DEPARTMENT OF LIFELONG LEARNING

Post Graduate Diploma in Guidance and Counselling

Session: 2019-20

Sl. No.	Name of the student	BU Challan No.	Date	Gender
1	PRIYANKA MUKHERJEE	2180 C	20.03.2020	Female
2	SANCHITA DAS	2181 C	20.03.2020	Female
3	JAYATI BHATTACHARYYA	2182 C	20.03.2020	Female
	BRATATI BHATTACHARYYA	2183 C	20.03.2020	Female
5	SUMANA SHAW	2184 C	20.03.2020	Female
6	TANMOY KABIRAJ	2174 C	20.03.2020	Male
7	DORA MUKHERJEE	2175 C	20.03.2020	Female
	UTPAL GHOSH	2176 C	20.03.2020	Male
8	SOURAV DUTTA	2177 C	20.03.2020	Male
9		2178 C	20.03.2020	Female
10	RENUKA KHAN	39	19.04.2021	Male
11	KAUSTABH BARH	40	19.04.2021	Female
12	SHILPA GHOSH	41	19.04.2021	Female
13	PUJA GHOSH	42	19.04.2021	Male
14	PABITRO MAJI	43	19.04.2021	Male
15	PARAMESWAR MURMU	44	19.04.2021	Female
16	RIYA BAG	45	19.04.2021	Male
17	SK. MONIRUL ISLAM	48	19.04.2021	Female
18	POONAM SAV	54	19.04.2021	Male
19	SUKANTA SAHA			Male
20	KALIDAS BASKI	55	19.04.2021	
21	SUVENDU MALIK	56	19.04.2021	Male
22	SUKANYA MUKHOPADHYAY	1146	02.09.2021	Female
23	SANGITA BALLABH DAS	C/1586	02.09.2021	Female

Joint Director

Joint Director

Learning

Deptt. of Lifelong Learning

THE UNIVERSITY OF BURDWAN

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BURDWAN UNIVERSITY Department of Lifelong Learning

This is in connection with the Post Graduate Diploma in Guidance and Counselling course in the Department of Lifelong Learning. The final examination of the last year students has ended in the month of April 2019. The programme usually runs January to December session. The Secretary, Faculty Council of Arts, etc. may please be requested for admission of students in the new session.

Joint Director/ Enclosed please find relevant papers in this regard. Southetre Bandspacklyng.

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Joint Director Deptt. of Lifelong Learning THE UNIVERSITY OF BURDWAN RAJBATI, BURDWAN-713104

REGISTRAR THE UNIVERSITY OF BURDWAN BURDWAN - 713104

31,10,19

P.G.D.G.C. SESSION: 2020

Roll No.	NAME OF STUDENTS
1	BRATATI BHATTACHARYYA
2	DORA MUKHERJEE
3	JAYATI BHATTACHARYYA
4	KALIDAS BASKI
5	KAUSTABH BARH
6	PABITRO MATI
7	PARAMESWAR MURMU
8	POONAM SAV
9	PRIYANKA MUKHERJEE
10	PUJA GHOSH
11	RIYA BAG
12	SANCHITA DAS
13	SANGITA BALLABH DAS
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Students' Attendance Register for

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Date of Publication: 09.12, 2022

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Full Marks: 800 Pars Marks

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Deptt. of Lifelong Learning THE UNIVERSITY OF BURDWAN RAJBATI, BURDWAN-713104

FIST GRADUATE DIPLOMA IN GUEDANCE AND Year: 2020

Date of Publication: 09.12.2022

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DEPARTMENT OF CONTROLLER OF EXAMINATIONS

PROVISIONAL RESULTS OF POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING (ONE YEAR DIPLOMA COURSE) EXAMINATION, 2020

1

Page 1 of 1

Institution Code: BU

Institution Name: THE UNIVERSITY OF BURDWAN

Roll Number	Obtained Marks F.M. 800	Result
BUR/PGDGC/2020/002	559	FIRST CLASS (I)
BUR/PGDGC/2020/003	590	FIRST CLASS (I)
BUR/PGDGC/2020/004	419	SECOND CLASS (II)
BUR/PGDGC/2020/005	571	FIRST CLASS (I)
BUR/PGDGC/2020/006	521	FIRST CLASS (I)
BUR/PGDGC/2020/007	480	FIRST CLASS (I)
BUR/PGDGC/2020/009	527	FIRST CLASS (I)
BUR/PGDGC/2020/010	552	FIRST CLASS (I)
BUR/PGDGC/2020/012	524	FIRST CLASS (I)
BUR/PGDGC/2020/013	522	FIRST CLASS (I)
BUR/PGDGC/2020/014	582	FIRST CLASS (I)
BUR/PGDGC/2020/015	448	SECOND CLASS (II)
BUR/PGDGC/2020/016	498	FIRST CLASS (I)
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BUR/PGDGC/2020/021	546	FIRST CLASS (I)
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TOTAL NU	MBER OF CANDIDATE	S: 20

Dated: 09.12.2022

Place: RAJBATI, BURDWAN

Note:

Results: 60% to 100%=FIRST CLASS (I), 40% to <60%=SECOND CLASS (II), Below 40% FAILED (X), RA = Reported Against, EXP = Expelled, RW = Result Withheld, COP = Cancellation on Prayer INC = Incomplete. F.M. = Full Marks

Joint Director
Deptt. of Lifelong Learning
THE UNIVERSITY OF BURDWAN
RAJBATI, BURDWAN-713104

By Order

Controller of Examinations

P.G. DIPLOMA IN GUIDANCE AND COUNSELLING.

SESSION: 2020

1	C	pening B	alance = f	1. 6,38,503/22
ROLL NO.	Name of the student	Challan NO.	Date	Amount (Rs.) and
Take .	opening balance		Rec	,38,503/-
1/00/1	PRIYANKA MUKHERJEE	2180 C	20-03-2020	
100 2	SANCHITA DAS	2181 C.	20-03-2021	
1200/3.	JAYATI BHATTACHARYYA	21826	20-03-2021	
2001/4.	BRATATIBHATTACHARYYA	2/83€	20-03-202	
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Joint Director

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Deptt. of Lifelong Learning

THE UNIVERSITY OF BURDWAN

RAJBATI, BURDWAN-713104

DEPARTMENT OF LIFELONG LEARNING

SCHOLARSHIP & STIPEND

Post Graduate Diploma in Guidance and Counselling Session: 2019-20

SI. No.	Name of the student	Gender	Application ID
1	SUMANA SHAW	F	WB030207474371
2	PUJA GHOSH	F	WB040207516995

Deptt. of Lifelong Learning
THE UNIVERSITY OF BURDWAN
RAJBATI, BURDWAN-713104



Syllabus

30

POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING

Conducted By

The Department of Lifelong Learning

In collaboration with

REGISTRAR
THE UNIVERSITY OF BURDWAN
BURDWAN - 713104

The Department of Sociology

Joint Director

Joint Director

Learning

Deptt. of Lifelong Learning

THE UNIVERSITY OF BURDWAN

THE UNIVERSITY OF BURDWAN-713104

RAJBATI, BURDWAN-713104

SYLLABUS

Paper- I

Self, Society & Social Relationships

Full Marks: 100

Class Hour: 54

1. Concepts of Self: Meaning & Development of Self, Determinants & Dimensions of Self, Self as a product of social learning & cognition, Self in Conflict: Freud's theory of human personality, Challenges of the Self: Stress, Health & Coping.

Hour: 18

2. Society & Social Behaviour: Social constructions of normal & abnormal behaviour through discourses & discursive practices, Social stereotypings—Gender, Sexual & Age Stereotypes, Illness as a Stereotype, Power-Knowledge interplays in stereotypings. Role of culture, mass media, public opinion in shaping social behaviour, Effect of environment on behaviour & vice-versa, Mental Health and mental Illness.

Hour: 18

3. Relationship issues: Basis of Interpersonal Relationships, Factors, Interpersonal attraction, Social perception, Communication & symbolic meaning in relationship, Gender Relationships: Society & Gender Roles--- Limitations & Influences, Sex Relationships: Sexuality--- Constructions & Deconstructions, Sexual myths-its historicity, Sexual responsibility, Sexually Transmitted Diseases--- social implications, Hour: 18 Homosexuality, Sexual values & Choices.

REFERENCES

1. George Herbert Mead, Mind Self and Society from the Standpoint of a Social Behaviorist (Edited by Charles W. Morris). Chicago: University of Chicago (1934).

2. Miller, George Herbert Mead: Self, Language, and the World. University of Texas Press

David.

- 3. Social Selves Theories of Self and Society by Ian Burkitt SAGE Publications Ltd ISBN: 9781412912723
- 4. Francis, David and Stephen Hester, An invitation to ethnomethodology; language, society, and social interaction, Sage Publications.
- 5. Marinelli, Lydia and Andreas Mayer A. Dreaming by the Book: A History of Freud's 'The Interpretation of Dreams' and the Psychoanalytic Movement, New York: Other Press, 2003.
- 6. Jean Laplanche et J.B. Pontalis, Editeur "The Language of Psycho-Analysis", W. W. Norton & Company, 1974.

7. Freud, Sigmund. "The Interpretation of Dreams", Avon Books, 1980.

- 8. Freud, Sigmund. "The Ego and the Id (The Standard Edition of the Complete Psychological Works of Sigmund Freud" W. Norton & Company; The Standard Edition edition, 1990.
- 9. Foucault, Michel. The History of Sexuality, Volume 1. Victoria: Penguin Books, 1998.
- 10. Schneider, David J. The Psychology of Stereotyping, The Guilford Press, London, 2004.

11. Mead, Margaret_Male and Female, Harper Perennial, 2001.

12. Kalbfleisch, Pamela J & Erlbaum, Lawrence Interpersonal Communication: Evolving Interpersonal Relationships, 1993.

13. Antonovosky, A. Health, Stress & Coping, San-Francisco: Jossey-Bass.

14. Cockerham, W.C The Blackwell Companion to Medical Sociology(Ed.) Blackwell Publishing,

15. Lippa, Richard A. Gender, Nature and Nurture. Lawrence Erlbaum Associates, 2002.

- 16. Featherstone, B; Rivett, M & Scourfield, J. (ed.) "Working with Men in Health and Social Care", Sage Publication, 2007.
- 17. Chatterjee, S.C; Patnaik, P; Chariar, V.M. "Discourses on Aging and Dying", Sage. 18. Baert, Patrick. "Social Theory in 20th Century", New York University Press, New York.
- 19. Holmes, Mary. "What is Gender? Sociological Approaches", Sage Publications, 2007.

Paper- II

Fundamentals of Guidance and Counselling

Full Marks: 100

Class Hour: 54

- 1. Definition, Objective & Scope of Counseling, Steps & Stages in Counseling, Difference between Guidance, Counseling & Psychotherapy, Dimensions & dynamics of counseling relationships, client expectations.
- 2. Skills required in counselling & counselor's qualities. Codes of professional ethics & ethical principles, Guides for successful living, Social significance of counseling and guidance. Techniques of collecting information about the individual for guidance and Hour: 18
- 3. Meaning and definition of guidance, aims and importance of guidance, basic principles of guidance, group guidance, Psychological bases of guidance: Intelligence aptitude, interest, personality. Organisation of guidance services, follow up services in guidance evalution of guidance services. Hour: 18

REFERENCES

- Sharma, R and Sharma, R. Guidance and Counseling In India, Atlantic Publisher, New Delhi.
- 2. Guidance and Counselling By R C Mishra APH Publishing Corporation
- 3. Jones, A.J.: Principes of Guidance, sixth ed., McGraw Hill, New York, 1970
- 4. Asch, M. Principles of Guidance and Counseling. ND: Sarup & Sons, 2000.
- 5. Kottler, J.A and Brown, R.W. Introduction to Therapeutic Counseling, U.S: Brooks/Cole, 2000.
- 6. Woolfe, R and Dryden, W. Handbook of Counseling Psychology, New Delhi, sage Publication. 7. May, R. The Art of Counseling, Nashville, Abingdon, 1977.
- 8. Leigh, A. Referral and Termination Issues for Counselors, New Delhi: Sage Publications, 1998.
- 9. Wallace, S.A and Lewis, M.D Becoming a Professional Counselor, New Delhi, Sage.
- 10. Osipow, S.H. Theories of Career Development, NJ: Prentice Hall Inc, 1983.
- 11. Gabriel, L & Casemore, R (ed.) Relational Ethics in Practice--- Narratives from Counseling and Psychotherapy, Routledge, 2007.
- 12. Cottone, R. R & Tarvydas, V M. Counseling Ethics and Decision- Making, Prentice Hall.
- 13. Geldard, K & Geldard, D. Practical Counselling Skills: An Integrative Approach, Palgrave.
- 14. Langs, R. Fundamentals of Adaptive Psychotherapy and Counselling, Palgrave
- 15. Career Guidance and Counselling: Principles and Techniques By S. P. Sharma, Kanishka
- 16. Mayers, G.E.: Principles and Techniques of vocational Guidance, McGraw Hill,

Paper -III

Guidance and Counseling: Theoretical Approaches & Techniques

Full Marks: 100 Class Hour: 54

1. Importance of theories--- Issues faced by beginning therapists.

Hour: 18

- 2. Psychodynamic approach, Freud's Psychoanalysis, Freud Revisited: Lacanian Psychoanalysis, Adlerian, Person-centered, Existential & Gestalt therapies & techniques, Analysis of these techniques from a multicultural perspective; Action Oriented Techniques: Behaviour therapy, Cognitive- behaviour therapy, Reality therapies—Key concepts, Processes & Applications.

 Hour: 18
- 3. Case work/individual & Group counseling approaches, Integrative, Spiritual Approaches of counseling. Humanistic approach, Existential approach, Integrative Hour: 18

REFERENCES

- 1- Gladding, S. T. Counseling Theories: Essential Concepts and Applications, Prentice Hall, 2004.
- 2. Corey, G. Theory and Practice of Counseling and Psychotherapy, Cengage Learning, 2008.
- 3. Lacan, J. The Ethics of Psychoanalysis: The Seminar of Jacques Lacan, Routledge, 2007.
- 4. Ginsburg, H. P. & Opper, S. Piaget's Theory of Intellectual Development, Prentice- Hall, 1987.
- 5. Walsh, W.B and Betz, N.E Tests and Assessments, NJ: Prentice-Hall, 1985.
- 6. Pareek, U and Rao, T.V. First Handbook of Psychological and Social Instruments, New Delhi, Concept Publishing Co., 1992.
- 7. Carroll, M R. and Kraus K L. Elements of Group Counseling, Love Publishing, Denver, USA.
- 8. Theory and practice of group counseling By Gerald Corey
- 9. Basic Counseling Techniques: A Beginning Therapist's Toolkit by C. Wayne Perry ISBN-10: 1403383278
- 10. Counseling and psychotherapy theories in context and practice: skills, Strategies and Techniques. By John Sommers-Flanagan, Rita Sommers-Flanagan, John Wiley & Sons.
- 11. Guidance and Counselling: A Manual: By B. G. Barki, B. Mukhopadhyay Sterling Publishers.

 New Delhi
- 12. Encyclopaedia Of Guidance And Counselling (4 Vols.) Author: K.S. Lakshmi ISBN: 81-7099-757: New Delhi-: 2003

Paper-IV

Guidance and Counseling Areas

Full Marks: 100 Class Hour: 54

- 1. Educational Counseling and Guidance: School, College and University, Career Counseling for career planning & skill development, Hour: 18
- 2. Family and Health Counseling and Guidance: Family, Marriage & Sex, adolescent, Addiction, Gerentological, Mother & Child health, women & gender issues, stress and Trauma, Health & Hospital Counseling HIV/AIDS

 Hour: 18
- 3. Industrial & Organizational counseling, correctional counseling, Counseling for handicapped & mentally challenged, Sports counselling Hour: 18

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Paper-V

Testing and Assessment in Guidance and Counselling

Full Marks: 100 Class Hour: 54

1. Testing in counselling. Need and importance of testing. Types of testing, Utilization of test result in counselling and referral service. Hour: 18

- Assessment of cognitive function: Weschler Adult Intelligence Scale, Bender Gestalt Test, Raven's Progressive Matrices. Assessment of personality, Stress and Adjustment: Standard measures of Personality: State-Trait Anxiety (STAI), Depression, Adjustment and Stress.

 Hour: 18
- 3. Assessment of Interest, Aptitude, Achievement- Measures of achievement and Aspiration, vocational and career interest. Observational assessment- Interview, Case Study, rating scale.

 Hour: 18

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- 3. Corey, G. 1985. Theory and Practice of Group Counselling, Monterey, CA, Brooks/Cole.
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Paper-VI

Research Methods in Guidance and Counselling

Full Marks: 100 Class Hour: 54

- Importance of research, Scope of Research in the Counseling and Guidance Opportunities, Difficulties, Scope, Steps
 Hour: 18
- 2. Research methods
 Qualitative, Quantitative, Single-case designs/group research, Action research,
 Outcome-based research, Using research results to improve counseling effectiveness
 Hour: 18
- 3. Programme modification
 Needs assessment, Programme Evaluation, Using research results to effect programme modifications, Ethical and legal considerations related to research and programme evaluation. Writing of research report.

 Hour: 18

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Social Work Research Methods Four Alternative Paradigms by Teresa & Morris, SAGE Publications, Inc. ISBN:9781412916745

Qualitative research in counselling and psychotherapy By John McLeod Sage Publications, New Delhi. Heppner, P. P., Wampold, B. E., & Kivlighan, D. M., Jr. (2007). *Research Design in Counseling* (3rd ed.). Belmont, CA: Brooks Cole.

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Paper-VII

(100 marks)

There would be agency programme for 1 (one) month(training at some counselling center/ organization where counselling services are in practice)
 {to be evaluated on the basis of activity report prepared by each student and signed by the supervising staff / head of that institution}

50 marks

Project Report to be prepared by each student identifying problems
of a single client/group and service delivery by student.
 The Project to be prepared under the supervision of a teacher/ agency.

50 marks

- a) Introduction to the problem/issue
- b) Review of the relevant literature
- c) Statement of the problem
- d) Hypothesis, where applicable
- e) Methodology
- f) Data and its treatment/analysis
- g) Therapy/intervention strategies
- h) Findings, Conclusions, applications, etc.
- i) Limitations/Suggestions for future research
- j) Bibliography

Viva Voce at the end of the final examination 100 marks