

M.A. (वाङ्मय पारंगत)
Counseling & Psychotherapy
(Semester-I,II,III,&IV)

Prospectus No. 20181838

संत गाडगे बाबा अमरावती विद्यापीठ
SANT GADGE BABA AMRAVATI UNIVERSITY

मानवविज्ञान विद्याशाखा
(FACULTY OF HUMANITIES)

अभ्यासक्रमिका
वाङ्मय पारंगत परीक्षा
समुपदेशन व मानसोपचार पध्दती
सत्र-१ व ३ -हिवाळी-२०१८
सत्र-२ व ४-उन्हाळी-२०१९

PROSPECTUS
OF

M. A. Examinations
For
Counseling & Psychotherapy
Semester Ist & IIIrd-Winter-2018 &
Semester IInd & IVth-Summer-2019



2018

Price Rs.- 20/-

PUBLISHED BY
Dr. Ajay Deshmukh,
Registrar,
Sant Gadge Baba Amravati University,
Amravati-444602

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SANT GADGE BABA AMRAVATI UNIVERSITY

SPECIAL NOTE FOR INFORMATION OF THE STUDENTS

- (1) Notwithstanding anything to the contrary, it is notified for general information and guidance of all concerned that a person, who has passed the qualifying examination and is eligible for admission only to the corresponding next higher examination as an ex-student or an external candidate, shall be examined in accordance with the syllabus of such next higher examination in force at the time of such examination in such subjects papers or combination of papers in which students from University Departments or Colleges are to be examined by the University.
- (2) Be it known to all the students desirous to take examination/s for which this prospectus has been prescribed should, if found necessary for any other information regarding examinations etc., refer the University Ordinances Booklet the various conditions/provisions pertaining to examinations as prescribed in the following Ordinances –

Ordinances No. 1	;	Enrolment of Students.
Ordinances No. 2	:	Admission of Students
Ordinances No. 4	:	National Cadet Corps
Ordinances No. 6	:	Examination in General (Relevant Extracts)
Ordinances No. 9	:	Conduct of Examinations (Relevant Extracts)
Ordinances No. 18/2001	:	An Ordinance to provide grace Marks for passing in a Head of passing and Improvement of Division (Higher Class) and getting Distinction in the subject and condonation of deficiency of Marks in a subject in all the faculties prescribed by the Statute No.18.
Ordinances No. 10	:	Providing for Exemptions and Compartments.
Ordinances No. 19	:	Admission of Candidates to Degrees.
Ordinances No. 109	:	Recording of a change of name of a University Student in the records of the University.
Ordinances No. 6/2008	:	For improvement of Division.
Ordinances No. 159	:	Prescribed rules for Revaluation of Answer Books of Examinees at University Examinations.
Ordinances No. 19/2001	:	An Ordinance for Central Assessment Programme, Scheme of Evaluation and Moderation of answerbooks and preparation of results of the examinations, conducted by the University.

**Dr. Ajay Deshmukh,
Registrar
Sant Gadge Baba Amravati University**

PATTERN OF QUESTION PAPER ON THE UNIT SYASTEM (For Semester- I,II,III & IV)

Pattern of question papers shall be as follows :

1. Theory Papers of each Semester shall 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 questions 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.
8. All theory papers to be set in two languages i.e. English & Marathi.

SANT GADGE BABA AMRAVATI UNIVERSITY

DIRECTION

No. 25/2017

Date : 13/7/2017

Subject :- Examinations leading to the Degree of Master of Arts (वाङ्मय पारंगत) 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 1st 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.क्र.३१९/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/विशि-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 पारंगत) 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.

Date- 13/07/2017

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

Appendix –A**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 & Family Relationships	80+20=100	04
III	Psycho diagnostics	80+20=100	04
IV	Fundamentals of Counseling & Fields of Counseling	80+20=100	04
	Practical (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	80+20=100	04
VII	Vocational Guidance & Counseling	80+20=100	04
VIII	Counseling Skills & Practices	80+20=100	04
	Practical (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
4] Conduct of experiment & Report of the experiment (at the time of Exam)	-	18
5] Viva voce	-	15
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

**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					
					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
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:-

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

Practical

- For Practical in each semester & it's Examination there will be maximum 60 Marks & for viva voce there will be 20 Marks.
- 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	-	15
4. Conduct of experiment & Report of the experiment (at the time of Exam)	-	18
5. 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 the 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 as follows.
- 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
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:-

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

Practical

- For Practical in each semester & its Examination there will be maximum 60 Marks & for viva voce there will be 20 Marks.**
- 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	-	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

a. Attendance for Practicals during the academic session	-	10
b. 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) Diploma will be awarded on the basis of the Performance of CGPA of the Credits from semester I to II.

Direction

No. 34/2018

Date:-09/08/2018

Subject : Examinations leading to the Degree of Master of Arts (वाङ्मय पारंगत) in Counseling and Psychotherapy Semester - IIIrd & IVth (Semester pattern– Credit & Grade system) course .

WHEREAS, the Board of Lifelong Learning and Extension in its meeting held on 14/10/2016 has resolved to be introduced the M.A.in Counseling and Psychotherapy course from the session 2017-18 in the University for availing the facility of lifelong learning to the students.

AND

WHEREAS, the scheme of teaching and examinations, and respective provisions for Semester-I & II of M.A. in Counseling & Psychotherapy course, was published under Direction No.25of 2017.

AND

WHEREAS, the Hon'ble Vice-Chancellor, Sant Gadge Baba Amravati University has appointed the committee to prepare the draft Syllabi, Scheme of teaching and examinations and such other provisions for Semester -III & IVth of M.A in Counseling & Psychotherapy course.

AND

WHEREAS, the Board of Lifelong Learning and Extension in its meeting held on 22/06/2018, vide Item No.12, has accepted the recommendations of the committee along-with Draft syllabi, Scheme of teaching and examinations, and Pattern of question papers to be implemented from the Academic Session 2018-19.

AND

WHEREAS, the Hon'ble Vice-Chancellor has accepted and approved the above recommendations on dtd. 05/07/2018, under the provision of 12(7) of Maharashtra Public Universities Act-2016, on behalf of faculty of Inter-disciplinary Studies, and Academic Council.

AND

WHEREAS, the Syllabi, Scheme of teaching and examinations, Pattern of question papers and proposed provisions related to the course of M.A.in Counseling & Psychotherapy Semester-IIIrd & IVth are to be implemented from the Academic Session 2018-19.

AND

WHEREAS, the above scheme of teaching and examinations and respective provisions are required to be regulated by framing the Ordinance/Regulation.

AND

WHEREAS, making an Ordinance/Regulation in this respect is a time consuming process.

AND

WHEREAS, the above syllabus and scheme of teaching and examinations for Semester-IIIrd & IVth of M.A.in Counseling & Psychotherapy course need to be published and make available for the students admitted during the Session 2018-19, hence it is necessary to issue the direction in this respect.

NOW, THEREFORE I, Dr. M.G. Chandekar, Vice-Chancellor of Sant Gadge Baba Amravati University, in exercise of powers conferred upon me, under sub-section (8) of Section 12 of the Maharashtra Public Universities Act, 2016 is hereby pleased to direct as under :-

1. This Direction may be called, "Examinations leading to the Degree of Master of Arts (वाङ्मय पारंगत) in Counseling and Psychotherapy, Semester-IIIrd & IVth (Semester pattern –Credit & Grade system) course, Direction 2018.
2. This Direction shall come into force with effect from the date of its issuance.
3. The scheme of teaching and examinations, pattern of question papers, and practical examination for Semester - IIIrd & IVth course shall be as given in **Appendix-‘A’**
4. (i) The provision "*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" which was published vide Direction No.25 of 2017, under **Appendix-B**, the title Scheme of Teaching and Examinations for Semester & Credits Pattern of Post Graduate Diploma (Counseling & Psychotherapy) Semester-I & II, TABLE-II, be substituted by the followings :

“Internship of 150 hours at the end of Semester-II, candidate has to complete internship successfully only then Diploma Certificate will be awarded, and he/she can get admission in Semester-IIIrd of M.A.in Counseling & Psychotherapy.”
- (ii) In the 'Plan of Examinations' – iii) Curriculum and Marks /Credits of Semester-II the words '**Block placement (Internship)**' appearing under the paper title be deleted.
5. The provision for awarding the P.G. Diploma / M.A. Degree in Counseling and Psychotherapy shall be as follows:-

“The examinees who has given the option for the P.G.Diploma in Counseling and Psychotherapy in the Ist Semester Examination shall be awarded the said Diploma on passing the IInd Semester Examination. The candidates after obtaining the P.G. Diploma can continue his education for M.A.in Counseling & Psychotherapy Degree course and on passing the IVth Semester Examination shall be awarded the M.A.Degree.”

Date : 08/08/2018

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

Appendix –A

MASTER OF ARTS (COUNSELING & PSYCHOTHERAPY)
Scheme of Teaching and Examination
 (Semester & Credits Pattern)
Semester - III

Sr. No.	Title of the Subject	Teaching Scheme (Credits)			Examination Scheme					Total Marks (Theory + Internal Assessment)
					Duration of Paper	Theory/Practical		Internal Assessment		
		Theory Credits	Practical Credits	Total Credits		Max. Marks	Min. passing Marks	Max. Marks	Min. passing Marks	
1.	Abnormal Psychology- II	04	-	04	3 Hrs.	80	32	20	08	100
2.	Psychotherapy- II	04	-	04	3 Hrs.	80	32	20	08	100
3.	Child, Adolescent and Parental Counseling	04	-	04	3 Hrs.	80	32	20	08	100
4.	Social Research, Statistics and Computer Application	04	-	04	3 Hrs.	80	32	20	08	100
5.	Practical	-	04	04		80	32	20	08	100
	Total	16	04	20	-	-	-	-	-	500

MASTER OF ARTS (COUNSELING & PSYCHOTHERAPY)
Scheme of Teaching and Examination
 (Semester & Credits Pattern)
Semester - IV

Sr. No.	Title of the Subject	Teaching Scheme (Credits)			Examination Scheme					Total Marks (Theory + Internal Assessment)
					Duration of Paper	Theory/Practical		Internal Assessment		
		Theory Credits	Practical Credits	Total Credits		Max. Marks	Min. passing Marks	Max. Marks	Min. passing Marks	
1.	Family and Marital Counseling	04	-	04	3Hrs	80	32	20	08	100
2.	Health Counseling	04	-	04	3Hrs	80	32	20	08	100
3.	Workplace Counseling	04	-	04	3Hrs	80	32	20	08	100
4.	Practical	-	04	04	-	80	32	20	08	100
5.	Research Project	04	-	04	-	100	40	-	-	100
	Total	16	04	20		-	-	-	-	500

**Distribution of Internal Marks for
 each Theory Papers of Semester –III & IV**

• Attendance	...	05 Marks
• Unit Test/ Assignments	...	05 Marks
• Subject related any Innovative Activity / Project	...	10 Marks
Total	...	20 Marks

Pattern of Question Papers (For Semester- I to IV)

Pattern of question papers shall be as follows :

1. Theory Papers of each Semester shall 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 questions 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.
8. All Theory papers to be set in two languages i.e. English & Marathi.

Scheme of Practical Examination - Semester – III

1. Practical examination for the said semester there will be maximum 60 Marks & for Viva -Voce there will be 20 Marks.
2. Practical examination will be conducted by the Internal and External Examiners appointed by the University.

Pattern & Distribution of marks for Practical Examination

- Cases (05) Based on Three Paper i.e. Abnormal Psychology -II , Psychotherapy- II & Child & Adolescent & Parental Counseling.
- Seminar Based on the syllabus of Semester - III

(A) Distribution of 80 Marks

- | | |
|--|------------|
| • Cases Report | - 40 Marks |
| • Cases Viva | - 10 Marks |
| • Preparation and presentation of report on hypothetical case during practical exam. | - 10 Marks |
| • Paper Presentation on Seminar | - 20 Marks |

(B) Internal Assessment Marks

- | | |
|---|------------|
| • Attendance | - 10 Marks |
| • Overall Performance during the Practical in the session | - 10 Marks |

Scheme of Practical Examination – Semester – IV

1. For Practical examination there will be maximum 60 Marks & for Viva Voce there will be 20 Marks.
2. Practical examination will be conducted by the Internal and External Examiners appointed by the University.

Pattern & Distribution of marks for Practical Examination

Case Study (Any two from the prescribed fields, Psychometric Assessment and therapy application)

(A) Distribution of 80 Marks

- | | |
|---|------------|
| • Case Study (Any two) | - 40 Marks |
| • Conducting two test on the client during practical exam, Preparation and presentation of report | - 20 Marks |
| • Viva | - 20 Marks |

(B) Internal Assessment Marks

- | | |
|---|------------|
| • Attendance | - 10 Marks |
| • Overall Performance during the Practical in the session | - 10 Marks |

Syllabus
P.G. Diploma / M.A. in Counseling & Psychotherapy
(Effective from the Session 2017-18)
Semester - I
Paper - I
Fundamentals of Psychology

Time :3 Hours

Max. Marks:80
(Internal-20)

Objectives :

- To provide students with a conceptual understanding of the psychological foundation of Human behavior.
- To provide student with diverse perceptive on the functioning of Human Behavior.
- To enable the student to make possible links between various functions of the mind, emotion, learning etc.

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 : Branches of Psychology

- 1) Relationship with other sciences
- 2) Social Psychology, Health, Edu., Industrial Psychology.
- 3) Nero Psychology
- 4) Developmental Psychology
- 5) Clinical Psychology
- 6) Francis Psychology

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 Machanism**

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: 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

Reference 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 (5thed.) 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.

- 6) सिसरेली आणि मेयर(२००८) : अमृता ओक, शोभना अभ्यंकर आणि शिला गोळाविलकर) 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 कौशल्य, वेदमुद्रा प्रकाशन, अमरावती

Paper-II

Human Development & Family Relationships

Time :3 Hours

Max. Marks:80
(Internal-20)

Objectives :

- To learn about history of Human Development
- To Comprehense the cultural notions of Children and Childhood
- To provide a frame work to locate human development and childhood in an interdisciplinary context.

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

Reference Books:-

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

Paper-III
Psycho Diagnostics

Time :3 Hours

Max. Marks:80
(Internal-20)

Objectives :

- To provide students with an understanding of the basic of Psychological measurement
- To enable student to understand scientific facts underlying to construction of psychological test.
- To familiarize students with psychological test and access basic function of the mind and behavior

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

Reference Books:

- George R. J. (2000) Psychological Testing: History : Principal & Application, Boston: Allyn & Baeen.
- Anastasi, A. & Vrbina, S. (1977) Psychological Testing , USA: Prentice Hal
- Garret, H.E. (1962) Statistic in Psychology & Education, London, Longmans
- Sarason, I.G. and Sarson, B. R.(2005) Abnormal psychology. N.D. :Dorling Kindersley
- Caroson, R. C., Butcher, J. N. Mineka,S, and Hooley, J.M.(2007)Abnormal Psychology 13th Edition. Pearson Education India
- Taylor,S.(2006) 6th Edition: Health Psychology.N. D: Tata McGhraw- Hill Publication

Paper-IV
Fundamentals of Counseling & Fields of Counseling

Time :3 Hours**Max. Marks:80**
(Internal-20)**Objectives :**

- To provide students with an understanding of the basic method of counseling.
- To introduce students to family therapy and its branches.
- Students will be enable to understand the various fields of Counseling

Unit I: Introduction to Counseling and Family Therapy

1. Counseling: Meaning, Scope and Applicability, Issues and Concerns
2. Family Therapy: Meaning, Scope and Applicability

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

Reference Books :

1. Band, Tim (1997) Standards and Ethics for Counseling in Action, New Delhi: SAGE
2. Aggarwal, J. C., (1998) Career information & Career Guidance: Theory & Practice, Doaba House, New Delhi.
3. Cochran, Larry, D., and Crow, Alice (1962) An Introduction to Guidance: Basic Principal and Practice, Eurasia Publication House Ltd. New Delhi
4. Deshpande, Chandrashekhar :SamopadeshPraksriya, Pune

Paper - V
PRACTICAL

Max. Marks:80
(Internal-20)

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

Semester-II
Paper-I
Abnormal Psychology-I

Time :3 Hours

Max. Marks:80
(Internal-20)

Objectives:

- To promote and enhance academic interest among the students about Psychological illness and mental health.
- To enable the students to develop the skills so as to become a good psychology Practitioner.
- 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.

Reference Books :

- Alloy, L. B.; Riskind, J. H. and Manos, M. J. (2006). Abnormal Psychology: Current Perspectives, 9th ed. Tata McGraw Hill, New Delhi.
- Barlow, D. H. and Durand, V. M. (2007). Abnormal Psychology: An Integrative Approach, 4th ed. Thompson (India Edition).
- Carson, C. C. ; Butcher, J. N. and Mineka, S. (2004). Abnormal Psychology and Modern Life, 11th ed. Pearson, New Delhi.
- Carson, C. C. ; Butcher, J. N.; Mineka, S. and Hooley, J. M. (2011). Abnormal Psychology, 13th ed. Pearson, New Delhi.
- Sarason, I. G. and Sarason B. R. (2002). Abnormal Psychology, 10th ed. Prentice Hall, New Delhi.
- Sarason, I. G. and Sarason B. R. (2006). Abnormal Psychology: The Problem of Maladaptive Behavior, 11th ed. Prentice Hall, New Delhi.
- Susan Nulen-Hoeksema (2005). Abnormal Psychology, 3rd 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, 2nd ed. Continental prakashan, Pune.

Paper-II Psychotherapy -I

Time :3 Hours

**Max. Marks:80
(Internal-20)**

Objectives : Introduction: Acquaint students with :

- Various Psychotherapy and its basic procedure.
- Effectiveness of specific Psychotherapy in solution of particular problem
- Different Psychotherapeutic Skills.

Unit I: 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.

Unit II: 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.

Unit III: 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

Unit IV: 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

Unit V: 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

Reference Books :

1. Capuzzi, D., & Gross, D.R. (2008). Counseling and Psychotherapy: theories and interventions 4th Edn. Pearson Education: India.
2. Corey, G. (2008). Theory and practice of group counseling. Thomson Brooks/Cole: Belmont CA: USA.
3. Prochaska, J.O., & Norcross, J.C. (2007). Systems of psychotherapy: a transtheoretical analysis. 6th Edn. Thomson Brooks/Cole: Belmont, CA : USA.
4. Corsini, R.J. & Wedding, D. (Eds.) (1995). Current psychotherapies. Itasca, Ill.: F.E. Peacock.
5. Gelso, C. J. & Fretz, B.R. (1995). Counseling psychology Bangalore: Prism books.
6. Woolfe, R. & Dryden, W. (Eds.) (1996). Handbook of counseling psychology. New Delhi: Sage.
7. Stewart, I. (2000). Transactional analysis counseling in action. London: Sage.
8. Beck, A.T. (1976). Cognitive therapy and behavior disorders.
9. Rimm, D.C. & Masters, J.C. (1987). Behavior therapy: Techniques and empirical findings. New York: Harcourt, Brace, Jovanich.

10. Ajay, S.(1989). Psychotherapy: East and West. Hinsdale, Penn.: Himalayan International Inst.
11. Ellis, A. & Harper, A. (1975). A new guide to rational living. Englewood
12. Cliffs, N.J.: Prentice-Hall.

Paper-III

Vocational Guidance and Counseling

Time :3 Hours

Max. Marks:80
(Internal-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.

Reference Books :

1. Gelso, C.J., Fretz, B.R. (1995). Counselling psychology. Bangalore: Prism Books Pvt.Ltd
2. Gibson, R.L., Mitchell, M.H. (2003). Introduction to counselling and guidance (6th ed.). Delhi: Pearson Education.
3. Arulmani, G, Arulmani, S. (2004). Career counselling: A handbook. New Delhi: Tata McGraw-Hill Publishing Co.Ltd.

Paper- IV Counseling Skills & Practices

Time :3 Hours

Max. Marks:80
(Internal-20)

Objectives :

- To Familiarize students with the various counselling skills
- To acquaint students with various approaches of counseling.
- To acquaint students with various assessment techniques
- To expose the students to the various types of intervention and strategies

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.

Reference Books :

1. Feltham, C. & Horton, I.E. (ed) (2006). The Sage handbook of Counselling and Psychotherapy (2nd ed.). London: Sage Publication.
2. Gibson, R.L., Mitchell, M.H. (2005). Introduction to counselling and guidance (6th ed.). Delhi: Pearson education Pte.Ltd.
3. Gelso, C.J., Fretz, B.R. (1995) Counselling psychology. Banglore: Prism books Pvt.Ltd
4. Gregory, R.J. (2005). Psychological Testing (4th ed.). Delhi: Pearson education Pte.Ltd.
5. Rao, S.N. (2006). Couselling and guidance (2nd ed). New Delhi: Tata McGraw-Hill Publishing Co. Ltd.
6. Patterson, L.E., Welfel, E.R. (2000). The counselling process (5th ed.). Belmont: Wodsworth/Thomson Learning.
7. Nelson R. Jones (2000). Introduction to counselling skills, text and activities. London: Sage Publication.
8. Cohen, R.J., Swerdlik, M.E. (2005). Psychological testing and assessment (6th ed.). Delhi: Tata McGraw-Hill.
9. Dalai Lama, His Holiness the & Cutler, S.C. (1998). The art of happiness: The handbook for living. Sidney: Hodder.

Paper - V
PRACTICAL

Max. Marks:80
(Internal-20)

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.

**Syllabus Prescribed for
M.A. in Counseling & Psychotherapy
(Effective from the Session 2018-19)
Semester - III
Paper -I
Abnormal Psychology – II**

Time :3 Hours

**Max. Marks:80
(Internal - 20)**

Objectives:

- To introduce students to the concept of abnormality
- To equip students with the basic knowledge of the various classificatory systems of abnormality
- To enable students to understand the features of mental disorders and their causative factors

Unit – I : Personality and developmental disorders:

- a) Personality disorders: Types
- b) Developmental disorders: mental retardation, learning disorders, ADD and ADHD

Unit – II : Psychosis , psychoneurosis, psychosomatic schizophrenia spectrum disorders:- Clinical description, symptoms ,subtypes and causes treatment

Unit – III : Mood disorders clinical description, subtypes and causes treatment, suicide.

Unit – IV : Eating and sleep disorder & sexual dysfunctions:

- a) Eating disorders: Bulimia nervosa, anorexia nervosa, binge eating disorder and obesity.
- b) Sleep disorders: Primary insomnia, primary hypersomnia, narcolepsy, breathing related sleep disorders, circadian rhythm sleep disorder.
- c) Sexual dysfunctions.

Unit – V : Contemporary issues related to psychopathology:

Mental health services: Legal and ethical issues.
Status of mental health in India.
Perspectives on prevention.
Indian perspective to mental health.

Reference Books:

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

Paper - II
Psychotherapy - II

Time: 3 Hours

Max. Marks:80
(Internal-20)

Objectives : Students will acquaint with

- Primary and advanced Psychotherapy
- Implementation of Psychotherapy
- Psychotherapies for Various disorders and Life Circles

Unit – I : Hospitalization, Biological therapy: E.C.T., Brain Wave Therapy, Biofeedback, Psycho pharmacotherapy

Unit – II : Milieu therapy, progressive relaxation, flooding, Hypnosis, Crisis intervention, Solution Focused Behavior therapy, Integrative and multimodal therapies.

Unit – III : Psychoanalytic therapy: Freudian & Neo-Freudian, Insight Psychotherapy, Interpersonal Psychotherapy, Brief Psychotherapies

Unit – IV : Other Therapies for Psychological Interventions.
Family and Group Psychotherapy
Psychodynamic Couple therapy
Psychodrama therapy
Psychotherapy integration

Unit – V : Psychotherapy across life cycle
Psychotherapy with children and adolescents
Psychotherapy with adults and middle-aged persons
Psychotherapy with older adults
Psychotherapy in terminal illness (AIDS, Cancer)

Reference Books:

1. Agars, W.S., Kazadin, A.E., Wilson, G.T. (1979). Behavior Therapy. San Fransisco: Freeman & Co.
2. Lanyon, R.I., Layon, B.P. (1978) Behavior Therapy : A Clinical Introduction . Philippines:
3. Wesley Korchin, S.J. (1976) Modern Clinical Psychology. Principles of Intervention in the Clinic and Community. New York: Basic Books
4. Plante, T.G. (2005) . Contemporary Clinical Psychology (2nd Ed.) New Jersey: John Wiley & Sons
Bellack, A.S., Hersen, M., Johnston, D.W., & Johnston, M (Eds.) (1998) . Comprehensive
5. Clinical Psychology (Vol.8) New York: Pergamon
6. Wolberg, L.S., Aronson, M.L. (1991) Group and Family Therapy N.Y., Brunner/Mazel
Davis, M., Eshelman, E.R., McKay, M. (1996). The Relaxation & Stress Reduction Workbook.
7. Mumbai : Jaico Publishing House
8. Pandit, M.P. (1990) Dhyana. Pondicherry: Dipti Publication
9. Corey, G. (1991) : Theory and Practice of Counseling and Psychotherapy, 4th Ed. California: Brooks
10. Feltham C, Horton I (Ed), (2006) The Sage Handbook of Counseling and Psychotherapy, 2nd Ed Sage Publication ; New Delhi.
11. RECOURSE PERSONS AND MEDIA (eBooks, printed materials)

Paper - III
Child, Adolescent and Parental Counseling

Time: 3 Hours

Max. Marks:80
(Internal-20)

Objectives:

- Introducing Students to Parental Counseling
- Introducing Students to Adolescent Counseling and Teaching Learning Process
- Students will understand the process of Educational Counseling

Unit – I : Parental Counseling:

Nature and Definition of Parental Counseling
Parent Guidance and Parent Education
Characteristics of Good Parenting
Challenges of Parenting
Types of Parenting.
Influence and Limitations of Parents.
Therapy for Parenting Issues
Co-Parenting Counseling
Parent - Child Relationship

Unit – II : Introduction to Child and Adolescent Counseling:

Counseling Needs of Children and Adolescent, Scope
Location of Needs: Family, School, Residential Care, Community
Nature of Issues: Emotional, Behavioral Conduct, Developmental Learning

Unit – III : Process and Techniques of child and Adolescent Counseling:

Characteristics of Child and Adolescent Counselors
Therapeutic Relation in Child and Adolescent Counseling
Child Counseling Skills:
Observation, Active Listening, Dealing with Resistance and transference
Use of Play and Art with Children

Unit – IV : Counseling in Educational Concept:

Specific Issues in Educational Setting
Special Needs Children including Intellectually Different Students
(Mentally Retarded and Gifted)
Children with Learning Disabilities
Children With behavioral Problems
Children with Communication Disorders

Unit – V : Teaching and Learning process:

Learning and Teaching Gardner's Multiple Intelligence.
Model Study Skills: Reading, Writing, Note Making Skills, Time Management.
Cognitive Issues: Factors influencing Attention and Concentration, Remembering and Forgetting, Class Problems.
Child Abuse: Types of Child Abuse and Rehabilitation Programmes.
Orphan and Street Children: Psychosocial Problems and intervention
Addiction: Alcohol and Drug Addiction, Control Over Use of Substance.

Reference Books:

1. Guide to child care- Dr. R.K. Anand
2. Positive Parenting - Rebecca Eanes
3. Counseling Children, Adolescents and Families - J. Sherry , Sage Publications, New Delhi
4. Counseling Children with Psychological Problems - Pearson
5. Enhancing the quality of life of the people with intellectual Disabilities, Theory and Practice, New york- Springer
6. Handbook of Emotional and Behavioral Difficulties- Clough, Pradeck , Yuen - New Delhi Sage Publication.

Paper - IV
Social Research, Statistics and Computer Application

Time: 3 Hours

Max. Marks:80
(Internal-20)

Objectives:

- To acquaint the student and to understand different statistical method with their use and interpretation.
- To develop the computational skills in Students.
- To enable them to analyze the data of practical and project work.
- To acquaint the students with basis research concepts.
- Steps in research process
- Some commonly used research designs and APA style of preparing research proposals and writing research reports

Unit – I : Fundamentals of Scientific methods & Research

Scientific Method – Meaning of Science, meaning goal & characteristics of scientific method Social Research- definition meaning & scope.
Types of Research Design – Exploratory, Descriptive, Experimental, Evaluation Case Study, Quantitative & Qualitative Methods of Research,
Basic Concepts in Research- **Problem, Hypothesis** – Sources, Types, Characteristics, **Variables**- Independent & dependent variables

Unit – II : Sampling & Methods of Data Collection

Sampling- Meaning, Characteristics, assumption, Types
Sources of data, Distinction between primary and Secondary Data
Tools of data collection- Interview schedule, interview guide, Questionnaire, Observation schedule

Unit – III : Data Processing & Research Report

Application of Computers – Data entry, Data Processing, Excel, SPSS
Diagrammatic & Graphical Presentation of Data
Research Report- Contents, Style and Types of Research Report Foot notes, Reference, Bibliography, Preparation of Research Abstract & Publication of Report, Ethical issues in Research

Unit – IV : Introduction to Statistics

Definition & Meaning of statistics,
Function of Statistics,
Role & Importance of Statistics in Research

Unit – V : Statistics for research, techniques & its application

Percentage, Measures of Central Tendencies- Mean, median, Mode Measures of dispersion – Standard deviation, Quarter deviation
Inferential Statistics – Chi- Square Test, Correlation.

Reference Books:

1. Kerlinger, F. N., & Lee, H.W. (2000). Foundations of behavioral research, 4thEdn. Fortworth: Harcourt College Publishers.
2. Fortworth: Harcourt College Publishers.
3. Robinson, P.W. (1981). Fundamentals of experimental psychology. New Jersey:
4. McBurney, D. H. (2001). Research methods. London: Thomson Wadsworth.
5. Broota, K.D. (1989). Experimental design in behavioural research. New Delhi: Wiley
6. Eastern Ltd.
7. Singh, A.K. (2002). Tests, measurements and research methods in behavioral sciences. Patna: BharatiBhawan Publisherps.
8. Smith, J. A. (2007). Qualitative psychology: A practical guide to research methods. New Delhi: Sage Publications.
9. Silverman, D. (2006). Interpreting qualitative data: Methods for analyzing talk, text and interaction. New Delhi: Sage Publications. 11. Flick, U. (2006). An introduction to qualitative research. New Delhi: Sage

Paper - V**Practical**

Max. Marks:- 80
(Internal Marks- 20)

Objectives: This would enable students to have a hand on experience in:

- Presentation Skills
- Creating Performance Reports &
- Handling various type of Cases.

Practical of Semester- III

Cases (05) based on Three Paper i.e. Abnormal Psychology II, Psychotherapy II, & Child & Adolescent & Parental Counseling.

Seminar based on the syllabus of Semester - III**Marks Distribution**

• Cases Report	-	40 Marks
• Cases Viva	-	10 Marks
• Preparation ad presentation of on hypothetical case during practical exam	-	10 Marks
• Paper Presentation in Seminar	-	<u>20 Marks</u>
Total	-	80 Marks

Internal Assessment

• Attendance	-	10 Marks
• Overall Performance	-	<u>10 Marks</u>
Total	-	20 Marks

Syllabus
M.A. in Counseling and Psychotherapy
Semester - IV
Paper - I
Family and Marital Counseling

Time :3 Hours

Max. Marks:80
(Internal-20)

Objectives: Upon successful completion of this learning module, the student should be able to:

- Distinguish changes in society which have shaken and impacted the family and marriage
- Relate what happens in the counselling process
- Propose unhelpful responses that the counselor should guard against

Unit – I : Introduction to Family Counseling

- The family in a postmodern world
- Significant changes in society
- Exploring family values
- The five love languages
- The key concepts in a family systems approach
- Relationships and circular causality
- Understanding family rules
- Genograms

Unit – II : Marriage

- Marriage and Family: According to Major Religions in the world
- Marriage: oneness and inseparability
- Marriage: friendship and procreation of children
- Marriage: self-surrender and mutual understanding
- Marriage promises
- Ability of both men and women to analyze and take decision, Swiftness in expressing emotions, Interpersonal and social relationship

Unit – III : Marriage and related issues:

- Valid and Invalid marriage
- Men-women biology
- AIDS awareness
- Psychology of men and women: in different ages: during marriage, when becomes a parent, significance of mid- age and the psychology of the aged
- Sexual morality in marital life
- Premarital and extra marital affairs
- Sexual disorder and impotency
- Sexual illness – sexual deflection or deviation

Unit – IV : Marital divorce, separation of spouses, dismissal of marriage

- Affairs
- Developing effective conflict resolution skills
- Areas of conflict in relationships
- Separation guidelines, separation and divorce
- An emotional response to separation and divorce
- What can we do to help the children?

Unit – V : Single Parent and Blended Families, and communication problem

- Understanding the family life cycle
- Single parent families
- Children in single parent families
- Blended families
- Children in blended families
- The successful step parents
- Teaching children basic communication skills
- A look Developing effective communication skills
- Developing effective listening skills
- Caring for the other- respect emotions/ opinions /interest at adoptionfor effective communication --Avoid parallel communication, hidden communication, defects in communication.
- Ability to forgive and forget

Reference Books:

1. Brock, G.W., & Barnard, C.P. (1999). Procedures in marriage and family therapy. (3rd edition). Boston: Allyn & Bacon.
2. Freedman, J. & Combs, G. (1996). Narrative therapy: The social construction of preferred realities. NY: Norton. Madsen, B. (2007).
3. Collaborative therapy with multi-stressed families, 2nd ed. NY: Guilford. ISBN 9781593854348
4. Nichols, M.P., & Schwartz, R.C. (2006). Family therapy: Concepts and method. Boston: Allyn & Bacon
5. Odell, M., & Campbell, C. (1998). The practical practice of marriage and family therapy: Things my training supervisor never told me. New York: Haworth Press.
6. Patterson, J., Williams, L., Edwards, T.M., Chamow, L., & Grauf-Grunds, C. (2009). Essential skills in family therapy: From the first interview to termination. 2nd. Ed. New York: Guilford.

Paper - II
Health Counseling

Time :3 Hours

Max. Marks:80
(Internal-20)

Objectives:

- Relation between Psychology & Behavior medicine
- Understand Medical Treatment for Medical disorder.
- Understanding assessment process of Health Counseling.

Unit – I : The relationship between medical psychology & behavioral medicine

- Definition of behavioral medicine
- Definition of Medical Psychology
- Relationship between medical Psychology & behavioral medicine

Unit – II : Medical Psychology: three decades of growth & development

- Growth trends in medical Psychology
- Training in medical psychology
- medical Psychology related Concept
- Future Direction

Unit – III : Assessment of Hypertension :

- Assessing the hypertensive Reactions to Stressful Stimuli
- psychosocial assessment of hypertensive

Therapeutic options in the management of obesity :

- Selection of Studies
- Review of Result
- Treatment Recommendation

Unit – IV : Issues & approaches to the psychosocial assessment of the cancer patient

- Model of Psychological Assessment

Unit – V : The psychosocial assessment of the chronically ill geriatric patient

- The geriatric patient
- assessment of the geriatric patient from an organismic perspective
- analysis of the geriatric patient from an ecological perspective
- the function of the psychologist in the geriatric health care delivery system

Reference Books:

1. Asken, M, Medical Psychology: Toward definition Classification and Organization, Professional Psychology (1979)
2. Millar, N, F, Introduction: Current issues and key Problem, Chicago (1973)
Alexander, f, Emotional factors in essential hypertension psymatric medicine (1989)
3. Medical Psychology – “Contributions to Behavioral Medicine” Edited Proklop& Bradley.

Paper - III
Workplace Counseling

Time :3 Hours**Max. Marks:80**
(Internal-20)**Objectives : Students will acquaint with**

- Working Structure of Work Place Counseling
- Implementation of the ideology coming in Counseling
- Evaluation of Workplace Counseling
- Importance of Workplace Counseling

Unit – I: Meaning and Definition of Workplace Counseling, Nature and scope of WPC, Objectives of Workplace counseling, Basic requisites of Workplace Counseling, Importance and benefits of Workplace Counseling, Benefits for Employees and Employers and Benefits to the Organization. Relation between Workplace Counseling and Productivity, Organization impact on Counseling and Counseling impact on organization, Counseling as a means of organizational change.

Unit –II : Stress-Meaning and Definition, Types of Emotional and Physical Stress, work related stress and personal issues (Marital or Family issues, Absenteeism, Alcoholism and drug addiction, Maladjustment, etc.), Situations causing stress, adverse effects of stress, Stress Tests, Stress Audit (Definition, Phases, Benefits, outcome,)

Unit –III : Types of Employee Counseling, Process of Employee Counseling- Beginning, Developing, Terminating, and Follow up, Methodsof Employee Counseling-Directive and non-directive methods.

Unit – IV : Models of Counseling

1. Counseling-Orientation Model
2. Brief-Therapy
3. Problem-focused Model
4. Manager-Based Model
5. Externally based Model
6. Welfare Based Model
7. Organizational-change Models

Skills and Techniques of Workplace Counseling, Multiple Roles of Counselor in Workplace counseling.

Unit – V : Evaluation of Workplace Counseling

1. Meaning of Evaluation
2. Usefulness of Evaluation
3. Record Keeping
4. Formative and Summative Evaluation
5. Methods of Evaluation,
Problems and Issues in Workplace Counseling, Ethical Issues in Workplace Counseling, Training in ethical decision making, Making ethical decisions in Workplace Counseling, Ethical Responsibility of the Employee Counselor

Reference Books:

1. Workplace Counseling: A Systematic Approach to Employee Care by Michael Care.
2. Career Works and Mental Health ByVernorZunfer
3. Career Counseling: Applying the Systems Theory frameworks of Career Development by McMohan Mary 2005
4. Hand Book of Vocational Psychology Theory, Research and Practice.

**Paper - IV
PRACTICAL**

**Max. Marks:80
(Internal-20)**

Objectives:

It is a program making an individual work independently in the field of various Counseling process. After the end of Semester-II or during the study course a student needs to have a Clinical / Field exposure which will give a clear concept about the concerned vocational zone.

1. Case study (Any two from the following fields):

- a) Career / Vocational Counseling
- b) Educational Counseling
- c) Child parents Counseling
- d) Relationship Counseling
- e) Health Counseling
- f) Workplace Counseling
- g) General Counseling for the well being of Mental Health
- h) Therapeutic Models: REBT, CBT, Client Centered

2. Psychometric Assessment.

During the case studies, students have to use any two relevant Psychometric tests.

Distribution of 80 Marks for Practical Exam :

- | | | |
|---|---|-----------------|
| • Case Study (Any two) | - | 40 Marks |
| • Conducting two test on the client during practical exam, Preparation and presentation of report | - | 20 Marks |
| • Viva | - | 20 Marks |
| Total | - | 80 Marks |

Distribution of 20 Marks for Internal Assessment

- | | | |
|---|---|-----------------|
| • Attendance | - | 10 Marks |
| • Overall performance during the practical in the session | - | 10 Marks |
| Total | - | 20 Marks |

Paper – V**RESEARCH PROJECT****Max. Marks:100****Objectives: Acquaint the students with –**

- Research Methodology
- Research project report writing.

Scheme of Examination

- Research project any topic based on the syllabus

Distribution of (100 Marks)

- Project report (Internal) : 50 Marks
- OPEN VIVA (Internal +External) : 50 Marks
