

# **Post Graduate Diploma in Social Work Counselling (PGDCOUN)**

**Assignment: 2024-2025**

## **Course Titles**

<b>MSW-001</b>	<b>: Origin and Development of Social Work</b>
<b>MSW-012</b>	<b>: Introduction to Life Characteristics and Challenges</b>
<b>MSW-013</b>	<b>: Introduction to Psychological Basis of Counselling</b>
<b>MSW-014</b>	<b>: Relevance of Social Case Work in Counselling</b>
<b>MSW-015</b>	<b>: Basics of Counselling</b>
<b>MSW-016</b>	<b>: Fields of Counselling</b>

**Last Date of Submission of Assignments to the Study Centre**

**July, 2024 Session – March 31, 2025**

**January, 2025 Session – September 30, 2025**



**School of Social Work  
Indira Gandhi National Open University  
Maidan Garhi, New Delhi – 110 068**

Dear Learner,

Welcome to the PGDCOUN programme of IGNOU. You have purposefully chosen to become a post graduate in Social Work Counselling to contribute towards improving the social conditions of people. To successfully complete your PGDCOUN program, kindly follow the following tips:

- Read the programme guide before you begin your studies. It will clarify most of your doubts regarding how to go about doing the PGDCOUN Program from IGNOU.
- Submit your assignments to the Study Centre on time.
- Be in touch with your Study Centre and Regional Centre
- Meet your Field Work Supervisor (FWS) at the Study Centre for Fieldwork Supervision
- Fill up the examination form on time.

Assignments are open book examination and we at IGNOU assign 30 per cent weightage to the assignment while calculating the overall grade for each course. **Assignments are to be handwritten and duly signed before its submission in the Study Centre.** In order to prepare a good set of assignment responses, you must first of all read the units) from which a particular question has been framed. Discuss with your peer-group and academic counselors who teach you. Prepare a draft, do the necessary correction on it and then, prepare the final version for submission to the Study Centre.

Make sure that each answer starts on a new page. For long and medium answers, ensure that there is an introduction, sub-titles, body and a conclusion. One line should be left between each paragraph. Make sure your answers are specific and in your own words and do not copy from books. Your answers will be exclusively based on the IGNOU materials only. Preparation of assignments is preparation for your term-end examination. Therefore take the assignments seriously.

(Dr.N.Ramya)  
Programme Coordinator

# Origin and Development of Social Work ASSIGNMENT

**Course Code: MSW-001**  
**Total marks: 100**

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

1. Trace the history of social work in India. 20  
Or  
Define social action. Discuss the key components of social action with examples. 20
2. Discuss the development of ecological systems theory in social work. 20  
OR  
Trace the history of open and distance learning in social work education in India. 20
3. Answer any two of the following questions in about 300 words each:
  - a) Explain the contribution of social work research method to paradigm of practice. 10
  - b) Distinguish between community organization and community development. 10
  - c) Outline briefly the practice of social welfare administration. 10
  - d) Discuss the scope of social case work with examples. 10
4. Write short notes on any four of the following in about 150 words each:
  - a) What are the attributes of a social work profession? 5
  - b) Describe the origin of social group work. 5
  - c) List the objectives of social work. 5
  - d) Define indigenization of social work knowledge. 5
  - e) Enlist NASW code of ethics. 5
  - f) Highlight different roles played by a social worker. 5
5. Write short notes on any five of the following in about 100 words each:
  - a) Charity organisation 4
  - b) Social justice 4
  - c) Social defence 4
  - d) Social welfare 4
  - e) Social reform movement 4
  - f) Social legislation 4
  - g) Social security 4
  - h) Social network 4

**Introduction to Life Characteristics and Challenges**  
**ASSIGNMENT**

**Course Code: MSW-012**

**Total Marks: 100**

**Note:**

- i) Answer all the five questions.
  - ii) All questions carry equal marks.
  - iii) Answer to question no. 1 and 2 should not exceed 600 words each.
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1. What do you understand by human development? Discuss various domains of human development. 20  

Or

Discuss significance of peers in the development of adolescents. 20
  2. Discuss roles of adults in Indian society detail. 20  

Or

What do you mean by geriatric counseling? Explain roles and responsibility of geriatric social worker. 20
  3. Answer any two of the following questions in about 300 words each:
    - a) Discuss various physical hazards associated with babyhood period. 10
    - b) What are the eight different stages underlined under Erikson's Theory of Psychosocial Development? 10
    - c) What is parenting? Discuss various styles of parenting. 10
    - d) Highlight changing demography of elderly in India. 10
  4. Attempt any four of the following in about 150 words each:
    - a) What do you mean by attachment? Enlist four phases of attachment development. 5
    - b) How family is an important realm of social development? 5
    - c) What do understand by identity crisis among adolescents? 5
    - d) What are implications of population aging in India. 5
    - e) Discuss *Ashrama* Theory of Human Life Cycles prevalent in India. 5
    - f) What is phenomenological theory? Explain with suitable illustrations.. 5
  5. Write short notes on any five of the following in about 100 words each:
    - a) Locomotor Skills 4
    - b) Sex-Inappropriate body build 4
    - c) Emotional Deprivation 4
    - d) Social Hazard 4
    - e) Bullying 4
    - f) Psychological Age 4
    - g) Catabolic Reactions 4
    - h) Social Marketing 4

# Introduction to Psychological Basis of Counselling

## ASSIGNMENT

Course Code: MSW-013

Total marks: 100

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

- 1) Define social psychology. Explain its nature, scope and importance with suitable examples. 20
- Or
- Describe the concept and definition of groups' dynamics. Briefly discuss its components. 20
- 2) Highlight the eight stages of psychological development with suitable examples. 20
- Or
- What do you understand by social dynamics and interactions in social psychology?  
Discuss with relevant examples. 20
- 3) Answer any two of the following questions in about 300 words each:
- a) Define the meaning of diversity and nature of diversity. 10
  - b) Describe the types of diversity with examples. 10
  - c) Enlist the characteristics of attitudes. 10
  - d) What factors contribute to inter personal attraction? Discuss. 10
- 4) Answer any four of the following questions in about 150 words each:
- a) Explain the concept of abnormality. 5
  - b) Enlist the characteristics of stereotypes. 5
  - c) Discuss in brief the causes of dementia. 5
  - d) What are the major branches of psychology? Briefly explain. 5
  - e) Highlight the applications of social psychology in different fields. 5
  - f) Describe clinical importance of personality. 5
- 5) Write short notes on any five of the following questions in about 100 words each:
- a) Alcoholism 4
  - b) Social learning theory 4
  - c) Social diversity and social work 4
  - d) Group cohesiveness 4
  - e) Approaches to conflict resolution 4
  - f) Therapeutic triad 4
  - g) Linguistic diversity 4
  - h) Casteism 4

# **Relevance of Social Case Work in Counselling**

## **ASSIGNMENT**

**Course Code : MSW-014**  
**Total marks: 100**

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

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|--|----|
| 1) Define case work. Elaborate different components of social case work.             | 20 |
| Or   |    |
| Explain the various skills and techniques used during case work process.             | 20 |
| 2) Describe the social case work in health care settings.                            | 20 |
| Or   |    |
| Discuss the Skills and Techniques of Interviewing.                                   | 20 |
| 3) Answer any two of the following questions in about 300 words each:                |    |
| a) Describe the Similarities and differences between Case Work and Counseling.       | 10 |
| b) Enlist the guiding principles of case work client relationship.                   | 10 |
| c) Explain the Fields of case work practice.   | 10 |
| d) Elucidate the importance of documentation and recording in social case work.      | 10 |
| 4) Answer any four of the following questions in about 150 words each:               |    |
| a) Explain the different phases social case work process.                            | 5  |
| b) Describe the origin and development of case work.                                 | 5  |
| c) How the counseling as a technique of case work? explain                           | 5  |
| d) What are the trends in social case work practice in India?                        | 5  |
| e) Highlight the Process of an interview.  | 5  |
| f) Enlist Models of Community involvement.   | 5  |
| 5) Write short notes on any five of the following questions in about 100 words each: |    |
| a) Empathy   | 4  |
| b) Social Diagnosis  | 4  |
| c) Observation   | 4  |
| d) Correctional Case Worker  | 4  |
| e) Indigenization of Case Work   | 4  |
| f) Absenteeism   | 4  |
| g) Family Therapy  | 4  |
| h) Community Case Work   | 4  |

# Basics of Counselling

## ASSIGNMENT

Course Code: MSW-015  
Total marks: 100

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

- |   |    |
|---|----|
| 1. Describe the process of counselling?   | 20 |
| Or  |    |
| Highlight role of counselling tools in successful completion of counselling process.                | 20 |
| 2. What is supportive psychotherapy? Discuss components and techniques of supportive psychotherapy. | 20 |
| Or  |    |
| Describe the different models of counseling.  | 20 |
| 3. Answer any two of the following questions in about 300 words each:                               |    |
| a) Explain the essentials of counseling?  | 10 |
| b) Briefly discuss on Supervision in counselling.   | 10 |
| c) Describe the goals of counselling.   | 10 |
| d) Discuss various aspects of play therapy with children.   | 10 |
| 4. Attempt any four of the following in about 150 words each:                                       |    |
| a) Enlist the steps in Marital Counseling?  | 5  |
| b) Describe the Ethics in counseling.   | 5  |
| c) Explain legal implications of counselling minors.  | 5  |
| d) Highlight the major differences between counselling and psychotherapy?                           | 5  |
| e) What are some of the common characteristics of professional relationships?                       | 5  |
| f) Mention the skills required for a good counselor.  | 5  |
| 5. Write short notes on any five of the following in about 100 words each:                          |    |
| a) Empathy  | 4  |
| b) Informed Consent   | 4  |
| c) Person Centered Therapy  | 4  |
| d) Transactional analysis   | 4  |
| e) Concept of nature of power   | 4  |
| f) Family counselling   | 4  |
| g) Confidentiality  | 4  |
| h) Follow Up  | 4  |

# Fields of Counselling

## ASSIGNMENT

Course Code: MSW-016

Total marks: 100

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

- |  |    |
|--|----|
| 1. Discuss the assessment and management of suicide behaviour                            | 20 |
| Or   |    |
| Highlight the salient features of mental health practice models.                         | 20 |
| 2. Present the time management techniques and strategies.                                | 20 |
| Or   |    |
| Detail the counseling interventions with adolescents.                                    | 20 |
| 3. Answer any two of the following questions in about 300 words each:                    |    |
| a) Explain the salient features of couple counselling?                                   | 10 |
| b) Discus the need for pre test and post test counselling with HIV/AIDS testing patients | 10 |
| c) Describe the role and functions of grief and bereavement counsellor.                  | 10 |
| d) Present the counseling needs for children in conflict with law.                       | 10 |
| 4. Attempt any four of the following in about 150 words each:                            |    |
| a) Mention the various roles of a counsellor.  | 5  |
| b) Enlist the ways for recovery from family problems.                                    | 5  |
| c) What are the standards followed for counselling                                       | 5  |
| d) Mention the needs for counselling to caregivers.                                      | 5  |
| e) Distinguish between rehabilitation counseling and other counselling.                  | 5  |
| f) Explain the factors influencing the career decisions.                                 | 5  |
| 5. Write short notes on any five of the following in about 100 words each:               |    |
| a) Sexuality   | 4  |
| b) Palliative Care   | 4  |
| c) Grief counselling   | 4  |
| d) Eclectic counselling  | 4  |
| e) Career Developer  | 4  |
| f) Gender schema theory  | 4  |
| g) Counselling in prison   | 4  |
| h) Reassurance   | 4  |



