



Letter of Appointment

The Curriculum Enrichment Committee is pleased to appoint the following faculty as the course facilitators of the Certificate/Add-On course **Basic Counselling Skills** from the Department of **Psychology – PG**. They will be responsible for designing and developing the curriculum for the Certificate/Add On course, conducting the courses, and evaluating the course for the even semester 2021-2022.

S.No	Name	Designation
1	Dr. Mamatha K	Assistant Professor


COORDINATOR
Curriculum Enrichment Cell
St. Francis de Sales College
Bengaluru - 560100

Date: 01.07.2022

Place: Bangalore


PRINCIPAL
St. Francis de Sales College
Electronics City Post, Bangalore - 560 100



Add-On Course Report 2021-2022

Title of the Course: Basic Counselling Course

Date of Commencement: 10.08.2022 to 30.08.2022

Course Facilitator: Dr. Mamatha K

Course Objectives:

Add-On course on Basic Counselling Skills was designed for the Odd-Sem. MSc Psychology students study about basic factors related to counselling. Its important for them to know about skills used to execute counselling sessions. Dr Mamatha K, Asst. Professor, Dept. of Psychology designed syllabus for an Add-On Course titled "Basic Counselling Skills". The course included the basic skills required to become an effective and efficient counsellor. The course aims at building skills and strength among students.

Course Structure:

The course includes basic skills like anger management, transactional analysis, unconditional positive regard, paraphrasing, listening skills, boundaries, reflection skills, empathy, counselling process and ethics. Entire program was categorized into 2 Modules. Each module having 12 units each. Practical was also part of the syllabus. Theoretical teaching of counselling skills is not sufficient, practical experience will help students to relate to situations and work effectively. Hence, students were made to practice the skills taught theoretically for counselling. The recorded sessions were to be uploaded in the google classroom.

Assessment Scheme

Activities	Marks
Attendance	75% compulsory
Assignment -1	Compulsory
Theory Examination	20 marks

Practical Exam and Viva	30marks
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- The students should be informed about the modalities well in advance.
- A student attend 75% of the class will be eligible for writing examination.
- After completing 10% percentage of syllabus, assignment shall be given to understand the learning level of students
- After completion of 100% syllabus a theory exam for 20 marks and Practical examination and Viva for 30 marks shall be conducted by the facilitator.
- The students attend the theory and practical examinations and score 35% marks shall be considered for the course completion certificates.
- If a student fails or absent for the exam shall reappear the exam within the allotted time to complete the program

Course Delivery:

The course started on 10th August 2022 and concluded on 30th August 2022. Google classroom was created. 21 students of MSc Psychology Program joined classes. The course was conducted through online. Students were taking sessions online. Every day audio and video lecture were shared in the google classroom. Weekly assignments and assessments were posted. Each registered student was highly benefitted by the course.

Outcomes:

The objective of the course was to enrich students with counselling skills. The structure and delivery of the course content was effectively utilized by the students. All mMc Psychology students were benefitted by the Course. Students became aware of counselling process, practice and benefits.

Supporting Documents:

Link for the Videos:

Sl.No	Course	Subject	Link
1	PsyLight Club, Dept. of Psychology	Anger Management- Session 1	https://www.youtube.com/watch?v=CjwAW3c6Jxs
2	PsyLight Club, Dept. of Psychology	Anger Management- Session 2	https://www.youtube.com/watch?v=LileOECgmlw
3	PsyLight Club, Dept. of Psychology	Transactional Analysis-Session 4	https://www.youtube.com/watch?v=KiOjwxCIQP8
4	PsyLight Club, Dept. of Psychology	Transactional Analysis-Session 3	https://www.youtube.com/watch?v=tC5eflUPYHA
5	PsyLight Club, Dept. of Psychology	Transactional Analysis-Session 2	https://www.youtube.com/watch?v=GPI-h8klOzg
6	PsyLight Club, Dept. of Psychology	Transactional Analysis-Session 1	https://www.youtube.com/watch?v=i9TtUOTXvs0
7	PsyLight Club, Dept. of Psychology	Unconditional Positive Regard	https://www.youtube.com/watch?v=VLfD1VdsGel
8	PsyLight Club, Dept. of Psychology	Paraphrasing	https://www.youtube.com/watch?v=JdpY_43lOEc
9	PsyLight Club, Dept. of Psychology	Listening Skills- Session 2	https://www.youtube.com/watch?v=C56-AGCkN7g
10	PsyLight Club, Dept. of Psychology	Listening Skills- Session 1	https://www.youtube.com/watch?v=0ez1_9m4gvc
11	PsyLight Club, Dept. of Psychology	Helper Responses	https://www.youtube.com/watch?v=Yt9pg4ayECI
12	PsyLight Club, Dept. of Psychology	Critical Thinking	https://www.youtube.com/watch?v=SIWqOS9Jx_Y
13	PsyLight Club, Dept. of Psychology	Boundaries-Session 2	https://www.youtube.com/watch?v=xm1FU7713w8
14	PsyLight Club, Dept. of Psychology	Boundaries-Session 1	https://www.youtube.com/watch?v=Lor4rKjXajQ
15	PsyLight Club, Dept. of Psychology	Self-awareness	https://youtu.be/kV3ReiShEP1

16	PsyLight Club, Dept. of Psychology	Reflection skills	https://youtu.be/n65W1NwtpNE
17	PsyLight Club, Dept. of Psychology	Qualities of an effective counselor	https://youtu.be/RvcAgmB21dA
18	PsyLight Club, Dept. of Psychology	Empathy	https://youtu.be/a7cc6YqWAnQ
19	PsyLight Club, Dept. of Psychology	Counseling Interview-Session 1	https://youtu.be/EATewZZP3mg
20	PsyLight Club, Dept. of Psychology	Counseling Interview-Session 2	https://youtu.be/sauUC_03kXw
21	PsyLight Club, Dept. of Psychology	Counseling ethics	https://youtu.be/-kd4J3aJVw8
22	PsyLight Club, Dept. of Psychology	Confidentiality	https://youtu.be/72zymF9Rm1I
23	PsyLight Club, Dept. of Psychology	Counselling Relationships	https://youtu.be/RvcAgmB21dA
24	PsyLight Club, Dept. of Psychology	Counselling Relationships	https://youtu.be/a7cc6YqWAnQ
25	PsyLight Club, Dept. of Psychology	Counselling Relationships	https://youtu.be/EATewZZP3mg
26	PsyLight Club, Dept. of Psychology	Ethics in Counselling	https://youtu.be/sauUC_03kXw
27	PsyLight Club, Dept. of Psychology	Types of Counselling	https://youtu.be/RvcAgmB21dA
28	PsyLight Club, Dept. of Psychology	Types of Counselling	https://youtu.be/a7cc6YqWAnQ
29	PsyLight Club, Dept. of Psychology	Different Settings in Counsellors Work	https://youtu.be/EATewZZP3mg
30	PsyLight Club, Dept. of Psychology	Counselling Interview Process	https://youtu.be/sauUC_03kXw

List of Students Enrolled:

Sl.No	Name	Reg. No	Semester
1	AKRITI RAO	20NCSM8001	IV Sem
2	AKSA MARY JOSE	20NCSM8002	IV Sem
3	DIBYANGANA PAUL	20NCSM8003	IV Sem
4	EBIN LEO ABRAHAM	20NCSM8004	IV Sem
5	FELICIA SALDANHA	20NCSM8005	IV Sem
6	ISHMAT	20NCSM8006	IV Sem
7	JEEVAN V	20NCSM8007	IV Sem
8	PREETHI DEVI Y	20NCSM8008	IV Sem
9	SHILPA T R	20NCSM8009	IV Sem
10	SIDDARTHA KUMAR	20NCSM8010	IV Sem
11	TIBIRISETTI S MATHA	20NCSM8011	IV Sem
12	DEEKSHA K N	P03MB21S0001	II Sem
13	ANAJANA SHAJI	P03MB21S0002	II Sem
14	NAFIYA FATHIMA M	P03MB21S0003	II Sem
15	SHALINI M	P03MB21S0004	II Sem
16	BAPTIST MILTON	P03MB21S0005	II Sem
17	VAISHNAVI A	P03MB21S0006	II Sem
18	VINCY VERONICA T	P03MB21S0007	II Sem
19	SOWJANYA ADIGA	P03MB21S0008	II Sem
20	EDATHURATHIKARAN ANCY ALEXANDER	P03MB21S0009	II Sem
21	AASHIN SHAJEEV KELOTH	P03MB21S0029	II Sem

Sample of Certificate Issued:



Report Prepared By:



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Asst. Professor
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Postgraduate Centre
St Francis de Sales College