

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

Course Plan and Syllabus 2024

Paper Name: PRACTICAL: SUPERVISED INTERNSHIP IN CHILD GUIDANCE CENTERS AND SUPERVISED INTERNSHIP

Paper Code: P206 C, P206 D

Name of the teachers : Ms. Bhanumathi & Ms. Anwesha Ghosh

Course & Semester : PGDPC

Total no of hours for the Course : Minimum 120 hours, 3 Months

Course Objective:

The objective of this course is to get hands-on experience in counseling clients who are facing issues in the areas of Interpersonal relationships, or academic issues. The students are required to apply all the previously learnt theories and techniques to work with clients to help them overcome their issues. This would provide an opportunity to the students to learn from their own experiences in working with clients, review and debrief intervention plans for individuals and groups, and ensure best practice standards.

Learning Outcome:

On completion of this internship students should be able to develop a broader perspective when interacting with clients for counseling and gain confidence in their counseling skills and develop insights into their strengths and weaknesses as a counselor and in which area of counseling they wish to specialize in.

Internship Part 1: SUPERVISED INTERNSHIP IN CHILD GUIDANCE CENTERS

Students can attach themselves with any of the following organizations for the duration of one month block internship starting from June to August, extendable to another month based on university notifications and further intimation in due course of time. Students have to report to Onsite supervisor and in-house supervisors about their daily work and get the log sheets signed.

Type of Organizations to consider for interning - Schools, Child and adolescent health care centers, counseling centers, special schools and NGOs.

Duration of internship:

- 120 - 200 hours, 2 months
- Schedule: 2 to 4 days in a week, 5 to 6 hours a day, accounting for 18 to 24 hours in a

week.

Internal Assessment Requirements

Attendance- 5 marks

Pre-finals-5 marks

Reports- 10 marks

(Components- Detailed internship report on experiential learning at the internship site- 7marks, Log sheet submission- 3 marks)

Internship Part 2: SUPERVISED INTERNSHIP

Component 1-

Personal Therapy:

Requirements:

- All students are required to undergo personal therapy sessions with a trained and professional counselor/psychologist.
- **Therapist Approval:** Students must obtain approval from their batch teacher before starting therapy. Only counselors approved by the batch teachers can be continued for these sessions.
- A log sheet will be provided. Your counselor must sign the log sheet after each session. Completed log sheets must be submitted to the batch teacher at the end of the semester.
- Minimum of 5 sessions of therapy/counseling is mandatory under trained and professional counselors.
- Online counseling is not permitted.
- Sessions taken with IIPR trainee counselors/teachers will not be considered.

Deadline: August, Week 1, 2024

Component 2-

Students have to complete 5 Specific counseling cases under supervision of an in-house

supervisor. 5 specific cases with minimum 5 sessions each to includes:-

- 3 individual counseling cases. Areas covered/ nature of issues to be covered should include issues pertaining to interpersonal conflicts and academics related to children and adolescents only.

- 2 Group Counseling case

- a. Simple Group Counseling using any of the techniques

- b. Group Psycho-education

Psycho-education General Guidelines:

- Developing and conducting Psycho-education workshops
- Materials for conducting a Psychoeducation Workshop in a domain area preference by reviewing adequate literature.
- Develop resource materials for Psychoeducation- by way of group sessions, lectures, role plays, one on one sessions, PPT, flyers and information booklets etc.
- Identification of groups/institutions where these workshops/programmes can be conducted, and conduct the same

Internal Assessment Requirements

Attendance- 5 marks

Pre-finals-5 marks

Reports- 10 marks

(Components-Detailed intake history and session reports-5 marks,case presentation-3 marks, personal therapy log sheet submission-2 marks)

Deadline: August, Week 1, 2024

Other Requirements

1. Permission letter to be taken from the college and acknowledgement of the same from the head of the organization/ reporting head with their consent on the photocopy of the same.
2. Internship certificate/Experience letter with on-site supervisor's signature.
3. Log Sheet - Log sheet should be signed by the onsite supervisor everyday of internship and weekly log sheet to be submitted to the in house supervisor for review through Google Classroom. Without fail for attendance sanction.
4. Online supervision is mandatory for all students. You will be divided into different groups

- for supervision purposes. You need to get an appointment with your assigned supervisor.
5. You will be required to present two cases in an online mode. Please prepare your cases thoroughly and be ready to discuss them with your supervisor.
 6. Submission of Internship Report in the format specified below

Internship report - Guidelines

Sequence of Pages:

- a. Binding Page - Front
- b. Cover Page (Content is Same as in Binding Page – Front)
- c. Declaration
- d. Certificate
- e. Acknowledgment
- f. Dedication (Optional)
- g. Profile of the organization. (this section onwards both side print)
- h. Reflective learning
- i. Report of work done (cases/ assessments/ workshops/ observation/ and so on depending on the organization requirements)
- j. Cases (5)
- k. Appendix
 - i. Permission Letters /letters from the supervisors. (If yes)
 - ii. Internship information letter.
 - iii. Log sheets
 - iv. Any reports, pictures....etc.
 - v. Internship certificate

Format Guidelines for the Internship Report:

- A. Font - Times New Roman, Font Size - 12, line spacing – double, and paragraph spacing - before and after 6pt
- B. Leave uniform Margins of at least 1 inch (2.54cms) at top, bottom, left and right of every page.
- C. Alignment – Justification

D. Use paragraph indent for each paragraph - 0.5inch

Wishing you the very best.

Feel free to contact us for any further clarifications

Name of the teacher/s and email ids:

Ms. Bhanumathi.S : bhanumathi.s@iipr.in

Ms. Anwesha Ghosh : anwesha.ghosh@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN : 2nd Semester - 2024

Course Code - BA MK 2.1

PAPER NAME:Business Environemnt

Name of the teachers : Mrs Anitha Joy & Mrs Pratibha

Course & Semester : PME- VI SEM

Total no of hours for the course : 42hours (3hours in a week)

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:K.

1. Business Environment Dr. Rama Krishna Naik, Kavya R,Tamil Selvan N , Vision Book House
2. Dr. K Ashwatappa: Essentials Of Business Environment
3. 2. Sundaram & Black: The International Business Environment; Prentice Hall
4. 3. Chidambaram: Business Environment; Vikas Publishing
5. 4. Upadhyay, S: Business Environment, Asia Books
6. 5. Economic Environment of Business by M. Ashikary.

Modules which will be handled by Mrs.Anitha Joy (modules - 2nd & 4th)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April 4th week		GOVERNMENT AND LEGAL ENVIRONMENT:- <ul style="list-style-type: none">● Government Functions of the State,● Economic role of government,	Lecture,ppt	
May 1st Week		,	Lecture,ppt	

	II	<ul style="list-style-type: none"> State intervention in business- reasons for and types of state intervention in business. 		
May 2nd Week		<ul style="list-style-type: none"> .Impact of Monetary policy, Fiscal policy, Exim policy and industrial policy on business. 	Lecture,ppt	
May 3rd Week		<ul style="list-style-type: none"> Legal environment - Various laws affecting Indian businesses 	Lecture,ppt	
May 4th week	IV	TECHNOLOGICAL ENVIRONMENT & NATURAL ENVIRONMENT:- <ul style="list-style-type: none"> Technological Environment :Meaning and features; 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> types of innovation, Impact of Technological changes on business, 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> Technology and Society, Technological Acquisition modes, 	Lecture,ppt	
Jun 2nd week		<ul style="list-style-type: none"> IT revolution and business, Management of Technology. 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> Natural Environment :Meaning and nature of the physical environment. 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> Impact of Natural environment on business. 	Lecture,ppt	
July 1st week			<ul style="list-style-type: none"> Revision and clarifications 	
July 2nd week		<ul style="list-style-type: none"> Pre Final Exams 		

Modules which will be handled by Mrs. Pratibha (modules - 1st &3rd)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case	Actual Dates of Completion

			studies, online discussions)	
April 1st week	I	INTRODUCTION BUSINESS ENVIRONMENT:-	Lecture,ppt	
May 1st week		<ul style="list-style-type: none"> ● Meaning of business, ● scope and objectives Business, ● business environment, 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> ● Micro and Macro Environment of business (social, cultural, economic, political, legal technological and natural) 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Impact of these factors on decision making in business, ● Environmental analysis and Competitive structure analysis of Business. 	Lecture,ppt	
May 4 th week	III	ECONOMIC ENVIRONMENT AND GLOBAL ENVIRONMENT:-	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> ● An overview of the economic environment, ● nature of the economy, ● structure of economy, ● factors affecting economic environment. 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Globalisation of business; meaning and dimensions, stages, ● essential conditions of globalisation, 	Lecture,ppt	
Jun 2nd week		<ul style="list-style-type: none"> ● foreign market entry strategies, merits and demerits of globalisation of business, 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Impact of Globalisation on Indian businesses, 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Forms of globalisation of businesses - MNCs, TNCs etc.. 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :Mrs. Anitha Joy

Description of the activity: 3-5 questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work. Will be valued out of 10 marks.

Deadline:06/May/2023

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :Mrs Anitha Joy

Description of the activity:

- Class will be divided into 3 groups of 4 members.
- The topic has to be presented in class followed by Submission of one hard copy per group.

Case Study : Gymnasium and Health Centre based on determining Market size

Specific guidelines :

- Introduction
- The problem
- The case
- Assumption
- Boundary limits
- Possible solutions(2 to 5 solutions) and their evaluation (merits and demerits)
- Best solution
- Implementation and feedback
- Conclusion

Evaluation Criteria :

Best Solution - 2.5 Marks

Creativity - 2.5 Marks

Conclusion - 2.5 Marks

Teamwork -2.5 Marks

Total - 10 Marks

Evaluation Criteria :

Product /Company- 2.5 Marks

Creativity - 2.5 Marks

Content - 2.5 Marks

Teamwork -2.5 Marks

Total - 10 Marks

Deadline: 03/Jun/ 2024

Component 2 : 20 Marks

Criteria 1: Attendance (10 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks

Criteria 2: Pre-final Examination (10 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination ,Will be valued out of 100 marks and will be reduced to 20 marks.

Evaluation criteria:

Section A : $10*1 = 10$

Section B : $6*5 = 30$

Section C : 2*10=20

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

[Anitha Joy](#)

anitha.joy@iipr.in

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH
COURSE PLAN EVEN SEMESTER APRIL2024
PAPER NAME: INDIAN PUBLIC FINANCE-(6.3)

Name of the teachers : Mr. Manoj Morais & Mrs.Ramshina
 Course & Semester : BA – 6th SEMESTER
 Total no of hours : 60 hours (4 hours in a week)

MODULES	DESCRIPTION	60 Hours
Module I	Public Revenue	18
	Direct Tax Revenue - Sources of Revenue-Tax and Non-Tax Revenue; Trends and Patterns of Tax Revenue in India; Direct and Indirect Taxes in India; Personal Income Tax Rates and Slabs; Corporate Tax- Tax Rate and Slabs; Indirect Tax Revenue - Indirect Taxes – Earlier Taxes-VAT and MODVAT; Goods and Services Tax (GST)- Objectives and Classification of GST, Tax Rates of GST; Trends and Patterns of GST; Impact of GST on Indian Economy; Tax Reform Commissions.	
Practicum	Collection and analysis of data on Direct tax Collection and analysis of GST from businesses	
Module II	Public Expenditure	15
	Revenue Expenditure - Classification of Public Expenditure in India; Revenue Account Expenditure- Trends and Patterns; Capital Account Expenditure-Trends and Patterns; Fiscal Responsibility and Budget Management (FRBM) Act; Impact of Public Expenditure on Indian Economy; Expenditure Reforms Commission (ERC) in India; Union Budget and Its Analysis - Meaning and Classification of Budgets; Zero-Based Budget; Composition of Union Budget; Union Budget Analysis (current one); Different Concept of Deficits- Revenue, Fiscal, Primary Deficits	
Practicum	Analysis of Union Budget (Current one) Group Discussion on Budget Deficits	

	Group Discussion on Budget Deficits	
Module III	Public Debt and Its Management	14

	Public Borrowings and Debt - Meaning and Nature of Public Debt; Sources of Public Borrowings; Classification of Public Debt; Trends and Patterns of Central Government Debt; Main Characteristics of Indian Public Debt; Crowding out of Private Investment; Causes of Public Debt in India; Burden of Public Debt and Management in India - Meaning of Burden of Public Debt; Importance of Public Management; Principles of Public Debt Management; Repayment of Public Debt in India; Impact of Public Debt on Indian Economy; Finance Commissions in India	
Practicum	Assignment to write on Indian Public Debt and sources of repayment Group Discussion on Burden of Public Debt	
Module IV	Fiscal and Monetary Policies and Federal Finance in India	13
	Fiscal and Monetary Policy India - Meaning and Objectives of Fiscal Policy; Importance of Fiscal Policy; Tools of Fiscal Policy; Meaning and Objectives of Monetary Policy; Importance of Monetary Policy; Tools of Monetary Policy; Indian Federal Finance - Meaning and Importance- Stages of Growth; Allocation of Resources- Division of Functions and Resources; Principles of Federal Finance; Shortcomings of Federal Financing; Finance Commission and Their Recommendations.	
Practicum	Group Discussion about the Role of Fiscal and Monetary Policies in controlling inflation Assignment to write the State List, Union List and Concurrent list	

Text Book/Reference Books/Websites/ PDFs recommended for the course:

- 1- Bhatia H L (2021): Public Finance, S. Chand and Co., New Delhi.
- 2- Lekhi R.K (2020): Public Finance, Kalyani Publishers, New Delhi.
- 3- Musgrave R.A and Musgrave P.A (2017): Public Finance in Theory and Practice, McGraw-Hill Kogakusha, Tokyo.
- 4- Om Prakash (2021): Public Economics: Theory a practice, Vishal Publishing Co. Ludhiana
- 5- S.K. Singh (2019): Public Economics: Theory and Practice S. Chand and Co., New Delhi.
- 6- Tyagi, B.P (2018): Public Finance, Jai Prakash Nath and Company, Meerut, India

Course plan for: Indian Public Finance

Portions to be Taken By: Mrs.Ramshina(unit – 1,2)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy	Actual Dates of Completi on
April 4th week	I.	<u>Course plan presentation</u> <u>Module 1-Public Revenue</u> <ul style="list-style-type: none"> ● Direct Tax Revenue ● Sources of Revenue ● Tax and Non-Tax Revenue 	Lecture, PPT, Discussion	
May 1 st week		<ul style="list-style-type: none"> ● Trends and Patterns of Tax Revenue in India 	Lecture, PPT, Discussion	
May 2 nd week		<ul style="list-style-type: none"> ● Direct and Indirect Taxes in India; ● Personal Income Tax Rates and Slabs ● Corporate Tax 	Lecture, PPT,	
May 3 rd week		<ul style="list-style-type: none"> ● Tax Rate and Slabs ● Indirect Tax Revenue ● VAT and MODVAT 	Lecture, PPT,	
May 4th week		<ul style="list-style-type: none"> ● Goods and Services Tax (GST) ● Objectives and Classification of GST ● Tax Rates of GST 	Lecture, PPT	

June 1 st week	II.	<ul style="list-style-type: none"> ● Impact of GST on Indian Economy; Tax Reform Commissions. 	Lecture, Discussion and exercise	PPT, and	
June 2 nd week		<p><u>Module 2-Public Expenditure</u></p> <ul style="list-style-type: none"> ● Revenue Expenditure; Classification of Public Expenditure in India ● Revenue Account Expenditure- Trends and Patterns ● Capital Account Expenditure-Trends and Patterns 	Lecture, Discussion	PPT,	
June 3 rd week		<ul style="list-style-type: none"> ● Fiscal Responsibility and Budget Management (FRBM) Act ● Impact of Public Expenditure on Indian Economy 	Lecture, Discussion	PPT,	
June 4 th week		<ul style="list-style-type: none"> ● Budget and Its Analysis ● - Meaning and Classification of Budgets; ● Principles of Federal finance 	Lecture, PPT,		

		<ul style="list-style-type: none"> • Finance Commission and recommendations 		
July 1st week	II.	<ul style="list-style-type: none"> • Revision 		
July 2 nd week		<ul style="list-style-type: none"> • Pre-Final exams 		

Course plan for: International Economics

Portions to be Taken By : Mr Manoj Morris (Module-3,4)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy	Actual Dates of Completion
April 4 th week	III.	<u>module 3-Public Debt and Its Management</u> <ul style="list-style-type: none"> • Meaning and Nature of Public Debt • Sources of Public Borrowings 	Lecture, PPT, Discussion	

May 1 nd week	IV.	<ul style="list-style-type: none"> ● Classification of Public Debt; Trends and Patterns of Central Government Debt ● Main Characteristics of Indian Public Debt 	Lecture, PPT, Discussion	
May 2 rd week		<ul style="list-style-type: none"> ● Crowding out of Private Investment; Causes of Public Debt in India ● ; Burden of Public Debt and Management in India 	Lecture, PPT, Discussion	
May 3 rd week		<ul style="list-style-type: none"> ● Meaning of Burden of Public Debt; ● Importance of Public Management 	Lecture, PPT, Discussion	
May 4 th week		<ul style="list-style-type: none"> ● Principles of Public Debt Management ● Repayment of Public Debt in India 	Lecture, PPT, Discussion	
May 5 th week		<ul style="list-style-type: none"> ● Impact of Public Debt on Indian Economy ● Finance Commissions in India 	Lecture, PPT, Discussion	
June 1 st week		<p><u>Module 4-Fiscal and Monetary Policies and Federal Finance in India</u></p> <ul style="list-style-type: none"> ● Meaning and Objectives of Fiscal Policy 	Lecture, PPT, Discussion	

		<ul style="list-style-type: none"> ● Importance of Fiscal Policy 		
June 2 nd week		<ul style="list-style-type: none"> ● Tools of Fiscal Policy ● Meaning and Objectives of Monetary Policy 	Lecture, PPT, Discussion	
June 3 rd week		<ul style="list-style-type: none"> ● Importance of Monetary Policy- Tools of Monetary Policy ● Indian Federal Finance - Meaning and Importance ● 	Lecture, PPT, Discussion	
June 4 th week		<ul style="list-style-type: none"> ● Principles of Federal Finance ● Finance Commission and Recommendations 	Lecture, PPT, Discussion	
July 1 st week	IV.	<ul style="list-style-type: none"> ● Revision 		
July 2 nd week		Pre-Final exam		

Internal assessment

Component 1

Criteria 1: Class Test- Open book exam (10 marks)

Teacher –in-charge: Mrs. Ramshina

Description of the activity: 3-4 essay questions from every unit will be given by the teacher with a total of 15-16 questions. Students will be randomly assigned different questions. Each student will have to prepare prior notes for the assigned question by referring to specified reference books including all the steps.

Specific guideline: On the day of the test, Students are supposed to write the answer by referring to the notes and submit on a A4 paper minimum four sides and submit the hardcopy as well as a scanned copy on Google Classroom.

Criteria for evaluation: Content coverage (5), appropriateness(3) and reference work(2)

Deadline: 20th May 2024

Criteria 2: group activity (10 marks)

Teacher –in-charge: Mrs. Ramshina & Mr. Manoj

Description of the Study:

- Students will be divided into groups of 4-5 each.
- Students need to develop a video presentation on the topic -**Public Borrowing and Debt Financing by Government of India**
- **Each group to choose 2 types of debt financing in consultation with the teachers**
- The topic has to be presented in the class as a video of 5-7 minutes

Title: Guidelines:

- Define Debt financing
- Role of debt financing in meeting government expenditure needs
- Meaning and types of public borrowing
- Economic and financial implications of government debt in India
 - Interest payments and debt servicing
 - Crowding out private investment
 - Credit ratings and market perceptions
- Discuss the risk associated with high levels of government debt
- Conclude with historical trends in government debt and current fiscal challenges and debt dynamics (Indian context)

Guidelines:

Deadline: 17th June 2024

Component 2:

Criteria 1: Attendance marks (10 marks)

Teacher in charge: Mrs. Ramshina

Description of the attendance criteria: students would be given marks according to their attendance percentage as per the ledger given by office of examination at the end of semester.

Evaluation criteria: 10 marks

Deadline: End of semester

Criteria 2: Pre-Final Examination (20 Marks)

Description of the Assignment/activity: Pre-Final Examination

Guidelines: The pattern of Question paper will be the same as final examination

Evaluation Criteria:

10(out of 12) Questions each carrying 2 Marks (20 Marks)

4 (out of 6) Questions each carrying 5 Marks (20 Marks)

4 (out of 6) Questions each carrying 15 Marks (60Marks)

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications -

Name of the teacher/s and email ids:

Mr Manoj Morris

manojmoraismusic@gmail.com

Mrs-ramshina

Ramshina.economics@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN : 4th Semester - 2024

Course Code - Skill Enhancement Course

PAPER NAME: Financial Education & Investment Awareness

Name of the teacher : Mrs Anitha Joy , Pratibha & GF

Course & Semester : PME- IV SEM

Total no of hours for the course : 42 hours(3hours in a week)

Module 1: Foundations for Finance

10 hours

Introduction to Basic Concepts of Finance: Money and its need, Meaning and need for Financial Planning; Life goals and financial goals of an individual; Format of a sample financial plan for a young adult.

Time value of Money: Meaning, need, Concepts of Compounding – Simple and compound interest and Discounting- Present value of single cash inflow, series of cash inflow, annuity, perpetuity- *problems*.

Valuation Of Securities: Meaning, need for valuation of securities, Valuation of fixed income securities- debentures and preference shares, valuation of equity shares, dividend capitalization approach, earnings capitalization approach-*problems*.

Module 2: Investment Avenues

15 hours

Introduction to Investment: Meaning, Need, Essentials of investment, Investment and speculation, Basic investment objectives, Diversification- Need for diversification,

Investment Avenues for a Common Investor: Bank deposits; Corporate Securities-Equity shares, Preference shares, debentures, bonds, company deposits; Post Office savings schemes, Government securities, Real Estate, Gold and Bullion, Chit and Nidhi Companies, Life Insurance, Retirement and Pension Plans - National Pension System, Atal Pension Yojana etc. (Features if all Investment Avenues with Income Tax benefits); Risk and return relationship (*Theory only*).

Stock Markets: Primary Market and Secondary Market, StockExchanges, Stock Exchange Operations – Trading and Settlement, DEMAT Account, Depository and Depository Participants; Investor Protection.

Module 3: Mutual Funds

5 Hours

Mutual Funds: Meaning and Features of Mutual Funds, History of Mutual Funds in India, Benefits, and

1

drawbacks of investment in mutual fund; Major Fund Houses in India and Types of Mutual Fund Schemes and plans; SIP, STP, SWP of mutual fund; Net Asset Value- *simple problems*.

Practical Lab Hours: 15 hours

Module 1: Foundations for Finance

Lab exercises 5 Hours

- **Spreadsheet Modelling:**
 - IF Function
 - SUM Function
 - AVERAGE Function
 - INDEX, MATCH and VLOOKUP Function
 - RANK Function
 - SUM PRODUCT Function
 - MAX & MIN Function
 - PRESENT VALUE Functions
 - FUTURE VALUE Functions
 - ANNUITY Functions
 - PERPETUITY Functions
 - Statistical Functions in Excel- through data analysis

- **Preparation of Financial Plan**

Module 2: Investment Avenues

Lab exercises 5 Hours

- Group Presentations on Investment Avenues- (Advantages, Suitability and Limitations)
- Demonstration of Stock Trading
- Demonstration of Technical Analysis and Exercises (NSE –TAME)
- Spreadsheet Modelling for calculating Stock Returns and risk.

Module 3: Mutual Funds

Lab exercises 5 Hours

- Identification of Fund Houses in India, Schemes and Plans of each Mutual Fund House (www.amfiindia.in , www.valueresearchonline.com)
- Exercises on Calculation of Net Asset Value
- Demonstration of Mutual Fund Fact Sheet

Question Paper Pattern

1. Internal Assessment – 20 marks (practical lab-based assignments with Lab records)
2. End Semester Exam – 30 marks

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:

1. Prasanna Chandra, Financial Management -McGraw Hill Education
2. Aswath Damodaran, Corporate Finance -John Wiley & Sons Inc
3. Pitabas Mohanty, Spreadsheet Skills for Finance Professionals -Taxmann Publications
4. Fischer & Jordan, Security Analysis & Portfolio Management -Prentice Hall

Websites:

1. www.sebi.gov.in
2. www.nseindia.com
3. www.amfiindia.com

Modules which will be handled by Mrs Anitha Joy & Mrs Pratibha (module -1)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture, discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April 4th Week	I	Foundations for Finance:- <ul style="list-style-type: none">● Introduction to basic concepts of finance.	Lecture,ppt	
May 1st week		<ul style="list-style-type: none">● Money and its needs,● meaning and need for financial planning.	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none">● Life goals and financial goals of an individual .● Format a sample financial plan for a young adult.	Lecture,ppt	

May 3rd week		Practicals :- Spreadsheet Modeling: <ul style="list-style-type: none"> ● IF Function ● SUM Function ● AVERAGE Function 	Lecture,Demo	
May 4th week		<ul style="list-style-type: none"> ● INDEX, MATCH and VLOOKUP Function 	Lecture,Demo	
May 5th week		<ul style="list-style-type: none"> ● RANK Function ● SUM PRODUCT Function 	Lecture,Demo	
Jun 1st week		<ul style="list-style-type: none"> ● MAX & MIN Function ● PRESENT VALUE Functions 	Lecture,Demo	
June 2nd week		<ul style="list-style-type: none"> ● FUTURE VALUE Functions ● ANNUITY Functions 	Lecture,Demo	
June 3rd week		<ul style="list-style-type: none"> ● PERPETUITY Functions ● Statistical Functions in Excel- through data analysis 	Lecture,Demo	
Jun 4th week		<ul style="list-style-type: none"> ● Preparation of Financial Plan 	Lecture,Demo	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 	Discussion	
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Modules which will be handled by Guest Faculty (module 2&3)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture, discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion

April 4th Week	II	Investment Awareness:- <ul style="list-style-type: none"> ● Meaning, Need, ● Essentials of investment, ● Investment and speculation, ● Basic investment objectives, ● Diversification- Need for diversification, 	Lecture,ppt	
May 1st week		<ul style="list-style-type: none"> ● Investment Avenues for a Common Investor: Bank deposits; ● Corporate Securities- Equity shares, ● Preference shares, debentures, bonds, company deposits; 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> ● Post Office savings schemes, Government securities, Real Estate, Gold and Bullion, Chit and Nidhi Companies, Life Insurance, ● Retirement and Pension Plans - National Pension System, Atal Pension Yojana etc. (Features if all Investment Avenues with Income Tax benefits); ● Risk and return relationship (Theory only). 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Stock Markets: Primary Market and Secondary 	Lecture,ppt	

		<p>Market, StockExchanges,</p> <ul style="list-style-type: none"> ● Stock Exchange Operations - Trading and Settlement, DEMAT Account, Depository and Depository Participants, Investor Protection 		
May 4th week		<p>Practicals :</p> <ul style="list-style-type: none"> ● Group Presentations on Investment Avenues- (Advantages, Suitability and Limitations) ● Demonstration of Stock Trading ● Demonstration of Technical Analysis and Exercises (NSE-TAME) ● Spreadsheet Modeling for calculating Stock Returns and risk. 	Lecture,Demo	
May 5th week	III	<p>Mutual Funds:-</p> <ul style="list-style-type: none"> ● Meaning and Features of Mutual Funds, History of Mutual Funds in India, ● Benefits, and drawbacks of investment in mutual fund; ● Major Fund Houses in India 	Discussion, Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Types of Mutual Fund Schemes and plans; SIP, STP, SWP of mutual fund; 	Discussion, Lecture,ppt	

June 2nd week		<ul style="list-style-type: none"> ● Net Asset Value-simple problems. 	Discussion, Lecture,ppt	
June 3rd week		Practicals :- <ul style="list-style-type: none"> ● Identification of Fund Houses in India, Schemes and Plans of each Mutual Fund House (www.amfiindia.in, www.valueresearchonline.com) 	Lecture,Demo	
Jun 4th week		<ul style="list-style-type: none"> ● Exercises on Calculation of Net Asset Value ● Demonstration of Mutual Fund Fact Sheet 	Lecture,Demo	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 	Discussion	
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :

Description of the activity: 4-5 essay questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work.

Will be valued out of 10 marks

Deadline:13/May/2024

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :

Description of the activity:

- Class will be divided into 10 groups of 6-7 members.
- Teacher incharge will allocate the following topics to the groups.
- The topic has to be presented in class followed by Submission of one digital copy per group.

Topics:

1. **Financial Planning for Starting a Business:** Students can research and present on the financial considerations involved in starting a business, including the topics like developing a business plan, securing funding, and managing finances.
2. **Investment Plan for a Specific Age Group:** students has to choose age groups (young adults, middle-aged adults), Groups need to research and present on appropriate investment strategies.
3. **Financial Planning for Retirement:** It involves students to research and present on how to plan for retirement, discuss different retirement savings options and how to calculate how much money someone will need to retire comfortably
4. **The different types of investment accounts and their features.** This presentation could cover the different types of investment accounts available to individuals, such as savings accounts, brokerage accounts, and retirement accounts.
5. **How to invest in real estate.** This presentation could cover the different ways to invest in real estate, such as buying rental properties or investing in REITs (real estate investment trusts).
6. **What are mutual funds and how do they work?-** This presentation could provide an overview of mutual funds, including how they are structured, how they are managed, and how they invest their assets.
7. **The role of insurance in financial planning.** This presentation could discuss the different types of insurance, such as life insurance, health insurance, and disability insurance, and how they can help protect your financial security.
8. **How to avoid financial scams.** This presentation could discuss the different types of financial scams and how to protect yourself from becoming a victim.
9. **The impact of taxes on your financial plan.** This presentation could discuss how taxes can affect your investment returns and how to minimize your tax liability.
10. **Financial Planning for Unexpected Events (e.g., emergencies, medical bills)**

Evaluation Criteria –

Content Coverage -2.5marks

Quality of content - 2.5 marks

Evaluation and Analysis- 2.5marks

Group Work –2.5marks

Out of 10 marks**Deadline: 10/Jun/2024****Component 2 : 20 Marks****Criteria 1: Attendance (10 marks)****Teacher in charge: Mrs. Anitha Joy**

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks**Criteria 2: Pre-final Examination (10 Marks)****Teacher in Charge: Mrs Anitha Joy**

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination, Will be valued out of 60 marks and will be reduced to 10 marks.

Evaluation criteria:

Section A : $4*2 = 08$

Section B : $2*6 = 12$

Section C : $1*10=10$

Total = 30 Marks (This will be converted to 10 marks for internal assessment)**General Guidelines :**

1. Students are expected to be regular and punctual to classes.

2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

Anitha Joy

anitha.joy@iipr.in

Jatinder M

jatin@peopleskills-india.com

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN : 4th Semester - 2024

Course Code - Skill Enhancement Course

PAPER NAME: Financial Education & Investment Awareness

Name of the teacher : Mrs Anitha Joy , Pratibha & GF

Course & Semester : PME- IV SEM

Total no of hours for the course : 42 hours(3hours in a week)

Module 1: Foundations for Finance

10 hours

Introduction to Basic Concepts of Finance: Money and its need, Meaning and need for Financial Planning; Life goals and financial goals of an individual; Format of a sample financial plan for a young adult.

Time value of Money: Meaning, need, Concepts of Compounding – Simple and compound interest and Discounting- Present value of single cash inflow, series of cash inflow, annuity, perpetuity- *problems*.

Valuation Of Securities: Meaning, need for valuation of securities, Valuation of fixed income securities- debentures and preference shares, valuation of equity shares, dividend capitalization approach, earnings capitalization approach-*problems*.

Module 2: Investment Avenues

15 hours

Introduction to Investment: Meaning, Need, Essentials of investment, Investment and speculation, Basic investment objectives, Diversification- Need for diversification,

Investment Avenues for a Common Investor: Bank deposits; Corporate Securities-Equity shares, Preference shares, debentures, bonds, company deposits; Post Office savings schemes, Government securities, Real Estate, Gold and Bullion, Chit and Nidhi Companies, Life Insurance, Retirement and Pension Plans - National Pension System, Atal Pension Yojana etc. (Features if all Investment Avenues with Income Tax benefits); Risk and return relationship (*Theory only*).

Stock Markets: Primary Market and Secondary Market, StockExchanges, Stock Exchange Operations – Trading and Settlement, DEMAT Account, Depository and Depository Participants; Investor Protection.

Module 3: Mutual Funds

5 Hours

Mutual Funds: Meaning and Features of Mutual Funds, History of Mutual Funds in India, Benefits, and

1

drawbacks of investment in mutual fund; Major Fund Houses in India and Types of Mutual Fund Schemes and plans; SIP, STP, SWP of mutual fund; Net Asset Value- *simple problems*.

Practical Lab Hours: 15 hours

Module 1: Foundations for Finance

Lab exercises 5 Hours

- **Spreadsheet Modelling:**
 - IF Function
 - SUM Function
 - AVERAGE Function
 - INDEX, MATCH and VLOOKUP Function
 - RANK Function
 - SUM PRODUCT Function
 - MAX & MIN Function
 - PRESENT VALUE Functions
 - FUTURE VALUE Functions
 - ANNUITY Functions
 - PERPETUITY Functions
 - Statistical Functions in Excel- through data analysis

- **Preparation of Financial Plan**

Module 2: Investment Avenues

Lab exercises 5 Hours

- Group Presentations on Investment Avenues- (Advantages, Suitability and Limitations)
- Demonstration of Stock Trading
- Demonstration of Technical Analysis and Exercises (NSE –TAME)
- Spreadsheet Modelling for calculating Stock Returns and risk.

Module 3: Mutual Funds

Lab exercises 5 Hours

- Identification of Fund Houses in India, Schemes and Plans of each Mutual Fund House (www.amfiindia.in , www.valueresearchonline.com)
- Exercises on Calculation of Net Asset Value
- Demonstration of Mutual Fund Fact Sheet

Question Paper Pattern

1. Internal Assessment – 20 marks (practical lab-based assignments with Lab records)
2. End Semester Exam – 30 marks

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:

1. Prasanna Chandra, Financial Management -McGraw Hill Education
2. Aswath Damodaran, Corporate Finance -John Wiley & Sons Inc
3. Pitabas Mohanty, Spreadsheet Skills for Finance Professionals -Taxmann Publications
4. Fischer & Jordan, Security Analysis & Portfolio Management -Prentice Hall

Websites:

1. www.sebi.gov.in
2. www.nseindia.com
3. www.amfiindia.com

Modules which will be handled by Mrs Anitha Joy & Mrs Pratibha (module -1)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture, discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April 4th Week	I	Foundations for Finance:- <ul style="list-style-type: none">● Introduction to basic concepts of finance.	Lecture,ppt	
May 1st week		<ul style="list-style-type: none">● Money and its needs,● meaning and need for financial planning.	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none">● Life goals and financial goals of an individual .● Format a sample financial plan for a young adult.	Lecture,ppt	

May 3rd week		Practicals :- Spreadsheet Modeling: <ul style="list-style-type: none"> ● IF Function ● SUM Function ● AVERAGE Function 	Lecture,Demo	
May 4th week		<ul style="list-style-type: none"> ● INDEX, MATCH and VLOOKUP Function 	Lecture,Demo	
May 5th week		<ul style="list-style-type: none"> ● RANK Function ● SUM PRODUCT Function 	Lecture,Demo	
Jun 1st week		<ul style="list-style-type: none"> ● MAX & MIN Function ● PRESENT VALUE Functions 	Lecture,Demo	
June 2nd week		<ul style="list-style-type: none"> ● FUTURE VALUE Functions ● ANNUITY Functions 	Lecture,Demo	
June 3rd week		<ul style="list-style-type: none"> ● PERPETUITY Functions ● Statistical Functions in Excel- through data analysis 	Lecture,Demo	
Jun 4th week		<ul style="list-style-type: none"> ● Preparation of Financial Plan 	Lecture,Demo	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 	Discussion	
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Modules which will be handled by Guest Faculty (module 2&3)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture, discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
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April 4th Week	II	Investment Awareness:- <ul style="list-style-type: none"> ● Meaning, Need, ● Essentials of investment, ● Investment and speculation, ● Basic investment objectives, ● Diversification- Need for diversification, 	Lecture,ppt	
May 1st week		<ul style="list-style-type: none"> ● Investment Avenues for a Common Investor: Bank deposits; ● Corporate Securities- Equity shares, ● Preference shares, debentures, bonds, company deposits; 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> ● Post Office savings schemes, Government securities, Real Estate, Gold and Bullion, Chit and Nidhi Companies, Life Insurance, ● Retirement and Pension Plans - National Pension System, Atal Pension Yojana etc. (Features if all Investment Avenues with Income Tax benefits); ● Risk and return relationship (Theory only). 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Stock Markets: Primary Market and Secondary 	Lecture,ppt	

		<p>Market, StockExchanges,</p> <ul style="list-style-type: none"> ● Stock Exchange Operations - Trading and Settlement, DEMAT Account, Depository and Depository Participants, Investor Protection 		
May 4th week		<p>Practicals :</p> <ul style="list-style-type: none"> ● Group Presentations on Investment Avenues- (Advantages, Suitability and Limitations) ● Demonstration of Stock Trading ● Demonstration of Technical Analysis and Exercises (NSE-TAME) ● Spreadsheet Modeling for calculating Stock Returns and risk. 	Lecture,Demo	
May 5th week	III	<p>Mutual Funds:-</p> <ul style="list-style-type: none"> ● Meaning and Features of Mutual Funds, History of Mutual Funds in India, ● Benefits, and drawbacks of investment in mutual fund; ● Major Fund Houses in India 	Discussion, Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Types of Mutual Fund Schemes and plans; SIP, STP, SWP of mutual fund; 	Discussion, Lecture,ppt	

June 2nd week		<ul style="list-style-type: none"> ● Net Asset Value-simple problems. 	Discussion, Lecture,ppt	
June 3rd week		Practicals :- <ul style="list-style-type: none"> ● Identification of Fund Houses in India, Schemes and Plans of each Mutual Fund House (www.amfiindia.in, www.valueresearchonline.com) 	Lecture,Demo	
Jun 4th week		<ul style="list-style-type: none"> ● Exercises on Calculation of Net Asset Value ● Demonstration of Mutual Fund Fact Sheet 	Lecture,Demo	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 	Discussion	
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 10 Marks

Criteria 1: Class Test – Open Book Examination (05 marks)

Teacher in charge :

Description of the activity: One essay questions of 5 marks (2 sides on IIPR Sheets) will have to be answered through reference work.

Specific instructions:

- The answers are to be handwritten in class. Dates will be intimated on the Google Classroom.
- The questions will be posted on Google classroom. The questions will be assigned to the students by the instructor.

- Marks will be allotted for ability to understand the question, cohesion, ability to express ideas.
- Answers should be written on IIPR sheets.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work. Will be valued out of 05 marks.

Deadline:16/May/2024

Criteria 2: Group Activity / Presentation (05 marks)

Teacher in charge :

Description of the activity:Record

The students will create a record of all the practical activities under laboratory activities by taking screenshots or printouts of the same.

Specific Guidelines:

- The students will do the laboratory activities in class with the help of the instructor.
- The students take screenshots of the procedure and type the required steps.
- The printouts should be combined and bound to be made into a record.

Evaluation Criteria: Presentation, creativity, style of writing, quality of the work.

Marks Allotted: 5

Deadline: 13/Jun/2024

Component 2 : 10 Marks

Criteria 1: Attendance (05 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 05 marks

Criteria 2: Pre-final Examination (05 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination, Will be valued out of 30 marks and will be reduced to 10 marks.

Evaluation criteria:

Section A : $4*2 = 08$

Section B : $2*6 = 12$

Section C : $1*10 = 10$

Total = 30 Marks (This will be converted to 5 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

We wish you an enriching learning experience.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

Anitha Joy

anitha.joy@iipr.in

Jatinder M

jatin@peopleskills-india.com

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN : 4th Semester - 2024

Course Code - Skill Enhancement Course

PAPER NAME: Financial Education & Investment Awareness

Name of the teacher : Mrs Anitha Joy , Pratibha & GF

Course & Semester : PME- IV SEM

Total no of hours for the course : 42 hours(3hours in a week)

Module 1: Foundations for Finance

10 hours

Introduction to Basic Concepts of Finance: Money and its need, Meaning and need for Financial Planning; Life goals and financial goals of an individual; Format of a sample financial plan for a young adult.

Time value of Money: Meaning, need, Concepts of Compounding – Simple and compound interest and Discounting- Present value of single cash inflow, series of cash inflow, annuity, perpetuity- *problems*.

Valuation Of Securities: Meaning, need for valuation of securities, Valuation of fixed income securities- debentures and preference shares, valuation of equity shares, dividend capitalization approach, earnings capitalization approach-*problems*.

Module 2: Investment Avenues

15 hours

Introduction to Investment: Meaning, Need, Essentials of investment, Investment and speculation, Basic investment objectives, Diversification- Need for diversification,

Investment Avenues for a Common Investor: Bank deposits; Corporate Securities-Equity shares, Preference shares, debentures, bonds, company deposits; Post Office savings schemes, Government securities, Real Estate, Gold and Bullion, Chit and Nidhi Companies, Life Insurance, Retirement and Pension Plans - National Pension System, Atal Pension Yojana etc. (Features of all Investment Avenues with Income Tax benefits); Risk and return relationship (*Theory only*).

Stock Markets: Primary Market and Secondary Market, StockExchanges, Stock Exchange Operations – Trading and Settlement, DEMAT Account, Depository and Depository Participants; Investor Protection.

Module 3: Mutual Funds

5 Hours

Mutual Funds: Meaning and Features of Mutual Funds, History of Mutual Funds in India, Benefits, and

1

drawbacks of investment in mutual fund; Major Fund Houses in India and Types of Mutual Fund Schemes and plans; SIP, STP, SWP of mutual fund; Net Asset Value- *simple problems*.

Practical Lab Hours: 15 hours

Module 1: Foundations for Finance

Lab exercises 5 Hours

- **Spreadsheet Modelling:**
 - IF Function
 - SUM Function
 - AVERAGE Function
 - INDEX, MATCH and VLOOKUP Function
 - RANK Function
 - SUM PRODUCT Function
 - MAX & MIN Function
 - PRESENT VALUE Functions
 - FUTURE VALUE Functions
 - ANNUITY Functions
 - PERPETUITY Functions
 - Statistical Functions in Excel- through data analysis

- **Preparation of Financial Plan**

Module 2: Investment Avenues

Lab exercises 5 Hours

- Group Presentations on Investment Avenues- (Advantages, Suitability and Limitations)
- Demonstration of Stock Trading
- Demonstration of Technical Analysis and Exercises (NSE –TAME)
- Spreadsheet Modelling for calculating Stock Returns and risk.

Module 3: Mutual Funds

Lab exercises 5 Hours

- Identification of Fund Houses in India, Schemes and Plans of each Mutual Fund House (www.amfiindia.in , www.valueresearchonline.com)
- Exercises on Calculation of Net Asset Value
- Demonstration of Mutual Fund Fact Sheet

Question Paper Pattern

- 1. Internal Assessment – 20 marks (practical lab-based assignments with Lab records)**
- 2. End Semester Exam – 30 marks**

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:

1. Prasanna Chandra, Financial Management -McGraw Hill Education
2. Aswath Damodaran, Corporate Finance -John Wiley & Sons Inc
3. Pitabas Mohanty, Spreadsheet Skills for Finance Professionals -Taxmann Publications
4. Fischer & Jordan, Security Analysis & Portfolio Management -Prentice Hall

Websites:

1. www.sebi.gov.in
2. www.nseindia.com
3. www.amfiindia.com

Modules which will be handled by Mrs Anitha Joy & Mrs Pratibha (module -1)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture, discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April 4th Week	I	Foundations for Finance:- <ul style="list-style-type: none">● Introduction to basic concepts of finance.	Lecture,ppt	
May 1st week		<ul style="list-style-type: none">● Money and its needs,● meaning and need for financial planning.	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none">● Life goals and financial goals of an individual .● Format a sample financial plan for a young adult.	Lecture,ppt	

May 3rd week		Practicals :- Spreadsheet Modeling: <ul style="list-style-type: none"> ● IF Function ● SUM Function ● AVERAGE Function 	Lecture,Demo	
May 4th week		<ul style="list-style-type: none"> ● INDEX, MATCH and VLOOKUP Function 	Lecture,Demo	
May 5th week		<ul style="list-style-type: none"> ● RANK Function ● SUM PRODUCT Function 	Lecture,Demo	
Jun 1st week		<ul style="list-style-type: none"> ● MAX & MIN Function ● PRESENT VALUE Functions 	Lecture,Demo	
June 2nd week		<ul style="list-style-type: none"> ● FUTURE VALUE Functions ● ANNUITY Functions 	Lecture,Demo	
June 3rd week		<ul style="list-style-type: none"> ● PERPETUITY Functions ● Statistical Functions in Excel- through data analysis 	Lecture,Demo	
Jun 4th week		<ul style="list-style-type: none"> ● Preparation of Financial Plan 	Lecture,Demo	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 	Discussion	
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Modules which will be handled by Guest Faculty (module 2&3)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture, discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion

April 4th Week	II	Investment Awareness:- <ul style="list-style-type: none"> ● Meaning, Need, ● Essentials of investment, ● Investment and speculation, ● Basic investment objectives, ● Diversification- Need for diversification, 	Lecture,ppt	
May 1st week		<ul style="list-style-type: none"> ● Investment Avenues for a Common Investor: Bank deposits; ● Corporate Securities- Equity shares, ● Preference shares, debentures, bonds, company deposits; 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> ● Post Office savings schemes, Government securities, Real Estate, Gold and Bullion, Chit and Nidhi Companies, Life Insurance, ● Retirement and Pension Plans - National Pension System, Atal Pension Yojana etc. (Features if all Investment Avenues with Income Tax benefits); ● Risk and return relationship (Theory only). 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Stock Markets: Primary Market and Secondary 	Lecture,ppt	

		<p>Market, StockExchanges,</p> <ul style="list-style-type: none"> ● Stock Exchange Operations - Trading and Settlement, DEMAT Account, Depository and Depository Participants, Investor Protection 		
May 4th week		<p>Practicals :</p> <ul style="list-style-type: none"> ● Group Presentations on Investment Avenues- (Advantages, Suitability and Limitations) ● Demonstration of Stock Trading ● Demonstration of Technical Analysis and Exercises (NSE-TAME) ● Spreadsheet Modeling for calculating Stock Returns and risk. 	Lecture,Demo	
May 5th week	III	<p>Mutual Funds:-</p> <ul style="list-style-type: none"> ● Meaning and Features of Mutual Funds, History of Mutual Funds in India, ● Benefits, and drawbacks of investment in mutual fund; ● Major Fund Houses in India 	Discussion, Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Types of Mutual Fund Schemes and plans; SIP, STP, SWP of mutual fund; 	Discussion, Lecture,ppt	

June 2nd week		<ul style="list-style-type: none"> ● Net Asset Value-simple problems. 	Discussion, Lecture,ppt	
June 3rd week		Practicals :- <ul style="list-style-type: none"> ● Identification of Fund Houses in India, Schemes and Plans of each Mutual Fund House (www.amfiindia.in, www.valueresearchonline.com) 	Lecture,Demo	
Jun 4th week		<ul style="list-style-type: none"> ● Exercises on Calculation of Net Asset Value ● Demonstration of Mutual Fund Fact Sheet 	Lecture,Demo	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 	Discussion	
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :

Description of the activity: 4-5 essay questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work.

Will be valued out of 10 marks

Deadline:13/May/2024

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :

Description of the activity:

- Class will be divided into 10 groups of 6-7 members.
- Teacher incharge will allocate the following topics to the groups.
- The topic has to be presented in class followed by Submission of one digital copy per group.

Topics:

1. **Financial Planning for Starting a Business:** Students can research and present on the financial considerations involved in starting a business, including the topics like developing a business plan, securing funding, and managing finances.
2. **Investment Plan for a Specific Age Group:** students has to choose age groups (young adults, middle-aged adults), Groups need to research and present on appropriate investment strategies.
3. **Financial Planning for Retirement:** It involves students to research and present on how to plan for retirement, discuss different retirement savings options and how to calculate how much money someone will need to retire comfortably
4. **The different types of investment accounts and their features.** This presentation could cover the different types of investment accounts available to individuals, such as savings accounts, brokerage accounts, and retirement accounts.
5. **How to invest in real estate.** This presentation could cover the different ways to invest in real estate, such as buying rental properties or investing in REITs (real estate investment trusts).
6. **What are mutual funds and how do they work?-** This presentation could provide an overview of mutual funds, including how they are structured, how they are managed, and how they invest their assets.
7. **The role of insurance in financial planning.** This presentation could discuss the different types of insurance, such as life insurance, health insurance, and disability insurance, and how they can help protect your financial security.
8. **How to avoid financial scams.** This presentation could discuss the different types of financial scams and how to protect yourself from becoming a victim.
9. **The impact of taxes on your financial plan.** This presentation could discuss how taxes can affect your investment returns and how to minimize your tax liability.
10. **Financial Planning for Unexpected Events (e.g., emergencies, medical bills)**

Evaluation Criteria –

Content Coverage -2.5marks

Quality of content - 2.5 marks

Evaluation and Analysis- 2.5marks

Group Work –2.5marks

Out of 10 marks**Deadline: 10/Jun/2024****Component 2 : 20 Marks****Criteria 1: Attendance (10 marks)****Teacher in charge: Mrs. Anitha Joy**

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks**Criteria 2: Pre-final Examination (10 Marks)****Teacher in Charge: Mrs Anitha Joy**

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination, Will be valued out of 60 marks and will be reduced to 10 marks.

Evaluation criteria:

Section A : $5 \times 2 = 10$

Section B : $4 \times 5 = 20$

Section C : $2 \times 12 = 24$

Section D: $1 \times 6 = 06$

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

Anitha Joy

anitha.joy@iipr.in

Jatinder M

jatin@peopleskills-india.com

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN : 4th Semester - 2024

Course Code - BA MK 4.1

PAPER NAME:Rural Marketing

Name of the teachers : Mrs Anitha Joy & Mrs Pratibha

Course & Semester : PME- VI SEM

Total no of hours for the course : 42hours (3hours in a week)

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:K.

1. Rural Marketing , Dr.Ravindranath Badi and Dr. N.V Badi, HPH Pvt.Ltd.
2. Rural and Agricultural Marketing, Dr.Ravindranath Badi and Dr. N.V. Badi, King's Books
3. Rural Marketing:Environmental Problems and Strategies, T.P Goplaswamy, Vikas Publications.
4. Cultural Integrity and society, Dr.R.V.Badi, HPH Pvt.Ltd
5. Business Ethics, Dr.R.V. Badi, Dr. N.V. Badi, Vrinda publications.
6. Business Perspectives, Dr.R.V.Badi, Dr.N.V.Badi, Vrinda Publications.

Modules which will be handled by Mrs.Anitha Joy (modules - 3rd & 4th)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completi on
April 4th week		RURAL PRODUCT ,PRICING, PROMOTION AND PHYSICAL DISTRIBUTION STRATEGY (4P'S): Rural Product: <ul style="list-style-type: none">● Rural Product Classification,	Lecture,ppt	

May 1st week	III	<ul style="list-style-type: none"> ● Product Life Cycle, ● Product Life Cycle Strategies in Rural Markets, 	Lecture,ppt	
May 2nd Week		<ul style="list-style-type: none"> ● New Product Development in Rural Markets, ● Branding for Rural Markets. <p>Pricing for Rural Markets:</p> <ul style="list-style-type: none"> ● Factors and Strategies. 	Lecture,ppt	
May 3rd Week		<p>Wholesaling and Retailing in the Rural Market: Rural Mobile Traders,</p> <ul style="list-style-type: none"> ● Rural Distribution Models – FMCG Companies, Durable Companies, ● 	Lecture,ppt	
May 4th week		<ul style="list-style-type: none"> ● Service Organizations, ● Emerging Distribution Models. 	Lecture,ppt	
May 5th week		<p>Rural Communication Strategy:</p> <ul style="list-style-type: none"> ● Challenges in Rural Communication, 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Creating Promotion Mix for Rural Audiences – Advertisement, ● Sales Promotion and Publicity, Future is Bright. 	Lecture,ppt	
Jun 2nd week	IV	<p>TRENDS IN RURAL MARKETING :-</p> <p>Digitalizing Rural India</p> <ul style="list-style-type: none"> ● Online Marketing Reach in the Rural Market, 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Recent Trends in Packing, Labelling, ● Grading, Transporting, Order Processing, 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Payment Methods, Storage and Warehousing. ● Corporate Farming – Meaning only. ITC e-Choupal, TARAhatt, EID Parry's India Agriline 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		

July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		
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Modules which will be handled by Mrs. Pratibha (modules - 1st &2nd)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April 4th week		INTRODUCTION TO RURAL MARKETING :- <ul style="list-style-type: none"> ● Introduction to Rural Marketing 	Lecture,ppt	
May 1st week	I	<ul style="list-style-type: none"> ● Nature and Scope of Rural Marketing, 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> ● Importance of Rural Marketing, 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Rural vs. Urban Markets, 	Lecture,ppt	
May 4 th week		<ul style="list-style-type: none"> ● Concepts and Classification of Rural Markets, 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> ● Rural Marketing Environment, 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Rise of Rural Communication 	Lecture,ppt	
Jun 2nd week		II	RURAL CONSUMER BEHAVIOR :- <ul style="list-style-type: none"> ● Factors Affecting Consumer Behaviour 	Lecture,ppt
Jun 3rd week	<ul style="list-style-type: none"> ● Market Segmentation, 		Lecture,ppt	
Jun 4th week	<ul style="list-style-type: none"> ● Bases for Segmenting Rural Consumer Markets. 		Lecture,ppt	

July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :Mrs. Anitha Joy

Description of the activity: 3-5 questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work. Will be valued out of 10 marks.

Deadline:06/May/2023

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :Mrs Anitha Joy

Description of the activity:

- Class will be divided into 4 groups of 5 members.
- The topic has to be presented in class followed by Submission of one hard copy per group.

Explain the Life Cycle of products widely used in rural areas:-

Guidelines :

- Define PLC stages
- Choose a Product / Company of your choice
- Basic information of the product – Small History, Features, Product Line or Product Category ,Competition
- Evaluate the Life Cycle stages of the Product Marketing strategy used by the company at each stage.
- Conclusion

Evaluation Criteria :

Product /Company- 2.5 Marks

Creativity - 2.5 Marks

Content - 2.5 Marks

Teamwork -2.5 Marks

Total - 10 Marks

Deadline: 03/Jun/ 2024

Component 2 : 20 Marks

Criteria 1: Attendance (10 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks

Criteria 2: Pre-final Examination (10 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination ,Will be valued out of 100 marks and will be reduced to 20 marks.

Evaluation criteria:

Section A : $10 \times 1 = 10$

Section B : $6 \times 5 = 30$

Section C : $2 \times 10 = 20$

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

[Anitha Joy](#)

anitha.joy@iipr.in

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN : 4th Semester - 2024

Course Code - BA MK 4.1

PAPER NAME:Rural Marketing

Name of the teachers : Mrs Anitha Joy & Mrs Pratibha

Course & Semester : PME- VI SEM

Total no of hours for the course : 42hours (3hours in a week)

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:K.

1. Rural Marketing , Dr.Ravindranath Badi and Dr. N.V Badi, HPH Pvt.Ltd.
2. Rural and Agricultural Marketing, Dr.Ravindranath Badi and Dr. N.V. Badi, King's Books
3. Rural Marketing:Environmental Problems and Strategies, T.P Goplaswamy, Vikas Publications.
4. Cultural Integrity and society, Dr.R.V.Badi, HPH Pvt.Ltd
5. Business Ethics, Dr.R.V. Badi, Dr. N.V. Badi, Vrinda publications.
6. Business Perspectives, Dr.R.V.Badi, Dr.N.V.Badi, Vrinda Publications.

Modules which will be handled by Mrs.Anitha Joy (modules - 3rd & 4th)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completi on
April 4th week		RURAL PRODUCT ,PRICING, PROMOTION AND PHYSICAL DISTRIBUTION STRATEGY (4P'S): Rural Product: <ul style="list-style-type: none">● Rural Product Classification,	Lecture,ppt	

May 1st week	III	<ul style="list-style-type: none"> ● Product Life Cycle, ● Product Life Cycle Strategies in Rural Markets, 	Lecture,ppt	
May 2nd Week		<ul style="list-style-type: none"> ● New Product Development in Rural Markets, ● Branding for Rural Markets. <p>Pricing for Rural Markets:</p> <ul style="list-style-type: none"> ● Factors and Strategies. 	Lecture,ppt	
May 3rd Week		<p>Wholesaling and Retailing in the Rural Market: Rural Mobile Traders,</p> <ul style="list-style-type: none"> ● Rural Distribution Models – FMCG Companies, Durable Companies, ● 	Lecture,ppt	
May 4th week		<ul style="list-style-type: none"> ● Service Organizations, ● Emerging Distribution Models. 	Lecture,ppt	
May 5th week		<p>Rural Communication Strategy:</p> <ul style="list-style-type: none"> ● Challenges in Rural Communication, 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Creating Promotion Mix for Rural Audiences – Advertisement, ● Sales Promotion and Publicity, Future is Bright. 	Lecture,ppt	
Jun 2nd week	IV	<p>TRENDS IN RURAL MARKETING :-</p> <p>Digitalizing Rural India</p> <ul style="list-style-type: none"> ● Online Marketing Reach in the Rural Market, 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Recent Trends in Packing, Labelling, ● Grading, Transporting, Order Processing, 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Payment Methods, Storage and Warehousing. ● Corporate Farming – Meaning only. ITC e-Choupal, TARAhatt, EID Parry's India Agriline 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		

July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		
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Modules which will be handled by Mrs. Pratibha (modules - 1st &2nd)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April 4th week		INTRODUCTION TO RURAL MARKETING :- <ul style="list-style-type: none"> ● Introduction to Rural Marketing 	Lecture,ppt	
May 1st week	I	<ul style="list-style-type: none"> ● Nature and Scope of Rural Marketing, 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> ● Importance of Rural Marketing, 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Rural vs. Urban Markets, 	Lecture,ppt	
May 4 th week		<ul style="list-style-type: none"> ● Concepts and Classification of Rural Markets, 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> ● Rural Marketing Environment, 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Rise of Rural Communication 	Lecture,ppt	
Jun 2nd week		II	RURAL CONSUMER BEHAVIOR :- <ul style="list-style-type: none"> ● Factors Affecting Consumer Behaviour 	Lecture,ppt
Jun 3rd week	<ul style="list-style-type: none"> ● Market Segmentation, 		Lecture,ppt	
Jun 4th week	<ul style="list-style-type: none"> ● Bases for Segmenting Rural Consumer Markets. 		Lecture,ppt	

July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :Mrs. Anitha Joy

Description of the activity: 3-5 questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work. Will be valued out of 10 marks.

Deadline:06/May/2023

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :Mrs Anitha Joy

Description of the activity:

- Class will be divided into 3 groups of 4 members.
- The topic has to be presented in class followed by Submission of one hard copy per group.

Prepare a Product Life Cycle for a Rural Product

Guidelines :

- Define PLC stages
- Choose a Product / Company of your choice
- Basic information of the product – Small History, Features, Product Line or Product Category ,Competition
- Evaluate the Life Cycle stages of the Product Marketing strategy used by the company at each stage.
- Conclusion

Evaluation Criteria :

Product /Company- 2.5 Marks

Creativity - 2.5 Marks

Content - 2.5 Marks

Teamwork -2.5 Marks

Total - 10 Marks

Deadline: 03/Jun/ 2024

Component 2 : 20 Marks

Criteria 1: Attendance (10 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks

Criteria 2: Pre-final Examination (10 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination ,Will be valued out of 100 marks and will be reduced to 20 marks.

Evaluation criteria:

Section A : $10 \times 1 = 10$

Section B : $6 \times 5 = 30$

Section C : $2 \times 10 = 20$

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

[Anitha Joy](#)

anitha.joy@iipr.in

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN : 4th Semester - 2024

Course Code - BA MK 4.1

PAPER NAME:Rural Marketing

Name of the teachers : Mrs Anitha Joy & Mrs Pratibha

Course & Semester : PME- VI SEM

Total no of hours for the course : 42hours (3hours in a week)

SYLLABUS

Name of the Program: BA Marketing		
Course Title : DSC 4.7 Rural Marketing		
Course Credit	No. of Hours per Week	Total No. of Teaching Hours
3 Credits	3 Hours	42 Hours
Pedagogy: Classroom's lecture, Tutorials, Group discussion, Seminar, Case studies & Field work etc.		
Course Outcomes: On successful completion of the course, the students will demonstrate		
a) Describe the importance and application of various concepts of rural marketing.		
b) Demonstrate the appropriate selection of the segmentation, targeting and positioning strategies along with the environmental factors that influence rural consumers buying behaviour.		
c) Design a Pricing strategy that suits the characteristics of rural products and the stages in the product life cycle, formulate the appropriate marketing communication and rural distribution.		
d) Appraise the recent trends in rural marketing and the applications of digital technology in rural marketing.		
Syllabus:		Hours
Module No. 1: INTRODUCTION TO RURAL MARKETING		10
Introduction to Rural Marketing, Nature and Scope of Rural Marketing, Importance of Rural Marketing, Rural vs. Urban Markets, Concepts and Classification of Rural Markets, Rural Marketing Environment, Rise of Rural Communication		
Module No. 2: RURAL CONSUMER BEHAVIOR		8
Consumer Buying Behaviour in Rural Marketing, Factors Affecting Consumer Behaviour, Market Segmentation, Bases for Segmenting Rural Consumer Markets.		
Module No. 3: RURAL PRODUCT ,PRICING, PROMOTION AND PHYSICAL DISTRIBUTION STRATEGY (4P'S)		12
Rural Product: Rural Product Classification, Product Life Cycle, Product Life Cycle Strategies in Rural Markets, New Product Development in Rural Markets, Branding for Rural Markets. Pricing for Rural Markets: Factors and Strategies. Wholesaling and Retailing in the Rural Market: Rural Mobile Traders, Rural Distribution Models – FMCG Companies, Durable Companies, Service Organizations, Emerging Distribution Models. Rural Communication Strategy: Challenges in Rural Communication, Creating Promotion Mix for Rural Audiences – Advertisement, Sales Promotion and Publicity, Future is Bright.		
Module No. 4: TRENDS IN RURAL MARKETING		12
Digitalizing Rural India: Online Marketing Reach in the Rural Market, Recent Trends in Packing, Labelling, Grading, Transporting, Order Processing, Payment Methods, Storage and Warehousing. Corporate Farming – Meaning only. ITC e-Choupal, TARAhatt, EID Parry's India Agriline		
Skill Developments Activities:		
a) Prepare a Product Life Cycle for a rural product		

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:K.

1. Rural Marketing , Dr.Ravindranath Badi and Dr. N.V Badi, HPH Pvt.Ltd.
2. Rural and Agricultural Marketing, Dr.Ravindranath Badi and Dr. N.V. Badi, King's Books
3. Rural Marketing:Environmental Problems and Strategies, T.P Goplalaswamy, Vikas Publications.
4. Cultural Integrity and society, Dr.R.V.Badi, HPH Pvt.Ltd
5. Business Ethics, Dr.R.V. Badi, Dr. N.V. Badi, Vrinda publications.
6. Business Pespectives, Dr.R.V.Badi, Dr.N.V.Badi, Vrinda Publications.

Modules which will be handled by Mrs.Anitha Joy (modules - 3rd & 4th)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April 4th week		RURAL PRODUCT ,PRICING, PROMOTION AND PHYSICAL DISTRIBUTION STRATEGY (4P'S): Rural Product: <ul style="list-style-type: none"> ● Rural Product Classification, 	Lecture,ppt	
May 1st week		<ul style="list-style-type: none"> ● Product Life Cycle, ● Product Life Cycle Strategies in Rural Markets, 	Lecture,ppt	
May 2nd Week		<ul style="list-style-type: none"> ● New Product Development in Rural Markets, ● Branding for Rural Markets. Pricing for Rural Markets: <ul style="list-style-type: none"> ● Factors and Strategies. 	Lecture,ppt	
May 3rd Week		Wholesaling and Retailing in the Rural Market: Rural Mobile Traders, <ul style="list-style-type: none"> ● Rural Distribution Models – FMCG Companies, Durable Companies, 	Lecture,ppt	

	III	•		
May 4th week		<ul style="list-style-type: none"> • Service Organizations, • Emerging Distribution Models. 	Lecture,ppt	
May 5th week		Rural Communication Strategy: <ul style="list-style-type: none"> • Challenges in Rural Communication, 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> • Creating Promotion Mix for Rural Audiences – Advertisement, • Sales Promotion and Publicity, Future is Bright. 	Lecture,ppt	
Jun 2nd week	IV	TRENDS IN RURAL MARKETING :- Digitalizing Rural India <ul style="list-style-type: none"> • Online Marketing Reach in the Rural Market, 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> • Recent Trends in Packing, Labelling, • Grading, Transporting, Order Processing, 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> • Payment Methods, Storage and Warehousing. • Corporate Farming – Meaning only. ITC e-Choupal, TARAhatt, EID Parry’s India Agriline 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> • Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> • Pre Final Exams 		

Modules which will be handled by Mrs. Pratibha (modules - 1st &2nd)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online	Actual Dates of Completion
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			discussions)	
April 4th week		INTRODUCTION TO RURAL MARKETING :- <ul style="list-style-type: none"> ● Introduction to Rural Marketing 	Lecture,ppt	
May 1st week	I	<ul style="list-style-type: none"> ● Nature and Scope of Rural Marketing, 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> ● Importance of Rural Marketing, 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Rural vs. Urban Markets, 	Lecture,ppt	
May 4 th week		<ul style="list-style-type: none"> ● Concepts and Classification of Rural Markets, 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> ● Rural Marketing Environment, 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Rise of Rural Communication 	Lecture,ppt	
Jun 2nd week	II	RURAL CONSUMER BEHAVIOR :- <ul style="list-style-type: none"> ● Factors Affecting Consumer Behaviour 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Market Segmentation, 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Bases for Segmenting Rural Consumer Markets. 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :Mrs. Anitha Joy

Description of the activity: 3-5 questions from every unit will be given by the

teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work. Will be valued out of 10 marks.

Deadline:06/May/2023

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :Mrs Anitha Joy

Description of the activity:

- Class will be divided into 4 groups of 5 members.
- The topic has to be presented in class followed by Submission of one hard copy per group.

Explain the Life Cycle of products widely used in rural areas:-

Guidelines :

- Define PLC stages
- Choose a Product / Company of your choice
- Basic information of the product – Small History, Features, Product Line or Product Category ,Competition
- Evaluate the Life Cycle stages of the Product Marketing strategy used by the company at each stage.
- Conclusion

Evaluation Criteria :

Product /Company- 2.5 Marks

Creativity - 2.5 Marks

Content - 2.5 Marks

Teamwork -2. 5 Marks

Total - 10 Marks

Deadline: 03/Jun/ 2024

Component 2 : 20 Marks

Criteria 1: Attendance (10 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks

Criteria 2: Pre-final Examination (10 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination ,Will be valued out of 100 marks and will be reduced to 20 marks.

Evaluation criteria:

Section A : $10*1 = 10$

Section B : $6*5 = 30$

Section C : $2*10=20$

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.

6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

[Anitha Joy](#)

anitha.joy@iipr.in

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN : 4th Semester - 2024

Course Code - BA MK 4.2

PAPER NAME:Legal Aspects of Marketing

Name of the teachers : Mr. Jatinder M & Mrs Pratibha

Course & Semester : PME- VI SEM

Total no of hours for the course : 42hours (3hours in a week)

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:K.

1. Legal Aspects of Marketing in India , V.V. Sople, New age International Publishers.
2. Legal Aspects in marketing Management , Dr.Shaila Bootwala, Ms Uzma
3. Legal Aspects of Marketing and Sales ,Don Mayer,Daniel Warner, Saylor Foundation
4. Legal Aspect of Business , Akhileshwar pathak,
5. legal Aspects & Intellectual property Rights , Cynthia Menezes Prabu
6. E-Marketing , Sushila Madan.
7. Legal Aspects of marketing Paperback , John Livemore
- 8.

Modules which will be handled by Mr Jatinder M (modules - 1st & 3rd)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April 4th week	I	INTRODUCTION TO MARKETING AND LAW <ul style="list-style-type: none">● Marketing Decisions Within the Legal Framework ,	Lecture,ppt	
May 1st Week		<ul style="list-style-type: none">● General Principles of Law ,● Types and Levels of Law ,● Laws and Marketing	Lecture,ppt	
May 2nd Week		<ul style="list-style-type: none">● Marketing Process ,● Transaction— A Legal Relationship	Lecture,ppt	

May 3rd Week	I	<ul style="list-style-type: none"> ● Marketing Mix and Legal Obligations, ● Marketing Strategies and Legal Framework, 	Lecture,ppt	
May 4th week		<ul style="list-style-type: none"> ● Legal System in India . ● Indian Laws in Marketing— Overview 	Lecture,ppt	
May 5th week	III	PRODUCT, PRICING, PROMOTION, PHYSICAL DISTRIBUTION (4 P'S) <ul style="list-style-type: none"> ● Product Development , IPR— An Intellectual Capital , ● Indian IPR Scenario , Global Vs Indian IPR Landscape , ● IPR—Indian Legal Framework. 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Pricing—A Key Element in Marketing Mix , ● Pricing Decisions—Legal Aspects , ● Indian Laws for Pricing Regulations. 	Lecture,ppt	
Jun 2nd week		<ul style="list-style-type: none"> ● Product promotion advertising -Regulatory Measures— Objectives , ● Unfair Trade Practices in Advertising , ● Legal Framework in India ,Advertising Guidelines by SEBI ● Self-regulation in Advertising — through ASCI. 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Physical distribution - Channel , Types of Arrangement , ● Legal Issues in Channel Management, Laws Influencing Channel Arrangement , 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Franchising—Legal Framework, Warehousing , Acts Licenses , Transportation, Carrier and other Acts, Documentation ● Product packaging - Basic Functions, Unfair Practices , Legal Requirements , Guidelines for Exports. 	Lecture,ppt	

July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Modules which will be handled by Mrs. Pratibha (modules - 2nd &4th)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April 4th week	II	CONSUMER PROTECTION LAW , TRADE PRACTICES AND COMPETITION:- <ul style="list-style-type: none"> ● Consumer Movement , ● International Scenario , 	Lecture,ppt	
May 1st week		<ul style="list-style-type: none"> ● Consumer Rights in India , 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> ● Consumer Rights in India , ● Consumer Protection Law 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Cases: Consumer Protection, 	Lecture,ppt	
May 4 th week		<ul style="list-style-type: none"> ● Deceptive (Unfair) Trade Practices 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> ● Restrictive and Anti-competitive Trade Practices , 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Counterfeiting , ● Indian Laws. 	Lecture,ppt	
Jun 2nd week		IV	E MARKETING LEGISLATION AND MARKETING ABUSES:- <ul style="list-style-type: none"> ● e-Marketing Legal Issues Legal Frame-work in India, 	Lecture,ppt
Jun 3rd week	<ul style="list-style-type: none"> ● overview of Business Ethics Marketing Actions with Ethical Questions , 		Lecture,ppt	

Jun 4th week		<ul style="list-style-type: none"> Unethical Marketing Practices. 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :Mrs. Anitha Joy

Description of the activity: 3-5 questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work. Will be valued out of 10 marks.

Deadline:13/May/2023

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :Mrs Anitha Joy

Description of the activity:

- Class will be divided into 4 groups of 5 members.
- The topic has to be presented in class followed by Submission of one hard copy per group.

Case Study : Each group is informed to get 3 case studies on a specific topic such as IPR , Consumer protection law, unfair trade practices & business ethics. After review, the faculty incharge will approve one case study for the presentation. Students are informed to come in formal attire(Indian/western).

Specific guidelines :

- Introduction
- The problem
- The case
- Assumption
- Boundary limits
- Possible solutions(2 to 5 solutions) and their evaluation (merits and demerits)
- Best solution
- Implementation
- Principles of Management Applied
- Feedback
- Conclusion

Evaluation Criteria :

Best Solution - 2.5 Marks

Creativity - 2.5 Marks

Conclusion - 2.5 Marks

Teamwork -2.5 Marks

Total - 10 Marks

Deadline: 10th/Jun/ 2024

Component 2 : 20 Marks

Criteria 1: Attendance (10 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks

Criteria 2: Pre-final Examination (10 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination ,Will be valued out of 100 marks and will be reduced to 20 marks.

Evaluation criteria:

Section A : $10*1 = 10$

Section B : $6*5 = 30$

Section C : $2*10 = 20$

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

Jatinder M

jatin@peopleskills-india.com

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN : 4th Semester - 2024

Course Code - BA MK 4.2

PAPER NAME:Legal Aspects of Marketing

Name of the teachers : Mr. Jatinder M & Mrs Pratibha

Course & Semester : PME- VI SEM

Total no of hours for the course : 42hours (3hours in a week)

Syllabus

Course Title : DSC 4.8 Legal Aspects of Marketing		
Course Credit	No. of Hours per Week	Total No. of Teaching Hours
3 Credits	3 Hours	42 Hours
Pedagogy: Classroom's lecture, Tutorials, Group discussion, Seminar, Case studies & Field work etc.		
Course Outcomes: On successful completion of the course, the students will demonstrate		
a) Understand the concepts and functions of Marketing Law.		
b) Understand the consumer protection law		
c) Design Indian laws for pricing regulations of products,laws influencing channel arrangement and product packaging.		
d) Ability to understand E marketing legislation.		
Syllabus:		Hours
Module No. 1: INTRODUCTION TO MARKETING AND LAW		12
Marketing Decisions Within the Legal Framework , General Principles of Law , Types and Levels of Law , Laws and Marketing, Marketing Process ,Transaction—A Legal Relationship ,Marketing Mix and Legal Obligations, Marketing Strategies and Legal Framework, Legal System in India . Indian Laws in Marketing—Overview		
Module No. 2: CONSUMER PROTECTION LAW , TRADE PRACTICES AND COMPETITION		10
Consumer Movement , International Scenario , Consumer Rights in India , Consumer Protection Law , Cases: Consumer Protection, Deceptive (Unfair) Trade Practices ,Restrictive and Anti-competitive Trade Practices , Counterfeiting , Indian Laws.		
Module No. 3: PRODUCT, PRICING, PROMOTION, PHYSICAL DISTRIBUTION (4 P'S)		12
Product Development , IPR—An Intellectual Capital , Indian IPR Scenario , Global Vs Indian IPR Landscape , IPR—Indian Legal Framework. Pricing —A Key Element in Marketing Mix , Pricing Decisions—Legal Aspects , Indian Laws for Pricing Regulations. Product promotion advertising -Regulatory Measures—Objectives , Unfair Trade Practices in Advertising , Legal Framework in India , Advertising Guidelines by SEBI , Self-regulation in Advertising— through ASCI. Physical distribution - Channel , Types of Arrangement , Legal Issues in Channel Management, Laws Influencing Channel Arrangement , Franchising—Legal Framework, Warehousing , Acts Licenses , Transportation, Carrier and other Acts, Documentation. Product packaging - Basic Functions, Unfair Practices , Legal Requirements , Guidelines for Exports.		
Module No. 4: E MARKETING LEGISLATION AND MARKETING ABUSES		8
e-Marketing Legal Issues Legal Frame-work in India, overview of Business Ethics Marketing Actions with Ethical Questions , Unethical Marketing Practices.		

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:K.

1. Legal Aspects of Marketing in India , V.V. Sople, New age International Publishers.
2. Legal Aspects in marketing Management , Dr.Shaila Bootwala, Ms Uzma
3. Legal Aspects of Marketing and Sales ,Don Mayer,Daniel Warner, Saylor Foundation
4. Legal Aspect of Business , Akhileshwar pathak,
5. legal Aspects & Intellectual property Rights , Cynthia Menezes Prabu
6. E-Marketing , Sushila Madan.
7. Legal Aspects of marketing Paperback , John Livemore
- 8.

Modules which will be handled by Mr Jatinder M (modules - 1st & 3rd)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April 4th week	I	INTRODUCTION TO MARKETING AND LAW <ul style="list-style-type: none"> ● Marketing Decisions Within the Legal Framework , 	Lecture,ppt	
May 1st Week		<ul style="list-style-type: none"> ● General Principles of Law , ● Types and Levels of Law , ● Laws and Marketing 	Lecture,ppt	
May 2nd Week		<ul style="list-style-type: none"> ● Marketing Process , ● Transaction— A Legal Relationship 	Lecture,ppt	
May 3rd Week		<ul style="list-style-type: none"> ● Marketing Mix and Legal Obligations, ● Marketing Strategies and Legal Framework, 	Lecture,ppt	
May 4th week		<ul style="list-style-type: none"> ● Legal System in India . ● Indian Laws in Marketing— Overview 	Lecture,ppt	
May 5th week			PRODUCT, PRICING, PROMOTION, PHYSICAL DISTRIBUTION (4 P'S) <ul style="list-style-type: none"> ● Product Development , IPR— An Intellectual Capital , 	Lecture,ppt

		<ul style="list-style-type: none"> ● Indian IPR Scenario , Global Vs Indian IPR Landscape , ● IPR—Indian Legal Framework. 		
Jun 1st week	III	<ul style="list-style-type: none"> ● Pricing—A Key Element in Marketing Mix , ● Pricing Decisions—Legal Aspects , ● Indian Laws for Pricing Regulations. 	Lecture,ppt	
Jun 2nd week		<ul style="list-style-type: none"> ● Product promotion advertising -Regulatory Measures— Objectives , ● Unfair Trade Practices in Advertising , ● Legal Framework in India ,Advertising Guidelines by SEBI ● Self-regulation in Advertising — through ASCI. 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Physical distribution - Channel , Types of Arrangement , ● Legal Issues in Channel Management, Laws Influencing Channel Arrangement , 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Franchising—Legal Framework, Warehousing , Acts Licenses , Transportation, Carrier and other Acts, Documentation ● Product packaging - Basic Functions, Unfair Practices , Legal Requirements , Guidelines for Exports. 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Modules which will be handled by Mrs. Pratibha (modules - 2nd &4th)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt,	Actual Dates of Completio
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			guest lecture, Activity, assignments, case studies, online discussions)	n
April 4th week	II	CONSUMER PROTECTION LAW , TRADE PRACTICES AND COMPETITION:-	Lecture,ppt	
May 1st week		<ul style="list-style-type: none"> ● Consumer Movement , ● International Scenario , ● Consumer Rights in India , 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> ● Consumer Rights in India , ● Consumer Protection Law 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Cases: Consumer Protection, 	Lecture,ppt	
May 4th week		<ul style="list-style-type: none"> ● Deceptive (Unfair) Trade Practices 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> ● Restrictive and Anti-competitive Trade Practices , 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Counterfeiting , ● Indian Laws. 	Lecture,ppt	
Jun 2nd week	IV	E MARKETING LEGISLATION AND MARKETING ABUSES:-	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● e-Marketing Legal Issues Legal Frame-work in India, ● overview of Business Ethics Marketing Actions with Ethical Questions , 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Unethical Marketing Practices. 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :Mrs. Pratibha

Description of the activity: 3-5 questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work. Will be valued out of 10 marks.

Deadline:13/May/2023

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :Mrs Pratibha

Description of the activity:

- Class will be divided into 4 groups of 5 members, and each group will have to do the study for an individual business
- The topic has to be presented in class followed by Submission of one hard copy per group.

Case Study : Do a study on how a business manages the Legal aspects with special focus on Business Ethics, which covers - pollution management, usage of natural resources, impact on health and racial discrimination.

Specific guidelines :

- Introduction to the business environment of the company
- Challenges faced by the company
- Legal Solution
- Customer/general public feedback
- CSR activities of the company

Evaluation Criteria :

Best Solution - 2.5 Marks

Creativity & Formation - 2.5 Marks

Conclusion - 2.5 Marks

Teamwork - 2.5 Marks

Total - 10 Marks

Deadline: 10th/Jun/ 2024

Component 2 : 20 Marks

Criteria 1: Attendance (10 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks

Criteria 2: Pre-final Examination (10 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination ,Will be valued out of 100 marks and will be reduced to 20 marks.

Evaluation criteria:

Section A : $10*1 = 10$

Section B : $6*5 = 30$

Section C : $2*10 = 20$

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.

2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

Jatinder M

jatin@peopleskills-india.com

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN : 4th Semester - 2024

Course Code - BA MK 4.2

PAPER NAME:Legal Aspects of Marketing

Name of the teachers : Mr. Jatinder M & Mrs Pratibha

Course & Semester : PME- VI SEM

Total no of hours for the course : 42hours (3hours in a week)

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:K.

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2. Legal Aspects in marketing Management , Dr.Shaila Bootwala, Ms Uzma
3. Legal Aspects of Marketing and Sales ,Don Mayer,Daniel Warner, Saylor Foundation
4. Legal Aspect of Business , Akhileshwar pathak,
5. legal Aspects & Intellectual property Rights , Cynthia Menezes Prabu
6. E-Marketing , Sushila Madan.
7. Legal Aspects of marketing Paperback , John Livemore
- 8.

Modules which will be handled by Mr Jatinder M (modules - 1st & 3rd)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April 4th week	I	INTRODUCTION TO MARKETING AND LAW <ul style="list-style-type: none">● Marketing Decisions Within the Legal Framework ,	Lecture,ppt	
May 1st Week		<ul style="list-style-type: none">● General Principles of Law ,● Types and Levels of Law ,● Laws and Marketing	Lecture,ppt	
May 2nd Week		<ul style="list-style-type: none">● Marketing Process ,● Transaction— A Legal Relationship	Lecture,ppt	

May 3rd Week	I	<ul style="list-style-type: none"> ● Marketing Mix and Legal Obligations, ● Marketing Strategies and Legal Framework, 	Lecture,ppt	
May 4th week		<ul style="list-style-type: none"> ● Legal System in India . ● Indian Laws in Marketing— Overview 	Lecture,ppt	
May 5th week	III	PRODUCT, PRICING, PROMOTION, PHYSICAL DISTRIBUTION (4 P'S) <ul style="list-style-type: none"> ● Product Development , IPR— An Intellectual Capital , ● Indian IPR Scenario , Global Vs Indian IPR Landscape , ● IPR—Indian Legal Framework. 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Pricing—A Key Element in Marketing Mix , ● Pricing Decisions—Legal Aspects , ● Indian Laws for Pricing Regulations. 	Lecture,ppt	
Jun 2nd week		<ul style="list-style-type: none"> ● Product promotion advertising -Regulatory Measures— Objectives , ● Unfair Trade Practices in Advertising , ● Legal Framework in India ,Advertising Guidelines by SEBI ● Self-regulation in Advertising — through ASCI. 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Physical distribution - Channel , Types of Arrangement , ● Legal Issues in Channel Management, Laws Influencing Channel Arrangement , 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Franchising—Legal Framework, Warehousing , Acts Licenses , Transportation, Carrier and other Acts, Documentation ● Product packaging - Basic Functions, Unfair Practices , Legal Requirements , Guidelines for Exports. 	Lecture,ppt	

July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Modules which will be handled by Mrs. Pratibha (modules - 2nd &4th)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April 4th week	II	CONSUMER PROTECTION LAW , TRADE PRACTICES AND COMPETITION:- <ul style="list-style-type: none"> ● Consumer Movement , ● International Scenario , 	Lecture,ppt	
May 1st week		<ul style="list-style-type: none"> ● Consumer Rights in India , 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> ● Consumer Rights in India , ● Consumer Protection Law 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Cases: Consumer Protection, 	Lecture,ppt	
May 4 th week		<ul style="list-style-type: none"> ● Deceptive (Unfair) Trade Practices 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> ● Restrictive and Anti-competitive Trade Practices , 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Counterfeiting , ● Indian Laws. 	Lecture,ppt	
Jun 2nd week		IV	E MARKETING LEGISLATION AND MARKETING ABUSES:- <ul style="list-style-type: none"> ● e-Marketing Legal Issues Legal Frame-work in India, 	Lecture,ppt
Jun 3rd week	<ul style="list-style-type: none"> ● overview of Business Ethics Marketing Actions with Ethical Questions , 		Lecture,ppt	

Jun 4th week		<ul style="list-style-type: none"> ● Unethical Marketing Practices. 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :Mrs. Anitha Joy

Description of the activity: 3-5 questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work. Will be valued out of 10 marks.

Deadline:13/May/2023

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :Mrs Anitha Joy

Case Study : Pricing of Innovative Product, based on Legal aspects of Pricing

Specific guidelines :

- Introduction
- The problem
- The case
- Assumption
- Boundary limits
- Possible solutions(2 to 5 solutions) and their evaluation (merits and demerits)
- Best solution

- Implementation
- Principles of Management Applied
- Feedback
- Conclusion

Evaluation Criteria :

Best Solution - 2.5 Marks

Creativity - 2.5 Marks

Conclusion - 2.5 Marks

Teamwork -2.5 Marks

Total - 10 Marks

Deadline: 10th/Jun/ 2024

Component 2 : 20 Marks

Criteria 1: Attendance (10 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks

Criteria 2: Pre-final Examination (10 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination ,Will be valued out of 100 marks and will be reduced to 20 marks.

Evaluation criteria:

Section A : $10 \times 1 = 10$

Section B : $6 \times 5 = 30$

Section C : $2 \times 10 = 20$

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

Jatinder M

jatin@peopleskills-india.com

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN : 4th Semester - 2024

Course Code - BA MK 4.2

PAPER NAME:Legal Aspects of Marketing

Name of the teachers : Mr. Jatinder M & Mrs Pratibha

Course & Semester : PME- VI SEM

Total no of hours for the course : 42hours (3hours in a week)

Syllabus

Course Title : DSC 4.8 Legal Aspects of Marketing		
Course Credit	No. of Hours per Week	Total No. of Teaching Hours
3 Credits	3 Hours	42 Hours
Pedagogy: Classroom's lecture, Tutorials, Group discussion, Seminar, Case studies & Field work etc.		
Course Outcomes: On successful completion of the course, the students will demonstrate a) Understand the concepts and functions of Marketing Law. b) Understand the consumer protection law c) Design Indian laws for pricing regulations of products,laws influencing channel arrangement and product packaging. d) Ability to understand E marketing legislation.		
Syllabus:		Hours
Module No. 1: INTRODUCTION TO MARKETING AND LAW		12
Marketing Decisions Within the Legal Framework , General Principles of Law , Types and Levels of Law , Laws and Marketing, Marketing Process ,Transaction—A Legal Relationship ,Marketing Mix and Legal Obligations, Marketing Strategies and Legal Framework, Legal System in India . Indian Laws in Marketing—Overview		
Module No. 2: CONSUMER PROTECTION LAW , TRADE PRACTICES AND COMPETITION		10
Consumer Movement , International Scenario , Consumer Rights in India , Consumer Protection Law , Cases: Consumer Protection, Deceptive (Unfair) Trade Practices ,Restrictive and Anti-competitive Trade Practices , Counterfeiting , Indian Laws.		
Module No. 3: PRODUCT, PRICING, PROMOTION, PHYSICAL DISTRIBUTION (4 P'S)		12
Product Development , IPR—An Intellectual Capital , Indian IPR Scenario , Global Vs Indian IPR Landscape , IPR—Indian Legal Framework. Pricing —A Key Element in Marketing Mix , Pricing Decisions—Legal Aspects , Indian Laws for Pricing Regulations. Product promotion advertising -Regulatory Measures—Objectives , Unfair Trade Practices in Advertising , Legal Framework in India , Advertising Guidelines by SEBI , Self-regulation in Advertising— through ASCI. Physical distribution - Channel , Types of Arrangement , Legal Issues in Channel Management, Laws Influencing Channel Arrangement , Franchising—Legal Framework, Warehousing , Acts Licenses , Transportation, Carrier and other Acts, Documentation. Product packaging - Basic Functions, Unfair Practices , Legal Requirements , Guidelines for Exports.		
Module No. 4: E MARKETING LEGISLATION AND MARKETING ABUSES		8
e-Marketing Legal Issues Legal Frame-work in India, overview of Business Ethics Marketing Actions with Ethical Questions , Unethical Marketing Practices.		

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:K.

1. Legal Aspects of Marketing in India , V.V. Sople, New age International Publishers.
2. Legal Aspects in marketing Management , Dr.Shaila Bootwala, Ms Uzma
3. Legal Aspects of Marketing and Sales ,Don Mayer,Daniel Warner, Saylor Foundation
4. Legal Aspect of Business , Akhileshwar pathak,
5. legal Aspects & Intellectual property Rights , Cynthia Menezes Prabu
6. E-Marketing , Sushila Madan.
7. Legal Aspects of marketing Paperback , John Livemore
- 8.

Modules which will be handled by Mr Jatinder M (modules - 1st & 3rd)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April 4th week	I	INTRODUCTION TO MARKETING AND LAW <ul style="list-style-type: none"> ● Marketing Decisions Within the Legal Framework , 	Lecture,ppt	
May 1st Week		<ul style="list-style-type: none"> ● General Principles of Law , ● Types and Levels of Law , ● Laws and Marketing 	Lecture,ppt	
May 2nd Week		<ul style="list-style-type: none"> ● Marketing Process , ● Transaction— A Legal Relationship 	Lecture,ppt	
May 3rd Week		<ul style="list-style-type: none"> ● Marketing Mix and Legal Obligations, ● Marketing Strategies and Legal Framework, 	Lecture,ppt	
May 4th week		<ul style="list-style-type: none"> ● Legal System in India . ● Indian Laws in Marketing— Overview 	Lecture,ppt	
May 5th week			PRODUCT, PRICING, PROMOTION, PHYSICAL DISTRIBUTION (4 P'S) <ul style="list-style-type: none"> ● Product Development , IPR— An Intellectual Capital , 	Lecture,ppt

		<ul style="list-style-type: none"> ● Indian IPR Scenario , Global Vs Indian IPR Landscape , ● IPR—Indian Legal Framework. 		
Jun 1st week	III	<ul style="list-style-type: none"> ● Pricing—A Key Element in Marketing Mix , ● Pricing Decisions—Legal Aspects , ● Indian Laws for Pricing Regulations. 	Lecture,ppt	
Jun 2nd week		<ul style="list-style-type: none"> ● Product promotion advertising -Regulatory Measures— Objectives , ● Unfair Trade Practices in Advertising , ● Legal Framework in India ,Advertising Guidelines by SEBI ● Self-regulation in Advertising — through ASCI. 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Physical distribution - Channel , Types of Arrangement , ● Legal Issues in Channel Management, Laws Influencing Channel Arrangement , 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Franchising—Legal Framework, Warehousing , Acts Licenses , Transportation, Carrier and other Acts, Documentation ● Product packaging - Basic Functions, Unfair Practices , Legal Requirements , Guidelines for Exports. 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Modules which will be handled by Mrs. Pratibha (modules - 2nd &4th)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt,	Actual Dates of Completio
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			guest lecture, Activity, assignments, case studies, online discussions)	n
April 4th week	II	CONSUMER PROTECTION LAW , TRADE PRACTICES AND COMPETITION:-	Lecture,ppt	
May 1st week		<ul style="list-style-type: none"> ● Consumer Movement , ● International Scenario , ● Consumer Rights in India , 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> ● Consumer Rights in India , ● Consumer Protection Law 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Cases: Consumer Protection, 	Lecture,ppt	
May 4th week		<ul style="list-style-type: none"> ● Deceptive (Unfair) Trade Practices 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> ● Restrictive and Anti-competitive Trade Practices , 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Counterfeiting , ● Indian Laws. 	Lecture,ppt	
Jun 2nd week	IV	E MARKETING LEGISLATION AND MARKETING ABUSES:-	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● e-Marketing Legal Issues Legal Frame-work in India, ● overview of Business Ethics Marketing Actions with Ethical Questions , 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Unethical Marketing Practices. 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :Mrs. Pratibha

Description of the activity: 3-5 questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work. Will be valued out of 10 marks.

Deadline:13/May/2023

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :Mrs Pratibha

Description of the activity:

- Class will be divided into 4 groups of 5 members, and each group will have to do the study for an individual business
- The topic has to be presented in class followed by Submission of one hard copy per group.

Case Study : Conduct a study on how a business manages the Legal aspects with special focus on Business Ethics, which covers - pollution management, usage of natural resources, impact on health and racial discrimination.

Specific guidelines :

- Introduction to the business environment of the company
- Challenges faced by the company
- Legal Solution
- Customer/general public feedback
- CSR activities of the company

Evaluation Criteria :

Best Solution - 2.5 Marks

Creativity & Formation - 2.5 Marks

Conclusion - 2.5 Marks

Teamwork - 2.5 Marks

Total - 10 Marks

Deadline: 10th/Jun/ 2024

Component 2 : 20 Marks

Criteria 1: Attendance (10 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks

Criteria 2: Pre-final Examination (10 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination ,Will be valued out of 100 marks and will be reduced to 20 marks.

Evaluation criteria:

Section A : $10*1 = 10$

Section B : $6*5 = 30$

Section C : $2*10 = 20$

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.

2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

Jatinder M

jatin@peopleskills-india.com

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 6th Semester - 2024

Course Code - BA MK 6.1

PAPER NAME:Logistics Management

Name of the teachers : Mrs Anitha Joy & Mrs Pratibha

Course & Semester : PME- VI SEM

Total no of hours for the course : 60hours (4hours in a week)

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:K.

1. Rahul V Altekar, Supply Chain Management – Concepts and Cases, PHI
2. Sridhara Bhat, Supply Chain Management, HPH
3. Milind M Oka, Supply Chain Management, Everest Publishing House
4. Donald J Bowersox, David J Closs, “Logistical Management – The integrated Supply Chain Process”, McGraw-Hill Edition-2000
5. John J Coyle, Edward J Bardi and C John Langley Jr. “The management of Business Logistics- A supply Chain perspective”, Thomson South- Western , 7th edition.

Modules which will be handled by Mrs.Anitha Joy (modules - 1st & 3rd)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
May 1st Week	I	INTRODUCTION TO LOGISTICS MANAGEMENT <ul style="list-style-type: none">● Meaning,● Importance and Types of Logistics,● Players in Logistics;	Lecture,ppt	
May 2nd Week		<ul style="list-style-type: none">● Logistics managementMeaning,● Elements of Logistics Management, Benefits of Logistics Management-	Lecture,ppt	

May 3rd Week	I	<ul style="list-style-type: none"> ● Logistics Interface with other functional areas, ● sever R's of Logistics., 	Lecture,ppt	
May 4th week	III	TRANSPORTATION MANAGEMENT:- Transport structure- <ul style="list-style-type: none"> ● Rail, Road, Water, Air and Pipeline, Inter-modal - (Performance characteristics and suitability of each mode); 	Lecture,ppt	
May 5th week		Suppliers of transport service- <ul style="list-style-type: none"> ● Single mode carriers, specialized carriers, ● Inter-modal transportation (TOFC, COFC), ● Containership, Non-operating intermediaries. 	Lecture,ppt	
Jun 1st week		Transport Operation Planning- <ul style="list-style-type: none"> ● Equipment scheduling, ● yard management, load planning, ● routing and advanced shipment notification, 	Lecture,ppt	
Jun 2nd week		<ul style="list-style-type: none"> ● movement administration, consolidation, negotiation, ● control of transport management, ● audit and claim administration, ● logistics integration; 	Lecture,ppt	
Jun 3rd week		Transport documentation- <ul style="list-style-type: none"> ● Delivery Order, Dock receipt, Bill of Lading, Freight Bill, 	Lecture,ppt	

		<ul style="list-style-type: none"> ● Sea waybill (SWB/e-SWB), Airway Bill (AWB/e-AWB), ● shipping guarantee, packing note or list, ● consignment note - Shipping Manifest; Documentation process. 		
Jun 4th week		Transport pricing methods- <ul style="list-style-type: none"> ● FOB, Delivery pricing, ● Promotional pricing, ● Menu pricing; Pricing issues 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Modules which will be handled by Mrs. Pratibha (modules - 2nd &4th)

Month/Week/Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
May 1st week	II	INVENTORY MANAGEMENT IN LOGISTICS AND SCM:- <ul style="list-style-type: none"> ● Inventory functionality- Geographical specialization, Decoupling, ● Balancing demand and supply, buffer uncertainties; ● Types of inventory - Inventory expectations 	Lecture,ppt	

May 2nd week		<ul style="list-style-type: none"> ● Planning inventory (when and how much- EOQ)- ● Managing uncertainty - fill rate estimations, ● Inventory management policies 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Methods of inventory control - Concepts of collaborative inventory replenishment, MRP, DRP, JIT, JIT II, Kanban. 	Lecture,ppt	
May 4 th week	IV	WAREHOUSING, PACKAGING AND MATERIAL HANDLING Warehousing- <ul style="list-style-type: none"> ● Meaning, importance and benefits of warehousing, ● warehouse operations, 	Lecture,ppt	
May 5th week		Warehouse ownership arrangement- <ul style="list-style-type: none"> ● Private, public, contract, network development 	Lecture,ppt	
Jun 1st week		Warehouse decisions- <ul style="list-style-type: none"> ● Site section, Design, Product mix analysis, expansion, material handling, layout, sizing, WMS (concept only). 	Lecture,ppt	
Jun 2nd week		Packaging- <ul style="list-style-type: none"> ● Meaning, importance and functions of Packaging; ● Types of packaging- Benefits of modular packaging, ● Packaging for material handling efficiency- product design, unitization and communication 	Lecture,ppt	
Jun 3rd week		Material handling- <ul style="list-style-type: none"> ● Material handling systems- mechanized, ● semi-automated, ● automated and information directed (meaning and types of material handling under each system) 	Lecture,ppt	
Jun 4th week		Special handling consideration- <ul style="list-style-type: none"> ● E-fulfillment, environmental concerns, ● regulatory environment and returns processing 	Lecture,ppt	

July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :Mrs. Prathiba

Description of the activity: 3-5 questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work. Will be valued out of 10 marks.

Deadline:13/May/2023

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :Mrs Anitha Joy

Description of the activity:

- Class will be divided into 3 groups of 4 members.
- The topic has to be presented in class followed by Submission of one hard copy per group.

Topic :- Discuss any two logistical activities and their merits and demerits of two different products from the same company.

Specific Guidelines:

- Overview of the company
- Product – overview

- Explain any two logistical activities
- Merits and demerits
- conclusion

Evaluation Criteria :

Product /Company- 2.5 Marks

Creativity - 2.5 Marks

Content - 2.5 Marks

Teamwork -2. 5 Marks

Total - 10 Marks

Deadline: 05/Jun/ 2024

Component 2 : 20 Marks

Criteria 1: Attendance (10 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks

Criteria 2: Pre-final Examination (10 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination ,Will be valued out of 100 marks and will be reduced to 20 marks.

Evaluation criteria:

Section A : $10*1 =10$

Section B : $6*5 = 30$

Section C : $2*10=20$

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

[Anitha Joy](#)

anitha.joy@iipr.in

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 6th Semester - 2024

Course Code - BA MK 6.1

PAPER NAME:Logistics Management

Name of the teachers : Mrs Anitha Joy & Mrs Pratibha

Course & Semester : PME- VI SEM

Total no of hours for the course : 60hours (4hours in a week)

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:K.

1. Rahul V Altekar, Supply Chain Management – Concepts and Cases, PHI
2. Sridhara Bhat, Supply Chain Management, HPH
3. Milind M Oka, Supply Chain Management, Everest Publishing House
4. Donald J Bowersox, David J Closs, “Logistical Management – The integrated Supply Chain Process”, McGraw-Hill Edition-2000
5. John J Coyle, Edward J Bardi and C John Langley Jr. “The management of Business Logistics- A supply Chain perspective”, Thomson South- Western , 7th edition.

Modules which will be handled by Mrs.Anitha Joy (modules - 1st & 3rd)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
May 1st Week	I	INTRODUCTION TO LOGISTICS MANAGEMENT <ul style="list-style-type: none">● Meaning,● Importance and Types of Logistics,● Players in Logistics;	Lecture,ppt	
May 2nd Week		<ul style="list-style-type: none">● Logistics managementMeaning,● Elements of Logistics Management, Benefits of Logistics Management-	Lecture,ppt	

May 3rd Week	I	<ul style="list-style-type: none"> ● Logistics Interface with other functional areas, ● sever R's of Logistics., 	Lecture,ppt	
May 4th week	III	TRANSPORTATION MANAGEMENT:- Transport structure- <ul style="list-style-type: none"> ● Rail, Road, Water, Air and Pipeline, Inter-modal - (Performance characteristics and suitability of each mode); 	Lecture,ppt	
May 5th week		Suppliers of transport service- <ul style="list-style-type: none"> ● Single mode carriers, specialized carriers, ● Inter-modal transportation (TOFC, COFC), ● Containership, Non-operating intermediaries. 	Lecture,ppt	
Jun 1st week		Transport Operation Planning- <ul style="list-style-type: none"> ● Equipment scheduling, ● yard management, load planning, ● routing and advanced shipment notification, 	Lecture,ppt	
Jun 2nd week		<ul style="list-style-type: none"> ● movement administration, consolidation, negotiation, ● control of transport management, ● audit and claim administration, ● logistics integration; 	Lecture,ppt	
Jun 3rd week		Transport documentation- <ul style="list-style-type: none"> ● Delivery Order, Dock receipt, Bill of Lading, Freight Bill, 	Lecture,ppt	

		<ul style="list-style-type: none"> Sea waybill (SWB/e-SWB), Airway Bill (AWB/e-AWB), shipping guarantee, packing note or list, consignment note - Shipping Manifest; Documentation process. 		
Jun 4th week		Transport pricing methods- <ul style="list-style-type: none"> FOB, Delivery pricing, Promotional pricing, Menu pricing; Pricing issues 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> Pre Final Exams 		

Modules which will be handled by Mrs. Pratibha (modules - 2nd &4th)

Month/Week/Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
May 1st week	II	INVENTORY MANAGEMENT IN LOGISTICS AND SCM:- <ul style="list-style-type: none"> Inventory functionality- Geographical specialization, Decoupling, Balancing demand and supply, buffer uncertainties; Types of inventory - Inventory expectations 	Lecture,ppt	

May 2nd week		<ul style="list-style-type: none"> ● Planning inventory (when and how much- EOQ)- ● Managing uncertainty - fill rate estimations, ● Inventory management policies 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Methods of inventory control - Concepts of collaborative inventory replenishment, MRP, DRP, JIT, JIT II, Kanban. 	Lecture,ppt	
May 4 th week	IV	WAREHOUSING, PACKAGING AND MATERIAL HANDLING Warehousing- <ul style="list-style-type: none"> ● Meaning, importance and benefits of warehousing, ● warehouse operations, 	Lecture,ppt	
May 5th week		Warehouse ownership arrangement- <ul style="list-style-type: none"> ● Private, public, contract, network development 	Lecture,ppt	
Jun 1st week		Warehouse decisions- <ul style="list-style-type: none"> ● Site section, Design, Product mix analysis, expansion, material handling, layout, sizing, WMS (concept only). 	Lecture,ppt	
Jun 2nd week		Packaging- <ul style="list-style-type: none"> ● Meaning, importance and functions of Packaging; ● Types of packaging- Benefits of modular packaging, ● Packaging for material handling efficiency- product design, unitization and communication 	Lecture,ppt	
Jun 3rd week		Material handling- <ul style="list-style-type: none"> ● Material handling systems- mechanized, ● semi-automated, ● automated and information directed (meaning and types of material handling under each system) 	Lecture,ppt	
Jun 4th week		Special handling consideration- <ul style="list-style-type: none"> ● E-fulfillment, environmental concerns, ● regulatory environment and returns processing 	Lecture,ppt	

July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :Mrs. Prathiba

Description of the activity: 3-5 questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work. Will be valued out of 10 marks.

Deadline:13/May/2023

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :Mrs Anitha Joy

Description of the activity:

- Class will be divided into 3 groups of 4 members.
- The topic has to be presented in class followed by Submission of one hard copy per group.

Case Study : The Wonder Drug ,based on Logistics Management

Specific guidelines :

- Introduction
- The problem
- The case

- Assumption
- Boundary limits
- Possible solutions(2 to 5 solutions) and their evaluation (merits and demerits)
- Best solution
- Implementation and feedback
- Conclusion

Evaluation Criteria :

Best Solution - 2.5 Marks

Creativity - 2.5 Marks

Conclusion - 2.5 Marks

Teamwork -2.5 Marks

Total - 10 Marks

Deadline: 05/Jun/ 2024

Component 2 : 20 Marks

Criteria 1: Attendance (10 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks

Criteria 2: Pre-final Examination (10 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination ,Will be valued out of 100 marks and will be reduced to 20 marks.

Evaluation criteria:

Section A : $10 \times 1 = 10$

Section B : $6 \times 5 = 30$

Section C : 2*10=20

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

[Anitha Joy](#)

anitha.joy@iipr.in

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 6th Semester - 2024

Course Code - BA MK 6.2

PAPER NAME:Business Law

Name of the teachers : Mrs Anitha Joy & Mrs Pratibha

Course & Semester : PME- VI SEM

Total no of hours for the course : 60hours (4hours in a week)

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:K.

1. Aswathappa, Business Laws, HPH, M.C. Kuchhal, and Vivek Kuchhal,
2. Business Law, Vikas Publishing House, New Delhi.,
3. SN Maheshwari and SK Maheshwari, Business Law, National Publishing House, New Delhi.
4. K. Rama Rao and Ravi S.P., Business Regulatory Framework., HPH
5. N.D. Kapoor, Business Laws, Sultan Chand Publications

Modules which will be handled by Mrs.Anitha Joy (modules - 2nd & 4th)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
May 1st Week	II	THE SALE OF GOODS ACT, 1930 <ul style="list-style-type: none">● Introduction - Definition of Contract of Sale,● Essentials of Contract of Sale, Conditions and Warranties,	Lecture,ppt	
May 2nd Week		<ul style="list-style-type: none">● Transfer of ownership in goods including sale by a non-owner and exceptions.	Lecture,ppt	

May 3rd Week	II	<ul style="list-style-type: none"> ● Performance of contract of sale - Unpaid seller, ● rights of an unpaid seller against the goods and against the buyer. 	Lecture,ppt	
May 4th week	IV	CONSUMER PROTECTION ACT 1986 & ENVIRONMENT PROTECTION ACT 1986:- CONSUMER PROTECTION ACT 1986 <ul style="list-style-type: none"> ● Definitions of the terms – Consumer, ● Consumer Dispute, Defect, Deficiency, 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> ● Unfair Trade Practices, and ● Services, Rights of Consumer under the Act, 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Consumer Redressal Agencies – District Forum, ● State Commission and National Commission. 	Lecture,ppt	
Jun 2nd week		ENVIRONMENT PROTECTION ACT 1986 <ul style="list-style-type: none"> ● Introduction - Objectives of the Act, ● Definitions of Important Terms–Environment,Environment Pollutant, 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Environment Pollution, ● Hazardous Substance and Occupier, 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Types of Pollution, ● Powers of the Central Government to protect the Environment in India. 	Lecture,ppt	

July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Modules which will be handled by Mrs. Pratibha (modules - 1st & 3rd)

Month/Week/Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
May 1st week	I	INDIAN CONTRACT ACT, 1872 <ul style="list-style-type: none"> ● Introduction – Definition of Contract, ● Essentials of Valid Contract, 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> ● Offer and acceptance, consideration, ● contractual capacity, ● free consent. 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Classification of Contract, ● Discharge of contract, ● Breach of Contract and Remedies to Breach of Contract 	Lecture,ppt	
May 4 th week	III	NEGOTIABLE INSTRUMENTS ACT 1881 <ul style="list-style-type: none"> ● Introduction ● Meaning and Definition of Negotiable Instruments 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> ● Characteristics of Negotiable Instruments ● Kinds of Negotiable Instruments 	Lecture,ppt	

Jun 1st week		<ul style="list-style-type: none"> ● Promissory Note, ● Bills of Exchange and Cheques (Meaning, Characteristics and types) 	Lecture,ppt	
Jun 2nd week		<ul style="list-style-type: none"> ● Parties to Negotiable Instruments 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Dishonour of Negotiable Instruments 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Notice of dishonor ● Noting and Protesting. 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :Mrs. Prathiba

Description of the activity: 3-5 questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work. Will be valued out of 10 marks.

Deadline:20/May/2023

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :Mrs Anitha Joy

Description of the activity:

- Class will be divided into 3 groups of 4 members.

- The topic has to be presented in class followed by Submission of one hard copy per group.

Case Study : Each group is informed to get 3 case studies on the following topics - *The sale of goods act 1930, Indian contract act 1872, & Consumer protection act1986*. After review, the faculty incharge will approve one case study for the presentation. Students are informed to come in formal attire(Indian/western).

Specific guidelines :

- Introduction
- The problem
- The case
- Assumption
- Boundary limits
- Possible solutions(2 to 5 solutions) and their evaluation (merits and demerits)
- Best solution
- Implementation and feedback
- Conclusion

Evaluation Criteria :

Best Solution - 2.5 Marks

Creativity - 2.5 Marks

Conclusion - 2.5 Marks

Teamwork -2. 5 Marks

Total - 10 Marks

Deadline: 12/Jun/ 2024

Component 2 : 20 Marks

Criteria 1: Attendance (10 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks

Criteria 2: Pre-final Examination (10 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination ,Will be valued out of 100 marks and will be reduced to 20 marks.

Evaluation criteria:

Section A : $10*1 = 10$

Section B : $6*5 = 30$

Section C : $2*10 = 20$

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

[Anitha Joy](#)

anitha.joy@iipr.in

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 6th Semester - 2024

Course Code - BA MK 6.2

PAPER NAME:Business Law

Name of the teachers : Mrs Anitha Joy & Mrs Pratibha

Course & Semester : PME- VI SEM

Total no of hours for the course : 60hours (4hours in a week)

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:K.

1. Aswathappa, Business Laws, HPH, M.C. Kuchhal, and Vivek Kuchhal,
2. Business Law, Vikas Publishing House, New Delhi.,
3. SN Maheshwari and SK Maheshwari, Business Law, National Publishing House, New Delhi.
4. K. Rama Rao and Ravi S.P., Business Regulatory Framework., HPH
5. N.D. Kapoor, Business Laws, Sultan Chand Publications

Modules which will be handled by Mrs.Anitha Joy (modules - 2nd & 4th)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
May 1st Week	II	THE SALE OF GOODS ACT, 1930 <ul style="list-style-type: none">● Introduction - Definition of Contract of Sale,● Essentials of Contract of Sale, Conditions and Warranties,	Lecture,ppt	
May 2nd Week		<ul style="list-style-type: none">● Transfer of ownership in goods including sale by a non-owner and exceptions.	Lecture,ppt	

May 3rd Week	II	<ul style="list-style-type: none"> ● Performance of contract of sale - Unpaid seller, ● rights of an unpaid seller against the goods and against the buyer. 	Lecture,ppt	
May 4th week	IV	CONSUMER PROTECTION ACT 1986 & ENVIRONMENT PROTECTION ACT 1986:- CONSUMER PROTECTION ACT 1986 <ul style="list-style-type: none"> ● Definitions of the terms – Consumer, ● Consumer Dispute, Defect, Deficiency, 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> ● Unfair Trade Practices, and ● Services, Rights of Consumer under the Act, 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Consumer Redressal Agencies – District Forum, ● State Commission and National Commission. 	Lecture,ppt	
Jun 2nd week		ENVIRONMENT PROTECTION ACT 1986 <ul style="list-style-type: none"> ● Introduction - Objectives of the Act, ● Definitions of Important Terms–Environment,Environment Pollutant, 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Environment Pollution, ● Hazardous Substance and Occupier, 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Types of Pollution, ● Powers of the Central Government to protect the Environment in India. 	Lecture,ppt	

July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Modules which will be handled by Mrs. Pratibha (modules - 1st & 3rd)

Month/Week/Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
May 1st week	I	INDIAN CONTRACT ACT, 1872 <ul style="list-style-type: none"> ● Introduction – Definition of Contract, ● Essentials of Valid Contract, 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> ● Offer and acceptance, consideration, ● contractual capacity, ● free consent. 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Classification of Contract, ● Discharge of contract, ● Breach of Contract and Remedies to Breach of Contract 	Lecture,ppt	
May 4 th week	III	NEGOTIABLE INSTRUMENTS ACT 1881 <ul style="list-style-type: none"> ● Introduction ● Meaning and Definition of Negotiable Instruments 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> ● Characteristics of Negotiable Instruments ● Kinds of Negotiable Instruments 	Lecture,ppt	

Jun 1st week		<ul style="list-style-type: none"> ● Promissory Note, ● Bills of Exchange and Cheques (Meaning, Characteristics and types) 	Lecture,ppt	
Jun 2nd week		<ul style="list-style-type: none"> ● Parties to Negotiable Instruments 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Dishonour of Negotiable Instruments 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Notice of dishonor ● Noting and Protesting. 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :Mrs. Prathiba

Description of the activity: 3-5 questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work. Will be valued out of 10 marks.

Deadline:20/May/2023

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :Mrs Anitha Joy

Description of the activity:

- Class will be divided into 3 groups of 4 members.

- The topic has to be presented in class followed by Submission of one hard copy per group.

Case Study : Each group is informed to get one case study from the following topics.

- *Group 1: The sale of goods act 1930,*
- *Group 2: Indian contract act 1872*
- *Group 3: Consumer protection act 1986.*

Students are informed to come in formal attire(Indian/western).

Specific guidelines :

- Introduction
- The problem
- The case
- Assumption
- Boundary limits
- Best solution
- Implementation and feedback
- Conclusion

Evaluation Criteria :

Analysis - 2.5 Marks

Solution - 2.5 Marks

Creativity & formating - 2.5 Marks

Quality of content - 2.5 Marks

Total - 10 Marks

Deadline: 12/Jun/ 2024

Component 2 : 20 Marks

Criteria 1: Attendance (10 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks

Criteria 2: Pre-final Examination (10 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination ,Will be valued out of 100 marks and will be reduced to 20 marks.

Evaluation criteria:

Section A : $10*1 = 10$

Section B : $6*5 = 30$

Section C : $2*10 = 20$

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

[Anitha Joy](#)

anitha.joy@iipr.in

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 6th Semester - 2024

Course Code - BA MK 6.2

PAPER NAME:Business Law

Name of the teachers : Mrs Anitha Joy & Mrs Pratibha

Course & Semester : PME- VI SEM

Total no of hours for the course : 60hours (4hours in a week)

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:K.

1. Aswathappa, Business Laws, HPH, M.C. Kuchhal, and Vivek Kuchhal,
2. Business Law, Vikas Publishing House,New Delhi.,
3. SN Maheshwari and SK Maheshwari, Business Law, National PublishingHouse, New Delhi.
4. K. Rama Rao and Ravi S.P., Business Regulatory Framework., HPH
5. N.D. Kapoor, Business Laws, Sultan Chand Publications

Modules which will be handled by Mrs.Anitha Joy (modules - 2nd & 4th)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completi on
May 1st Week	II	THE SALE OF GOODS ACT, 1930 <ul style="list-style-type: none">● Introduction - Definition of Contract of Sale,● Essentials of Contract of Sale, Conditions and Warranties,	Lecture,ppt	
May 2nd Week		<ul style="list-style-type: none">● Transfer of ownership in goods including sale by a non-owner and exceptions.	Lecture,ppt	

May 3rd Week	II	<ul style="list-style-type: none"> ● Performance of contract of sale - Unpaid seller, ● rights of an unpaid seller against the goods and against the buyer. 	Lecture,ppt	
May 4th week	IV	CONSUMER PROTECTION ACT 1986 & ENVIRONMENT PROTECTION ACT 1986:- CONSUMER PROTECTION ACT 1986 <ul style="list-style-type: none"> ● Definitions of the terms – Consumer, ● Consumer Dispute, Defect, Deficiency, 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> ● Unfair Trade Practices, and ● Services, Rights of Consumer under the Act, 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Consumer Redressal Agencies – District Forum, ● State Commission and National Commission. 	Lecture,ppt	
Jun 2nd week		ENVIRONMENT PROTECTION ACT 1986 <ul style="list-style-type: none"> ● Introduction - Objectives of the Act, ● Definitions of Important Terms–Environment,Environment Pollutant, 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Environment Pollution, ● Hazardous Substance and Occupier, 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Types of Pollution, ● Powers of the Central Government to protect the Environment in India. 	Lecture,ppt	

July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Modules which will be handled by Mrs. Pratibha (modules - 1st & 3rd)

Month/Week/Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
May 1st week	I	INDIAN CONTRACT ACT, 1872 <ul style="list-style-type: none"> ● Introduction – Definition of Contract, ● Essentials of Valid Contract, 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> ● Offer and acceptance, consideration, ● contractual capacity, ● free consent. 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Classification of Contract, ● Discharge of contract, ● Breach of Contract and Remedies to Breach of Contract 	Lecture,ppt	
May 4 th week	III	NEGOTIABLE INSTRUMENTS ACT 1881 <ul style="list-style-type: none"> ● Introduction ● Meaning and Definition of Negotiable Instruments 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> ● Characteristics of Negotiable Instruments ● Kinds of Negotiable Instruments 	Lecture,ppt	

Jun 1st week		<ul style="list-style-type: none"> ● Promissory Note, ● Bills of Exchange and Cheques (Meaning, Characteristics and types) 	Lecture,ppt	
Jun 2nd week		<ul style="list-style-type: none"> ● Parties to Negotiable Instruments 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Dishonour of Negotiable Instruments 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Notice of dishonor ● Noting and Protesting. 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :Mrs. Prathiba

Description of the activity: 3-5 questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work. Will be valued out of 10 marks.

Deadline:20/May/2023

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :Mrs Anitha Joy

Description of the activity:

- Class will be divided into 3 groups of 4 members.

- The topic has to be presented in class followed by Submission of one hard copy per group.

Analyze the SWOT analysis impact of external factors on International Business

Specific guidelines :

- Each group should give details about company
- Explain the product – Company overview ,Product overview
- Apply SWOT analysis
- Conclusion
- **Evaluation Criteria :**

Product/Company - 2.5 Marks

Content - 2.5Marks

Presentation - 2.5Marks

Teamwork - 2.5Marks

Total - 10 Marks

Deadline: 12/Jun/ 2024

Component 2 : 20 Marks

Criteria 1: Attendance (10 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks

Criteria 2: Pre-final Examination (10 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination ,Will be valued out of 100 marks and will be reduced to 20 marks.

Evaluation criteria:

Section A : $10*1 = 10$

Section B : $6*5 = 30$

Section C : $2*10 = 20$

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

[Anitha Joy](#)

anitha.joy@iipr.in

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 6th Semester - 2024

Course Code - BA MK 6.2

PAPER NAME:Business Law

Name of the teachers : Mrs Anitha Joy & Mrs Pratibha

Course & Semester : PME- VI SEM

Total no of hours for the course : 60hours (4hours in a week)

Syllabus

Name of The Program : BA Marketing Course Code : BA MK 6.2 Name of the Course :Business Law		
Course Credit	No. of Hours per Week	Total No. of Teaching Hours
4 Credits	4 Hours	60 Hours
Pedagogy: Classroom's lecture, Tutorials, Group discussion, Seminar, Case studies & Field work etc.		
Course Outcomes: On successful completion of the course, the students will demonstrate 1.Comprehend the laws relating to Contracts and its application in business activities. 2.Comprehend the rules for Sale of Goods and rights and duties of a buyer and a Seller. 3.Understand the importance of the Negotiable Instrument Act and its provisions relating to Cheque and other Negotiable Instruments. 4. Understand the significance of Consumer Protection Act and its features 5.Understand the need for Environment Protection.		
Syllabus:		Hours
Module No. 1: INDIAN CONTRACT ACT, 1872		15
Introduction – Definition of Contract, Essentials of Valid Contract, Offer and acceptance, consideration, contractual capacity, free consent. Classification of Contract, Discharge of contract, Breach of Contract and Remedies to Breach of Contract		
Module No. 2: THE SALE OF GOODS ACT, 1930		10
Introduction - Definition of Contract of Sale, Essentials of Contract of Sale, Conditions and Warranties, Transfer of ownership in goods including sale by a non-owner and exceptions. Performance of contract of sale - Unpaid seller, rights of an unpaid seller against the goods and against the buyer.		
Module No. 3: NEGOTIABLE INSTRUMENTS ACT 1881		15
Introduction – Meaning and Definition of Negotiable Instruments – Characteristics of Negotiable Instruments – Kinds of Negotiable Instruments – Promissory Note, Bills of Exchange and Cheques (Meaning, Characteristics and types) – Parties to Negotiable Instruments –Dishonour of Negotiable Instruments – Notice of dishonour – Noting and Protesting.		
MODULE NO. 4: CONSUMER PROTECTION ACT 1986 & ENVIRONMENT PROTECTION ACT 1986		20
Definitions of the terms – Consumer, Consumer Dispute, Defect, Deficiency, Unfair Trade Practices, and Services, Rights of Consumer under the Act, Consumer Redressal Agencies – District Forum, State Commission and National Commission. Introduction - Objectives of the Act, Definitions of Important Terms – Environment, Environment Pollutant, Environment Pollution, Hazardous Substance and Occupier,Types of Pollution, Powers of Central Government to protect Environment in India.		

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Reference Books:K.

1. Aswathappa, Business Laws, HPH, M.C. Kuchhal, and Vivek Kuchhal,
2. Business Law, Vikas Publishing House, New Delhi.,
3. SN Maheshwari and SK Maheshwari, Business Law, National Publishing House, New Delhi.
4. K. Rama Rao and Ravi S.P., Business Regulatory Framework., HPH
5. N.D. Kapoor, Business Laws, Sultan Chand Publications

Modules which will be handled by Mrs.Anitha Joy (modules - 2nd & 4th)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
May 1st Week	II	THE SALE OF GOODS ACT, 1930 <ul style="list-style-type: none"> ● Introduction - Definition of Contract of Sale, ● Essentials of Contract of Sale, Conditions and Warranties, 	Lecture,ppt	
May 2nd Week		<ul style="list-style-type: none"> ● Transfer of ownership in goods including sale by a non-owner and exceptions. 	Lecture,ppt	
May 3rd Week		<ul style="list-style-type: none"> ● Performance of contract of sale - Unpaid seller, ● rights of an unpaid seller against the goods and against the buyer. 	Lecture,ppt	
May 4th week	IV	CONSUMER PROTECTION ACT 1986 & ENVIRONMENT PROTECTION ACT 1986:- CONSUMER PROTECTION ACT 1986 <ul style="list-style-type: none"> ● Definitions of the terms – Consumer, ● Consumer Dispute, Defect, Deficiency, 	Lecture,ppt	

May 5th week		<ul style="list-style-type: none"> ● Unfair Trade Practices, and ● Services, Rights of Consumer under the Act, 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Consumer Redressal Agencies – District Forum, ● State Commission and National Commission. 	Lecture,ppt	
Jun 2nd week		ENVIRONMENT PROTECTION ACT 1986 <ul style="list-style-type: none"> ● Introduction - Objectives of the Act, ● Definitions of Important Terms–Environment,Environment Pollutant, 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Environment Pollution, ● Hazardous Substance and Occupier, 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Types of Pollution, ● Powers of the Central Government to protect the Environment in India. 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Modules which will be handled by Mrs. Pratibha (modules - 1st &3rd)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture , discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion

May 1st week	I	INDIAN CONTRACT ACT, 1872 <ul style="list-style-type: none"> ● Introduction – Definition of Contract, ● Essentials of Valid Contract, 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> ● Offer and acceptance, consideration, ● contractual capacity, ● free consent. 	Lecture,ppt	
May 3rd week		<ul style="list-style-type: none"> ● Classification of Contract, ● Discharge of contract, ● Breach of Contract and Remedies to Breach of Contract 	Lecture,ppt	
May 4 th week	III	NEGOTIABLE INSTRUMENTS ACT 1881 <ul style="list-style-type: none"> ● Introduction ● Meaning and Definition of Negotiable Instruments 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> ● Characteristics of Negotiable Instruments ● Kinds of Negotiable Instruments 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> ● Promissory Note, ● Bills of Exchange and Cheques (Meaning, Characteristics and types) 	Lecture,ppt	
Jun 2nd week		<ul style="list-style-type: none"> ● Parties to Negotiable Instruments 	Lecture,ppt	
Jun 3rd week		<ul style="list-style-type: none"> ● Dishonour of Negotiable Instruments 	Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> ● Notice of dishonor ● Noting and Protesting. 	Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> ● Revision and clarifications 		
July 2nd week		<ul style="list-style-type: none"> ● Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :Mrs.Pratibha

Description of the activity: 3-5 questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work. Will be valued out of 10 marks.

Deadline:20/May/2023

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :Mrs Anitha Joy

Description of the activity:

- Class will be divided into 3 groups of 4 members.
- The topic has to be presented in class followed by Submission of one hard copy per group.

Assignment : Each group has to do a presentation on packaging of 3 different FMCG products.

Specific guidelines :

1. FMCG - Package
2. Terms and conditions
3. Pricing of the products
4. Instructions (ingredients, how to use etc)
5. Warranty Agreement etc

All the points should be covered as per the following laws.

- *The sale of goods act 1930,*
- *Indian contract act 1872*
- *Consumer protection act1986. etc*

Evaluation Criteria :

Introduction - 2.5 Marks

Creativity & formating - 2.5 Marks

Quality of content - 2.5 Marks

Teamwork - 2.5 marks

Total - 10 Marks

Deadline: 12/Jun/ 2024

Component 2 : 20 Marks

Criteria 1: Attendance (10 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks

Criteria 2: Pre-final Examination (10 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination ,Will be valued out of 100 marks and will be reduced to 20 marks.

Evaluation criteria:

Section A : $10*1 = 10$

Section B : $6*5 = 30$

Section C : $2*10=20$

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.

4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

[Anitha Joy](#)

anitha.joy@iipr.in

Pratibha

pratibha.digambarrangdal@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN : 2nd Semester - 2024

Course Code - Open Elective

PAPER NAME: Investing in Stock Market

Name of the teacher : Mrs Anitha Joy , & Pratibha

Course & Semester : PME- II SEM

Total no of hours for the course : 42 hours(3hours in a week)

SYLLABUS:	HOURS
Module 1: Indian Stock Market	08 Hours
Introduction to Indian Stock Markets, History, Organization, Governing body, Functions of stock Exchange, Players in Stock Market, SEBI – Objectives, Role and Powers.	
Module 2: Investing in Primary and Secondary Markets	12 Hours
Meaning, Objectives, Scope, and Functions of Primary and Secondary Markets- Difference between Primary and Secondary Market, Methods of issue of shares in primary market, methods of pricing the issue of shares in primary market, Listing of shares.	
Module 3: Trading in Stock Market	14 Hours
Broker -Meaning, Role and Responsibilities, Brokerage charges. Trading & Settlement - Procedure for Trading – Buying Order, Sell Order, Long and Short Positions, Bid and Ask Price, Volume, Stop Loss; Types of Trading – Online Trading and Offline Trading.	
Module 4: Depository participants in India	08 Hours
Demat Account - Meaning and Need for Demat Account, Steps in Opening Demat Account and related documentations. Depositories in India: National Securities Depository Ltd. (NSDL)- Features and Functions, Central Depository Services Ltd. (CDSL)- Features and Functions.	

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

Primary book of reference:

1. Chandra, P. (2017). Investment Analysis and Portfolio Management. New Delhi:Tata McGraw Hill Education.
2. Kevin, S. (2015). Security Analysis and Portfolio Management. Delhi: PHI Learning. Ranganathan.
3. M., & Madhumathi, R. (2012). SecurityAnalysis and Portfolio Management. Uttar

Pradesh: Pearson (India) Education. 4. Pandian, P. (2012). Security Analysis and Portfolio Management. New Delhi: Vikas Publishing House.

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Modules which will be handled by (modules 1st ,3rd)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture, discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April 4th Week	I	Indian Stock Market ● Introduction to Indian Stock Markets,	Lecture,ppt	
May 1st week		● History, Organization, ● Governing body,	Lecture,ppt	
May 2nd week		● Functions of stock Exchange, ● Players in Stock Market,	Lecture,ppt	
May 3rd week		● SEBI – Objectives, Role and Powers.	Lecture,ppt	
May 4th week	III	Trading in Stock Market ● Broker-Meaning, ● Role and Responsibilities,	Lecture,ppt	
May 5th week		● Brokerage charges. ● Trading & Settlement-	Lecture,ppt	
Jun 1st week		● Procedure for Trading – Buying Order,	Lecture,ppt	
June 2nd week		● Sell Order, Long and Short Positions,	Discussion, Lecture,ppt	
June 3rd week		● Bid and Ask Price, ● Volume, Stop Loss;	Discussion, Lecture,ppt	
Jun 4th week			Discussion, Lecture,ppt	

		<ul style="list-style-type: none"> Types of Trading – Online Trading and Offline Trading. 		
July 1st week		<ul style="list-style-type: none"> Revision and clarifications 	Discussion, Lecture,ppt	
July 2nd week		<ul style="list-style-type: none"> Pre Final Exams 		

Modules which will be handled by (modules 2nd , & 4th)

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture, discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April 4th Week	II	Investing in Primary and Secondary Markets:- <ul style="list-style-type: none"> Meaning, Objectives, Scope and Functions of Primary and Secondary Markets Difference between Primary and Secondary Market, Methods of issue of shares in primary market, methods of pricing the issue of shares in primary market, Listing of shares 	Lecture,ppt	
May 1st week		<ul style="list-style-type: none"> 	Lecture,ppt	
May 2nd week		<ul style="list-style-type: none"> 	Lecture,ppt	

May 3rd week		<ul style="list-style-type: none"> • 	Lecture,ppt	
May 4th week	IV	Depository participants in India:- <ul style="list-style-type: none"> • Demat Account- Meaning and Need for Demat Account, 	Lecture,ppt	
May 5th week		<ul style="list-style-type: none"> • Steps in Opening Demat Account and related documentations. 	Lecture,ppt	
Jun 1st week		<ul style="list-style-type: none"> • Depositories in India: National Securities Depository Ltd. (NSDL)- 	Lecture,ppt	
June 2nd week		<ul style="list-style-type: none"> • Features and Functions, 	Discussion, Lecture,ppt	
June 3rd week		<ul style="list-style-type: none"> • Central Depository Services Ltd. (CDSL)- 	Discussion, Lecture,ppt	
Jun 4th week		<ul style="list-style-type: none"> • Features and Functions 	Discussion, Lecture,ppt	
July 1st week		<ul style="list-style-type: none"> • Revision and clarifications 	Discussion, Lecture,ppt	
July 2nd week		<ul style="list-style-type: none"> • Pre Final Exams 		

Internal Assessment

Component 1: 20 Marks

Criteria 1: Class Test – Open Book Examination (10 marks)

Teacher in charge :

Description of the activity: 4-5 essay questions from every unit will be given by the teacher with a total of 25 questions. Students will be randomly assigned different questions. Each student will have to answer one essay question from one of the

referring to specific reference books. Each question must be answered on 4 sides of an A4 sheet, and must be handwritten.

Format of the answer- Introduction, Content, Analysis and conclusion

Criteria for Evaluation: Content Coverage, Appropriateness and Reference work.

Will be valued out of 10 marks

Deadline:13/May/2024

Criteria 2: Group Activity / Presentation (10 marks)

Teacher in charge :

Description of the activity:

- Class will be divided into 4-6 groups of 3-5 members.
- The topic has to be presented in class followed by Submission of one digital copy per group.

Company Analysis and Stock Recommendation project:

- Students will have to select any publicly traded company to research and analyze.
- Study the company's financial statements, and other relevant information to understand the company's financial health and future prospects.
- Students are then required to present a formal analysis of the company in the class, including their investment recommendations.

.Evaluation Criteria –

Content Coverage -2.5marks

Quality of content - 2.5 marks

Evaluation and Analysis- 2.5marks

Group Work –2.5marks

Out of 10 marks

Deadline: 10/Jun/2024

Component 2 : 20 Marks

Criteria 1: Attendance (10 marks)

Teacher in charge: Mrs. Anitha Joy

Description of the attendance criteria : Students would be given marks according to their attendance percentage as per the ledger given by the examination office at the end of semester.

Evaluation Criteria : 10 marks

Criteria 2: Pre-final Examination (10 Marks)

Teacher in Charge: Mrs Anitha Joy

Guidelines: The pattern of question paper will be the same as the Bangalore City University final examination, Will be valued out of 60 marks and will be reduced to 10 marks.

Evaluation criteria:

Section A : $5 \times 2 = 10$

Section B : $4 \times 5 = 20$

Section C : $2 \times 12 = 24$

Section D: $1 \times 6 = 06$

Total = 60 Marks (This will be converted to 10 marks for internal assessment)

General Guidelines :

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.

6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

Anitha Joy

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Jatinder M

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Pratibha

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IIPR COURSE PLAN 2024

PAPER CODE & PAPER NAME: PC 207(Softcore)/ ALTERNATIVE HEALING TECHNIQUES

Name of the teachers : Dr. Shalini Podar and Ms. Triveni S

Course & Semester : M.Sc in Counseling Psychology – II Semester

Total no. of hours for the course : 60 hours

Objectives: To acquaint with the main theorists and their theories regarding transpersonal psychology. To sensitize the learners to the possibilities and availability of alternate methods of healing, especially those that have originated in India. To Focus on indigenous and culturally accepted/practiced therapeutic methods. Students will become aware of need for, and techniques of healing holistically.

Unit 1 - Introduction (10 Hours)

- a. Meaning of Indigenous & Indian Psychology, Concepts of healing. Indian approach to Understanding Personality.
- b. Science and scientific reasoning in healing: Origin and relevance of Complementary and Alternative Medicine (CAM). Concepts, Causes, Classification, Diagnosis and Treatment of Health & Illness in Ayurveda.

Unit 2- AYUSH system of healing (14 Hours)

- a. AYUSH - Ayurveda, Yoga, Unani, Siddha, Homeopathy- Basic concepts, applications and role in psychological wellbeing
- b. Meaning and aims of Yoga. Patanjali's Yoga Sutra, Astanga yoga - stages of yoga, nadis and chakras, asanas, concept of Pranayama, Psychophysiological effects of asanas and pranayama .
- c. Yoga therapy-Yoga and stress, Yoga for treating different systemic disorders (eg.Digestive, circulatory etc.). Yoga for personality development and well- being

Unit 3 - Reiki and Pranic Healing (12 hours)

- a. Reiki: History of Reiki. Principles and functioning of Reiki, Similarities and differences between Reiki and Pranic healing. Distance healing, Reiki symbols. Application of Reiki in different conditions.
- b. Pranic healing: History of Pranic Healing, Principles and functioning of Pranic Healing

Unit 4- Acupuncture and Acupressure. (12 hours)

- a. Acupressure- Critical points, relief points. Acupressure for treating different conditions/ ailments, and for maintaining health.
- b. Acupuncture- Basic principles, Acupuncture for treating different conditions/ailments, and for maintaining health.

Unit 5- Meditation and Hypnosis (12 Hours)

- a. Basic concepts and principles, Different types of meditations; Meditation as a therapeutic method;
- c. Hypnosis: Theoretical approach, Techniques used in Hypnosis, Hypnotherapy, Benefits of Hypnosis.

References:

- Scotton, B.W. (Ed). Transpersonal Psychiatry and Psychology
- Tart, C.T. (Ed). Transpersonal Psychologies
- Baginski B J and Sharaman S (1997). Reiki, Universal life energy. New Delhi. B Jain Publishers
- Choa K S (1990). The ancient Science and out of pranic healing. Philippines. Health accessory for all.
- Furnham, A.(2005). Complementary and alternative medicine: shopping for health in post-modern times. In P. White. (Ed.). Biopsychosocial medicine: an integrated approach to understanding illness. Oxford: Oxford University Press
- Huss, C (1990). The Banyan Tree. Vol.III Action Research in Holistic Healing. Pune: Medical Mission sisters
- Iyengar, BKS, (2002). Yoga the path to holistic. London, Dorling Kindersley Book.
- Iyengar, BKS (2001) Light on Pranayama. New Delhi. Harper Collins Pub. India.
- Kuppaswamy B (2001). Elements of Ancient Indian Psychology. New Delhi. Konark Pub. (Reprint)
- Lele, R.D. (1986) Ayurveda and Modern Medicine. Bharatiya Vidya Bhavan, Bombay India..
- Pandit Usharbudh Arya (1981). Mantra and meditation. Himalayan International Institute of Yoga Science and Philosophy, USA.

- Sanderson, C.A. (2004). Health psychology. NJ: John Wiley & Sons, Inc.
- Shakti Gawain (1993). Living in the light: A guide to personal and planetary transformation. Bantam New Age Books.
- Silva Jose and Philip Miele (2001). Silva mind control method

Course plan for Alternative Healing Techniques

Ms. Triveni S (1Hour)

MONTH/ WEEK	UNIT	CONTENT FROM THE SYLLABUS/ASSIGNMENT SCHEDULE	TEACHING & PEDAGOGY
May, Week 3	Unit 1	Introduction -Meaning of Indigenous & Indian Psychology	PPT/ Lectures/ Discussions/ Videos/ Activity
May, Week 4	Unit 1	-Concepts of healing,	PPT/ Lectures/ Discussions/ Videos/ Activity
May, Week 5	Unit 1	- Indian approach to Understanding Personality	PPT/ Lectures/ Discussions/ Videos
June, Week 1	Unit 1	-Science and scientific reasoning in healing: Origin and relevance of Complementary and Alternative Medicine (CAM).	PPT/ Lectures/ Discussions/ Videos/ Activity
June, Week 2-3	Unit 1	-Concepts, Causes, Classification,	PPT/ Lectures/ Discussions/ Videos/ Activity
June, Week 4	Unit 1	-Diagnosis and Treatment of Health & Illness in Ayurveda.	PPT/ Lectures/ Discussions/ Videos/ Activity
July, Week 1	Unit 2	AYUSH system of healing -AYUSH - Ayurveda, Yoga, Unani, Siddha, Homeopathy- Basic concepts	PPT/ Lectures/ Discussions
July, Week 2	Unit 2	- Applications and role in psychological wellbeing	PPT/ Lectures Discussions
July, Week 3	Unit 2	-Meaning and aims of Yoga: Patanjali's Yoga Sutra	PPT/ Lectures/ Case studies/ Discussions

July, Week 4	Unit 2	-Ashtanga yoga - stages of yoga, nadis and chakras -Asanas, concept of Pranayama	Practical Session by Yoga therapist (Combined 2MPS+2MPC)
Aug, Week 1	Unit 2	-Psychophysiological effects of asanas and pranayama	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 2	Unit 2	-Yoga therapy-Yoga and stress, Yoga for treating different systemic disorders (eg.Digestive, circulatory etc.).	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 3	Unit 2	-Yoga for personality development and well-being	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 4		Revision Pre-Finals	

Course plan for Alternative Healing Techniques

Dr. Shalini Podar (2 Hours)

<i>MONTH/ WEEK</i>	<i>UNIT</i>	<i>CONTENT FROM THE SYLLABUS/ASSIGNMENT SCHEDULE</i>	<i>TEACHING & PEDAGOGY</i>
May, Week 3	Unit 3	Reiki and Pranic Healing -Reiki: History of Reiki. Principles and functioning of Reiki,	PPT/ Lectures/ Discussions
May, Week 4	Unit 3	-Similarities and differences between Reiki and Pranic healing. -Distance healing, Reiki symbols.	PPT/ Lectures/ Discussions
June, Week 1	Unit 3	-Application of Reiki in different conditions -Pranic healing: History of Pranic Healing	PPT/ Lectures Discussions
June, Week 2	Unit 3	-Principles and functioning of Pranic Healing	PPT/ Lectures/ Case studies/ Discussions
June, Week 3	Unit 4	Acupuncture and Acupressure -Acupressure- Critical points, relief points	PPT/ Lectures/ Discussions
June, Week 4	Unit 4	-Acupressure for treating different conditions/ ailments, and for maintaining health. -Acupuncture- Basic principles	PPT/ Lectures/ Case studies/ Discussions
July, Week 1	Unit 4	-Acupuncture for treating different conditions/ailments, and for maintaining health.	PPT/ Lectures/ Case studies/ Discussions

July, Week 3	Unit 5	Meditation, NLP and Hypnosis -Basic concepts and principles, Different types of meditations;	PPT/ Lectures/ Case studies/ Discussions
July, Week 4	Unit 5	-Meditation as a therapeutic method;	PPT/ Lectures/ Case studies/ Discussions
August, Week 1-2	Unit 5	-Hypnosis: Theoretical approach, Techniques used in Hypnosis, -Hypnotherapy, Benefits of Hypnosis.	PPT/ Lectures/ Case studies/ Discussions
August, Week 3-4		REVISION Pre-Finals	

Internal Assessment: Ms. Triveni S and Dr. Shalini Podar

Component 1: 15 marks

Criteria 1: Open Book Test (5 marks)

Description of the Assignment/Activity: Open Book Test: Written Assignment

Specific Guidelines:

- Prepare an answer based on reference material as for an essay-type answer. One question each from the units covered will be assigned to each student.
- Each student must write their answers independently.
- Answers have to be hand-written. Submission of hardcopy in person.

Final submission: The answers have to be written during the specified hour in the college which will be informed prior. The required material related to the question received must be kept ready.

Criteria: 2: Group Activity (10 marks) - Interventions based Research Study Review

Instructions:

- The class will be divided into groups of 6/7 members.
- Each group will be assigned one of the interventions for different mental health disorders from the syllabus (Indian approach)
- Each group should find the research paper based on those interventions and should review the same.
- As a group, students should prepare the document of the research reviewed according to the format
- The date will given to submit the prepared research review in the Google classroom

Guidelines-

1. Articles should have been published within the last five- eight years from the current academic year.
2. Min 5 papers to be reviewed
3. Follow thematic structuring

The group as a whole has to create a document, containing the reviewed papers, along with the research gaps noticed. Summary needs to be provided. (5 marks)

Evaluation criteria:

- Depth of analysis and critical thinking (3 Marks)
- Clarity and coherence of writing (4 Marks)
- Proper referencing and citation of source (1 Mark)
- Adherence to the provided format and guidelines(2 Marks)

Component 2: 15 marks

Criterion 1: Attendance (5 marks):

The 75% attendance is mandatory for claiming the attendance marks.

Accordingly, the marks are distributed. The candidate securing 75 % would be assigned with 1 mark and candidate with 100% attendance would be assigned with 10 marks.

Criteria 2: Pre final Examination (10 marks)

Guidelines: The pattern of Question paper will be the same as final examination

Evaluation Criteria: The marks received out of 70 will be converted into 10.

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. The class representative can contact the teachers personally or can reach out to the class teacher assigned to them/ mail the subject teacher on behalf of the class/ send a chat message via the official mail id

Wishing you the very best.

Dr. Shalini Podar - parivertan@yahoo.com

Ms. Triveni S - triveni.s@iipr.in

IIPR COURSE PLAN 2024

PAPER CODE & PAPER NAME: PC 207(Softcore)/ ALTERNATIVE HEALING TECHNIQUES

Name of the teachers : Dr. Shalini Podar and Ms. Triveni S

Course & Semester : M.Sc in Counseling Psychology – II Semester

Total no. of hours for the course : 60 hours

Objectives: To acquaint with the main theorists and their theories regarding transpersonal psychology. To sensitize the learners to the possibilities and availability of alternate methods of healing, especially those that have originated in India. To Focus on indigenous and culturally accepted/practiced therapeutic methods. Students will become aware of need for, and techniques of healing holistically.

Unit 1 - Introduction (10 Hours)

- a. Meaning of Indigenous & Indian Psychology, Concepts of healing. Indian approach to Understanding Personality.
- b. Science and scientific reasoning in healing: Origin and relevance of Complementary and Alternative Medicine (CAM). Concepts, Causes, Classification, Diagnosis and Treatment of Health & Illness in Ayurveda.

Unit 2- AYUSH system of healing (14 Hours)

- a. AYUSH - Ayurveda, Yoga, Unani, Siddha, Homeopathy- Basic concepts, applications and role in psychological wellbeing
- b. Meaning and aims of Yoga. Patanjali's Yoga Sutra, Astanga yoga - stages of yoga, nadis and chakras, asanas, concept of Pranayama, Psychophysiological effects of asanas and pranayama .
- c. Yoga therapy-Yoga and stress, Yoga for treating different systemic disorders (eg.Digestive, circulatory etc.). Yoga for personality development and well- being

Unit 3 - Reiki and Pranic Healing (12 hours)

- a. Reiki: History of Reiki. Principles and functioning of Reiki, Similarities and differences between Reiki and Pranic healing. Distance healing, Reiki symbols. Application of Reiki in different conditions.
- b. Pranic healing: History of Pranic Healing, Principles and functioning of Pranic Healing

Unit 4- Acupuncture and Acupressure. (12 hours)

- a. Acupressure- Critical points, relief points. Acupressure for treating different conditions/ ailments, and for maintaining health.
- b. Acupuncture- Basic principles, Acupuncture for treating different conditions/ailments, and for maintaining health.

Unit 5- Meditation, NLP and Hypnosis (12 Hours)

- a. Basic concepts and principles, Different types of meditations; Meditation as a therapeutic method;
- c. Hypnosis: Theoretical approach, Techniques used in Hypnosis, Hypnotherapy, Benefits of Hypnosis.

References:

- Scotton, B.W. (Ed). Transpersonal Psychiatry and Psychology
- Tart, C.T. (Ed). Transpersonal Psychologies
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- Sanderson, C.A. (2004). Health psychology. NJ: John Wiley & Sons, Inc.
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Course plan for Alternative Healing Techniques

Ms. Triveni S

MONTH/ WEEK	UNIT	CONTENT FROM THE SYLLABUS/ASSIGNMENT SCHEDULE	TEACHING & PEDAGOGY
May, Week 3	Unit 1	Introduction -Meaning of Indigenous & Indian Psychology	PPT/ Lectures/ Discussions/ Videos/ Activity
May, Week 4	Unit 1	-Concepts of healing, Indian approach to Understanding Personality	PPT/ Lectures/ Discussions/ Videos/ Activity
May, Week 5	Unit 2	AYUSH system of healing -AYUSH - Ayurveda, Yoga, Unani, Siddha, Homeopathy- Basic concepts	PPT/ Lectures/ Discussions
June, Week 1	Unit 2	- Applications and role in psychological wellbeing	PPT/ Lectures Discussions
June, Week 2	Unit 2	-Meaning and aims of Yoga: Patanjali's Yoga Sutra	PPT/ Lectures/ Case studies/ Discussions
June, Week 3-4	Unit 2	-Ashtanga yoga - stages of yoga, nadis and chakras -Asanas, concept of Pranayama	PPT/ Lectures/ Discussions
July, Week 1	Unit 2	-Psychophysiological effects of asanas and pranayama	PPT/ Lectures/ Case studies/ Discussions
July, Week 2	Unit 2	-Yoga therapy-Yoga and stress, Yoga for treating different systemic disorders (eg.Digestive, circulatory etc.).	PPT/ Lectures/ Case studies/ Discussions

July, Week 3	Unit 2	-Yoga for personality development and well-being	PPT/ Lectures/ Case studies/ Discussions
July, Week 4	Unit 5	Meditation, NLP and Hypnosis -Basic concepts and principles,	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 1	Unit 5	-Different types of meditations;	PPT/ Discussions
Aug, Week 2	Unit 5	-Meditation as a therapeutic method;	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 3		Revision	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 4		Pre-Finals	

Course plan for Alternative Healing Techniques

Dr. Shalini Podar

MONTH/ WEEK	UNIT	CONTENT FROM THE SYLLABUS/ASSIGNMENT SCHEDULE	TEACHING & PEDAGOGY
May, Week 3	Unit 1	Introduction -Science and scientific reasoning in healing: Origin and relevance of Complementary and Alternative Medicine (CAM).	PPT/ Lectures/ Discussions/ Videos/ Activity
May, Week 4	Unit 1	-Concepts, Causes, Classification, Diagnosis and Treatment of Health & Illness in Ayurveda.	PPT/ Lectures/ Discussions/ Videos/ Activity
June, Week 1	Unit 3	Reiki and Pranic Healing -Reiki: History of Reiki. Principles and functioning of Reiki,	PPT/ Lectures/ Discussions
June, Week 2	Unit 3	-Similarities and differences between Reiki and Pranic healing. -Distance healing, Reiki symbols.	PPT/ Lectures/ Discussions
June, Week 3	Unit 3	-Application of Reiki in different conditions -Pranic healing: History of Pranic Healing	PPT/ Lectures Discussions
June, Week 4	Unit 3	-Principles and functioning of Pranic Healing	PPT/ Lectures/ Case studies/ Discussions
July, Week 1	Unit 4	Acupuncture and Acupressure -Acupressure- Critical points, relief points	PPT/ Lectures/ Discussions

July, Week 3	Unit 4	-Acupressure for treating different conditions/ ailments, and for maintaining health. -Acupuncture- Basic principles	PPT/ Lectures/ Case studies/ Discussions
July, Week 4	Unit 4	-Acupuncture for treating different conditions/ailments, and for maintaining health.	PPT/ Lectures/ Case studies/ Discussions
August, Week 1-2	Unit 5	Meditation, NLP and Hypnosis -Hypnosis: Theoretical approach, Techniques used in Hypnosis, -Hypnotherapy, Benefits of Hypnosis.	PPT/ Lectures/ Case studies/ Discussions
August, Week 3-4		REVISION Pre-Finals	

Internal Assessment: Ms. Triveni S and Dr. Shalini Podar

Component 1: 15 marks

Criteria 1: Open Book Test (5 marks)

Description of the Assignment/Activity: Open Book Test: Written Assignment

Specific Guidelines:

- Prepare an answer based on reference material as for an essay-type answer. One question each from the units covered will be assigned to each student.
- Each student must write their answers independently.
- Answers have to be hand-written. Submission of hardcopy in person.

Final submission: The answers have to be written during the specified hour in the college which will be informed prior. The required material related to the question received must be kept ready.

Criteria: 2: Group Activity (10 marks) - Interventions based Research Study Review

Instructions:

- The class will be divided into groups.
- Each group should choose one of the interventions from the syllabus (Indian approach) and find the research paper and should review the same.
- As a group, students should prepare the document of the research reviewed according to the format
- The date will given to submit the prepared research review in the Google classroom

Guidelines-

1. Articles should have been published within the last five- eight years from the current academic year.
2. Min 5 papers to be reviewed
3. Follow thematic structuring

The group as a whole has to create a document, containing the reviewed papers, along with the research gaps noticed. Summary needs to be provided. (5 marks)

Evaluation criteria:

- Depth of analysis and critical thinking (3 Marks)
- Clarity and coherence of writing (4 Marks)
- Proper referencing and citation of source (1 Mark)
- Adherence to the provided format and guidelines(2 Marks)

Component 2: 15 marks

Criterion 1: Attendance (5 marks):

The 75% attendance is mandatory for claiming the attendance marks.

Accordingly, the marks are distributed. The candidate securing 75 % would be assigned with 1 mark and candidate with 100% attendance would be assigned with 10 marks.

Criteria 2: Pre final Examination (10 marks)

Guidelines: The pattern of Question paper will be the same as final examination

Evaluation Criteria: The marks received out of 70 will be converted into 10.

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. The class representative can contact the teachers personally or can reach out to the class teacher assigned to them/ mail the subject teacher on behalf of the class/ send a chat message via the official mail id

Wishing you the very best.

Dr. Shalini Podar - parivertan@yahoo.com

Ms. Triveni S - triveni.s@iipr.in

IIPR COURSE PLAN 2024

PAPER CODE & PAPER NAME: PC 207(Softcore)/ ALTERNATIVE HEALING TECHNIQUES

Name of the teachers : Dr. Shalini Podar and Ms. Triveni S

Course & Semester : M.Sc in Counseling Psychology – II Semester

Total no. of hours for the course : 60 hours

Objectives: To acquaint with the main theorists and their theories regarding transpersonal psychology. To sensitize the learners to the possibilities and availability of alternate methods of healing, especially those that have originated in India. To Focus on indigenous and culturally accepted/practiced therapeutic methods. Students will become aware of need for, and techniques of healing holistically.

Unit 1 - Introduction (10 Hours)

- a. Meaning of Indigenous & Indian Psychology, Concepts of healing. Indian approach to Understanding Personality.
- b. Science and scientific reasoning in healing: Origin and relevance of Complementary and Alternative Medicine (CAM). Concepts, Causes, Classification, Diagnosis and Treatment of Health & Illness in Ayurveda.

Unit 2- AYUSH system of healing (14 Hours)

- a. AYUSH - Ayurveda, Yoga, Unani, Siddha, Homeopathy- Basic concepts, applications and role in psychological wellbeing
- b. Meaning and aims of Yoga. Patanjali's Yoga Sutra, Astanga yoga - stages of yoga, nadis and chakras, asanas, concept of Pranayama, Psychophysiological effects of asanas and pranayama .
- c. Yoga therapy-Yoga and stress, Yoga for treating different systemic disorders (eg.Digestive, circulatory etc.). Yoga for personality development and well- being

Unit 3 - Reiki and Pranic Healing (12 hours)

- a. Reiki: History of Reiki. Principles and functioning of Reiki, Similarities and differences between Reiki and Pranic healing. Distance healing, Reiki symbols. Application of Reiki in different conditions.
- b. Pranic healing: History of Pranic Healing, Principles and functioning of Pranic Healing

Unit 4- Acupuncture and Acupressure. (12 hours)

- a. Acupressure- Critical points, relief points. Acupressure for treating different conditions/ ailments, and for maintaining health.
- b. Acupuncture- Basic principles, Acupuncture for treating different conditions/ailments, and for maintaining health.

Unit 5- Meditation, NLP and Hypnosis (12 Hours)

- a. Basic concepts and principles, Different types of meditations; Meditation as a therapeutic method;
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Course plan for Alternative Healing Techniques

Ms. Triveni S

MONTH/ WEEK	UNIT	CONTENT FROM THE SYLLABUS/ASSIGNMENT SCHEDULE	TEACHING & PEDAGOGY
May, Week 3	Unit 1	Introduction -Meaning of Indigenous & Indian Psychology	PPT/ Lectures/ Discussions/ Videos/ Activity
May, Week 4	Unit 1	-Concepts of healing, Indian approach to Understanding Personality	PPT/ Lectures/ Discussions/ Videos/ Activity
May, Week 5	Unit 2	AYUSH system of healing -AYUSH - Ayurveda, Yoga, Unani, Siddha, Homeopathy- Basic concepts	PPT/ Lectures/ Discussions
June, Week 1	Unit 2	- Applications and role in psychological wellbeing	PPT/ Lectures Discussions
June, Week 2	Unit 2	-Meaning and aims of Yoga: Patanjali's Yoga Sutra	PPT/ Lectures/ Case studies/ Discussions
June, Week 3-4	Unit 2	-Ashtanga yoga - stages of yoga, nadis and chakras -Asanas, concept of Pranayama	PPT/ Lectures/ Discussions
July, Week 1	Unit 2	-Psychophysiological effects of asanas and pranayama	PPT/ Lectures/ Case studies/ Discussions
July, Week 2	Unit 2	-Yoga therapy-Yoga and stress, Yoga for treating different systemic disorders (eg.Digestive, circulatory etc.).	PPT/ Lectures/ Case studies/ Discussions

July, Week 3	Unit 2	-Yoga for personality development and well-being	PPT/ Lectures/ Case studies/ Discussions
July, Week 4	Unit 5	Meditation, NLP and Hypnosis -Basic concepts and principles,	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 1	Unit 5	-Different types of meditations;	PPT/ Discussions
Aug, Week 2	Unit 5	-Meditation as a therapeutic method;	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 3		Revision	PPT/ Lectures/ Case studies/ Discussions
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Course plan for Alternative Healing Techniques

Dr. Shalini Podar

MONTH/ WEEK	UNIT	CONTENT FROM THE SYLLABUS/ASSIGNMENT SCHEDULE	TEACHING & PEDAGOGY
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June, Week 3	Unit 3	-Application of Reiki in different conditions -Pranic healing: History of Pranic Healing	PPT/ Lectures Discussions
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July, Week 3	Unit 4	-Acupressure for treating different conditions/ ailments, and for maintaining health. -Acupuncture- Basic principles	PPT/ Lectures/ Case studies/ Discussions
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August, Week 1-2	Unit 5	Meditation, NLP and Hypnosis -Hypnosis: Theoretical approach, Techniques used in Hypnosis, -Hypnotherapy, Benefits of Hypnosis.	PPT/ Lectures/ Case studies/ Discussions
August, Week 3-4		REVISION Pre-Finals	

Internal Assessment: Ms. Triveni S and Dr. Shalini Podar

Component 1: 15 marks

Criteria 1: Open Book Test (5 marks)

Description of the Assignment/Activity: Open Book Test: Written Assignment

Specific Guidelines:

- Prepare an answer based on reference material as for an essay-type answer. One question each from the units covered will be assigned to each student.
- Each student must write their answers independently.
- Answers have to be hand-written. Submission of hardcopy in person.

Final submission: The answers have to be written during the specified hour in the college which will be informed prior. The required material related to the question received must be kept ready.

Criteria: 2: Group Activity (10 marks) - Topic Review

- The class will be divided into groups, presentation topics will be provided.
- The group will be given 10 mins to present the comprehensive review of literature on the given topic. (5 marks)

Guidelines-

1. Past 10 years
2. Min 15 papers to be reviewed (8 Indian and 7 International Papers)
3. Follow thematic structuring

The group as a whole has to create a document, containing the reviewed papers, along with the research gaps noticed. Summary needs to be provided. (5 marks)

Component 2: 15 marks

Criterion 1: Attendance (5 marks):

The 75% attendance is mandatory for claiming the attendance marks.

Accordingly, the marks are distributed. The candidate securing 75 % would be assigned with 1 mark and candidate with 100% attendance would be assigned with 10 marks.

Criteria 2: Pre final Examination (10 marks)

Guidelines: The pattern of Question paper will be the same as final examination

Evaluation Criteria: The marks received out of 70 will be converted into 10.

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. The class representative can contact the teachers personally or can reach out to the class teacher assigned to them/ mail the subject teacher on behalf of the class/ send a chat message via the official mail id

Wishing you the very best.

Dr. Shalini Podar - parivertan@yahoo.com

Ms. Triveni S - triveni.s@iipr.in

IIPR COURSE PLAN 2024

PAPER CODE & PAPER NAME: PC 207(Softcore)/ ALTERNATIVE HEALING TECHNIQUES

Name of the teachers : Dr. Shalini Podar and Ms. Triveni S

Course & Semester : M.Sc in Counseling Psychology – II Semester

Total no. of hours for the course : 60 hours

Objectives: To acquaint with the main theorists and their theories regarding transpersonal psychology. To sensitize the learners to the possibilities and availability of alternate methods of healing, especially those that have originated in India. To Focus on indigenous and culturally accepted/practiced therapeutic methods. Students will become aware of need for, and techniques of healing holistically.

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- c. Yoga therapy-Yoga and stress, Yoga for treating different systemic disorders (eg.Digestive, circulatory etc.). Yoga for personality development and well- being

Unit 3 - Reiki and Pranic Healing (12 hours)

- a. Reiki: History of Reiki. Principles and functioning of Reiki, Similarities and differences between Reiki and Pranic healing. Distance healing, Reiki symbols. Application of Reiki in different conditions.
- b. Pranic healing: History of Pranic Healing, Principles and functioning of Pranic Healing

Unit 4- Acupuncture and Acupressure. (12 hours)

- a. Acupressure- Critical points, relief points. Acupressure for treating different conditions/ ailments, and for maintaining health.
- b. Acupuncture- Basic principles, Acupuncture for treating different conditions/ailments, and for maintaining health.

Unit 5- Meditation and Hypnosis (12 Hours)

- a. Basic concepts and principles, Different types of meditations; Meditation as a therapeutic method;
- c. Hypnosis: Theoretical approach, Techniques used in Hypnosis, Hypnotherapy, Benefits of Hypnosis.

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- Sanderson, C.A. (2004). Health psychology. NJ: John Wiley & Sons, Inc.
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Course plan for Alternative Healing Techniques

Ms. Triveni S

MONTH/ WEEK	UNIT	CONTENT FROM THE SYLLABUS/ASSIGNMENT SCHEDULE	TEACHING & PEDAGOGY
May, Week 3	Unit 1	Introduction -Meaning of Indigenous & Indian Psychology	PPT/ Lectures/ Discussions/ Videos/ Activity
May, Week 4	Unit 1	-Concepts of healing, Indian approach to Understanding Personality	PPT/ Lectures/ Discussions/ Videos/ Activity
May, Week 5	Unit 2	AYUSH system of healing -AYUSH - Ayurveda, Yoga, Unani, Siddha, Homeopathy- Basic concepts	PPT/ Lectures/ Discussions
June, Week 1	Unit 2	- Applications and role in psychological wellbeing	PPT/ Lectures Discussions
June, Week 2	Unit 2	-Meaning and aims of Yoga: Patanjali's Yoga Sutra	PPT/ Lectures/ Case studies/ Discussions
June, Week 3-4	Unit 2	-Ashtanga yoga - stages of yoga, nadis and chakras -Asanas, concept of Pranayama	Practical Session by Yoga therapist (Combined 2MPS+2MPC)
July, Week 1	Unit 2	-Psychophysiological effects of asanas and pranayama	PPT/ Lectures/ Case studies/ Discussions
July, Week 2	Unit 2	-Yoga therapy-Yoga and stress, Yoga for treating different systemic disorders (eg.Digestive, circulatory etc.).	PPT/ Lectures/ Case studies/ Discussions

July, Week 3	Unit 2	-Yoga for personality development and well-being	PPT/ Lectures/ Case studies/ Discussions
July, Week 4	Unit 5	Meditation, NLP and Hypnosis -Basic concepts and principles,	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 1	Unit 5	-Different types of meditations;	PPT/ Discussions
Aug, Week 2	Unit 5	-Meditation as a therapeutic method;	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 3		Revision	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 4		Pre-Finals	

Course plan for Alternative Healing Techniques

Dr. Shalini Podar

MONTH/ WEEK	UNIT	CONTENT FROM THE SYLLABUS/ASSIGNMENT SCHEDULE	TEACHING & PEDAGOGY
May, Week 3	Unit 1	Introduction -Science and scientific reasoning in healing: Origin and relevance of Complementary and Alternative Medicine (CAM).	PPT/ Lectures/ Discussions/ Videos/ Activity
May, Week 4	Unit 1	-Concepts, Causes, Classification, Diagnosis and Treatment of Health & Illness in Ayurveda.	PPT/ Lectures/ Discussions/ Videos/ Activity
June, Week 1	Unit 3	Reiki and Pranic Healing -Reiki: History of Reiki. Principles and functioning of Reiki,	PPT/ Lectures/ Discussions
June, Week 2	Unit 3	-Similarities and differences between Reiki and Pranic healing. -Distance healing, Reiki symbols.	PPT/ Lectures/ Discussions
June, Week 3	Unit 3	-Application of Reiki in different conditions -Pranic healing: History of Pranic Healing	PPT/ Lectures Discussions
June, Week 4	Unit 3	-Principles and functioning of Pranic Healing	PPT/ Lectures/ Case studies/ Discussions
July, Week 1	Unit 4	Acupuncture and Acupressure -Acupressure- Critical points, relief points	PPT/ Lectures/ Discussions

July, Week 3	Unit 4	-Acupressure for treating different conditions/ ailments, and for maintaining health. -Acupuncture- Basic principles	PPT/ Lectures/ Case studies/ Discussions
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August, Week 3-4		REVISION Pre-Finals	

Internal Assessment: Ms. Triveni S and Dr. Shalini Podar

Component 1: 15 marks

Criteria 1: Open Book Test (5 marks)

Description of the Assignment/Activity: Open Book Test: Written Assignment

Specific Guidelines:

- Prepare an answer based on reference material as for an essay-type answer. One question each from the units covered will be assigned to each student.
- Each student must write their answers independently.
- Answers have to be hand-written. Submission of hardcopy in person.

Final submission: The answers have to be written during the specified hour in the college which will be informed prior. The required material related to the question received must be kept ready.

Criteria: 2: Group Activity (10 marks) - Interventions based Research Study Review

Instructions:

- The class will be divided into groups.
- Each group should choose one of the interventions from the syllabus (Indian approach) and find the research paper and should review the same.
- As a group, students should prepare the document of the research reviewed according to the format
- The date will given to submit the prepared research review in the Google classroom

Guidelines-

1. Articles should have been published within the last five- eight years from the current academic year.
2. Min 5 papers to be reviewed
3. Follow thematic structuring

The group as a whole has to create a document, containing the reviewed papers, along with the research gaps noticed. Summary needs to be provided. (5 marks)

Evaluation criteria:

- Depth of analysis and critical thinking (3 Marks)
- Clarity and coherence of writing (4 Marks)
- Proper referencing and citation of source (1 Mark)
- Adherence to the provided format and guidelines(2 Marks)

Component 2: 15 marks

Criterion 1: Attendance (5 marks):

The 75% attendance is mandatory for claiming the attendance marks.

Accordingly, the marks are distributed. The candidate securing 75 % would be assigned with 1 mark and candidate with 100% attendance would be assigned with 10 marks.

Criteria 2: Pre final Examination (10 marks)

Guidelines: The pattern of Question paper will be the same as final examination

Evaluation Criteria: The marks received out of 70 will be converted into 10.

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3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. The class representative can contact the teachers personally or can reach out to the class teacher assigned to them/ mail the subject teacher on behalf of the class/ send a chat message via the official mail id

Wishing you the very best.

Dr. Shalini Podar - parivertan@yahoo.com

Ms. Triveni S - triveni.s@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

Course Plan and Syllabus 2024

PAPER NAME: Theoretical Foundations Group Counselling (Paper Code: PC202)

Name of the teachers: Lis and Ms. Namitha

Course & Semester: M.Sc. Counseling psychology (2nd semester - 2MPC)

Total no of hours for the course: 60 hours

References:

1. Corey, G. (2004). *Theory and practice of group counseling* (6th CA: Broks/ Cole- Thomson Learning.
2. Corey G (2008) *Group Couseling*. New Delhi: Brooks/Cole
3. Jacobs, E. E., Masson, R. L., &Harvill, R. L. (2002). *Group Counseling: Strategies and skills* (4thed.). Pacific Grove, CA: Brooks/ Cole.
4. Yalom, I. D. (2005). *The theory and practice of group psychotherapy* (5th ed.). New York, NY: Basic Books.

Syllabus

Learning Objective: This paper aims to train the students on the process, concepts, and techniques of Group counseling. It provides an overview of the stages, skills, techniques, and strategies of group counseling.

Unit 1- Introduction (12 Hours)

- a. Definitions of groups; characteristics of groups; goals of groups; and purpose of groups Types of groups; differences between group guidance, group counselling and group psychotherapy.
- b. Ethical and professional issues in group counselling, Training of Competent Group Counsellors.

Unit 2- Group Leadership (12 Hours)

- a. Definition of a group leader; professional competence and training of group leaders; personal characteristics of effective leaders.
- b. Role and functions of group leaders – basic tasks, working in the here-and-now, transference and transparency.
- c. Co-leadership – advantages and limitations; types of co-leadership.

Unit 3- Stages of the Group Process (12 Hours)

- a. Pre-group issues; Initial Stage – characteristics of this stage, group leader functions and skills; Transition stage – resistance, conflict, problem members.
- b. Working stage – productivity, therapeutic factors, leader functions.
- c. Final Stage – consolidation and termination; Post group issues and evaluation.

Unit 4- Leadership Skills (12 Hours)

- a. Basic Skills – Attending behaviour and observation in groups, basic listening sequence (BLS) in groups, group process skills – linking, leading, pacing, tone setting, focusing, modelling.
- b. Advanced Skills – positive asset search, eliciting group observation, setting goals, reflecting meaning, eliciting group interpretations, mutual feedback, confronting, reframing, self-disclosure.
- c. Closing skills – Closing a session; closing a group.

Unit 5- Theories and Techniques of Group Counselling (12 Hours)

- a. Psychodrama
- b. Transactional Analysis
- c. Sensitivity training
- d. T-group training
- e. CBT
- f. REBT

g. SFBT for Group Counselling.

Course Plan

Lis - Unit 1, Unit 4, Unit 5 (Psychodrama, Transactional analysis, and Sensitivity Training)

Tentative date	Unit	Contents	Teaching Pedagogy
May Week 3	1	Introduction to course plan. Definitions of groups; characteristics of groups; goals of groups; and purpose of groups	Lecture and discussions
Week 4	1	Types of groups; differences between group guidance, group counselling and group psychotherapy.	Lecture and discussions Video
Week 5	1	Ethical and professional issues in group counselling, Training of Competent Group Counsellors.	Lecture and discussions
June Week 1	4	Basic Skills – Attending behaviour and observation in groups, basic listening sequence (BLS) in groups,	Lecture, discussions & Videos
Week 2	4	Group process skills – linking, leading, pacing, tone setting, focusing, modeling.	Lecture, discussions & Demonstration Video
Week 3	4	Advanced Skills – positive asset search, eliciting group observation, setting goals,	Lecture and discussions
Week 4	4	reflecting meaning, eliciting group interpretations, mutual feedback, confronting, reframing, self-disclosure.	Lecture , discussions & Group activity Video

Week 5	4	Closing skills – Closing a session; closing a group.	Lecture and discussions
July Week 1	5	Psychodrama	Lecture and discussions & Demonstration
Week 2	5	Psychodrama	Lecture and discussions
Week 3	5	Transactional Analysis	Lecture and discussions & Demonstration
Week 4	5	Transactional Analysis	Lecture and discussions & Demonstration
Week 4	5	Sensitivity training	Lecture and discussions & Demonstration
Week 4		Revision	Activity Discussion & Debate
Week 5		Revision	Activity, discussions & Debate
August week 1		Pre-final examination	

Ms. Namitha Sheba Mathew - Unit 2, Unit 3, Unit 5 (T-group training, CBT, REBT and SFBT)

Tentative date	Unit	Contents	Teaching Pedagogy
May Week 3	2	Introduction to course plan. Group leadership Introduction to groups and group leadership - meaning, definition, professional competence for a group leader and training, personal characteristics of a good group leader	Lecture and discussions
Week 4	2	Role and functions of a group leader	Lecture and discussions

Week 5	2	Issues faced by group leaders	Lecture and discussions
June Week 1	2	Concept of co-leadership, merits and demerits, types of co-leadership	Lecture and discussions
Week 2	3	Stages of the group process <u>Pre-group issues</u> - formation of the group, screening and selecting group participants, open v. closed groups, voluntary v. involuntary groups, homogenous v. heterogeneous groups, group size, meeting place, frequency and length of meetings	Lecture and discussions
Week 3	3	<u>Pre-group issues</u> - multicultural considerations in preparing members for a group experience, member functions and leader functions	Lecture and discussions
Week 4	3	<u>Initial stage</u> - characteristics, group leader functions and skills	Lecture and discussions
Week 5	3	<u>Transition stage</u> - dealing with resistance, conflict and problem members	Lecture and discussions
July Week 1	3	<u>Working stage</u> - group cohesion, therapeutic benefits of a group, function of the leader	Lecture and discussions
Week 2	3	<u>Final stage</u> - consolidation and termination	Lecture and discussions
Week 3	3	<u>Post-group issues</u> - evaluation and follow-up with the group and individual members	Lecture and discussions
Week 4	5	Theories and techniques of group counseling T-group training for group counseling	Lecture and discussions
Week 4	5	CBT for group counseling	Lecture and discussions
Week 4	5	REBT for group counseling	Lecture and discussions
Week 5	5	SFBT for group counseling	Lecture and discussions
August week 1		Pre-final Examinations	
		Revision and doubts clarification	

Internal Assessment

Component 1: (15 marks)

Criteria 1: Open Book Assignment (5 marks)

Description of the Assignment/activity: Open Book Assignment

- The teacher will assign one question to each student.
- Students are expected to bring relevant reference materials to aid in answering the question. A suggestion is to prepare a 1.5-page answer document in Word format and print it for reference during the assignment.
- Students have to bring blank A4 sheets to write their answers. The same has to be signed by the teacher in class.
- No electronic devices are allowed during the assignment.
- They will also have to mention the references that they have used. Online references are discouraged

Evaluation Criteria: A total of 14 marks reduced to 5: Introduction (1 mark), Content (3 marks), and Reference (1 Mark)

Deadline: June 30, 2024 (tentative)

Criteria 2: Group Activity (10 marks)

Description of the Assignment/activity: Activity-based assignment

Specific Guidelines:

- The class will be divided into groups of eight students. Each group will be assigned a topic from the following list.
 - *Counseling Group Plan on the topics given:*
 1. *Victims of Bullying*
 2. *Smoking Cessation*
 3. *Overcoming Anxiety*
 4. *Work-Life Balance*
 5. *Alcohol Recovery*

6. *Victims of Divorce*

7. *Chronic illness*

- The groups will research and find Themes relevant to their assigned topics.
- Based on their chosen themes, they will suggest appropriate uses of various tasks, skills, and techniques for addressing the issues.
- Each group must create a detailed group session plan that includes: A big-picture plan and two session plans that detail the activities for each session.
- To support your case conceptualization, each group must identify and include relevant research evidence that highlights the effectiveness of the chosen tasks, skills, and techniques.
- The groups are required to upload their plans in the GC.
- Participation in the group is mandatory for all group members.
- Failure to submit due to lack of preparation or any other reason will result in the cancellation of your group's presentation and a grade of zero.
- All group sessions plans will be shared with the class.

Evaluation Criteria: Skills - 2 marks, Stages - 2 marks, Techniques - 2 marks, Structure and flow - 2 marks, Research - 2 marks.

Deadline: July 30, 2024 (tentative)

Component 2: (15 marks)

Criteria 1: Attendance (5 marks)

Attendance Evaluation Criteria:

75 - 79 %: 1 mark

80 – 84 %: 2 marks

85 – 89 %: 3 marks

90 – 94 %: 4 marks

95 – 100%: 5 marks

Please note that 75% of attendance is mandatory for attending university exam for this paper.

Criteria 2: Pre-final Examination (10 marks)

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- This is a written exam covering the entire syllabus of this course.
- Actively studying the course material is essential.
- Missing the exam is strongly discouraged. Familiarity with exam procedures is important, and this exam replicates the university exam format to prepare you.
- This exam contributes to your internal assessment marks.

Evaluation Criteria: Total 5 questions for 70 Marks. Each question is for 14 marks

Deadline: August, 2024

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Wishing you the very best!!

Feel free to contact us for any further clarifications-

Lis - elsy.nj@iipr.in

Ms. Namitha S M - namitha.s@iipr.in

IIPR COURSE PLAN 2024

PAPER CODE & PAPER NAME: PC 207(Softcore)/ ALTERNATIVE HEALING TECHNIQUES

Name of the teachers : Dr. Shalini Podar and Ms. Triveni S

Course & Semester : M.Sc in Counseling Psychology – II Semester

Total no. of hours for the course : 45 hours

Objectives: To acquaint with the main theorists and their theories regarding transpersonal psychology. To sensitize the learners to the possibilities and availability of alternate methods of healing, especially those that have originated in India. To focus on indigenous and culturally accepted/practiced therapeutic methods. Students will become aware of the need for, and techniques of healing holistically.

Unit 1 - Introduction (10 Hours)

- a. Meaning of Indigenous & Indian Psychology, Concepts of healing. Indian approach to Understanding Personality.
- b. Science and scientific reasoning in healing: Origin and relevance of Complementary and Alternative Medicine (CAM). Concepts, Causes, Classification, Diagnosis and Treatment of Health & Illness in Ayurveda.

Unit 2- AYUSH system of healing (14 Hours)

- a. AYUSH - Ayurveda, Yoga, Unani, Siddha, Homeopathy- Basic concepts, applications and role in psychological wellbeing
- b. Meaning and aims of Yoga. Patanjali's Yoga Sutra, Astanga yoga - stages of yoga, nadis and chakras, asanas, concept of Pranayama, Psychophysiological effects of asanas and pranayama .
- c. Yoga therapy-Yoga and stress, Yoga for treating different systemic disorders (eg.Digestive, circulatory etc.). Yoga for personality development and well- being

Unit 3 - Reiki and Pranic Healing (12 hours)

- a. Reiki: History of Reiki. Principles and functioning of Reiki, Similarities and differences between Reiki and Pranic healing. Distance healing, Reiki symbols. Application of Reiki in different conditions.
- b. Pranic healing: History of Pranic Healing, Principles and functioning of Pranic Healing

Unit 4- Acupuncture and Acupressure. (12 hours)

- a. Acupressure- Critical points, relief points. Acupressure for treating different conditions/ ailments, and for maintaining health.
- b. Acupuncture- Basic principles, Acupuncture for treating different conditions/ailments, and for maintaining health.

Unit 5- Meditation and Hypnosis (12 Hours)

- a. Basic concepts and principles, Different types of meditations; Meditation as a therapeutic method;
- c. Hypnosis: Theoretical approach, Techniques used in Hypnosis, Hypnotherapy, Benefits of Hypnosis.

References:

- Scotton, B.W. (Ed). Transpersonal Psychiatry and Psychology
- Tart, C.T. (Ed). Transpersonal Psychologies
- Baginski B J and Sharaman S (1997). Reiki, Universal life energy. New Delhi. B Jain Publishers
- Choa K S (1990). The ancient Science and out of pranic healing. Philippines. Health accessory for all.
- Furnham, A.(2005). Complementary and alternative medicine: shopping for health in post-modern times. In P. White. (Ed.). Biopsychosocial medicine: an integrated approach to understanding illness. Oxford: Oxford University Press
- Huss, C (1990). The Banyan Tree. Vol.III Action Research in Holistic Healing. Pune: Medical Mission sisters
- Iyengar, BKS, (2002). Yoga the path to holistic. London, Dorling Kindersley Book.
- Iyengar, BKS (2001) Light on Pranayama. New Delhi. Harper Collins Pub. India.
- Kuppuswamy B (2001). Elements of Ancient Indian Psychology. New Delhi. Konark Pub. (Reprint)
- Lele, R.D. (1986) Ayurveda and Modern Medicine. Bharatiya Vidya Bhavan, Bombay India..
- Pandit Usharbudh Arya (1981). Mantra and meditation. Himalayan International Institute of Yoga Science and Philosophy, USA.

- Sanderson, C.A. (2004). Health psychology. NJ: John Wiley & Sons, Inc.
- Shakti Gawain (1993). Living in the light: A guide to personal and planetary transformation. Bantam New Age Books.
- Silva Jose and Philip Miele (2001). Silva mind control method

Course plan for Alternative Healing Techniques

Ms. Triveni S (1Hour)

MONTH/ WEEK	UNIT	CONTENT FROM THE SYLLABUS/ASSIGNMENT SCHEDULE	TEACHING & PEDAGOGY
May, Week 3	Unit 1	Introduction -Meaning of Indigenous & Indian Psychology	PPT/ Lectures/ Discussions/ Videos/ Activity
May, Week 4	Unit 1	-Concepts of healing,	PPT/ Lectures/ Discussions/ Videos/ Activity
May, Week 5	Unit 1	- Indian approach to Understanding Personality	PPT/ Lectures/ Discussions/ Videos
June, Week 1	Unit 1	-Science and scientific reasoning in healing: Origin and relevance of Complementary and Alternative Medicine (CAM).	PPT/ Lectures/ Discussions/ Videos/ Activity
June, Week 2-3	Unit 1	-Concepts, Causes, Classification,	PPT/ Lectures/ Discussions/ Videos/ Activity
June, Week 4	Unit 1	-Diagnosis and Treatment of Health & Illness in Ayurveda.	PPT/ Lectures/ Discussions/ Videos/ Activity
July, Week 1	Unit 2	AYUSH system of healing -AYUSH - Ayurveda, Yoga, Unani, Siddha, Homeopathy- Basic concepts	PPT/ Lectures/ Discussions
July, Week 2	Unit 2	- Applications and role in psychological wellbeing	PPT/ Lectures Discussions
July, Week 3	Unit 2	-Meaning and aims of Yoga: Patanjali's Yoga Sutra	PPT/ Lectures/ Case studies/ Discussions

July, Week 4	Unit 2	-Ashtanga yoga - stages of yoga, nadis and chakras -Asanas, concept of Pranayama	Practical Session by Yoga therapist (Combined 2MPS+2MPC)
Aug, Week 1	Unit 2	-Psychophysiological effects of asanas and pranayama	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 2	Unit 2	-Yoga therapy-Yoga and stress, Yoga for treating different systemic disorders (eg.Digestive, circulatory etc.).	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 3	Unit 2	-Yoga for personality development and well-being	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 4		Revision Pre-Finals	

Course plan for Alternative Healing Techniques

Dr. Shalini Podar (2 Hours)

MONTH/ WEEK	UNIT	CONTENT FROM THE SYLLABUS/ASSIGNMENT SCHEDULE	TEACHING & PEDAGOGY
May, Week 3	Unit 3	Reiki and Pranic Healing -Reiki: History of Reiki. Principles and functioning of Reiki,	PPT/ Lectures/ Discussions
May, Week 4	Unit 3	-Similarities and differences between Reiki and Pranic healing. -Distance healing, Reiki symbols.	PPT/ Lectures/ Discussions
June, Week 1	Unit 3	-Application of Reiki in different conditions -Pranic healing: History of Pranic Healing	PPT/ Lectures Discussions
June, Week 2	Unit 3	-Principles and functioning of Pranic Healing	PPT/ Lectures/ Case studies/ Discussions
June, Week 3	Unit 4	Acupuncture and Acupressure -Acupressure- Critical points, relief points	PPT/ Lectures/ Discussions
June, Week 4	Unit 4	-Acupressure for treating different conditions/ ailments, and for maintaining health. -Acupuncture- Basic principles	PPT/ Lectures/ Case studies/ Discussions
July, Week 1	Unit 4	-Acupuncture for treating different conditions/ailments, and for maintaining health.	PPT/ Lectures/ Case studies/ Discussions

July, Week 3	Unit 5	Meditation, NLP and Hypnosis -Basic concepts and principles, Different types of meditations;	PPT/ Lectures/ Case studies/ Discussions
July, Week 4	Unit 5	-Meditation as a therapeutic method;	PPT/ Lectures/ Case studies/ Discussions
August, Week 1-2	Unit 5	-Hypnosis: Theoretical approach, Techniques used in Hypnosis, -Hypnotherapy, Benefits of Hypnosis.	PPT/ Lectures/ Case studies/ Discussions
August, Week 3-4		REVISION Pre-Finals	

Internal Assessment: Ms. Triveni S and Dr. Shalini Podar

Criteria 1: Open Book Test (5 marks)

Component 1: 15 marks

Specific Guidelines:

- Each student has to answer the question given by referring to the books/notes during the class hour. Duration of the test 45 minutes.
- Question will be announced prior, and it will be essay type question
- Mentioning supporting research evidence is mandatory for your answers.
- You need to keep your reference materials ready for answering the question in the class. Use of online resources or electronic devices are not permitted.
- Each student has to write their answers independently, discussion or exchange of materials not permitted during the test.
- Answers have to be hand-written. Submission of hardcopy in person.

Evaluation Criteria: Introduction (1 mark) Content (3 marks) and Reference (1 Mark)

Deadline: June 8th 2024 (Tentative)

Criteria: 2: Group Activity (10 marks) - Interventions based Research Study Review

Instructions:

- The class will be divided into groups of 6/7 members.
- Each group will be assigned one of the interventions for different mental health disorders from the syllabus (Indian approach)
- Each group should find the research paper based on those interventions and should review the same.
- As a group, students should prepare the document of the research reviewed according to the format
- The date will given to submit the prepared research review in the Google classroom

Guidelines-

1. Articles should have been published within the last five- eight years from the current academic year.
2. Min 5 papers to be reviewed
3. Follow thematic structuring

The group as a whole has to create a document, containing the reviewed papers, along with the research gaps noticed and Summary needs to be provided.

Evaluation criteria:

- Depth of analysis and critical thinking (3 Marks)
- Clarity and coherence of writing (4 Marks)

- Proper referencing and citation of source (1 Mark)
- Adherence to the provided format and guidelines(2 Marks)

Date of submission : July 2024 (Tentative)

Group and topic allotment for group activity

Group no.	Members of the team	Topic
Group 1	<ol style="list-style-type: none"> 1. Pravalika 2. Ananya R 3. Kriti Baid 4. Tanvi 5. Neha Nixon 6. Manya 	Ayurvedic Approach to mental health
Group 2	<ol style="list-style-type: none"> 1. Sadika 2. Chaya 3. Fareeha 4. Aileen 5. Sara 6. Shivangi Somani 	Yogic healing/therapy techniques
Group 3	<ol style="list-style-type: none"> 1. Mancy 2. Gayathri 3. Sonia 4. Kashish 5. Rimjhim 	Unani approach to Psychological well being
Group 4	<ol style="list-style-type: none"> 1. Jemishi 2. Anwasha 3. Ramya 4. Khushi 5. Neha Chikkara 6. Vivek 	Homeopathy and Psychological well being
Group 5	<ol style="list-style-type: none"> 1. Aanya 2. Nayana 3. Amruth 4. Nandini 	Acupuncture/Acupressure

Group no.	Members of the team	Topic
	<ol style="list-style-type: none"> 5. Ishita Agarwal 6. Riya 	
Group 6	<ol style="list-style-type: none"> 1. Deeksha 2. Komal 3. Krithika 4. Kritti Jain 5. Poojitha 6. Pranika 	Reiki Approach
Group 7	<ol style="list-style-type: none"> 1. Fabian 2. Ananya Sharma 3. Sneha 4. Anoushka 5. Smira 6. Neha Ramdas 	Mindfulness and meditation
Group 8	<ol style="list-style-type: none"> 1. Janhavi B 2. Shruti 3. Gauthami 4. Anubhavi 5. Mubeena 	Pranic Healing
Group 9	<ol style="list-style-type: none"> 1. Pavani 2. Ishika 3. Ishitha Srivastava 4. Jahnvi 5. Shivangi Mehrotra 6. Vidya 	Hypnosis and Psychological well-being
Group 10	<ol style="list-style-type: none"> 1. Krinjal 2. Rimsha 3. Sudipa 4. Vidisha 5. Teena 6. Perna 	Pranayama and Psychological well-being

Component 2: 15 marks

Criterion 1: Attendance (5 marks):

The 75% attendance is mandatory for claiming the attendance marks.

Accordingly, the marks are distributed. The candidate securing 75 % would be assigned with 1 mark and candidate with 100% attendance would be assigned with 10 marks.

Criteria 2: Pre final Examination (10 marks)

Guidelines: The pattern of Question paper will be the same as final examination

Evaluation Criteria: The marks received out of 70 will be converted into 10.

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. The class representative can contact the teachers personally or can reach out to the class teacher assigned to them/ mail the subject teacher on behalf of the class/ send a chat message via the official mail id

Wishing you the very best.

Dr. Shalini Podar - parivertan@yahoo.com

Ms. Triveni S - triveni.s@iipr.in

IIPR COURSE PLAN 2024

PAPER CODE & PAPER NAME: PC 207(Softcore)/ ALTERNATIVE HEALING TECHNIQUES

Name of the teachers : Dr. Shalini Podar and Ms. Triveni S

Course & Semester : M.Sc in Counseling Psychology – II Semester

Total no. of hours for the course : 45 hours

Objectives: To acquaint with the main theorists and their theories regarding transpersonal psychology. To sensitize the learners to the possibilities and availability of alternate methods of healing, especially those that have originated in India. To Focus on indigenous and culturally accepted/practiced therapeutic methods. Students will become aware of the need for, and techniques of healing holistically.

Unit 1 - Introduction (10 Hours)

- a. Meaning of Indigenous & Indian Psychology, Concepts of healing. Indian approach to Understanding Personality.
- b. Science and scientific reasoning in healing: Origin and relevance of Complementary and Alternative Medicine (CAM). Concepts, Causes, Classification, Diagnosis and Treatment of Health & Illness in Ayurveda.

Unit 2- AYUSH system of healing (14 Hours)

- a. AYUSH - Ayurveda, Yoga, Unani, Siddha, Homeopathy- Basic concepts, applications and role in psychological wellbeing
- b. Meaning and aims of Yoga. Patanjali's Yoga Sutra, Astanga yoga - stages of yoga, nadis and chakras, asanas, concept of Pranayama, Psychophysiological effects of asanas and pranayama .
- c. Yoga therapy-Yoga and stress, Yoga for treating different systemic disorders (eg.Digestive, circulatory etc.). Yoga for personality development and well- being

Unit 3 - Reiki and Pranic Healing (12 hours)

- a. Reiki: History of Reiki. Principles and functioning of Reiki, Similarities and differences between Reiki and Pranic healing. Distance healing, Reiki symbols. Application of Reiki in different conditions.
- b. Pranic healing: History of Pranic Healing, Principles and functioning of Pranic Healing

Unit 4- Acupuncture and Acupressure. (12 hours)

- a. Acupressure- Critical points, relief points. Acupressure for treating different conditions/ ailments, and for maintaining health.
- b. Acupuncture- Basic principles, Acupuncture for treating different conditions/ailments, and for maintaining health.

Unit 5- Meditation and Hypnosis (12 Hours)

- a. Basic concepts and principles, Different types of meditations; Meditation as a therapeutic method;
- c. Hypnosis: Theoretical approach, Techniques used in Hypnosis, Hypnotherapy, Benefits of Hypnosis.

References:

- Scotton, B.W. (Ed). Transpersonal Psychiatry and Psychology
- Tart, C.T. (Ed). Transpersonal Psychologies
- Baginski B J and Sharaman S (1997). Reiki, Universal life energy. New Delhi. B Jain Publishers
- Choa K S (1990). The ancient Science and out of pranic healing. Philippines. Health accessory for all.
- Furnham, A.(2005). Complementary and alternative medicine: shopping for health in post-modern times. In P. White. (Ed.). Biopsychosocial medicine: an integrated approach to understanding illness. Oxford: Oxford University Press
- Huss, C (1990). The Banyan Tree. Vol.III Action Research in Holistic Healing. Pune: Medical Mission sisters
- Iyengar, BKS, (2002). Yoga the path to holistic. London, Dorling Kindersley Book.
- Iyengar, BKS (2001) Light on Pranayama. New Delhi. Harper Collins Pub. India.
- Kuppuswamy B (2001). Elements of Ancient Indian Psychology. New Delhi. Konark Pub. (Reprint)
- Lele, R.D. (1986) Ayurveda and Modern Medicine. Bharatiya Vidya Bhavan, Bombay India..
- Pandit Usharbudh Arya (1981). Mantra and meditation. Himalayan International Institute of Yoga Science and Philosophy, USA.

- Sanderson, C.A. (2004). Health psychology. NJ: John Wiley & Sons, Inc.
- Shakti Gawain (1993). Living in the light: A guide to personal and planetary transformation. Bantam New Age Books.
- Silva Jose and Philip Miele (2001). Silva mind control method

Course plan for Alternative Healing Techniques

Ms. Triveni S (1Hour)

MONTH/ WEEK	UNIT	CONTENT FROM THE SYLLABUS/ASSIGNMENT SCHEDULE	TEACHING & PEDAGOGY
May, Week 3	Unit 1	Introduction -Meaning of Indigenous & Indian Psychology	PPT/ Lectures/ Discussions/ Videos/ Activity
May, Week 4	Unit 1	-Concepts of healing,	PPT/ Lectures/ Discussions/ Videos/ Activity
May, Week 5	Unit 1	- Indian approach to Understanding Personality	PPT/ Lectures/ Discussions/ Videos
June, Week 1	Unit 1	-Science and scientific reasoning in healing: Origin and relevance of Complementary and Alternative Medicine (CAM).	PPT/ Lectures/ Discussions/ Videos/ Activity
June, Week 2-3	Unit 1	-Concepts, Causes, Classification,	PPT/ Lectures/ Discussions/ Videos/ Activity
June, Week 4	Unit 1	-Diagnosis and Treatment of Health & Illness in Ayurveda.	PPT/ Lectures/ Discussions/ Videos/ Activity
July, Week 1	Unit 2	AYUSH system of healing -AYUSH - Ayurveda, Yoga, Unani, Siddha, Homeopathy- Basic concepts	PPT/ Lectures/ Discussions
July, Week 2	Unit 2	- Applications and role in psychological wellbeing	PPT/ Lectures Discussions
July, Week 3	Unit 2	-Meaning and aims of Yoga: Patanjali's Yoga Sutra	PPT/ Lectures/ Case studies/ Discussions

July, Week 4	Unit 2	-Ashtanga yoga - stages of yoga, nadis and chakras -Asanas, concept of Pranayama	Practical Session by Yoga therapist (Combined 2MPS+2MPC)
Aug, Week 1	Unit 2	-Psychophysiological effects of asanas and pranayama	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 2	Unit 2	-Yoga therapy-Yoga and stress, Yoga for treating different systemic disorders (eg.Digestive, circulatory etc.).	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 3	Unit 2	-Yoga for personality development and well-being	PPT/ Lectures/ Case studies/ Discussions
Aug, Week 4		Revision Pre-Finals	

Course plan for Alternative Healing Techniques

Dr. Shalini Podar (2 Hours)

MONTH/ WEEK	UNIT	CONTENT FROM THE SYLLABUS/ASSIGNMENT SCHEDULE	TEACHING & PEDAGOGY
May, Week 3	Unit 3	Reiki and Pranic Healing -Reiki: History of Reiki. Principles and functioning of Reiki,	PPT/ Lectures/ Discussions
May, Week 4	Unit 3	-Similarities and differences between Reiki and Pranic healing. -Distance healing, Reiki symbols.	PPT/ Lectures/ Discussions
June, Week 1	Unit 3	-Application of Reiki in different conditions -Pranic healing: History of Pranic Healing	PPT/ Lectures Discussions
June, Week 2	Unit 3	-Principles and functioning of Pranic Healing	PPT/ Lectures/ Case studies/ Discussions
June, Week 3	Unit 4	Acupuncture and Acupressure -Acupressure- Critical points, relief points	PPT/ Lectures/ Discussions
June, Week 4	Unit 4	-Acupressure for treating different conditions/ ailments, and for maintaining health. -Acupuncture- Basic principles	PPT/ Lectures/ Case studies/ Discussions
July, Week 1	Unit 4	-Acupuncture for treating different conditions/ailments, and for maintaining health.	PPT/ Lectures/ Case studies/ Discussions

July, Week 3	Unit 5	Meditation, NLP and Hypnosis -Basic concepts and principles, Different types of meditations;	PPT/ Lectures/ Case studies/ Discussions
July, Week 4	Unit 5	-Meditation as a therapeutic method;	PPT/ Lectures/ Case studies/ Discussions
August, Week 1-2	Unit 5	-Hypnosis: Theoretical approach, Techniques used in Hypnosis, -Hypnotherapy, Benefits of Hypnosis.	PPT/ Lectures/ Case studies/ Discussions
August, Week 3-4		REVISION Pre-Finals	

Internal Assessment: Ms. Triveni S and Dr. Shalini Podar

Component 1: 15 marks

Criteria 1: Open Book Test (5 marks)

Specific Guidelines:

- Each student has to answer the question given by referring to the books/notes during the class hour. Duration of the test 45 minutes.
- Question will be announced prior, and it will be essay type question
- Mentioning supporting research evidence is mandatory for your answers.
- You need to keep your reference materials ready for answering the question in the class.
- Use of online resources or electronic devices are not permitted.
- Each student has to write their answers independently, discussion or exchange of materials not permitted during the test.
- Answers have to be hand-written. Submission of hardcopy in person.

Evaluation Criteria (10 marks will be consolidated to 5 marks): Introduction (2 marks)
Content & Conclusion (6 marks) and Reference (2 Marks)

Deadline: June 8th 2024 (Tentative)

Criteria: 2: Group Activity (10 marks) - Interventions based Research Study Review

Instructions & Guidelines:

- The class will be divided into groups of 5/6 members.
- Each group will be assigned one of the interventions for different mental health disorders from the syllabus (Indian approach)
- Each group should find at least 5 research papers based on those interventions and should review the same.
- Articles should have been published within the last five- eight years from the current academic year.
- Articles must be peer-reviewed or listed under UGC-approved journals.
- Reviews should be written in a structured format, the format will be given to you.
- Assignment has to be submitted in Google classroom before due time.
- Each group member must contribute to the review.
- Plagiarism will not be tolerated; all sources must be properly cited.

The group as a whole has to create a document, containing the reviewed papers, along with the research gaps noticed and Summary needs to be provided.

Evaluation criteria:(40 Marks will be consolidated to 10 marks)

- Depth of analysis and critical thinking (10 Marks)
- Clarity and coherence of writing (5 Marks)

- Proper referencing and citation of source (5 Marks)
- Adherence to the provided format and guidelines(5 Marks)
- No of papers reviewed (5 marks)
- Interventions and its application for specific mental health disorders (5 marks)
- Each group members contribution (5 marks)

Date of submission : July 2nd week 2024 (Tentative)

Group and topic allotment for group activity

Group no.	Members of the team	Topic
Group 1	<ol style="list-style-type: none"> 1. Pravalika 2. Ananya R 3. Kriti Baid 4. Tanvi 5. Neha Nixon 6. Manya 	Ayurvedic Approach to mental health
Group 2	<ol style="list-style-type: none"> 1. Sadika 2. Chaya 3. Fareeha 4. Aileen 5. Sara 6. Shivangi Somani 	Yogic healing/therapy techniques
Group 3	<ol style="list-style-type: none"> 1. Mancy 2. Gayathri 3. Sonia 4. Kashish 5. Rimjhim 	Unani approach to Psychological well being
Group 4	<ol style="list-style-type: none"> 1. Jemishi 2. Anwasha 3. Ramya 4. Khushi 5. Neha Chikkara 6. Vivek 	Homeopathy and Psychological well being

Group no.	Members of the team	Topic
Group 5	<ol style="list-style-type: none"> 1. Aanya 2. Nayana 3. Amruth 4. Nandini 5. Ishita Agarwal 6. Riya 	Acupuncture/Acupressure
Group 6	<ol style="list-style-type: none"> 1. Deeksha 2. Komal 3. Krithika 4. Kritti Jain 5. Poojitha 6. Pranika 	Reiki Approach
Group 7	<ol style="list-style-type: none"> 1. Fabian 2. Ananya Sharma 3. Sneha 4. Anoushka 5. Smira 6. Neha Ramdas 	Mindfulness and meditation
Group 8	<ol style="list-style-type: none"> 1. Janhavi B 2. Shruti 3. Gauthami 4. Anubhavi 5. Mubeena 	Pranic Healing
Group 9	<ol style="list-style-type: none"> 1. Pavani 2. Ishika 3. Ishitha Srivastava 4. Jahnavi 5. Shivangi Mehrotra 6. Vidya 	Hypnosis and Psychological well-being
Group 10	<ol style="list-style-type: none"> 1. Krinjal 2. Rimsha 3. Sudipa 4. Vidisha 5. Teena 	Pranayama and Psychological well-being

Group no.	Members of the team	Topic
	6. Prerna	

Component 2: 15 marks

Criterion 1: Attendance (5 marks):

Specific Guidelines: Marks will be given based on attendance percentage that the students have for the paper.

95-100% : 5 marks

90-94% : 4 marks

85-89% : 3 marks

80-84% : 2 marks

75-79% : 1 marks

Criteria 2: Pre final Examination (10 marks)

Guidelines: The pattern of Question paper will be the same as final examination

Evaluation Criteria: The marks received out of 70 will be converted into 10.

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance(for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. The class representative can contact the teachers personally or can reach out to the class teacher assigned to them/ mail the subject teacher on behalf of the class/ send a chat message via the official mail id

Wishing you the very best.

Dr. Shalini Podar - parivertan@yahoo.com

Ms. Triveni S - triveni.s@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

Course Plan and Syllabus 2024

Paper Name: FOUNDATIONS OF COUNSELING

Paper Code: PY 203

Name of the teachers: Sr. Lis and Ms. Anwasha

Course & Semester: M.Sc. Psychology (2nd semester - 2MPS)

Total no of hours for the course: 60 hours

Learning objective

The professional services of a psychologist in the modern era has undergone a paradigm shift from clinical orientation to enhancing quality of life. Professional counselling approach and guidance based on objective, scientific guidelines would ensure the quality of life. This paper highlights on the principles, theories and the requirements for an effective counselling psychologist.

Unit 1: Introduction: (12 hours)

- A. Meaning, Nature, Definition and Scope of counseling; Differences between Counselling and Psychotherapy. Counselling settings,
- B. Counseling psychology-Historical Context, development in the India context, current status, research and evaluation
- C. Ethical consideration- Referrals, issues of confidentiality, Verbatim recording and analysis, interpretation, termination, reporting and other ethical considerations. ACA and RCI guidelines, Professional issues in counseling

Unit 2: Process of Counselling (12 hours)

- A. Counseling process - stages of counseling interview (Ivey's Model)
- B. Pre Counselling considerations - assessment (standardized and non-standardized measures), setting goals, contracting, informed consent, formulation, conceptualization.

Unit 3: Models of Counselling (12 hours)

- A. Carl Rogers, Truax and Carkhuff- Historical Development and Evaluation
- B. Eagan, and Ivey and Cormier- Historical Development and Evaluation

Unit 4: Basic skills in counseling (12 hours)

- A. Personal and Professional characteristics of a counsellor, Multicultural Competence
- B. Micro skills- Introduction (a) Basic Communication Skills – Attending Behavior; Questioning; Observation Skills; Reflection of Content; Reflection of Feeling, Integrating Listening Skills,
- C. Macro skills- Review, Confrontation Skills, Focusing the Interview, Reflection of Meaning, Influencing Skills, Positive asset search

Unit 5: Areas of Counselling (12 hours)

- A. Counselling needs of children and adolescents, Scope - locations of needs (School, Family, Residential care, community, at risk) and Nature of issues (Emotional, behavioural, conduct, developmental, learning). Process of child therapy, Internal processes of children and therapeutic change, use of play and art with children, Child counselling skills
- B. Workplace Counselling- Need and Scope, Counselling skills for the workplace; Family Counselling- Need and Scope, Models for family counselling

References:

- Gladding 2013; Counseling: A Comprehensive Profession 7th Edition
- Barki B.G. & Mukhyopadhyay B 2008 Guidance and counselling A Manual 10threprint Sterling
- Corey G 2008 Theory and practice of group counselling 7th edition Stanford :Cengage Learning.
- Ivey, Allen E. & Ivey, Mary B. (2007). Intentional Interviewing & Counselling Thomson: Brooks/Cole
- ACA Code of Ethics
- De Cenzo D. A. & Robbin S. P. (1997) Personnel / Human Resource Management. McMraw Hill

Course Plan

Sr. Lis - Unit 1 (A & C), 2 & 5

Tentative date	Unit	Contents	Teaching Pedagogy
May Week 3	1	Meaning, Nature, Definition and Scope of counseling	PPT, Lecture and discussions
Week 4	1	Differences between Counselling and Psychotherapy. Counselling settings	PPT, Lecture and discussions
Week 5	1	Ethical consideration- Referrals, issues of confidentiality, Verbatim recording and analysis, interpretation, termination, reporting	PPT, Lecture and group discussions Role Play
June Week 1	1	Other ethical considerations. ACA and RCI guidelines, Professional issues in counseling	PPT, Lecture and discussions
Week 2	2	Counseling process - stages of counseling interview (Ivey's Model)	PPT, Lecture and discussions, Video
Week 3	2	Counseling process - stages of counseling interview (Ivey's Model)	PPT, Lecture and discussions
Week 4	2	Pre Counselling considerations - assessment (standardized and non-standardized measures),	PPT, Lecture and discussions, Article Review
Week 5	2	Setting goals, contracting,	PPT, Lecture and discussions, Video
July Week 1	2	Informed consent, formulation, conceptualization.	PPT, Lecture and discussions, Demo by students.
Week 2	3	Counselling needs of children and adolescents, Scope - locations of needs (School, Family, Residential care, community, at risk)	PPT, Lecture and discussions, Video
Week 3	3	Nature of issues (Emotional, behavioural, conduct, developmental, learning).	PPT, Lecture and discussions, Case discussions.
Week 4	3	Process of child therapy, Internal processes of children and therapeutic change	PPT, Lecture and discussions, Video

Week 4	3	Use of play and art with children, Child counselling skills	PPT, Lecture and discussions, Video, Guest lecture.
Week 4	3	Workplace Counselling- Need and Scope, Counselling skills for the workplace	PPT, Lecture and discussions
Week 5	3	Family Counselling- Need and Scope, Models for family counselling.	PPT, Lecture and discussions
August week 1		Revision	
Week 2		Pre-final examination	

Ms. Anwasha - Unit 1 (B), 3 & 4

Tentative date	Unit	Contents	Teaching Pedagogy
May Week 3	1	Counseling psychology-Historical Context, development in the Indian context,	PPT, lecture and discussions
May Week 4	1	Current status, research and evaluation	PPT, lecture and discussions
May Week 5	3	Carl Rogers- Historical Development and Evaluation	PPT, lecture and discussions, video
June Week 1	3	Carl Rogers- Historical Development and Evaluation	PPT, lecture and discussions
June Week 2	3	Truax and Carkhuff- Historical Development and Evaluation	PPT, lecture and discussions, Video
June Week 3	3	Eagan and Cormier- Historical Development and Evaluation	PPT, lecture and discussions
June Week 4	3	Eagan and Cormier- Historical Development and Evaluation	PPT, lecture and discussions
June Week 5	4	Personal and Professional characteristics of a counselor	PPT, lecture and discussions, case discussions.
July Week 1	4	Multicultural Competence.	PPT, Lecture and discussions, case discussion

July Week 2	4	Micro skills- Introduction	PPT, Lecture and discussions
July Week 3	4	(a) Basic Communication Skills – Attending Behavior;	PPT, Lecture and discussions, video
July Week 4	4	Questioning; Observation Skills; Reflection of Content;	PPT, Lecture and discussions and class activity on observation
July Week 4	4	Reflection of Feeling, Integrating Listening Skills	PPT, Lecture and discussions
July Week 4	4	Macro skills- Review, Confrontation Skills, Focusing the Interview,	PPT, Lecture and discussions, video
July Week 5	4	Reflection of Meaning, Influencing Skills, Positive asset search	PPT, Lecture and discussions and case discussions
August week 1		Revision	
August Week 2		Pre-final examination	

Internal Assessment

Component 1: (15 marks)

Criteria 1: Open Book Assignment (5 marks)

Description of the Assignment/activity: Open Book Assignment

- The teacher will assign one question to each student.
- Students are expected to bring relevant reference materials to aid in answering the question. A suggestion is to prepare a 1.5-page answer document in Word format and print it for reference during the assignment.
- Students have to bring blank A4 sheets to write their answers. The same has to be signed by the teacher in class.
- No electronic devices are allowed during the assignment.

- They will also have to mention the references that they have used. Online references are discouraged

Evaluation Criteria: A total of 14 marks reduced to 5: Introduction (1 mark), Content (3 marks), and Reference (1 Mark)

Deadline: May 30, 2024.

Criteria 2: Group Activity (10 marks)

Description of the Assignment/activity: Activity-based assignment

Specific Guidelines:

- The class will be divided into groups of three students.
- In groups of three, you will take on the roles of counselor, client, and observer. All three of you have to take all the three roles. Each of you will conduct a 20-minute mock counseling session incorporating counseling skills, conceptualization, and the overall counseling process.
- The group can come up with the concerns for the counseling session.
- Following the mock session, each group will submit a report reflecting on their experience in all three roles:
 - **Counselor:** Describe your experience as the counselor. What skills and techniques did you utilize? Identify areas for improvement in your counseling approach.
 - **Client:** Reflect on your experience as the client. How did you feel during the session?
 - **Observer:** Provide observations about the session from your perspective. Did the counselor effectively use skills and techniques? Did the session flow smoothly?..etc.
- All group members must submit video recordings of the entire mock counseling session.
- Your group submissions and the group's video recording will be used for grading.

Evaluation Criteria: Skills and techniques - 3 marks, Stages and process - 3 marks, conceptualization - 2 marks, reflections - 2 marks.

Deadline: June 30, 2024.

Component 2: (15 marks)

Criteria 1: Attendance (5 marks)

Please note that 75% of attendance is mandatory for attending university exam for this paper and marks ranging from 1-5 will be assigned based on percentage of attendance.

Criteria 2: Pre-final Examination (10 marks)

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- This is a written exam covering the entire syllabus of this course.
- Actively studying the course material is essential.
- Missing the exam is strongly discouraged. Familiarity with exam procedures is important, and this exam replicates the university exam format to prepare you.
- This exam contributes to your internal assessment marks.

Evaluation Criteria: Total 5 questions for 70 Marks. Each question is for 14 marks

Deadline: August, 2024

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact us for any further clarifications-

Sr. Lis - elsy.nj@iipr.in

Ms. Anweshha: anweshha.ghosh@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

Course Plan and Syllabus 2024

PAPER NAME: Theoretical Foundations Group Counselling (Paper Code: PC202)

Name of the teachers: Lis and Ms. Namitha

Course & Semester: M.Sc. Counseling psychology (2nd semester - 2MPC)

Total no of hours for the course: 60 hours

References:

1. Corey, G. (2004). *Theory and practice of group counseling* (6th CA: Broks/ Cole- Thomson Learning.
2. Corey G (2008) *Group Couseling*. New Delhi: Brooks/Cole
3. Jacobs, E. E., Masson, R. L., &Harvill, R. L. (2002). *Group Counseling: Strategies and skills* (4thed.). Pacific Grove, CA: Brooks/ Cole.
4. Yalom, I. D. (2005). *The theory and practice of group psychotherapy* (5th ed.). New York, NY: Basic Books.

Syllabus

Learning Objective: This paper aims to train the students on the process, concepts, and techniques of Group counseling. It provides an overview of the stages, skills, techniques, and strategies of group counseling.

Unit 1- Introduction (12 Hours)

- a. Definitions of groups; characteristics of groups; goals of groups; and purpose of groups
Types of groups; differences between group guidance, group counselling and group psychotherapy.
- b. Ethical and professional issues in group counselling, Training of Competent Group Counsellors.

Unit 2- Group Leadership (12 Hours)

- a. Definition of a group leader; professional competence and training of group leaders; personal characteristics of effective leaders.
- b. Role and functions of group leaders – basic tasks, working in the here-and-now, transference and transparency.
- c. Co-leadership – advantages and limitations; types of co-leadership.

Unit 3- Stages of the Group Process (12 Hours)

- a. Pre-group issues; Initial Stage – characteristics of this stage, group leader functions and skills; Transition stage – resistance, conflict, problem members.
- b. Working stage – productivity, therapeutic factors, leader functions.
- c. Final Stage – consolidation and termination; Post group issues and evaluation.

Unit 4- Leadership Skills (12 Hours)

- a. Basic Skills – Attending behaviour and observation in groups, basic listening sequence (BLS) in groups, group process skills – linking, leading, pacing, tone setting, focusing, modelling.
- b. Advanced Skills – positive asset search, eliciting group observation, setting goals, reflecting meaning, eliciting group interpretations, mutual feedback, confronting, reframing, self-disclosure.
- c. Closing skills – Closing a session; closing a group.

Unit 5- Theories and Techniques of Group Counselling (12 Hours)

- a. Psychodrama
- b. Transactional Analysis
- c. Sensitivity training
- d. T-group training

- e. CBT
- f. REBT
- g. SFBT for Group Counselling.

Course Plan

Lis - Unit 1, Unit 4, Unit 5 (Psychodrama, Transactional analysis, and Sensitivity Training)

Tentative date	Unit	Contents	Teaching Pedagogy
May Week 3	1	Introduction to course plan. Definitions of groups; characteristics of groups; goals of groups; and purpose of groups	Lecture and discussions
Week 4	1	Types of groups; differences between group guidance, group counselling and group psychotherapy.	Lecture and discussions Video
Week 5	1	Ethical and professional issues in group counselling, Training of Competent Group Counsellors.	Lecture and discussions
June Week 1	4	Basic Skills – Attending behaviour and observation in groups, basic listening sequence (BLS) in groups,	Lecture, discussions & Videos
Week 2	4	Group process skills – linking, leading, pacing, tone setting, focusing, modeling.	Lecture, discussions & Demonstration Video
Week 3	4	Advanced Skills – positive asset search, eliciting group observation, setting goals,	Lecture and discussions
Week 4	4	reflecting meaning, eliciting group interpretations, mutual feedback, confronting, reframing, self-disclosure.	Lecture , discussions & Group activity Video

Week 5	4	Closing skills – Closing a session; closing a group.	Lecture and discussions
July Week 1	5	Psychodrama	Lecture and discussions & Demonstration
Week 2	5	Psychodrama	Lecture and discussions
Week 3	5	Transactional Analysis	Lecture and discussions & Demonstration
Week 4	5	Transactional Analysis	Lecture and discussions & Demonstration
Week 4	5	Sensitivity training	Lecture and discussions & Demonstration
Week 4		Revision	Activity Discussion & Debate
Week 5		Revision	Activity, discussions & Debate
August week 1		Pre-final examination	

Ms. Namitha Sheba Mathew - Unit 2, Unit 3, Unit 5 (T-group training, CBT, REBT and SFBT)

Tentative date	Unit	Contents	Teaching Pedagogy
May Week 3	2	Introduction to course plan. Group leadership Introduction to groups and group leadership - meaning, definition, professional competence for a group leader and training, personal characteristics of a good group leader	Lecture and discussions
Week 4	2	Role and functions of a group leader	Lecture and discussions

Week 5	2	Issues faced by group leaders	Lecture and discussions
June Week 1	2	Concept of co-leadership, merits and demerits, types of co-leadership	Lecture and discussions
Week 2	3	Stages of the group process <u>Pre-group issues</u> - formation of the group, screening and selecting group participants, open v. closed groups, voluntary v. involuntary groups, homogenous v. heterogeneous groups, group size, meeting place, frequency and length of meetings	Lecture and discussions
Week 3	3	<u>Pre-group issues</u> - multicultural considerations in preparing members for a group experience, member functions and leader functions	Lecture and discussions
Week 4	3	<u>Initial stage</u> - characteristics, group leader functions and skills	Lecture and discussions
Week 5	3	<u>Transition stage</u> - dealing with resistance, conflict and problem members	Lecture and discussions
July Week 1	3	<u>Working stage</u> - group cohesion, therapeutic benefits of a group, function of the leader	Lecture and discussions
Week 2	3	<u>Final stage</u> - consolidation and termination	Lecture and discussions
Week 3	3	<u>Post-group issues</u> - evaluation and follow-up with the group and individual members	Lecture and discussions
Week 4	5	Theories and techniques of group counseling T-group training for group counseling	Lecture and discussions
Week 4	5	CBT for group counseling	Lecture and discussions
Week 4	5	REBT for group counseling	Lecture and discussions
Week 5	5	SFBT for group counseling	Lecture and discussions
August week 1		Pre-final Examinations	
		Revision and doubts clarification	

Internal Assessment

Component 1: (15 marks)

Criteria 1: Open Book Assignment (5 marks)

Description of the Assignment/activity: Open Book Assignment

- The teacher will assign one question to each student.
- Students are expected to bring relevant reference materials to aid in answering the question. A suggestion is to prepare a 1.5-page answer document in Word format and print it for reference during the assignment.
- Students have to bring blank A4 sheets to write their answers. The same has to be signed by the teacher in class.
- No electronic devices are allowed during the assignment.
- They will also have to mention the references that they have used. Online references are discouraged

Evaluation Criteria: A total of 14 marks reduced to 5: Introduction (1 mark), Content (3 marks), and Reference (1 Mark)

Deadline: June 30, 2024 (tentative)

Criteria 2: Group Activity (10 marks)

Description of the Assignment/activity: Activity-based assignment

Specific Guidelines:

- The class will be divided into groups of eight students. Each group will be assigned a topic from the following list.
 - *Counseling Group Plan on the topics given:*
 1. *Victims of Bullying*
 2. *Smoking Cessation*
 3. *Overcoming Anxiety*
 4. *Work-Life Balance*
 5. *Alcohol Recovery*

6. *Victims of Divorce*

7. *Chronic illness*

- The groups will research and find Themes relevant to their assigned topics.
- Based on their chosen themes, they will suggest appropriate uses of various tasks, skills, and techniques for addressing the issues.
- Each group must create a detailed group session plan that includes: A big-picture plan and two session plans that detail the activities for each session.
- To support your case conceptualization, each group must identify and include relevant research evidence that highlights the effectiveness of the chosen tasks, skills, and techniques.
- The groups are required to upload their plans in the GC.
- Participation in the group is mandatory for all group members.
- Failure to submit due to lack of preparation or any other reason will result in the cancellation of your group's presentation and a grade of zero.
- All group sessions plans will be shared with the class.

Evaluation Criteria: Skills - 2 marks, Stages - 2 marks, Techniques - 2 marks, Structure and flow - 2 marks, Research - 2 marks.

Deadline: July 30, 2024 (tentative)

Component 2: (15 marks)

Criteria 1: Attendance (5 marks)

Attendance Evaluation Criteria:

75 - 79 %: 1 mark

80 – 84 %: 2 marks

85 – 89 %: 3 marks

90 – 94 %: 4 marks

95 – 100%: 5 marks

Please note that 75% of attendance is mandatory for attending university exam for this paper.

Criteria 2: Pre-final Examination (10 marks)

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- This is a written exam covering the entire syllabus of this course.
- Actively studying the course material is essential.
- Missing the exam is strongly discouraged. Familiarity with exam procedures is important, and this exam replicates the university exam format to prepare you.
- This exam contributes to your internal assessment marks.

Evaluation Criteria: Total 5 questions for 70 Marks. Each question is for 14 marks

Deadline: August, 2024

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Wishing you the very best!!

Feel free to contact us for any further clarifications-

Lis - elsy.nj@iipr.in

Ms. Namitha S M - namitha.s@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

Course Plan and Syllabus 2024

PAPER NAME: Theoretical Foundations Group Counselling (Paper Code: PC202)

Name of the teachers: Sr. Lis and Ms. Namitha

Course & Semester: M.Sc. Counseling psychology (2nd semester - 2MPC)

Total no of hours for the course: 60 hours

References:

1. Corey, G. (2004). *Theory and practice of group counseling* (6th CA: Broks/ Cole- Thomson Learning.
2. Corey G (2008) *Group Couseling*. New Delhi: Brooks/Cole
3. Jacobs, E. E., Masson, R. L., &Harvill, R. L. (2002). *Group Counseling: Strategies and skills* (4thed.). Pacific Grove, CA: Brooks/ Cole.
4. Yalom, I. D. (2005). *The theory and practice of group psychotherapy* (5th ed.). New York, NY: Basic Books.

Syllabus

Learning Objective: This paper aims to train the students on the process, concepts, and techniques of Group counseling. It provides an overview of the stages, skills, techniques, and strategies of group counseling.

Unit 1- Introduction (12 Hours)

- a. Definitions of groups; characteristics of groups; goals of groups; and purpose of groups
Types of groups; differences between group guidance, group counselling and group psychotherapy.
- b. Ethical and professional issues in group counselling, Training of Competent Group Counsellors.

Unit 2- Group Leadership (12 Hours)

- a. Definition of a group leader; professional competence and training of group leaders; personal characteristics of effective leaders.
- b. Role and functions of group leaders – basic tasks, working in the here-and-now, transference and transparency.
- c. Co-leadership – advantages and limitations; types of co-leadership.

Unit 3- Stages of the Group Process (12 Hours)

- a. Pre-group issues; Initial Stage – characteristics of this stage, group leader functions and skills; Transition stage – resistance, conflict, problem members.
- b. Working stage – productivity, therapeutic factors, leader functions.
- c. Final Stage – consolidation and termination; Post group issues and evaluation.

Unit 4- Leadership Skills (12 Hours)

- a. Basic Skills – Attending behaviour and observation in groups, basic listening sequence (BLS) in groups, group process skills – linking, leading, pacing, tone setting, focusing, modelling.
- b. Advanced Skills – positive asset search, eliciting group observation, setting goals, reflecting meaning, eliciting group interpretations, mutual feedback, confronting, reframing, self-disclosure.
- c. Closing skills – Closing a session; closing a group.

Unit 5- Theories and Techniques of Group Counselling (12 Hours)

- a. Psychodrama
- b. Transactional Analysis
- c. Sensitivity training
- d. T-group training

- e. CBT
- f. REBT
- g. SFBT for Group Counselling.

Course Plan

Sr. Lis - Unit 1, Unit 4, Unit 5 (Psychodrama, Transactional analysis, and Sensitivity Training)

Tentative date	Unit	Contents	Teaching Pedagogy
May Week 3	1	Introduction to course plan. Definitions of groups; characteristics of groups; goals of groups; and purpose of groups	Lecture and discussions
Week 4	1	Types of groups; differences between group guidance, group counselling and group psychotherapy.	Lecture and discussions Video
Week 5	1	Ethical and professional issues in group counselling, Training of Competent Group Counsellors.	Lecture and discussions
June Week 1	4	Basic Skills – Attending behaviour and observation in groups, basic listening sequence (BLS) in groups,	Lecture, discussions & Videos
Week 2	4	Group process skills – linking, leading, pacing, tone setting, focusing, modeling.	Lecture, discussions & Demonstration Video
Week 3	4	Advanced Skills – positive asset search, eliciting group observation, setting goals,	Lecture and discussions

Week 4	4	reflecting meaning, eliciting group interpretations, mutual feedback, confronting, reframing, self-disclosure.	Lecture , discussions & Group activity Video
Week 5	4	Closing skills – Closing a session; closing a group.	Lecture and discussions
July Week 1	5	Psychodrama	Lecture and discussions & Demonstration
Week 2	5	Psychodrama	Lecture and discussions
Week 3	5	Transactional Analysis	Lecture and discussions & Demonstration
Week 4	5	Transactional Analysis	Lecture and discussions & Demonstration
Week 4	5	Sensitivity training	Lecture and discussions & Demonstration
Week 4		Revision	Activity Discussion & Debate
Week 5		Revision	Activity, discussions & Debate
August week 1		Pre-final examination	

Ms. Namitha Sheba Mathew - Unit 2, Unit 3, Unit 5 (T-group training, CBT, REBT and SFBT)

Tentative date	Unit	Contents	Teaching Pedagogy
May Week 3	2	Introduction to course plan. Group leadership Introduction to groups and group leadership - meaning, definition, professional competence for a group leader and training, personal characteristics of a good group leader	Lecture and discussions

Week 4	2	Role and functions of a group leader	Lecture and discussions
Week 5	2	Issues faced by group leaders	Lecture and discussions
June Week 1	2	Concept of co-leadership, merits and demerits, types of co-leadership	Lecture and discussions
Week 2	3	Stages of the group process <u>Pre-group issues</u> - formation of the group, screening and selecting group participants, open v. closed groups, voluntary v. involuntary groups, homogenous v. heterogenous groups, group size, meeting place, frequency and length of meetings	Lecture and discussions
Week 3	3	<u>Pre-group issues</u> - multicultural considerations in preparing members for a group experience, member functions and leader functions	Lecture and discussions
Week 4	3	<u>Initial stage</u> - characteristics, group leader functions and skills	Lecture and discussions
Week 5	3	<u>Transition stage</u> - dealing with resistance, conflict and problem members	Lecture and discussions
July Week 1	3	<u>Working stage</u> - group cohesion, therapeutic benefits of a group, function of the leader	Lecture and discussions
Week 2	3	<u>Final stage</u> - consolidation and termination	Lecture and discussions
Week 3	3	<u>Post-group issues</u> - evaluation and follow-up with the group and individual members	Lecture and discussions
Week 4	5	Theories and techniques of group counseling T-group training for group counseling	Lecture and discussions
Week 4	5	CBT for group counseling	Lecture and discussions
Week 4	5	REBT for group counseling	Lecture and discussions
Week 5	5	SFBT for group counseling	Lecture and discussions
August week 1		Pre-final Examinations	

		Revision and doubts clarification	
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Internal Assessment

Component 1: (15 marks)

Criteria 1: Open Book Assignment (5 marks)

Description of the Assignment/activity: Open Book Assignment

- The teacher will assign one question to each student.
- Students are expected to bring relevant reference materials to aid in answering the question. A suggestion is to prepare a 1.5-page answer document in Word format and print it for reference during the assignment.
- Students have to bring blank A4 sheets to write their answers. The same has to be signed by the teacher in class.
- No electronic devices are allowed during the assignment.
- They will also have to mention the references that they have used. Online references are discouraged

Evaluation Criteria: A total of 14 marks reduced to 5: Introduction (5 mark), Content (5 marks), and Reference (4 Mark)

Deadline: June 30, 2024 (tentative)

Criteria 2: Group Activity (10 marks)

Description of the Assignment/activity: Activity-based assignment

Specific Guidelines:

- The class will be divided into groups of 10 students. Each group will be assigned a topic from the following list.
 - *Counseling Group Plan on the topics given:*
 1. *Victims of Bullying*
 2. *Smoking Cessation*
 3. *Overcoming Anxiety*
 4. *Work-Life Balance*

5. *Alcohol Recovery*
6. *Victims of Divorce*
7. *Chronic illness*
8. *Children in the Juvenile homes*
9. *Grief and Loss*
10. *Stress and burnout*

- The groups will research and find Themes relevant to their assigned topics.
- Based on their chosen themes, they will suggest appropriate uses of various tasks, skills, and techniques for addressing the issues.
- Each group must create a detailed group session plan that includes: A big-picture plan and two session plans that detail the activities for each session.
- To support your case conceptualization, each group must identify and include relevant research evidence that highlights the effectiveness of the chosen tasks, skills, and techniques.
- The groups are required to upload their plans in the GC.
- Participation in the group is mandatory for all group members.
- Failure to submit due to lack of preparation or any other reason will result in the cancellation of your group's presentation and a grade of zero.
- All group sessions plans will be shared with the class.

Evaluation Criteria: Skills - 2 marks, Stages - 2 marks, Techniques - 2 marks, Structure and flow - 2 marks, Research - 2 marks.

Deadline: July 30, 2024 (tentative)

Component 2: (15 marks)

Criteria 1: Attendance (5 marks)

Attendance Evaluation Criteria:

75 - 79 %: 1 mark

80 – 84 %: 2 marks

85 – 89 %: 3 marks

90 – 94 %: 4 marks

95 – 100%: 5 marks

Please note that 75% of attendance is mandatory for attending university exam for this paper.

Criteria 2: Pre-final Examination (10 marks)

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- This is a written exam covering the entire syllabus of this course.
- Actively studying the course material is essential.
- Missing the exam is strongly discouraged. Familiarity with exam procedures is important, and this exam replicates the university exam format to prepare you.
- This exam contributes to your internal assessment marks.

Evaluation Criteria: Total 5 questions for 70 Marks. Each question is for 14 marks

Deadline: August, 2024

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Wishing you the very best!!

Feel free to contact us for any further clarifications-

Sr. Lis - elsy.nj@iipr.in

Ms. Namitha S M - namitha.s@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

Course Plan and Syllabus 2024

PAPER NAME: Theoretical Foundations Group Counselling (Paper Code: PC202)

Name of the teachers: Lis and Ms. Namitha

Course & Semester: M.Sc. Counseling psychology (2nd semester - 2MPC)

Total no of hours for the course: 60 hours

References:

1. Corey, G. (2004). *Theory and practice of group counseling* (6th CA: Broks/ Cole- Thomson Learning.
2. Corey G (2008) *Group Couseling*. New Delhi: Brooks/Cole
3. Jacobs, E. E., Masson, R. L., &Harvill, R. L. (2002). *Group Counseling: Strategies and skills* (4thed.). Pacific Grove, CA: Brooks/ Cole.
4. Yalom, I. D. (2005). *The theory and practice of group psychotherapy* (5th ed.). New York, NY: Basic Books.

Syllabus

Learning Objective: This paper aims to train the students on the process, concepts, and techniques of Group counseling. It provides an overview of the stages, skills, techniques, and strategies of group counseling.

Unit 1- Introduction (12 Hours)

- a. Definitions of groups; characteristics of groups; goals of groups; and purpose of groups
Types of groups; differences between group guidance, group counselling and group psychotherapy.
- b. Ethical and professional issues in group counselling, Training of Competent Group Counsellors.

Unit 2- Group Leadership (12 Hours)

- a. Definition of a group leader; professional competence and training of group leaders; personal characteristics of effective leaders.
- b. Role and functions of group leaders – basic tasks, working in the here-and-now, transference and transparency.
- c. Co-leadership – advantages and limitations; types of co-leadership.

Unit 3- Stages of the Group Process (12 Hours)

- a. Pre-group issues; Initial Stage – characteristics of this stage, group leader functions and skills; Transition stage – resistance, conflict, problem members.
- b. Working stage – productivity, therapeutic factors, leader functions.
- c. Final Stage – consolidation and termination; Post group issues and evaluation.

Unit 4- Leadership Skills (12 Hours)

- a. Basic Skills – Attending behaviour and observation in groups, basic listening sequence (BLS) in groups, group process skills – linking, leading, pacing, tone setting, focusing, modelling.
- b. Advanced Skills – positive asset search, eliciting group observation, setting goals, reflecting meaning, eliciting group interpretations, mutual feedback, confronting, reframing, self-disclosure.
- c. Closing skills – Closing a session; closing a group.

Unit 5- Theories and Techniques of Group Counselling (12 Hours)

- a. Psychodrama
- b. Transactional Analysis
- c. Sensitivity training
- d. T-group training

- e. CBT
- f. REBT
- g. SFBT for Group Counselling.

Course Plan

Lis - Unit 1, Unit 4, Unit 5 (Psychodrama, Transactional analysis, and Sensitivity Training)

Tentative date	Unit	Contents	Teaching Pedagogy
May Week 3	1	Introduction to course plan. Definitions of groups; characteristics of groups; goals of groups; and purpose of groups	Lecture and discussions
Week 4	1	Types of groups; differences between group guidance, group counselling and group psychotherapy.	Lecture and discussions Video
Week 5	1	Ethical and professional issues in group counselling, Training of Competent Group Counsellors.	Lecture and discussions
June Week 1	4	Basic Skills – Attending behaviour and observation in groups, basic listening sequence (BLS) in groups,	Lecture, discussions & Videos
Week 2	4	Group process skills – linking, leading, pacing, tone setting, focusing, modeling.	Lecture, discussions & Demonstration Video
Week 3	4	Advanced Skills – positive asset search, eliciting group observation, setting goals,	Lecture and discussions
Week 4	4	reflecting meaning, eliciting group interpretations, mutual feedback, confronting, reframing, self-disclosure.	Lecture , discussions & Group activity Video

Week 5	4	Closing skills – Closing a session; closing a group.	Lecture and discussions
July Week 1	5	Psychodrama	Lecture and discussions & Demonstration
Week 2	5	Psychodrama	Lecture and discussions
Week 3	5	Transactional Analysis	Lecture and discussions & Demonstration
Week 4	5	Transactional Analysis	Lecture and discussions & Demonstration
Week 4	5	Sensitivity training	Lecture and discussions & Demonstration
Week 4		Revision	Activity Discussion & Debate
Week 5		Revision	Activity, discussions & Debate
August week 1		Pre-final examination	

Ms. Namitha Sheba Mathew - Unit 2, Unit 3, Unit 5 (T-group training, CBT, REBT and SFBT)

Tentative date	Unit	Contents	Teaching Pedagogy
May Week 3	2	Introduction to course plan. Group leadership Introduction to groups and group leadership - meaning, definition, professional competence for a group leader and training, personal characteristics of a good group leader	Lecture and discussions
Week 4	2	Role and functions of a group leader	Lecture and discussions

Week 5	2	Issues faced by group leaders	Lecture and discussions
June Week 1	2	Concept of co-leadership, merits and demerits, types of co-leadership	Lecture and discussions
Week 2	3	Stages of the group process <u>Pre-group issues</u> - formation of the group, screening and selecting group participants, open v. closed groups, voluntary v. involuntary groups, homogenous v. heterogeneous groups, group size, meeting place, frequency and length of meetings	Lecture and discussions
Week 3	3	<u>Pre-group issues</u> - multicultural considerations in preparing members for a group experience, member functions and leader functions	Lecture and discussions
Week 4	3	<u>Initial stage</u> - characteristics, group leader functions and skills	Lecture and discussions
Week 5	3	<u>Transition stage</u> - dealing with resistance, conflict and problem members	Lecture and discussions
July Week 1	3	<u>Working stage</u> - group cohesion, therapeutic benefits of a group, function of the leader	Lecture and discussions
Week 2	3	<u>Final stage</u> - consolidation and termination	Lecture and discussions
Week 3	3	<u>Post-group issues</u> - evaluation and follow-up with the group and individual members	Lecture and discussions
Week 4	5	Theories and techniques of group counseling T-group training for group counseling	Lecture and discussions
Week 4	5	CBT for group counseling	Lecture and discussions
Week 4	5	REBT for group counseling	Lecture and discussions
Week 5	5	SFBT for group counseling	Lecture and discussions
August week 1		Pre-final Examinations	
		Revision and doubts clarification	

Internal Assessment

Component 1: (15 marks)

Criteria 1: Open Book Assignment (5 marks)

Description of the Assignment/activity: Open Book Assignment

- The teacher will assign one question to each student.
- Students are expected to bring relevant reference materials to aid in answering the question. A suggestion is to prepare a 1.5-page answer document in Word format and print it for reference during the assignment.
- Students have to bring blank A4 sheets to write their answers. The same has to be signed by the teacher in class.
- No electronic devices are allowed during the assignment.
- They will also have to mention the references that they have used. Online references are discouraged

Evaluation Criteria: A total of 14 marks reduced to 5: Introduction (1 mark), Content (3 marks), and Reference (1 Mark)

Deadline: June 30, 2024 (tentative)

Criteria 2: Group Activity (10 marks)

Description of the Assignment/activity: Activity-based assignment

Specific Guidelines:

- The class will be divided into groups of eight students. Each group will be assigned a topic from the following list.
 - *Counseling Group Plan on the topics given:*
 1. *Victims of Bullying*
 2. *Smoking Cessation*
 3. *Overcoming Anxiety*
 4. *Work-Life Balance*
 5. *Alcohol Recovery*
 6. *Victims of Divorce*
 7. *Chronic illness*

- The groups will research and find Themes relevant to their assigned topics.
- Based on their chosen themes, they will suggest appropriate uses of various tasks, skills, and techniques for addressing the issues.
- Each group must create a detailed group session plan that includes: A big-picture plan and two session plans that detail the activities for each session.
- To support your case conceptualization, each group must identify and include relevant research evidence that highlights the effectiveness of the chosen tasks, skills, and techniques.
- The groups are required to upload their plans in the GC.
- Participation in the group is mandatory for all group members.
- Failure to submit due to lack of preparation or any other reason will result in the cancellation of your group's presentation and a grade of zero.
- All group sessions plans will be shared with the class.

Evaluation Criteria: Skills - 2 marks, Stages - 2 marks, Techniques - 2 marks, Structure and flow - 2 marks, Research - 2 marks.

Deadline: July 30, 2024 (tentative)

Component 2: (15 marks)

Criteria 1: Attendance (5 marks)

Attendance Evaluation Criteria:

- 75 - 79 %: 1 mark
- 80 – 84 %: 2 marks
- 85 – 89 %: 3 marks
- 90 – 94 %: 4 marks
- 95 – 100%: 5 marks

Please note that 75% of attendance is mandatory for attending university exam for this paper.

Criteria 2: Pre-final Examination (10 marks)

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- This is a written exam covering the entire syllabus of this course.
- Actively studying the course material is essential.
- Missing the exam is strongly discouraged. Familiarity with exam procedures is important, and this exam replicates the university exam format to prepare you.
- This exam contributes to your internal assessment marks.

Evaluation Criteria: Total 5 questions for 70 Marks. Each question is for 14 marks

Deadline: August, 2024

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Wishing you the very best!!

Feel free to contact us for any further clarifications-

Lis - elsy.nj@iipr.in

Ms. Namitha S M - namitha.s@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 2024-25

Practical 1

PAPER NAME: Techniques of Individual Counseling (205)

Name of the teachers : Ms.Smita Chakraborty, Dr. Zarine Immanuel, Lis, Ms. Bhanumathi, Ms. Namitha & Ms.Anwesha Ghosh

Course & Semester : 2 MPC

Total no of hours for the Course : 120 hours

Contents

1. Consent Form, Case History and MSE
2. Behavior Performa
3. Case Conceptualization (Counseling Models and Therapeutic Models)
4. Session Transcript
5. Session Report

1. BEHAVIORAL APPROACHES (BT)

- a. Behaviour Performa
- b. Systematic Desensitization
- c. JPMR, Biofeedback
- d. Token Economy
- e. Shaping
- f. Habit Reversal
- g. Assertiveness Training

h. Role playing and role reversal

2. COGNITIVE BEHAVIORAL APPROACHES (CBT)

- a. Socratic Questioning
- b. Thought Diary
- c. Thought Distraction
- d. Thought Stopping

3. RATIONAL EMOTIVE BEHAVIOR THERAPY (REBT)

- a. ABCDE Analysis

4. SELF INSTRUCTION TRAINING (SIT)

5. Postmodern Approach

- a. SFBT

ICT Course Plan

Month/ Week/ Date	Practical	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy	Dates of record submission (Tentative)
May Week 3		Introduction/ Division of groups/ allotment of topics. Case History Case Conceptualisation	<ul style="list-style-type: none"> • Lecture & Discussion 	
May Week 3	1.	Introduction to Behaviour Modification, Behavioural Performa	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	May 20, 2024
May Week 4	2.	Systematic Desensitization	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in triads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	June 3, 2024
May week 4	3	JPMR Biofeedback	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in triads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	Jun 5, 2024

May Week 5	4	Token Economy	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in triads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	Jun 10, 2024
June Week 1	5	Shaping	<ul style="list-style-type: none"> • Presentation of Topic • Writing & Submission 	Jun 17, 2024
June Week 2	6	Habit Reversal	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in triads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	Jun 24, 2024
June week 2	c.	Assertiveness Training,	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in triads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	Jul 1, 2024
June week 3	d.	Role playing and role reversal	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in triads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	Jul 8, 2024

July Week 1	e. f.	CBT- Socratic Questioning & Thought Diary Thought Stopping & Thought Distraction	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in triads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	Jul 15, 2024
July Week 2	g. h.	REBT – ABCDE Analysis	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in triads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	Jul 22, 2024
July Week 3		Self-Instructional Training	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in triads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	Jul 29, 2024
July Week 4	5 a.	Introduction to Postmodern approach SFBT	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in triads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	Jul 31, 2024
July Week 5		Revision and Clarification		
August Week 1		Pre final Examination		
August Week 2		Record Submission		

Internal Assessment:

Component 1: (15 marks)

Criteria 1: Personal Therapy (5 Marks)

Description of the Assignment/activity: **Personal Therapy**

Personal Therapy Requirements:

- All students are required to undergo personal therapy sessions with a trained and professional counsellor/psychologist.
- **Therapist Approval:** Students must obtain approval from their batch teacher before starting therapy. Only counselors approved by the batch teachers can be continued for these sessions.
- A log sheet will be provided. Your counselor must sign the log sheet after each session. Completed log sheets must be submitted to the batch teacher at the end of the semester.
- Minimum of 6 sessions of therapy/counselling is mandatory under trained and professional counselors.
- Online counselling not permitted.
- Sessions taken with IIPR trainee counselors/teachers will not be considered.

Deadline: August, Week 1, 2024.

Criteria 2: Practical record (10 marks)

Description of the Assignment/activity: **Record Submission**

Specific Guidelines:

- Presentation on the Practical's to be covered in the Paper through the semester.
- The class will be divided into groups and will be allocated topics and date of presentation. It should be PPT Presentations with relevant illustrations (Videos, transcripts and a demo of minimum 3 minutes)
- **Presentation Requirements:**
 - The presentation PPT must be submitted to all batch teachers one week prior to the presentation date.
 - Incorporate feedback and suggestions provided by the teachers before presenting. Unapproved presentations will not be allowed.
 - In case of an emergency leave by a group member, inform all batch teachers via email prior to the presentation, not after.
 - All communication regarding group presentations should be sent to all batch teachers.
 - To swap presentations between groups, written permission must be obtained from all batch teachers one week prior. Group members are responsible for coordinating any necessary arrangements.
 - Failure to present due to lack of preparation or any other reason will result in the cancellation of your group's presentation and a grade of zero.
- **Record Submission:**
 - After each presentation, all participants are required to conduct a mock training session (minimum 30 to 45 minutes) to demonstrate the techniques.
 - Introduction (minimum 2 pages), Case history, Case conceptualization, MSE, Verbatim, Session Plans, Session reports and audio recording of all sessions to be submitted for evaluation.
 - The introduction to each technique of the presentation must be submitted in the same week of the presentation itself.
 - The report on your session is due two weeks after the presentation.
 - Failure to make these submissions on time will result in ineligibility for that particular submission and a grade of zero.

- **Evaluation Criteria:**

- Introduction – 10 marks
- Case history, Case conceptualization, MSE - 10 marks
- Verbatim, Session Plans and Session reports - 10 marks

Marks Practical: 10 marks: an average will be taken of the entire conducted Practical's.

Deadline: Ongoing & Continuous

Component 2: (15 marks)

Criteria 1: Attendance (5 Marks)

Description of the Assignment: Attendance

Evaluation Criteria:

75 - 79 %: 1 mark

80 – 84 %: 2 marks

85 – 89 %: 3 marks

90 – 94 %: 4 marks

95 – 100%: 5 marks

Please note that 75% of attendance is mandatory for attending university exam for this practical paper.

Criteria 2: Pre final Examination (10 marks)

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- Demonstrate two techniques during the exam.
- You have to bring your subject for the exam.
- The pre-final exam will follow the same record writing format.
 - Detailed Introduction
 - Case History
 - Case Conceptualization
 - MSE (Mental Status Examination)
 - Verbatim of the Session
 - Session Plans
 - Session Reports
 - Audio Recording of the Session.
- If you are unable to attend the pre-final exam, you must send an email prior to the exam date to the coordinator of examinations and CC your class teachers.

Evaluation Criteria: Introduction (10), Skill Demonstration (20), Introduction, Case history, Case conceptualization, MSE, Verbatim, Session Plans and Session reports (20) and Viva (20). Total 70 Marks.

Deadline: August, week 2, 2024

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

- Ms. Smita Chakraborty: smita.chakraborty@iipr.in
- Dr. Zarine Immanuel: zarine.estherimmanuel@iipr.in
- Ms. Elsy N J: elsy.nj@iipr.in
- Ms. Bhanumathi : bhanumathi.s@iipr.in
- Ms Anwasha Ghosh: anwasha.ghosh@iipr.in
- Ms. Namitha Mathew: namitha.s@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 2024-25

Practical 1

PAPER NAME: Techniques of Individual Counseling (205)

Name of the teachers : Ms.Smita Chakraborty, Dr. Zarine Immanuel, Ms. Elsy N.J, Ms. Bhanumathi,
Ms. Namitha & Ms.Anwesa Ghosh
Course & Semester : **2 MPC**
Total no of hours for the Course : **120 hours**

Contents

1. Consent Form, Case History and MSE
2. Behavior Performa
3. Case Conceptualization (Counseling Models and Therapeutic Models)
4. Session Transcript
5. Session Report

1. BEHAVIORAL APPROACHES (BT)

- a. Behaviour Performa
- b. Systematic Desensitization
- c. JPMR, Biofeedback
- d. Token Economy
- e. Shaping
- f. Habit Reversal
- g. Assertiveness Training
- h. Role playing and role reversal

2. **COGNITIVE BEHAVIORAL APPROACHES (CBT)**
 - a. Socratic Questioning
 - b. Thought Diary
 - c. Thought Distraction
 - d. Thought Stopping

3. **RATIONAL EMOTIVE BEHAVIOR THERAPY (REBT)**
 - a. ABCDE Analysis

4. **SELF INSTRUCTION TRAINING (SIT)**

5. **Postmodern Approach**
 - a. SFBT

ICT Course Plan

Month/ Week/ Date	Practical	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy	Dates of record submission (Tentative)
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May Week 3		Introduction/ Division of groups/ allotment of topics. Case History Case Conceptualisation	<ul style="list-style-type: none"> • Lecture & Discussion 	
May Week 3	1. a	Introduction to Behaviour Modification, Behavioural Performa	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	May 20, 2024
May Week 4	b.	Systematic Desensitization	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	May 27, 2024
May week 4	c.	JPMR Biofeedback	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	June 3, 2024

May Week 5	d.	Token Economy	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	June 10, 2024
June Week 2	e.	Shaping	<ul style="list-style-type: none"> • Presentation of Topic • Writing & Submission 	June 17, 2024
June Week 3	f.	Habit Reversal	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	June 24, 2024
June week 4	g.	Assertiveness Training,	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	July 1, 2024
July week 1	h.	Role playing and role reversal	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	July 8, 2024

July Week 2	2. a. b.	CBT- Socratic Questioning & Thought Diary	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	July 15, 2024
July Week 3	c. d.	Thought Stopping & Thought Distraction	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	July 22, 2024
July Week 4	3. a.	REBT – ABCDE Analysis	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	July 29, 2024
August Week 1	4.	Self-Instructional Training	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	July 29, 2024
August week 2	5.	Introduction to Postmodern approach SFBT	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	August 5, 2024

August Week 2	Revision and Clarification			August Week 2
August Week 3		Pre final Examination	Feedback on performance and tips to excel in Practicals	
August Week 4		Final Bound record submission with passport size photograph adhering to all prerequisites of submissions, for official seals and signatures.		

Internal Assessment:

Component 1: (15 marks)

Criteria 1: Personal Therapy (5 Marks)

Description of the Assignment/activity: **Personal Therapy**

Personal Therapy Requirements:

- All students are required to undergo personal therapy sessions with a trained and professional counsellor/psychologist.
- **Therapist Approval:** Students must obtain approval from their batch teacher before starting therapy. Only counselors approved by the batch teachers can be continued for these sessions.

- A log sheet will be provided. Your counselor must sign the log sheet after each session. Completed log sheets must be submitted to the batch teacher at the end of the semester.
- Minimum of 6 sessions of therapy/counselling is mandatory under trained and professional counselors.
- Online counselling not permitted.
- Sessions taken with IIPR trainee counselors/teachers will not be considered.

Deadline: August, Week 1, 2024.

Criteria 2: Practical record (10 marks)

Description of the Assignment/activity: **Record Submission**

Specific Guidelines:

- Presentation on the Practical's to be covered in the Paper through the semester.
- The class will be divided into groups and will be allocated topics and date of presentation. It should be PPT Presentations with relevant illustrations (Videos, transcripts and a demo of minimum 3 minutes)

Presentation Requirements:

- The presentation PPT must be submitted to all batch teachers one week prior to the presentation date.
- Incorporate feedback and suggestions provided by the teachers before presenting. Unapproved presentations will not be allowed.
- In case of an emergency leave by a group member, inform all batch teachers via email prior to the presentation, not after.
- All communication regarding group presentations should be sent to all batch teachers.
- To swap presentations between groups, written permission must be obtained from all batch teachers one week prior. Group members are responsible for coordinating any necessary arrangements.

- Failure to present due to lack of preparation or any other reason will result in the cancellation of your group's presentation and a grade of zero.

Record Submission:

- After each presentation, all participants are required to conduct a mock training session (Dyad, minimum 30 to 45 minutes) to demonstrate the techniques.
- Introduction (minimum 2 pages), Case history, Case conceptualization, MSE, Verbatim, Session Plans, Session reports and audio recording of all sessions to be submitted for evaluation.
- The introduction to each technique of the presentation must be submitted in the same week of the presentation itself.
- The report on your session is due two weeks after the presentation.
- Failure to make these submissions on time will result in ineligibility for that particular submission and a grade of zero.
- **Evaluation Criteria:**
 - Introduction – 10 marks
 - Case history, Case conceptualization, MSE - 10 marks
 - Verbatim, Session Plans and Session reports - 10 marks

Marks Practical: 10 marks: an average will be taken of the entire conducted Practical's.

Deadline: Ongoing & Continuous

Component 2: (15 marks)

Criteria 1: Attendance (5 Marks)

Description of the Assignment: Attendance

Evaluation Criteria:

75 - 79 %: 1 mark

80 – 84 %: 2 marks

85 – 89 %: 3 marks

90 – 94 %: 4 marks

95 – 100%: 5 marks

Please note that 75% of attendance is mandatory for attending university exam for this practical paper.

Criteria 2: Pre final Examination (10 marks)

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- Demonstrate two techniques during the exam.
- You have to bring your subject for the exam.

The pre-final exam will follow the same record writing format.

- Detailed Introduction
- Case History
- Case Conceptualization
- MSE (Mental Status Examination)
- Verbatim of the Session
- Session Plans
- Session Reports
- Audio Recording of the Session.
- If you are unable to attend the pre-final exam, you must send an email prior to the exam date to the coordinator of examinations and CC your class teachers.

Evaluation Criteria: Introduction (10), Skill Demonstration (20), Introduction, Case history, Case conceptualization, MSE, Verbatim, Session Plans and Session reports (20) and Viva (20). Total 70 Marks.

Deadline: August, week 2, 2024

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

- Ms. Smita Chakraborty: smita.chakraborty@iipr.in
- Dr. Zarine Immanuel: zarine.estherimmanuel@iipr.in
- Ms. Elsy N J: elsy.nj@iipr.in
- Ms. Bhanumathi : bhanumathi.s@iipr.in
- Ms Anwesh Ghosh: anwesh.ghosh@iipr.in
- Ms. Namitha Mathew: namitha.s@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 2024-25

Practical 1

PAPER NAME: Techniques of Individual Counseling (205)

Name of the teachers : Ms.Smita Chakraborty, Dr. Zarine Immanuel, Ms. Elsy N.J, Ms. Bhanumathi,
Ms. Namitha & Ms.Anwesa Ghosh
Course & Semester : **2 MPC**
Total no of hours for the Course : **120 hours**

Contents

1. Consent Form, Case History and MSE
2. Behavior Performa
3. Case Conceptualization (Counseling Models and Therapeutic Models)
4. Session Transcript
5. Session Report

1. BEHAVIORAL APPROACHES (BT)

- a. Behaviour Performa
- b. Systematic Desensitization
- c. JPMR, Biofeedback
- d. Token Economy
- e. Shaping
- f. Habit Reversal
- g. Assertiveness Training
- h. Role playing and role reversal

2. **COGNITIVE BEHAVIORAL APPROACHES (CBT)**
 - a. Socratic Questioning
 - b. Thought Diary
 - c. Thought Distraction
 - d. Thought Stopping

3. **RATIONAL EMOTIVE BEHAVIOR THERAPY (REBT)**
 - a. ABCDE Analysis

4. **SELF INSTRUCTION TRAINING (SIT)**

5. **Postmodern Approach**
 - a. SFBT

ICT Course Plan

Month/ Week/ Date	Practical	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy	Dates of record submission (Tentative)
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May Week 3		Introduction/ Division of groups/ allotment of topics. Case History Case Conceptualisation	<ul style="list-style-type: none"> • Lecture & Discussion 	
May Week 3	1. a	Introduction to Behaviour Modification, Behavioural Performa	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	May 20, 2024
May Week 4	b.	Systematic Desensitization	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	May 27, 2024
May week 4	c.	JPMR Biofeedback	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	June 3, 2024

May Week 5	d.	Token Economy	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	June 10, 2024
June Week 2	e.	Shaping	<ul style="list-style-type: none"> • Presentation of Topic • Writing & Submission 	June 17, 2024
June Week 3	f.	Habit Reversal	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	June 24, 2024
June week 4	g.	Assertiveness Training,	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	July 1, 2024
July week 1	h.	Role playing and role reversal	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	July 8, 2024

July Week 2	2. a. b.	CBT- Socratic Questioning & Thought Diary	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	July 15, 2024
July Week 3	c. d.	Thought Stopping & Thought Distraction	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	July 22, 2024
July Week 4	3. a.	REBT – ABCDE Analysis	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	July 29, 2024
August Week 1	4.	Self-Instructional Training	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	July 29, 2024
August week 2	5.	Introduction to Postmodern approach SFBT	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	August 5, 2024

August Week 2	Revision and Clarification			August Week 2
August Week 3		Pre final Examination	Feedback on performance and tips to excel in Practicals	
August Week 4		Final Bound record submission with passport size photograph adhering to all prerequisites of submissions, for official seals and signatures.		

Internal Assessment:

Component 1: (15 marks)

Criteria 1: Personal Therapy (5 Marks)

Description of the Assignment/activity: **Personal Therapy**

Personal Therapy Requirements:

- All students are required to undergo personal therapy sessions with a trained and professional counsellor/psychologist.
- **Therapist Approval:** Students must obtain approval from their batch teacher before starting therapy. Only counselors approved by the batch teachers can be continued for these sessions.

- A log sheet will be provided. Your counselor must sign the log sheet after each session. Completed log sheets must be submitted to the batch teacher at the end of the semester.
- Minimum of 6 sessions of therapy/counselling is mandatory under trained and professional counselors.
- Online counselling not permitted.
- Sessions taken with IIPR trainee counselors/teachers will not be considered.

Deadline: August, Week 1, 2024.

Criteria 2: Practical record (10 marks)

Description of the Assignment/activity: **Record Submission**

Specific Guidelines:

- Presentation on the Practical's to be covered in the Paper through the semester.
- The class will be divided into groups and will be allocated topics and date of presentation. It should be PPT Presentations with relevant illustrations (Videos, transcripts and a demo of minimum 3 minutes)

Presentation Requirements:

- The presentation PPT must be submitted to all batch teachers one week prior to the presentation date.
- Incorporate feedback and suggestions provided by the teachers before presenting. Unapproved presentations will not be allowed.
- In case of an emergency leave by a group member, inform all batch teachers via email prior to the presentation, not after.
- All communication regarding group presentations should be sent to all batch teachers.
- To swap presentations between groups, written permission must be obtained from all batch teachers one week prior. Group members are responsible for coordinating any necessary arrangements.

- Failure to present due to lack of preparation or any other reason will result in the cancellation of your group's presentation and a grade of zero.

Record Submission:

- After each presentation, all participants are required to conduct a mock training session (Dyad, minimum 30 to 45 minutes) to demonstrate the techniques.
- Introduction (minimum 2 pages), Case history, Case conceptualization, MSE, Verbatim, Session Plans, Session reports and audio recording of all sessions to be submitted for evaluation.
- The introduction to each technique of the presentation must be submitted in the same week of the presentation itself.
- The report on your session is due two weeks after the presentation.
- Failure to make these submissions on time will result in ineligibility for that particular submission and a grade of zero.
- **Evaluation Criteria:**
 - Introduction – 10 marks
 - Case history, Case conceptualization, MSE - 10 marks
 - Verbatim, Session Plans and Session reports - 10 marks

Marks Practical: 10 marks: an average will be taken of the entire conducted Practical's.

Deadline: Ongoing & Continuous

Component 2: (15 marks)

Criteria 1: Attendance (5 Marks)

Description of the Assignment: Attendance

Evaluation Criteria:

75 - 79 %: 1 mark

80 – 84 %: 2 marks

85 – 89 %: 3 marks

90 – 94 %: 4 marks

95 – 100%: 5 marks

Please note that 75% of attendance is mandatory for attending university exam for this practical paper.

Criteria 2: Pre final Examination (10 marks)

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- Demonstrate two techniques during the exam.
- You have to bring your subject for the exam.

The pre-final exam will follow the same record writing format.

- Detailed Introduction
- Case History
- Case Conceptualization
- MSE (Mental Status Examination)
- Verbatim of the Session
- Session Plans
- Session Reports
- Audio Recording of the Session.
- If you are unable to attend the pre-final exam, you must send an email prior to the exam date to the coordinator of examinations and CC your class teachers.

Evaluation Criteria: Introduction (10), Skill Demonstration (20), Introduction, Case history, Case conceptualization, MSE, Verbatim, Session Plans and Session reports (20) and Viva (20). Total 70 Marks.

Deadline: August, week 2, 2024

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

- Ms. Smita Chakraborty: smitta.chakraborty@iipr.in
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- Ms. Elsy N J: elsy.nj@iipr.in
- Ms. Bhanumathi : bhanumathi.s@iipr.in
- Ms Anwasha Ghosh: anwasha.ghosh@iipr.in
- Ms. Namitha Mathew: namitha.s@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 2024-25

Practical 1

PAPER NAME: Techniques of Individual Counseling (205)

Name of the teachers : Ms.Smita Chakraborty, Dr. Zarine Immanuel, Ms. Elsy N.J, Ms. Bhanumathi,
Ms. Namitha & Ms.Anwasha Ghosh
Course & Semester : 2 MPC
Total no of hours for the Course : 120 hours

Contents

1. Consent Form
2. Case History and MSE
3. Case Conceptualization (Counseling Models and Therapeutic Models)
4. Session Plans
5. Session Transcript
6. Session Report

1. BEHAVIORAL APPROACHES (BT)

- a. Behaviour Performa (Behaviour analysis - functional assessment)
- b. Systematic Desensitization, JPMR
- c. Biofeedback
- d. Token Economy
- e. Shaping
- f. Habit Reversal
- g. Role playing and role reversal

2. COGNITIVE BEHAVIORAL APPROACHES (CBT)

- a. Socratic Questioning
- b. Thought Diary
- c. Thought Distraction
- d. Thought Stopping
- e. Assertiveness Training
- f. SIT

3. RATIONAL EMOTIVE BEHAVIOR THERAPY (REBT)

- a. ABCDE Analysis

4. Postmodern Approach

- a. SFBT

ICT Course Plan

Month/ Week/ Date	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy	Dates of record submission (Tentative)
May Week 3	Course plan orientation, Introduction/ Division of groups/ allotment of topics. Case History Case Conceptualisation, MSE, Session plan, session reports.	<ul style="list-style-type: none"> Lecture & Discussion 	
	Introduction to Behaviour Approach, Behavioural Performa (Behaviour analysis - functional assessment) Systematic Desensitization	<ul style="list-style-type: none"> Presentation of Topic Individual Supervision with respective batch teachers Writing & Submission, Video, A case discussion, Demo 	June 3 2024
May Week 4	JPMR, Biofeedback Token Economy	<ul style="list-style-type: none"> Presentation of Topic Individual Supervision with respective batch teachers Writing & Submission, Video, JPMR Practice session. Demo on Token economy 	June 17, 2024
May week 5	Shaping Habit Reversal Role playing and role reversal	<ul style="list-style-type: none"> Presentation of Topic Individual Supervision with respective batch teachers Writing & Submission, Demo, Video 	

June Week 1	CBT -Introduction Socratic Questioning Thought Diary	<ul style="list-style-type: none"> • Presentation of Topic – • Individual Supervision with respective batch teachers • Writing & Submission, Demo, Video, Case discussion, Worksheets. 	July 1, 2024
June Week 2	CBT- Thought Distraction Thought Stopping	<ul style="list-style-type: none"> • Presentation of Topic – • Individual Supervision with respective batch teachers • Writing & Submission, Demo, Video 	July 15, 2024
June Week 3	Assertiveness Training SIT	<ul style="list-style-type: none"> • Presentation of Topic – • Individual Supervision with respective batch teachers • Writing & Submission, Demo, Video, Article review 	July 29, 2024
June week 4	REBT – ABCDE Analysis	<ul style="list-style-type: none"> • Presentation of Topic – • Individual Supervision with respective batch teachers • Writing & Submission, Demo, Video, Worksheets 	August 5, 2024
June week 5	Introduction to Postmodern approach SFBT	<ul style="list-style-type: none"> • Presentation of Topic – • Individual Supervision with respective batch teachers • Writing & Submission, Demo, Video 	August 12, 2024
July week 1 to August week 2	Revision and Clarification and record submissions		August Week 2

August Week 3	Pre final Examination	Feedback on performance and tips to excel in Practicals	
August Week 4	Final Bound record submission with passport size photograph adhering to all prerequisites of submissions, for official seals and signatures.		

Internal Assessment:

Component 1: (15 marks)

Criteria 1: Personal Therapy (5 Marks)

Description of the Assignment/activity: **Personal Therapy**

Personal Therapy Requirements:

- All students are required to undergo personal therapy sessions with a trained and professional counsellor/psychologist.
- **Therapist Approval:** Students must obtain approval from their batch teacher before starting therapy. Only counselors approved by the batch teachers can be continued for these sessions.
- A personal therapy Information sheet and a log sheet will be provided. The Personal therapy information sheet must be filled by you and submitted to the batch teacher for approval. Your counselor must sign the log sheet after each session. Completed log sheets must be submitted to the batch teacher at the end of the semester. A reflective report about your personal therapy sessions have to be submitted at the end of the semester. Teachers can contact counselors for verification.
- Minimum of 6 sessions of therapy/counselling is mandatory under trained and professional counselors. The expense for the therapy will be taken by students.

- Online counselling not permitted.
- Sessions taken with IIPR trainee counselors/teachers will not be considered.
- Students may be asked to continue sessions by teachers if further required
- If you are going for the sessions currently you can continue with approval of your batch teachers.

Deadline: August, Week 1, 2024.

Criteria 2: Practical record (10 marks)

Description of the Assignment/activity: **Record Submission**

Specific Guidelines:

- Presentation on the Practical's to be covered in the Paper through the semester by the teachers.

Record Submission:

- After each presentation and demonstration, all participants are required to conduct a mock training session (Dyad, minimum 30 to 45 minutes) to demonstrate the techniques. The approaches covered in the sessions are Behaviour therapy, Cognitive behaviour therapy, Rational emotive behaviour therapy, Solution focused brief therapy. For each approach you will conduct sessions with each client where you will be practicing all the techniques from that particular approach. Number of sessions conducted are based on the techniques each approach have.
 - Behaviour therapy
 - First Session
 - Systematic Desensitization and JPMR
 - Token Economy
 - Shaping

- Habit Reversal
- Role playing and role reversal
- Termination
- Cognitive behaviour therapy
 - First Session
 - Socratic Questioning and Thought Diary
 - Thought Distraction
 - Thought Stopping
 - Assertiveness Training and SIT
 - Termination
- Rational emotive behaviour therapy
 - First Session
 - ABCDE Analysis
 - Second session
 - Termination
- Solution focused brief therapy
 - First Session
 - Second Session
 - Termination
- Introduction (minimum 2 pages), Case history, Case conceptualization, MSE, Verbatim (detailed process comments should be included), Session Plans, Session reports and audio recording of all sessions to be submitted for evaluation. A detailed case conceptualization should be added.
- The introduction to each technique must be submitted in the same week of the presentation itself.
- The report on your session is due two weeks after the presentation.

- Failure to make these submissions on time will result in ineligibility for that particular submission and a grade of zero.
- **Evaluation Criteria:**
 - Introduction – 10 marks
 - Case history, Case conceptualization, MSE - 10 marks
 - Verbatim, Session Plans and Session reports - 10 marks

Marks Practical: 10 marks: an average will be taken of the entire conducted Practical's.

Deadline: Ongoing & Continuous

Component 2: (15 marks)

Criteria 1: Attendance (5 Marks)

Description of the Assignment: Attendance

Please note that 75% of attendance is mandatory for attending university exam for this practical paper.

Criteria 2: Pre final Examination (10 marks)

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- Demonstrate two techniques during the exam.
- You have to bring your subject for the exam.

The pre-final exam will follow the same record writing format.

- Detailed Introduction

- Case History
- Case Conceptualization
- MSE (Mental Status Examination)
- Verbatim of the Session
- Session Plans
- Session Reports
- Audio Recording of the Session.
- If you are unable to attend the pre-final exam, you must send an email prior to the exam date to the coordinator of examinations and CC your class teachers.

Evaluation Criteria: Introduction (10), Skill Demonstration (20), Introduction, Case history, Case conceptualization, MSE, Verbatim, Session Plans and Session reports (20) and Viva (20). Total 70 Marks.

Deadline: August, week 2, 2024

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

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- Ms. Elsy N J: elsy.nj@iipr.in
- Ms. Bhanumathi : bhanumathi.s@iipr.in
- Ms Anwasha Ghosh: anwasha.ghosh@iipr.in
- Ms. Namitha Mathew: namitha.s@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 2024-25

Practical 1

PAPER NAME: Techniques of Individual Counseling (205)

Name of the teachers : Ms.Smita Chakraborty, Dr. Zarine Immanuel, Ms. Elsy N.J, Ms. Bhanumathi,
Ms. Namitha & Ms.Anwasha Ghosh
Course & Semester : 2 MPC
Total no of hours for the Course : 120 hours

Contents

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2. Behavior Performa
3. Case Conceptualization (Counseling Models and Therapeutic Models)
4. Session Transcript
5. Session Report

1. BEHAVIORAL APPROACHES (BT)

- a. Behaviour Performa
- b. Systematic Desensitization
- c. JPMR, Biofeedback
- d. Token Economy
- e. Shaping
- f. Habit Reversal
- g. Assertiveness Training
- h. Role playing and role reversal

2. COGNITIVE BEHAVIORAL APPROACHES (CBT)

- a. Socratic Questioning
- b. Thought Diary
- c. Thought Distraction
- d. Thought Stopping

3. RATIONAL EMOTIVE BEHAVIOR THERAPY (REBT)

- a. ABCDE Analysis

4. SELF INSTRUCTION TRAINING (SIT)

5. Postmodern Approach

- a. SFBT

ICT Course Plan

Month/ Week/ Date	Practical	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy	Dates of record submission (Tentative)
May Week 3		Introduction/ Division of groups/ allotment of topics. Case History Case Conceptualisation	<ul style="list-style-type: none"> • Lecture & Discussion 	
May Week 3	1. a	Introduction to Behaviour Modification, Behavioural Performa	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	May 20, 2024
May Week 4	b.	Systematic Desensitization	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	May 27, 2024
May week 4	c.	JPMR Biofeedback	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	June 3, 2024

May Week 5	d.	Token Economy	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	June 10, 2024
June Week 2	e.	Shaping	<ul style="list-style-type: none"> • Presentation of Topic • Writing & Submission 	June 17, 2024
June Week 3	f.	Habit Reversal	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	June 24, 2024
June week 4	g.	Assertiveness Training,	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	July 1, 2024

July week 1	h.	Role playing and role reversal	<ul style="list-style-type: none"> ● Presentation of Topic – by students followed by Demo-Role Play ● Feedback on Role Play ● Role Play in dyads incorporating the technique ● Individual Supervision with respective batch teachers ● Writing & Submission 	July 8, 2024
July Week 2	2. a. b.	CBT- Socratic Questioning & Thought Diary	<ul style="list-style-type: none"> ● Presentation of Topic – by students followed by Demo-Role Play ● Feedback on Role Play ● Role Play in dyads incorporating the technique ● Individual Supervision with respective batch teachers ● Writing & Submission 	July 15, 2024
July Week 3	c. d.	Thought Stopping & Thought Distraction	<ul style="list-style-type: none"> ● Presentation of Topic – by students followed by Demo-Role Play ● Feedback on Role Play ● Role Play in dyads incorporating the technique ● Individual Supervision with respective batch teachers ● Writing & Submission 	July 22, 2024

July Week 4	3. a	REBT – ABCDE Analysis	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	July 29, 2024
August Week 1	4.	Self-Instructional Training		
August week 2	5.	Introduction to Postmodern approach SFBT	<ul style="list-style-type: none"> • Presentation of Topic – by students followed by Demo-Role Play • Feedback on Role Play • Role Play in dyads incorporating the technique • Individual Supervision with respective batch teachers • Writing & Submission 	August 5, 2024
August Week 2		Revision and Clarification		August Week 2
August Week 3		Pre final Examination	Feedback on performance and tips to excel in Practicals	
August Week 4			Final Bound record submission with passport size photograph adhering to all prerequisites of submissions, for official seals and signatures.	

Internal Assessment:

Component 1: (15 marks)

Criteria 1: Personal Therapy (5 Marks)

Description of the Assignment/activity: **Personal Therapy**

Personal Therapy Requirements:

- All students are required to undergo personal therapy sessions with a trained and professional counsellor/psychologist.
- **Therapist Approval:** Students must obtain approval from their batch teacher before starting therapy. Only counselors approved by the batch teachers can be continued for these sessions.
- A log sheet will be provided. Your counselor must sign the log sheet after each session. Completed log sheets must be submitted to the batch teacher at the end of the semester.
- Minimum of 6 sessions of therapy/counselling is mandatory under trained and professional counselors.
- Online counselling not permitted.
- Sessions taken with IIPR trainee counselors/teachers will not be considered.

Deadline: August, Week 1, 2024.

Criteria 2: Practical record (10 marks)

Description of the Assignment/activity: **Record Submission**

Specific Guidelines:

- Presentation on the Practical's to be covered in the Paper through the semester.

- The class will be divided into groups and will be allocated topics and date of presentation. It should be PPT Presentations with relevant illustrations (Videos, transcripts and a demo of minimum 3 minutes)

Presentation Requirements:

- The presentation PPT must be submitted to all batch teachers one week prior to the presentation date.
- Incorporate feedback and suggestions provided by the teachers before presenting. Unapproved presentations will not be allowed.
- In case of an emergency leave by a group member, inform all batch teachers via email prior to the presentation, not after.
- All communication regarding group presentations should be sent to all batch teachers.
- To swap presentations between groups, written permission must be obtained from all batch teachers one week prior. Group members are responsible for coordinating any necessary arrangements.
- Failure to present due to lack of preparation or any other reason will result in the cancellation of your group's presentation and a grade of zero.

Record Submission:

- After each presentation, all participants are required to conduct a mock training session (Dyad, minimum 30 to 45 minutes) to demonstrate the techniques.
- Introduction (minimum 2 pages), Case history, Case conceptualization, MSE, Verbatim, Session Plans, Session reports and audio recording of all sessions to be submitted for evaluation.
- The introduction to each technique of the presentation must be submitted in the same week of the presentation itself.
- The report on your session is due two weeks after the presentation.
- Failure to make these submissions on time will result in ineligibility for that particular submission and a grade of zero.

- **Evaluation Criteria:**

- Introduction – 10 marks
- Case history, Case conceptualization, MSE - 10 marks
- Verbatim, Session Plans and Session reports - 10 marks

Marks Practical: 10 marks: an average will be taken of the entire conducted Practical's.

Deadline: Ongoing & Continuous

Component 2: (15 marks)

Criteria 1: Attendance (5 Marks)

Description of the Assignment: Attendance

Evaluation Criteria:

75 - 79 %: 1 mark

80 – 84 %: 2 marks

85 – 89 %: 3 marks

90 – 94 %: 4 marks

95 – 100%: 5 marks

Please note that 75% of attendance is mandatory for attending university exam for this practical paper.

Criteria 2: Pre final Examination (10 marks)

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- Demonstrate two techniques during the exam.
- You have to bring your subject for the exam.

The pre-final exam will follow the same record writing format.

- Detailed Introduction
- Case History
- Case Conceptualization
- MSE (Mental Status Examination)
- Verbatim of the Session
- Session Plans
- Session Reports
- Audio Recording of the Session.
- If you are unable to attend the pre-final exam, you must send an email prior to the exam date to the coordinator of examinations and CC your class teachers.

Evaluation Criteria: Introduction (10), Skill Demonstration (20), Introduction, Case history, Case conceptualization, MSE, Verbatim, Session Plans and Session reports (20) and Viva (20). Total 70 Marks.

Deadline: August, week 2, 2024

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.

4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

- Ms. Smita Chakraborty: smita.chakraborty@iipr.in
- Dr. Zarine Immanuel: zarine.estherimmanuel@iipr.in
- Ms. Elsy N J: elsy.nj@iipr.in
- Ms. Bhanumathi : bhanumathi.s@iipr.in
- Ms Anwasha Ghosh: anwasha.ghosh@iipr.in
- Ms. Namitha Mathew: namitha.s@iipr.in

**INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH
COURSE PLAN 2024-25**

PAPER NAME: PROCESS OF GROUP COUNSELING (206)

Name of the teachers : Ms. Smita Chakraborty, Dr. Zarine Immanuel, Ms. Elsy N J, Mrs. Anitha K, Ms. Bhanumathi,
& Ms. Anwesha Ghosh

Course & Semester : 2 MPC

Total no of hours for the course : 120 hours

Text Book/Reference Books/Websites/ Pdfs Recommended for the course:

1. Corey, G. (2008). *Group Counselling*. New Delhi:Brooks/Cole.
2. Corey, G. (2004). *Theory and practice of group counselling* (6th ed.). CA: Brooks/ Cole-Thomson Learning.
3. Ivey, A., Pedersen, P. B., & Ivey, M. B. (2001).*Intentional group counselling: A microskills approach*. Belmont, CA: Wadsworth/ Thomson Learning.
4. Jacobs, E. E., Masson, R. L., &Harvill, R. L. (2002).*Group Counselling: Strategies and skills* (4th ed.). Pacific Grove, CA: Brooks/ Cole.

Contents

1. Pre-Training Assessment
2. Developing Generic Skills- Developing Micro & Macro Skills
3. Cognitive Behaviour Therapy
4. Transactional Analysis
5. Gestalt
6. Rational Emotive Behaviour Therapy
7. Psychodrama
8. Postmodern Approaches
9. Solution Focused Brief Therapy
10. Narrative Therapy
11. Post- Training Assessment

Course plan - Process of Group Counseling

Month/ Week/ Date	Batch es	Topics Covered	Teaching Pedagogy	Submission of records
May Week 3 May Week 3	1, 2, 3, 4, 5, 6	Orientation Pre Training Assessment - Introduction to Group Counseling	Discussion, role play, feedback, assessment.	May 20, 2024
	1, 2, 3, 4, 5, 6	Developing Generic Skills Developing Micro & Macro Skills	Discussion, role play, feedback, assessment.	May 27, 2024
	1, 2, 3, 4, 5, 6	Self Awareness Session	Discussion, role play, feedback, assessment.	May 31, 2024
May week 4	1, 2, 3, 4, 5, 6	Cognitive Behavioral Therapy	Presentation, Discussion, role play, feedback, assessment.	Jun 3, 2024
May Week 4 May Week 5	1, 2, 3, 4, 5, 6	Transactional Analysis	Presentation, Discussion, role play, feedback, assessment.	Jun 3, 2024
	1, 2, 3, 4, 5, 6	CBT Session 1 TA Session 1	Group Sessions	Jun 17, 2024
	1, 2, 3, 4, 5, 6	CBT Session 2 TA Session 2	Group Sessions	June 17, 2024
	1, 2, 3, 4, 5, 6	Gestalt Rational Emotive Behavior Therapy	Presentation, Discussion, role play, feedback, assessment.	June 10, 2024
June week 1	1, 2, 3, 4, 5, 6	Gestalt Session 1	Discussion, role play, feedback, assessment.	Jun 24, 2024
	1, 2, 3, 4, 5, 6	REBT Session 1	Discussion, role play, feedback, assessment.	Jun 24, 2024

June Week 2	1, 2, 3, 4, 5, 6	Gestalt Session 2	Discussion, role play, feedback, assessment.	Jul 1, 2024
	1, 2, 3, 4, 5, 6	REBT Session 2	Discussion, role play, feedback, assessment.	July 1, 2024
June Week 3	1, 2, 3, 4, 5, 6	Psychodrama Presentation	Presentation, Discussion, role play, feedback, assessment.	Jun 10, 2024
	1, 2, 3, 4, 5, 6	Psychodrama Session 1	Discussion, role play, feedback, assessment.	Jul 8, 2024
June Week 4	1, 2, 3, 4, 5, 6	Psychodrama Session 2	Discussion, role play, feedback, assessment.	Jul 15, 2024
July Week 1	1, 2, 3, 4, 5, 6	Post Modern Approach – Solution focused brief therapy Narrative therapy	Presentation, Discussion, role play, feedback, assessment.	Jul 8, 2024
July Week 2	1, 2, 3, 4, 5, 6	SFBT Session 1 Narrative Therapy Session 1	Discussion, role play, feedback, assessment.	Jul 22, 2024
	1, 3	SFBT Session 2 Narrative Therapy Session 2	Discussion, role play, feedback, assessment.	Jul 29, 2024
July Week 3		Closing and Termination, Revision, Clarification of doubts etc.	Discussion, role play, feedback, assessment.	
July Week 4		Closing and Termination, Revision, Clarification of doubts etc. Post-training assessment		Aug 4, 2024
August Week 1		Practical Pre-final examination		
August Week 2		Final Record Submissions		

Internal Assessment:

Component 1: (15 marks)

Criteria 1: Personal Therapy (5 Marks)

Description of the Assignment/activity: **Personal Therapy**

Personal Therapy Requirements:

- All students are required to undergo personal therapy sessions with a trained and professional counsellor/psychologist.
- **Therapist Approval:** Students must obtain approval from their batch teacher before starting therapy. Only counselors approved by the batch teachers can be continued for these sessions.
- A log sheet will be provided. Your counselor must sign the log sheet after each session. Completed log sheets must be submitted to the batch teacher at the end of the semester.
- Minimum of 6 sessions of therapy/counselling is mandatory under trained and professional counselors.
- Online counselling not permitted.
- Sessions taken with IIPR trainee counselors/teachers will not be considered.

Deadline: August, Week 1, 2024.

Criteria 2: Practical record (10 marks)

Description of the Assignment/activity: **Record Submission**

Specific Guidelines:

- Introduction (Minimum two page), Case history, Case conceptualization, Verbatim, Session Plans, Session reports and audio recording of all sessions to be submitted for evaluation.
 - The introduction to each technique of the presentation must be submitted in the same week of the presentation itself.
 - The report on your group session is due two weeks after the group session. The leader and co-leader will transcribe the session and share it with all group members. Each member will then be responsible for writing skills and process comments.
 - Failure to make these submissions on time will result in ineligibility for that particular submission and a grade of zero.
 - Absence from a group session will result in ineligibility to submit the corresponding group session report.
 - Students who miss the first session of a group session will not be permitted to attend subsequent sessions.
- Evaluation Criteria:
 - Introduction – 10 marks
 - Case history, Case conceptualization - 10 marks
 - Verbatim, Session Plans and Session reports - 10 marks

Deadline: Ongoing & Continuous

Component 2: (15 marks)

Criteria 1: Presentation (5 marks).

- Presentation on the Practical's to be covered in the Paper through the semester.
- The class will be divided into groups and will be allocated topics and date of presentation. It should be PPT Presentations with relevant illustrations (Videos, transcripts)

- **Presentation Requirements:**

- The presentation PPT must be submitted to all batch teachers one week prior to the presentation date.
- Incorporate feedback and suggestions provided by the teachers before presenting. Unapproved presentations will not be allowed.
- In case of an emergency leave by a group member, inform all batch teachers via email prior to the presentation, not after.
- All communication regarding group presentations should be sent to all batch teachers.
- To swap members between groups for a presentation, written permission must be obtained from all batch teachers one week prior. Group members are responsible for coordinating any necessary arrangements.
- Failure to present due to lack of preparation or any other reason will result in the cancellation of your group's presentation and a grade of zero.
- Following presentations, presenters will conduct group sessions (45 minutes to 1 hour) for their group. Prior to each session, a screening process has to be used to select a common theme for the group to discuss. All group session plans must be discussed with and approved by a batch teacher two days prior to the session.

Evaluation Criteria: Max marks for Group presentation is 5. Each student will be graded out of 5 based on their presentation. Clarity (2), Content and flow (2) and Demo (1)

Deadline: Ongoing & Continuous

Criteria 2: Pre-final Examination

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- Demonstrate 1 technique during the exam.
- You have to bring two subjects for the exam.
- The pre-final exam will follow the same record writing format.
 - Detailed Introduction
 - Case History
 - Case Conceptualization
 - Verbatim of the Session
 - Session Plans
 - Session Reports
 - Audio Recording of the Session.
- If you are unable to attend the pre-final exam, you must send an email prior to the exam date to the coordinator of examinations and CC your class teachers.

Evaluation Criteria: Introduction (10), Skill Demonstration (20), Introduction, Case history, Case conceptualization, Verbatim, Session Plans and Session reports (20) and Viva (20). Total 70 Marks.

Evaluation Criteria: Total 70 Marks. Will be converted into 10.

Deadline: August Week 1, 2024

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (**Only the first hour in the morning with a delay of 5 minutes will be excused**)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

- Ms. Smita Chakraborty: smita.chakraborty@iipr.in
- Dr. Zarine Immanuel: zarine.estherimmanuel@iipr.in
- Ms. Elsy N J: elsy.nj@iipr.in
- Ms. Bhanumathi : bhanumathi.s@iipr.in
- Mrs. Anitha K: anitha.k@iipr.in
- Ms Anwasha Ghosh: anwasha.ghosh@iipr.in

**INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH
COURSE PLAN 2024-25**

PAPER NAME: PROCESS OF GROUP COUNSELING (206)

Name of the teachers : Ms. Smita Chakraborty, Dr. Zarine Immanuel, Ms. Elsy N J, Mrs. Anitha K, Ms. Bhanumathi,
& Ms. Anwesha Ghosh

Course & Semester : 2 MPC

Total no of hours for the course : 120 hours

Text Book/Reference Books/Websites/ Pdfs Recommended for the course:

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- 10. Narrative Therapy
- 11. Post- Training Assessment

Course plan - Process of Group Counseling

Month/ Week/ Date	Batch es	Topics Covered	Teaching Pedagogy	Submission of records
May Week 3	1, 2, 3, 4, 5, 6	Orientation Pre Training Assessment - Introduction to Group Counseling	Presentation, Discussion, role play, feedback, assessment.	May 13, 2024
May Week 3	1, 2, 3, 4, 5, 6	Developing Generic Skills Developing Micro & Macro Skills	Presentation, Discussion, role play, feedback, assessment.	May 20, 2024
	1, 2, 3, 4, 5, 6	Self Awareness Session	Discussion, role play, feedback, assessment.	May 20, 2024
May week 4	1, 2, 3, 4, 5, 6	Cognitive Behavioral Therapy	Presentation, Discussion, role play, feedback, assessment.	May 27, 2024
May Week 4	1, 2, 3, 4, 5, 6	Transactional Analysis	Presentation, Discussion, role play, feedback, assessment.	May 27, 2024
May Week 5	1, 2, 3, 4, 5, 6	CBT Session 1 TA Session 1	Group Sessions	Jun 3, 2024
	1, 2, 3, 4, 5, 6	CBT Session 2 TA Session 2	Group Sessions	Jun 3, 2024
June Week 2	1, 2, 3, 4, 5, 6	Gestalt Rational Emotive Behavior Therapy	Presentation, Discussion, role play, feedback, assessment.	Jun 10, 2024

June Week 3				
June Week 3	1, 2, 3, 4, 5, 6	Gestalt Session 1	Discussion, role play, feedback, assessment.	Jun 3, 2024
	1, 2, 3, 4, 5, 6	REBT Session 1	Discussion, role play, feedback, assessment.	Jun 17, 2024
June Week 4	1, 2, 3, 4, 5, 6	Gestalt Session 2	Discussion, role play, feedback, assessment.	Jun 24, 2024
	1, 2, 3, 4, 5, 6	REBT Session 2	Discussion, role play, feedback, assessment.	Jul 1, 2024
July Week 1	1, 2, 3, 4, 5, 6	Psychodrama Presentation	Presentation, Discussion, role play, feedback, assessment.	Jul 8, 2024
July Week 1	1, 2, 3, 4, 5, 6	Psychodrama Session 1	Discussion, role play, feedback, assessment.	Jul 15, 2024
July Week 2	1, 2, 3, 4, 5, 6	Psychodrama Session 2	Discussion, role play, feedback, assessment.	Jul 22, 2024
July Week 2	1, 2, 3, 4, 5, 6	Post Modern Approach – Solution focused brief therapy Narrative therapy	Presentation, Discussion, role play, feedback, assessment.	Jul 29, 2024
July Week 3	1, 2, 3, 4, 5, 6	SFBT Session 1 Narrative Therapy Session 1	Discussion, role play, feedback, assessment.	Aug 5, 2024
July Week 4	1, 3	SFBT Session 2 Narrative Therapy Session 2	Discussion, role play, feedback, assessment.	Aug 5, 2024
August Week 1		Closing and Termination, Revision, Clarification of doubts etc. Post-training assessment	Discussion, role play, feedback, assessment.	Aug 8, 2024
August Week 2		Pre final Examination	Feedback on performance and tips to excel in Practicals	

August Week 3		Record Submission	Final Bound record submission with passport size photograph adhering to all prerequisites of submissions, for official seals and signatures.	
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Group Sessions

- Presentations on each therapy will be covered by teachers.
- The class will be divided into groups for group counselling sessions. The techniques covered in the group sessions are Cognitive Behaviour Therapy, Transactional Analysis, Gestalt, Rational Emotive Behaviour Therapy, Psychodrama, Postmodern Approaches, Solution Focused Brief Therapy, Narrative Therapy.

Session Requirements:

- The group counseling session plan must be discussed with one of the batch teachers 5 days prior to the group session date.
- Incorporate feedback and suggestions provided by the teacher before the session. Unapproved group plans will not be allowed.
- In case of an emergency leave by a group member, inform all batch teachers via email prior to the group session, not after.
- All communication regarding group sessions should be sent to all batch teachers.
- To swap members between groups for a group session, written permission must be obtained from all batch teachers one week prior. Group members are responsible for coordinating any necessary arrangements.
- Failure to conduct the session due to lack of preparation or any other reason will result in the cancellation of your group's session.
- Following the teacher's presentations, the assigned group will conduct group sessions (45 minutes to 1 hour) for their group. Prior to each session, a screening process has to be used to select a common theme for the group to discuss.

Internal Assessment:

Component 1: (15 marks)

Criteria 1: Personal Therapy (5 Marks)

Description of the Assignment/activity: **Personal Therapy**

Personal Therapy Requirements:

- All students are required to undergo personal therapy sessions with a trained and professional counsellor/psychologist.
- **Therapist Approval:** Students must obtain approval from their batch teacher before starting therapy. Only counselors approved by the batch teachers can be continued for these sessions.
- A personal therapy Information sheet and a log sheet will be provided. The Personal therapy information sheet must be filled by you and submitted to the batch teacher for approval. Your counselor must sign the log sheet after each session. Completed log sheets must be submitted to the batch teacher at the end of the semester. Teachers can be contacted to counselors for verification.
- Minimum of 6 sessions of therapy/counselling is mandatory under trained and professional counselors. The expense for the therapy will be taken by students.
- Online counselling not permitted.
- Sessions taken with IIPR trainee counselors/teachers will not be considered.
- Students may be asked to continue sessions by teachers if further required
- If you are going for the sessions currently you can continue with approval of your batch teachers.
- A reflective report about your personal therapy sessions have to be submitted at the end of the semester.

Deadline: August, Week 1, 2024.

Criteria 2: Practical record (10 marks)

Description of the Assignment/activity: **Record Submission**

Specific Guidelines:

- Introduction (Minimum two page), Case history, Case conceptualization, Verbatim, Session Plans, Session reports and audio recording of all sessions to be submitted for evaluation. A detailed case conceptualization should be added.
- The introduction to each technique of the presentation must be submitted in the same week of the presentation itself.
- The report on your group session is due two weeks after the group session. The leader and co-leader will transcribe the session and share it with all group members. Each member will then be responsible for writing skills and process comments.
- Failure to make these submissions on time will result in ineligibility for that particular submission and a grade of zero.
- Absence from a group session will result in ineligibility to submit the corresponding group session report.
- Students who miss the first session of a group session will not be permitted to attend subsequent sessions.
- Should be printed

Evaluation Criteria:

- Introduction – 10 marks
- Case history, Case conceptualization - 10 marks
- Verbatim, Session Plans and Session reports - 10 marks

Deadline: Ongoing & Continuous

Component 2: (15 marks)

Criteria 1: Attendance (5 marks).

Please note that 75% of attendance is mandatory for attending university exam for this paper.

Criteria 2: Pre-final Examination

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- Demonstrate 1 technique during the exam.
- You have to bring two subjects for the exam.
- The pre-final exam will follow the same record writing format.
 - Detailed Introduction
 - Case History
 - Case Conceptualization
 - Verbatim of the Session
 - Session Plans
 - Session Reports
 - Audio Recording of the Session.
- If you are unable to attend the pre-final exam, you must send an email prior to the exam date to the coordinator of examinations and CC your class teachers.

Evaluation Criteria: Introduction (10), Skill Demonstration (20), Introduction, Case history, Case conceptualization, Verbatim, Session Plans and Session reports (20) and Viva (20). Total 70 Marks.

Evaluation Criteria: Total 70 Marks. Will be converted into 10.

Deadline: August Week 1, 2024

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (**Only the first hour in the morning with a delay of 5 minutes will be excused**)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

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- Ms. Elsy N J: elsy.nj@iipr.in
- Ms. Bhanumathi : bhanumathi.s@iipr.in
- Mrs. Anitha K: anitha.k@iipr.in
- Ms Anwesha Ghosh: anwesha.ghosh@iipr.in

**INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH
COURSE PLAN 2024-25**

PAPER NAME: PROCESS OF GROUP COUNSELING (206)

Name of the teachers : Ms. Smita Chakraborty, Dr. Zarine Immanuel, Ms. Elsy N J, Mrs. Anitha K, Ms. Bhanumathi, & Ms. Anwesha Ghosh

Course & Semester : 2 MPC

Total no of hours for the course : 120 hours

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9. Solution Focused Brief Therapy

- 10. Narrative Therapy
- 11. Post- Training Assessment

Course plan - Process of Group Counseling

Month/ Week/ Date	Batch es	Topics Covered	Teaching Pedagogy	Submission of records
May Week 3	1, 2, 3, 4, 5, 6	Orientation Pre Training Assessment - Introduction to Group Counseling	Presentation, Discussion, role play, feedback, assessment.	May 13, 2024
May Week 3	1, 2, 3, 4, 5, 6	Developing Generic Skills Developing Micro & Macro Skills	Presentation, Discussion, role play, feedback, assessment.	May 20, 2024
	1, 2, 3, 4, 5, 6	Self Awareness Session	Discussion, role play, feedback, assessment.	May 20, 2024
May week 4	1, 2, 3, 4, 5, 6	Cognitive Behavioral Therapy	Presentation, Discussion, role play, feedback, assessment.	May 27, 2024
May Week 4	1, 2, 3, 4, 5, 6	Transactional Analysis	Presentation, Discussion, role play, feedback, assessment.	May 27, 2024
May Week 5	1, 2, 3, 4, 5, 6	CBT Session 1 TA Session 1	Group Sessions	Jun 3, 2024
	1, 2, 3, 4, 5, 6	CBT Session 2 TA Session 2	Group Sessions	Jun 3, 2024
June Week 2	1, 2, 3, 4, 5, 6	Gestalt Rational Emotive Behavior Therapy	Presentation, Discussion, role play, feedback, assessment.	Jun 10, 2024

June Week 3				
June Week 3	1, 2, 3, 4, 5, 6	Gestalt Session 1	Discussion, role play, feedback, assessment.	Jun 3, 2024
	1, 2, 3, 4, 5, 6	REBT Session 1	Discussion, role play, feedback, assessment.	Jun 17, 2024
June Week 4	1, 2, 3, 4, 5, 6	Gestalt Session 2	Discussion, role play, feedback, assessment.	Jun 24, 2024
	1, 2, 3, 4, 5, 6	REBT Session 2	Discussion, role play, feedback, assessment.	Jul 1, 2024
July Week 1	1, 2, 3, 4, 5, 6	Psychodrama Presentation	Presentation, Discussion, role play, feedback, assessment.	Jul 8, 2024
July Week 1	1, 2, 3, 4, 5, 6	Psychodrama Session 1	Discussion, role play, feedback, assessment.	Jul 15, 2024
July Week 2	1, 2, 3, 4, 5, 6	Psychodrama Session 2	Discussion, role play, feedback, assessment.	Jul 22, 2024
July Week 2	1, 2, 3, 4, 5, 6	Post Modern Approach – Solution focused brief therapy Narrative therapy	Presentation, Discussion, role play, feedback, assessment.	Jul 29, 2024
July Week 3	1, 2, 3, 4, 5, 6	SFBT Session 1 Narrative Therapy Session 1	Discussion, role play, feedback, assessment.	Aug 5, 2024
July Week 4	1, 3	SFBT Session 2 Narrative Therapy Session 2	Discussion, role play, feedback, assessment.	Aug 5, 2024
August Week 1		Closing and Termination, Revision, Clarification of doubts etc. Post-training assessment	Discussion, role play, feedback, assessment.	Aug 8, 2024
August Week 2		Pre final Examination	Feedback on performance and tips to excel in Practicals	

August Week 3		Record Submission	Final Bound record submission with passport size photograph adhering to all prerequisites of submissions, for official seals and signatures.	
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Group Sessions

- Presentations on each therapy will be covered by teachers.
- The class will be divided into groups for group counselling sessions. The techniques covered in the group sessions are Cognitive Behaviour Therapy, Transactional Analysis, Gestalt, Rational Emotive Behaviour Therapy, Psychodrama, Postmodern Approaches, Solution Focused Brief Therapy, Narrative Therapy.

Session Requirements:

- The group counseling session plan must be discussed with one of the batch teachers 5 days prior to the group session date.
- Incorporate feedback and suggestions provided by the teacher before the session. Unapproved group plans will not be allowed.
- In case of an emergency leave by a group member, inform all batch teachers via email prior to the group session, not after.
- All communication regarding group sessions should be sent to all batch teachers.
- To swap members between groups for a group session, written permission must be obtained from all batch teachers one week prior. Group members are responsible for coordinating any necessary arrangements.
- Failure to conduct the session due to lack of preparation or any other reason will result in the cancellation of your group's session.
- Following the teacher's presentations, the assigned group will conduct group sessions (45 minutes to 1 hour) for their group. Prior to each session, a screening process has to be used to select a common theme for the group to discuss.

Internal Assessment:

Component 1: (15 marks)

Criteria 1: Personal Therapy (5 Marks)

Description of the Assignment/activity: **Personal Therapy**

Personal Therapy Requirements:

- All students are required to undergo personal therapy sessions with a trained and professional counsellor/psychologist.
- **Therapist Approval:** Students must obtain approval from their batch teacher before starting therapy. Only counselors approved by the batch teachers can be continued for these sessions.
- A personal therapy Information sheet and a log sheet will be provided. The Personal therapy information sheet must be filled by you and submitted to the batch teacher for approval. Your counselor must sign the log sheet after each session. Completed log sheets must be submitted to the batch teacher at the end of the semester. Teachers can be contacted to counselors for verification.
- Minimum of 6 sessions of therapy/counselling is mandatory under trained and professional counselors. The expense for the therapy will be taken by students.
- Online counselling not permitted.
- Sessions taken with IIPR trainee counselors/teachers will not be considered.
- Students may be asked to continue sessions by teachers if further required
- If you are going for the sessions currently you can continue with approval of your batch teachers.
- A reflective report about your personal therapy sessions have to be submitted at the end of the semester.

Deadline: August, Week 1, 2024.

Criteria 2: Practical record (10 marks)

Description of the Assignment/activity: **Record Submission**

Specific Guidelines:

- Introduction (Minimum two page), Case history, Case conceptualization, Verbatim, Session Plans, Session reports and audio recording of all sessions to be submitted for evaluation. A detailed case conceptualization should be added.
- The introduction to each technique of the presentation must be submitted in the same week of the presentation itself.
- The report on your group session is due two weeks after the group session. The leader and co-leader will transcribe the session and share it with all group members. Each member will then be responsible for writing skills and process comments.
- Failure to make these submissions on time will result in ineligibility for that particular submission and a grade of zero.
- Absence from a group session will result in ineligibility to submit the corresponding group session report.
- Students who miss the first session of a group session will not be permitted to attend subsequent sessions.
- Report should typed.

Evaluation Criteria:

- Introduction – 10 marks
- Case history, Case conceptualization - 10 marks
- Verbatim, Session Plans and Session reports - 10 marks

Deadline: Ongoing & Continuous

Component 2: (15 marks)

Criteria 1: Attendance (5 marks).

Please note that 75% of attendance is mandatory for attending university exam for this paper.

Criteria 2: Pre-final Examination

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- Demonstrate 1 technique during the exam.
- You have to bring two subjects for the exam.
- The pre-final exam will follow the same record writing format.
 - Detailed Introduction
 - Case History
 - Case Conceptualization
 - Verbatim of the Session
 - Session Plans
 - Session Reports
 - Audio Recording of the Session.
- If you are unable to attend the pre-final exam, you must send an email prior to the exam date to the coordinator of examinations and CC your class teachers.

Evaluation Criteria: Introduction (10), Skill Demonstration (20), Introduction, Case history, Case conceptualization, Verbatim, Session Plans and Session reports (20) and Viva (20). Total 70 Marks.

Evaluation Criteria: Total 70 Marks. Will be converted into 10.

Deadline: August Week 1, 2024

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (**Only the first hour in the morning with a delay of 5 minutes will be excused**)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

- Ms. Smita Chakraborty: smita.chakraborty@iipr.in
- Dr. Zarine Immanuel: zarine.estherimmanuel@iipr.in
- Ms. Elsy N J: elsy.nj@iipr.in
- Ms. Bhanumathi : bhanumathi.s@iipr.in
- Mrs. Anitha K: anitha.k@iipr.in
- Ms Anwesha Ghosh: anwesha.ghosh@iipr.in

**INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH
COURSE PLAN 2024-25**

PAPER NAME: PROCESS OF GROUP COUNSELING (206)

Name of the teachers	: Ms. Smita Chakraborty, Dr. Zarine Immanuel, Ms. Elsy N J, Mrs. Anitha K, Ms. Bhanumathi, & Ms. Anwesha Ghosh
Course & Semester	: 2 MPC
Total no of hours for the course	: 120 hours

Text Book/Reference Books/Websites/ Pdfs Recommended for the course:

1. Corey, G. (2008). *Group Counselling*. New Delhi:Brooks/Cole.
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10. Narrative Therapy

11. Post- Training Assessment

Course plan - Process of Group Counseling

Month/ Week/ Date	Batches	Topics Covered	Teaching Pedagogy	Submission of records
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	1, 2, 3, 4, 5, 6	Self Awareness Session	Discussion, role play, feedback, assessment.	May 20, 2024
May week 4	1, 2, 3, 4, 5, 6	Cognitive Behavioral Therapy	Presentation, Discussion, role play, feedback, assessment.	May 27, 2024
May Week 4	1, 2, 3, 4, 5, 6	Transactional Analysis	Presentation, Discussion, role play, feedback, assessment.	May 27, 2024
May Week 5	1, 2, 3, 4, 5, 6	CBT Session 1 TA Session 1	Group Sessions	Jun 3, 2024
	1, 2, 3, 4, 5, 6	CBT Session 2 TA Session 2	Group Sessions	Jun 3, 2024
June Week 2	1, 2, 3, 4, 5, 6	Gestalt Rational Emotive Behavior Therapy	Presentation, Discussion, role play, feedback, assessment.	Jun 10, 2024
June Week 3				

June Week 3	1, 2, 3, 4, 5, 6	Gestalt Session 1	Discussion, role play, feedback, assessment.	Jun 3, 2024
	1, 2, 3, 4, 5, 6	REBT Session 1	Discussion, role play, feedback, assessment.	Jun 17, 2024
June Week 4	1, 2, 3, 4, 5, 6	Gestalt Session 2	Discussion, role play, feedback, assessment.	Jun 24, 2024
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July Week 1	1, 2, 3, 4, 5, 6	Psychodrama Session 1	Discussion, role play, feedback, assessment.	Jul 15, 2024
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July Week 3	1, 2, 3, 4, 5, 6	SFBT Session 1 Narrative Therapy Session 1	Discussion, role play, feedback, assessment.	Aug 5, 2024
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August Week 2		Pre final Examination	Feedback on performance and tips to excel in Practicals	

August Week 3		Record Submission	Final Bound record submission with passport size photograph adhering to all prerequisites of submissions, for official seals and signatures.	
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Internal Assessment:

Component 1: (15 marks)

Criteria 1: Personal Therapy (5 Marks)

Description of the Assignment/activity: **Personal Therapy**

Personal Therapy Requirements:

- All students are required to undergo personal therapy sessions with a trained and professional counsellor/psychologist.
- **Therapist Approval:** Students must obtain approval from their batch teacher before starting therapy. Only counselors approved by the batch teachers can be continued for these sessions.
- A log sheet will be provided. Your counselor must sign the log sheet after each session. Completed log sheets must be submitted to the batch teacher at the end of the semester.
- Minimum of 6 sessions of therapy/counselling is mandatory under trained and professional counselors.
- Online counselling not permitted.
- Sessions taken with IIPR trainee counselors/teachers will not be considered.

Deadline: August, Week 1, 2024.

Criteria 2: Practical record (10 marks)

Description of the Assignment/activity: **Record Submission**

Specific Guidelines:

- Introduction (Minimum two page), Case history, Case conceptualization, Verbatim, Session Plans, Session reports and audio recording of all sessions to be submitted for evaluation.
- The introduction to each technique of the presentation must be submitted in the same week of the presentation itself.
- The report on your group session is due two weeks after the group session. The leader and co-leader will transcribe the session and share it with all group members. Each member will then be responsible for writing skills and process comments.
- Failure to make these submissions on time will result in ineligibility for that particular submission and a grade of zero.
- Absence from a group session will result in ineligibility to submit the corresponding group session report.
- Students who miss the first session of a group session will not be permitted to attend subsequent sessions.

Evaluation Criteria:

- Introduction – 10 marks
- Case history, Case conceptualization - 10 marks
- Verbatim, Session Plans and Session reports - 10 marks

Deadline: Ongoing & Continuous

Component 2: (15 marks)

Criteria 1: Presentation (5 marks).

- Presentation on the Practical's to be covered in the Paper through the semester.
- The class will be divided into groups and will be allocated topics and date of presentation. It should be PPT Presentations with relevant illustrations (Videos, transcripts)

Presentation Requirements:

- The presentation PPT must be submitted to all batch teachers one week prior to the presentation date.
- Incorporate feedback and suggestions provided by the teachers before presenting. Unapproved presentations will not be allowed.
- In case of an emergency leave by a group member, inform all batch teachers via email prior to the presentation, not after.
- All communication regarding group presentations should be sent to all batch teachers.
- To swap members between groups for a presentation, written permission must be obtained from all batch teachers one week prior. Group members are responsible for coordinating any necessary arrangements.
- Failure to present due to lack of preparation or any other reason will result in the cancellation of your group's presentation and a grade of zero.
- Following presentations, presenters will conduct group sessions (45 minutes to 1 hour) for their group. Prior to each session, a screening process has to be used to select a common theme for the group to discuss. All group session plans must be discussed with and approved by a batch teacher two days prior to the session.

Evaluation Criteria: Max marks for Group presentation is 5. Each student will be graded out of 5 based on their presentation. Clarity (2), Content and flow (2) and Demo (1)

Deadline: Ongoing & Continuous

Criteria 2: Pre-final Examination

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- Demonstrate 1 technique during the exam.

- You have to bring two subjects for the exam.
- The pre-final exam will follow the same record writing format.
 - Detailed Introduction
 - Case History
 - Case Conceptualization
 - Verbatim of the Session
 - Session Plans
 - Session Reports
 - Audio Recording of the Session.
- If you are unable to attend the pre-final exam, you must send an email prior to the exam date to the coordinator of examinations and CC your class teachers.

Evaluation Criteria: Introduction (10), Skill Demonstration (20), Introduction, Case history, Case conceptualization, Verbatim, Session Plans and Session reports (20) and Viva (20). Total 70 Marks.

Evaluation Criteria: Total 70 Marks. Will be converted into 10.

Deadline: August Week 1, 2024

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (**Only the first hour in the morning with a delay of 5 minutes will be excused**)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.

5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

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- Ms. Elsy N J: elsy.nj@iipr.in
- Ms. Bhanumathi : bhanumathi.s@iipr.in
- Mrs. Anitha K: anitha.k@iipr.in
- Ms Anwesh Ghosh: anwesh.ghosh@iipr.in

**INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH
COURSE PLAN 2024-25**

PAPER NAME: PROCESS OF GROUP COUNSELING (206)

Name of the teachers : Ms. Smita Chakraborty, Dr. Zarine Immanuel, Ms. Elsy N J, Mrs. Anitha K, Ms. Bhanumathi, & Ms. Anwesha Ghosh

Course & Semester : 2 MPC

Total no of hours for the course : 120 hours

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- 11. Post- Training Assessment

Course plan - Process of Group Counseling

Presentations on each therapy will be covered by teachers.

Month/ Week/ Date	Batches	Topics Covered	Teaching Pedagogy	Submission of records
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July Week 2	1, 2, 3, 4, 5, 6	Psychodrama Session 2	Discussion, role play, feedback, assessment.	Jul 22, 2024
July Week 2	1, 2, 3, 4, 5, 6	Post Modern Approach – Solution focused brief therapy Narrative therapy	Presentation, Discussion, role play, feedback, assessment.	Jul 29, 2024
July Week 3	1, 2, 3, 4, 5, 6	SFBT Session 1 Narrative Therapy Session 1	Discussion, role play, feedback, assessment.	Aug 5, 2024
July Week 4	1, 3	SFBT Session 2 Narrative Therapy Session 2	Discussion, role play, feedback, assessment.	Aug 5, 2024

August Week 1		Closing and Termination, Revision, Clarification of doubts etc. Post-training assessment	Discussion, role play, feedback, assessment.	Aug 8, 2024
August Week 2		Pre final Examination	Feedback on performance and tips to excel in Practicals	
August Week 3		Record Submission	Final Bound record submission with passport size photograph adhering to all prerequisites of submissions, for official seals and signatures.	

Internal Assessment:

Component 1: (15 marks)

Criteria 1: Personal Therapy (5 Marks)

Description of the Assignment/activity: **Personal Therapy**

Personal Therapy Requirements:

- All students are required to undergo personal therapy sessions with a trained and professional counsellor/psychologist.
- **Therapist Approval:** Students must obtain approval from their batch teacher before starting therapy. Only counselors approved by the batch teachers can be continued for these sessions.
- A personal therapy Information sheet and a log sheet will be provided. The Personal therapy information sheet must be filled by you and submitted to the batch teacher for approval. Your counselor must sign the log sheet after each session. Completed

log sheets must be submitted to the batch teacher at the end of the semester. Teachers can be contacted to counselors for verification.

- Minimum of 6 sessions of therapy/counselling is mandatory under trained and professional counselors. The expense for the therapy will be taken by students.
- Online counselling not permitted.
- Sessions taken with IIPR trainee counselors/teachers will not be considered.
- Students may be asked to continue sessions by teachers if further required
- If you are going for the sessions currently you can continue with approval of your batch teachers.
- A reflective report about your personal therapy sessions have to be submitted at the end of the semester.

Deadline: August, Week 1, 2024.

Criteria 2: Practical record (10 marks)

Description of the Assignment/activity: **Record Submission**

Specific Guidelines:

- Introduction (Minimum two page), Case history, Case conceptualization, Verbatim, Session Plans, Session reports and audio recording of all sessions to be submitted for evaluation. A detailed case conceptualization should be added.
- The introduction to each technique of the presentation must be submitted in the same week of the presentation itself.
- The report on your group session is due two weeks after the group session. The leader and co-leader will transcribe the session and share it with all group members. Each member will then be responsible for writing skills and process comments.
- Failure to make these submissions on time will result in ineligibility for that particular submission and a grade of zero.

- Absence from a group session will result in ineligibility to submit the corresponding group session report.
- Students who miss the first session of a group session will not be permitted to attend subsequent sessions.

Evaluation Criteria:

- Introduction – 10 marks
- Case history, Case conceptualization - 10 marks
- Verbatim, Session Plans and Session reports - 10 marks

Deadline: Ongoing & Continuous

Component 2: (15 marks)

Criteria 1: Group Sessions (5 marks).

- The class will be divided into groups for group counselling sessions. The techniques covered in the group sessions are Cognitive Behaviour Therapy, Transactional Analysis, Gestalt, Rational Emotive Behaviour Therapy, Psychodrama, Postmodern Approaches, Solution Focused Brief Therapy, Narrative Therapy.

Session Requirements:

- The group counseling session plan must be discussed with one of the batch teachers 5 days prior to the group session date.
- Incorporate feedback and suggestions provided by the teacher before the session. Unapproved group plans will not be allowed.
- In case of an emergency leave by a group member, inform all batch teachers via email prior to the group session, not after.
- All communication regarding group sessions should be sent to all batch teachers.
- To swap members between groups for a group session, written permission must be obtained from all batch teachers one week prior. Group members are responsible for coordinating any necessary arrangements.

- Failure to conduct the session due to lack of preparation or any other reason will result in the cancellation of your group's session and a grade of zero.
- Following the teacher's presentations, the assigned group will conduct group sessions (45 minutes to 1 hour) for their group. Prior to each session, a screening process has to be used to select a common theme for the group to discuss.

Evaluation Criteria: Max marks for Group session is 5. Each student will be graded out of 5 based on their group sessions.

Clarity on session plans (2), Content and flow (2) and process and skills (1)

Deadline: Ongoing & Continuous

Criteria 2: Pre-final Examination

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- Demonstrate 1 technique during the exam.
- You have to bring two subjects for the exam.
- The pre-final exam will follow the same record writing format.
 - Detailed Introduction
 - Case History
 - Case Conceptualization
 - Verbatim of the Session
 - Session Plans
 - Session Reports
 - Audio Recording of the Session.
- If you are unable to attend the pre-final exam, you must send an email prior to the exam date to the coordinator of examinations and CC your class teachers.

Evaluation Criteria: Introduction (10), Skill Demonstration (20), Introduction, Case history, Case conceptualization, Verbatim, Session Plans and Session reports (20) and Viva (20). Total 70 Marks.

Evaluation Criteria: Total 70 Marks. Will be converted into 10.

Deadline: August Week 1, 2024

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COURSE PLAN 2024-25**

PAPER NAME: PROCESS OF GROUP COUNSELING (206)

Name of the teachers : Ms. Smita Chakraborty, Dr. Zarine Immanuel, Ms. Elsy N J, Mrs. Anitha K, Ms. Bhanumathi,
& Ms. Anwesha Ghosh

Course & Semester : 2 MPC

Total no of hours for the course : 120 hours

Text Book/Reference Books/Websites/ Pdfs Recommended for the course:

1. Corey, G. (2008). *Group Counselling*. New Delhi:Brooks/Cole.
2. Corey, G. (2004). *Theory and practice of group counselling* (6th ed.). CA: Brooks/ Cole-Thomson Learning.
3. Ivey, A., Pedersen, P. B., & Ivey, M. B. (2001). *Intentional group counselling: A microskills approach*. Belmont, CA: Wadsworth/ Thomson Learning.
4. Jacobs, E. E., Masson, R. L., & Harvill, R. L. (2002). *Group Counselling: Strategies and skills* (4th ed.). Pacific Grove, CA: Brooks/ Cole.

Contents

1. Pre-Training Assessment
2. Developing Generic Skills- Developing Micro & Macro Skills
3. Cognitive Behaviour Therapy
4. Transactional Analysis
5. Gestalt
6. Rational Emotive Behaviour Therapy
7. Psychodrama
8. Postmodern Approaches
9. Solution Focused Brief Therapy

10. Narrative Therapy

11. Post- Training Assessment

Course plan - Process of Group Counseling

Month/ Week/ Date	Batches	Topics Covered	Teaching Pedagogy	Submission of records
May Week 3	1, 2, 3, 4, 5, 6	Orientation Pre Training Assessment - Introduction to Group Counseling	Discussion, role play, feedback, assessment.	May 13, 2024
May Week 3	1, 2, 3, 4, 5, 6	Developing Generic Skills Developing Micro & Macro Skills	Discussion, role play, feedback, assessment.	May 20, 2024
	1, 2, 3, 4, 5, 6	Self Awareness Session	Discussion, role play, feedback, assessment.	May 20, 2024
May week 4	1, 2, 3, 4, 5, 6	Cognitive Behavioral Therapy	Presentation, Discussion, role play, feedback, assessment.	May 27, 2024
May Week 4	1, 2, 3, 4, 5, 6	Transactional Analysis	Presentation, Discussion, role play, feedback, assessment.	May 27, 2024
May Week 5	1, 2, 3, 4, 5, 6	CBT Session 1 TA Session 1	Group Sessions	Jun 3, 2024
	1, 2, 3, 4, 5, 6	CBT Session 2 TA Session 2	Group Sessions	Jun 3, 2024
June Week 2	1, 2, 3, 4, 5, 6	Gestalt Rational Emotive Behavior Therapy	Presentation, Discussion, role play, feedback, assessment.	Jun 10, 2024
June Week 3				

June Week 3	1, 2, 3, 4, 5, 6	Gestalt Session 1	Discussion, role play, feedback, assessment.	Jun 3, 2024
	1, 2, 3, 4, 5, 6	REBT Session 1	Discussion, role play, feedback, assessment.	Jun 17, 2024
June Week 4	1, 2, 3, 4, 5, 6	Gestalt Session 2	Discussion, role play, feedback, assessment.	Jun 24, 2024
	1, 2, 3, 4, 5, 6	REBT Session 2	Discussion, role play, feedback, assessment.	Jul 1, 2024
July Week 1	1, 2, 3, 4, 5, 6	Psychodrama Presentation	Presentation, Discussion, role play, feedback, assessment.	Jul 8, 2024
July Week 1	1, 2, 3, 4, 5, 6	Psychodrama Session 1	Discussion, role play, feedback, assessment.	Jul 15, 2024
July Week 2	1, 2, 3, 4, 5, 6	Psychodrama Session 2	Discussion, role play, feedback, assessment.	Jul 22, 2024
July Week 2	1, 2, 3, 4, 5, 6	Post Modern Approach – Solution focused brief therapy Narrative therapy	Presentation, Discussion, role play, feedback, assessment.	Jul 29, 2024
July Week 3	1, 2, 3, 4, 5, 6	SFBT Session 1 Narrative Therapy Session 1	Discussion, role play, feedback, assessment.	Aug 5, 2024
July Week 4	1, 3	SFBT Session 2 Narrative Therapy Session 2	Discussion, role play, feedback, assessment.	Aug 5, 2024
August Week 1		Closing and Termination, Revision, Clarification of doubts etc. Post-training assessment	Discussion, role play, feedback, assessment.	Aug 8, 2024
August Week 2		Pre final Examination	Feedback on performance and tips to excel in Practicals	

August Week 3		Record Submission	Final Bound record submission with passport size photograph adhering to all prerequisites of submissions, for official seals and signatures.	
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Internal Assessment:

Component 1: (15 marks)

Criteria 1: Personal Therapy (5 Marks)

Description of the Assignment/activity: **Personal Therapy**

Personal Therapy Requirements:

- All students are required to undergo personal therapy sessions with a trained and professional counsellor/psychologist.
- **Therapist Approval:** Students must obtain approval from their batch teacher before starting therapy. Only counselors approved by the batch teachers can be continued for these sessions.
- A log sheet will be provided. Your counselor must sign the log sheet after each session. Completed log sheets must be submitted to the batch teacher at the end of the semester.
- Minimum of 6 sessions of therapy/counselling is mandatory under trained and professional counselors.
- Online counselling not permitted.
- Sessions taken with IIPR trainee counselors/teachers will not be considered.

Deadline: August, Week 1, 2024.

Criteria 2: Practical record (10 marks)

Description of the Assignment/activity: **Record Submission**

Specific Guidelines:

- Introduction (Minimum two page), Case history, Case conceptualization, Verbatim, Session Plans, Session reports and audio recording of all sessions to be submitted for evaluation.
- The introduction to each technique of the presentation must be submitted in the same week of the presentation itself.
- The report on your group session is due two weeks after the group session. The leader and co-leader will transcribe the session and share it with all group members. Each member will then be responsible for writing skills and process comments.
- Failure to make these submissions on time will result in ineligibility for that particular submission and a grade of zero.
- Absence from a group session will result in ineligibility to submit the corresponding group session report.
- Students who miss the first session of a group session will not be permitted to attend subsequent sessions.

Evaluation Criteria:

- Introduction – 10 marks
- Case history, Case conceptualization - 10 marks
- Verbatim, Session Plans and Session reports - 10 marks

Deadline: Ongoing & Continuous

Component 2: (15 marks)

Criteria 1: Presentation (5 marks).

- Presentation on the Practical's to be covered in the Paper through the semester.
- The class will be divided into groups and will be allocated topics and date of presentation. It should be PPT Presentations with relevant illustrations (Videos, transcripts)

Presentation Requirements:

- The presentation PPT must be submitted to all batch teachers one week prior to the presentation date.
- Incorporate feedback and suggestions provided by the teachers before presenting. Unapproved presentations will not be allowed.
- In case of an emergency leave by a group member, inform all batch teachers via email prior to the presentation, not after.
- All communication regarding group presentations should be sent to all batch teachers.
- To swap members between groups for a presentation, written permission must be obtained from all batch teachers one week prior. Group members are responsible for coordinating any necessary arrangements.
- Failure to present due to lack of preparation or any other reason will result in the cancellation of your group's presentation and a grade of zero.
- Following presentations, presenters will conduct group sessions (45 minutes to 1 hour) for their group. Prior to each session, a screening process has to be used to select a common theme for the group to discuss. All group session plans must be discussed with and approved by a batch teacher two days prior to the session.

Evaluation Criteria: Max marks for Group presentation is 5. Each student will be graded out of 5 based on their presentation. Clarity (2), Content and flow (2) and Demo (1)

Deadline: Ongoing & Continuous

Criteria 2: Pre-final Examination

Description of the Assignment/activity: Pre-Final Examination

Guidelines:

- Demonstrate 1 technique during the exam.
- You have to bring two subjects for the exam.
- The pre-final exam will follow the same record writing format.
 - Detailed Introduction
 - Case History
 - Case Conceptualization
 - Verbatim of the Session
 - Session Plans
 - Session Reports
 - Audio Recording of the Session.
- If you are unable to attend the pre-final exam, you must send an email prior to the exam date to the coordinator of examinations and CC your class teachers.

Evaluation Criteria: Introduction (10), Skill Demonstration (20), Introduction, Case history, Case conceptualization, Verbatim, Session Plans and Session reports (20) and Viva (20). Total 70 Marks.

Evaluation Criteria: Total 70 Marks. Will be converted into 10.

Deadline: August Week 1, 2024

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (**Only the first hour in the morning with a delay of 5 minutes will be excused**)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids:

- Ms. Smita Chakraborty: smita.chakraborty@iipr.in
- Dr. Zarine Immanuel: zarine.estherimmanuel@iipr.in
- Ms. Elsy N J: elsy.nj@iipr.in
- Ms. Bhanumathi : bhanumathi.s@iipr.in
- Mrs. Anitha K: anitha.k@iipr.in
- Ms Anwesha Ghosh: anwesha.ghosh@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 2024

PAPER NAME: Theoretical Foundations of Individual Counseling (PC201)

Name of the teachers: Ms.Jayashree S and Ms.Anwasha Ghosh

Course & Semester: M.Sc. Counseling Psychology (2nd semester - 2MPC)

Total no of hours for the course: 64 hours

SYLLABUS

Learning objectives

The purpose of this paper is to lay the theoretical foundation for counseling. The focus is on providing an historical perspective about the development of counseling psychology as an independent body of knowledge. They provide a framework used to describe and understand thoughts, emotions, and behaviors. Each of these theories will have their own tools and techniques. Some simply focus on the thoughts affecting the behavior, behavior modification, some focus on resolving past conflicts, others focus on what a person is experiencing in the here and now. Overall, the unit aims to help the trainee counselors to choose / learn appropriate techniques from the theories for a particular case.

Unit 1 : An overview of theories and techniques of Counseling : 10 hours

- a. Introduction to Counseling, Counseling and Psychotherapy, Historical Context. Scope of Counseling and Psychotherapy.
- b. Overview of the models of Counseling, Integration of counseling skills and therapeutic techniques.

Unit 2: Psychoanalytic and Adlerian Therapies 14 hours

- a. Freudian Psychoanalysis- Key Concepts, therapeutic process, techniques and procedure
- b. Carl Jung-Key Concepts, therapeutic process, techniques and procedure.
- c. Adlerian Therapy - Brief Psychodynamic therapy- Key Concepts, therapeutic process, techniques and procedure
- d. Contemporary Trends: Object-Relations Theory, Self Psychology and Relational Psychoanalysis; Psychoanalytic Therapy From a Multicultural Perspective

Unit 3 –Humanistic and Existential, Gestalt Therapies: 14 hours

- a. Carl Rogers Person-Centered Therapy - Key Concepts, therapeutic process, techniques and procedure.
- b. Gestalt Therapy- Key Concepts, therapeutic process, techniques and procedure.
- c. Existential Therapy - Key Concepts, therapeutic process, techniques and procedure.
- d. Humanistic and Existential, Gestalt Therapies from Multicultural perspectives.

Unit 4 – Behavioural and Cognitive Behavioral Therapies: 14 hours

- a. Behavioural Therapy- Key Concepts, therapeutic process, techniques and procedure.
- b. Cognitive Behaviour Therapies(CBT) - CT- Beck, REBT – Ellis, CBM- Meichenbaum- Key Concepts, therapeutic process, techniques and procedure.
- c. BT and CBT from a Multicultural Perspective.

Unit 5 - Postmodern Therapies: 12 hours

- a. Postmodern Approach: Theories (Steve de Shazer, Insoo Kim Berg & Micheal White and David Epston) and its Historical development;
- b. Solution Focused Brief Therapy(SFBT)-Key Concepts, therapeutic process, techniques and procedure.
- c. Narrative Therapy-Key Concepts, therapeutic process, techniques and procedure.
- d. PostModern therapies from a Multicultural Perspective.

Text Book/Reference Books recommended for the course:

- Corey, Gerald. (2009). Theory and Practice of Counseling and Psychotherapy (8th Edition). Monterey, CA:Brooks/Cole.
- Seligman (2015), Theories of Counseling and Psychotherapy, System Strategies and Skills (4th Edition). Pearson.
- Kottler, J. A. & BrownRW (2000).Introduction to therapeutic Counseling. Australia: Brooks/Cole

Ms. Jayashree S : Unit 1,3,5 (b & c)

Tentative date	Unit	Contents	Teaching Pedagogy
May 2nd week		Course Plan Presentation; Introduction of counseling , counseling and psychotherapy	PPT, Lecture, Discussion
May 2nd week	1	Historical Context and Scope of Counseling and Psychotherapy.	PPT, Case study and Discussion
May 3rd week	1	Overview of the models of Counseling,	PPT, Lecture, Discussion
May 3rd week	1	Integration of counseling skills and therapeutic techniques.	PPT, Case study and Discussion
June 1st week	3	Carl Rogers Person-Centered Therapy - Key Concepts, therapeutic process	PPT, Lecture, Discussion
June 1st week	3	Carl Rogers Person-Centered Therapy- Therapeutic process, techniques and procedure.	PPT, Lecture, Discussion

June 2nd week	2	Gestalt Therapy- Key Concepts, therapeutic process,	PPT, Case study and Discussion
June 2nd week	3	Gestalt Therapy- Techniques and procedures.	Case study and Discussion
June 3rd week	3	Existential Therapy - Key Concepts, therapeutic process, techniques and procedure.	PPT, Case study and Discussion
June 3rd week	3	Humanistic and Existential, Gestalt Therapies from Multicultural perspectives.	Lecture/ Discussion/ PPT
June 4th Week	5	Solution Focused Brief Therapy(SFBT)-Key Concepts, therapeutic process, techniques and procedure.	PPT, Case study and Discussion
August 1st Week	5	Narrative Therapy-Key Concepts, therapeutic process, techniques and procedure.	PPT, Case study and Discussion
August 2nd week	All units covered	Revision, Doubt Clarification	Discussion, Quiz

Ms. Anwasha Ghosh : Unit 2,Unit 4, Unit 5(a),(d)

Tentative date	Unit	Contents	Teaching Pedagogy
May 3rd week	2	Course plan presentation, Freudian Psychoanalysis- Key Concepts, therapeutic process, techniques and procedure	PPT/ Lecture/discussion
May 4th week	2	Freudian Psychoanalysis- Key Concepts, therapeutic process, techniques and procedure	PPT/ Lecture/discussion
May 5th week	2	Carl Jung-Key Concepts, therapeutic process, techniques and procedure.	PPT/Lecture/ Discussion
June 1st week	2	Adlerian Therapy - Brief Psychodynamic therapy- Key Concepts, therapeutic process, techniques and procedure	Activity/discussion
June 2nd week	2	Contemporary Trends: Object-Relations Theory, Self Psychology and Relational Psychoanalysis; Psychoanalytic Therapy From a Multicultural Perspective	PPT/ Lecture /discussion
June 3rd week	4	Behavioural Therapy- Key Concepts, therapeutic process, techniques and procedure.	PPT/Lecture/ Discussion
June 4th week	4	Cognitive Behaviour Therapies(CBT) - CT- Beck	PPT/ Lecture / Discussion
July 1st week	4	REBT, CBM- Mechanbaum Key Concepts, Therapeutic Process, Techniques and Procedures	Activity/ Lecture / Discussion
July 2nd week	5	Postmodern approach: theories and its historical development	PPT/ Lecture / Discussion/ Lecture

July 3rd week	5	PostModern therapies from a Multicultural Perspective.	Documentary/ Case Discussion
July 4th week			
August 1st week			
August 2nd week		Revision,Doubt clarification	

Internal Assessment

Component 1: (15 marks)

Criteria 1: Open Book Test (5 marks) - Test will be evaluated for 10 marks and converted to 5 marks

Specific Guidelines:

- Each student has to answer the question given by referring to the books/notes during the class hour. Duration of the test 45 minutes.
- Question will be announced prior, and it will be essay type question
- Mentioning supporting research evidence is mandatory for your answers.
- You need to keep your reference materials ready for answering the question in the class. Use of online resources or gadgets not permitted.
- Each student has to write their answers independently, discussion or exchange of materials not permitted during the test.
- Answers have to be hand-written. Submission of hardcopy in person.

Evaluation Criteria: Introduction (3 mark) Content (6 marks) and Reference (1 Mark)

Deadline: June 3rd (Tentative)

Criteria 2(10 marks)

Description of the Assignment/activity: Group Activity:

- Students will be divided into groups. Each group will be allotted a therapeutic approach along with a particular issue.
- Students are asked to apply the given therapeutic approach to the allotted issue.
- Students will then be required to conceptualize the case (Use the framework of the approach given to explain the issue elaborately) and provide a session plan upto 5 sessions for the same.
- A brief demo video (Duration Max- 15-20 minutes) which should include a bit of the introduction of the given approach, techniques and skills used, entailing it with the complete session report of the same must be submitted.

Evaluation Criteria: (10 marks)

- Demo- 5 marks
- Case conceptualization- 3 marks
- Session report - 2 marks

Deadline: July 1st 2024 (Tentative)

Group and topic allotment for group activity

Group 1	Specific phobia	Behavior therapy	1. PRAVALIKA 2. PAVANI 3. DEEKSSHA 4. JAHNAVI DURGA KOKI 5. JANHAVI BAJORIA 6. NAYANA
Group 2	Social anxiety	CBT	1. SADIKA 2. FAREEHA 3. CHAYA 4. TANVI 5. MANCY 6. KASHISH
Group 3	Conflict with team lead at work	SFBT	1. VIDYA 2. NEHA RAMDAS

			<ol style="list-style-type: none"> 3. SMIRA 4. SONIA 5. RIMSHA 6. ANOUSHKA
Group 4	Miscommunication within family	REBT	<ol style="list-style-type: none"> 1. MANYA 2. SARA 3. VIDISHA 4. SHIVANGI SOMANI 5. KRITI JAIN 6. SUDIPA
Group 5	Weight loss programme	Behavior therapy	<ol style="list-style-type: none"> 1. RIMJHIM 2. ISHITA AGARWAL 3. SHRUTI 4. KHUSHI 5. SHIVANGI MEHROTRA 6. PRANIKA
Group 6	Time management	Meichenbaum's approach	<ol style="list-style-type: none"> 1. KOMAL 2. ANWESHA 3. KRITI BAID 4. AMRUTH 5. RAMYA 6. AANYA
Group 7	Unresolved breakup with partner	Gestalt therapy	<ol style="list-style-type: none"> 1. KRINJAL 2. NEHA NIXON 3. ANUBHAVI 4. TEENA 5. MUBEENA 6. GAUTHAMI

Group 8	Working through academic failure	Rogierian therapy	<ol style="list-style-type: none"> 1. PRERNA 2. GAYATRI 3. ANANYA SHARMA2001 4. NANDINI 5. VIVEK 6. ISHITA SRIVASTAVA 7. RIYA
Group 9	Reducing hair picking	Behavior therapy	<ol style="list-style-type: none"> 1. AILEEN 2. ANANYA SHARMA2002 3. SNEHA 4. KRITHIKA 5. JEMISHI 6. POOJITHA 7. NEHA CHHIKARA

Component 2: (15 marks)

Criterion 1: 5 marks

Description of the Assignment: Attendance

Specific Guidelines: Marks will be given based on attendance percentage that the students have for the paper.

95-100% : 5 marks

90-94% : 4 marks

85-89% : 3 marks

80-84% : 2 marks

75-79% : 1 marks

Evaluation Criteria: 5 Marks

Criteria 2 (10 marks)

Description: Pre-Final Examination

Guidelines: The pattern of Question paper will be the same as in the final BCU examination.

Evaluation Criteria: The student will attempt a total of 5 questions from the choices given. Each question carries 14 marks.

Total Marks: 70 to be reduced to 10 marks for the purpose of evaluation.

Wishing you the very best!

Feel free to contact us for any further clarifications.

Ms. Jayashree S – jayashrees.psychology@iipr.in

Ms. Anwesha Ghosh- anwesha.ghosh@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

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Ms. Jayashree S : Unit 1,3,5 (b & c)

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June 2nd week	2	Gestalt Therapy- Key Concepts, therapeutic process,	PPT, Case study and Discussion
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June 3rd week	3	Existential Therapy - Key Concepts, therapeutic process, techniques and procedure.	PPT, Case study and Discussion
June 3rd week	3	Humanistic and Existential, Gestalt Therapies from Multicultural perspectives.	Lecture/ Discussion/ PPT
June 4th Week	5	Solution Focused Brief Therapy(SFBT)-Key Concepts, therapeutic process, techniques and procedure.	PPT, Case study and Discussion
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August 2nd week	All units covered	Revision, Doubt Clarification	Discussion, Quiz

Ms. Anwasha Ghosh : Unit 2,Unit 4, Unit 5(a),(d)

Tentative date	Unit	Contents	Teaching Pedagogy
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July 1st week	4	Cognitive Behaviour Therapies(CBT) - CT- Beck	Activity/ Lecture / Discussion
July 2nd week	5	REBT, CBM- Mechanbaum Key Concepts, Therapeutic Process, Techniques and Procedures	PPT/ Lecture / Discussion/ Lecture

July 3rd week	5	REBT, CBM- Mechanbaum Key Concepts, Therapeutic Process, Techniques and Procedures	Documentary/ Case Discussion
July 4th week		Postmodern Approach: Theories (Steve de Shazer, Insoo Kim Berg & Micheal White and David Epston) and its Historical development	
August 1st week		PostModern therapies from a Multicultural Perspective.	
August 2nd week		Revision,Doubt clarification	

Internal Assessment

Component 1: (15 marks)

Criteria 1: Open Book Test (5 marks)

Specific Guidelines:

- Each student has to answer the question given by referring to the books/notes during the class hour. Duration of the test 45 minutes.
- Question will be announced prior, and it will be essay type question
- Mentioning supporting research evidence is mandatory for your answers.
- You need to keep your reference materials ready for answering the question in the class. Use of online resources or gadgets not permitted.
- Each student has to write their answers independently, discussion or exchange of materials not permitted during the test.
- Answers have to be hand-written. Submission of hardcopy in person.

Evaluation Criteria: Introduction (1 mark) Content (3 marks) and Reference (1 Mark)

Deadline: June 3rd (Tentative)

Criteria 2(10 marks)

Description of the Assignment/activity: Group Activity:

- Students will be divided into groups. Each group will be allotted a therapeutic approach along with a particular issue.
- Students are asked to apply the given therapeutic approach to the allotted issue.
- Students will then be required to conceptualize the case and provide a treatment plan upto 5 sessions for the same.
- A brief demo video (Duration Max- 15-20 minutes) which should include a bit of the introduction of the given approach, techniques and skills used, entailing it with the complete session report of the same must be submitted.

Evaluation Criteria: (10 marks)

- Demo - 5 marks
- Case conceptualization- 3 marks
- Session report - 2 marks

Deadline: July 1st 2024 (Tentative)

Group and topic allotment for group activity

Group 1	Specific phobia	Behavior therapy	1. PRAVALIKA 2. PAVANI 3. DEEKSSHA 4. JAHNAVI DURGA KOKI 5. JANHAVI BAJORIA 6. NAYANA
Group 2	Social anxiety	CBT	1. SADIKA 2. FAREEHA 3. CHAYA 4. TANVI 5. MANCY 6. KASHISH
Group 3	Conflict with team lead at work	SFBT	1. VIDYA 2. NEHA RAMDAS 3. SMIRA 4. SONIA 5. RIMSHA

			6. ANOUSHKA
Group 4	Miscommunication within family	REBT	1. MANYA 2. SARA 3. VIDISHA 4. SHIVANGI SOMANI 5. KRITI JAIN 6. SUDIPA
Group 5	Weight loss programme	Behavior therapy	1. RIMJHIM 2. ISHITA AGARWAL 3. SHRUTI 4. KHUSHI 5. SHIVANGI MEHROTRA 6. PRANIKA
Group 6	Time management	Meichenbaum's approach	1. KOMAL 2. ANWESHA 3. KRITI BAID 4. AMRUTH 5. RAMYA 6. AANYA
Group 7	Unresolved breakup with partner	Gestalt therapy	1. KRINJAL 2. NEHA NIXON 3. ANUBHAVI 4. TEENA 5. MUBEENA 6. GAUTHAMI
Group 8	Working through academic failure	Rogerian therapy	1. PRERNA 2. GAYATRI 3. ANANYA

			SHARMA200 1 4. NANDINI 5. VIVEK 6. ISHITA SRIVASTAVA 7. RIYA
Group 9	Reducing hair picking	Behavior therapy	1. AILEEN 2. ANANYA SHARMA200 2 3. SNEHA 4. KRITHIKA 5. JEMISHI 6. POOJITHA 7. NEHA CHHIKARA

Component 2: (15 marks)

Criterion 1: 5 marks

Description of the Assignment: Attendance

Specific Guidelines: Marks will be given based on attendance percentage that the students have for the paper.

95-100% : 5 marks

90-94% : 4 marks

85-89% : 3 marks

80-84% : 2 marks

75-79% : 1 marks

Evaluation Criteria: 5 Marks

Criteria 2 (10 marks)

Description: Pre-Final Examination

Guidelines: The pattern of Question paper will be the same as in the final BCU examination.

Evaluation Criteria: The student will attempt a total of 5 questions from the choices given. Each question carries 14 marks.

Total Marks: 70 to be reduced to 10 marks for the purpose of evaluation.

Wishing you the very best!

Feel free to contact us for any further clarifications.

Ms. Jayashree S – jayashrees.psychology@iipr.in

Ms. Anwesh Ghosh- anwesh.ghosh@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 2024

PAPER NAME: Theoretical Foundations of Individual Counseling (PC201)

Name of the teachers: Ms.Jayashree S and Ms.Anwasha Ghosh

Course & Semester: M.Sc. Counseling Psychology (2nd semester - 2MPC)

Total no of hours for the course: 64 hours

SYLLABUS

Learning objectives

The purpose of this paper is to lay the theoretical foundation for counseling. The focus is on providing an historical perspective about the development of counseling psychology as an independent body of knowledge. They provide a framework used to describe and understand thoughts, emotions, and behaviors. Each of these theories will have their own tools and techniques. Some simply focus on the thoughts affecting the behavior, behavior modification, some focus on resolving past conflicts, others focus on what a person is experiencing in the here and now. Overall, the unit aims to help the trainee counselors to choose / learn appropriate techniques from the theories for a particular case.

Unit 1 : An overview of theories and techniques of Counseling : 10 hours

- a. Introduction to Counseling, Counseling and Psychotherapy, Historical Context. Scope of Counseling and Psychotherapy.
- b. Overview of the models of Counseling, Integration of counseling skills and therapeutic techniques.

Unit 2: Psychoanalytic and Adlerian Therapies 14 hours

- a. Freudian Psychoanalysis- Key Concepts, therapeutic process, techniques and procedure
- b. Carl Jung-Key Concepts, therapeutic process, techniques and procedure.
- c. Adlerian Therapy - Brief Psychodynamic therapy- Key Concepts, therapeutic process, techniques and procedure
- d. Contemporary Trends: Object-Relations Theory, Self Psychology and Relational Psychoanalysis; Psychoanalytic Therapy From a Multicultural Perspective

Unit 3 –Humanistic and Existential, Gestalt Therapies: 14 hours

- a. Carl Rogers Person-Centered Therapy - Key Concepts, therapeutic process, techniques and procedure.
- b. Gestalt Therapy- Key Concepts, therapeutic process, techniques and procedure.
- c. Existential Therapy - Key Concepts, therapeutic process, techniques and procedure.
- d. Humanistic and Existential, Gestalt Therapies from Multicultural perspectives.

Unit 4 – Behavioural and Cognitive Behavioral Therapies: 14 hours

- a. Behavioural Therapy- Key Concepts, therapeutic process, techniques and procedure.
- b. Cognitive Behaviour Therapies(CBT) - CT- Beck, REBT – Ellis, CBM- Meichenbaum- Key Concepts, therapeutic process, techniques and procedure.
- c. BT and CBT from a Multicultural Perspective.

Unit 5 - Postmodern Therapies: 12 hours

- a. Postmodern Approach: Theories (Steve de Shazer, Insoo Kim Berg & Micheal White and David Epston) and its Historical development;
- b. Solution Focused Brief Therapy(SFBT)-Key Concepts, therapeutic process, techniques and procedure.
- c. Narrative Therapy-Key Concepts, therapeutic process, techniques and procedure.
- d. PostModern therapies from a Multicultural Perspective.

Text Book/Reference Books recommended for the course:

- Corey, Gerald. (2009). Theory and Practice of Counseling and Psychotherapy (8th Edition). Monterey, CA:Brooks/Cole.
- Seligman (2015), Theories of Counseling and Psychotherapy, System Strategies and Skills (4th Edition). Pearson.
- Kottler, J. A. & BrownRW (2000).Introduction to therapeutic Counseling. Australia: Brooks/Cole

Ms. Jayashree S : Unit 1,3,5 (b & c)

Tentative date	Unit	Contents	Teaching Pedagogy
May 2nd week		Course Plan Presentation; Introduction of counseling , counseling and psychotherapy	PPT, Lecture, Discussion
May 2nd week	1	Historical Context and Scope of Counseling and Psychotherapy.	PPT, Case study and Discussion
May 3rd week	1	Overview of the models of Counseling,	PPT, Lecture, Discussion
May 3rd week	1	Integration of counseling skills and therapeutic techniques.	PPT, Case study and Discussion
June 1st week	3	Carl Rogers Person-Centered Therapy - Key Concepts, therapeutic process	PPT, Lecture, Discussion
June 1st week	3	Carl Rogers Person-Centered Therapy- Therapeutic process, techniques and procedure.	PPT, Lecture, Discussion

June 2nd week	2	Gestalt Therapy- Key Concepts, therapeutic process,	PPT, Case study and Discussion
June 2nd week	3	Gestalt Therapy- Techniques and procedures.	Case study and Discussion
June 3rd week	3	Existential Therapy - Key Concepts, therapeutic process, techniques and procedure.	PPT, Case study and Discussion
June 3rd week	3	Humanistic and Existential, Gestalt Therapies from Multicultural perspectives.	Lecture/ Discussion/ PPT
June 4th Week	5	Solution Focused Brief Therapy(SFBT)-Key Concepts, therapeutic process, techniques and procedure.	PPT, Case study and Discussion
August 1st Week	5	Narrative Therapy-Key Concepts, therapeutic process, techniques and procedure.	PPT, Case study and Discussion
August 2nd week	All units covered	Revision, Doubt Clarification	Discussion, Quiz

Ms. Anwasha Ghosh : Unit 2,Unit 4, Unit 5(a),(d)

Tentative date	Unit	Contents	Teaching Pedagogy
May 3rd week	2	Course plan presentation, Freudian Psychoanalysis- Key Concepts, therapeutic process, techniques and procedure	PPT/ Lecture/discussion
May 4th week	2	Freudian Psychoanalysis- Key Concepts, therapeutic process, techniques and procedure	PPT/ Lecture/discussion
May 5th week	2	Carl Jung-Key Concepts, therapeutic process, techniques and procedure.	PPT/Lecture/ Discussion
June 1st week	2	Adlerian Therapy - Brief Psychodynamic therapy- Key Concepts, therapeutic process, techniques and procedure	Activity/discussion
June 2nd week	2	Contemporary Trends: Object-Relations Theory, Self Psychology and Relational Psychoanalysis; Psychoanalytic Therapy From a Multicultural Perspective	PPT/ Lecture /discussion
June 3rd week	4	Behavioural Therapy- Key Concepts, therapeutic process, techniques and procedure.	PPT/Lecture/ Discussion
June 4th week	4	Behavioural Therapy- Key Concepts, therapeutic process, techniques and procedure.	PPT/ Lecture / Discussion
July 1st week	4	Cognitive Behaviour Therapies(CBT) - CT- Beck	Activity/ Lecture / Discussion
July 2nd week	5	REBT, CBM- Mechanbaum Key Concepts, Therapeutic Process, Techniques and Procedures	PPT/ Lecture / Discussion/ Lecture

July 3rd week	5	REBT, CBM- Mechanbaum Key Concepts, Therapeutic Process, Techniques and Procedures	Documentary/ Case Discussion
July 4th week		Postmodern Approach: Theories (Steve de Shazer, Insoo Kim Berg & Micheal White and David Epston) and its Historical development	
August 1st week		PostModern therapies from a Multicultural Perspective.	
August 2nd week		Revision,Doubt clarification	

Internal Assessment

Component 1: (15 marks)

Criteria 1: Open Book Test (5 marks)

Specific Guidelines:

- Each student has to answer the question given by referring to the books/notes during the class hour. Duration of the test 45 minutes.
- Question will be announced prior, and it will be essay type question
- Mentioning supporting research evidence is mandatory for your answers.
- You need to keep your reference materials ready for answering the question in the class. Use of online resources or gadgets not permitted.
- Each student has to write their answers independently, discussion or exchange of materials not permitted during the test.
- Answers have to be hand-written. Submission of hardcopy in person.

Evaluation Criteria: Introduction (1 mark) Content (3 marks) and Reference (1 Mark)

Deadline: June 3rd (Tentative)

Criteria 2(10 marks)

Description of the Assignment/activity: Group Activity:

- Students will be divided into groups. Each **group will be allotted a therapeutic approach along with a particular issue.**
- **Students are asked to apply the given therapeutic approach to the allotted issue.**
- Students will then be required to conceptualize the case and provide a treatment plan upto 5 sessions for the same.
- A brief demo video (Duration Max- 15-20 minutes) which should include a bit of the introduction of the given approach, techniques and skills used, entailing it with the complete session report of the same must be submitted.

Evaluation Criteria: (10 marks)

- Demo- 5 marks
- Case conceptualization- 3 marks
- Session report - 2 marks

Deadline: July 1st 2024 (Tentative)

Group and topic allotment for group activity

Group 1	Specific phobia	Behavior therapy	1. PRAVALIKA 2. PAVANI 3. DEEKSSHA 4. JAHNAVI DURGA KOKI 5. JANHAVI BAJORIA 6. NAYANA
Group 2	Social anxiety	CBT	1. SADIKA 2. FAREEHA 3. CHAYA 4. TANVI 5. MANCY 6. KASHISH
Group 3	Conflict with team lead at work	SFBT	1. VIDYA 2. NEHA RAMDAS 3. SMIRA 4. SONIA 5. RIMSHA

			6. ANOUSHKA
Group 4	Miscommunication within family	REBT	<ol style="list-style-type: none"> 1. MANYA 2. SARA 3. VIDISHA 4. SHIVANGI SOMANI 5. KRITI JAIN 6. SUDIPA
Group 5	Weight loss programme	Behavior therapy	<ol style="list-style-type: none"> 1. RIMJHIM 2. ISHITA AGARWAL 3. SHRUTI 4. KHUSHI 5. SHIVANGI MEHROTRA 6. PRANIKA
Group 6	Time management	Meichenbaum's approach	<ol style="list-style-type: none"> 1. KOMAL 2. ANWESHA 3. KRITI BAID 4. AMRUTH 5. RAMYA 6. AANYA
Group 7	Unresolved breakup with partner	Gestalt therapy	<ol style="list-style-type: none"> 1. KRINJAL 2. NEHA NIXON 3. ANUBHAVI 4. TEENA 5. MUBEENA 6. GAUTHAMI
Group 8	Working through academic failure	Rogerian therapy	<ol style="list-style-type: none"> 1. PRERNA 2. GAYATRI 3. ANANYA

			SHARMA200 1 4. NANDINI 5. VIVEK 6. ISHITA SRIVASTAVA 7. RIYA
Group 9	Reducing hair picking	Behavior therapy	1. AILEEN 2. ANANYA SHARMA200 2 3. SNEHA 4. KRITHIKA 5. JEMISHI 6. POOJITHA 7. NEHA CHHIKARA

Component 2: (15 marks)

Criterion 1: 5 marks

Description of the Assignment: Attendance

Specific Guidelines: Marks will be given based on attendance percentage that the students have for the paper.

95-100% : 5 marks

90-94% : 4 marks

85-89% : 3 marks

80-84% : 2 marks

75-79% : 1 marks

Evaluation Criteria: 5 Marks

Criteria 2 (10 marks)

Description: Pre-Final Examination

Guidelines: The pattern of Question paper will be the same as in the final BCU examination.

Evaluation Criteria: The student will attempt a total of 5 questions from the choices given. Each question carries 14 marks.

Total Marks: 70 to be reduced to 10 marks for the purpose of evaluation.

Wishing you the very best!

Feel free to contact us for any further clarifications.

Ms. Jayashree S – jayashrees.psychology@iipr.in

Ms. Anwesha Ghosh- anwesha.ghosh@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 2024

PAPER NAME: Psychology Practical

Name of the teachers: Dr. Nethravathi. R, Ms. Sharmila S, Ms. Jayashree, Mrs. Anitha.K & Ms. Shifa

Course & Semester : II Semester

**Any 2 experiments from each section to be taught,
total 10 experiments + statistics**

1. Emotions:

- a. Emotional regulation scale
- b. Emotional intelligence scale/ questionnaire**
- c. Oxford happiness scale
- d. Fear checklist
- e. Positive and Negative affect scale

2. Motivation

- a. Achievement motivation**
- b. The motivation assessment scale
- c. Power motive inventory/Scale
- d. Academic achievement need scale
- e. Guidance need inventory**

3. Intelligence

- a. Standard progressive matrices**
- b. WAIS (Weschler's adult intelligence Scale)
- c. Draw a man test
- d. SFB (Seguin Form Board)
- e. General Mental Ability Test by Jalota**

4. Thinking and reasoning

- a. Stroop effect

b. Test of creativity

c. Cognitive style assessment

d. Concept formation

e. Problem solving ability test based on Tower of London test

5. Personality:

a. Eysenck's personality inventory

b. Children's personality questionnaire

c. 16 PF test of personality

d. NEO Personality Inventory

e. Myers Briggs Types indicator

Statistics: Measures of Variance (Grouped and Ungrouped)

• Standard Deviation

• Range

• Quartile deviation

Selected Experiments

1. Emotions:

a. Emotional intelligence scale/ questionnaire

2. Motivation

b. Achievement motivation

c. Guidance need inventory

3. Intelligence

d. Standard progressive matrices

e. General Mental Ability Test by Jalota

4. Thinking and reasoning

f. Test of creativity

g. Concept formation

5. Personality:

h. Eysenck's personality inventory

Month/ Week/ Date	Exp.No	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture, discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
April week 4	1.	ORIENTATION TO 2nd SEM PRACTICAL, Division of groups for presentation. Emotional Intelligence Scale	<ul style="list-style-type: none"> ● Lecture ● Administration ● Presentation ● Discussion 	
May week 1	2.	Guidance Need Inventory	<ul style="list-style-type: none"> ● Lecture ● Administration ● Presentation ● Discussion 	
May week 2	3.	Creativity	<ul style="list-style-type: none"> ● Administration ● Presentation, ● Discussion 	
May week 3	4.	Standard progressive matrices (Raven's progressive matrices)	<ul style="list-style-type: none"> ● Administration ● Presentation, ● Discussion 	
May Week 4	5.	Eysenk's Personality Inventory	<ul style="list-style-type: none"> ● Administration ● Presentation, ● Discussion 	
June Week 1	6.	General Mental Ability	<ul style="list-style-type: none"> ● Administration ● Presentation, ● Discussion 	

June Week 2	7.	Achievement motivation	<ul style="list-style-type: none"> ● Administration ● Presentation, ● Discussion 	
June Week 3	8.	Concept formation	<ul style="list-style-type: none"> ● Administration ● Presentation, ● Discussion 	
June Week 4	9.	Pre-final Statistics Final Record Submission	<ul style="list-style-type: none"> ● Conduction ● Presentation ● Discussion 	

Internal Assessment: 1:

Description of the Assignment/activity: Record Work

Specific Guidelines: Completion of the record work fulfilling all the expected requirements.

Evaluation Criteria: Record submission - Total 90 marks will be reduced to 10 marks.

Deadline: Ongoing - The week following the completion of the experiment/assessment.

Internal Assessment: 2:

Description of the Assignment/activity: Attendance

Specific Guidelines: Exam department

Evaluation Criteria: 5 marks

Deadline: ongoing

Internal Assessment: 3:

Description of the Assignment/activity: Pre-Final Examination

Evaluation criteria: pre-final is as per BCU pattern of examination and is for 25 marks reduced to 10 marks.

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will not be permitted to do the experiment that is missed.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail.
Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.
7. All records must be produced in the observation book first before its entry into the record.
8. All students must adhere to the outline and guidelines given by the respective teacher.

Wishing you the very best.

Feel free to contact me for any further clarifications- **Name of the teacher/s and email ids:**

Dr. Nethravathi. R: nethravathi.r@iipr.in

Mrs. ANITHA.K: anitha.k@iipr.in

Ms. Sharmila: Sharmila.s@iipr.in

Ms. Jayashree: Jayashrees.psychology@iipr.in

Ms. Shifa : teaching.intern1@iipr.in

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 2023

PAPER NAME: Psychotherapy (Paper Code: 301)

Name of the teachers : Lis & Mr. Jini Gopinath

Course & Semester : III MPS

Total no of hours for the course : 60 hours

Text Book/Reference Books/Websites/ Pdfs recommended for the course:

- Corey, Gerald. (2009). Theory and Practice of Counseling and Psychotherapy (8th Edition). Monterey, CA: Brooks/Cole.
- Seligman (2015), Theories of Counselling and Psychotherapy, System Strategies and Skills (4th Edition), Pearson.
- Kottler, J. A. & Brown R. W. (2000). Introduction to therapeutic Counselling. Australia: Brooks/ Cole
- Krumboltz. J. D., & Thoresen, C. E. (1976). Counselling methods. New York: Holt Rinehart.

Syllabus

LEARNING OBJECTIVE:

Learning objectives

The paper aims to provide theoretical foundation for the practice of psychotherapy. To help the trainee counsellors to choose specific techniques for a particular client

Unit 1: Introduction and Classical Approaches (6 hours)

- a. Definition of intervention and psychotherapy, Process of Psychotherapy, Goals of Psychotherapy, Principles of Psychotherapy.
- b. Difference between Psychotherapy, Counselling and Guidance. Individual and group Psychotherapy- evaluation.

Unit 2: Psychoanalytic and Adlerian Therapies (14 hours)

- a. Freudian Psychoanalysis- Key Concepts, therapeutic process, techniques and procedure
- b. Carl Jung-Key Concepts, therapeutic process, techniques and procedure.
- c. Adlerian Therapy - Brief Psychodynamic therapy- Key Concepts, therapeutic process, techniques and procedure
- d. Contemporary Trends: Object-Relations Theory, Self-Psychology and Relational Psychoanalysis; Psychoanalytic Therapy From a Multicultural Perspective

Unit 3 –Humanistic and Existential, Gestalt Therapies (14 hours)

- a. Carl Rogers Person-Centred Therapy - Key Concepts, therapeutic process, techniques and procedure.
- b. Gestalt Therapy- Key Concepts, therapeutic process, techniques and procedure.
- c. Existential Therapy - Key Concepts, therapeutic process, techniques and procedure.
- d. Humanistic and Existential, Gestalt Therapies from Multicultural perspectives.

Unit 4 – Behavioural and Cognitive Behavioural Therapies: (14 hours)

- a. Behavioural Therapy- Key Concepts, therapeutic process, techniques and procedure.
- b. Cognitive Behaviour Therapies(CBT) - CT- Beck, REBT – Ellis, CBM- Michenbaum- Key Concepts, therapeutic process, techniques and procedure.
- c. BT and CBT from Multicultural Perspective.

Unit 5 - Postmodern Therapies (12 hours)

- a. Post Modern Approach: Theories (Steve de Shazer, Insoo Kim Berg & Micheal White and David Epston) and its Historical development;
- b. Solution Focused Brief Therapy(SFBT)-Key Concepts, therapeutic process, techniques and procedure.
- c. Narrative Therapy-Key Concepts, therapeutic process, techniques and procedure.
- d. Post Modern therapies from Multicultural Perspective.
- e. Group approaches to therapy- Nature of group therapy.

References:

- Corey, Gerald. (2009). Theory and Practice of Counseling and Psychotherapy (8th Edition). Monterey, CA: Brooks/Cole.
 - Seligman (2015), Theories of Counselling and Psychotherapy, System Strategies and Skills (4th Edition), Pearson.
 - Kottler, J. A. & Brown R. W. (2000). Introduction to therapeutic Counselling. Australia: Brooks/ Cole
 - Krumboltz. J. D., & Thoresen, C. E. (1976). Counselling methods. New York: Holt Rinehart.
 - Axelson, J. A. (1998). Counselling and development in multicultural society. Pacific Group: Brooks.
 - Ellis A. & Dryden N. (1977). The practice of Rational Emotional Behavior Therapy (Rev. Ed.) New York: Springer
 - Ellis A. & MacLaren C. (1998). Rational Emotional Behavior therapy: A Therapist's guide. CA: Impact
 - Kazdin. A. E. (2001). Behavior Modification. Belmont: Wadsworth
 - Meichenbaum. D. (1977). Cognitive Behavior Modification: An integrative approach. New York: Plenum Speigler,
 - M. D., & Guevremont, D. C. (1998). Contemporary Behavior Therapy. Albany: Brooks/Cole. Walker, L. E. (Ed.)
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Course plan for Psychotherapy

Lis: Unit 1, 3 and 5

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture, discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
November Week 1	Unit 1	Course plan presentation Unit 1: Introduction and Classical Approaches <ul style="list-style-type: none"> ● Definition of intervention and psychotherapy, ● Process of Psychotherapy, ● Goals of Psychotherapy, Principles of Psychotherapy. 	PPT/ Lecture/discussion	
November Week 2	Unit 1	<ul style="list-style-type: none"> ● Difference between Psychotherapy, Counselling and Guidance. ● Individual and group Psychotherapy- evaluation. 	PPT/ Lecture/discussion	
November Week 3	Unit 1	<ul style="list-style-type: none"> ● Unit 3: Humanistic and Existential, Gestalt Therapies ● Carl Rogers Person-Centred Therapy - Key Concepts, therapeutic process, techniques and procedure. 	PPT/ Lecture /discussion Demonstration/ video	
November Week 4	Unit 3	<ul style="list-style-type: none"> ● Gestalt Therapy- Key Concepts, therapeutic process, techniques and procedure. 	PPT/Lecture/ Discussion Demonstration/video	
December Week 1	Unit 3	<ul style="list-style-type: none"> ● Existential Therapy - Key Concepts, therapeutic process, techniques and procedure. 	PPT/ Lecture / Discussion/ Case Discussion/demonstration/video	

December Week 2	Unit 3	<ul style="list-style-type: none"> • Humanistic and Existential, Gestalt Therapies from Multicultural perspectives. 	PPT/ Lecture / Discussion/ demonstration/video	
December Week 3	Unit 3	<ul style="list-style-type: none"> • Unit 5 - Postmodern Therapies • Post Modern Approach: Theories (Steve de Shazer, Insoo Kim Berg & Micheal White and David Epston) and its Historical development; 	PPT/ Lecture / Discussion/ demonstration/video	
December Week 4	Unit 3	<ul style="list-style-type: none"> • Solution Focused Brief Therapy (SFBT)-Key Concepts, therapeutic process, techniques and procedure. 	PPT/ Lecture / Discussion/ demonstration/video	
January Week 1	Unit 3	<ul style="list-style-type: none"> • Narrative Therapy-Key Concepts, therapeutic process, techniques and procedure. 	PPT/ Lecture / Discussion/ Case Discussion demonstration/video	
January Week 2	Unit 5	<ul style="list-style-type: none"> • Post Modern therapies from Multicultural Perspective. 	PPT/ Lecture / Discussion/	
January Week 3	Unit 5	<ul style="list-style-type: none"> • Group approaches to therapy- Nature of group therapy. 	PPT/ Lecture / Discussion/	
January Week 4	Unit 5	<ul style="list-style-type: none"> • Group approaches to therapy- Nature of group therapy. 	PPT/ Lecture / Discussion/ Case Discussion	
February Week 1		<ul style="list-style-type: none"> • Revision 		
February Week 2		<ul style="list-style-type: none"> • Prefinal 		

Mr. Jini Gopinath: Unit 2 and 4

Month/ Week/ Date	Unit	Contents from the syllabus/Assignment Schedule	Teaching Pedagogy(Lecture, discussion, ppt, guest lecture, Activity, assignments, case studies, online discussions)	Actual Dates of Completion
November Week 1	Unit 2	Unit 2: Psychoanalytic and Adlerian Therapies <ul style="list-style-type: none"> • Freudian Psychoanalysis- Key Concepts, therapeutic process, techniques and procedure 	PPT/ Lecture / Discussion/	
November Week 2	Unit 2	<ul style="list-style-type: none"> • Carl Jung-Key Concepts, therapeutic process, techniques and procedure. 	PPT/ Lecture / Discussion/	
November Week 3	Unit 2	<ul style="list-style-type: none"> • Carl Jung-Key Concepts, therapeutic process, techniques and procedure. 	PPT/ Lecture / Discussion/	
November Week 4	Unit 2	<ul style="list-style-type: none"> • Adlerian Therapy - Brief Psychodynamic therapy- Key Concepts, therapeutic process, techniques and procedure 	PPT/ Lecture / Discussion/	
December Week 1	Unit 2	<ul style="list-style-type: none"> • Adlerian Therapy - Brief Psychodynamic therapy- Key Concepts, therapeutic process, techniques and procedure 	PPT/ Lecture / Discussion/	
December Week 2	Unit 2	<ul style="list-style-type: none"> • Contemporary Trends: Object-Relations Theory, Self-Psychology and Relational Psychoanalysis; Psychoanalytic Therapy From a Multicultural Perspective 	PPT/ Lecture / Discussion/	
December Week 3	Unit 2	<ul style="list-style-type: none"> • Contemporary Trends: Object-Relations Theory, Self-Psychology and Relational Psychoanalysis; Psychoanalytic Therapy From a Multicultural Perspective 	PPT/ Lecture / Discussion/	

December Week 4	Unit 4	<ul style="list-style-type: none"> ● Unit 4 – Behavioural and Cognitive Behavioural Therapies: ● Behavioural Therapy- Key Concepts, therapeutic process, techniques and procedure. 	PPT/ Lecture / Discussion/	
January Week 1	Unit 4	<ul style="list-style-type: none"> ● Cognitive Behaviour Therapies(CBT) - CT- Beck, REBT – Ellis, CBM- Michenbaum- Key Concepts, therapeutic process, techniques and procedure. 	PPT/ Lecture / Discussion/	
January Week 2	Unit 4	<ul style="list-style-type: none"> ● Cognitive Behaviour Therapies(CBT) - CT- Beck, REBT – Ellis, CBM- Michenbaum- Key Concepts, therapeutic process, techniques and procedure. 	PPT/ Lecture / Discussion/	
January Week 3	Unit 4	<ul style="list-style-type: none"> ● Cognitive Behaviour Therapies(CBT) - CT- Beck, REBT – Ellis, CBM- Michenbaum- Key Concepts, therapeutic process, techniques and procedure. 		
January Week 4	Unit 4	<ul style="list-style-type: none"> ● Pre-final examination 	PPT/ Lecture / Discussion/	
February Week 1	Unit 4	<ul style="list-style-type: none"> ● BT and CBT from Multicultural Perspective. 	PPT/ Lecture / Discussion/	
February Week 2		<ul style="list-style-type: none"> ● Prefinal 		

Internal Assessment

Component 1: (15 marks)

Criteria 1: Open Book Test (5 marks)

Teacher in charge: Lis & Mr. Jini Gopinath

Students will be assigned one question by the teacher. They will be required to refer to their books and provide an answer for that question in the class. They will also have to mention the references that they have used. Online references are discouraged.

Evaluation Criteria: Introduction (1 marks) Content (3 marks) and Reference (1 Mark)

Deadline: November 30th, 2023

Criteria 2: Group Activity (10 marks)

Criteria 2 (10 marks)

Description of the Assignment/activity: Group Activity:

Guidelines: Class will be divided into groups of 4 students. Each group will be allotted a technique. A case will be given. Each group will present their therapeutic process and intervention procedures for the case. The allotted time for presentation per group will be 5 – 7 minutes. The techniques are:-

1. Empty Chair and fantasy approach
2. Socratic Questioning and Thought Diary
3. Thought Distraction and Thought Stopping
4. ABCDE Analysis
5. Systematic Desensitization and JPMR
6. Token Economy and Shaping
7. Role playing and role reversal
8. SFBT

Evaluation Criteria: 10 marks (Introduction - 2 marks, Case – 2 marks, therapeutic process and procedure – 2 marks, Intervention – 3 marks, research evidence – 1 mark)

Deadline: December 30th, 2023.

Component 2:

Criteria 1: Attendance (5 Marks)

Description of the Assignment: Attendance

Evaluation Criteria: Students will be marked based on their attendance percentage of the paper.

75-76% - 1 mark

77-78% - 1.5 marks

79-80% - 2 marks

81-82% - 2.5 marks

83-84% - 3 marks

85-86% - 3.5 marks

87-88% - 4 marks

89-90% - 4.5 marks

91-100% - 5 marks

Criteria 2: (10 Marks)

Description of the Assignment/activity: **Pre-Final Examination**

Guidelines: The pattern of Question paper will be the same as final examination

Evaluation Criteria: Total 5 questions for 70 Marks. Each question is for 14 marks

Deadline: February, 2023.

General Guidelines for all classes:

1. Students are expected to be regular and punctual to classes.
2. Students arriving late will not be given attendance (for the first hour in the morning a delay of 5 minutes will be excused)
3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered.
4. Extension of deadline for assignment submission will not be permitted.
5. Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail. Only the class representatives are permitted to contact the teacher over phone to discuss urgent matters if any.
6. Concerns or grievances if any can be brought to the notice of the teacher individually.

Wishing you the very best.

Feel free to contact me for any further clarifications-

Name of the teacher/s and email ids: Lis: elsy.nj@iipr.in

Mr. Jini Gopinath: jinikgopinath@gmail.com

INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

COURSE PLAN 2024-25

PRACTICAL 1: INTERNSHIP

Paper Code: 406

Name of the teachers	: Ms.Smita Chakraborty, Dr. Zarine Immanuel, Ms. Elsy NJ, Ms. Anitha K, Ms. Namitha, Ms. Anwasha
Course & Semester	: IV MPC
Total no of hours for the Course	: 150 - 250 hours, 3 Months

Course Objective:

The objective of this course is to get hands-on experience in counseling clients who are facing multiple issues (Interpersonal, Workplace, Academic, Dyads and Groups). The students will apply all the previously learnt theories and techniques to work with clients to help them overcome their issues. This would provide an opportunity to the students to learn from their own experiences in working with clients, review and debrief intervention plans for individuals and groups, and ensure best practice standards.

Learning Outcome:

After the course, students will develop a broader perspective when interacting with clients and gain confidence in dealing with clients in their future and understand what kind of counselors they are and in which area their strength lies.

Types of organization students can visit

Schools, Health care, Counselling centers, Industries /Factories, Corporate houses, Rehabilitation centers, De-addiction centers, NGOs

Areas of Counselling:

students choose to work/intern- Family, Marital, Work place, Academic, Child, Adolescents, Career Counselling. , Substance abuse/Addiction Counselling, Geriatric, Sexual Minorities, Supportive counseling for caregivers

Psycho-education General Guidelines:

- Developing and conducting Psycho-education workshops
- Materials for conducting a Psychoeducation Workshop in a domain area preference by reviewing adequate literature.
- Develop resource materials for Psychoeducation- by way group sessions, lectures, role plays, one on one sessions, PPT, flyers and information booklets etc.
- Identify groups/institutions where these workshops/programmes can be conducted, and conduct the same

Specifics of Internship

- 150 - 250 hours, 3 months
- Schedule: 3 to 4 days in a week, 5 to 6 hours a day, accounting for 20 to 25 hours in a week (Thursday and Friday mandatory internship in any organizations)

Requirements

1. Permission letter from the organization/internship certificate with on site supervisor signature.
2. Log Sheet - scanned copy of log sheet should be submitted every Saturday in GC and original copy on Monday. Log sheet should be signed by the onsite supervisor everyday of internship.
3. Sessions report should be uploaded every Monday and the hard copy should be submitted on Tuesdays.
4. Internship report submission - 4 submissions in a semester (10 cases with more than 5 sessions)
5. 10 cases includes:-
 - 6 individual counselling cases. Areas covered should include
 - 2 Academic cases
 - 2 Interpersonal cases
 - 2 Workplace issues related cases
 - 2 Group Counselling case
 - 2 case where 2 individuals are involved

Evaluation Criteria:

Internal assessment marks by internship batch supervisor: 30 marks (Report 10 marks, Attendance 5 marks, Pre-Final VIVA 10 marks, Personal Supervision 5 marks (Reporting to the batch teachers))

Semester end examination- Report evaluation and Viva Voce- 70 marks

Course Plan

Month/ Week/ Date	Contents from the syllabus/Assignment Schedule	Submission
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1st Week June	Report submission I	Monday
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1st Week July		
2nd Week July		
3rd Week July	Report submission III	Monday
4th Week July		
5th week July		
1st week August	Report submission IV	Monday
2nd Week August	Termination	Log Sheets submission and Verification
3rd Week August	Pre Final Examination	Feedback on performance and tips to excel in Practicals
4th Week August	Record Submission	Final Bound record submission with passport size photograph adhering to all prerequisites of submissions, for official seals and signatures.

Internship report guidelines

Guidelines for internship report and format for Cover Pages, Certificate, Plagiarism report, Declaration

Guidelines for the Submission

- a. As per date given by the guides you are required to submit a hard copy (Back-to-Back).

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- j. Acknowledgment
- k. Dedication (Optional)
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- m. Reflective learning
- n. Report of work done (cases/ assessments/ workshops/ observation/ and so on depending on the organization requirements)
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- p. Appendix
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 - iv. Any reports, pictures....etc.

Wishing you the very best.

Feel free to contact us for any further clarifications-

Name of the teacher/s and email ids:

Ms. Smita Chakraborty: smita.chakraborty@iipr.in

Ms. Elsy N J: elsy.nj@iipr.in

Mrs. Anitha : anitha.k@iipr.in

Ms.Anwesh Ghosh: anwesh.ghosh@iipr.in

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Lis: elsy.nj@iipr.in

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