

**CAFE/DAFE**

# **Assignments-2026**

- 1. Certificate in HIV and Family Education (CAFE)**
- 2. Diploma in HIV and Family Education (DAFE)**



**School of Social Work,  
Indira Gandhi National Open University, Maidan Garhi, New Delhi – 110068**

## **Schedule for Assignments Submission:2026**

Dear Learner,

We hope that you have gone through the Programme Guide of CAFE and DAFE carefully. We have explained there that it is important to complete the assignments within the stipulated time to become eligible to appear for the term-end examination of IGNOU. All the assignments of CAFE and DAFE are Tutor Marked Assignments (TMAs) and are part of the continuous evaluation process. The assignments for CAFE and DAFE programmes will be the same for all courses. You will find that separate assignments have been provided to you for BFE-101, BFE-102, BFEE 101, BFEE 102, BFEE 103 and BFEE 104 (for students registered for January 2026 and July 2026).

**Before you write the assignments, read the instructions provided in the Programme Guide and go through the course materials carefully.** Please read the instructions pertaining to assignments before you start writing your answers. If you have any doubt or problems pertaining to the courses and assignments, contact the concerned academic counsellor at your Study Centre. You are requested to go through the course materials first and then prepare the assignment response following the instructions. Your responses should not be a verbatim reproduction of the textual materials/blocks provided for self-learning purposes. **Assignments are to be hand written and duly signed.** Please submit your assignment responses at the Study Centre allotted to you before the due date as mentioned in the IGNOU home page and obtain a receipt for the same.

**You are expected to keep a copy each for any future reference/use.**

Visit [www.ignou.ac.in](http://www.ignou.ac.in) regularly for updates related to assignment submission.

Wish you all the best to complete the assignments within the above given time frame.

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## COMMUNICATION AND COUNSELLING IN HIV/AIDS

**Course Code: BFEE-104**  
**Maximum Marks: 100**

1. Answer any **two** of the following questions in about **500** words each.

i.	Define counselling and explain its nature, goals, and importance in the context of HIV/AIDS.	20
ii.	Explain the difference between counselling and psychotherapy, highlighting their characteristics and applications.	20
iii.	Describe the supportive and behavioural techniques used in counselling, with suitable examples.	20
iv.	Discuss the processes involved in counselling, including the initial, middle, and termination phases.	20
v.	Explain the schemes for prevention of alcoholism and substance abuse.	20

2. Answer any **three** of the following questions in about **250** words each.

i.	Describe the common disorders that benefit from counselling and those where counselling is not the primary therapy.	10
ii.	Discuss the general characteristics of a good counsellor.	10
iii.	Explain the communication skills required for effective counselling.	10
iv.	Discuss the role of community empowerment in preventing substance abuse.	10
v.	Describe the practical issues involved in counselling, including handling difficult situations.	10

3. Write short notes on any **five** of the following questions in about **150** words each.

i.	Goals of counselling	6
ii.	Rapport in counselling	6
iii.	Reflective listening	6
iv.	Characteristics of a good client	6
v.	CAGE questionnaire	6
vi.	Role of family therapy	6
vii.	Main objectives of treatment for alcohol and drug dependence	6
viii.	Interpersonal communication	6