

**PGDMH**

**PG DIPLOMA IN MENTAL HEALTH  
(PGDMH)**

**Assignments  
(July 2021 Session)**



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

## PG DIPLOMA IN MENTAL HEALTH

### Assignments – July 2021 Session

**Dear Learner,**

You have to complete one Tutor Marked Assignment (TMA) for each of the courses in the PG Diploma in Mental Health (PGDMH). Each assignment has three sections with number of questions and all need to be answered.

Before you attempt the assignments, please read the instructions carefully provided in Section 7.1 of the Programme Guide. It is important that you write the 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 concept.

#### **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.

<b>Session</b>	<b>Last Date of Submission</b>	<b>To be Sent</b>
<b>For July, 2021 Session</b>	<b>31<sup>st</sup> March, 2022</b>	<b>To The Coordinator of the Study Centre allotted to you</b>

Please obtain a receipt from the study centre for the assignments submitted and retain it. Also keep a photocopy of the assignments with you. The Study 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 Study Centre/ Programme Study Centre allotted to you. Under any circumstances do not send the tutor marked response sheets to the Student Evaluation Division at Head Quarters 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 Study Centre on the title page. Course Code and Assignment Code are given in the assignment.

The title page may look like this

<b>Enrolment No</b> .....
<b>Name</b> .....
<b>Address</b> .....
<b>Signature</b> .....
<b>Date</b> .....
<b>Programme Title</b> .....
<b>Course Code &amp; Title</b> .....
<b>Assignment Code</b> .....
<b>Programme Study Centre/Study Centre</b> .....

All Tutor Marked Assignments are to be submitted at the study centre assigned to you.

2. Read the assignments carefully and follow the instructions 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 4 cm 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 Units/Blocks 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. Thus, you will have four separate assignments to submit at the study centre.
  8. Write the question number with each answer.
  9. After submitting the assignment at the Study Centre / Programme Study Centre get the acknowledgement from the Coordinator / Programme In-charge.
  10. In case you have requested for a change of Study Centre, you should submit your Tutor Marked Assignments only to the original Study Centre until the change of Study Centre is notified by the University.
  11. 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 incorrect, you should approach the coordinator of your study centre for correction and transmission of correct score to headquarters.

**Please ensure the following before submitting your assignment response:**

1. Your enrolment 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/ cello taped/pinned properly.
4. All the questions in the assignments have been answered.

**Wishing you all the best,**

**Programme Coordinator**

**FUNDAMENTALS OF MENTAL HEALTH (MPC 051)  
TUTOR MARKED ASSIGNMENT (TMA)**

**Course Code: MPC 051  
Assignment Code: MPC 051/ASST/TMA/2021  
Marks: 100**

**NOTE: All questions are compulsory.**

**SECTION - A**

**Answer the following question in about 1000 words each.**

**3x15 = 45 marks**

1. Elaborate upon the concept of mind as described in eastern and western perspective and in Ayurveda.
2. Discuss the contribution of Gestalt school of psychology towards the concept of mind. Explain the Freud's, Jung's and James' views of mind.
3. Describe the neuro anatomy and their functions.

**SECTION - B**

**Answer the following questions in about 400 words each.**

**5x5 = 25 marks**

4. Explain the role of culture towards mental health.
5. Explain the theories of classical conditioning and operant conditioning.
6. Explain the person- centered theory.
7. Discuss Jung's analytical psychology.
8. Discuss the historical perspectives of mental illness.

**SECTION - C**

**Answer the following in about 50 words each.**

**10x3 = 30 marks**

9. Utilitarian concept of mental health
10. Biological basis of emotions and cognitions
11. Karen Horney's theory
12. The social unconscious
13. Criteria and measurement of normality
14. The elusive nature and causes of abnormality
15. Global Assessment of Functioning
16. Physiological aspects, modes and measurement of conation
17. Erikson's theory of psychosocial development
18. Family perspective of mental health issues

**MENTAL DISORDERS (MPC 052)  
Tutor Marked Assignment (TMA)**

**Course Code: MPC-052**

**Assignment Code: MPC-052/ASST/TMA/2021**

**Marks: 100**

**Note: All questions are compulsory.**

**SECTION – A**

**Answer the following questions in about 1000 words each.**

**3 x 15 = 45 marks**

1. Define disability adjusted life year. Discuss the global burden of disease due to mental illness.
2. Discuss the modern classification of mental disorders.
3. Define thinking. Discuss disorders of thinking.

**SECTION - B**

**Answer the following questions in about 400 words.**

**5 x 5 = 25 marks**

4. Describe the clinical features of schizophrenia.
5. Explain the diagnosis of manic and depressive episodes.
6. Define stigma. Discuss stigma and discrimination related to mental illness.
7. Elucidate the conative disturbances in psychiatric disorders.
8. Discuss neurocognitive assessment.

**SECTION - C**

**Answer the following questions in about 50 words.**

**10 x 3 = 30 marks**

9. Psychoeducation for schizophrenia
10. Somatization Disorder
11. Measures of disease frequency
12. Risk factors for psychiatric disorders identified by Indian studies
13. Implications for disability studies on mental illness
14. Substance use disorders
15. Interviewing violent patients
16. Case formulation
17. Projective Tests
18. Personality tests for children

**MENTAL HEALTH IN SPECIAL AREAS (MPC 053)  
TUTOR MARKED ASSIGNMENT (TMA)**

**Course Code: MPC - 053  
Assignment Code: MPC - 053/ASST/TMA/2021  
Marks: 100**

**NOTE: All questions are compulsory.**

**SECTION – A**

**Answer the following questions in about 1000 words each.                      3x15 = 45 marks**

1. Critically discuss the theory of Individual psychology by Alfred Adler.
2. Discuss the theory of classical conditioning and differentiate it from operant conditioning.
3. Define conation. Describe the conative functions and issues. Point out how does it affect mental health.

**SECTION – B**

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

4. Explain the concept of mental health. Highlight the structuralists' view of mind.
5. Discuss Freud's stages of psychosexual development.
6. Explain social learning theory.
7. Define and differentiate normality and abnormality.
8. Discuss caregiver's burden.

**SECTION – C**

**Answer the following questions in about 50 words each.                      10 x 3 = 30 marks**

9. Tridoshas
10. Sublimation
11. Reaction formation
12. Archetype
13. The neurotic needs
14. Automatic thoughts
15. Stage of Generativity vs Stagnation
16. The Pre-operational stage
17. Culture-bound syndromes
18. Acculturation

**SERVICES FOR THE MENTALLY ILL (MPC-054)  
TUTOR MARKED ASSIGNMENT (TMA)**

**Course Code: MPC-054  
Assignment Code: MPC-054/ASST/TMA/2021  
Marks: 100**

**NOTE: All questions are compulsory.  
The answers are to be written in own words. Do not copy from the course material or any other source.**

**SECTION A**

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

1. Critically analyse the Mental Health Act, 1987.
2. Elucidate certification for different issues related to mental illness with a focus on benefits of certification.
3. Discuss the concept of counselling and guidance and describe counselling setting and skills of counselling.

**SECTION B**

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

1. Describe the process of documentation in mental health.
2. Elucidate policies and planning.
3. Explain Narcotic Drugs and Psychotropic Substance Act, 1985).
4. Discuss the role of NGOs towards psychosocial rehabilitation in India.
5. Elucidate the factors that influence the outcomes of psychotherapy.
6. Explain the principles and goals of Cognitive Behaviour Therapy.

**SECTION C**

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

1. Voluntary and involuntary admissions
2. Domestic Violence Act
3. Myths and misconceptions about mental illnesses
4. Community Based Participatory Research and the Epidemiological method.
5. Psychotherapy
6. Automatic thoughts
7. Dynamics of anger
8. Acute and chronic stress
9. Micro-level indicators of positive mental health
10. National Informatics Centre