



# Indian Mental Health & Research Centre

## Post Graduate Diploma in Guidance and Counselling

**A Professional Diploma which equips students with essential skills to be a proficient counsellor.**

**Duration:** 1 year

**Eligibility:** Graduates from any discipline.

### Objectives of the course:

- To develop an understanding of the concepts of Guidance and Counselling.
- To develop attitudes, skills, insights and techniques necessary to be an effective counsellor.
- To acquire knowledge of different areas of counselling.
- To familiarize with different types of psychological and diagnostic tests.
- To gain insights into the working of different guidance and counselling centers.

**Syllabus:** PGDGC syllabus comprises of Part A - Theory and Part B - Practicum

### Part A

Theory	External Assessment (300 Marks)
Paper I	Skills & Techniques of Guidance and Counselling
Section I	Principles and Techniques of Guidance and Counselling
Section II	Group Counselling and Intervention Strategies
Paper II	Psychological Testing and Different Areas of Guidance and Counselling
Section I	Psychological and Diagnostic Testing
Section II	Counselling Special Groups
Paper III	Educational and Vocational Guidance and Counselling
Section I	Educational Guidance and Counselling
Section II	Vocational Guidance and Counselling

### Part B

Practicum	(300 Marks)
Counselling Sessions using various intervention strategies	
Research Project	
Conducting workshops/presentations	
Collection and Dissemination of Occupational Information	
Internship	Minimum 80 hours
Participation in Social Service	Minimum 20 hours

**Fee for Indian Students:** Rs 40000/- (Complete course)

**Fee for International Students:** USD 600