



# ADVANCED PG DIPLOMA in **COUNSELLING**



Yugantar Education Society's

## **TIRPUDE COLLEGE OF SOCIAL WORK** (An Autonomous Institution)

Balasaheb Tirpude Marg, Civil Lines, Sadar,  
Nagpur 440 001 Tel. : 0712-2524703

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*Place for Higher Learning and Research*



# YUGANTAR EDUCATION SOCIETY, NAGPUR

*Pillars Of Strength & Solidarity*

## OUR GUIDING FORCE



**LATE HON'BLE SHRI NASIKRAO TIRPUDE**

Premier President (Y.E.S.)  
Former Deputy Chief Minister  
Maharashtra State



**MRS. VANITA TIRPUDE**

Working President  
Yugantar Education Society,  
Nagpur



**SHRI GANESH GAURKHE**

General Secretary  
Yugantar Education Society,  
Nagpur



**SHRI. RAJKUMAR TIRPUDE**

President  
Yugantar Education Society,  
Nagpur



## TIRPUDE COLLEGE OF SOCIAL WORK

(AN AUTONOMOUS INSTITUTION)

CIVIL LINES, SADAR, NAGPUR 440 001

Affiliated to R.T.M. Nagpur University, Nagpur  
Recognised by UGC, New Delhi and Govt. of Maharashtra  
Accredited twice with "A" grade and grade "A+" in 3<sup>rd</sup> cycle by the NAAC, Bangalore  
College with Potential for Excellence by the UGC, New Delhi  
Place for Higher Learning and Research by Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur



**DR. SWATI DHARMADHIKARI**

PRINCIPAL

Tirpude College of Social Work, Nagpur

## NAAC Accreditation



**" We Educate, Create Awareness on Justice and Empower"**

Yugantar Education Society's



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**Website** : [www.tcsw.edu.in](http://www.tcsw.edu.in)



राष्ट्रीय मूल्यांकन एवं प्रत्यायन परिषद

विश्वविद्यालय अनुदान आयोग का स्वायत्त संस्थान

**NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL**

*An Autonomous Institution of the University Grants Commission*

## *Certificate of Accreditation*

*The Executive Committee of the  
National Assessment and Accreditation Council  
on the recommendation of the duly appointed  
Peer Team is pleased to declare the  
Yugantar Education Society's  
Tirpude College of Social Work  
Civil Lines, Sadar, Nagpur,  
affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Maharashtra as  
Accredited  
with CGPA of 3.51 on seven point scale  
at A<sup>+</sup> grade  
valid up to May 01, 2024*

*Date : May 02, 2017*



*D. Singh*  
Director

EC(SC)/24/A&A/15.3



# ADVANCED PG DIPLOMA in COUNSELLING

To be in effect from 2020-21

## 1. ABOUT PARENT INSTITUTION :

Tirpude College of Social Work, Nagpur imparting education, training and research in the field of social work was established in 1966 by former Deputy Chief Minister of Maharashtra Shri. Nashikrao Tirpude with an aim to give quality education in the field of social work for the upliftment of the weaker section of the society. The parent body 'C.P.& Berar Depressed Class Society' was registered in the year 1922 for the upliftment of weaker sections of the society. It was renamed as 'Yugantar Education Society' in the year 1960 and was registered under the Society Registration Act 1860 and Bombay Trust Act 1951.

### **Principal objectives of Yugantar Education Society :**

To bring about socio-economic, educational upliftment of the depressed classes such as the Scheduled Castes, Scheduled Tribes and other Backward Classes by protecting their just claims by all legitimate means.

### **About College :**

Tirpude college of Social Work came into being on 1<sup>st</sup> July 1966. Tirpude college of Social Work is one of the pioneer institutes in central India imparting social work education and training, to create knowledge and value based society with a vision of inclusive and sustainable development through qualitative education empowerment. Tirpude college of Social Work has been awarded 'A+' grade by National Accreditation and Assessment Council constituted by University Grand Commission in 3<sup>rd</sup> cycle in 2017. The college has previously been accredited with "A" grade in 2004 and 2011 by NAAC. It is the only college in the faculty of social work in Maharashtra State and R.T.M. Nagpur University, Nagpur having achieved 'A' + status as well as has been recognized as the college with potential for excellence by University Grant Commission, New Delhi in XII Plan. The college is permanently affiliated to R.T.M. Nagpur University and is recognized as a place for Higher Learning and Research. The

name of the college has been empanelled for evaluation of Government schemes of Maharashtra. Recently awarded Autonomous status by UGC.

**VISION :**

To create a knowledge and value based society with a vision of inclusive and sustainable development through qualitative educational empowerment.

**MISSION :**

- § To produce cadre of professional Social workers through value based, participatory and democratic social work education.
- § To promote competent human functioning for fashioning a responsive and just society.
- § To function in the dynamic environment equipping the social work fraternity to handle the impact of globalization and liberalization.
- § To serve committedly for the cause of social justice and equity.
- § To undertake human resource development and capacity building programmes with and for the stakeholders.

**2. Duration of the program :** Six months

**3. Pattern of the program :** Annual Pattern

The Advanced P.G. Diploma in Counseling shall be of annual pattern. The course aim is to prepare cadre of trained counselors to work in multiple counseling setting. This diploma equips participants with work knowledge, skills and attitude required in the field of counseling.

**4. Eligibility to the course :**

Students with MSW/ BSW, MA/ B.A. with Psychology, teachers, Medical practitioners (MBBS, BHMS, BAMS, Bachelors in Physiotherapy /Occupation therapy, Law graduates, Graduates in Engineering/Architecture, Graduates in Performing Arts, Students having certificate in Counselling will be preferred.



5. **Capacity** : 30 students
6. **Diploma Fees** : Rs. 15060/-
7. **Medium of instruction** : shall be English, Hindi and Marathi.
8. **Course structure** :

1. Number of Theory papers, Field work and Library research.
2. Diploma includes four theory and one field work (Total-05 papers) and all the papers are compulsory.
3. Field work shall be mandatory.
4. The allocation of subject, credits and teaching hours are as follows:

S.N.	Title of Paper	Total Hours	Credits	Total Marks
1.	Understanding Human Behavior and Personality	56 hours	04	100
2.	Counseling Theory and Practice	56 hours	04	100
3.	Skills and Techniques of Counseling	56 hours	04	100
4.	Some Areas of Counseling	56 hours	04	100
5.	a) Field Work	112 hours	06	150
	b) Library work /mini survey	28 hours		

## FIELD WORK

Students have to put in a specified number of hours of field work and have to follow the guideline as prescribed by the college. The field work at the college level is arranged on one day per week. The objectives of field work is to provide the students with practical experience and develop necessary skill and aptitude. The students are required to fill up the self evaluation form so as to get insight in their learning.

1. No grace shall be allowed for passing in field work.
2. Field work of the students shall be supervised by faculty supervisor.

The field work shall comprise of the following components

S. N.	Components	Marks
1	Orientation	10
2	Skill labs (5 Sessions)	20
3	Observational Visits (5 Visits)	10
4	Mini Survey /Library research /Research paper	20
5	Actual Work Four detailed cases studied including reports of counseling	70
6	Seminar on Case presentation	10
7	Viva-voce	10
	<b>Total Marks</b>	<b>150</b>

### Time Schedule:

- § The diploma offers 28 teaching weeks (minimum of 56 teaching days).
- § Two weeks to be utilized for conduct of examinations and evaluation purposes.

Each week shall have 13 clock hours for working, spread over 3 days a week, consisting of lectures, field work, assignments, seminars, project work/library work, co-curricular activities, field visits, Supervisory Meet (Individual & group), extra-curricular activities including Sports, Extension activities etc.



## Examination:

- § Written exam for theory and external viva voce for field work.
- § Every theory paper shall have 80 marks (theory paper) :20 marks (internal assessment)
- § Marks passing will be 50% aggregate.
- § Passing in field work and appearing in external viva voce is mandatory

### PAPER I - Understanding human behaviour and personality

1. **Understanding concepts of human behavior : An introduction** – definition and concept of Learning Memory, Motivation, Emotion, Intelligence, social behaviour.
2. **Personality** : Definition, determinants of personality, theories of personality–psychosexual theory of personality development, psycho-social theory of personality development, theories based on trait approaches. Personality measurements and its application in counseling.
3. **Human development** : Concept of Life span, characteristics (physical, cognitive, emotional, social and morale) and hazards in each stages and counseling needs in each stages.
4. **Concept of normal and abnormal behaviour** : Introduction to classification of mental illness, concept of stress, resilience, stress management --concept and techniques .

### PAPER –II Counselling theory and practice

1. **Introduction to counselling** : Concept and definition of counselling , difference in counseling, guidance & psychotherapy, scope of counselling, role of counselor, voluntary and non voluntary clients, types and principles of counselling. Ethics in counselling, non professional counselors, laws and counselling

2. **Phases of counselling** : Three stage model, Goals in counselling –short term, long term, process goals, client-counselor relationship , attributes of effective counselor. Factors affecting counselling process record keeping & case Management.
3. **Approaches to counselling** : Theoretical base, goals ,key concepts and techniques specific to Person centered, Rational-emotive, Transactional analysis, Problem solving, Behavioural approaches, Existential, Gestalt, Eclectic
4. **Organizational context of counselling** : Types and organizational culture of counselling organizations, role of other professionals in counselling, Alternative modes of counselling-time bounded counselling, telephonic counselling, internet counselling, group counselling, does and don'ts in counselling. Emerging trends in counselling

### **PAPER—III Skills and techniques of counselling**

1. **Skills in counselling** : Various skills in process of counselling, various micro skills in counselling, difference in skills and techniques .
2. **Techniques in counselling** : Generic techniques in counselling, stage specific techniques, meditation, yoga, music ,drawing , role play, games .
3. **Approach specific techniques -I**: Techniques in psychoanalytic approach to counseling - Hypnosis, free association, interpretations of dreams, catharsis, understanding defense mechanisms, Techniques in Cognitive – Behaviour approach to counselling –REBT, Cognitive – behavior modification techniques - self monitoring, self control.
4. **Approach specific techniques- II** : Techniques in Behavioural approach – Anxiety reduction techniques, Operant conditioning techniques, Applied Behaviour analysis, social skills training. Transactional Analysis,



**PAPER IV– Some Areas of counselling**

1. **Child/youth related areas of counselling** : Education and counselling, children in need of care and protection, mainstreaming and rehabilitation of persons with disabilities, youth-career counselling, sports counselling, life skill counselling
2. **Family** : Women- Counselling of rape victims, domestic violence and counselling; Marriage-Pre Marriage counselling, Couple counselling, counselling for adjustment in sexuality, divorce and counselling, single parent and counselling; adoption and counselling; geriatric counselling, counselling for adjustment at work place.
3. **Counselling in medical and psychiatric setting** : Medical - counselling of care givers, bereavement and grief counselling, various organ/body donations and counselling, disease specific counselling. Mental illness and counselling of care givers, day care centers, half way homes and counselling, Addiction –role of counselling in de-addiction, role of SHGs. Trauma and disaster counselling.
4. **Counselling in correctional settings** Adult and juveniles, women prisoners, counselling of prisoners, rehabilitation of convicts after discharge; sexual deviant behaviours and counselling, Cyber Crime and Counselling.

**PAPER –V Field work**

S. N.	Components	Marks
1	Orientation	10
2	Skill labs (5)	20
3	Observational Visits	10
4	Mini Survey /Library research /Research paper	20
5	Actual Work- Four detailed case studied including reports of counseling	70
6	Case presentation	10
7	Viva-voce	10
	<b>Total Marks</b>	<b>150</b>

Four detailed case studies including reports of counselling, one each from four areas of counselling, case study will be done under supervision of the supervisor, at least four sessions per case.

Actual case work (15 marks / per case)

- i) Child
- ii) Women /Marriage
- iii) Correctional Setting
- iv) Medical / Psychiatry

**Case presentation/seminar (10 marks)**

One Research paper based on Mini Survey /Library research on contemporary issues.



Exit Meet of NAAC March 2017



All the participants of Cultural evening, Teaching and Non-Teaching staff with NAAC Peer Team



Professional social work is based on a body of knowledge and skill rooted in democratic values & implemented through the methods of social case work social group work. community organisation, social welfare administration, social research and social action. It's purpose is to help people individually and in groups through problem solving activity.

The value system of the social work profession embraces a belief in the worth & dignity of human being a conviction that the individual is the primary concern of our society, a commitment to furthering his potential for self-fulfilment & a feeling of responsibility for social change. social workers today must contribute to community leadership as active and creative practitioners in helping people in changing world to achieve healthy society.

## **TIRPUDE COLLEGE OF SOCIAL WORK**

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### Contact

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