

CENTRE FOR PSYCHOLOGY & HUMAN BEHAVIOUR



Shobhit

Institute of Engineering & Technology

Deemed to-be-University

EDUCATION EMPOWERS

PG Diploma in **Duration: One Year**
COUNSELING PSYCHOLOGY



CENTRE FOR PSYCHOLOGY & HUMAN BEHAVIOUR

The Centre for Psychology and Human Behaviour, Shobhit Deemed University, has been established as a Centre for Research as well as skill based teaching of Psychology.

Psychology today is a subject of enormous importance. Only if we are mentally healthy can we be truly happy. The World Health Organisation defines health as a state of complete physical, mental, emotional and spiritual well-being. All our wealth, status and position become insignificant if one is suffering from anxiety, mood disorder or any other mental health issue.

In recent years the Government of India too has turned its focus on promoting the mental health of the population. The New Education Policy, 2020, emphasizes life skills education to promote positive coping strategies for the challenges of day-to-day life.

Psychologists deal not only with people facing mental health issues but also with perfectly normal individuals too. A well adjusted and emotionally stable individual also may need guidance and counselling when faced with difficult decisions or challenging life situations.



National Education Policy-2020 envisages a shift in our educational system towards skill based education. The vision is to provide skill based education that enhances the employability quotient of the student.

With the above facts in mind, the Centre for Psychology has introduced a 1 year PG Diploma in Counselling Psychology.

One Year PG Diploma in Counseling Psychology

Duration – 1 Year (Two Semesters)

PROGRAM HIGHLIGHTS

This one year (2 Semester) program is a rigorous theoretical and practical oriented course aiming to develop requisite knowledge, understanding, attitudes and skills in the area of counselling.

For a long time now it has been recognized that there is an increasing need for counselling professionals, yet there is a dearth of trained experts who could work for promoting mental health and helping individuals in psychological distress. Thus, there is a tremendous need for education and training in this area.

The PG Diploma in Counselling Psychology will train professionals in this vital field which is gaining ever greater salience in the present times both from the social and employment perspectives. In the contemporary social milieu, counselling experts are required both for promoting positive life, strengthening families, fostering positive parenting, corporate counselling and mentoring and increasing resilience of individuals in vulnerable situations, as well as for addressing negative aspects such as socio-psychological problems, maladaptive behaviours, psychosomatic disorders and the like.

WHO CAN JOIN

The course is open for graduates as well as working professionals in the education sector, the health sector and the corporate sector.

PROGRAM OBJECTIVES

The program is designed to :-

- provide students in-depth knowledge of counselling
- provide students with theoretical understanding of counselling principles and process
- provide students the practical skills of counselling in diverse settings, e.g. schools, hospitals, corporate organizations, etc.
- enable students to develop a professional attitude towards psychological counselling
- enable students to acquire the attributes of being effective empathetic and ethical counselors

CAREER AVENUES

Psychology offers a broad range of career possibilities. Counselling Psychologists can work in the health sector, schools and other educational institutions, industrial and corporate houses, sports academies, social work and human resource

PEDAGOGY FOR TEACHING

The teaching-learning process would be through online lectures, presentations and workshops. The course will be interactive and experiential in nature. Learners would be encouraged to develop an understanding of real life issues in the social context. ICT and web-based sources like videos, short films will be incorporated along with regular assignments and quizzes.

We believe in the philosophy of project based learning. Semester II will be largely packed with practical work and field work. A dissertation of about 10,000 words will be prepared by each student. There will also be a comprehensive Viva-voce at the end of Semester-II.

TEACHING FACULTY

The teaching faculty will include well known National and International Experts in the field of Psychology.

MODE OF INSTRUCTIONS

Classes will be held in Hybrid mode.

COURSE STRUCTURE

The Course would consist of

- Four theoretical papers
- Five Practicals
- One major project/dissertation
- Comprehensive Viva Voice

ELIGIBILITY:

Graduation in any discipline. Preference shall be given to candidates with a background of Psychology, Education, Social Work, Sociology, Management and other Social or Behavioural Sciences, as well as Medical Graduates, Physiotherapists and others in the Health sector.

One Year PG Diploma in Counseling Psychology – Teaching Scheme

Semester –I		
Title of the Paper	Credits	Marks
Essentials of Guidance & Counseling	4	100
Counseling Process and Techniques	4	100
Educational & Vocational Guidance	4	100
Counseling for Specific Populations	4	100
Semester –II		
Title of the Paper	Credits	Marks
One major Project/Dissertation	4	100
Practicals (Five)	4	100
Comprehensive Viva Voice	4	100
Total	28	700

PROGRAM COST:

Tuition Fee: Rs. 15,000/- per semester

Refundable security: Rs. 3,000/- Once at the time of admission

Other Administrative Charges: Rs. 1200/- Once at the time of admission

*Well-furnished Boys and Girls Hostels available on Campus.

LOCATION:

The location of Shobhit Deemed University, Meerut, in close proximity to several corporate and major industrial establishments of Delhi NCR, offers excellent opportunities to interact with them for first-hand practical exposure and collaboration.





To know more about Course structure, Infra-structural facilities and Admission Application Form please visit
www.shobhituniversity.ac.in



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Shobhit Institute of Engineering & Technology

[A NAAC Accredited Deemed to-be University established u/s 3 of UGC Act]

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