁଡ଼ିକର ଉତ୍ତର ପ୍ରତ୍ୟେକ ୫୦୦ ଶବ୍ଦରେ ପ୍ରଦାନ କର

4. (a) Define positive psychology? Discuss its scope, goals and applications of positive psychology. 6
ସକାରାତ୍ମକ ମନୋବିଜ୍ଞାନର ସଂଜ୍ଞା ଲେଖ ଏବଂ ଏହାର ପରିସର, ଲକ୍ଷ୍ୟ ଓ ବ୍ୟବହାର ଗୁଡ଼ିକ ବର୍ଣ୍ଣନା କର ।

OR

b) Describe Seligman's contribution to positive psychology.

ସେଲିଜମ୍ୟାନଙ୍କର ସକାରାତ୍ମକ ମନୋବିଜ୍ଞାନକୁ ଅବଦାନ ବିଷୟରେ ବର୍ଣ୍ଣନା କର ।

5. a) State and explain positive and negative consequences of flow. 6

ପ୍ରବାହ ଅନୁଭବର ସକାରୀ ଓ ନକାରୀ ପରିଣାମ ଗୁଡ଼ିକ ଦର୍ଶାଅ ।

OR

b) What is happiness ? Describe different theories of happiness ?

ଆନନ୍ଦ କ'ଣ ? ଆନନ୍ଦର ବିଭିନ୍ନ ମତବାଦ ଗୁଡ଼ିକ ବର୍ଣ୍ଣନା କର ।

6. a) Discuss in detail the positive thinking and resilience ? 6

ସକାରାତ୍ମକ ଚିନ୍ତନ ଏବଂ ପୂର୍ବ ସ୍ଥିତାବସ୍ଥା ସମ୍ବନ୍ଧରେ ବିସ୍ତୃତ ଭାବେ ଆଲୋଚନା କର ।

OR

b) What do you mean by wellbeing ? Describe the steps for promoting wellbeing among people.

ସୁସ୍ଥିତି ଓ ସନ୍ତୋଷ କ'ଣ ? ମାନବ ସମାଜର ସୁସ୍ଥିତି ସନ୍ତୋଷ ଦୂରାନ୍ୱିତ କରିବାରେ ବିଭିନ୍ନ ପଦକ୍ଷେପଗୁଡ଼ିକ ଲେଖ ।

[7]

7. a) Describe the various ways to positive psychology. 6

ସକାରାତ୍ମକ ମନୋବିଜ୍ଞାନର ବିଭିନ୍ନ ରାସ୍ତା ଗୁଡ଼ିକ ବର୍ଣ୍ଣନା କର ।

OR

b) How exercise, yoga and meditation are linked, and how they brings up various improvement in health and happiness. Explain.

ବ୍ୟାୟାମ, ଯୋଗ ଏବଂ ଧ୍ୟାନ କିପରି ଭାବରେ ସଂପୂର୍ଣ୍ଣ, ଏବଂ ଏହା କିପରି ସ୍ୱାସ୍ଥ୍ୟ ଓ ଆନନ୍ଦରେ ଉନ୍ନତି ଆଣେ ବୁଝାଅ ।

2022

Full Marks - 60

Time - 3 hours

The figures in the right-hand margin indicate marks

Answer *all* questions

Part-I

1. Fill in the blanks :

1 × 8

ଶୂନ୍ୟସ୍ଥାନ ପୂରଣ କର :

a) Disability means ____.

ଅକ୍ଷମତା ଅର୍ଥ ____ ।

b) National trust is a ____.

ଜାତୀୟ ବିଶ୍ୱାସ ସଂସ୍ଥା ଗୋଟିଏ ____ ।

c) ____ types of disability are there in India.

ଭାରତରେ ____ ପ୍ରକାରର ବିକଳାଙ୍ଗତା ରହିଛି ।

d) The aim of RPWD Act is ____.

ଆରପିଡ଼ବ୍ୟୁଡ଼ି ଆକ୍ଟର ଲକ୍ଷ୍ୟ ____ ।

e) Welfare model is based on benefits ____ of the disable person.

କଲ୍ୟାଣକାରୀ ମୋଡେଲ ବିକଳାଙ୍ଗ ମାନଙ୍କର ____ ସାହାଯ୍ୟ କରେ ।

- f) The first and foremost support of a disable person is ____.
ବିକଳାଙ୍ଗମାନଙ୍କ ପ୍ରଥମ ସହଯତା ହେଉଛି ____ ।
- g) Rehabilitation means ____.
ପୁନର୍ବାସ ଅର୍ଥ ____ ।
- h) Empowerment model aims at ____.
ସଶକ୍ତିକରଣ ପ୍ରତିରୂପର ଲକ୍ଷ୍ୟ ____ ।

Part-II

2. Answer any *eight* of the following within two to three sentences each : 1½ × 8

ନିମ୍ନୋକ୍ତ ଯେ କୌଣସି ଆଠଟିର ଉତ୍ତର ପ୍ରତ୍ୟେକ ଦୁଇରୁ ତିନୋଟି ବାକ୍ୟ ମଧ୍ୟରେ ପ୍ରଦାନ କର :

- a) Define disability.
ବିକଳାଙ୍ଗତାର ସଂଜ୍ଞା ଦିଅ ।
- b) Describe types of disability.
କେତେ ପ୍ରକାରର ଅକ୍ଷମ ଲୋକ ଅଛନ୍ତି ବର୍ଣ୍ଣନା କର ।
- c) What is the Disable Policy Act in India ?
ଭାରତରେ ଅକ୍ଷମ ଲୋକମାନଙ୍କ ପାଇଁ କ'ଣ Policy Act ଅଛି ?
- d) What is charity model ?
ପରୋପକାର ସଂସ୍ଥା କ'ଣ ?

- e) What is medical model of disability?
ଅସମର୍ଥମାନଙ୍କ ପାଇଁ ନିଦାନାତ୍ମକ ପ୍ରତିରୂପ କ'ଣ ?
- f) Social model means what?
ସାମାଜିକ ମୋଡେଲ କ'ଣ ?
- g) What do you mean by disability support?
ଅସମର୍ଥ ସହାୟତା କହିଲେ ତୁମେ କ'ଣ ବୁଝ ?
- h) What is the beliefs for a disabled person.
ଜଣେ ଅସମର୍ଥ ଲୋକ ପାଇଁ ତୁମର କ'ଣ ବିଶ୍ୱାସ ଅଛି ।
- i) What is the Attitude towards a disabled person ?
ଅସମର୍ଥ ଲୋକମାନଙ୍କ ପ୍ରତି ମନୋବୃତ୍ତି କ'ଣ ?
- j) What do you mean by learning disability ?
ଶିକ୍ଷଣ ଅସମର୍ଥ କହିଲେ କ'ଣ ବୁଝ ?

Part-III

3. Answer any *eight* of the following within 75 words each : 2 × 8
ନିମ୍ନୋକ୍ତ ଯେ କୌଣସି ଆଠଟିର ଉତ୍ତର ପ୍ରତ୍ୟେକ ୭୫ ଶବ୍ଦ ମଧ୍ୟରେ ପ୍ରଦାନ କର :

- a) Describe conceptualising disability.
ଅସମର୍ଥତା ବାବଦରେ ଧାରଣା ଗୁଡ଼ିକ ବର୍ଣ୍ଣନା କର ।

b) What do you mean by disability Assessment ?

ଅସମର୍ଥତା ପରିମାପନ କହିଲେ କ'ଣ ବୁଝ ?

c) What is disability Act in India ?

ଭାରତରେ ଅସମର୍ଥତା ନିୟମ କ'ଣ ?

d) What is National policy for persons with disabilities 2006 ?

2006 ମସିହା ଅନୁସାରେ ଅକ୍ଷମମାନଙ୍କ ପାଇଁ କ'ଣ ଜାତୀୟ ନିୟମ ଅଛି ?

e) What is equal opportunity Bill ?

ସମାନ ସୁଯୋଗ ବିଧି କ'ଣ ?

f) Describe welfare model.

କଲ୍ୟାଣକାରୀ ମୋଡେଲ ବର୍ଣ୍ଣନା କର ।

g) What are 3 models of disability ?

ତିନି ପ୍ରକାର ମୋଡେଲ ଅସମର୍ଥ ଲୋକମାନଙ୍କ ପାଇଁ କ'ଣ ଅଛି ଲେଖ ?

h) Explain, how family care is important support for a disabled person ?

କେମିତି ପରିବାରର ସହାୟତା ଏବଂ ଯତ୍ନ ଏକ ଅସମର୍ଥ ବ୍ୟକ୍ତି ପାଇଁ ପ୍ରୟୁଜ୍ୟ ?

i) What are some of access issues in assessment of disabilities ?

ଅସମର୍ଥମାନଙ୍କ ସହାୟତା ଏବଂ ପରୀକ୍ଷଣ ପାଇଁ ପ୍ରବେଶ ମାର୍ଗ ଗୁଡ଼ିକ କଣ ?

j) What are the psychotherapeutic approach for the intervention of disabled ?

ଅସମର୍ଥ ମାନଙ୍କୁ ମନୋଚିକିତ୍ସା ପଦ୍ଧତି ମାଧ୍ୟମରେ କ'ଣ ଚିକିତ୍ସାର ହସ୍ତକ୍ଷେପ କରାଯାଉଛି ?

Part-IV

Answer the following within 500 words each

ନିମ୍ନୋକ୍ତ ଗୁଡ଼ିକର ଉତ୍ତର ପ୍ରତ୍ୟେକ ୫୦୦ ଶବ୍ଦରେ ପ୍ରଦାନ କର

4. a) Define disability. What is assessment and diagnostic test of learning disability. 6

ଅସମର୍ଥତାର ସଂଜ୍ଞା ଲେଖ । ଶିକ୍ଷଣ ଅସମର୍ଥତାର ନିଦାନ ଏବଂ ମୂଲ୍ୟାୟନ କ'ଣ ଲେଖ ।

OR

b) What is National policies for persons with disabilities ? Describe what benefits are available for a disabled person in India.

ବିକଳାଙ୍ଗମାନଙ୍କ ପାଇଁ ଜାତୀୟ ନିୟମ କ'ଣ ? ଭାରତରେ ଅସମର୍ଥମାନଙ୍କ ପାଇଁ କ'ଣ ସୁବିଧା ଅଛି ବର୍ଣ୍ଣନା କର ।

5 a) What is meant by model disability ? Describe 5 different models of disability. 6

ଅସମର୍ଥ ନମୁନା କହିଲେ କ'ଣ ବୁଝ ? ଅସମର୍ଥ ନମୁନାର ୫ଟି ବିଭିନ୍ନ ପ୍ରକାର ନମୁନାଗୁଡ଼ିକ ବର୍ଣ୍ଣନା କର ।

OR

b) How does culture relate to disability. Explain three basic steps of the empowerment model.

ଅସମର୍ଥତା ସହ ସଂସ୍କୃତିର ସମ୍ପର୍କ କିପରି ଏବଂ ଅସମର୍ଥ ବ୍ୟକ୍ତିମାନଙ୍କୁ ଅଧିକୃତୀକରଣ କରିବା ପାଇଁ ଅଧିକୃତି କରଣ ନମୁନାର ପର୍ଯ୍ୟାୟ ଗୁଡ଼ିକ ଲେଖ ।

6 a) What is support structure ? How would you provide support how does the govt help disabled and explain different type of support.

ସହାୟତା ସଙ୍ଗଠନ କ'ଣ ? ତୁମେ ବିକଳାଙ୍ଗମାନଙ୍କୁ କିପରି ସହାୟତା ଦେଇପାରିବ ଏବଂ ସରକାର କେମିତି ସାହାଯ୍ୟ କରିପାରିବେ । ବିଭିନ୍ନ ପ୍ରକାର ସହାୟତା ସଙ୍ଗଠନ ଗୁଡ଼ିକୁ ବୁଝାଅ ।

OR

- b) What accessibility issues might a person face who is living with disability. Explain what are 5 barriers for persons with disability.

ଜଣେ ଅସମର୍ଥ ବ୍ୟକ୍ତି ଜୀବନରେ କ'ଣ କ'ଣ ଅସୁବିଧାରେ ସମ୍ମୁଖୀନ ହୁଏ, ଅସମର୍ଥ ବ୍ୟକ୍ତିଙ୍କ ପାଇଁ ଥିବା ଝଟି ପ୍ରତିବନ୍ଧକ ବର୍ଣ୍ଣନା କର ।

7. a) What are the models of rehabilitation. Explain rehabilitation model of disability with example. 7

ବିକଳାଙ୍ଗ ମାନଙ୍କ ପାଇଁ ପୁନର୍ବାସ ନମୁନା କ'ଣ ? ପୁନର୍ବାସ ନମୁନାକୁ ବିଭିନ୍ନ ଉଦାହରଣ ମାଧ୍ୟମରେ ବୁଝାଅ ।

OR

- b) Write essay on euthanasia and prenatal selection.

ଅସାଧ୍ୟ ରୋଗରେ ପିଡ଼ିତ ହୋଇଥିବା କାରଣରୁ ଇଚ୍ଛୁକ ବ୍ୟକ୍ତିର ପ୍ରାଣ ହରଣ ବା ଆତ୍ମମରଣ ସ୍ୱୀକୃତି ଏବଂ ଜନ୍ମର ପୂର୍ବ ଚୟନ ବିଷୟରେ ରଚନା ଲେଖ ।

MODEL QUESTION
PSYCHOLOGY – CC – XIII (R&B)

(Counselling Psychology)

Time: 3 hours

SECTION – A

Full Marks: 60

1. Fill in the blanks and answer to one word of the followings: (1×8)

- a) Counselling is a ____ relationship with one who seek help when in problems. (*helping*)
- b) ____ refers to how and why counselling happens and progresses. (*counselling process*)
- c) Application of knowledge refers to _____. (*wisdom*)
- d) _____ perspective emphasizes the role of learning in mental disorder. (*psychodynamic*)
- e) According to ____ transference as an important part of psychoanalysis. (*Sigmund Freud*)
- f) ____ is the founder and pioneer of Cognitive Therapy. (*Aron Beck*)
- g) In ____ termination both the counsellor and client perceive and feel that success has been achieved and no more success is possible (*Natural*)
- h) ____ constructed a model of life cycle consisting of 8 stages that explain the psychosocial development of an individual. (*Erickson*)

SECTION - B

2. Answer any EIGHT of the followings within two to three sentences each: (1 ½ x 8)

- a) Define counselling.
- b) Write down the basic education/ qualification of professional counsellor.
- c) Write down about Adlerian counselling.
- d) Discuss the goal of cognitive therapy.
- e) What is didactic technique in counselling?
- f) Write down the basic steps of CBT.
- g) Define RET.
- h) What is transference?
- i) What is termination in counselling?
- j) What is the goal of structural family therapy model?

SECTION - C

3. Answer any EIGHT of the followings within 75 words each: (2 x 8)

- a) Describe about intake interview.
- b) Describe the ethics and values of counselling.
- c) Differentiate between sympathy and empathy with examples.
- d) Discuss the limitations of psychodynamic approach to counselling.
- e) Describe the role of a counsellor in RET.
- f) What is transactional analysis?
- g) Describe the role of yoga and meditation in counselling.

- h) What is counter transference?
- i) Discuss the functions of college counsellor.
- j) Discuss about the counselling for prevention of suicide.

SECTION – D

4. Define counselling. Examine the current status of counselling with special reference to India. [6]

OR

Discuss in detail about the characteristics of a good counsellor.

5. Describe the psychodynamic techniques of counselling by Neo-Freudians. [6]

OR

What do you mean by cognitive approach? Describe the advantages and limitations of cognitive therapy.

6. What do you mean by counselling relationship? Discuss the factors influencing counselling relationship. [6]

OR

Discuss the importance of school counselling. Describe the role and activities of a school counsellor.

7. What is family counselling? State and explain the different techniques of family counselling. [6]

OR

What do you mean by alcoholism and drug abuse? Discuss the counselling techniques for alcoholism and drug abuse.

MODEL QUESTION
PSYCHOLOGY – CC – XIV (R&B)

(Positive Psychology)

Time: 3 hours

SECTION – A

Full Marks: 60

1. Fill in the blanks and answer to one word of the followings:

(1×8)

- a) Positive psychology aims at a _____. (*good life*)
- b) _____propounded the concept of 'flow'. (*Mihaly Robert Csikszent Mihalyi*)
- c) The book "Authentic Happiness" is written by _____. (*Seligman*)
- d) _____is a positive attribute which brings success in daily life. (*Mindfulness*)
- e) _____is the father and founder of positive psychology. (*Seligman*)
- f) According to _____'we feel lonely, worthless and unhappy when our basic needs of love, affection are not fulfilled'. (*Abraham Maslow*)
- g) According to _____, subjective well-being as a combination of positive affect and general life satisfaction. (*Ed. Diener*)
- h) _____refers to the activity and movements which may be physical and mental. (*exercise*)

SECTION - B

2. Answer any EIGHT of the followings within two to three sentences each:

(1 ½ x 8)

- a) What is hardiness?
- b) What is empathy?
- c) Define flow.
- d) Define happiness.
- e) Define self-esteem.
- f) What do you mean by flourishing?
- g) Define altruism.
- h) What is positive thinking?
- i) What do you mean by optimism?
- j) What is resilience?

SECTION - C

3. Answer any EIGHT of the followings within 75 words each:

(2 x 8)

- a) Discuss the importance of positive emotion in positive psychology.
- b) Discuss the positive individual traits.
- c) What is utilitarianism?
- d) Discuss the characteristics of flow.
- e) Discuss the various methods used to measure flow.
- f) Discuss the set point theory of happiness.
- g) Discuss the benefits of mindfulness.

- h) Discuss the different kinds of hope.
- i) Discuss the different elements of well-being.
- j) Define spiritual intelligence.

SECTION – D

4. What is positive psychology? Describe the historical roots of positive psychology. [6]

OR

Describe the contributions of Martin Seligman to positive psychology.

5. Define the concept of flow. Explain the positive and negative consequences of flow experiences. [6]

OR

Discuss in brief the various theories of happiness.

6. What is character strength? Explain, how character strength is a precursor to positive psychology? [6]

OR

Describe different models of well-being.

7. Explain the concept of self-direction. Explain, how it is different from self-control? [6]

OR

What is the role of positive psychology in building relationship? Discuss the factors determining good relationship.

MODEL QUESTION
PSYCHOLOGY – DSE – 3 (R&B)

(Psychology of the Disability)

Time: 3 hours

SECTION – A

Full Marks: 60

1. Fill in the blanks and answer to one word of the followings: (1×8)

- a) Disability has _____ dimensions of impairment in a person. (*three*)
- b) General symptoms for a disabled person according to its type of _____. (*disability*)
- c) _____ is an Act to promote equality and to prevent all forms of discrimination against persons with disabilities. (*equality bill*)
- d) In _____ model, disability is perceived as impairment in a body system or function which is pathological. (*medical*)
- e) According to _____ policy persons with disabilities are valuable human resources for the country. (*National policy*)
- f) In _____ model disability is seen as one aspect of a person's identity, much like race, ethnicity, gender etc. (*social*)
- g) Negative attitudes and erroneous beliefs about disability can result in _____. (*stigma*)
- h) _____ approach focuses on changing problematic behaviours, feelings and thoughts by discovering their unconscious meanings and motivations. (*psychotherapeutic*)

SECTION - B

2. Answer any EIGHT of the followings within two to three sentences each: (1 ½ x 8)

- a) What do you mean by disability?
- b) What is an assistive device?
- c) What are the main provisions of equal opportunities bill?
- d) What is Charity model of disability?
- e) What is theorizing disability?
- f) What do you mean by disability support?
- g) Define learning disability.
- h) What do you mean by euthanasia?
- i) What do you mean by rehabilitation?
- j) What do you mean by prenatal selection?

SECTION - C

3. Answer any EIGHT of the followings within 75 words each: (2 x 8)

- a) What do you mean by disability assessment?
- b) Write the objectives of National Trust.
- c) Illustrate the direct and indirect prohibition of discrimination with examples.
- d) Discuss the functions of Rehabilitation Council of India.

- e) Discuss the empowerment model of disability.
- f) Discuss the family, care and support structure of disability.
- g) Discuss different types of learning disability.
- h) Differentiate between active and passive euthanasia.
- i) Discuss different approaches to rehabilitation.
- j) Discuss the approaches to regulating prenatal selection.

SECTION – D

4. Define disability. Discuss the types of disability. [6]

OR

Discuss the Persons with Disabilities Act, 1995 under disability policy in India.

5. Discuss the medical model of disability. [6]

OR

Describe the social model of disability.

6. What is disability support? Explain, how belief and attitudes affecting Persons with Disability. [6]

OR

Discuss the issues of access to education and employment of Persons with Disability.

7. Describe the intervention strategies for rehabilitation of Persons with Disability. [6]

OR

'Prenatal selection a legal and ethical dilemma.' Discuss.



MODEL QUESTIONS