

No. of Printed Pages : 3

MPC-054

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

**Term-End Examination
December, 2025**

MPC-054 : SERVICES FOR THE MENTALLY ILL

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.*

2×20=40

1. Elucidate psycho-social rehabilitation and describe the challenges in psychosocial/psychiatric rehabilitation. Discuss the role of NGOs towards psychosocial rehabilitation in India. 10+10

2. Elucidate the cognitive model. Explain the therapeutic relationship and process in cognitive therapy. 10+10
3. Elucidate positive mental health with a focus on its indicators. Describe how positive mental health can be promoted. 10+10

Section—B

Note : Answer any five of the following questions in about 250 words each.

5×10=50

4. Describe the legal responsibilities of the mentally ill. 10
5. Describe the Mental Health Act, 1987 with a focus on its lacunae. 10
6. Explain Rehabilitation Council Act of India. 10
7. Describe different types of certificates in services/job. Specify the benefits of certification. 6+4
8. Explain the importance of documentation in mental health. 10
9. Describe the cognitive techniques of cognitive therapy. 10

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Section—C

Note : Write short notes on any **two** of the following in about **100** words each.

2×5=10

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|---|---|
| 10. Indian Scale for Autism Assessment (ISAA) | 5 |
| 11. Aims of Psychotherapy | 5 |
| 12. Acute and Chronic Stress | 5 |

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