
Diploma in Professional Counseling – 1 Year

Semester – I

S. No.	Paper Numerical	Unique Class & Papers	Paper Name / Subject
1	38101	1DPC1	Introduction to Counseling
2	38102	1DPC2	Counseling Skills & Techniques
3	38103	1DPC3	Psychology Basics
4	38104	1DPC4	Ethics & Professional Practices

Course Details:

- Definition, scope, types of counseling.
- Communication skills, active listening, empathy.
- Human behavior, motivation, emotions.
- Ethical rules, confidentiality, boundaries.

Semester – II

S. No.	Paper Numerical	Unique Class & Papers	Paper Name / Subject
1	38201	2DPC1	Counseling for Stress & Anxiety
2	38202	2DPC2	Family & Relationship Counseling
3	38203	2DPC3	Crisis Intervention
4	38204	2DPC4	Practical / Case Study Project

Course Details:

- Stress reduction methods, CBT basics.
 - Marital issues, family conflicts, communication skills.
 - Crisis handling, trauma support.
 - 3–5 case study files and practical sessions.
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