

**POST GRADUATE DIPLOMA IN
MENTAL HEALTH (PGDMH)
Term-End Examination
June, 2026**

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.* $2 \times 20 = 40$

1. Describe the social responsibility towards mental illness highlighting the strategies to reduce stigma and promote social responsibility. 6+14

2. Explain community mental health models with a focus on self help groups and therapeutic community. 20
3. Differentiate counselling, guidance and psychotherapy. Describe the steps in the counselling process. 8+12

Section—B

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

4. Discuss the importance and process of documentation in mental health. 4+6
5. Explain the status and challenges of mental health in India, highlighting the current scenario of mental health. 10
6. Describe the rights of the persons with mental illness elucidating the role of mental health legislation in determining a person's competence. 10
7. Explain psycho-social rehabilitation with a focus on the challenges in such rehabilitation process. 10

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8. Discuss the phases and modalities of psychotherapy. 10
9. Describe Cognitive Behaviour Therapy focusing on the behaviour techniques. 10

Section—C

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

2×5=10

10. Multicultural counselling. 5
11. Indicators and measurement of positive mental health. 5
12. Social skill training. 5

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