

- d) What is 'phobia'? Mention different phobias commonly seen among children and adolescents.

2+5

- e) "Obsessive thought leads to compulsive behaviour"
— Illustrate with examples.

- f) Write a note on 'depression'.

3. Answer any **five** of the following in about 60 words each:

2×5=10

- a) What is Jacobson's PMR?
- b) What is 'eclectic counselling'?
- c) Write any two behavioural symptoms of a child having ADHD.
- d) What is ICD-10?
- e) What is 'momophobia'?
- f) What is 'psychotherapy'?
- g) What is 'bi-polar disorder'?

BACHELOR OF EDUCATION (B.ED.) EXAMINATION, 2024

(2nd Year, 4th Semester)

COURSE: B.ED 4.11

[GUIDANCE AND COUNSELLING]

Time : Two hours

Full Marks : 50

1. Answer any **one** of the following: 12×1=12

- a) Differentiate between guidance and counselling.
Why educational guidance is important at school level? 8+4

- b) What is 'mental health' as defined by WHO? Write a note on causes of mental health problems with special reference to school and family environment and the role of a teacher in addressing it.

12+3+3+4

2. Answer any **four** of the following: 7×4=28

- a) Briefly discuss the criteria for conducting a counselling session in school.
- b) Characterize behavioural and emotional symptoms of GAD among school going children.
- c) Explain the role of mindfulness as a behaviour modification technique.