

ALAGAPPA UNIVERSITY

(Accredited with A+ Grade by NAAC (CGPA: 3.64) in the Third Cycle), Graded
as Category-I University and granted autonomy by MHRD-UGC)

DIRECTORATE OF COLLABORATIVE PROGRAMMES



Post Graduate Diploma in Mental Health

Regulations and Syllabus

[For those who join the Course in July 2023 and after]

CHOICE BASED CREDIT SYSTEM

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COURSE REGULATIONS

Name of the Institution: **MS Chellamuthu Institute of Mental Health and Rehabilitation**

Mission of the Institution:

Develop competent, confident and compassionate mental health professionals to lead the mental health care movement in India.

Name of the Subject Discipline: PG Diploma in Mental Health Programme of Level:

1. Choice-Based Credit System

A Choice-Based Credit System is a flexible system of learning. This system allows students to gain knowledge at their tempo. Students shall decide on electives from a wide range of elective courses offered by the Departments/institutions in consultation with the committee. Students undergo

additional courses and acquire more than the required number of credits. They can also adopt an inter-disciplinary and intra-disciplinary approach to learning, and make the best use of the expertise of available faculty.

2. Programme

“Programme” means a course of study leading to the award of a degree in a discipline. MSW is a postgraduate programme and the duration is two years spread over four semesters.

3. Courses

‘Course’ is a component (a paper) of a programme. Each course offered by the Department is identified by a unique course code. A course contains lectures/ tutorials/laboratory work/seminars/project work / practical training/report writing /Viva- voce, etc, or a combination of these, to meet effective teaching and learning needs.

4. Credits

The term “Credit” refers to the weight age given to a course, usually about the instructional hours assigned to it. Normally in each of the course’s credits will be assigned based on the number of lectures/tutorials/laboratory and other forms of learning required to complete the course contents in a 15-week schedule. One credit is equal to one hour of lecture per week. For laboratory/field work one credit is equal to two hours.

5. Semesters

An academic year is divided into two Semesters. In each semester, courses are offered in a minimum of 15 teaching weeks and the remaining 3-5 weeks are to be utilized for conduct of examination and evaluation purposes. Each week has 30 working hours spread over 5 days a week.

6. Departmental/ institutional committee

The Departmental/Institutional Committee consists of the faculty of the Department/institution. The committee shall be responsible for admission to all the programmes offered by the Department including the conduct of entrance tests, verification of records, admission, and evaluation.

The committee determines the deliberation of courses and specifies the allocation of credits semester-wise and course-wise. For each course, it will also identify the number of credits for lectures, tutorials, practicals, seminars, etc. The courses (Core/Discipline Specific Elective/Non-Major Elective) are designed by teachers and approved by the Committees. Courses approved by the committees shall be approved by the Board of Studies.

A teacher offering a course will also be responsible for maintaining attendance and performance sheets (CIA -I, CIA-II, assignments, and seminar) of all the students registered for the course.

The department coordinators for Non-major elective (NME) and MOOCs(SLC)courses are responsible to submit the performance sheet to the Head of the department. The Head of the Department consolidates all such performance sheets of courses offered by the department and forward the same to be Controller of Examinations.

7. Programme Education Objectives-(PEO)Minimum 5 objectives are required

PGO-1	Understand the importance of mental health
PGO-2	Understand psychopathology
PGO-3	Understand the management of Mental disorders
PGO-4	Develop counseling competence.
PGO-5	Develop a perspective on field realities and the best practices in mental health.

8. Programme Specific Objectives-(PSO)-Minimum 5 objectives are required

PSO-1	Understand and appreciate the importance of making mental health, a priority.
PSO-2	Develop a bio psycho social perspective about mental disorders.
PSO-3	Understand the bio psycho social interventions.
PSO-4	Domian clarity about the role played by the mental health professionals
PSO-5	Develop the skills to provide basic psycho social support.

9. Programme Outcome-(PO)-Minimum 10 objectives are required

By completing the program, students will have:

PO-1	Understood the importance of mental health
PO-2	Developed clarity about the management of mental disorders by analyzing the existing practices.
PO-3	Understood the role played by the mental health professionals in finding solutions to mental health problems.
PO-4	Holistic understanding of the mental health problems by field investigations.
PO-5	Updated knowledge of the latest approaches in the promotion of mental health.
PO-6	Become sensitive to the sufferings of the persons with mental disabilities.
PO-7	Imbided the value of compassion towards people with mental health problems.
PO-8	Understood the importance of ethical practices in establishing credibility.
PO-9	Become appreciative of teamwork in mitigating the sufferings of the persons with mental health problems.
PO-10	The knowledge of the communication tools to promote mental health.

10. Programme Specific Outcome-(PSO)-Minimum 5 objectives are required

By completing the program, students will be able to:

PO-1	Appreciate the need and importance of mental health.
PO-2	Communicate well about the importance of mental health.
PO-3	Provide psycho social support to the people in distress.
PO-4	Practice compassion.
PO-5	Uphold the value of ethics in their practice.

11. Eligibility for admission

A candidate who has passed any UG degree from any University/ college shall be permitted to appear and qualify for the programme.

12. Minimum Duration of Programme

The programme is for one year. Each year shall consist of two semesters viz. Odd and Even semesters. Odd semesters shall be from June/ July to October/ November and even semesters shall be from November / December to April / May. In each semester, there shall be 90 working days consisting of 6 teaching hours per working day (5 days/week).

13. Medium of instruction

The medium of instruction is English

14. Teaching Methods

The classroom teaching would be through conventional lectures, the use of OHP, PowerPoint presentation, and novel innovative teaching ideas like television, smart board, and computer-aided instructions. Periodic field visit enables the student for gathering practical experience and up-to-date industrial scenario. Student seminars would be arranged to improve their communicative skills. The periodic test will be conducted for students to assess their knowledge. Slow learners would be identified and will be given special attention by remedial coaching. Major and electives would be held in the Department and for Non-major electives students have to undertake other subjects offered by other departments.

15. Components

APG Diploma programme consists of several courses. The term “course” is applied to indicate a logical part of the subject matter of the programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of the courses suggested for the PG Diploma programme.

Core courses (CC) - “Core Papers” means “the core courses” related to the programme concerned including practicals and project work offered under the programme and shall cover core competency, critical thinking, analytical reasoning, and research skill.

F. Internship

The students shall undergo Internship /industrial training in reputed organizations minimum of two weeks to acquire industrial knowledge during the summer vacation of the second semester. The student has to find an industry

related to their discipline (Public Limited/Private Limited/owner/NGOs etc.,) in consultation with the faculty incharge/ Mentor and get approval from the Head of the Department and Departmental Committee before going for an internship/ industrial training

Format to be followed for Internship report

The format/certificate for the internship report to be followed by the student is given below

Title page

Title of internship report

Internship report submitted in partial fulfillment of the requirement for the _____ of degree in _____

By (Student Name)
(Register Number) University Logo
Department of-----

Institute name & address

(Year)

Format of certificate

(Faculty in charge)

This is to certify that the report entitled“” submitted to -----
----- in partial fulfilment
for the ----- of ----- in ----- by Mr/Miss------(Reg No:-----
-----) under my supervision. This is based on the work carried out by
him/her in the organization M/S ---.This Internship report or any
part of this work has not been submitted elsewhere for any other degree,
diploma, fellowship, or any other similar record of any University or
Institution.

Research Supervisor

Place:

Date: _____

(HOD)

This is to certify that the Internship report entitled “ ” submitted by Mr/Miss.------(Reg. No:-----) to the-----, in partial fulfillment for the award of the-----of Science in-----is a bonafide record of the Internship report done under the supervision of ----, Assistant Professor, Department of -----, and the work carried out by him/her in the organization M/S-----. This is to further certify that the thesis or any part thereof has not formed the basis of the award to the student of any degree, diploma, fellowship, or any other similar title of any University or Institution.

Head of the Department

Place:

Date:_____

(Company supervisor or Head of the Organization)

This is to certify that the Internship report entitled“ ” submitted to-----in partial fulfillment for the-----in by Mr/Miss----- (Reg. No.) under my supervision. This is based on the work carried out by him / her in our organization M/S-----for the period of--. This Internship report or any part of this work has not been submitted else where for any other degree, diploma, fellowship, or any other similar record of any University or Institution.

Supervisor or In charge

Place:

Date:_____

(Student Declaration)

I here by declare that the Internship Report entitled “ ” submitted to the -----for the award of the -----in has been carried out by me under the supervision of-----, Assistant Professor, Department of -----,-----, -- This is my original and independent work carried out by me in the organization M/S ----- for the period of and has not previously formed the basis of the award of any degree, diploma, associate ship, fellowship, or any other similar title of any University or Institution.

(_____)

Place:

Date: _____

Acknowledgment Content as follows:

Chapter No.	Title	PageNo.
1	Introduction	
2	Aim and Objectives	
3	Organization profile/ details	
4	Methods/ Work	
5	Observation and knowledge gained	
6	Summary and outcome of the Internship study	
7	References	

No. of copies of the dissertation/ internship report

The candidate should prepare three copies of the dissertation/report and submit the same for the evaluation of examiners. After evaluation, one copy will be retained in the department library, one copy will be retained by the guide and the student shall hold one copy.

Attendance

Students must have earned 75% of attendance in each course for appearing on the examination. Students who have earned 74% to 70% of attendance need to apply for condonation in the prescribed form with the prescribed fee. Students who have earned 69% to 60% of attendance need to apply for

condonation in the prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 60% of attendance are not eligible to appear for the End Semester Examination (ESE). They shall re-do the semester(s) after completion of the programme.

Examination

The examinations shall be conducted separately for theory and practicals to assess (remembering, understanding, applying, analyzing, evaluating, and creating) the knowledge required during the study. There shall be two systems of examinations viz., internal and external examinations. The internal examinations shall be conducted as Continuous Internal Assessment tests I and II (CIA Test I & II).

A. Internal Assessment

The internal assessment shall comprise a maximum of 25 marks for each course. The following procedure shall be followed for awarding internal marks.

Theory-25Marks

Sr. No.	Content	Marks
1	Average marks of two CIA Test	15
2	Seminar/ group discussion / quiz, etc.,	5
3	Assignment/ field trip report/ case study reports	5
	Total	25

Practical-25Marks

Sr. No.	Content	Marks
1	Average marks of two CIA tests (Practical) Experiments –Major, Minor, and Spotter	15
2	Observation note book	10
	Total	25

Internship- 25Marks (assess by Guide / Incharge HOD / supervisor)

Sr. No.	Content	Marks
1	Presentation	15
2	Progress Report	10
	Total	25

A. External Examination

- ❖ There shall be examinations at the end of each semester, for odd semesters in October / November; for even semesters in April / May.
- ❖ A candidate who does not pass the examination in any course(s) may be permitted to appear in such failed course(s) in the subsequent examinations to be held in October / November or April / May. However, candidates who have arrears in practical shall be permitted to take their arrear Practical examination only along with regular practical examination in the respective semester.
- ❖ A candidate should get registered for the first-semester examination. If registration is not possible owing to a shortage of attendance beyond the condonation limit / regulation prescribed OR belated joining OR on medical grounds, the candidates are permitted to move to the next semester. Such candidates shall re-do the missed semester after completion of the programme.
- ❖ For the internship, the maximum mark will be 50 marks for project report evaluation and for the Viva-Voce it is 25 marks.
- ❖ Viva-Voce: Each candidate shall be required to appear for the Viva-Voce Examination (in defense of the Dissertation Work/internship).

PASSING MINIMUM

- A candidate shall be declared to have passed each course if he/she secures not less than 40% marks in the End Semester Examinations and 40% marks in the Internal Assessment and not less than 40% for UG and PG 50% in the aggregate, taking Continuous assessment and End Semester Examinations marks together.
- The candidates not obtained 50% in the Internal Assessment are permitted to improve their Internal Assessment marks in the subsequent semesters (2 chances will be given) by writing the CIA tests and by submitting assignments.
- Candidates, who have secured the pass marks in the End-Semester Examination and the CIA but failed to secure the aggregate minimum pass mark (E.S.E + C I.A), are permitted to improve their Internal Assessment mark in the following semester and/or in University Examinations
- A candidate shall be declared to have passed the Project Work if he /she gets not less than 40% in each of the Project Report and Viva-Voce and not less than 40% UG and in PG 50% in the aggregate of both the marks for Project Report and Viva-Voce.

A candidate who gets less than 40% for UG and PG 50% in the Project Report must resubmit the Project Report. Such candidates need to take again the Viva Voce on the resubmitted project. Each student should have taken 16 credits as a core course, 22 credits for practicals thus totaling 38 credits required to complete the diploma course.

PG Diploma in Mental Health-Course Structure

	Course Code	Courses	Title of the Paper	T/P	Cr.	Hrs./ Week	Max. Marks		
							Int.	Ext.	Total
Sem I	96011	CC I	Introduction to Mental Health	T	4	4	25	75	100
	96012	CC II	Psycho pathology I	T	4	4	25	75	100
	96013	CC III	Psychometric Lab	P	5	10	25	75	100
	96014		Internship	I	5	12	25	75	100
			Total		18	30	100	300	400
Sem II	96021	CC IV	Fundamentals of Counseling	T	4	4	25	75	100
	96022	CC V	Psycho pathology II	T	4	4	25	75	100
	96023	CC VI	Psychometric lab	P	5	10	25	75	100
	96024		Internship	I	5	12	25	75	100
			Total		18	30	100	300	400
			Grant Total		36	60	200	600	800

Approved by BOS conducted on 12.08.2023

SYLLABUS

I- SEMESTER					
Course Code	96011	Introduction to Mental health	T	Credits:4	Hours/Week: 4
Objectives	<ol style="list-style-type: none"> 1. To understand the importance of mental health and its drivers. 2. To develop better insight in to the practices that promote mental health. 3. Todevelopthecompetencetodealwithissuesthat arebarrierstomentalhealth. 4. Toeducatetheburdenofmentaldisordersinthenationalandinternationalscenario 5. Toteachthepreventionalaspectofmentalhealthratherthanfocussingononlytreatment 				
Unit-I	Concept of Mind, Mental health, Normality and Abnormality, Mind and Body Connection,Importanceofmentalhealth,IndicatorsofMentalhealth.Mentaldisorder - Concept, Causes, Myths and Misconceptions. Classification of Mental disorders – ICD 10, DSM- IVR, Prevalence of Mental disorders. International and National Scenario, Models of Mental disorders, Burden of Mental Disorders.				
Unit-II	Resilience and Mental health - Concept of Resilience, Assessment of Risk and Protective factors, Drivers of Resilience and Promotion of Resilience. Positive mental health - Concept and its importance, Habits that promote mental health.				
Unit-III	Stress and Mental health – Concept of stress, Stressors, Stress cycle, Stress reactions, Impact of stress on body and mind, Stress management strategies. Religion and Mental health-Concept of Religion, Role of religion in mental health, Religious practices and its impact on mental health.				
Unit-IV	Burden of Mental disorders – National and International Scenario, Social and Economic, Direct and Indirect burden of mental disorders, Treatment gap - Mental disorders and the Availability of resources for treatment.				
Unit-V	Prevention of mental health problems - Concept, Objectives, Types - Primary, Secondary and tertiary and strategies Mental health Policy and National Mental Health Program – Objectives, Salient features and Challenges.				

References and Text Books:

GirolamoDeGiovanni(1999),PromotingMentalHealthInternationally,London,TheRoyalCollegeof Psychiatrists.

Lopez.J.Shane(2008),PositivePsychology,Westport,USA,ProegerPublication.

Newton Jennifer (1988), Preventing Mental Illness, London, Rutledge.

Snyder.C.R.Lopez,J.Shane(2002),HandbookofPositivePsychology,Newyork,OxfordUniversityPress.

Tummers E. Vanethe (2013), Stress management – A Wellness approach, Illinois, Human Kinetics.

Websources :

https://apps.who.int/iris/bitstream/handle/10665/37958/9241544228_en.pdf<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2174594/><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3530291/>https://apps.who.int/gb/ebwha/pdf_files/EB130/B130_9-en.pdf<https://ijmhs.biomedcentral.com/articles/10.1186/s13033-020-00356-9>

Course Outcomes

On completion of the course, students will have

CO1	Understood the concept of mind and able to analyse normality and abnormality by the use of classification of mental disorders	K1,K2,K4
CO2	Understood the concept of resilience and able to implement strategies to sustain resilience	K1,K2,K3
CO3	Understood the concept of stress and importance of religion in mental health	K1, K2
CO4	Examined the current scenario of mental health and analysed the availability of resources	K1,K2,K5
CO5	Developed the competence to prevent mental health program and analysed various policies	K1,K2,K5, K6

Mapping Course Outcome vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	M(2)	M(2)	S(3)	L(1)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)
CO2	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	M(2)
CO3	S(3)	S(3)	S(3)	L(1)	M(2)	M(2)	M(2)	S(3)	M(2)	L(1)
CO4	S(3)	S(3)	S(3)	L(1)	L(1)	S(3)	S(3)	M(2)	M(2)	M(2)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)
W. Av	2.8	2.8	3	1.8	2.2	2.4	2.4	2.6	2.4	2

Mapping Course Outcome Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	M(2)	M(2)	M(2)	M(2)
CO2	S(3)	S(3)	S(3)	M(2)	L(1)
CO3	S(3)	M(2)	M(2)	S(3)	L(1)
CO4	S(3)	M(2)	M(2)	S(3)	S(3)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)
W. Av	3	2.4	2.4	2.6	2

I- SEMESTER

Course Code	96012	Psychopathology I	T	Credits:4	Hours/Week: 4
Objectives	<ol style="list-style-type: none"> 1. To develop a holistic understanding about mental disorders. 2. To gain knowledge about the brain and its structure. 3. To develop their competence in diagnosing mental disorders. 4. To differentiate childhood and adult disorder in terms of mental health 5. To teach about treatment rather than just presenting out the problems 				
Unit-I	Understanding Human Brain – Structure and functions of Brain, Role of Neurotransmitters, Changes in Brain and its impact. Examination of the Person with Mental Illness–Importance of Interview, Skills in Interviewing, Case history taking and Mental Status Examination .				
Unit-II	Childhood Disorders: Mental Retardation, Pervasive Developmental Disorders, ADHD, Learning and Motor Skills Disorders, Communication disorder - Epidemiology, Etiology, Diagnosis, Management and its Outcome.				
Unit-III	Personality Disorders: Paranoid, Schizoid, Antisocial, Borderline, Histrionic, Narcissistic, Avoidant and Dependent Disorders – Epidemiology, Etiology, Diagnosis, Management and its Outcome.				
Unit-IV	Eating and Sleep Disorders – Eating disorder – Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorders – Sleep Disorders – Insomnia, Hypersomnia, Breathing related Disorder, Nightmare and Sleep walking disorders - Epidemiology, Etiology, Diagnosis, Management and its Outcome.				
Unit-V	Substance use disorder - Concept of use, Misuse, Abuse and addiction, Alcohol, Caffeine, Nicotine, Opiod, Cannabis, Inhalants related mental disorders - Epidemiology, Etiology, Diagnosis, Course , Management and its Outcome.				

References and Text Books:

American Psychiatric Association

(2000),DiagnosticandStatisticalManualofMentaldisorders,Washington, American Psychiatric Association.

Kennedy.A.James,(2003),Fundamentals of Psychiatric Treatment Planning, Washington American Psychiatric Publishing.inc.

PooleRobandHiggoRobert,PsychiatricInterviewingandassessment,Cambridge,Cambridge

Web resources:

<https://www.ncbi.nlm.nih.gov/books/NBK556058/https://www.eatingdisorderhope.com/treatment-for-eating-disorders/international/india>

<https://www.edx.org/learn/psychology/the-university-of-queensland-introduction-to-clinical-psychologyhttps://www.ncbi.nlm.nih.gov/books/NBK570642/>

<https://emedicine.medscape.com/article/293402-overview>

Course Outcomes

On completion of the course, students will have

CO1	Understood the structures of brain and equipped with the skills of taking case history	K2,K4,K5, K6
CO2	Analysed child hood disorder and its etiology and able to think of interventions for treatment	K2,K4
CO3	Understood the etiology of personality disorder and its management	K2,K3,K4
CO4	Reviewed eating and sleeping disorder and able to diagnose and think of interventions for treatment	K2,K3,K4
CO5	Examined various substance use disorder and its consequences	K2,K3,K4

Mapping Course Outcome vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	L(1)	L(1)	M(2)
CO2	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	M(2)	M(2)	L(1)	S(3)
CO3	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	L(1)	L(1)	M(2)
CO4	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)
CO5	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)	M(2)
W. Av	3	3	3	2.2	2	2.2	2	1.8	1.6	2.2

Mapping Course Outcome Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	S(3)	M(2)	M(2)
CO2	S(3)	M(2)	M(2)	M(2)	M(2)
CO3	S(3)	M(2)	M(2)	M(2)	M(2)
CO4	S(3)	M(2)	M(2)	S(3)	M(2)
CO5	S(3)	M(2)	M(2)	S(3)	M(2)
W.Av	3	2.2	2.2	2.4	2

I- SEMESTER

Course Code	96013	Psychometric Lab	P	Credits:5	Hours/Week: 10
Objectives	<ul style="list-style-type: none"> ➤ To understand the importance of psychometrics in diagnosis ➤ To develop the necessary competence to administer and interpret various psychological tools. ➤ To gain insight regarding various psychological tools ➤ To gain the understanding about the application of the tools. ➤ To make use of the appropriate psychological tool by analyzing the context of need. 				
	<p>Psychological tests from the following areas (One from Each area) will be identified and students will be exposed to the administration of the selected tests.</p> <p>Practical Examination will be conducted by the Institute as per the Guidelines of the University.</p> <ol style="list-style-type: none"> 1. Intelligence 2. Memory 3. Interest 4. Job satisfaction 5. Psychiatric rating scale 6. Assessment for children and adolescent 				
References and Text Books					
<p>Cronbach, L.J (1972), Essentials of Psychological Testing, New Delhi, Prentice Hall.</p> <p>Udai Pareek, T (2006), Hand book of Psychological and Social Instruments, New Delhi, Concept Publishing House.</p> <p>Woodworth R.S. and Schlosberg, (1981), Experimental Psychology, New Delhi, Tata McGraw Hill Publishing Co.</p>					
Web resources:					
https://onlinecourses.nptel.ac.in/noc20_hs45/preview					

Course Outcomes

On completion of the course, students will have

CO1	Recognize the importance of assessments in the field	K1, K2
CO2	Understood the psychometric properties of the tests.	K2, K4
CO3	Explore the various existing assessments and understand their purpose.	K2, K3, K4
CO4	Identify and apply their knowledge to evaluate the scores on assessments	K4, K5, K6
CO5	Develop skills to write clinical reports to clients	K4, K5, K6

Mapping Course Outcome vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	L(1)	L(1)	S(3)	S(3)	M(2)	M(2)	L(1)
CO2	S(3)	S(3)	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	M(2)	L(1)
CO3	S(3)	S(3)	S(3)	L(1)	L(1)	M(2)	M(2)	M(2)	M(2)	M(2)
CO4	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	M(2)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)
W.Av	3	3	3	2	1.8	2.6	2.6	2.4	2.2	1.8

Mapping Course Outcome Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	L(1)	L(1)	S(3)	M(2)
CO2	S(3)	M(2)	S(3)	S(3)	S(3)
CO3	S(3)	M(2)	M(2)	M(2)	M(2)
CO4	S(3)	S(3)	S(3)	S(3)	S(3)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)
W.Av	3	2.2	2.4	2.8	2.6

I- SEMESTER

Course Code	96014	Internship	I	Credits: 5	Hours/ week:12
Objectives	<ul style="list-style-type: none"> ➤ To study and understand the working process of an agency ➤ To gain professional intervention skills and program / process in implementation skills ➤ To develop skills in documentation ➤ To develop professional acumen ➤ To practice the professional skills that is learned via theory 				
Guidelines	<p>Students are placed in an internship setting for their practice based exposure of diploma degree The CA marks are awarded by the supervisor out of 40 marks for the quality, regularity, initiatives, leadership and participation. At the end of the semester Viva Voce is conducted by an external examiner and marks are awarded out of 60.</p>				

Course Outcomes:

On successful completion of the course, Students will have

CO1	Examined and Understood the field realities	K2, K4
CO2	Analysed the scope for the practice	K3, K4
CO3	Developed the necessary competence to practice	K3,K4,K6
CO4	Developed professional network	K3, K6
CO5	Becomes more compassionate and confident in working with people.	K4, K5

Mapping Course Outcome vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	L(1)	L(1)	S(3)	S(3)	M(2)	M(2)	L(1)
CO2	S(3)	S(3)	M(2)	L(1)	L(1)	S(3)	S(3)	S(3)	M(2)	M(2)
CO3	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)
CO4	L(1)	L(1)	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)
CO5	L(1)	L(1)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	M(2)
W.Av	2.2	2.2	2.4	1.8	2	3	3	2.4	2.2	2.2

Mapping Course Outcome Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	L(1)	L(1)	S(3)	M(2)
CO2	S(3)	M(2)	M(2)	S(3)	S(3)
CO3	S(3)	S(3)	S(3)	M(2)	M(2)
CO4	L(1)	S(3)	M(2)	M(2)	M(2)
CO5	M(2)	M(2)	S(3)	S(3)	S(3)
W.Av	2.4	2.2	2.2	2.6	2.4

II - SEMESTER				
Course Code 96021	Fundamentals of Counselling	T	Credits:4	Hours/ Week :4
Objectives	<ul style="list-style-type: none"> ➤ To understand the importance of Counselling. ➤ To develop the necessary competence to practice Counselling. ➤ To gain competence to administer psychological tests and interview. ➤ To understand the importance of therapeutic relationship ➤ To legal educate the ethical considerations in counselling 			
Unit - I	Understanding human behaviour: Concept of behaviour, Assumptions about behaviour, Connection between thoughts, Feelings and behaviour, Drivers of behaviour, Functional and dysfunctional behaviours.			
Unit - II	Counselling: Definition of Counselling, Need for counselling, Objectives of counselling, Differences between advise and counselling, Assumptions of counselling, Counselling approaches - Directive, Non directive and eclectic, Factors influencing the outcome of counselling.			
Unit - III	Therapeutic relationship: Importance of relationship, Relationship pyramid, Conditions that facilitate therapeutic relationship - Genuineness, Unconditional positive regard and Empathy.			
Unit - IV	Counselling process: Pre helping phase, Exploration, Understanding and Action phases, Responsibilities of Counsellor and Counsellee in each of these phases. Counselling responses - Understanding, Supportive, Probing, Interpretative and Evaluative responses.			
Unit - V	Basic counselling skills: Attending skill, Listening skill, Skill of empathy, Problem solving and decision making skill. Attributes of an effective counsellor, Ethics in the practice of Counselling			
References and Text Books:				
<p>American Counselling Association (2009), The ACA Encyclopedia of Counselling, Alexandria, VA, USA. Carkhuff R. Robert (2008), The Art of Helping, Amherst, USA, Possibilities Publishing Inc.</p> <p>Egan Gerald (2010), The Skilled Helper, Belmont, USA, Brooks/Cole.</p> <p>Goss C. Malcom & Papadopoulos Linda (2001), Becoming a Therapist, New York, Brunner-Routledge.</p> <p>McLeod John (2003), An Introduction to Counselling, Berkshire, McGraw Hill, Open University Press</p>				
Websources :				
<p>https://www.caluniv.ac.in/academic/Education/Study/Techniques.pdf</p> <p>https://www.britannica.com/topic/human-behavior</p> <p>https://web.cortland.edu/andersmd/rogers/char-a.html</p> <p>https://positivepsychology.com/counseling-process/</p> <p>https://counsellingtutor.com/basic-counselling-skills/the-meaning-of-attending/</p>				

Course Outcomes

On completion of the course, students will have

CO1	Understood the concepts behind human behaviour and able to analyse the connection between thought, feeling and behaviour	K1, K2, K3
CO2	Understood counselling and analysed various approaches in counselling	K2, K4
CO3	Examined the therapeutic relationship and able to identify the factor that facilitate the relationship	K2, K4, K5
CO4	Reviewed the counselling process and align themselves with the responsibilities of the counsellor	K1, K2, K4
CO5	Equipped with competency to demonstrate the counselling skills in different settings.	K4, K5, K6

Mapping Course Outcome vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)
CO2	S(3)	S(3)	S(3)	L(1)	M(2)	M(2)	M(2)	S(3)	S(3)	L(1)
CO3	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	M(2)	M(2)	S(3)
CO4	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)
W.Av	3	3	2.8	2.2	2.2	2.4	2.2	2.2	2.6	2.4

Mapping Course Outcome Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	L(1)	M(2)	M(2)	L(1)
CO2	S(3)	M(2)	M(2)	M(2)	M(2)
CO3	S(3)	M(2)	M(2)	M(2)	M(2)
CO4	S(3)	M(2)	M(2)	M(2)	M(2)
CO5	S(3)	S(3)	S(3)	M(2)	M(2)
W.Av	3	2	2.2	2	1.8

II - SEMESTER

Course Code 96022	Psychopathology II	T	Credits:4	Hours/ Week: 4
Objectives	<ul style="list-style-type: none"> ➤ To develop a holistic understanding about mental disorders. ➤ To develop their competence in diagnosing mental disorders. ➤ To gain insight regarding various mental disorder and their etiology ➤ To educate about adulthood mental disorders ➤ To teach about positive consequences of management 			
Unit - I	Anxiety Disorders, Obsessive Compulsive Disorders, PTSD, Phobic Disorders - Epidemiology, Etiology, Diagnosis, Management and its Outcome. Mood Disorders- Unipolar, Bipolar disorders- Epidemiology, Etiology, Diagnosis, Management and its Outcome.			
Unit - II	Personality Disorders: Paranoid, Schizoid, Antisocial, Borderline, Histrionic, Narcissistic, Avoidant and Dependent Disorders – Epidemiology, Etiology, Diagnosis, Management and its Outcome.			
Unit - III	Schizophrenia - Paranoid, Disorganized, Catatonic, Schizophrenia form disorder - Epidemiology, Etiology, Diagnosis, Management and its Outcome.			
Unit - IV	Delirium, Dementia and Amnesic Disorders – Delirium, Dementia – Alzheimer type, Vascular, Substance induced, Due to General medical Condition - Epidemiology, Etiology, Diagnosis, Management and its Outcome.			
Unit - V	Sexual Disorders – Sexual dysfunction, Problems in Sexual desire and arousal, Male erectile Dysfunction, Female Orgasmic Disorder and Sexual pain disorder - Epidemiology, Etiology, Diagnosis, Management and its Outcome. Somatoform Disorders – Somatisation Disorder, Conversion, Pain and Hypochondrias Disorders - Epidemiology, Etiology, Diagnosis, Management and its Outcome.			
References and Text Books:				
<ul style="list-style-type: none"> ● American Psychiatric Association(2004), Practice Guidelines for the Treatment of Psychiatric Disorders, Arlington, American Psychiatric Association. ● Beck AT, Freem (1990). Cognitive Therapy of Personality Disorders, London, Guilford. ● Martin Retie and Michael Weisberg(2008), Clinical Manual for Evaluation and Treatment of Sleep Disorders Washington, DC: American Psychiatric Association. ● Sadock and Kaplan(2007), Synopsis of Psychiatry, New York, Wolters Kluwer. ● Thackeray Ellen and Harris Madeline (2003), The Gale Encyclopedia of Mental Disorders, New York, GaleGroup Inc. 				
Web sources :				
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4610617/ https://www.ncbi.nlm.nih.gov/books/NBK558998/ https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6526801/ https://www.edx.org/learn/psychology/the-university-of-queensland-introduction-to-clinical-psychology https://academic.oup.com/book/24770/chapter-abstract/188333160?redirectedFrom=fulltext				

Course Outcomes

On completion of the course, students will have

CO1	Acquired knowledge about anxiety disorder and its management	K1, K2
CO2	Analysed mood disorder and able to think of interventions	K1, K2, K4
CO3	Reviewed schizophrenia and able to diagnose it by the use of assessments	K1, K2, K4
CO4	Understood delirium and ability to analyse its consequences	K2, K4, K5
CO5	Examined various sexual disorder, its outcome and ways to treat thosedisorder	K3, K4, K5

Mapping Course Outcome vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	L(1)	L(1)	M(2)
CO2	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)
CO3	S(3)	S(3)	M(2)	M(2)	M(2)	L(1)	M(2)	M(2)	S(3)	S(3)
CO4	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	L(1)	L(1)	L(1)
CO5	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	L(1)	L(1)	L(1)
W. Av	3	3	2.6	2	2	1.8	2	1.4	1.6	1.8

Mapping Course Outcome Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	S(3)	M(2)	M(2)	M(2)
CO2	S(3)	M(2)	M(2)	S(3)	S(3)
CO3	M(2)	M(2)	M(2)	S(3)	S(3)
CO4	S(3)	L(1)	L(1)	M(2)	M(2)
CO5	S(3)	M(2)	M(2)	S(3)	S(3)
W.Av	2.8	2	2	2.6	2.6

II - SEMESTER

Course Code 96023

Psychometric Lab

P

Credits:5

Hours/ Week:10

Objectives

- To develop the necessary competence to administer and interpret various psychological tools.
- To gain insight regarding various psychological tools
- To gain the understanding about the application of the tools.
- To make use of appropriate psychological tools by analysing the need.
- To promote the importance of psychometry in diagnosis and classification of mental disorders

Psychological tests from the following areas (One from Each area) will be identified and students will be exposed to the administration of the selected tests. Practical Examination will be conducted by the Institute as per the Guidelines of the University.

1. Personality test
2. Diagnostic assessment test
3. Aptitude test

References and Text Books

Cronbach, L.J (1972), Essentials of Psychological Testing, New Delhi, Prentice Hall.

Udai Pareek.T (2006), Handbook of Psychological and Social Instruments, New Delhi, Concept

Publishing House. Wood worth R.S.and Schlosberg,(1981), Experimental Psychology, New Delhi, Tata McGraw Hill Publishing Co.

Web sources :

https://onlinecourses.nptel.ac.in/noc20_hs45/preview

Course Outcomes

On completion of the course, students will have

CO1	Recognize the importance of assessments in the field	K1,K2
CO2	Understood the psychometric properties of the tests.	K2,K4
CO3	Explore the various existing assessments and understand their purpose.	K2,K3,K4
CO4	Identify and apply their knowledge to evaluate the scores on assessments	K4,K5,K6
CO5	Develop skills to write clinical reports to clients	K4,K5,K6

Mapping Course Outcome vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	M(2)	M(2)	L(1)
CO2	S(3)	S(3)	S(3)	M(2)	L(1)	S(3)	S(3)	S(3)	M(2)	M(2)
CO3	S(3)	S(3)	S(3)	L(1)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)
CO4	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)
W.Av	3	3	3	2.2	2.2	2.8	2.8	2.4	2.2	2

Mapping Course Outcome Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	M(2)	L(1)	S(3)	M(2)
CO2	S(3)	M(2)	S(3)	S(3)	S(3)
CO3	S(3)	M(2)	M(2)	S(3)	S(3)
CO4	S(3)	S(3)	S(3)	S(3)	S(3)
CO5	S(3)	S(3)	S(3)	S(3)	S(3)
W.Av	3	2.4	2.4	3	2.8

II - SEMESTER

Course Code 96024	Internship	I	Credits: 5	Hours/ Week:12
Objectives	<ul style="list-style-type: none"> ➤ To study and understand the working of an agency ➤ To gain professional intervention skills and program/ process in implementation skills ➤ To develop skills in documentation ➤ To develop personal and professional self ➤ To practise skills that are learned via theory so far. 			
Guidelines	Students are placed in an internship setting for their practice based exposure of diploma degree The CA marks are awarded by the supervisor out of 25 marks for the quality, regularity, initiatives, leadership and participation. At the end of the semester Viva Voce is conducted by an external examiner and marks are awarded out of 75			

Course Outcomes

On completion of the course, students will have

CO1	Understood the field realities	K2, K4
CO2	Understood the scope for the practice	K3, K4
CO3	Developed the necessary competence to practice	K3, K4, K6
CO4	Developed professional network	K3, K6
CO5	Becomes more compassionate and confident in working with people.	K4, K5, K6

Mapping Course Outcome vs Programme Outcomes

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S(3)	S(3)	S(3)	L(1)	L(1)	S(3)	S(3)	M(2)	M(2)	M(2)
CO2	S(3)	S(3)	M(2)	M(2)	M(1)	S(3)	S(3)	S(3)	M(2)	M(2)
CO3	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)
CO4	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)
CO5	M(2)	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	M(2)
W.Av	2.6	2.6	2	2	2	3	3	2.4	2.2	2.4

Mapping Course Outcome Vs Programme Specific Outcomes

CO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S(3)	M(2)	M(2)	S(3)	M(2)
CO2	S(3)	M(2)	M(2)	S(3)	S(3)
CO3	S(3)	S(3)	S(3)	M(2)	M(2)
CO4	M(2)	S(3)	M(2)	M(2)	M(2)
CO5	M(2)	M(2)	S(3)	S(3)	S(3)
W.Av	2.6	2.4	2.4	2.6	2.4

PG Diploma Programmes

19.1 Passing minimum

- A candidate shall be declared to have passed each course if he/she secures not less than 40% marks in the End Semester Examinations and 40% marks in the Internal Assessment and not less than 50% in the aggregate, taking Continuous Assessment and End Semester Examinations marks together.
- The candidates not obtain 40% in the Internal Assessment are permitted to improve their Internal Assessment marks in the subsequent semesters (2 chances will be given) by writing the CIA tests and by submitting assignments.
- Candidates, who have secured the pass marks in the End-Semester Examination and in the CIA but failed to secure the aggregate minimum pass mark (E.S.E + C I.A), are permitted to improve their Internal Assessment mark in the following semester and/or in University examinations.
- A candidate shall be declared to have passed the Project/Dissertation/Internship if he/she gets not less than 40% in the End Semester Examinations and 40% marks in the Internal Assessment and not less than 50% in the aggregate in each of the Project/Dissertation/Internship Report and Viva-Voce.
- A candidate who gets less than 50% in the Project/Dissertation/Internship Report must resubmit the thesis. Such candidates need to take again the Viva-Voce on the resubmitted Project report.

19.2 Grading

The following table gives the marks, Grade points, Letter Grades, and classifications meant to indicate the overall academic performance of the candidate.

Conversion of Marks to Grade Points and Letter Grade (Performance in Paper/ Course)

RANGE OF MARKS	GRADE POINTS	LETTER GRADE	DESCRIPTION
90 - 100	9.0 – 10.0	O	Outstanding
80 - 89	8.0 – 8.9	D+	Excellent
75 - 79	7.5 – 7.9	D	Distinction
70 - 74	7.0 – 7.4	A+	Very Good
60 - 69	6.0 – 6.9	A	Good
50 - 59	5.0 – 5.9	B	Average
00 - 49	0.0	U	Re-appear
ABSENT	0.0	AAA	ABSENT

- a) Successful candidates passing the examinations and earning a GPA between 9.0 and 10.0 and marks from 90 – 100 shall be declared to have Outstanding (O).
- b) Successful candidates passing the examinations and earning a GPA between 8.0 and 8.9 and marks from 80 - 89 shall be declared to have Excellent (D+).
- c) Successful candidates passing the examinations and earning a GPA between 7.5 – 7.9 and marks from 75 - 79 shall be declared to have Distinction (D).
- d) Successful candidates passing the examinations and earning a GPA between 7.0 – 7.4 and marks from 70 - 74 shall be declared to have Very Good (A+).
- e) Successful candidates passing the examinations and earning a GPA between 6.0 – 6.9 and marks from 60 - 69 shall be declared to have Good (A).
- f) Successful candidates passing the examinations and earning a GPA between 5.0 – 5.9 and marks from 50 - 59 shall be declared to have an Average (B).
- g) Candidates earning a GPA between 0.0 and marks from 00 - 49 shall be declared to have Re-appear (U).
- h) Absence from an examination shall not be taken as an attempt.

From the second semester onwards the total performance in a semester and continuous performance starting from the first semester are indicated respectively as Grade Point Average (GPA) and Cumulative Grade Point Average (CGPA). These two are calculated by the following formulate

$$\text{GRADE POINT AVERAGE (GPA)} = \frac{\sum_i C_i G_i}{\sum_i C_i}$$

$$\text{GPA} = \frac{\text{Sum of the multiplication of Grade Points by the credits of the courses}}{\text{Sum of the credits of the courses in a Semester}}$$

19.3 Classification of the final result

CGPA	Grade	Classification of Final Result
9.5 – 10.0	O+	First Class – Exemplary*
9.0 and above but below 9.5	O	
8.5 and above but below 9.0	D++	First Class with Distinction*
8.0 and above but below 8.5	D+	
7.5 and above but below 8.0	D	
7.0 and above but below 7.5	A++	First Class
6.5 and above but below 7.0	A+	
6.0 and above but below 6.5	A	
5.5 and above but below 6.0	B+	Second Class
5.0 and above but below 5.5	B	
0.0 and above but below 5.0	U	Re-appear

The final result of the candidate shall be based only on the CGPA earned by the candidate.

- a) Successful candidates passing the examinations and earning a CGPA between 9.5 and 10.0 shall be given Letter Grade (O+), and those who earned a CGPA between 9.0 and 9.4 shall be given Letter Grade (O) and declared to have First Class –Exemplary*.
- b) Successful candidates passing the examinations and earning a CGPA between 7.5 and 7.9 shall be given Letter Grade (D), those who earned a CGPA between 8.0 and 8.4 shall be given Letter Grade (D+), those who earned a CGPA between 8.5 and 8.9 shall be given Letter Grade (D++) and declared to have First Class with Distinction*.
- c) Successful candidates passing the examinations and earning a CGPA between 6.0 and 6.4 shall be given Letter Grade (A), those who earned a CGPA between 6.5 and 6.9 shall be given Letter Grade (A+), those who earned a CGPA between 7.0 and 7.4 shall be given Letter Grade (A++) and declared to have First Class.

- d) Successful candidates passing the examinations and earning a CGPA between 5.0 and 5.4 shall be given a Letter Grade (B), and those who earned a CGPA between 5.5 and 5.9 shall be given a Letter Grade (B+) and declared to have passed in Second Class.
- i) Candidates who earned a CGPA between 0.0 and 4.9 shall be given Letter Grade (U) and declared to have Re-appear.
- e) Absence from an examination shall not be taken as an attempt.

$$\text{CUMULATIVE GRADE POINT AVERAGE (CGPA)} = \frac{\sum_n \sum_i C_{ni} G_{ni}}{\sum_n \sum_i C_{ni}}$$

CGPA = Sum of the multiplication of Grade Points by the credits of the entire Programme

Sum of the credits of the courses for the entire Programme

Sum of Grade Points X credits of the entire Programme

Where 'Ci' is the Credit earned for Course i in any semester; 'Gi' is the Grade Point obtained by the student for Course i and 'n' refers to the semester in which such courses were credited.

CGPA (Cumulative Grade Point Average) = Average Grade Point of all the Courses passed starting from the first semester to the current semester.

Note: * The candidates who have passed in the first appearance and within the prescribed Semesters of the PG Programme are alone eligible for this classification.