

- Morrison, G. S. (2003). Fundamentals of early childhood education. Merrill/Prentice Hall: Virginia
- Singh, A. (1995). Playing to Learn: A training manual for Early Childhood Education. M. S. Swaminathan Research Foundation.

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**Bachelors in Arts with With Community Science  
Category-V**

**DISCIPLINE SPECIFIC ELECTIVE COURSE – DSE-HDCS 10-HSC:  
INTRODUCTION TO GUIDANCE AND COUNSELLING**

**CREDIT DISTRIBUTION, ELIGIBILITY, PRE-REQUISITES OF THE COURSE**

| Course Title & Code                      | Credits | Credit distribution of the course |          |           | Eligibility Criteria | Prerequisite of the course |
|------------------------------------------|---------|-----------------------------------|----------|-----------|----------------------|----------------------------|
|                                          |         | Lecture                           | Tutorial | Practical |                      |                            |
| Introduction to Guidance and Counselling | 4       | 2                                 | 0        | 2         | Class XII            | NIL                        |

**Learning Objectives**

- To understand the concept of guidance and counselling
- To get acquainted with process and techniques of counselling
- To analyze the relationship between guidance and counselling

**Learning Outcomes**

The students would be able to:

- Develop an understanding of the meaning, need, and principles of guidance and counselling.
- Gain knowledge of the counselling process and various counselling techniques.
- Understand the relationship between guidance and counselling and explore various therapeutic approaches used in counselling.

**THEORY  
(Credit:2, Period:30)**

**UNIT I: Introduction to Guidance**

**8 hours**

This unit focuses on developing understanding regarding the need and purpose of guidance.

- Emergence of guidance as a professional field, need for Guidance, basic principles of guidance
- Purpose of guidance: self-understanding and self-discovery, self-reliance and self direction, self-actualization
- Caution and directions in dealing with children

## **UNIT II: Understanding Counseling**

**6 hours**

This unit focuses on developing understanding regarding the meaning and need of counseling.

- Meaning, Principles and need for counseling
- Counselling process

## **UNIT III: Types of Counselling**

**8 hours**

This unit focuses on the different types of counselling and professional ethics.

- Individual and Group counseling
- Counseling for children and parents
- Role, qualities and skills of a counselor
- Professional ethics

## **UNIT IV: Understanding difference therapies**

**8 hours**

This unit focuses on developing understanding regarding the different types of therapies.

- Difference between counseling, guidance and therapy
- Types of therapy
  - Client centered therapy,
  - Cognitive behavior therapy
  - Psychoanalytic therapy

### **PRACTICAL (Credits 2; Hours 60)**

1. Webinar / Workshop to understand counseling significance, types and purpose.
2. Role play to understand active listening skills (eye contact and nodding) and attending behaviour (open body language)
3. Case presentation and discussion to develop an understanding on assessment, critical thinking, and communication skills
4. Interview a counsellor (School/ College/ Organization) to understand the processes and profession.
5. Record keeping in Case study presentation
6. Review videos on counselling scenarios to understand how to build rapport and formulate open questions.
7. Create flowchart or posters showing each counselling stage, with a brief description of counsellor and client roles at each step.

## **Essential Readings**

### **Unit I**

This unit focuses on developing understanding of counselling. It further elaborates the need and purpose of guidance and counselling and points to be kept in mind.

- **Aggarwal, J. C.** (2024). *Educational, vocational guidance and counselling*. Doaba Publications.
- **Kinra, A. K.** (2008). *Guidance and counselling*. Pearson Education India.
- **Rao, S. N.** (2012). *Counselling and guidance* (3rd ed.). McGraw Hill Education.
- **Sharma, R. N., & Sharma, R.** (2004). *Guidance and counselling in India*. Atlantic Publishers & Distributors.
- **Asthana, V.** (2014). *Paramarsh aur nirdeshan*. Agra: Agarwal Publications.

## UNIT II

This unit focuses on the meaning and need of counseling. It elaborates on the principles of counselling process.

- **Gupta, A., & Ganie, A. U. R.** (2023). *Lexicon of counselling psychology: An essential handbook*. Clever Fox Publishing.
- **Mangal, S. K., & Mangal, S.** (2024). *Essentials of clinical psychology: An Indian perspective*. Routledge.
- **Narayana Rao, S.** (2013). *Counselling and guidance* (3rd ed.). McGraw Hill Education.
- **Ranganathan, N., & Wadhwa, T.** (2024). *Guidance and counselling in schools: Theory and practice*. Routledge.
- **Sriram, S. (Ed.)**. (2016). *Counselling in India: Reflections on the process*. Springer. <https://doi.org/10.1007/978-981-10-0584-8>
- **Srivastava, A.** (2023). *Counselling psychology: An Indian overview*. SAMVN Publication.
- **Bhatnagar, A. and Gupta, N.** (1999). *Guidance and counseling: a theoretical perspective*, New Delhi: Vikas.

## UNIT III

This unit focuses on the different types of counselling practices. It elaborates on skills of a counsellor and professional ethics.

- **Rao, S. N., & Sahajpal, P.** (2013). *Counselling and guidance* (3rd ed.). McGraw Hill Education (India).
- **Sharma, R. N., & Sharma, R.** (2004). *Guidance and counselling in India*. Atlantic Publishers & Distributors.
- **Srivastava, A.** (2023). *Counselling psychology: An Indian overview*. SAMVN Publication.
- **Sriram, S. (Ed.)**. (2016). *Counselling in India: Reflections on the process*. Springer.

## UNIT IV

This unit focuses on developing understanding regarding the different types of therapies. It elaborates on the differences between counselling, guidance and therapy.

- **Bhatia, S.** (2018). *Counseling and psychotherapy: Theories and practices*. Oxford University Press.
- **Corey, G.** (2017). *Theory and practice of counseling and psychotherapy* (10th ed.). Cengage Learning.
- **Burnard, P.** (1999). *Counseling skills training*. New Delhi: Viva Books Company.

## Suggested Readings

- **Dave, I.** (1984). *The basic essentials of counselling*. New Delhi: Sterling Pvt. Ltd.
- **Guez, W., Allen, J.** (2011). *Counselling*. France: UNESCO
- **Sharma, S. N. and Solanki, M. K.** (2014). *Nirdeshan avam paramarsh*. Agra: Madhav Prakashan.
- **Upadhya, R.** (2017). *Nirdeshan avam paramarsh*. Agra: Agarwal Publications.

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