

PG DIPLOMA IN GUIDANCE AND COUNSELLING

Conducted by Psychology Department

COURSE CURRICULUM & MARKING SCHEME

Semester – I & II

Session : 2024-25



ESTD: 1958

**GOVT. V.Y.T. PG AUTONOMOUS COLLEGE,
DURG, 491001 (C.G.)**

(Former Name – Govt. Arts & Science College, Durg)

NAAC Accredited Grade A⁺, College with CPE - Phase III (UGC), STAR COLLEGE (DBT)

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GOVT. V.Y.T. PG. AUTONOMOUS COLLEGE, DURG

BOARD OF STUDY

POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING
Syllabus and Marking Scheme

2024-25

DEPARTMENT OF PSYCHOLOGY

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U. K. Khatun

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DEPARTMENT OF PSYCHOLOGY
GOVT. V.Y.T. PG. AUTONOMOUS COLLEGE, DURG

POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING

OBJECTIVES:

The main objective of this job-oriented course is to enable the student to understand the psychodynamics involved in the problems of human adjustment and their effective management.

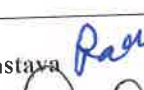




Career SCOPE:

The P.G. Diploma in Psychological Guidance and Counselling is meant for those students. Who intend to take up position as:

- School Counsellor
- Career Counsellor
- Rehabilitation Counsellor
- Marriage Counsellor
- Family Counsellor
- Youth Counsellor
- NGO Counsellor
- Mental Health Counsellor
- It is also meant for those persons who intend to start their own guidance and counseling centers or consultancy services.

The syllabus for Post Graduate Diploma in Guidance and Counseling **Semester-1&2** is hereby approved for the session 2024-25.

Name and Signatures of the Members :

HOD (Chairperson): Dr. Rachita Shrivastava 	Members of the Department: Dr. Pratibha Sharma 
Member, nominated by the Vice Chancellor: Dr. Ushakiran Agrawal 	Member of the other department :
Subject Expert : Dr. Basant Soneber 	Ex Student :
Subject Expert: Dr. Usha Mahobey 	


POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING
Marking Scheme

Semester	Title	Internal	External	Total Marks
I	A. Theory Papers PAPER I – Psychological Guidance-1 PAPER II – Counseling Theories and Techniques-1	20	80	100
		20	80	100
I	B. PAPER III – Practical 1. Construction of Guidance Tools 2. Psychological Testing	20	80	100
TOTAL				300

Semester	Title	Internal	External	Total Marks
II	A. Theory Papers PAPER I – Psychological Guidance-1 PAPER II – Counseling Theories and Techniques-1	20	80	100
		20	80	100
II	B. PAPER III – Practical Psychological Testing	20	80	100
TOTAL				300
GRAND TOTAL				600

The syllabus for Post Graduate Diploma in Guidance and Counseling Semester-1&2 is hereby approved for the session 2024-25.

Name and Signatures of the Members :


U. K. Luby





Syllabus of Post Graduate Diploma in Guidance and Counseling

2024-25

Semester-1

PAPER – I

PSYCHOLOGICAL GUIDANCE-1

100 Marks

CO:

After completing this course, student will be able to:

Co: 1. Define the Basic of guidance.

Co: 2. Understand the tools of guidance.

Co: 3. Elucidate the Techniques of guidance.

Co: 4. Explain the Organization of guidance programme.

UNIT – I

The Guidance:

- Meaning and Functions of guidance, difference between Guidance and Counselling.
- The Basic Principle and assumption of guidance.

UNIT – II

Techniques of Guidance -I:

- Understanding Individual (use of interviews and questionnaires)
- Appraisals of Aptitude for guidance appraisal of personal qualities and interest: (Test and Inventories rating scale behavior descriptions.

UNIT – III

Techniques of Guidance -II:

- Anecdotal records. Socio- metric devices evaluation of achievement, Cumulative Records,
- Case study and follow-up.

UNIT – IV

Organization of guidance programme:

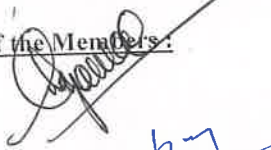
- Organization of guidance programme in school and college .
- Problems of guidance in India. Types of guidance services, characteristics of a well organized guidance programme.

BOOK RECOMMENDED :

- Traxler. E. Arthur and North D Robert (1996). Technique of Guidance IIIrd Edition Halper & Row, Publishers New York and London.
- Crow, L. and Crow, A. (1962), An Introduction to Guidance IIrd Ed. Eurasia Publishing House (P) Ltd.
- Asch. M. (2000) Principals of Guidance and counselling 1st Ed. Sarun & sons New Delhi.
- Jones, J. Arthur, eta (1952), Principal of Guidance 6th Edl Tata McGraw Hill Publishing Company.
- Gupta S.K. (1985), Guidance and counselling in India education 1st Ed. Mittal Publishers Trinagar Delhi.

The syllabus for Post Graduate Diploma in Guidance and Counseling Semester-1 is hereby approved for the session 2024-25.

Name and Signatures of the Members:


U. Maheshwari





Syllabus of Post Graduate Diploma in Guidance and Counseling

2024-25

PAPER – II

COUNSELLING THEORIES AND TECHNIQUES-1

100 Marks

CO:

After completing this course, student will be able to:

Co: 1. Define the nature and purpose of counseling;

Co: 2. Understand the theoretical approaches to Counseling.

Co: 3. Elucidate the steps/stages involved in the process of counseling; •

Co: 4. Explain important Techniques and Skills of Counseling.

UNIT – I

Nature of Counselling:

- Meaning, purpose and goals of counselling with special reference to India.
- Professional issues and ethics, education and training of the counsellor.
- Characteristics of counselling.

UNIT – II

Theoretical Approaches to Counseling:

- Classification: Directive/ Nondirective/ Eclectic.
- Psychoanalytic oriented, behaviourally oriented, and Cognitively oriented approaches.
- Indian approach: karma, Yoga and Meditation.

UNIT – III

Process of Counseling:

- Defining the Counseling Process
- The Stages and Steps in the Counseling Process of the Counseling Process
- Factors Influencing Counselling Process

UNIT – IV

Techniques and Skills of Counseling:

- Relaxation, Systematic Desensitization, Assertiveness training,
- Operant conditioning Technique, Cognitive Behaviour Modification,
- Biofeedback, Transaction analysis, Group counseling,

Book Recommended :-

- Windy, D. (1988) (Ed.) Counselling in Action New York; Sage Publication.
- Nelson, J. (1982) The theory and practice of counselling Psychology. New York. Renhart and Winston.
- Belkin, G.S. (1988) Introduction to counselling. W.G. Brown Publishers.

The syllabus for POST Graduate Diploma in Guidance and Counseling, Semester-1 is hereby approved for the session 2024-25.

Name and Signatures of the Members :



**Syllabus of Post Graduate Diploma in Guidance and Counseling
2024-25**

PAPER – III

Practical

100 Marks

Lab Practical-100 Marks

1. Construction of guidance tools related to the area of specialization -20 Marks
2. Psychological Testing – Candidates would be required to administer, score and interpret at least 05 Psychological tests. 50
3. Practical Record book and Internal Assessments. 20
4. Viva – Voce -10

The syllabus for Post Graduate Diploma in Guidance and Counseling, Semester -1 is hereby approved for the session 2022-23.

Name and Signatures of the Members :

