

DIRECTION

No. 25/2017

Date : 13/7/2017

**Subject :-** Examinations leading to the Degree of Master of Arts (पदव्युत्तर पदविका) in Counseling & Psychotherapy (Two years degree course) and Examinations leading to the Post Graduate Diploma (पदव्युत्तर पदविका) (one year) in Counseling & Psychotherapy, Direction 2017,

Whereas, Adult, Continuing Education & Extension Services Board was constituted in the University under provision of 39 of the Maharashtra Universities Act-1994 previously,

AND

Whereas, the nomenclature of the said Board has been changed as the "Lifelong Learning & Extension Board" under the provision of section 45 of the Maharashtra Universities Act-2016, which has been implemented w.e.f. date of 1<sup>st</sup> march, 2016 in the state for non-Agricultural Universities,

AND

Whereas, the State Government has notified the change in nomenclature vide its letter no. म.सा.वि.अ.-२०१५/प्र.२३१९/विशि-४/दि. ६ मार्च २०१७,

AND

Whereas, the University has instituted the Board of Deptt. Of Lifelong Learning & Extension in the University instead of Adult, Continuing Education as per the Maharashtra Public Universities Act-2016 and the notification of the State Government,

AND

Whereas, The University ought to have implemented the objects determined under the provision of section 45 of the Maharashtra Public Universities Act-2016,

AND

Whereas, The Board of Lifelong Learning & Extension in its meeting held on 14.10.2016 has resolved to introduce some courses in the University availing the facility of Lifelong Learning to the public,

AND

Whereas, The Board of Lifelong Learning & Extension in its meeting held on 06.04.2017 vide item no.3 has resolved to resume the Post Graduate Degree & Diploma courses in the subject Counseling & Psychotherapy and appointed a committee for structuring the Scheme of teaching & examinations & syllabi,

AND

Whereas, the Academic Council in its meeting held on 6.6.2017 vide item no. 66 has approved the draft syllabi & scheme of teaching & examinations leading to the Degree of M.A. in Counseling & Psychotherapy and Examinations leading to the Post Graduate Diploma in Counseling & Psychotherapy under the faculty of Social Sciences,

AND

Whereas, the Academic council in its meeting held on 6/6/2017 Vide item No. 39 has further resolved to distribute the existing Board of Studies under the Faculty of Social Sciences to the reconstituted Faculty of Interdisciplinary Studies and the Management Council has approved the said resolution of Academic Council in its meeting held on 20.06.2017 Vide item No. 108.

AND

Whereas, the Government of Maharashtra Vide its letter No. संकीर्ण-२०१७/प्र.क्र.२७९/विशी-३, दि. २२ जून, २०१७ has merged the Faculties defined under Maharashtra University Act, 1994 in the Faculties reconstituted by the Maharashtra Public Universities Act, 2016. It is therefore implied to merge the above said subject under the Faculty of Interdisciplinary Studies.

AND

Whereas, the Management Council in its meeting held on 20.6.2017 vide item no. 155 has resolved to institute the said Degree and Diploma courses in the University under the Deptt. Of Lifelong Learning & Extension,

AND

Whereas, the additional enclosures of the said syllabi submitted by the chairman after the meeting of the Academic Council has approved by the Hon'ble Vice-Chancellor on behalf of the Academic Council & Management Council on dated 05/07/2017 under section 12(7) of the Maharashtra Public Universities Act-2016,

AND

Whereas, this matter is required to be regulated by the ordinance ,

AND

Whereas, making an ordinance in this respect is time consuming process,

AND

Now, therefore, I Dr. M.G. Chandekar, Vice-chancellor, Sant Gadge Baba Amravati University, Amravati in exercise of powers conferred upon me under sub-section (8) of Section 12 of the Maharashtra Public Universities Act-2016 do hereby direct as under-

- 1) This Direction may be called "Examinations leading to the Degree of Master of Arts (वाङ्मय पारं त्त) in Counseling & Psychotherapy (Two years degree course) and Examinations leading to the Post Graduate Diploma (one year) (एक वर्षीय पदव्युत्तर पदविका) in Counseling & Psychotherapy, Direction 2017"
- 2) This Direction shall come into force w.e.f. the date of its issuance.
- 3) There shall be held four examinations leading to the Degree of Master of Arts, namely;
  - i) The M.A. part-I, Semester-I & II at the end of the each Semester.
  - ii) The M.A. part-II, Semester-III & IV at the end of each Semester.
- 4) Two examinations held in a year leading to the Post Graduate Diploma (one year) in Counseling & Psychotherapy namely;  
The P.G. Diploma (one year) Semester-I & II at the end of each Semester.
- 5) The duration of each Semester shall be six months.
- 6) The subjects under these courses of study shall be comprised in the faculty of Inter-disciplinary Studies.
- 7) These courses of study shall be implemented from the session 2017-18.
- 8) These courses shall be conducted by the Deptt. Of Lifelong Learning & Extension of the University and examinations related shall be conducted by the University.
- 9) An applicant for admission to an examination specified in paragraph 3) & 4) above shall prosecute regular course of study prescribed for the examinations concerned.
- 10) The Scheme of teaching & examinations & syllabi prescribed for these courses is appended with this Direction by Appendix-"A" & Appendix-"B" respectively.

Sd/-

Date- 13.7.2017

(Dr. M.G. Chandekar)  
Vice-Chancellor,  
Sant Gadge Baba Amravati University

**Syllabus (Semester Pattern) –**

**Part-I**

**Semester I Paper - I**

**Fundamentals of Psychology**

**Credit 04  
(Marks 100)  
(80+20)**

**Unit- I Introduction to Psychology**

- A) **Definition and goals of Psychology, schools of Psychology:** Psychodynamic, behaviorism, humanistic, cognitive. Methods of Psychology-Experimental, Observation, survey, correlational and clinical method.
- B) **Biological bases of behavior:** Function and structure of neuron, spinal cord and brain. Autonomic nervous system

**Unit- II Learning and Memory**

- A) **Learning:** Definition, Types of learning, Methods of learning : imitation, Classical and instrumental conditioning, trial and error, insight learning
- B) **Memory:** Definition, stages of memory, sensory memory, short-term memory and long-term memory. Methods to measure retention, techniques to improve memory

**Unit III Motivation and Emotion**

- A) **Motivation:** Definition, Motivational cycle, types of motives: Physiological, Psychological, Social motives. Hierarchy of motives
- B) **Emotions:** Definition, characteristics, physiological changes in emotion, role of limbic system. Theories of emotion- James-Lange, Cannon-Bard, Schacter-Singer theory.
- C) **Coping Mechanism**

**Unit- IV Intelligence and Personality**

- A) **Intelligence:** Definition, types, the concept of IQ, distribution of IQ, types of intelligence, measurement, Theories of intelligence-Binet, Spearman, Thurstone, and Guilford.
- B) **Personality:** Nature, definition, Personality measurement, Trait and type approach. Determinants of personality: heredity and environment

**Unit- V Branches of Psychology**

- 1) Relationship with other sciences
- 2) Social Psychology, Health, Edu., Industrial Psychology.

**Books:**

- 1) Myers, D. G. (2013): Psychology, McMillan, New Delhi.
- 2) Ciccarelli, S. and Mayer (2008): Psychology, Pearson-Longman South Asia Edition.
- 3) Baron and Misra (2016): Psychology (5<sup>th</sup> ed.) Pearson, New Delhi.
- 4) Passer, M. W. and Smith, R. E. (2007): Psychology: The Science of Mind and Behavior; Tata McGrawHill, New Delhi.
- 5) Thompson Wadsworth. Introduction to Psychology, Gateways to Mind and Behavior. Singapore.
- ६) सिसरेली आणि मेयर(२००८) : अमृता ओक, शोभना अभ्यंकर आणि शिला गोळ्हाविलकर) मानसशास्त्र: पियरसनदक्षिण आशिया आवृत्ती.
- 7) निशा मुंघडा आणि शशिकांतखलाने (२०१३) मानसशास्त्राची मुलतत्वे : अथर्व प्रकाशन,
- 8) हिरवे आणि तडसरे (२००६) : सामान्य मानसशास्त्र, फडके प्रकाशन, कोल्हापूर.
- 9) ईनामदार, गाडेकर आणि पाटील (२००६) : आधुनिक सामान्य मानसशास्त्र, डायमंड प्रकाशन, पुणे.
- 10) पंडित, कुळकर्णी आणि गोरे (१९९९) : सामान्य मानसशास्त्र, पिंपराळे प्रकाशन, नागपूर.
- 11) बडगुजर, बच्छाव आणि शिंदे (२००६) : सामान्य मानसशास्त्र, विद्या प्रकाशन, औरंगाबाद.
- 12) पाध्ये व्ही.एस.(२०१५) : आधुनिक सामान्य मानसशास्त्र, विद्या प्रकाशन, औरंगाबाद.
- 13) बोरुडे आर.आर. (२००२) बोधनिक मानसशास्त्र, छाया प्रकाशन, औरंगाबाद.
- 14) निंबाळकर, के.पी.. (२०१६) : मानसशास्त्रीय प्रयोग आणि परिक्षण, सायको स्कॅन, वर्धा.
- 15) देशमुख, एन.एच. (२००७) : अभ्यास शैल्य, वेदमुद्रा प्रकाशन, अमरावती

**Semester I Paper II**  
**Human Development & Family Relationships**

**Credit-04**  
**(Marks 100)**  
**(80+20)**

**Unit I Introduction to Human Development**

Concept of human development, Growth and Development, Biological Perspectives,  
: Psychoanalytic Theories: Cognitive, Learning and Intelligence Theories, Humanistic,  
Ethological and Contextual Theories

Methods of Studying Development, role of nature and nurture in development

Methods of Studying Development, role of nature and nurture in development

Prenatal Development: Genetics, stages, characteristics and hazards of prenatal  
development

Infancy: Physical, emotional, major development and hazards in infancy.

**Unit- II Childhood & Adolescence**

Early and late childhood: characteristics, physical, social, cognitive and moral  
Development and hazards

Schooling and Development. Problems in Childhood, ADHD, Autism, learning  
disabilities.

Stages of adolescence: characteristics, physical and cognitive Changes, social, moral and  
self development.

Challenges and issues in adolescent development, Role of Parenting

**Unit- III Adulthood and Aging**

Early adulthood: characteristics and development, vocational adjustments, and family life  
cycle, problems in it.

Middle adulthood: characteristics and development, midlife crisis and adjustments.

Late adulthood: characteristics, physical changes, problems and adjustments

Challenges and Issues in aging Process

**Unit IV: The Family: Theoretical Perspectives**

: Diversity in Family Form, Family Dynamics: Mapping Family Relationships: Family  
Theories-

**Unit V: Family Life Cycle Stages -**

: Family Life Cycle

: Marriage and the Beginning

: Child Bearing Families

: Families with Elementary and Middle School Children

: Families with Teenagers

: Families with Middle-aged Parents and Ageing Family Members

**Books:-**

1. Berk L. C.: Child Development (1996) 5<sup>th</sup> edition prentice hall of India PVT. Ltd.
2. Hurlock E. B.: "Developmental Psychology (1999) 6<sup>th</sup> edition TMH, New Delhi
3. Lahey B. B. (1998) Psychology, 6<sup>th</sup> edition TMH, New Delhi
4. Mussen Conger: Child Development.
5. Papalia D. E.: Human Development (2004) 9<sup>th</sup> edition TMH, New Delhi

**Sem-I, Paper-III**

**Psycho diagnostics**

**Credit-04  
(Marks 100)  
(80+20)**

**Unit I The Evolution of clinical psychology and contemporary clinical Psychology:-**

- Defining the nature and scope of clinical psychology
- Mental health professions
- A brief History of clinical psychology
- Activities of clinical psychologists
- Employment Settings
- The two pillars of clinical psychology: Science and ethics
- Training in clinical psychology
- Licensure in clinical psychology

**Unit II Assessment: Interviewing and Observation**

- Ethical issues: Limits of confidentiality
- Unstructured Assessment interviews
- Structured Diagnostic Interviews
- General Issues in Interviewing
- Observations

**Unit III Assessment: Intellectual and cognitive measures**

- Defining Intelligence
- Theories of Intelligence
- Assessing Intelligence: The Clinical context

**Unit IV Assessment: Self – Report and Projective measures**

- Self Presentation biases
- Developing Culturally appropriate measures
- Projective measures of Personality

**Unit V : Clinical Assessment**

- 1) Introduction to Psychological Testing, Principles, Uses and classification.
- 2) Relation and administration of Tests
- 3) Personality testing
- 4) Aptitude test
- 5) Diagnostic psychological testing

**Sem-I, Paper-IV**

**Fundamentals of Counseling & Fields of Counseling**

**Credit-04  
(Marks 100)  
(80+20)**

**Unit I: Introduction to Counseling and Family Therapy**

- 1 : Counseling: Meaning, Scope and Applicability, Issues and Concerns
- 2 : Family Therapy: Meaning, Scope and Applicability
- 3 :: Family Theories in Practice

**Unit II: Schools of Family Therapy & Modelities of Counseling**

- : Systemic Family Therapy
- : Solution Focused and Strategic Family Therapy
- : Structural Family Therapy
- : Cognitive Behavioral Family Therapy
- : Integrated Approach to Family Therapy
- : Family Interviewing
- : Crisis Intervention
- : Supportive Counseling
- : Psycho-education Unit
- : Social Skills Therapy

**Unit III:- EDUCATIONAL COUNSELING**

- 1 : Issues and Concerns in Counseling and Family Therapy
- 2 : Emotional and Behavioral Problems
- 3 : School Difficulties
- 4 : Child/Adolescent with Disability
- 5 : Parent Management Training
- 6 : Dealing with victims of child sexual abuse

**Unit IV: HEALTH COUNSELING**

- : Working with Chronic Illness
- : Dealing with HIV/AIDS
- : Dealing with Substance Abuse Unit
- Dealing with cardiovascular diseases
- : Dealing with Deliberate Self Harm

**Unit V:- INDUSTRIAL COUNSELING**

- Organizational Behavior,
- Role boundaries-role insufficiency- role overload,
- Occupational Stress,
- Labor –management crisis,
- Psychological & mental health problems,
- Absenteeism,
- Job performance,
- Maladjustment,

**Semester-II Paper-V  
Abnormal Psychology**

**Credit-04  
(Marks 100)  
(80+20)**

**Objectives:**

- 1) To promote and enhance academic interest among the students about Psychological illness and mental health.
- 2) To enable the students to develop the skills so as to become a good psychology Practitioner.
- 3) To act as a platform for awareness of mental illness and mental health in the surrounding area.

**Unit I:** Definitions of abnormal behavior, Difference between normal and abnormal behavior, The DSM classification of abnormal behavior, Biological, psychological and sociocultural perspectives of abnormal behavior. Relationship between abnormal Psychology & Counseling.

**Unit II:** Causes and risk factors in abnormal behavior: Necessary, sufficient and contributory factors. Biological, psychosocial and sociocultural factors of abnormal behavior

**Unit III:** Health problems and behavior. Psychological factors in health and disease. Stress and the stress response, biological cost of stress, stress and the immune system. The link between the brain and the immune system.

**Unit IV:** Lifestyle factors in health and illness. Psychosomatic disorders and somatic Form disorder

**Unit V:** Anxiety based disorders: Generalized anxiety disorder, phobic disorders, obsessive compulsive disorder, panic disorder with and without agoraphobia. Stress and adjustment disorders, Post Traumatic Stress Disorder.

**Books**

- Alloy, L. B.; Riskind, J. H. and Manos, M. J. (2006). Abnormal Psychology: Current Perspectives, 9<sup>th</sup> ed. Tata McGraw Hill, New Delhi.
- Barlow, D. H. and Durand, V. M. (2007). Abnormal Psychology: An Integrative Approach, 4<sup>th</sup> ed. Thompson (India Edition).
- Carson, C. C. ; Butcher, J. N. and Mineka, S. (2004). Abnormal Psychology and Modern Life, 11<sup>th</sup> ed. Pearson, New Delhi.
- Carson, C. C. ; Butcher, J. N.; Mineka, S. and Hooley, J. M. (2011). Abnormal Psychology, 13<sup>th</sup> ed. Pearson, New Delhi.
- Sarason, I. G. and Sarason B. R. (2002). Abnormal Psychology, 10<sup>th</sup> ed. Prentice Hall, New Delhi.
- Sarason, I. G. and Sarason B. R. (2006). Abnormal Psychology: The Problem of Maladaptive Behavior, 11<sup>th</sup> ed. Prentice Hall, New Delhi.
- Susan Nulen-Hoeksema (2005). Abnormal Psychology, 3<sup>rd</sup> ed. Tata McGraw Hill, New Delhi.
- Rajhansa, Manasi; Patil, Anagha and Surve, Sushil (2004). Apsamanayche Manasshastra, Unmesh Prakashan, Pune.
- Akolkar, V. V. (1995). Manovikruti Vidnyan, Nirali Prakashan.
- Gadgil, Kalyani (2008). Schizophrenia: Ek Navi Janiv, 2<sup>nd</sup> ed. Continental prakashan, Pune.

## Semester II: Paper-VI

### Psychotherapy I:

Credit-04  
(Marks 100)  
(80+20)

#### 1.Introduction to psychotherapy:

- 1.1 Nature and definition of Psychotherapies
- 1.2 The counsellor as a therapeutic person ( Personal characteristics of effective counselor)
- 1.3 He counsellors values and therapeutic process
- 1.4 Ethical issues and counseling practices.

#### 2.Psychoanalytic Therapies: Classical and Modern

- 2.1 View of human nature
- 2.2 Key concepts: Structure of personality, Consciousness and the unconscious, Ego-defence mechanism, Anxiety.
- 2.3 Development of personality
- 2.4 Erikson's Psychological perspective & Jung's perspective on the Development of Personality.

#### 3.Behaviour Therapies:

- 3.1 Historical background and four areas of development
- 3.2 Key concepts: View of human nature, basic characteristics and assumptions
- 3.3 The therapeutic process: therapeutic goals, therapist's function and role
- 3.4 Introduction to operant conditioning therapy techniques

#### 4.Cognitive, Humanistic and Existential Therapies

- 4.1 Cognitive Therapies: Key concepts of REBT, Mindfulness and REBT, Beck's Cognitive Therapy.
- 4.2 Rogers client entered therapy
- 4.3 Gestalt therapy
- 4.4 Logo therapy and Reality therapy

#### 5. Multimodal and Eastern Therapies, T.A

- 5.1 Lazarus Multimodal Therapy: BASIC. I.D.
- 5.2 Eastern Therapies: Vipassana and Zen Buddhism
- 5.3 Islam and Sufizm
- 5.4 Yoga Therapy

## Paper-III (Sem-II)

### Vocational Guidance and Counseling

Credit-04  
(Marks 100)  
(80+20)

#### Objectives:-

At the end of the course the participants will be able to:

- Recognize differences among students
- Identify educational problems of students at different stages
- Administer and interpret different types of tests
- Help students with learning difficulties and social/emotional problems.

#### Unit I:-

##### MANAGING THE GUIDANCE SERVICE

- 1.1 Setting up of an Educational Cell/Unit
- 1.2 Monitoring and Evaluation of a comprehensive Guidance Programme in Educational Settings.
- 1.3 Networking with Community Agencies.

#### Unit II:-

##### VOCATIONAL GUIDANCE AND COUNSELING

- 2.1 The nature of Vocational Guidance
- 2.2 The need for Vocational Guidance
  - The Socio-economic and Cultural Context
- 2.3 The Concept of Vocational Development and factor contributing to Vocational Development.
- 2.4 Theories of Vocational Development
  - Donald Super's Self-actualization
  - Ginsberg's Occupational Choice.

**Unit III:- THE PURPOSE OF VOCATIONAL COUNSELING**

- 3.1 Job analysis and job satisfaction
- 3.2 Occupational Information
- 3.3 Sources of occupational Information
- 3.4 Classification and Dissemination

**Unit IV:- PREPARATION FOR THE WORLD OF WORK**

- 4.1 Discovering Individual Abilities/Interests
- 4.2 Studying Occupations and Job Requirements
- 4.3 Training for interviews
- 4.4 The Psychology of Entrepreneurship

**Unit V:- HUMAN RESOURCES**

- 5.1 Hiring , Motivating & maintaining People
- 5.2 Human Resource planning, design.
- 5.3 Recruitment & Selection, Job analysis.
- 5.4 Counseling employee.

**Sem-II, Paper-VIII**  
**Counseling Skills & Practices:**

**Credit-04**  
**(Marks 100)**  
**(80+20)**

**Unit-I:- Definition of Counseling –Introduction**

- Difference between Guidance & Counseling & Therapy
- Phrases of Counseling
- Ethics-Ensuring Autonomy
- Confidentiality & Record Keeping
- Proff. Berebries, legal responsibilities

**Unit-II:- Skills attending vehabes interacting skills (characteristics, Types Tech.)**

- Observational skills
- Reflective lisining
- Giving information
- Waring with resistance

**Unit III: Application of core counseling skill**

- Type of counseling, Stages of counseling
- Difference between guidance, counseling and therapies
- case history
- Working with other professionals

**Unit IV: Crisis counseling**

- Problem solving
- Relaxation techniques
- Behavioral activities
- Cognitive restructuring

**Unit V: Life coming skills**

Self-Awareness, Empathy, decision making , Creative thinking, Critical thinking, Problem solving, Interpersonal relationship, Goal setting, Coping with Stress, Coping with emotions.

**Plan of Examination :**

i) Semester wise Internal Examination will be conducted by the Department of Lifelong Learning & Extension, Sant Gadge Baba Amravati University Amravati at the Department level.

ii) Semester wise Final Examination will be conducted by the Sant Gadge Baba Amravati University in collaboration with Examination section as per University rule, at University level

iii) Curriculum and Marks / credits



**Semester I**

Paper		Max. Marks	Credits
I	Fundamentals of Psychology	80+20=100	04
II	Human Development	80+20=100	04
III	Psycho diagnostics	80+20=100	04
IV	Fundamentals of Counseling & Fields of Counseling	80+20=100	04
	<b>Practical</b> (I) (Based on Theory)	80+20 (Int. Viva)=100	04

**Semester II**

Paper		Max. Marks	Credits
V	Abnormal Psychology I	80+20=100	04
VI	Psychotherapy –I	80+20=100	04
VII	Vocational Guidance & Counseling	80+20=100	04
VIII	Counseling Skills & Practices	80+20=100	04
	<b>Practical</b> (II) (Based on Theory)	80+20 (Int. Viva)=100	04
	Block Placement (Internship)		

For Internal 20 Marks of each Theory Paper distribution of Marks will be as Under-  
Attendance 05 Marks, Unit Test/Assignment 05 Marks, Subject related any Innovative activity/ Project 10 marks

\*Internship of 150 Hrs. at the end of Sem-II- candidate has to complete internship successfully only then mark sheet of semester II and Diploma Certificate will be issued & he can get admission in M.A. Sem-III.

**SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI  
SEMESTER SYSTEM SYLLABUS FOR  
Diploma in Counseling and Psychotherapy and  
M.A. in Counseling and Psychotherapy  
SEMESTER I and II  
With effect from 2017-2018**

**General Instruction**

- The examination in Diploma in Counseling and Psychotherapy and M.A. in Counseling and Psychotherapy, each semester will have 4 theory papers and 1 practical. Each theory paper and practical will have maximum 80 marks and 20 marks for internal assessment. Minimum passing marks in each paper will be 40%
- There will be 4 theory periods for each paper and 4 periods for practical in a week, per batch of 10 students. Total 20 clock hours teaching per batch in a week.
- Student will be allowed to appear in the practical examination with duly certified and completed practical record book signed by the concerned teacher and Head of the department.
- Student will not get admission in Semester III unless he clears the Practical Examination of Semester I & II and successfully completes the Internship Programme.
- Besides the Rules and regulations mentioned here, the rules and regulations of MA Courses of SGBAU will be applicable to this Course with necessary changes.

**Pattern of Examination**  
**Diploma in Counseling and Psychotherapy and**  
**for M.A. in Counseling and Psychotherapy**  
**Semester: Five papers for each semester.**

**A Theory: four paper for each semester. Maximum marks to each paper will be 80 and 3 hours duration of examination.**

**Instruction:**

- A] All questions are compulsory
- B] All questions carry equal marks

**Note:**

- 1) Number of questions to be set in each paper will be Five
- 2) Three long answer questions and two short answer questions to be set on five units.
- 3) For every question, long answer type or short answer type, there will be an alternate choice. However, there shall be no internal choice in the question.
- 4) In each short answer type question there will be four sub questions with no internal choice.

**B Practical**

- 1] One practical examination in each semester of 80 marks and three hours duration.
- 2] Practical examination in each semester will be conducted by Internal and External Examiners appointed by the University.

**Distribution of marks for Practical Examination (80 marks) SEMESTER I**

1] Record Book	15
2) Viewing & analysis of educational film/Analysis of Case vignette	10
3] Conduct of experiment(at the time of Exam)	10
4] Report of the experiment	10
5] Seminar (during the academic session)	15
6] Viva voce	20
Total	80

**Internal Assessment (20 marks)**

Distribution of 20 marks of internal assessment for practical

- a. Attendance for Practicals during the academic session 10
- b. Performance during Practicals in the academic session 10

**Distribution of marks for Practical Examination (80 marks) SEMESTER II**

1] Record Book	15
2) Agency(Observation)Visits (4)& Reporting	12
3) Case Studies & Reporting	20
3] Conduct of experiment & Report of the experiment (at the time of Exam)	18
6] Viva voce	15
20	
Total	80

**Internal Assessment (20 marks)**

Distribution of 20 marks of internal assessment for practical

- a. Attendance for Practicals during the academic session 10
- b. Performance during Practicals in the academic session 10

**Diploma in Counseling and Psychotherapy and  
for M.A. in Counseling and Psychotherapy  
Semester I Paper V**

**Practical**

This paper consists of eight laboratory experiments/Tests, Analysis of a Film/Case and seminar. Each student shall complete eight experiments and submit record book containing reports of experiment, Tests, Analysis of a Film/Case and Seminar.

**1) Experiments (Any Four)**

- 1 Substitution Learning
- 2 Memory Span
- 3 Recall and Recognition
- 4 Mental Set
- 5 Muller Lyer Illusion
- 6 Habit interference
- 7 Effect of knowledge of result on performance
- 8 Judgement of Emotion

**2) Test (Any Four)**

- 1 Intelligence
- 2 Creativity
- 3 Emotional Intelligence
- 4 Personality
- 5 Aptitude
- 6 Attitude

**3) Seminar**

**A student has to prepare & present Paper on a given topic,**

**4) Viewing & Analysis of a educational film/ Analysis of case vignette**

**Diploma in Counseling and Psychotherapy and  
for M.A. in Counseling and Psychotherapy  
Semester II Paper V**

**Practical**

**It consists of eight psychological tests, Agency Visits and two case study report.**

**1) Test (Any Eight) :-**

1. Eysenck's Personality Questionnaire [EPQ]
2. Self Concept Inventory
3. Aggression Scale
4. Death Anxiety Scale
5. Youth Problem Check List
6. Mental Status Examination
7. Depression Scale
8. Stress Scale
9. Social Maturity Scale
10. Old Age Adjustment Inventory
11. Mental Health Inventory
12. TAT/Rorschach Ink Blot Test

**2) Agency(Observation) Visits- Four- Visits to Agencies like Family Court, Observation Homes, Central Prison, Hospitals, De-addiction Centre, Family Counseling Centre etc**

**3) Case Study: -**

Two case studies (presentation and report) will be conducted on psychological disorders.

Scheme of Teaching and Examinations for Semester & Credits Pattern of Master of Arts (Counseling & Psychotherapy ) Semester I to IV

TABLE-II

Sr. No	Subject	Teaching Scheme			Examination Scheme					Total Marks
		Theory Credits	Practical Credits	Total Credits	Dur.	Max Mar.	Min. Mar.	Max. Mar.	Min. Mar.	
1.	Paper-I	04		04	3 Hr	80	32	20	08	100
2.	Paper-II	04		04	3 Hr	80	32	20	08	100
3.	Paper-III	04		04	3 Hr	80	32	20	08	100
4.	Paper-IV	04		04	3 Hr	80	32	20	08	100
5	Practical		04	04	3Hr	80	32	20	08	100
	Total	16	04	20		400	160	100	40	500

**Notes:-**

1. Number of Theory Papers for each Semester shall be Four & each paper will be of 80 Marks.
2. Number of questions to be set in each paper will be Five
3. All questions will be compulsory
4. All questions carry equal Marks
5. There will be Three long answer type questions and Two short answer type question to be set on all units.
6. For every question there will be an alternate choice. However, there will be no internal choice in the question.
7. In each short answer type question there will be four sub questions with no internal choice.

**Practical**

1. For Practical in each semester & its Examination there will be maximum 60 Marks & for viva voce there will be 20 Marks.
2. Practical examination in each semester will be conducted by Internal and External Examiners appointed by the University.

**Distribution of marks for Practical Examination (80 marks) SEMESTER I**

1. Record Book	15
2. Viewing & analysis of educational film/Analysis of Case vignette	10
3. Conduct of experiment(at the time of Exam)	10
4. Report of the experiment	10
5. Seminar(during the academic session)	15
6. Viva voce	20
<b>Total</b>	<b>80</b>

**Internal Assessment (20 marks)**

Distribution of 20 marks of internal assessment for practical

- c. Attendance for Practicals during the academic session 10
- d. Performance during Practicals in the academic session 10

**Distribution of marks for Practical Examination (80 marks) SEMESTER II**

1. Record Book	15
2. Agency(Observation)Visits (4)& Reporting	12
3. Case Studies & Reporting	15
4. Conduct of experiment &	
5. Report of the experiment (at the time of Exam)	18
6. Viva voce	20

**Total** 80

**Internal Assessment (20 marks)**

Distribution of 20 marks of internal assessment for practical

- c. Attendance for Practicals during the academic session 10
- d. Performance during Practicals in the academic session 10

**Internal Assessment (20 marks)**

For internal 20 Marks of each Theory Paper distribution of Marks will be as Under-

Attendance 05 Marks, Unit Test/Assignment 05 Marks Subject related any Innovative activity /Project 10 Marks

Separate passing in Theory, Internal Assessment and Practical

\*Internship of 150 Hrs at the end of Sem-II- Candidate has to complete internship successfully only then marks sheet of semester II and Diploma Certificate will be issued & he can get admission in M.A. Sem-III.

## Sant Gadge Baba Amravati University, Amravati

### M. A Syllabus

#### Credit-Grade Based Performance and Assessment System (CGPA))

#### Features of the Credit System

#### SCHEME OF SYLLABUS AND CREDIT SYSTEM

- 1) M.A.Degree course shall be of total 80 credits.
- 2) Grades-Marks for each course would be converted to grades as shown in following Table 1 for theory and table 2 for practical.

#### Grades and Grade Points

**Table - III**

Grade	Description	Range of Marks obtained out of 100 or equivalent fraction	Grade points
O	Outstanding	90-100	10
A+	Excellent	80-89	9
A	Very Good	70-79	8
B+	Good	60-69	7
B	Above average	55-59	6
C	Average	50-54	5
P	Pass	40-49	4
F	Fail	Below 40	0
Ab	Absent	Ab	0

- 3) Equivalence of the conventional division/class with the CGPA is in accordance with the following table 3

#### Equivalence of Class/Division to CGPA

**Table-IV**

Sr. No.	CGPA	Class/Division
1.	7.5 or more than 7.5	First Class with Distinction
2.	6.00 or more but less than or equal to 7.49	First Class
3.	5.50 or more but less than or equal to 5.99	Higher Second Class
4.	5.00 or more but less than or equal to 5.49	Second Class
5.	4.00 or more but less than or equal to 4.99	Pass

- 4) Based on the grade points obtained in each subject, Semester Grade Point Average (SGPA) and then Cumulative Grade Point Average (CGPA) are computed .
- 5) Degree will be awarded on the basis of the Performance of CGPA of the Credits from semester I to IV

**Appendix-B**

**Scheme of Teaching and Examinations for Semester & Credits Pattern of Post Graduate Diploma  
(Counseling & Psychotherapy) Semester I to II**

**TABLE-II**

Sr. No	Subject	Teaching Scheme			Examination Scheme					
					Theory/ Practical			Internal		Total Marks
		Theory Credits	Practical Credits	Total Credits	Dur.	Max. Mar.	Min. Mar.	Max. Mar.	Min. Mar.	
1.	Paper-I	04		04	3 Hr	80	32	20	08	100
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	Total	16	04	20		400	160	100	40	500

**Notes:-**

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**Practical**

1. For Practical in each semester & its Examination there will be maximum 60 Marks & for viva voce there will be 20 Marks.
2. Practical examination in each semester will be conducted by Internal and External Examiners appointed by the University.

**Distribution of marks for Practical Examination (80 marks) SEMESTER I**

7. Record Book	15
8. Viewing & analysis of educational film/Analysis of Case vignette	10
9. Conduct of experiment(at the time of Exam)	10
10. Report of the experiment	10
11. Seminar(during the academic session)	15
12. Viva voce	20
<b>Total</b>	<b>80</b>

**Internal Assessment (20 marks)**

Distribution of 20 marks of internal assessment for practical

- e. Attendance for Practicals during the academic session 10
- f. Performance during Practicals in the academic session 10

**Distribution of marks for Practical Examination (80 marks) SEMESTER II**

7. Record Book	15
8. Agency(Observation)Visits (4)& Reporting	12
9. Case Studies & Reporting	15
10. Conduct of experiment &	
11. Report of the experiment (at the time of Exam)	18
12. Viva voce	20
<b>Total</b>	<b>80</b>

**Internal Assessment (20 marks)**

Distribution of 20 marks of internal assessment for practical

- e. Attendance for Practicals during the academic session 10
- f. Performance during Practicals in the academic session 10

**Internal Assessment (20 marks)**

For internal 20 Marks of each Theory Paper distribution of Marks will be as Under-

Attendance 05 Marks, Unit Test/Assignment 05 Marks Subject related any Innovative activity /Project 10 Marks Separate passing in Theory, Internal Assessment and Practical

\*Internship of 150 Hrs at the end of Sem-II- Candidate has to complete internship successfully only then Marks sheet of semester II and Diploma Certificate will be issued & he can get admission in M.A. Sem-III.

**Sant Gadge Baba Amravati University, Amravati**  
**P.G.Diploma (Counseling& Psychotherapy) Semester I to II**

**.Syllabus**

**Credit-Grade Based Performance and Assessment System (CGPA))**  
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4.	5.00 or more but less than or equal to 5.49	Second Class
5.	4.00 or more but less than or equal to 4.99	Pass

- 4) Based on the grade points obtained in each subject, Semester Grade Point Average (SGPA) and then Cumulative Grade Point Average (CGPA) are computed .
- 5) Diploma will be awarded on the basis of the Performance of CGPA of the Credits from semester I to II.