

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

Term-End Examination

December, 2018

MPC-054 : SERVICES FOR THE MENTALLY ILL

Time : 3 hours

Maximum Marks : 100

Note : All sections are compulsory.

SECTION - A

Answer any two of the following questions in
about 600 words each : 2x20=40

1. Discuss the myths and misconceptions about mental illness and elucidate the strategies for creating awareness and stigma reduction in the society towards mentally ill. 6+14

2. In Rehabilitation of the mentally ill, discuss the benefits of the persons with Disability Act, 1995 and the role of NGO's. 8+12

3. Elucidate the concepts of stress management and crisis intervention. Discuss the ways of anger management. 10+10

SECTION - B

Answer **any five** of the following in about
250 words each :

5x10=50

4. Describe the promotion of positive mental health at community and individual level. 5+5
5. Discuss certification for issues related to mental illness. 10
6. Discuss the rights of persons with mental illness. 10
7. Discuss the concept of counselling and guidance. Elucidate the various steps in the counselling process. 4+6
8. Describe the process of cognitive therapy for mentally ill persons. 10
9. Discuss the need for positive mental health and promotion of positive mental health at different levels. 5+5

SECTION - C

Answer **any two** of the following in about
100 words each :

2x5=10

10. Mental fitness certificate. 5
11. Terminal phase of Psychotherapy. 5
12. Mental health promotion and intervention in the work place. 5