BPCC 113

BACHELOR OF ARTS (HONOURS) PSYCHOLOGY/

BACHELOR OF ARTS (PSYCHOLOGY)

(BAPCH/BAFPC)

CORE COURSE (CC)

COURSE CODE: BPCC113

COURSE TITLE: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS

TUTOR MARKED ASSIGNMENT (TMA) & TUTORIAL

JULY 2026 AND JANUARY 2027 Admission Cycle

SCHOOL OF SOCIAL SCIENCES (SOSS)

INDIRA GANDHI NATIONAL OPEN UNIVERSITY

MAIDAN GARHI, NEW DELHI - 110068

Dear Learner,

As we have informed you in the Programme Guide, evaluation at IGNOU consists of two parts: i) continuous evaluation through assignments, and ii) term-end examination. In the final result, assignments of a Course will carry 20% weightage, Tutorial will carry 10% weightage, and 70% weightage is given for the term-end examination (total 100 marks).

You will have to do the following Tutor Marked Assignments (TMA) and Tutorial activity for **BPCC 113** which is a **6 credits course (4 credits theory + 2 credits tutorial).** Assignment for BPCC 113 consists of two parts.

Part A consists of Assignment one and Assignment two

Assignment I has Descriptive Category Questions (DCQs). These are meant for writing essay type answers, with an introduction and a conclusion. These are intended to test your ability to describe understanding/knowledge about the topic in a systematic, to-the-point, and coherent manner.

Assignment II has Middle Category Questions (MCQs). These questions require you to first analyse the topic in terms of arguments and explanations and then write the answers in a concise manner. They are meant to test your ability to clearly understand concepts and processes.

Part B has a Tutorial in which the learner has to carry out a particular activity as instructed.

Tutorial: The present course will include a tutorial that is compulsory. It will be in the form of activities and evaluated by your academic counsellor. You should carefully read the course material and apply the information while answering the tutorial. These activities are meant to develop your ability to relate your knowledge to day-to-day life experiences. The tutori- al will be made available to you along with the assignments and they have to be submitted at your study centre.

Before you attempt the assignments, please read the instructions carefully provided in the Programme Guide. It is important that you write the answers to all the TMA questions in **your own words.** Your answers should be according to the word-limit set for a particular section. Remember, writing answers to assignment questions will improve your writing skill and sharpen your understanding of the concepts. It will also help you prepare for the term-end examination.

Submission

Session	Last Date of Submission*	To be Sent
For July 2026	**31st March, 2027**	**To** **The Coordinator of the Study Centre allotted to you**
For January 2027	**30th September 2027**	
	(Please check the dates from www.ignou.ac.in)	

* You need to submit the assignments within the stipulated time for being eligible to ap- pear in the term-end examination.

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 **only** to the Coordinator of the Study Centre allotted to you.

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

1. You will find it useful to keep the following points in mind:
   - **i. 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.
   - **ii. Organisation:** Read the study material carefully, analyse it, and then prepare 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
   - **iii. Presentation:** Once you are satisfied with your answers, you can write down the final version for submission. Write each answer neatly with proper spacing, and underline the points you wish to emphasise. Make sure that the answer is around the suggested word limit.
2. Use A4 size ruled paper for your response and tie all the pages carefully. Allow a four 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.
3. ***Answers should be in your own handwriting.*** Do not print or type the answers. Do not copy your answers from the study material sent to you by the University or from

other learners. If you copy, you will get zero marks for the respective question.

4. You need to attach a copy of the TMA with the completed assignment before submitting it.
5. 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.
6. 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 center for correction and transmission of correct score to headquarters.

Wish you all the best!

Discipline of Psychology
SOSS, IGNOU, New Delhi

UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS (BPCC113)

Tutor Marked Assignments (TMA)

Course Code: BPCC 113
Assignment Code: BPCC 113 /Asst /TMA /July 2026-January 2027
Total Marks: 70

NOTE: All assignments are compulsory. Instructions:

1. Have a title page. Include details like Name, Enrolment number, Email id, Regional Centre, Study Centre, Programme Title and code, Course title and code and Tutorial code.
2. Use A4 size paper for the tutorial (ruled/ bank).
3. For making figures or diagrams, blank pages can be used and they can be drawn in pencil.
4. Content should not be plagiarised.
5. Assignment and tutorial needs to be handwritten

Part A
Assignment One

Answer the following questions in about 500 words each. Each question carries 20 marks.

2 x 20 = 40

1. Discuss the causal factor of mood disorders.

2. Discuss drug use and dependence disorder with its treatment.

Assignment Two

Answer the following questions in about 100 words each. Each question carries 5 marks.

6 x 5 = 30

3. Explain psychotherapy.

4. Describe sexual response cycle.

5. Explain Electroconvulsive therapy (ECT).

6. Describe the stages of short term psychotherapy.

7. Explain the application of play therapy.

8. Explain different types of meditation.

PART B

TUTORIAL

Course Code: BPCC 113

Tutorial Code: BPCC 113 /Tutorial /July 2026-January 2027
Tutorial Marks: 30

Note: You need to complete the activity as instructed.All the activities are compulsory.
Instructions:

1. Have a title page. Include details like Name, Enrolment number, Email id, Regional Centre, Study Centre, Programme Title and code, Course title and code and Tutorial code.
2. Use A4 size paper for the tutorial (ruled/ bank).
3. For making figures or diagrams, blank pages can be used and they can be drawn in pencil.
4. Content should not be plagiarised.
5. Assignment and tutorial needs to be handwritten

Activity 1: Compare between Person centered and Gestalt therapies on the basis of the structure of the therapy, goals, therapeutic relationship and techniques. 10

10 Marks

Activity 2: Take any one unit of your choice from BPCC113 and write a review of the same in about 1000 words. The review needs to be in your own words and should cover the important aspects of the unit. 20 Marks

ALL THE BEST