

## PRACTICALS

**Note :** Students have to complete any six practicals of Health Psychology and six practicals of Guidance and Counselling under the supervision of the teacher concerned. Marks in the examination will be awarded on the basis of regularity and conceptual understanding.

### PAPER-I HEALTH PSYCHOLOGY

1. Stress measurement
2. Psycho Somatic Scale (CVD)
3. Mental Health Checklist
4. P.G.-I Health Inventory
5. Death Anxiety Scale
6. Behavioural deviance Scale
7. Marital Adjustment
8. Assessment of Psycho Physical Health of Elderly
9. Type A Assessment
10. Any (teachers' Choice)

## PAPER-II GUIDANCE & COUNSELLING

1. I.Q. Measurement(Performance Test/Non-verbal)
2. Students Problem check-list
3. Aptitude testing (DAT/GAT)
4. Psychomotor Ability testing
5. Use of Adjustment Inventory
6. Guidance Need Inventory
7. Ach. Motivation
8. Personal Counselling/ Career Counselling/  
Family Counselling
9. Case Study
10. Any (Teacher's Choice).