

FACULTY OF ARTS & SOCIAL SCIENCES

SYLLABUS

FOR

**Bachelor of Vocation (B.Voc.) (Mental Health Counselling)
(Semester: I–IV)**

Examinations: 2019-20



**GURU NANAK DEV UNIVERSITY
AMRITSAR**

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**Bachelor of Vocation (B.Voc.) Mental Health Counselling
SEMESTER – I**

Paper No.	Subjects	M. Marks		Total Marks
		Th.	Pr.	
Skill Components				
Paper-I	Mental Health and Counseling	75	-	75
Paper-II	Techniques of Appraisal for Counseling	75	-	75
Paper-III	Approaches to Counseling	75	-	75
Paper-IV	Application of Diagnostic Tools For School/College Students (any five)	-	25	25
Paper-V	Workshop on Diagnostic Tools	-	25	25
Paper-VI	Internship at School	-	25	25
General Components				
Paper-VII	Communication Skills In English- I	50	-	50
Paper-VIII	Punjabi (Compulsory) OR *ਮੁੱਢਲੀ ਪੰਜਾਬੀ OR **Punjab History & Culture (From Earliest Times to C-320)	50	-	50
Paper-IX	***Drug Abuse: Problem, Management and Prevention (Compulsory)	-	-	-
	Total			400

- Note :-**
1. *Special Paper in lieu of Punjabi compulsory
 2. **For those students who are not domicile of Punjab
 3. ***This Paper marks are not included in the total marks.

**Bachelor of Vocation (B.Voc.) Mental Health Counselling
SEMESTER - II**

Paper No.	Subjects	M. Marks		Total Marks
		Th.	Pr.	
Skill Components				
Paper-I	Child Psychopathology	75	-	75
Paper-II	Counseling Applications	75	-	75
Paper-III	Practicing Individual Counseling Skills and Techniques	75	-	75
Paper-IV	Field Work	-	25	25
Paper-V	Case Study	-	25	25
Paper-VI	Workshop on therapeutic Techniques	-	25	25
General Components				
Paper-VII	Communication Skills In English-II	50	-	50
Paper-VIII	Punjabi (Compulsory) OR *ਮੁੱਢਲੀ ਪੰਜਾਬੀ OR **Punjab History & Cultur (C-320 to 1000 B.C)	50	-	50
Paper-IX	***Drug Abuse: Problem, Management and Prevention (Compulsory))	-	-	-
	Total			400

- Note :-**
1. *Special Paper in lieu of Punjabi compulsory
 2. **For those students who are not domicile of Punjab
 3. ***This Paper marks are not included in the total marks.

**Bachelor of Vocation (B.Voc.) Mental Health Counselling
SEMESTER-III**

Paper No.	Subjects	M. Marks		Total Marks
		Th.	Pr.	
Skill Components				
Paper-I	Substance Abuse: Problem and Consequences	100	-	100
Paper-II	Classification of Psychotropic Drugs and TP3-4reatment	100	-	100
Paper-III	HIV/AIDS Counselling	100	-	100
Paper-IV	Practicals	-	50	50
Paper-V	Workshop	-	25	25
Paper-VI	Internship	-	25	25
	Total	400		

Bachelor of Vocation (B.Voc.) Mental Health Counselling

SEMESTER – IV

Paper No.	Subjects	M. Marks		Total Marks
		Th.	Pr.	
Skill Components				
Paper-I	Family and Marital Counselling	100	--	100
Paper-II	Group Counseling	100	--	100
Paper-III	Educational Counselling	100	--	100
Paper-IV	Workshops and Seminars	-	50	50
Paper-V	Training/Internship	-	25	25
Paper-VI	Visits	-	25	25
Paper-VI	*ESL-221 Environment Studies	100		
	Total	400		

Note :- 1. * This Paper marks are not included in the total marks.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-I)

Paper- I: Mental Health and Counseling

Time:3Hrs.

Marks:75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Course Content:

Section-A

Mental Health: Concept, History, Psychological and Subjective Well being , Nature, Need and Significance of Mental Health Counselling

Section-B

Purpose and goals of counseling with special reference to India, Professional Issues of Mental Health & Counseling

Section-C

Counseling Skills, Counselor – Client Relationship, Role and Functions of Mental Health Counselors

Section-D

Counseling Process , Ethical and Legal Issues

Books recommended

- Belkin, G.S. (1998). Introduction to Counselling W.G.: Brown Publishers.
- Nelson, J.(1982). The Theory and Practice of Counselling Psychology, New York: Holtt Rinehart & Winston.
- Gibson(2007). Introduction to Counselling and Guidance. Pearson Education.
- Windy,D.(1988) (Ed). Counselling in Action. New York: Sage Publication.
- Nystul, M.S. (2001). Introduction to Counselling. New Mexico State University: Allyn and Bacon.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-I)

Paper-II : Techniques of Appraisal for Counseling

Time:3 Hrs

Marks:75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A

Psychological Testing: Nature and characteristics of psychological Tests, Types of Psychological Tests, Ethical issues in Testing

Section-B

Methods: Case Study Method, Interview (Types and Approaches), Observation

Section-C

Assessment of Intelligence, Interests and Aptitude

Section-D

Assessment of Personality: Projective and Non Projective Techniques

References/Books recommended:

- Kerlinger, F.N. (1964). Foundations of Behavioural Research. New York: Halt, Rinehart and Winston.
- Singh, A.K. (2008). Tests, Measurements and Research Methods in Behavioural Sciences, New Delhi: Bharti Bhawan.
- Anastasi, A.(1988). Psychological Testing, New York: Mac Millian Publishing Company.
- Guilford, J.P. (1968). Psychometric Methods, New York: McGraw Hill.
- Sehafar, R.(1977). Projective Testing and Psychoanalysis. New York: International Universities Press.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-I)

Paper-III: Approaches to Counseling

Time: 3 Hrs

Marks:75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A

Psychodynamic Approach – Freudian and Neo Freudian

Section-B

Behavioral Approach – Conditioning, Behaviour Modification

Section-C

Cognitive Approach – Rational Emotive, Transactional Analysis, Gestalt Approach

Section-D

Humanistic Approach – Client Centered

Existential Approach

References/Books recommended

- Nystul, M.S. (2001). Introduction to Counselling New Mexico State University: Allyn and Bacon.
- Rao, S.N. (2001). Counselling Psychology New Delhi: Tata McGraw Hill
- Douglass, R.G. and David, C.(2007). Counselling and Psychotherapy. New Delhi: Pearson Education.
- Brammer, L.M., Shostrom, E.L. (1982). Therapeutic to Psychology: Fundamentals of Counselling and Psychotherapy. Englewood Cliffs: Prentice Hall Inc.
- Cormier, L.S. and Hackney, H.(1993). The Professional Counsellor. Englewood Cliffs: NJ: Prentice Hall Inc.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-I)**Paper-IV: Application of Diagnostic tools for School/College students (any five)****(Practical)****Marks: 25**

- Intelligence (Verbal)
- Intelligence (Non-verbal)
- Aptitude
- Interests
- Personality (Psychometric)
- Personality (Projective)
- Anxiety
- Stress
- Problem Solving
- Motivation

References/Books recommended

- Aiken, L.R. (2000). Psychological Testing and Assessment. Boston: Allyn and Bacon.
- Ahastasi, A. & Urbina, S (1997). Psychological Testing. Delhi: Pearson Education.
- Freeman, F.S. (1965). Theory and Practice in Psychological Testing. New Delhi: Oxford and IBH.
- Gregory, R.J. (2000). Psychological Testing: History, Principles and applications. Boston: Allyn & Bacon.
- Kaplan, R.M., Saccuzzo, D.P. (2001). Psychological Testing: Principles, applications and issues. New Delhi: Asian Books Pvt. Ltd.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-I)**Paper-V:Workshop on Diagnostic Tools****Marks:25**

- 30 Hours workshops by the experts on the application of psychological tools throughout the semester.
- Providing in-depth understanding on the assessment of intelligence, personality, aptitude, interest, problem solving abilities, stress and anxiety among children and adolescents.
- Students will submit the case study report of the workshop to the department.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-I)

Paper-VI: Internship

Marks:25

- 4 weeks Internship at Schools
- Students will learn Individual and Group counseling of children and adolescents for emotional, social, behavioral and academic problems.
- Students will submit the project report to the department.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-I)

Paper-VII: COMMUNICATION SKILLS IN ENGLISH-I

Time: 3 Hours

Max. Marks: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

The Syllabus is divided in four sections as mentioned below:

Section–A

Reading Skills: Reading Tactics and strategies; Reading purposes–kinds of purposes and associated comprehension; Reading for direct meanings.

Section–B

Reading for understanding concepts, details, coherence, logical progression and meanings of phrases/ expressions.

Activities:

- Comprehension questions in multiple choice format
- Short comprehension questions based on content and development of ideas

Section–C

Writing Skills: Guidelines for effective writing; writing styles for application, personal letter, official/ business letter.

Activities

- Formatting personal and business letters.
- Organising the details in a sequential order

Section–D

Resume, memo, notices etc.; outline and revision.

Activities:

- Converting a biographical note into a sequenced resume or vice-versa
- Ordering and sub-dividing the contents while making notes.
- Writing notices for circulation/ boards

Recommended Books:

- *Oxford Guide to Effective Writing and Speaking* by John Seely.
- *English Grammar in Use* (Fourth Edition) by Raymond Murphy, CUP

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-I)
Paper-VIII: ਪੰਜਾਬੀ (ਲਾਜ਼ਮੀ)

ਸਮਾਂ : 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ : 50

ਪਾਠ-ਕ੍ਰਮ ਅਤੇ ਪਾਠ-ਪੁਸਤਕਾਂ

ਸੈਕਸ਼ਨ-ਏ

ਆਤਮ ਅਨਾਤਮ (ਕਵਿਤਾ ਭਾਗ),
 (ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ)
 ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
(ਪ੍ਰਸੰਗ ਸਹਿਤ ਵਿਆਖਿਆ, ਸਾਰ)

ਸੈਕਸ਼ਨ-ਬੀ

ਇਤਿਹਾਸਕ ਯਾਦਾਂ (ਇਤਿਹਾਸਕ ਲੇਖ-ਸੰਗ੍ਰਹਿ)
 ਸੰਪਾ. ਸ.ਸ.ਅਮੋਲ,
 ਪੰਜਾਬੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਲੁਧਿਆਣਾ। (ਲੇਖ 1 ਤੋਂ 6)
(ਨਿਬੰਧ ਦਾ ਸਾਰ, ਲਿਖਣ-ਸ਼ੈਲੀ)

ਸੈਕਸ਼ਨ-ਸੀ

(ੳ) ਪੈਰਾ ਰਚਨਾ
 (ਅ) ਪੈਰਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ।

ਸੈਕਸ਼ਨ-ਡੀ

(ੳ) ਪੰਜਾਬੀ ਧੁਨੀ ਵਿਉਂਤ : ਉਚਾਰਨ ਅੰਗ, ਉਚਾਰਨ ਸਥਾਨ ਤੇ ਵਿਧੀਆਂ, ਸਵਰ, ਵਿਅੰਜਨ, ਸੁਰ-ਪ੍ਰਬੰਧ.
 (ਅ) ਭਾਸ਼ਾ ਵੰਨਗੀਆਂ : ਭਾਸ਼ਾ ਦਾ ਟਕਸਾਲੀ ਰੂਪ, ਭਾਸ਼ਾ ਅਤੇ ਉਪ-ਭਾਸ਼ਾ ਦਾ ਅੰਤਰ, ਪੰਜਾਬੀ ਉਪਭਾਸ਼ਾਵਾਂ ਦੇ ਪਛਾਣ-ਚਿੰਨ੍ਹ।

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿੱਚ ਕਰ ਸਕਦਾ ਹੈ।

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-I)
Paper-VIII: ਮੁੱਢਲੀ ਪੰਜਾਬੀ

(In lieu of Compulsory Punjabi)

ਸਮਾਂ : 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ: 50

ਪਾਠ-ਕ੍ਰਮ

ਸੈਕਸ਼ਨ-ਏ

ਪੈਂਤੀ ਅੱਖਰੀ, ਅੱਖਰ ਕ੍ਰਮ, ਪੈਰ ਬਿੰਦੀ ਵਾਲੇ ਵਰਣ ਅਤੇ ਪੈਰ ਵਿਚ ਪੈਣ ਵਾਲੇ ਵਰਣ ਅਤੇ ਮਾਤ੍ਰਵਾਂ (ਮੁੱਢਲੀ ਜਾਣ-ਪਛਾਣ)
 ਲਗਾਖਰ (ਬਿੰਦੀ, ਟਿੱਪੀ, ਅੱਧਕ) : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ

ਸੈਕਸ਼ਨ-ਬੀ

ਪੰਜਾਬੀ ਸ਼ਬਦ-ਬਣਤਰ : ਮੁੱਢਲੀ ਜਾਣ-ਪਛਾਣ
 (ਸਾਧਾਰਨ ਸ਼ਬਦ, ਸੰਯੁਕਤ ਸ਼ਬਦ, ਮਿਸ਼ਰਤ ਸ਼ਬਦ, ਮੂਲ ਸ਼ਬਦ, ਅਗੇਤਰ ਅਤੇ ਪਿਛੇਤਰ)

ਸੈਕਸ਼ਨ-ਸੀ

ਨਿੱਤ ਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ : ਬਾਜ਼ਾਰ, ਵਪਾਰ, ਰਿਸ਼ਤੇ-ਨਾਤੇ, ਖੇਤੀ ਅਤੇ ਹੋਰ ਧੰਦਿਆਂ ਆਦਿ ਨਾਲ ਸੰਬੰਧਤ।

ਸੈਕਸ਼ਨ-ਡੀ

ਹਫ਼ਤੇ ਦੇ ਸੱਤ ਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰ੍ਹਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇਕ ਤੋਂ ਸੌ ਤਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿਚ

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-I)
Paper-VIII: Punjab History & Culture (From Earliest Times to C 320)
(Special Paper in lieu of Punjabi compulsory)
(For those students who are not domicile of Punjab)

Time: 3 Hours

Max. Marks: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section A

1. Physical features of the Punjab and its impact on history.
2. Sources of the ancient history of Punjab

Section B

3. Harappan Civilization: Town planning; social, economic and religious life of the Indus Valley People.
4. The Indo-Aryans: Original home and settlements in Punjab.

Section C

5. Social, Religious and Economic life during *Rig Vedic Age*.
6. Social, Religious and Economic life during *Later Vedic Age*.

Section D

7. Teachings and impact of Buddhism
8. Jainism in the Punjab

Suggested Readings

1. L. M Joshi (ed.), *History and Culture of the Punjab*, Art-I, Patiala, 1989 (3rd edition)
2. L.M. Joshi and Fauja Singh (ed.), *History of Punjab*, Vol.I, Patiala 1977.
3. Budha Parkash, *Glimpses of Ancient Punjab*, Patiala, 1983.
4. B.N. Sharma, *Life in Northern India*, Delhi. 1966.
5. Chopra, P.N., Puri, B.N., & Das, M.N.(1974). *A Social, Cultural & Economic History of India*, Vol. I, New Delhi: Macmillan India.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-I)

Paper-IX: Drug Abuse: Problem, Management and Prevention PROBLEM OF DRUG ABUSE

Time: 3 Hours

Max. Marks: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section – A

Meaning of Drug Abuse:

Meaning, Nature and Extent of Drug Abuse in India and Punjab.

Section – B

Consequences of Drug Abuse for:

Individual	:	Education, Employment, Income.
Family	:	Violence.
Society	:	Crime.
Nation	:	Law and Order problem.

Section – C

Management of Drug Abuse:

Medical Management: Medication for treatment and to reduce withdrawal effects.

Section – D

Psychiatric Management: Counselling, Behavioural and Cognitive therapy.

Social Management: Family, Group therapy and Environmental Intervention.

References:

1. Ahuja, Ram (2003), *Social Problems in India*, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Inciardi, J.A. 1981. *The Drug Crime Connection*. Beverly Hills: Sage Publications.
4. Kapoor. T. (1985) *Drug epidemic among Indian Youth*, New Delhi: Mittal Pub.
5. Kessel, Neil and Henry Walton. 1982, *Alcoholism*. Harmond Worth: Penguin Books.
6. Modi, Ishwar and Modi, Shalini (1997) *Drugs: Addiction and Prevention*, Jaipur: Rawat Publication.
7. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
8. Ross Coomber and Others. 2013, *Key Concept in Drugs and Society*. New Delhi: Sage Publications.
9. Sain, Bhim 1991, *Drug Addiction Alcoholism*, Smoking obscenity New Delhi: Mittal Publications.
10. Sandhu, Ranvinder Singh, 2009, *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
11. Singh, Chandra Paul 2000. *Alcohol and Dependence among Industrial Workers*: Delhi: Shipra.
12. Sussman, S and Ames, S.L. (2008). *Drug Abuse: Concepts, Prevention and Cessation*, Cambridge University Press.
13. Verma, P.S. 2017, “*Punjab’s Drug Problem: Contours and Characteristics*”, Economic and Political Weekly, Vol. LII, No. 3, P.P. 40-43.
14. World Drug Report 2016, United Nations office of Drug and Crime.
15. World Drug Report 2017, United Nations office of Drug and Crime.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-II)

Paper-I: Child Psychopathology

Time: 3Hrs

Marks: 75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A

Child Psychopathology: Concept, Classification and Assessment

Section-B

Behavioral Disorders: Concept and Nature, Symptoms, Causes and Treatment of Conduct Disorders, Attention Deficit Hyperactive Disorder, Oppositional Defiant Disorder

Section-C

Symptoms, Causes and Treatment of Autism Spectrum Disorder, Learning Disabilities, Anxiety Disorders and Childhood Depression,

Section-D

Symptoms, Causes and Treatment of Child abuse, Eating Disorders, Elimination Disorders, Somnambulism and Tics

References/Books recommended

- Adams, H.E. Sutker, P.B. (2001). Comprehensive Handbook of Psychopathology (3rd edition). New York: Kluwer Academic Publishers.
- Hersen, M., Kazdin, A.E., Bellack, A.S. (eds) (1991). The Clinical Psychology Handbook (2nd Ed.). New York: Pergamon
- Weis, R.(2008). Abnormal Child and Adolescent Psychology. London: Sage Publications.
- Kapur, M.(1995). Mental Health and Indian Children. New Delhi: Sage Publications.
- Kronenberger, W.G. and Mayer, R.G. (2001). The Child Clinicians Handbook. London: Allyn and Bacon.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-II)

Paper-II: Counseling Applications

Time: 3Hrs

Marks: 75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Course Content:

Section-A

Counseling in Schools: Primary, Middle and Secondary Schools, Counseling Children with special needs and learning disabilities

Section-B

Family Counseling, Marital Counseling

Section-C

Counseling Delinquents, Alcohol and Drug Addicts

Section-D

Career Counseling: Importance, Major theories of Career Development and Decision Making.

Process of Career Counseling: Assessment, Occupational Information and Decision Making

References/Books recommended

- Gregory, T.W. (1980). Juvenile Delinquency in Literature. New York: Longman, Inc.
- Gladding, S.T. (1996). Counselling: A comprehensive Profession. Englewood Cliffs.
- Moursund, J.(1993). The Process of Counselling and Therapy. Englewood Cliffs, N.J: Prentice Hall.
- Baruth, L.G., & Robinson, E.H. (1987). An Introduction to Counselling Profession. Englewood Cliffs. N.J.: Prentice Hall.
- Stern, R., & Drummond, L. (1997). The Practice of Behavioural and Cognitive Psychotherapy.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-II)

Paper-III: Practicing Individual Counseling Skills and Techniques

Time:3Hrs

Marks: 75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A

Individual counseling skills for enhancing self-understanding, self-awareness and personal growth

Section-B

Assessment of Beliefs, attitudes and values, personality, interpersonal orientation of feelings/behaviour

Section-C

Ensuring structured settings, Establishing client-counselor rapport and relationship
Micro and Macro skills – Empathy, Attending Listening skills, unconditional positive regard etc.

Section-D

Behavioral Techniques – Shaping, Modeling, Systematic Desensitization.
Relaxation Techniques – Yoga, Meditation

References/Books recommended

- Cornier, L.S. and Hackney, H.(1993). The Professional Counsellor. Englewood Cliffs. N.J: Prentice Hall.
- Gladding, S.T. (1996). Counselling: A comprehensive Profession. Englewood Cliffs.
- Baruth, L.G. & Robinson, E.H. (1987). An Introduction to counselling profession. Englewood Cliffs. NJ: Prentice Hall.
- Nystul, M.S. (2001). Introduction to Counselling New Maxico State University :Allyn and Bacon.
- Douglass, R.G. and David, C. (2007). Counselling and Psychotherapy. New Delhi: Pearson Education.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-II)

Paper-IV: Field Work

Marks:25

- 4 weeks Internship at School dealing with children having special needs or learning disabilities.
- Students will submit the project report to the department.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-II)
Paper-V: Case Study

Marks:25

- Students will choose a case from their internship for conducting a case study.
- Students will submit the case study report to the department.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-II)
Paper-VI: Workshop on Therapeutic Techniques

Marks:25

- 30 hours workshop by the experts on the application of therapeutic techniques throughout the semester.
- Students will submit the case study to the department.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-II)

Paper-VII: COMMUNICATION SKILLS IN ENGLISH-II

Time: 3 Hours

Max.

Marks: 50

Theory Marks: 35

Practical Marks: 15

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Course Contents:

SECTION–A

Listening Skills: Barriers to listening; effective listening skills; feedback skills.

Activities: Listening exercises – Listening to conversation, News and TV reports

SECTION–B

Attending telephone calls; note taking and note making.

Activities: Taking notes on a speech/lecture

SECTION–C

Speaking and Conversational Skills: Components of a meaningful and easy conversation; understanding the cue and making appropriate responses; forms of polite speech; asking and providing information on general topics.

Activities:

- 1) Making conversation and taking turns
- 2) Oral description or explanation of a common object, situation or concept

SECTION–D

The study of sounds of English,
Stress and Intonation,
Situation based Conversation in English,
Essentials of Spoken English.

Activities: Giving Interviews

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-II)
PRACTICAL/ ORAL TESTING

Marks: 15

Course Contents:

1. Oral Presentation with/ without audio visual aids.
2. Group Discussion.
3. Listening to any recorded or live material and asking oral questions for listening comprehension.

Questions:

1. Oral Presentation will be of 5 to 10 minutes duration (Topic can be given in advance or it can be student's own choice). Use of audio visual aids is desirable.
2. Group discussion comprising 8 to 10 students on a familiar topic. Time for each group will be 15 to 20 minutes.

Note: Oral test will be conducted by external examiner with the help of internal examiner.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-II)
Paper-VIII: ਪੰਜਾਬੀ (ਲਾਜ਼ਮੀ)

ਸਮਾਂ : 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ : 50

ਪਾਠ-ਕ੍ਰਮ ਅਤੇ ਪਾਠ-ਪੁਸਤਕਾਂ

ਸੈਕਸ਼ਨ-ਏ

ਆਤਮ ਅਨਾਤਮ (ਕਹਾਣੀ ਭਾਗ),
 (ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ)
 ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
(ਵਿਸ਼ਾ-ਵਸਤੂ, ਪਾਤਰ ਚਿਤਰਨ)

ਸੈਕਸ਼ਨ-ਬੀ

ਇਤਿਹਾਸਕ ਯਾਦਾਂ (ਇਤਿਹਾਸਕ ਲੇਖ-ਸੰਗ੍ਰਹਿ)
 ਸੰਪਾ. ਸ.ਸ.ਅਮੋਲ,
 ਪੰਜਾਬੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਲੁਧਿਆਣਾ। (ਲੇਖ 7 ਤੋਂ 12)
(ਸਾਰ, ਲਿਖਣ ਸ਼ੈਲੀ)

ਸੈਕਸ਼ਨ-ਸੀ

(ੳ) ਸ਼ਬਦ-ਬਣਤਰ ਅਤੇ ਸ਼ਬਦ ਰਚਨਾ : ਪਰਿਭਾਸ਼ਾ, ਮੁੱਢਲੇ ਸੰਕਲਪ
(ਅ) ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ

ਸੈਕਸ਼ਨ-ਡੀ

(ੳ) ਸੰਖੇਪ ਰਚਨਾ
(ਅ) ਮੁਹਾਵਰੇ ਅਤੇ ਅਖਾਣ

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿੱਚ ਕਰ ਸਕਦਾ ਹੈ।

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-II)
Paper-VIII: ਮੁੱਢਲੀ ਪੰਜਾਬੀ

(In lieu of Compulsory Punjabi)

ਸਮਾਂ: 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ: 50

ਪਾਠ-ਕ੍ਰਮ

ਸੈਕਸ਼ਨ-ਏ

ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ
 (ਨਾਂਵ, ਪੜਨਾਂਵ, ਕਿਰਿਆ, ਵਿਸ਼ੇਸ਼ਣ, ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ, ਸਬੰਧਕ, ਯੋਜਕ ਅਤੇ ਵਿਸਮਿਕ)

ਸੈਕਸ਼ਨ-ਬੀ

ਪੰਜਾਬੀ ਵਾਕ ਬਣਤਰ : ਮੁੱਢਲੀ ਜਾਣ-ਪਛਾਣ
 (ੳ) ਸਾਧਾਰਨ ਵਾਕ, ਸੰਯੁਕਤ ਵਾਕ ਅਤੇ ਮਿਸ਼ਰਤ ਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)
 (ਅ) ਬਿਆਨੀਆ ਵਾਕ, ਪ੍ਰਸ਼ਨਵਾਚਕ ਵਾਕ ਅਤੇ ਹੁਕਮੀ ਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)

ਸੈਕਸ਼ਨ-ਸੀ

ਪੈਰ੍ਹਾ ਰਚਨਾ
 ਸੰਖੇਪ ਰਚਨਾ

ਸੈਕਸ਼ਨ-ਡੀ

ਚਿੱਠੀ ਪੱਤਰ (ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ)
 ਅਖਾਣ ਅਤੇ ਮੁਹਾਵਰੇ

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿੱਚ ਕਰ ਸਕਦਾ ਹੈ।

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-II)

Paper-VIII: Punjab History & Culture (C. 320 to 1000 B. C)

(Special Paper in lieu of Punjabi compulsory)

(For those students who are not domicile of Punjab)

Time: 3 Hours

Max. Marks :50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section A

1. Alexander's Invasion and its Impact
2. Punjab under Chandragupta Maurya and Ashoka.

Section B

3. The Kushans and their Contribution to the Punjab.
4. The Panjab under the Gupta Empire.

Section C

5. The Punjab under the Vardhana Emperors
6. Socio-cultural History of Punjab from 7th to 1000 A.D.

Section D

7. Development of languages and Education with Special reference to Taxila
8. Development of Art & Architecture

Suggested Readings

1. L. M Joshi (ed), *History and Culture of the Punjab*, Art-I, Punjabi University, Patiala, 1989 (3rd edition)
2. L.M. Joshi and Fauja Singh (ed.), *History of Punjab* , Vol.I, Punjabi University, Patiala, 1977.
3. Budha Parkash, *Glimpses of Ancient Punjab*, Patiala, 1983.
4. B.N. Sharma: *Life in Northern India*, Delhi. 1966.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-II)
Paper- IX: Drug Abuse: Problem, Management and Prevention
DRUG ABUSE: MANAGEMENT AND PREVENTION

Time: 3 Hours

Max. marks: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section – A

Prevention of Drug abuse:

Role of family: Parent child relationship, Family support, Supervision, Shaping values, Active Scrutiny.

Section – B

School: Counselling, Teacher as role-model. Parent-teacher-Health Professional Coordination, Random testing on students.

Section – C

Controlling Drug Abuse:

Media: Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and awareness program

Section – D

Legislation: NDPs act, Statutory warnings, Policing of Borders, Checking Supply/Smuggling of Drugs, Strict enforcement of laws, Time bound trials.

References:

1. Ahuja, Ram (2003), *Social Problems in India*, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Inciardi, J.A. 1981. *The Drug Crime Connection*. Beverly Hills: Sage Publications.
4. Kapoor. T. (1985) *Drug epidemic among Indian Youth*, New Delhi: Mittal Pub.
5. Kessel, Neil and Henry Walton. 1982, *Alcoholism*. Harmond Worth: Penguin Books.
6. Modi, Ishwar and Modi, Shalini (1997) *Drugs: Addiction and Prevention*, Jaipur: Rawat Publication.
7. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
8. Ross Coomber and Others. 2013, *Key Concept in Drugs and Society*. New Delhi: Sage Publications.
9. Sain, Bhim 1991, *Drug Addiction Alcoholism*, Smoking obscenity New Delhi: Mittal Publications.
10. Sandhu, Ranvinder Singh, 2009, *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
11. Singh, Chandra Paul 2000. *Alcohol and Dependence among Industrial Workers*: Delhi: Shipra.
12. Sussman, S and Ames, S.L. (2008). *Drug Abuse: Concepts, Prevention and Cessation*, Cambridge University Press.
13. Verma, P.S. 2017, “*Punjab’s Drug Problem: Contours and Characteristics*”, Economic and Political Weekly, Vol. LII, No. 3, P.P. 40-43.
14. World Drug Report 2016, United Nations office of Drug and Crime.
15. World Drug Report 2017, United Nations office of Drug and Crime.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-III)

Paper-I: Substance Abuse: Problem and Consequences

Time:3 Hrs

Marks:100

Instructions for the Paper Setters: -

Eight questions of equal marks (specified in the syllabus) is to be set, two in each of the four sections (A-D) Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

Section-A:

Etiology of Substance abuse and Addictive Behaviour: Medical Model, Psychological Model (Psychoanalytic, Behaviouristic and Cognitive Models), Social Model, and Biopsychosocial Model

Section-B:

Assessment and Diagnosis of Addiction: Behavioural, Physiological and Psychometric Methods of Assessment

Section-C:

Nature and Extent of the Problem: Prevalence and Magnitude of menace of Drug Abuse in Punjab and India. Vulnerable groups by age, gender and economic status, signs and symptoms of drug abuse: Physical, Academic, Behavioural and Psychological Indicators.

Section-D:

Consequences of Drug Abuse, Physical, Psychological, Social and Economic Effects of Drug Abuse and Drug Addiction

References/Books recommended

- Nystul, M.S. (2001). Introduction to Counselling New Mexico State University: Allyn and Bacon.
- Rao, S.N. (2001). Counselling Psychology New Delhi: Tata McGraw Hill
- Douglass, R.G. and David, C.(2007). Counselling and Psychotherapy. New Delhi: Pearson Education.
- Brammer, L.M., Shostrom, E.L. (1982). Therapeutic to Psychology: Fundamentals of Counselling and Psychotherapy. Englewood Cliffs: Prentice Hall Inc.
- Cormier, L.S. and Hackney, H.(1993). The Professional Counsellor. Englewood Cliffs: NJ: Prentice Hall Inc.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-III)

Paper-II: Classification of Psychotropic Drugs and their Treatment

Time:3Hrs

Marks:100

Instructions for the Paper Setters: -

Eight questions of equal marks (specified in the syllabus) is to be set, two in each of the four sections (A-D) Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

Section-A

Types of Drugs: STIMULANTS: (Amphetamines, Cocaine, Nicotine), SEDATIVES (Alcohol, Barbiturates), NARCOTICS (Opium, Morphine, Heroin), HALLUCINOGENS (Cannabis, Marijuana, Hashish, LSD), Steroids, Inhalants and MINOR TRANQUILIZERS,

Section-B

Symptoms and Causes of Stimulants, Sedatives, Narcotics, Hallucinogens, Steroids, Inhalants and Minor Tranquilizers

Section-C

Therapies: Biological (ECT, Neurosurgery, Antipsychotic, Antidepressant, Antianxiety and Lithium Drugs, Psychodynamic, Behavioural, Cognitive

Section-D

Management and Prevention of Drug Abuse: Management of Drug Abuse & Relapse Management, Prevention of Drug Abuse, Role of Family, School, Media, Legislation & De-addiction Centers

References:

- Kotler, J.A. & Brown, RW2000, Introduction to Therapeutic Counseling. Process, 4th Edition Brooks/ Cole Publishing Co. USA
- Nystul, M.S. (2001). Introduction to Counselling New Mexico State University: Allyn and Bacon.
- Brammer, L.M., Shostrom, E.L. (1982). Therapeutic to Psychology: Fundamentals of Counselling and Psychotherapy. Englewood Cliffs: Prentice Hall Inc.
- Cormier, L.S. and Hackney, H.(1993). The Professional Counsellor. Englewood Cliffs: NJ: Prentice Hall Inc.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-III)

PaperIII: HIV/AIDS Counseling

Time:3Hrs

Marks:100

Instructions for the Paper Setters: -

Eight questions of equal marks (specified in the syllabus) is to be set, two in each of the four sections (A-D) Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

Section-A

Introduction: Definition, Nature and Goals of HIV Counseling, Specific issues in HIV counseling, Characteristics of an effective HIV/AIDS Counselor, Stages and Process of HIV Counseling, Counselor variables – Knowledge, Attitude and Values with reference to HIV

Section-B

Case History Taking: Significance of Case History in Counseling Case History Taking – Structures and Techniques, Structuring and Application of Case Study in Clinical Settings.

Section-C

Counseling Techniques: Counseling Interview – Stages and Process, Behavioural Counseling – Formation of New Behaviour, Changing undesirable behavior, Cognitive Techniques – Modifying thinking and beliefs and managing depressive behaviors, Cognitive Behavioural Problem Solving, Decision Making and Imagery Techniques, Pre-test and Post Test Counseling

Section-D

Care and Management: Care and Management of HIV/AIDS Patients, Relaxation Techniques – Biofeedback, Progressive Muscular Relaxation, Music, Yoga and Meditation

References:

- Patterson, L.E &Welfel, E.R. (2000): The Counseling Process, Wadsworth, USA.
- Woolf, R.& Dryden, W.& Strawbridge, S.(2003): Hand Book of COUNSELING Psychology, Sage Publication, London
- Kotler, J.A. & Brown, RW2000, Introduction to Therapeutic Counseling. Process, 4th Edition Brooks/ Cole Publishing Co. USA
- Nystul, M.S. (2001). Introduction to Counselling New Mexico State University: Allyn and Bacon.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-III)**Paper-IV: Practicals****Marks: 50****Instructions for the Practical Examination: -**

Students are supposed to perform 5 Practicals out of 6 mentioned in the syllabus. Practical examination will be of 3 hours duration. External examiner will conduct the practical examination. The students will perform one practical in the exam carrying 25 marks. Evaluation of the practical would be done on the basis of write-up of file book (five marks), performance and viva-voce (20 marks) relating to the practicals. In case students have not completed five practicals, the examiner will deduct marks at the rate of 5 for each left practical out of total evaluation of the student. No reappear will be allowed in the practical examination. Fail in the practical will be considered fail overall in the subject.

- Stress
- Anxiety
- Adjustment
- Depression
- Home Environment
- Attitude

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-III)

Paper-V: Workshop on Application of Therapeutic Techniques for Drug Abuse

Marks:25

- 30 hours workshop by the experts on therapeutic techniques for Drug Abuse.
- Students will submit detailed report of the techniques learned, to the department.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-III)

Paper-VI: Internship

Marks:25

- 4 weeks training at Drug De-addiction Centers
- Students will submit study reports of drug addicts to the department for mental assessment.

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-IV)

Paper-I: Family and Marital Counseling

Time:3Hrs

Marks:100

Instructions for the Paper Setters: -

Eight questions of equal marks (specified in the syllabus) is to be set, two in each of the four sections (A-D) Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

Section-A

Family and Marital Counseling: Marriage and Family Counseling Process, Skill-based Marriage Counseling, Marital Assessment, Ethics of Marriage and Family Counseling

Section-B

Theoretical Foundations: System Theory, The Family Life Cycle

Section-C

Approaches to Family Counseling: Psychodynamic Family Counseling, Experiential Family Counseling, Structural Family Counseling, Strategic Family Counseling, Solution Focused Family Counseling

Section-D

Post Modern/ Social Constructionist trends in family counseling, Issues in marriage and family counseling

References:

- Kotler, J.A. & Brown, RW2000, Introduction to Therapeutic Counseling. Process, 4th Edition Brooks/ Cole Publishing Co. USA
- Nystul, M.S. (2001). Introduction to Counselling New Mexico State University: Allyn and Bacon.
- Gladding Samuel T. (1972) : Counseling A comprehensive Profession 4th Edition Brooks/Cole Publishing Co. USA

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-IV)

Paper-II: Group Counseling

Time:3Hrs

Marks:100

Instructions for the Paper Setters: -

Eight questions of equal marks (specified in the syllabus) is to be set, two in each of the four sections (A-D) Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

Section-A

Group Counseling: Goals, Definition and functions of Group Counseling and Group Therapy, Stages in Group Counseling, Types of Groups, Ethical issues in Group Counseling

Section-B

Group Processes: Formulation of the Group at the Initial, Transition, Working and the Final Stage, Post Group Issues: Follow-up and Evaluation

Section-C

Group Leader and Co-leader: Personal characteristics of effective leader and co-leader, role and functions of Group leader and co-leader

Group Counseling Skills: Group formation skills, Basic skills, Session focused skills, supplementary skills, skills for dealing with specific situations and members.

Section-D

Theoretical Approaches: Solution Focused Counseling, Transactional Analysis, Humanistic – Existential Groups, Gestalt and Cognitive- behavioural approaches.

References:

- Kotler, J.A. & Brown, RW2000, Introduction to Therapeutic Counseling. Process, 4th Edition Brooks/ Cole Publishing Co. USA
- Nystul, M.S. (2001). Introduction to Counselling New Mexico State University: Allyn and Bacon.
- Gladding Samuel T. (1972) : Counseling A comprehensive Profession 4th Edition Brooks/Cole Publishing Co. USA

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Paper-III: Educational Counseling

Time:3Hrs

Marks:100

Instructions for the Paper Setters: -

Eight questions of equal marks (specified in the syllabus) is to be set, two in each of the four sections (A-D) Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

Section-A

Introduction: Nature, Definitions, Rules, Functions and Scope of Educational Counseling, Counseling Orientation/ Introducing to administrators, parents and public, school personnel, children, initiating self-referrals.

Section-B

Learning Styles: Reading, writing and note making skills, study skills and study habits, time management

Cognitive Issues: Causes and factors affecting attention, concentration remembering, forgetting, experimental evidences and cognitive training.

Classroom Problems: Discipline, listening, peer relationships, norms violation, aggression

Section-C

Self-constructs: Self-esteem, self-concept, self-efficacy

Thinking abilities: Constructive thinking, creative thinking convergent and divergent thinking – styles and critical thinking

Self-monitoring: Interests, academic and achievement motivation.

Development of Skills: Leadership, Problem solving skills, decision making, social skills, moral and values.

Section-D

Teacher Counseling: Teacher as Counselor – process, classroom approaches – Guidance, meetings and group decision.

Parent Counseling: Goals, Counselor's Role, Parent-consultation programme, parent-teacher consultation, discussion and study groups.

References:

- Kotler, J.A. & Brown, RW2000, Introduction to Therapeutic Counseling. Process, 4th Edition Brooks/ Cole Publishing Co. USA
- Nystul, M.S. (2001). Introduction to Counselling New Mexico State University: Allyn and Bacon.
- Gladding Samuel T. (1972) : Counseling A comprehensive Profession 4th Edition Brooks/Cole Publishing Co. USA

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Paper-IV: Workshop and Seminar

Marks: 50

- Workshops and Seminars on counseling techniques for marriage, family and children. Students will submit report to the department for internal assessment.

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Paper-V: Four Week Training Programme / Internship

Marks: 25

- 4 week training programme at school for special children, family and marriage counseling centres.
- Students will submit detailed projects report to the department for internal assessment.

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Paper-VI: Visits

Marks: 25

- Visit to Rehabilitation Centres, Red Cross Bhawan, Old age homes, NGO's, Orphanages Nari Niketans for sensitizing students to various family and marriage problems.
- Students will submit detailed report of all the visits for internal assessment.

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ESL-221: ENVIRONMENTAL STUDIES (COMPULSORY PAPER)

Time: 3 Hrs.

Max. Marks: 100

Teaching Methodologies

The Core Module Syllabus for Environmental Studies includes class room teaching and field work. The syllabus is divided into 8 Units [Unit-1 to Unit-VII] covering 45 lectures + 5 hours for field work [Unit-VIII]. The first 7 Units will cover 45 lectures which are class room based to enhance knowledge skills and attitude to environment. Unit-VIII comprises of 5 hours field work to be submitted by each candidate to the Teacher in-charge for evaluation latest by 15 December, 2019.

Exam Pattern: **End Semester Examination- 75 marks**
 Project Report/Field Study- 25 marks [based on submitted report]
 Total Marks- 100

The structure of the question paper being:

Part-A, Short answer pattern with inbuilt choice – 25 marks
 Attempt any five questions out of seven distributed equally from Unit-1 to Unit-VII.
 Each question carries 5 marks. Answer to each question should not exceed 2 pages.

Part-B, Essay type with inbuilt choice – 50 marks
 Attempt any five questions out of eight distributed equally from Unit-1 to Unit-VII. Each question carries 10 marks. Answer to each question should not exceed 5 pages.

Project Report / Internal Assessment:

Part-C, Field work – 25 marks [Field work equal to 5 lecture hours]

The candidate will submit a hand written field work report showing photographs, sketches, observations, perspective of any topic related to Environment or Ecosystem. The exhaustive list for project report/area of study are given just for reference:

1. Visit to a local area to document environmental assets: River / Forest/ Grassland / Hill / Mountain / Water body / Pond / Lake / Solid Waste Disposal / Water Treatment Plant / Wastewater Treatment Facility etc.
2. Visit to a local polluted site – Urban / Rural / Industrial / Agricultural
3. Study of common plants, insects, birds
4. Study of tree in your areas with their botanical names and soil types
5. Study of birds and their nesting habits
6. Study of local pond in terms of wastewater inflow and water quality
7. Study of industrial units in your area. Name of industry, type of industry, Size (Large, Medium or small scale)
8. Study of common disease in the village and basic data from community health centre
9. Adopt any five young plants and photograph its growth
10. Analyze the Total dissolved solids of ground water samples in your area.
11. Study of Particulate Matter (PM_{2.5} or PM₁₀) data from Sameer website. Download from Play store.
12. Perspective on any field on Environmental Studies with secondary data taken from Central Pollution Control Board, State Pollution Control Board, State Science & Technology Council etc.

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Unit-I

The multidisciplinary nature of environmental studies

Definition, scope and importance, Need for public awareness

(2 lectures)

Unit-II

Natural Resources: Renewable and non-renewable resources:

Natural resources and associated problems.

- (a) Forest resources: Use and over-exploitation, deforestation, case studies. Timber extraction, mining, dams and their effects on forests and tribal people.
- (b) Water resources: Use and over-utilization of surface and ground water, floods, drought, conflicts over water, dams-benefits and problems.
- (c) Mineral resources: Use and exploitation, environmental effects of extracting and using mineral resources, case studies.
- (d) Food resources: World food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer-pesticide problems, water logging, salinity, case studies.
- (e) Energy resources: Growing energy needs, renewable and non-renewable energy sources, use of alternate energy sources, case studies.
- (f) Land resources: Land as a resource, land degradation, man induced landslides, soil erosion and desertification.
 - Role of an individual in conservation of natural resources.
 - Equitable use of resources for sustainable lifestyles.

(8 Lectures)

Unit-III

Ecosystems

- Concept of an ecosystem
- Structure and function of an ecosystem
- Producers, consumers and decomposers
- Energy flow in the ecosystem
- Ecological succession
- Food chains, food webs and ecological pyramids
- Introduction, types, characteristic features, structure and function of the following ecosystem: Forest ecosystem, Grassland ecosystem, Desert ecosystem, Aquatic ecosystems (ponds, streams, lakes, rivers, ocean estuaries)

(6 Lectures)

Unit-IV

Biodiversity and its conservation

- Introduction – Definition: genetic, species and ecosystem diversity
- Biogeographical classification of India
- Value of biodiversity: consumptive use, productive use, social, ethical aesthetic and option values
- Biodiversity at global, national and local levels
- India as a mega-diversity nation
- Hot-spots of biodiversity
- Threats to biodiversity: habitat loss, poaching of wildlife, man wildlife conflicts
- Endangered and endemic species of India
- Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity

(8 Lectures)

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Unit-V

Environmental Pollution

Definition

- Causes, effects and control measures of Air pollution, Water pollution, Soil pollution, Marine pollution, Noise pollution, Thermal pollution, Nuclear pollution
- Solid waste management: Causes, effects and control measures of urban and industrial wastes.
- Role of an individual in prevention of pollution
- Pollution case studies
- Disaster management: floods, earthquake, cyclone and landslides

(8 Lectures)

Unit-VI

Social Issues and the Environment

- From unsustainable to sustainable development
- Urban problems and related to energy
- Water conservation, rain water harvesting, watershed management
- Resettlement and rehabilitation of people; its problems and concerns. Case studies.
- Environmental ethics: Issues and possible solutions
- Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Case studies.
- Wasteland reclamation
- Consumerism and waste products
- Environmental Protection Act, 1986
- Air (Prevention and Control of Pollution) Act, 1981
- Water (Prevention and control of Pollution) Act, 1974
- Wildlife Protection Act
- Forest Conservation Act
- Issues involved in enforcement of environmental legislation
- Public awareness

(7 Lectures)

Unit-VII

Human Population and the Environment

- Population growth, variation among nations
- Population explosion – Family Welfare Programmes
- Environment and human health
- Human Rights
- Value Education
- HIV / AIDS
- Women and Child Welfare
- Role of Information Technology in Environment and Human Health
- Case Studies

(6 Lectures)

Unit-VIII

Field Work

- Visit to a local area to document environmental assets
river/forest/grassland/hill/mountain
- Visit to a local polluted site – Urban / Rural / Industrial / Agricultural
- Study of common plants, insects, birds
- Study of simple ecosystems-pond, river, hill slopes, etc

(Field work equal to 5 lecture hours)

Bachelor of Vocation (B.Voc.) Mental Health Counselling (Semester-IV)**References:-**

1. Bharucha, E. 2005. Textbook of Environmental Studies, Universities Press, Hyderabad.
2. Down to Earth, Centre for Science and Environment, New Delhi.
3. Heywood, V.H. &Waston, R.T. 1995. Global Biodiversity Assessment, Cambridge House, Delhi.
4. Joseph, K. &Nagendran, R. 2004. Essentials of Environmental Studies, Pearson Education (Singapore) Pte. Ltd., Delhi.
5. Kaushik, A. & Kaushik, C.P. 2004. Perspective in Environmental Studies, New Age International (P) Ltd, New Delhi.
6. Rajagopalan, R. 2011. Environmental Studies from Crisis to Cure. Oxford University Press, New Delhi.
7. Sharma, J. P., Sharma. N.K. &Yadav, N.S. 2005. Comprehensive Environmental Studies, Laxmi Publications, New Delhi.
8. Sharma, P. D. 2009. Ecology and Environment, Rastogi Publications, Meerut.
9. State of India's Environment 2018 by Centre for Sciences and Environment, New Delhi
10. Subramanian, V. 2002. A Text Book in Environmental Sciences, Narosa Publishing House, New Delhi.