

No. of Printed Pages : 3

MPC-054

**POST GRADUATE DIPLOMA IN
MENTAL HEALTH (PGDMH)**

Term-End Examination

December, 2024

MPC-054 : SERVICES FOR THE MENTALLY ILL

Time : 3 Hours

Maximum Marks : 100

Note : *All Sections are compulsory.*

Section—A

Note : Answer any **two** of the following questions in
about **600** words each. 2×20=40

1. Describe the Narcotic Drugs and Psychotropic Substances Act, 1985 and the National Trust Act. 10+10
2. Explain the concept of psychotherapy and describe its schools. 8+12

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P. T. O.

3. Discuss the meaning and importance of documentation in mental health. 10+10

Section—B

Note : Answer any *five* of the following questions in about **250** words each. 5×10=50

4. Describe the stigma and discrimination with regard to mental illness and explain strategies for awareness and stigma reduction. 5+5
5. Explain the Rehabilitation Council Act of India. 10
6. Elucidate stress and describe methods to manage stress. 3+7
7. Explain the principles of cognitive behaviour therapy and describe its behaviour techniques. 5+5
8. Describe various activities that can be carried out to promote mental health. 10

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9. Describe the goals and challenges of research on mental health. 10

Section—C

Note : Write short notes on any *two* of the following in about **100** words each. 2×5=10

10. Mental Fitness Certificate. 5
11. Counselling adolescents. 5
12. Positive mental health. 5

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