b) Relevance of the Programme with HEI’s mission and goals:
The mission of the university is to spread higher education in different parts of the state and to provide access to different skill enhancing educational programmes at affordable cost to the disadvantaged and to provide the facility for lifelong learning to intending learners. This particular course/programme may give an opportunity to gain knowledge in the very important area of psychological counselling in which we need a good number of qualified counsellors.

c) Nature of prospective target group of learners:
The pass out fresh graduates may join this course to increase their employability as well for opening of their own consultancy. The qualified doctors may also take this course to increase their knowledge in this particular domain.

d) Appropriateness of programme to be conducted in open and distance learning mode to acquire skills and competence
The PG Diploma is a tailor-made programme specifically designed for the students of applied psychology and qualified doctors to gain their knowledge in this area. The working doctors may take the advantage of ODL system to increase their skills and competence in this particular field without disturbing their normal work schedule.

e) Instructional Design:

Course structure:

Paper 1: Module A: Basic Psychology as related to Counseling (50)
Module B: Developmental Psychology & Clinical Psychology (50)

Paper 2: Module A: Neurology and Endocrinology as applied to Psychology (50)
Module B: Counselling-Basic (50)

Paper 3: Module A: Psychological Disorders (50)
Module B: Counselling-Specific (50)

Paper 4: Practical

Paper 5: Module A: Behaviour Therapies (50)
Module B: Psychotherapies (50)

Paper 6: Module A: Psychological Measurement (50)
Module B: Non-Conventional Counselling (50)

Paper 7: Practical

Paper 8: Project / Dissertation

Full marks: 64 credits (800)
Detailed syllabus

PAPER – I: Module A)

Basic Psychology as Related to Counseling

- Psychology: Definitions. Branches (emphasis on counselling related branches);
  Methods (observation, Interview, case study)
- Sensation, Perception, Emotion, Motivation, Memory, Intelligence.
- Schools of Psychology as related to Counselling.

PAPER-I : Module B

Developmental And Clinical Psychology

(A) Developmental Psychology

- Adolescent Psychology Ė Sexual maturity in boys and girls. Social maturity.
- Adolescent problems.
- Personality Ė Definitions, Development, Structure, Measurement.

(B) Clinical Psychology

- Theories of Personality and Psychopathology of
  o Sigmund Freud : Founder of Psychoanalysis and
  o Erik Erikson
- Schools derived from psychoanalysis and psychology as related to counseling.
  A. Adler, F. Alexander, E. Berne, J. Bowlby, E. Fromm, A. Freud, K. Horney, M.
  Maslow, A. Meyer, K.Z. Lorenz
- Fulfillment and Frustration of motives; Conflict anxiety and defense Mechanisms.

PAPER-2 :Module A

Neurology And Endocrinology As Applied To Psychology

(A) Neurology

- Structure and function of the neurone.
- Components of nervous system.
- Different types of nerves
- Brain, its different parts and functions
- Cerebrum, cerebellum, brain-stem and spinal cord.
- Mode of action of the nervous system.
- Somatic nervous system Ė Sensory and Motor systems.
- Limbic system Ė its components and function.
- Autonomic nervous system.
- Neural basis of different psychological functions.
- Sleep and its disorders.
- Neuroimaging and Electroencephalography

**(B) Endocrinology and Vitamins**

- Endocrine glands and their functions, Pituitary, Thyroid, Thymus, Adrenals, Pancreas, Gonads (Testis and Ovary) etc.
- Mental and behavioural abnormalities due to disorder of functions of endocrine glands.
- Personality and Hormones, Individual variations.
- Vitamins

**PAPER-2 : Module B**

Counselling Basics

- Counselling-Introduction. Definitions purpose.
- Counselling in Medicine and Psychiatry.
- Counselling settings Ė Counselling in primary care. Student health, Counselling in general hospital settings. Counselling in voluntary organizations. Counselling in the work places.
- Counselling persons with communication disorders.
- Counselling persons with vision impairment and hearing problem.
- Counselling gay men and lesbians and their families.
- Ethical issues.
- Legal issues.
- Treatment planning in Counselling.
- Why psychological testing?

**PAPER-3: Module A**

Psychological Disorders

- Classification of disorders.
- Neurotic disorders.
  - Anxiety disorders
  - Phobic disorders.
  - C D
  - P T S D
- Somatoform disorders
- Dissociative disorders
- Schizophrenic disorders and paranoid disorders
- Mood disorders.
- Organic mental disorders.
  - Acute organic syndromes
  - Chronic organic syndromes.
- Personality disorders.
- Drug and alcohol dependence
- Psychiatry and other specialties.
- Sexual disorders.
- Childhood and adolescent mental disorders.
- Geriatric disorders.

**PAPER-3: Module B**

Counselling – Specific

- Teaching children self-control through counseling.
- Counselling victims of child abuse and their families.
- Counselling adolescents.
- Counselling persons with eating disorders.
- Counselling college students.
- Marriage and marital counseling
- Pregnancy and child birth, rearing of infant and children.
- Addiction Counselling
- Health Counselling.
- Counselling for Obsessive Compulsive Disorder.
- Counselling for phobics and other panic victims.
- Counselling of HIV + AIDS patients.
- Counselling for personality disorders.
- Counselling for the paraphilics.
- Geriatric counselling.
- Counselling about behaviour problems in Alzheimer's and other organic mental Disorders.
- Counselling for the problems related to death and dying.

**PAPER-4**

**PRACTICAL (Psychological Testing)**

**PAPER-5: Module A**

Behaviour Therapies

- A brief history
- Learning Definition, theories.
Basic Principle: Social cognitive learning theories (Bandura), Therapeutic procedures, Flooding, Systematic Desensitization, Exposure Therapy, Cognitive Therapy, Reinforcement, Extinction, Punishment, Aversion Therapy, Relaxation Training, Meditation, Modeling and Social Skills Training.

Operant conditioning.

Behavior therapies in specific conditions – Anxiety disorders, Panic disorders, Phobias, O C D, depression, eating disorders, obesity, headache, Insomnia, Stress Disorders, and Cancer.

Behaviour Therapy in childhood disorders – Autism Conduct Disorders and ADHD.

**Psychotherapies**

- Psychoanalysis
- Gestalt Therapy
- CBT (Cognitive Behaviour therapy)
- IPT (Interpersonal therapy)
- Brief Psychotherapies.
- Group psychotherapies.
- Supportive psychotherapy
- Relationship psychotherapy
- Psychotherapy of couples.
- Family therapy
- Therapeutic communities.

**Psychological Measurement**

- Quantifying individual differences through
  - Frequency distribution
  - Measures of Central tendency
  - Measures of dispersion
- Concepts of percentile score
- Correlation
- Errors of Measurement: Reliability and validity
- Sampling
  - Sampling – Definition, types
  - Biased and unbiased samples.

**Non-Conventional Counselling**

- Evaluation of E.Q. + I.Q.
- Ability and aptitude
- Counselling a child before going to school for the first time
- Counselling a mother before her child going to school for the first time.
- Counselling a student before going to changing his/her school.
- Counselling a student while selecting his/her subjects at the Higher Secondary level.
- Counselling a student before entering technical school or college.
- Counselling a student while in school/college.
- Counselling a student before seeking a job.
- Occupational counseling for selection a job.
- Marital counselling for premarital (selection of partner)
- Counselling before becoming pregnant, abortion, child birth and child rearing.
- Counselling before adoption of and acceptance of test tube baby.
- Counselling before acceptance joint family/single family.
- Counselling before changing residence.
- Counselling before preparation for retirement.
- Counselling before starting a business.
- Counselling before choosing professional practice or selecting a job.
- Counselling before selecting the profession of artists for drama, music and dance etc.

**PAPER-7**

PRACTICAL (Case Taking & Viva)

**PAPER-8**

PROJECT (Viva)

*Duration of the programme: 1-year*

*Instructional delivery mechanism:* Print course materials (SLM) and A/V lecture through online. Internal faculties of the school are engaged to conduct the programs.

- **f) Procedure for admission, curriculum transaction and evaluation**
  
  *Admission:* Through Admission Notification which is published in leading newspapers and through university website. Minimum eligibility: Graduate (10+2+3) in Social Sciences (Civics/Pol. Sc./History/Sociology/Geography/Physical Medicine i.e. MBBS / BHMS /BAMS /BUMS), Education, Nursing (GNM); Course fees: Rs.18000/-;

  *Curriculum transaction and Evaluation:* Face to face counselling is arranged at the respective study centre. There are two components of evaluation. Internal assessment/ home assignment for each paper carries 20% weightage. The final term-end examination is held on yearly basis and carries 80% weightage.

- **g) Requirement of Laboratory support & library resources:**
  
  The students may avail the library facilities at their study centres.

- **h) Cost estimate of the programme and provisions:**
  
  Estimated cost of programmeRs.23700/- (per student/learner per year)
i) Quality assurance mechanism and expected programme outcomes:
NSOU has constituted the “Centre for Internal Quality Assurance (CIQA) as per UGC (Open and Distance Learning) Regulations, 2017 to ensure the delivery of high quality programmes to its learners.

(a) Objectives of the CIQA:
- It tries to ensure quality service to the learners of the subject through development of good and appropriate standard Study Learning Material or SLM, integration of modern methods of teaching learning including usage of ICT and credibility of evaluation procedures.
- It also tries to identify the key areas in which the concerned School of the University should maintain quality.
- Another important function of the CIQA is to prepare Program Project Report(PPR) of the programs/courses being offered by the concerned School or proposed to be launched in the near future with due approval of competent authority.

(b) Function: The CIQA shall have the following functions:
- Organization of inter and intra Schools/ Institutional workshops, seminars on quality related themes and promotion of quality circles.
- Documentation of the various programmes / activities of the School leading to quality improvement
- Acting as a nodal agency of the institution for quality-related activities, including adoption and dissemination of good practices.
- Facilitating the creation of a learner-centric environment conducive for quality education and faculty maturation to adopt the required knowledge and technology for participatory teaching and learning process.
- Arrangement for feedback responses from students, parents and other stakeholders on quality-related institutional processes.
- Dissemination of information on the various quality parameters of the University.
- Development of quality culture in the University, and encourage creativity and innovation among the faculty and staff.
- Record activities undertaken on quality assurance along with preparation of the PPRs and Annual Reports.

This is an add-on course which help the students to increase knowledge in the domain of psychological problems of a person.