

5. What is the difference between conditional and unconditional Positive Regard ? Explain the components of unconditional positive regard along with suitable examples.
6. Write a note on the following :—
 - (i) Structured settings in counseling.
 - (ii) Macro skills in counseling.
7. What is Yoga ? Explain the yogic sutras.
8. Write a note on the following :—
 - (i) Psychological and physiological effects of meditation.
 - (ii) Systematic Desensitization.

Exam. Code : 113602
Subject Code : 4044

Bachelor of Vocation (Mental Health Counselling)
2nd Semester

PRACTICING INDIVIDUAL COUNSELLING
SKILLS AND TECHNIQUES

Paper—III

Time Allowed—2 Hours]

[Maximum Marks—75

Note :—There are **EIGHT** questions of equal marks.
Candidates are required to attempt any **FOUR** questions.

1. Why is self understanding important ? What skills you need to enhance your self-understanding and self-awareness ?
2. What is Personal Growth Counselling ? How will you develop skills and qualities in the future in counselling ?
3. Explain the different methods of Assessment of Attitudes.
4. Write a note on the following :—
 - (i) Core values
 - (ii) Significance of Interpersonal relationships in counselling.
 - (iii) Difference between beliefs and Attitudes.