

**Postgraduate Diploma in
Rehabilitation Psychology**

**Assignments
For July 2024 Admission Cycle**



**Discipline of Psychology
School of Social Sciences
Indira Gandhi National Open University
Maidan Garhi, New Delhi-110 068**

Postgraduate Diploma in Rehabilitation Psychology (PGDRPC)

MPC-0071; MPC 072; MPC 073 & MPC- 074

Assignments – July 2024

Dear Learner,

You have to complete one Tutor Marked Assignment (TMA) for each of the courses in the Postgraduate Diploma in Rehabilitation Psychology. Each assignment has three sections with a number of questions and all must be answered.

Before you attempt the assignments, please read the study material and Programme Guide carefully. It is important that you write answers to all the TMA questions in your own words. Your answers should be within the approximate range of the word-limit set for a particular section. Remember, writing answers to assignment questions will improve and sharpen your understanding of the concepts.

Submission

You need to submit all the assignments within the stipulated time for being eligible to appear in the term-end examination. The completed assignments should be submitted as per the following schedule.

Session	Last Date of Submission	To be Sent
For July, 2024 Session	30th September, 2025 (Please check the dates from www.ignou.ac.in)	To The Coordinator of the Work Centre allotted to you

Please obtain a receipt from the work centre for the assignments submitted and retain it. Also keep a photocopy of the assignments with you. The Work Centre will return the assignments to you after they are evaluated. The completed assignment should be sent to the Coordinator/ Programme In-charge of the Work Centre allotted to you. Under any circumstances **do not send** TMA(s) to the Student Evaluation Division, IGNOU for evaluation.

INSTRUCTIONS

Following instructions are to be carefully followed before writing the assignments:

1. Provide information about your Enrolment Number, Name, Full Address, Signature and Date on title page of your assignment. Also provide details about the Programme Title, Course Code, Course Title, Assignment Code and Name of your Work Centre on the title page. Course Code and Assignment Code will be given in the assignment.

The title page may look like this

Enrolment No.....	
Name.....	
Address.....	
Signature.....	
Date.....	
	Programme Title.....
	Course Code & Title.....
	Assignment Code.....
	Work Centre.....

All Tutor Marked Assignments are to be submitted at the Work Centre assigned to you.

2. Read the assignments carefully and follow the instructions if any given on the assignment.
3. We expect you to answer each question as per guidelines mentioned in the assignment. You will find it useful to keep the following points in mind:
 - 1) **Planning:** Read the assignments carefully. Go through the units on which they are based. Make some points regarding each question and then re-arrange these in a logical order.
 - 2) **Organisation:** Be a little more selective and analytical before drawing up a rough outline of your answer. Give adequate attention to your introduction and conclusion. Make sure that your answer:
 - a) is logical and coherent;
 - b) has clear connections between sentences and paragraphs;

c) is written correctly giving adequate consideration to your expression, style and presentation

3) Presentation: Once you are satisfied with your answers, you can write down the final version for submission, writing each answer neatly and underlining the points you wish to emphasize. Make sure that the answer is within the stipulated word limit.

4. Use A4 size ruled paper for your response and tie all the pages carefully. Allow a 4cm margin on the left and leave some space between each answer. This will facilitate the evaluator to write useful comments in the margin at appropriate places.
5. ***Write the responses in your own hand. Do not print or type the answers. Do not copy your answers from the self-learning material sent to you by the University. If you copy, you will get zero marks for the respective question.***
6. Do not copy from the response sheets of other students. If copying is noticed, the assignments of such students will be rejected.
7. Write each assignment separately. All the assignments should not be written in continuity in one file. Thus, you will have separate assignments for each course to submit at the Work Centre.
8. Write the question number with each answer.
9. After submitting the assignment at the Work Centre, get the acknowledgement from the Coordinator/ Programme In-charge.
10. If you find that there is any factual error in evaluation of your assignments e.g. any portion of assignment response has not been evaluated or total of score recorded on assignment response is not correct, you should approach the coordinator of your Work Centre for correction and transmission of correct score to headquarters.

Please ensure the following before submitting your assignment response:

1. Your enrollment number, name and address have been written correctly.
2. The title of the course and assignment number has been written clearly.
3. Assignment for each course has been prepared separately and spiral bound/ cellotaped/ pinned properly, along with the printout of the Assignment Questions.
4. All the questions in the assignments have been answered and to be hand written.

WISH YOU ALL THE BEST

**DISCIPLINE OF PSYCHOLOGY
SOSS, IGNOU, NEW DELHI**

DISABILITY AND REHABILITATION (MPC-071)
TUTOR MARKED ASSIGNMENT (TMA)

Course Code: MPC-071
Assignment Code: MPC-071/ASST/TMA/July 2024
Total Marks: 100

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in 1000 words each. 3 x 15 = 45 Marks

1. Explain the term rehabilitation and disability studies. Trace the history and growth of Rehabilitation Psychology.
2. Describe the functional domains of Quality of Life.
3. Discuss key initiatives in public health policy in India.

SECTION – B

Answer the following questions in 400 words each. 5 x 5 = 25 Marks

4. Discuss the constitutional and legal provisions for the rights of people with disability.
5. Explain the symptoms of Autism Spectrum Disorder (ASD). Discuss the process of diagnosing ASD, highlighting its assessment and care.
6. Discuss common health issues related to disability.
7. Summarise RPwD Act 2016, and Mental Healthcare Act, 2017.
8. Define marginalization. Discuss social and economic exclusion from a disability perspective.

SECTION – C

Answer the following questions in 50 words each. 10 x 3 = 30 Marks

9. Impairment, disability, and handicap
10. Rehabilitation Council of India
11. Composite Regional Centre for Skill development, Rehabilitation, & Empowerment of Persons with Disability.
12. Universal Design
13. The Disablement Process
14. Positive Psychology approaches to psychosocial adjustment
15. Vygotsky's Sociocultural Theory
16. Development and Disability
17. Attachment Styles
18. Theory of Mind

PSYCHOSOCIAL ISSUES IN DISABILITY (MPC-072)
TUTOR MARKED ASSIGNMENT (TMA)

Course Code: MPC-072
Assignment Code: MPC-072/ASST/TMA/July 2024
Total Marks: 100

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in 1000 words each. 3 x 15 = 45 Marks

1. Describe the aspects and methods of studying human development.
2. Discuss the concept of stress. Explain the various models and theories of stress.
3. Explain psychopathology in relation to disability. Describe intellectual disability.

SECTION – B

Answer the following questions in 400 words each. 5 x 5 = 25 Marks

4. Explain the concept and principles of growth and development. Describe the principles of development.
5. Describe factors affecting personality in individuals with disability.
6. Discuss the concept of coping in individuals with disability.
7. Enumerate and elaborate the stages of adjustment in coping with disability.
8. Explain the relationship issues with family in persons with disability. Discuss the solutions that can help parents' relationship.

SECTION – C

Answer the following questions in 50 words each. 10 x 3 = 30 Marks

9. Sublimation
10. Identity vs. Role confusion
11. Impact of disability on self concept
12. Psychological Control
13. Chaos theory
14. Post-traumatic growth
15. Adjective checklist method
16. Universal design
17. Deendayal disabled rehabilitation scheme
18. Current ICT policy regulations

REHABILITATION ASSESSMENT AND COUNSELING (MPC-073)
TUTOR MARKED ASSIGNMENT (TMA)

Course Code: MPC-073
Assignment Code: MPC-073/ASST/TMA/July 2024
Total Marks: 100

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in 1000 words each. 3 x 15 = 45 Marks

1. Discuss the need and significance of assessment in disability.
2. Discuss the American Psychological Association (APA) guidelines for assessment of persons with disabilities.
3. Discuss the cognitive model of counselling.

SECTION – B

Answer the following questions in 400 words each. 5 x 5 = 25 Marks

4. Explain the characteristics of rehabilitation.
5. Describe the ethical issue and concerns in counselling activities.
6. Describe the different types of psychological intervention.
7. Discuss the importance of remedial training for cognitive and learning problems.
8. Explain the basic functional skills for children's with physical and intellectual disabilities.

SECTION – C

Answer the following questions in 50 words each. 10 x 3 = 30 Marks

9. Autism Spectrum Disorder
10. Define rehabilitation counselling
11. Mindfulness based counselling
12. Dual relationships
13. Progressive Muscle Relaxation
14. Acceptance and Commitment Therapy
15. Disability awareness
16. Narrative Therapy
17. Goals of vocational counselling
18. Career assessment

**COMMUNITY BASED REHABILITATION (MPC-074)
TUTOR MARKED ASSIGNMENT (TMA)**

**Course Code: MPC074
Assignment Code: MPC -074/ASST/TMA/July 2024
Marks: 100**

NOTE: All questions are compulsory

Section A

Answer the following question in about 1000 words each. 3 x 15 = 45 Marks

1. Discuss the concept, historical perspectives and researches of community psychology.
2. Explain the magnitude and prevalence in disability.
3. Elucidate the various awareness programmes that can be done by using mass media.

Section B

Answer the following questions in about 400 words each. 5 x 5 = 25 Marks

4. Discuss the role of community organization in CBR.
5. Explain the stages of formation of the self-help groups.
6. Discuss the methods of creating opportunities of self advocacy.
7. Describe the ways of identifying resources with the help of local authorities.
8. Explain the significance of association with various organization in implementing community based rehabilitation programme.

Section C

Answer the following in about 50 words each: 10x3=30 Marks

9. Difference between incidence and prevalence.
10. Characteristics of Self-Help Groups.
11. Holistic Development of Targeted Group.
12. Mid-Day Meal
13. Positive Parenting Strategies
14. Role of CBR Volunteers
15. Quaternary services
16. Institutional Framework for empowerment
17. Social mobilization approach for empowering people with disabilities
18. Role of Social Workers in CBR