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MPC-051

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

Term-End Examination

June, 2023

**MPC-051 : FUNDAMENTALS OF
MENTAL HEALTH**

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.* *20×2=40*

1. Critically discuss the biological basis of mind. 20
2. Explain the important concepts as given by Rogers' person-centered theory. 20
3. Discuss the historical perspectives of mental illness. 20

P. T. O.

Section–B

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

4. Define the concept of mental health in terms of resilience. 10
5. Discuss the cognition based theories and related cognitive therapies. 10
6. Discuss the basic constructs of human personality as given by Freud and explain the defense mechanisms. 5+5
7. Explain Jung's analytical psychology. 10
8. Discuss the influence of social perception on mental health. 10
9. Discuss the concept and possible outcomes of immigration and acculturation. 10

Section–C

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

10. Utilitarian concept of mental health. 5
11. Evolution of adaptive mechanisms. 5
12. Symbiotic and withdrawing families. 5