

Post Graduate Diploma in Guidance and Counselling (PGDGC) Semester-wise Syllabus

Semester I

PGDGC-101: Foundations of Guidance and Counselling

Unit I: Concept, Nature, Scope and Principles of Guidance and Counselling

Unit II: Types of Guidance – Educational, Vocational, Personal and Social

Unit III: Organization of Guidance Services in Educational Institutions

Unit IV: Ethical and Professional Issues in Counselling

PGDGC-102: Human Growth and Development

Unit I: Principles and Stages of Human Development

Unit II: Physical, Cognitive and Emotional Development

Unit III: Personality Development and Individual Differences

Unit IV: Developmental Problems and Adjustment

PGDGC-103: Psychology for Guidance and Counselling

Unit I: Introduction to Psychology and Human Behaviour

Unit II: Learning, Motivation and Intelligence

Unit III: Personality Theories and Assessment

Unit IV: Emotions, Attitudes and Adjustment

PGDGC-104: Educational and Vocational Guidance

Unit I: Concept and Need of Educational Guidance

Unit II: Vocational Guidance and Career Development Theories

Unit III: Career Information and Occupational Guidance

Unit IV: Placement and Follow-up Services

PGDGC-105: Communication Skills and Counselling Process

Unit I: Communication Skills in Counselling

Unit II: Counselling Relationship and Interview Techniques

Unit III: Counselling Process and Stages

Unit IV: Barriers to Effective Communication

Semester II

PGDGC-201: Counselling Theories and Techniques

Unit I: Major Approaches to Counselling

Unit II: Psychoanalytic, Behavioural and Humanistic Approaches

Unit III: Cognitive and Eclectic Approaches

Unit IV: Counselling Skills and Techniques

PGDGC-202: Assessment and Appraisal in Guidance

Unit I: Principles and Methods of Assessment

Unit II: Intelligence and Aptitude Tests

Unit III: Personality and Interest Inventories

Unit IV: Interpretation and Use of Psychological Tests

PGDGC-203: Mental Health and Adjustment

Unit I: Concept and Characteristics of Mental Health

Unit II: Stress, Frustration and Conflict

Unit III: Adjustment Problems and Coping Strategies

Unit IV: Mental Health Promotion and Intervention

PGDGC-204: Practicum in Guidance and Counselling

- Individual Counselling Sessions

- Group Counselling Sessions

- Case Study Preparation

- Psychological Testing and Interpretation

- Guidance Programme Organization

PGDGC-205: Internship, Field Work and Project Report

- School/College/Community Internship

- Field-Based Activities

- Project Work and Report Writing

- Viva-Voce Examination

Course Duration: 1 Year (2 Semesters)

Eligibility: Graduation in any discipline from a recognized University.