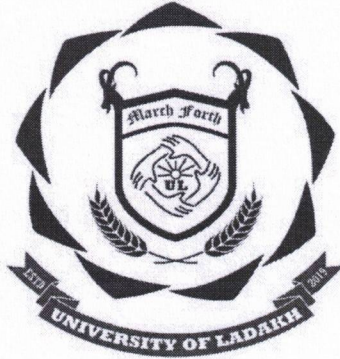


# UNIVERSITY OF LADAKH



**SYLLABUS**  
**OF**  
**THE INTER-DISCIPLINARY COURSE**  
**OF**

**PSYCHOLOGY**

**(UNDER NEP – 2020)**

**(Implemented w.e.f Academic Session 2023-24)**

## 1<sup>st</sup> SEMESTER

### EBS-PY-101-G: PSYCHOLOGY AND MENTAL HEALTH

Total Credit: 4 <sup>3</sup>

Max. Marks:100

#### COURSE LEARNING OUTCOMES

- Starting conversations around mental health and creating mental health awareness amongst non-Psychology students.
- Basic understanding of common mental health problems like anxiety and depression.
- Understanding and enhancing positive mental health and wellbeing

#### UNIT 1

Mental Health: Concept of Mental Health; Importance of Mental Health, Reducing the stigma of Mental Illness; Mental Health Issues in Adolescence and Young Adults: Bullying, Academic Grades, Body Image, Relational Issues, Sexual Orientation

#### UNIT 2

The Dark Clouds: Anxiety, Depression, and Suicide: Basic Understanding and Preventive Treatment Measures

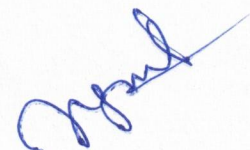
#### UNIT 3

Mental Health Disorders: Overview of Important Psychological Disorders (Schizophrenia, OCD, Developmental Disorders- Autism, Learning Disabilities)

#### UNIT 4

Mental Health Intervention: Recognizing the signs that someone may need support; Knowing what to do and what not to do when a person reaches out for help; Psychological First Aid, Guiding the person towards appropriate professional help: Medical Aid, Counselling, Therapy, Guidance

#### REFERENCES



Butcher, J.N., Hooley, J. M, Mineka, S., & Dwivedi, C.B (2017). *Abnormal Psychology*. New Delhi: Pearson.

Muir-Cochrane, E., Bark way, P. & Nizette, D. (2018). *Pocketbook of Mental Health* (3rd Edition). Australia: Elsevier.

Snider, Leslie and WHO (2011). Psychological First Aid: Guide for Field Workers. Retrieved from [http://www.aaptuk.org/downloads/Psychological first aid Guide for field workers.pdf](http://www.aaptuk.org/downloads/Psychological_first_aid_Guide_for_field_workers.pdf)  
World Health Organization. (2003). Investing in mental health. World Health Organization. Retrieved from <http://www.who.int/iris/handle/10665/42823>

## 2nd SEMESTER

Total Credits= 4  
Max. Marks= 100

### EBS-PY-201-G: GUIDANCE AND COUNSELING

**OBJECTIVE:** - the main objective of introducing interdisciplinary course in psychology is to bring close relation to more than one branch of knowledge and share the multiple approaches to integrate the vast area of behavioral sciences. The course offers the importance of valid understanding of guidance and counseling at different critical stages of life.

#### Unit-1: Introduction to Guidance and Counseling

1. Meaning and definition.
2. Difference between guidance and counseling.
3. Guidance and counseling; goals, issues, ethics.

#### Unit-2: Guidance and Counseling Applications

- 2.1 Counseling across human life-span; a mental health perspective.
- 2.2 Guidance and counseling in the educational setting.
- 2.3 career guidance and counseling.

#### Unit-3: Approaches to Counseling

- 3.1 The psychodynamic approach.
- 3.2 Humanistic approach, Roger's client-centered.
- 3.3 Behaviorist approach to counseling,

#### Unit-4: The Status of the Guidance and Counseling Movement in India

- 4.1 Introduction
- 4.2 Counseling movement in modern times.
- 4.3 Present status of guidance and Counseling.

#### References:

##### Essential Readings: -

1. Rao, S. N & Sahaj pal. P. *Counselling and Guidance*. The McGraw Hill Education (India) Private Limited (2013).
2. Nelson-Jones, R. (2000). *Practical Counseling and Helping Skills*. New York.
3. Gladding, S. T. (2012). *Counseling: A Comprehensive Profession*. (7th ed). Pearson.
4. Aggarwal J. C., (2004) *Educational and Vocational Guidance and Counseling*, 7th Edition, Doaba House; Delhi.
5. Gladding Samuel (2011). *Counseling - A Comprehensive Profession*, 6th Edition, Dorling Kindersley India Pvt. Ltd., New Delhi.
6. Dev Kapil (2006). *Educational Counseling*, Pragun Publications, New Delhi.

#### Suggested Readings:



1. Gladding Samuel (2011) Counseling - A Comprehensive Profession, 6th Edition, Dorling Kindersley India Pvt. Ltd., New Delhi.
2. Kenkateish, S (2001) Special Education, Anmol Publication Pvt. Ltd., New Delhi.
3. Kochhar S.K. (1981) Guidance in Indian Education, New Delhi.
4. Kochhar S.K. (1987) Educational and Vocational Guidance in Secondary Schools, Sterling Publishers, New Delhi.
5. Kochhar S.K. (1987) Guidance and Counseling in Colleges and Universities, Sterling Publishers, New Delhi.
6. Milne Aileen (2003) Teach Yourself Counseling, McGraw Hill companies, Chicago.
7. Panda, K.C. (1997) Education of Exceptional Children, Vikas Publishing House, Delhi.
8. Sharma R.A. Fundamentals of Guidance and Counseling.
9. Sharma Ramnath and Sharma Rachana (2004) Guidance and Counseling in India, Atlantic Publishers and Distributors, New Delh