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SCHEME OF EXAMINATION & SYLLABUS of PG Diploma in Psychological Guidance and Counselling UNDER FACULTY OF ARTS Session 2026-27

**(Approved by Board of Studies)
Effective from July 2026**

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SCHEME OF EXAMINATION & SYLLABUS of PG Diploma in Psychological Guidance and Counselling Semester Exam UNDER FACULTY OF ARTS Session 2026-27

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Hemchand Yadav University, Durg (C.G.)

POST GRADUATE DIPLOMA IN PSYCHOLOGICAL GUIDANCE AND COUNSELLING (PGC)

1. SCOPE:

The P.G. Diploma in Psychological Guidance and Counselling is one year diploma course after Post Graduation and intends to teach students how to guide and perform counselling on clients. The course intends to enable students in developing skills and competencies needed for meeting the challenges and needs of the real world effectively. The course will help students get systematic grasp of the objectives, scope, types, theories and approaches of Guidance and Counselling with a focus on their application in personal and professional settings.

It will allow students to learn and have a stronger knowledge of their own "self" as a tool for personal, professional and counseling growth.

Career Options-

School Counsellor
NGO Counsellor
Career Counsellor
Youth Counsellor
Marriage Counsellor

2. Examination System

Title		Min. Marks	Max. Marks
A.	Theory Papers		
	PAPER I – Psychological Guidance	40	100
	PAPER II – Counselling Theories and Techniques	40	100
B.	PAPER III – Field Exploration & Project Work 1. Field Internship – 30 2. Case Study Report – 70 (Dissertation)	40	100
C.	PAPER IV – Laboratory Practical 1. Construction of Guidance tool – 30 2. Psychological testing 70	40	100
GRAND TOTAL		160	400

NOTE: Candidate securing at least 40% marks of the aggregate in (a) Theory paper in (b) Field exploration and (c) Lab practical separately shall be declared Successful at the examination. Candidates obtaining 60% marks or more in total shall be declared to have passed with merit and these obtaining 40% or more but less than 60% marks shall be declared as passed.

PAPER – I
PSYCHOLOGICAL GUIDANCE

100 Marks

This paper has five units. At least two questions are to be set from each unit candidate is required to attempt five questions in all selecting one question from each unit.

UNIT – I

The Guidance

- (a) Meaning and Functions of guidance. The basis of present guidance, approach, Basic Principle and assumption of guidance.
- (b) Guidance services.
- (c) Difference between Guidance and Counselling.

UNIT – II

Techniques of Guidance

- (a) Understanding Individual: Use of interviews and questionnaires.
- (b) Appraisals of Aptitude for guidance: Appraisal of personal qualities and interest: test and inventories rating scale, behavior descriptions. Anecdotal records. Socio- metric devices, evaluation of achievement, Cumulative Records, Case study and follow-up.

UNIT – III

Organization of guidance programme

- (a) Organization of guidance programme in school.
- (b) Problems of guidance in India.
- (c) Types of guidance services, characteristics of a well-organized guidance programme.

UNIT – IV

Guidance Services- Children. Adolescents

- (a) Guidance Services for children.
- (b) Elementary School Children, Junior high school children.
- (c) Adolescents.

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UNIT – V

Guidance services- Adults

- (a) Guidance Services to adults, vocational guidance. Guidance of adults.
- (b) Guidance towards family life, guidance in personal adjustment, guidance to deviates.
- (c) Guidance in group.
- (d) Situation appraisals of guidance programmes.
- (e) Emerging Trends in guidance.

BOOK RECOMMENDED:

1. Traxler. E. Arthur and North D Robert (1996). Technique of Guidance IIIrd Edition Halper & Row, Publishers New York and London.
2. Crow, L. and Crow, A. (1962), an Introduction to Guidance IInd Ed. Eurasia Publishing House (P) Ltd.
3. Asch. M. (2000) Principals of Guidance and counselling 1st Ed. Sarun & sons New Delhi.
4. Jones, J. Arthur, eta (1952), Principal of Guidance 6th Edl Tata McGraw Hill Publishing Company.
5. Gupta S.K. (1985), Guidance and counselling in India education 1st Ed. Mittal Publishers Trinagar Delhi.

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PAPER – II
COUNSELLING THEORIES AND TECHNIQUES

100 Marks

This paper has five units. At least two questions are to be set from each unit candidate is required to attempt five questions in all selecting one question from each unit.

UNIT – I

COUNSELLING: The art and Science of helping.

- (a) Meaning, Purpose and goals of Counselling with special reference to India.
- (b) Professional issues, ethics, education and training of the counsellor.
- (c) Counselling relationship.

UNIT – II

COUNSELLING PROCESS: Theories and Techniques of Counselling.

- (a) Psychodynamic Approach, Freudian, Neo Freudian, Modern, Transactional analysis.
- (b) Humanistic Approach: Existential, client centered.

UNIT – III

COUNSELLING PROCESS: Theories and Techniques of Counselling.

- (a) Cognitive Approach: Rational emotive behavior therapy (REBT), Cognitive behavioral therapy (CBT), Dialectical behavior therapy (DBT)
- (b) Behavioral Approach: Classical Conditioning, Operant Conditioning and Behavior Modification.
- (c) Indian contribution – Yoga and Meditation.

UNIT – IV

COUNSELLING FOR MENTAL DISORDERS

- (a) Cognitive disorders
- (b) Mood disorders
- (c) Substance use disorder
- (d) Neurotic disorders
- (e) Personality disorders.



UNIT – V

COUNSELLING APPLICATION

- (a) Family therapy
- (b) Career counseling
- (c) Crisis intervention
- (d) Old age counseling
- (e) Psychoeducation
- (f) Social skill therapy
- (g) Group counselling

Book Recommended:-

1. Windy, D. (1988) (Ed.) Counselling in Action New York; Sage Publication.
2. Nelson, J. (1982) The theory and practice of counselling Psychology. New York. Renhart and Winston.
3. Belkin, G.S. (1988) Introduction to counselling. W.G. Brown Publishers.



PAPER – III

Marks: 100

FIELD EXPLORATION & PROJECT WORK (INTERNSHIP PROGRAMME)

A. INTERNSHIP PROGRAMME: 70 MARKS.

The Internship Programme consists of two phases, about 30 days each. The students would be attached to the institute/organization for a period of about two months. During this period they have to explore and identify the problem for investigation, and prepare Study-report (case) under the guidance of the Supervisor (faculty member). This report would carry 70 marks and would be evaluated by both internal and external examiner, each examiner awarding marks out of 35, as per university rules.

B. INTERNSHIP EVALUATION: 30 MARKS.

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| (a) Presentation of the report in the departmental Seminar | – | 20 Marks. |
| (b) Attendance for the programme certified by the supervisor | – | 10 Marks |

PAPER – IV

Lab Practical

100 Marks

1. Construction of guidance tools related to the area of specialization – 30 marks
2. Psychological Testing – Candidates would be required to administer, score and interpret at least 10 Psychological tests, 50 marks.
3. Practical Record book – 10 marks.
4. Viva – Voce – 10 marks.



