

Appendix 9: Teaching Learning Scheme**Three Years Six Semesters Programme: Bachelor of Counseling and Psychotherapy with Major: and Minor (NEP)****Faculty: Interdisciplinary Year- First Semester-I**

Sr. No.	Vertical No.	NEP Vertical Type	Course Code	Course	Teaching Scheme Hours			Learning		Teaching Work Load Hours	
					L	T	P	Total Hour	Credit offered		
** INDUCTION PROGRAMME BEFORE THE START OF CLASSES AS PER GUIDELINES OF THE UNIVERSITY											
1	(a & b)	Major and Minor (Theory)	BCAP 01	DSC I (T) Fundamentals of Psychology 1	2	---	----	2	2	2	Lecture, Tutorial and Credit + 1 if Practical are not prescribed
			BCAP 02	DSC II (T) Introduction to Personality Theories 1	2	---		2	2	2	
			BCAP 03	DSC III (T) Counselling Process, Skills and Techniques	2			2	2	2	
2*	(a & b)	Major & Minor (Practical/Laboratories)	BCAP 1P	DSC I (P) Fundamentals of Psychology -1 Practical	---	---	2	2	1	2	If applicable
			BCAP 2P	DSC II (P) Personality Trait Tests 1	---	-	2	2	1	2	
			BCAP 3P	DSC III (P) Psychological Tests 1	---	-	2	2	1	2	
3	e	i. AEC	822206	English Language	2	-	-	2	2	2	
		ii. AEC	822207	Second Language / MIL	2	-	-	2	2	2	
4	e	Generic		IKS	1	-	-	1	1	1	
5	d	Vocational and Skill Enhancement Courses (VSEC)	822209	i. (SEC) Life Skills I Communication Skills in English	-	---	2	2	1	2	
			822210	Communication Skills in Second Language / MIL	-	-	2	2	1	2	
6	c	Generic / Open Elective (OE)		OE 1	2	-	----	2	2	2	
				OE 2	2	-	-	2	2	2	
7	f	Co-Curricular Courses		Fostering Social Responsibility and Community Engagement (NSS/UBA/NCC)	1	---	----	1	1	1	
				Field Work - Fostering Social Responsibility and Community Engagement (NSS/UBA/NCC)	...	---	2	2	1	2	
				TOTAL				28 + Induction Programme,	22	Assessment hrs = 33 to 35	

L: Lecture, T: Tutorial, P: Practical/Practicum**Total Credits offered: 22 (Max), Total credits to be earned: 20 (Min)**

Discipline Specific Core: DSC, Discipline Specific Elective: DSE, Modern Indian Language: MIL, Indian Knowledge System: IKS, Inter Faculty Specific Core: IFSC, Inter Faculty Specific Elective: IFSE, Theory : Th, Practical/Practicum: Pr, Environment Studies: ES, Pre- requisite Course mandatory if applicable: Prq, Laboratory: Lab, Generic/Open Elective Courses: OE; Vocational Skill and Skill Enhancement Courses: VSEC; Vocational Skill Courses: VSC; Skill Enhancement Courses: SEC; Ability Enhancement Courses: AEC; Value Education Courses: VEC; OJT: On Job Training: Internship/ Apprenticeship; Field projects: FP; Community engagement and service: CES; Co-curricular Courses: CC; RM: Research Methodology; Research Project: RP

Note: **Co-curricular Courses:** In addition to the above, CC also include but not limited to Academic activities like paper presentations in conferences, Aavishkar, start-ups, Hackathon, Quiz competitions, Article published, Participation in Summer school/ Winter School / Short term course, Scientific Surveys, Societal Surveys, Field Visits, Study tours, Industrial Visits, yoga, sports, cultural, etc. These activities can be completed cumulatively during **Semester III, IV, V and VI. Its credits and grades will be reflected in semester VI credit grade report.**

Elective Courses: Courses to be selected from the Basket of Courses provided by the University

* If the Department Specific Courses do not have practical / practicum / laboratories, the learning hours & Credits shall be used for the respective Theory Courses.

** Completion Certificate of Induction Programme should be submitted by each student.

*** O.E.-

1. OE is to be chosen compulsorily from faculty other than that of the Major
2. For those students who do not opt MARATHI language under any vertical, MARATHI will be mandatory as one of the options of OE/. (G.R. Marathi Bhasha No. 2018/pr.kr.50/bhasha-1, Date 14 March, 2024).

Teaching Days and Learning Hours	Learning Hours & Credits	Teaching Hours & Work Load
Minimum No. of teaching days = 90 Minimum Learning weeks per Semester = 17 (Minimum Learning Hours per Semester (NCrF) = 600) Minimum Learning Hours per week (NCrF) = 600/18 or 600/17 = 33 to 35	<i>For Theory / Tutorial - 1 Hour = 1 Credit</i> For Practical - 2 Hours = 1 Credit	For Theory – 1 Hour = Hour Work Load For Tutorial - 1 Hour = 1 x No. of batches work load and practical 2 Hour = 2 x No of batches work load

Note:

- The strength of the batch of the Practical for UG Classes shall be 16 with an addition of 10% with the permission of Hon'ble Vice Chancellor. However, for Music Discipline the batch size shall be of 7 students. The number of the students required to constitute a batch or calculate the workload shall be in accordance with the relevant Government Resolution in force at the time, applicable to specific time, region, course type, mode of instruction, and other pertinent factors.

Three Years Six Semesters Programme: Bachelor of Bachelor of Counseling and Psychotherapy with Major: and Minor (NEP)
Faculty: Interdisciplinary Year- First Semester-II Level: 4.5

Sr. No.	Vertical	NEP Vertical Type	Course Code	Course	Teaching Scheme Hours			Learning		Teaching Work Load Hrs.	
					L	T	P	Total Hours	Credit offered		
1	(a & b)	Major and Minor (Theory)	BCAP 21	DSC I (T) Fundamentals of psychology 2	2	--	----	2	2	2	Lecture, Tutorial and Credit + 1 if Practical are Not Prescribed.
			BCAP 22	DSC II (T) Theories of Personality 2	2	--	----	2	2	2	
			BCAP 23	DSC III (T) Ethics in Counseling and Psychotherapy	2		----	2	2	2	
2*	(a & b)	Major/ Minor (Practical/Laboratories)	BCAP 21P	DSC I (P) Fundamental of psychology Practical 2	--	--	2	2	1	2	If applicable
			BCAP 22P	DSC II (P) Personality Trait Tests 2	--	--	2	2	1	2	
			BCAP 23P	DSC III (P) Psychological Tests 2	--	--	2	2	1	2	
3.	e	i. A.E.C.	822218	Language (English)	2	--	----	2	2	2	
		ii. A.E.C.	822219	Second Language / MIL	2	--	----	2	2	2	
4	e			Generic IKS	1	-	-	1	1	1	
5.	d	Vocational and Skill Enhancement Course (VSEC)	822221	i. SEC Life skills –II Professional Skills (Career Skills and Team Skills-I) – English Resume Skills, Interview Skills, Group Discussion Skills, Presentation Skills	—	-	2	2	1	2	
			822222	i. (Career Skills and Team Skills-II) - Second Language / MIL Exploring Career Opportunities Skills, Trust and Collaboration, Listening as a Team Skill, Brainstorming, Social and Cultural Etiquettes, Internal Communication	--	--	2	2	1	2	
6.	c	Generic / Open Elective (OE)		OE 3	2	--	----	2	2		
				OE 4	2	--	----	2	2		

7	f	Co-Curricular Courses		Course on Yoga Education/Fitness, Health and wellness/ sports/cultural activities/fine/applied/visual/performing arts	1	--		1	1	1	
				Activities/Practical on Yoga Education/Fitness, Health and wellness/ sports/cultural activities/fine/applied/visual/performing arts	--	--	2	2	1	2	
				TOTAL	28 assessment+ Report writing hrs = 33 to 35				22		

L: Lecture, T: Tutorial, P: Practical/Practicum

Total Credits offered: 22 (Max), Total credits to be earned: 20 (Min)

Discipline Specific Core: DSC, Discipline Specific Elective: DSE, Modern Indian Language: MIL, Indian Knowledge System: IKS, Inter Faculty Specific Core: IFSC, Inter Faculty Specific Elective: IFSE, Theory : Th, Practical/Practicum: Pr, Environment Studies: ES, Pre- requisite Course mandatory if applicable: Prq, Laboratory: Lab, Generic/Open Elective Courses: OE; Vocational Skill and Skill Enhancement Courses: VSEC; Vocational Skill Courses: VSC; Skill Enhancement Courses: SEC; Ability Enhancement Courses: AEC; Value Education Courses: VEC; OJT: On Job Training: Internship/ Apprenticeship; Field projects: FP; Community engagement and service: CES; Co-curricular Courses: CC; RM: Research Methodology; Research Project: RP

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2. For those students who do not opt MARATHI language under any vertical, MARATHI will be mandatory as one of the options of OE. (G.R. Marathi Bhasha No. 2018/pr.kr.50/bhasha-1, Date 14 March, 2024).

Year	Level	Semesters	Offered Credits	Minimum credits to be earned	If opted for exit
First	4.5	First and second	44	40	Additional Minimum 4 credits skill course or internship of minimum 120 hrs in chosen discipline of Major and Minor courses. UG Certificate will be awarded in a discipline of internship/skill courses of 4 credits

Exit Option: After earning minimum 40 Credits from Semester I and II cumulatively, if the student prefers to opt for Exit Option, **UG Certificate** shall be awarded in **any one of the DSC as Major** in which Additional 4 Credits are earned from the concerned DSC related NSQF aligned course/Internship/Apprenticeship/Field Project OR student may opt to continue further with Major and Minor.

Teaching Days and Learning Hours	Learning Hours & Credits	Teaching Hours & Work Load
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Unit	Sem 1					Learning Hours
	Semester	Course Code	Course Name	Credits	Teaching Hrs.	
	I	822206	AEC(Compulsory) Language (English)	2	30	
	Course Objectives		1) To make the students proficient in everyday communication. 2) To provide students a solid understanding of the process of communication.			
	Course Outcome		After Completion of this course students will able to: 1) Define communication/comprehend and describe communication. 2) Know Components of Communication. 3) Communicate proficiently in everyday life.			
Unit -I	Basics of Communication.					7 Hours
	1. Introduction 2. Objectives of communication. 3. The Meaning and definitions of communication. 4. The process of communication					
Unit -II	Barriers to Effective Communication					7 Hours
	1. Introduction 2. Major Barriers to Effective Communication. 3. Effective communication techniques.					
Unit-III	Oral Communication – I					8 Hours
	1) Exchanging greetings and Taking Leave 2) Introducing oneself and others. 3) Thanking. 4) Wishing					
Unit-IV						8 Hours
	1) Apologizing and responses. 2) Making request 3) Seeking help. 4) Talking about current-activities.					

Sem 1

Semester	Course Code	Course Name	Credits	Teaching Hrs.	Exam Duration	Max. Marks 50	
I	822207	AEC(Elective) Second Language/MIL: Marathi /Hindi	2	30	2	External 30	Internal 20

MARATHI

Course Objectives:	१. विद्यार्थ्यांना लेखन कौशलयांचे स्वरूप अिगत करुण देणे. २. विद्यार्थ्यांना लेखन कौशलयांचे विविध प्रकार अिगत करून देणे. ३. विद्यार्थ्यांना लेखन कौशल्य क्षमता विकवसत करणे. ४. लेखन कौशलयांच्या माध्यमातून विद्यार्थ्यांच्या व्यक्तिमत्त्वाचा विकास होण्यास मदत होईल.	
Course Outcomes (COs):	१. विद्यार्थ्यांना मूलभूत लेखन कौशलयांचे आकलन होईल. २. विद्यार्थ्यांना लेखन कौशलयांचे प्रकार अिगत होईल. ३. विद्यार्थ्यांच्या लेखन कौशल्य क्षमता विकवसत होईल. ४. विद्यार्थ्यांना लेखन कौशल्ये आत्मसाथ केल्यानंतर रोजगाराच्या सांधी वनमाण होतील.	
अभायस्कसमा साठी नेमलेले पुस्तक	१. लेखन ि सांभाषण कौशल्य : सांपादक डॉ. काशीनाथ बहाटे, अथा पबललकेशन, जळगां, प्रथम अिृत्ती २०२४.	
Unit / विभाग	Contents /उपघटक	Learning Hours / अध्यापन तास
Unit-I	लेखन कौशलयांची उवधष्टे, लेखन कौशलयांचे टप्पे, लेखनाचे प्रकार	७ तास
Unit-II	जावहरात लेखन, सांिाद लेखन	७ तास
Unit-III	इवतित्त लेखन, पत्रलेखन, टीप्पणी लेखन	८ तास
Unit-IV	ललॉग लेखन, मलुलाखत लेखन, बातमी लेखन	८ तास

Semester	Course Code	Course Name	Credits	Teaching Hrs.	Exam Duration	Max. Marks 50	
I	822207	AEC (Elective) Second Language/MIL: Marathi /Hindi	2	30	2	External 30	Internal 20

HINDI

Course Objective: पाठ्यक्रम की वर्णन	1. व्याकरण के विभिन्न अंशों से छात्रों में रुचि वनमाण होगी। 2. छात्र क्षेत्रीय भाषा का ज्ञान अवज्ञात कर वहां की अनुवाद करना सीखेंगे। 3. वहां की भाषा की विशेषताओं से छात्रों को पररवचत करना। 4. वहां की विभिन्न विधाओं के ज्ञान को लेकर छात्रों में रुचि करना।	
Course Outcomes (Cos):	1. व्याकरण विधा से छात्र परीवचत होंगे। छात्रों ने व्याकरण के स्वरूप को समझकर सूत्रों का कौशल विवसत वकया। 2. व्याकरण विधा को समझ कर छात्र समानाथी, पयायिची, उपसगा, प्रत्यय शलदों से पररवचत होंगे। 3. व्याकरण अंतर्गत समानाथी शलद में सूक्ष्म अंतर, सूक्ष्मवभन्नाथाक शलद तथा पाररभावषक शलदाली से पररवचत होंगे।	
इकाई (Unit)	पाठयम (Syllabus)	कुलतावसकाएँ (Total Hours)
इकाई I	- पयायिची शलद - विलोम शलद - अनेकाथी शलद	7
इकाई 2	- उपसगा - प्रत्यय - सांवध	7
इकाई 3	- तत्सम - तद्धि - आगत	8
इकाई 4	- समानाथी शलदों में क्षम अंतर - समखूत वभन्नाथाक शलद - पाररभावषक शलद	8

References:**Text Books:**

Semester	Course Code	Course Name	Credits	Teaching Hrs.	Exam Duration	Max. Marks 25	
I	822209	SEC (P): (Life Skills: Communication Skills in English.)	1	30	-	Theory Internal 25	Practical ~Nil~

Course Objectives	1. To develop proficient communication skills in English, 2. To focus on speaking, reading, and writing skill. 3. To develop professional skill.		
Course Outcomes	The student would be able to: 1. Understanding of good communication skills 2. Exhibit clear and accurate pronunciation 3. Understand the importance of empathetic listening. 4. Apply techniques of effective reading 5. Explain the advantages of nonverbal communication 6. Explore communication beyond language.		
Unit System	Contents	Learning Hours	Incorporation of Pedagogies
Unit I	Listening - Techniques of Effective Listening - Listening and Comprehension - Probing Questions - Barriers to Listening	7 Hours	1. Demonstration 2. Experiential learning 3. Identification 4. Participative learning 5. Observation method
Unit II	Speaking - Pronunciation - Enunciation - Vocabulary - Fluency - Common Errors	7 Hours	
Unit III	Reading - Techniques of Effective Reading - Gathering Ideas and Information from a Given Text - Identify the Main Claim of the Text - Identify the Purpose of the Text - Identify the Context of the Text - Identify the Concepts Mentioned - Evaluating These Ideas and Information		

	• Identify the Arguments Employed in the Text • Identify the Theories Employed or Assumed in the Text • Interpret the Text i. Understand What a Text Says ii. Understand What a Text Does iii. Understand What a Text Means	8 Hours	6. Practice method
Unit IV	Non-verbal Communication • Meaning of Nonverbal Communication (NVC) • Advantages of Using Nonverbal Communication • Introduction to Modes of Nonverbal Communication i. Open and Closed Body Language ii. Eye Contact and Facial Expression iii. Hand Gestures • Do's and Don'ts in NVC • Learning from Experts • Activities-based Learning	8 Hours	

References:

- "Communication Skills Handbook" 2009, by Jane Summers and Brett Smith, John Wiley & Sons; 3rd edition
- "Nonverbal Communication in Human Interaction" 2009, by Mark L. Knapp and Judith A. Hall, Wadsworth Pub Co; 7th edition
- "The Art of Public Speaking" 2014, by Stephen E. Lucas, Macmillan/McGraw-Hill School Div; 12th edition
- "Business Communication: Skills, Concepts, and Applications" 2013, by P. D. Chaturvedi and Mukesh Chaturvedi, Pearson Education India; 3rd edition.
- "English Language Communication Skills" 2010, by Urmila Rai and S.M. Rai, Himalaya Publishing House
- "Developing Communication Skills" 2009, by Krishna Mohan and Meera Banerji, Laxmi Publications; Second edition
- "Communication Skills: A Practical Approach" 2007, by Leena Sen, PHI; 2nd Revised edition
- UGC Jivan Kaushalya 2.0

Semester	Course Code	Course Name	Credits	Teaching Hrs.	Exam Duration	Max. Marks 25	
I	822210	ii. SEC: Communication Skills in Second Language/ MIL: Hindi	1	30	-	Theory Internal 25	Practical ~Nil~
Course Objectives		1. भाषा के रूप में शहंदी में प्रभावी संप्रेषण कौशल शवकशसत करना 2. शहंदी भाषा में बोलने, पढ़ने और शलखने के कौशल पर जोर देना 3. शहंदी में व्यावसायिक कौशल शवकशसत करना					
Course Outcomes		छात्र ननमनननखत कार्य करने में सक्षम होंगे: 1. अच्छे संचार कौशल की समझ बढ़ाना 2. स्पष्ट और सटीक ईच्चारण प्रदशशित करना 3. सहानुभूतपणूि सुनने के महत्व को समझना 4. प्रभावी पढ़ने की तकनीकें लागू करना 5. अेशाशददक संचार के लाभों की व्याख्या करना 6. भाषा से परे संचार का अेन्वेषण करना।					
Unit System	Contents			Learning Hours	Incorporation of Pedagogies		
	मॉड्यलू १ : श्रवण			7 Hours	1. Demonstration 2. Experiential learning 3. Identification 4. Participative learning 5. Observation method 6. Practice method		
	मॉड्यलू २ : वाचन अशण पठन			7 Hours			
	मॉड्यलू ४ : लेखन और लेखन के प्रकार			8 Hours			
	मॉड्यलू ५ : गैर-मौशखक संप्रेषण			8 Hours			

संदभि ग्रंथ सशूच :

- "Samvaad Kala" by Dr. Raghuvir Sahay
- "Hindi Bhasha Ka Vyavaharik Vyakaran Aur Rachna" by Dr. Vashishta Sharma
- "Vartalaap Kala" by Dr. Harimohan
- "Vyavaharik Hindi Vyakaran, Anuvad evam Rachna" by Dr. Kamta Prasad Guru
- "Vyavaharik Hindi Vyakaran Aur Rachna" by Dr. Harimohan Sharma
- UGC Jivan Kaushallya 2.0

Sem.

Semester	Course Code	Course Name	Credits	Teaching Hrs.	Exam Duration	Max. Marks 25	
I	822210	ii. SEC: Communication Skills in Second Language/ MIL: Marathi	1	30	-	Theory Internal 25	Practical ~Nil~

Course Objectives	1. मराठी भाषेत बोलण्याचे कौशल्य शवकशसत करणे. 2. मराठीत ऐकणे, वाचणे, अशण शलशहण्याचे कौशल्य शवकशसत करणे. 3. मराठी संभाषणाचे कौशल्ये वाढवणे.		
Course Outcomes	निद्याथी खिी गोष्टी करण्ात सक्षम होतीः 1. चांगले संचार कौशल शवकशसत होतील. 2. स्पष्ट ईच्चारण प्रदशशित करन्याचे महत्व समजेल. 3. सहानुभतीपवूिक ऐकण्याचे महत्त्व समजेल. 4. पररणामकारक वाचन तंत्राचावापर करता येइल. 5. गैर-मौशखक संवादाचे फायदे समजतील. 6. भाषेच्या पलीकडच्या संप्रेषणाची अेन्वेषण करता येइल.		
Unit System	Contents	Learning Hours	Incorporation of Pedagogies
Unit I	श्रिण कौशलः प्रभावी श्रवण तंत्रे श्रवण अशण समज शवचारलेल्या प्रश्ांची तपासणी श्रवणातील अेडथळे	7 Hours	1. Demonstration 2. Experiential learning 3. Identification 4. Participative learning 5. Observation method 6. Practice method
Unit II	बोिण्ाचे कौशलः ईच्चार स्पष्टता शददसंग्रह प्रवाहीपणा सामान्य चुका	7 Hours	
Unit III	िाचन कौशलः प्रभावी वाचन तंत्रे शदलेल्या मजकुरातून कल्पना अशण माशहती गोळा करणे i. मजकुराचा मुख्य दावा ओळखणे ii. मजकुराचा ईद्देश ओळखणे iii. मजकुराचा संदभि ओळखणे iv. ईल्लेशखत संकल्पना ओळखणे या कल्पना अशण माशहतीचे मल्ूयांकन करणे i. मजकुरात वापरलेले युशिवाद ओळखणे ii. मजकुरात वापरलेल्या शकंवा गृशहत धरलेल्या	8 Hours	

	शब्दांतांची ओळख करणे मजकुराचे निश्चेषण i. मजकुर काय सांगतो हे समजून घेणे ii. मजकुर काय करतो हे समजून घेणे iii. मजकुराचा अर्थ समजून घेणे		
Unit IV	अव्यय संवादा अव्यय संवादाचा अर्थ अव्यय संवाद वापरण्याचे फायदे अव्यय संवादाच्या पद्धतीची ओळख i. दृशनीय अंश अदृशनीय शारीरिक भाषा ii. डळ्यांचा संपर्क अंश चेहऱ्यावरील भाव iii. हाताच्या हालचाली अव्यय संवादातील करावे अंश करू नयेत अशा गोष्टी तज्ज्ञांकडून शिकणे शिवाय कलाप-अधारित शिक्षण	8 Hours	

संदर्भ ग्रंथ सूची :

- "Marathi Bhasha Shuddhalekhan" by Arun Joglekar
- "Marathi Vyakaran Ani Lekhan" by S. M. Pahinkar
- "Vyavaharik Marathi Vyakaran" by Kamal Gokhale
- "Marathi Lekhan Kala" by Dr. V. P. Desai
- "Marathi Bhasha Prabodhan" by Dr. Madhukar Apte
- "Marathi Vyakaran Ani Rachana" by Manik Gadre

Bachelor Of Counselling and Psychotherapy NEP 1st Year Sem I

DSC I (T) - Fundamentals of Psychology – 1

Unit 1: Introduction to Psychology

- Origin of Psychology
- History of Psychology
- Definition Of Psychology
- Nature Of Psychology

Unit 2: Scope of Psychology

- Branches of Psychology (e.g., Clinical, Educational, Social, etc.)
- Fields of Psychology (e.g., Health, Industrial, Counseling)
- Applications of Psychology in daily life

Unit 3: Methods Of Psychology

- Observation Method
- Experiment Method
- Survey Method
- Case Study Method

Unit 4: Biological Basis of Behavior

- Structure and Function of the Nervous System
- Neurons and Neurotransmitters
- Role of Brain and Endocrine System in Behavior

Reference Books

1. Ciccarelli, S. K., & White, J. N. – Psychology
2. Baron, R. A., & Misra, G. – Psychology
3. Feldman, R. S. – Understanding Psychology
4. Zimbardo, P. G., Johnson, R. L., & McCann, V. – Psychology: Core Concepts
5. Atkinson, R. L., Atkinson, R. C., & Hilgard, E. R. – Introduction to Psychology

DSC II (T) : Introduction to Personality Theories

Unit 1: Introduction to Personality

1. Definition and concept of personality
2. Historical evolution of personality theories
3. Major approaches to personality study
4. Relevance of personality theories in psychotherapy

Unit 2: Psychoanalytic Theory (Sigmund Freud)

1. Structure of personality: Id, Ego, Superego
2. Psychosexual stages of development
3. Defence mechanisms
4. Contributions and criticisms

Unit 3: Neo-Freudian Perspectives

1. Carl Jung – Analytical Psychology
2. Alfred Adler – Individual Psychology
3. Karen Horney – Theory of Basic Anxiety
4. Erik Erikson – Psychosocial stages

Unit 4: Humanistic Approaches

1. Carl Rogers – Self Theory
2. Abraham Maslow – Hierarchy of Needs
3. Concepts of self-actualization and congruence
4. Evaluation of humanistic perspectives

Reference Books

1. Schultz, D. P., & Schultz, S. E. (2016). Theories of Personality (11th ed.). Cengage Learning.
2. Feist, J., Feist, G. J., & Roberts, T. A. (2018). Theories of Personality (9th ed.). McGraw-Hill Education.
3. Cloninger, S. C. (2019). Theories of Personality: Understanding Persons (7th ed.). Pearson.
4. Pervin, L. A., & Cervone, D. (2010). Personality: Theory and Research (11th ed.). Wiley.
5. Ryckman, R. M. (2012). Theories of Personality (10th ed.). Cengage Learning.

DSC III (T) Counseling Process Skills and Techniques

Unit 1: Foundations of the Counseling Process

1. Definition and goals of counseling
2. Phases of the counseling process (initial, middle, termination)
3. Counselor-client relationship
4. Ethical and professional considerations

Unit 2: Core Counseling Skills

1. Attending and active listening
2. Empathy and unconditional positive regard
3. Questioning and probing techniques
4. Paraphrasing and summarizing

Unit 3: Intervention Techniques

1. Cognitive restructuring techniques
2. Behavioral techniques (reinforcement, role play)
3. Relaxation and stress reduction methods
4. Problem-solving and decision-making strategies

Unit 4: Applied Counseling Practices

1. Goal setting and treatment planning
2. Termination and follow-up

3. Crisis intervention strategies
4. Multicultural and gender-sensitive counseling

Reference Books

1. Corey, G. (2016). Theory and Practice of Counseling and Psychotherapy (10th ed.). Cengage Learning.
2. Ivey, A. E., Ivey, M. B., & Zalaquett, C. P. (2017). Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society (9th ed.). Cengage Learning.
3. Nelson-Jones, R. (2014). Basic Counselling Skills: A Helper's Manual (4th ed.). SAGE Publications.
4. Egan, G. (2013). The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping (10th ed.). Brooks/Cole.
5. Gibson, R. L., & Mitchell, M. H. (2016). Introduction to Counseling and Guidance (7th ed.). Pearson Education.

DSC I (P) Fundamentals of Psychology Practical – 1

Any Four of the Following

1. Substitution Learning.
2. Span of Attention.
3. Division of Attention
4. Memory Span
5. Multiple Choice Problem Solving.
6. Recall and recognition
7. Retroactive Inhibition
8. Spiral pattern

DSC II (P) Personality Trait Tests 1

Tests on Personality Trait (Any Four)

1. Aggressiveness Test
2. Social Desirability Test
3. Rotter's Locus of Control Scale
4. Impulsiveness Test
5. Shyness Scale Test
6. Self-Esteem Test

DSC III (P) Psychological tests 1 (any four)

1. Mental Health Test
2. Stress Scale
3. Depression Test
4. Emotional Intelligence Test
5. Social Anxiety Test

Bachelor Of Counselling and Psychotherapy
NEP 1st Year Sem II

Semester	Course Code	Course Name	Credits	Teaching Hrs.	Exam Duration	Max. Marks 50	
II	822218	AEC(Compulsory) Language(English)	2	30	-	External 30	Internal 20

Course Objectives	1) To give students the knowledge of Various forms of Written communication. 2) To make students proficient in written communication	
Course Outcome	After completion of this course students will be able to... 1) Write various letters. 2) Write commercial Advertisements. 3) Write E-mail 4) Write effectively on social media.	
Unit	Course Contents	Learning Hours
Unit -I	Correspondence (Formal Letter)	8 Hours
	1) Letters of enquiry. 2) Letters of order 3) Letters of Complaint- 4) E-mail Writing.	
Unit -II	Application Writing (Formal Letter)	7 Hours
	1) Application letter for TC 2) Application for Job 3) C V writing. 4) Proposal Writing	
Unit-III	Commercial Writing	7 Hours
	1) Advertisement- writing. 2) Product- Manual 3) Poster/Brochure writing.	
Unit-IV	Social Media and Content Writing	8 Hours
	1) Blog Writing. 2) Writing on Facebook. 3) Writing. on Instagram.	

Semester	Course Code	Course Name	Credits	Teaching Hrs.	Exam Duration	Max. Marks 50	
II	822219	AEC(Elective) Second Language/MIL: Marathi /Hindi/ Urdu	2	30	-	External 30	Internal 20

MARATHI

Course Objectives :	१. विद्यार्थ्यांना संभाषण कौशल्यांचे स्वरूप अवगत करून देणे. २. विद्यार्थ्यांना संभाषण कौशल्यांचे विविध प्रकार अवगत करून देणे. ३. विद्यार्थ्यांना संभाषण कौशल्य क्षमता विकसित करणे. ४. संभाषण कौशल्यांच्या माध्यमातून विद्यार्थ्यांच्या व्यक्तिमत्त्वाचा विकास होण्यास मदत होईल. ५. विद्यार्थ्यांच्या सूत्र संचालन व वक्तृत्व कौशल्य क्षमता विकसित करणे.	
Course Outcomes (COs) :	१. विद्यार्थ्यांना मूलभूत संभाषण कौशल्यांचे आकलन होईल. २. विद्यार्थ्यांना संभाषण कौशल्यांचे प्रकार अवगत होईल. ३. विद्यार्थ्यांच्या संभाषण कौशल्य क्षमता विकसित होईल. ४. विद्यार्थ्यांच्या सूत्र संचालन व वक्तृत्व कौशल्य क्षमता विकसित होईल. ५. विद्यार्थ्यांना संभाषण कौशल्ये आत्मसाध केल्यानंतर सेजगाराच्या संधी निर्माण होतील.	
अभ्यासक्रमासाठी नेमलेले पुस्तक -	१. लेखन व संभाषण कौशल्य : संपादक डॉ. काशीनाथ बहादे, अर्थ पब्लिकेशन, जळगाव, प्रथम आवृत्ती २०२४.	
Unit / विभाग	Contents /उपघटक	Learning Hours
Unit-I	संभाषण कौशल्ये - संभाषण : व्याख्या, प्रकार, निवेदन: व्याख्या, प्रकार, ई-संभाषण	८ तास
Unit-II	सूत्र संचालन: सूत्र संचालन एक कला, सूत्रसंचालनाची विशीष्टे सूत्र संचालकाने पाळावयाची पथ्ये, कार्यक्रम पत्रिका, सूत्रसंचालकाची भूमिका, मानिसकता.	८ तास
Unit-III	मुताखत : मुताखत देणे- घेणे एक कला, वर्तमान पत्रे, आकाशवाणी, दूरचित्रवाणी, सभासंगेले न मध्ये मुताखत कशी घ्यावी मुताखतीतील काही संकेत.	७ तास
Unit-IV	वक्तृत्व : वक्तृत्वाचे स्वरूप, वक्तृत्व ही एक कला, वक्तृत्व हे एक शास्त्र , बोलणं आणि वक्तृत्व, अष्टपैलू वक्तृत्वपटूचे गणु , वक्तृत्वाचे महत्त्व.	७ तास
		एकूण = ३० तास

Semester	Course Code	Course Name	Credits	Teaching Hrs.	Exam Duration	Max. Marks 50	
II	822219	AEC(Elective) Second Language/MIL: Marathi /Hindi/ Urdu	2	30	-	External 30	Internal 20

HINDI

Course Objective:	1. हिंदी भाषा के व्यापक प्रचार-प्रसार की जानकारी से छात्रों को अवगत करना। 2. अहिंदी भाषी छात्रों में हिंदी भाषा को लेकर रूचि निर्माण करना। 3. व्याकरण, लोकोक्तियाँ, मुहावरे तथा लिंग, वचन के ज्ञान से छात्रों को अवगत करना। 4. छात्रों के भाषायी ज्ञान को समृद्ध एवं सशक्त करना। 5. छात्रों में सामाजिक दायित्वों के प्रति जागरूकता निर्माण करना।	
Course Outcomes (Cos):	1. छात्र हिंदी भाषा की विभिन्न विधाओं से परिचित होंगे। 2. छात्र हिंदी भाषा की प्रकृति, भाषा की विशेषताओं, भाषा के सौंदर्य के माध्यम से छात्रों की संवेदनाएं संकारित होंगी। 3. व्याकरण, लोकोक्तियाँ, लिंग, वचन के ज्ञान से अवगत होंगे। 4. विभिन्न साहित्य विधाओं के अध्ययन के प्रति रुचि उत्पन्न होगी।	
इकाई (Unit)	पाठ्यक्रम (Syllabus)	कुल तासिकाएँ (Total Hours)
इकाई 1	समभुत भिन्नार्थक शब्द समानार्थी शब्दों में सूक्ष्म अंतर अनेक शब्दों के लिए एक शब्द	7
इकाई 2	लोकोक्तियाँ मुहावरे सूक्तियाँ	7
इकाई 3	लिंग वचन विशेषण	8
इकाई 4	कारक प्रत्यय विशेषण	8

DSC I (T) Fundamentals of Psychology 2

Unit 1: Attention and Perception

- Meaning and Types of Attention
- Factors affecting Attention (Internal And External)
- Meaning and Principles of Perception
- Perceptual Organization (Gestalt Laws)

Unit 2: Learning

- Definition of Learning
- Nature of Learning
- Classical Conditioning (Pavlov)
- Operant Conditioning (Skinner)

Unit 3: Memory

- Meaning and Types of Memory
- Stages of Memory: Encoding, Storage, Retrieval
- Models of Memory: Information Processing Model
- Techniques to Improve Memory

Unit 4: Forgetting

- Meaning and Causes of Forgetting
- Forgetting Curve
- Theories: Decay, Interference, Encoding Failure, Retrieval Failure
- Tips for Memory Retention

Reference Books:

1. Ciccarelli, S. K., & White, J. N. (2020). *Psychology* (6th ed.). Pearson Education.
2. Feldman, R. S. (2017). *Understanding Psychology* (13th ed.). McGraw-Hill Education.
3. Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (2013). *Introduction to Psychology* (7th ed.). McGraw-Hill Education.
4. Zimbardo, P. G., Johnson, R. L., & McCann, V. (2011). *Psychology: Core Concepts* (7th ed.). Pearson Education.
5. Mangal, S. K. (2019). *General Psychology*. Sterling Publishers Pvt. Ltd. (Indian Author)

DSC II (T) Introduction to Personality Theories – 2

Unit 1: Trait and Type Theories

1. Gordon Allport – Traits and Dispositions
2. Raymond Cattell – 16 Personality Factors
3. Hans Eysenck – Dimensions of Personality
4. Big Five Model (OCEAN)

Unit 2: Behavioral and Social Learning Theories

1. John Dollard & Neal Miller – Stimulus-Response Theory
2. Albert Bandura – Reciprocal determinism and Self-Efficacy
3. Walter Mischel – Cognitive-Affective Personality System

Unit 3: Cognitive and Biological Approaches

1. George Kelly – Personal Construct Theory
2. Julian Rotter – Locus of Control
3. Biological basis of personality
4. Temperament theories

Unit 4: Contemporary Perspectives

1. Cross-cultural theories of personality
2. Personality assessment methods
3. Integration of theories in clinical settings
4. Relevance in counseling and psychotherapy practice

Reference Books

1. Mischel, W., Shoda, Y., & Ayduk, O. (2008). *Introduction to Personality: Toward an Integrative Science of the Person*. Wiley.
2. Maddi, S. R. (1996). *Personality Theories: A Comparative Analysis* (6th ed.). Brooks/Cole Publishing.
3. Ewen, R. B. (2014). *An Introduction to Theories of Personality* (7th ed.). Psychology Press.
4. Friedman, H. S., & Schustack, M. W. (2015). *Personality: Classic Theories and Modern Research* (5th ed.). Pearson.
5. Hall, C. S., Lindzey, G., & Campbell, J. B. (1998). *Theories of Personality* (4th ed.). Wiley.

DSC III (T) Ethics in Counseling and Psychotherapy

Unit 1: Foundations of Ethical Practice

1. Definition and importance of ethics in counseling
2. Core ethical principles: autonomy, beneficence, non-maleficence, justice, fidelity
3. Ethical decision-making models
4. Role of professional codes of ethics (APA, ACA, BACP)

Unit 2: Client Rights and Counselor Responsibilities

1. Informed consent and confidentiality
2. Limits of confidentiality and duty to warn
3. Dual relationships and boundaries
4. Competence and scope of practice

Unit 3: Legal and Cultural Considerations

1. Legal liability and malpractice in psychotherapy
2. Documentation and record-keeping ethics
3. Ethical practice in multicultural and diverse settings
4. Mandated reporting and handling ethical dilemmas

Unit 4: Contemporary Issues and Professional Conduct

1. Ethics in tele-counseling and digital platforms
2. Handling transference and countertransference ethically
3. Self-care and burnout prevention for counselors
4. Supervision, peer consultation, and continuing professional development

Reference Books

1. Corey, G., Corey, M. S., & Callanan, P. (2019). *Issues and Ethics in the Helping Professions* (10th ed.). Cengage Learning.
2. Koocher, G. P., & Keith-Spiegel, P. (2016). *Ethics in Psychology and the Mental Health Professions: Standards and Cases* (4th ed.). Oxford University Press.
3. Remley, T. P., & Herlihy, B. (2019). *Ethical, Legal, and Professional Issues in Counseling* (5th ed.). Pearson.
4. Barnett, J. E., & Johnson, W. B. (2019). *Ethics in Psychotherapy and Counseling: A Practical Guide* (5th ed.). Wiley.
5. Welfel, E. R. (2015). *Ethics in Counseling and Psychotherapy: Standards, Research, and Emerging Issues* (5th ed.). Cengage Learning.

DSC I (P) Fundamentals of Psychology Practical 2 (Any Four)

1. Achievement Motivation Test.
2. Judgement of Emotion (through facial expression)
3. Alexander Pass Along Test.
4. Koh's Block Design Test
5. Introvert Extrovert Inventory
6. Children's Personality Inventory
7. Standard Progressive Matrices

DSC II (P) Personality Trait Tests 2

Tests on Personality Trait (Any Four)

1. Introversion-Extraversion Test
2. Anxiety Test
3. Sensation Seeking Test
4. Empathy Quotient Test
5. Assertiveness Test
6. Dominance-Submissiveness Test

DSC III (P) Psychological tests 2 (any four)

1. Leadership Test
2. Motivation Test
3. Emotional Maturity Test
4. Career Interest Test
5. Creativity Test