

BACHELOR OF EDUCATION (B. ED.) EXAMINATION, 2025**2nd Year, 4th Semester****DEPARTMENT OF EDUCATION****Subject Code : BED/4.11****GUIDANCE AND COUNSELLING****Time : Two Hours****Full Marks : 50**

1. Answer *any one* of the following: **12×1= 12**
- a) What are the major symptoms of Depressive disorder? Discuss the Role of a Teacher in helping student with Depressive disorder. [6+6]
- b) What are the Do's and don'ts of counselling. Discuss in brief the quality of a good counsellor. [6+6]
2. Answer *any four* of the following in about 250 words each: **7×4=28**
- a) What is CD? What are the roles of a teacher in this regard ?
- b) What are the different types of strokes and the respective criteria for giving it.
- c) What is mindfulness? What are benefits of mindfulness? [3+4]
- d) What is ADHD? Discuss the role of teacher as a counselor for the students who are suffering from ADHD. [3+4]
- e) Discuss the teachers and school related causes of mental health problems among school-going children. [3+4]
- f) Explain the ABCDE model of CBT.
3. Answer *any five* of the following in about 60 words each: **2×5=10**
- a) What do you mean by phubbing?
- b) What is DSM?
- c) What is EMDR?
- d) What is expose of therapy?
- e) Mention the main two symptoms of psychosis.
- f) What is meant by somatoform disorder?
- g) What is ODD?
