

CP3.1 COUNSELING: THEORY AND PRACTICE

Objectives:

- 1) To understand the concept, meaning and scope of counseling
- 2) To inculcate and enhance counseling skills among the trainees
- 3) To develop holistic understanding of counseling as a tool for help
- 4) To introduce various settings requiring counseling aid
- 5) To understand counseling skills and techniques in various set-up

CHAPTER-I: INTRODUCTION TO COUNSELING

1. Meaning and definitions'
2. Aims, objectives and basic assumptions
3. Principles of counseling
4. Approaches to counseling
 - a. Directive Approach
 - b. Non-directive Approach
 - c. Group Approach
 - d. Eclectic Approach
5. Differences between counseling and psychotherapy

CHAPTER-II: PROCESS IN COUNSELING

1. Qualities and skills of the counselor
2. Phases in Counseling (Egen's model)
 - a. Beginning
 - b. Middles
 - c. Endings

CHAPTER-III: TYPES OF COUNSELING

1. Individual counseling
2. Group counseling
3. Family counseling
4. Vocational counseling
5. Educational counseling
6. Telephonic counseling

CHAPTER- IV: MODELS OF COUNSELING

1. Three dimensional model
2. Glasser's model (classroom meeting model)

3. Gentler's model (life style)
4. Wolf's model (stress reduction model)
5. Person centered approach
6. Cognitive behavioral therapy (CBT)

CHAPTER-V: ISSUES RELATED TO COUNSELING

1. Self and self awareness
2. Burn out
3. Stress management
4. Limitations of counseling
5. Gender of the client and of the counselor

CHAPTER-VI: COUNSELLING IN DIFFERENT SET-UP

1. Marriage Counseling
 - a. Premarital counseling
 - b. HIV counseling
 - c. Live-in relationship counseling
 - d. Divorce counseling
 - e. Counseling in domestic violence
2. Counseling children in various set-up
 - a. School children
 - b. Child Guidance Centre
 - c. Residential care
 - d. Non-institutional care
 - e. Parent counseling
3. Counseling in crisis situation
 - a. Personal crisis
 - b. Natural crisis
4. Counseling for de-addiction
5. Counseling in industrial set-up

CP3.2 SOCIAL LEGISLATION AND LEGAL SYSTEM IN INDIA

Objectives:

1. To understand the basic concept of social justice and social legislation
2. To know the classification of the law and to understand the basics of the constitution.
3. To get the broad knowledge about various social laws and its provisions.
4. To understand the criminal procedure and legal systems in social work practice.
5. To sharpen the skills and knowledge of legislation while working in the society.

CHAPTER –I: Introduction

1. Understanding concept of law, social justice, nature and scope of social legislation.
2. Role of Social Worker in promoting social legislations.

CHAPTER –II: The Constitution of India: preamble and fundamental Rights.

1. Classification of law – substantive law, procedural law, Civil and criminal law.
2. Relevance of law and legal systems to social work practice ,partnership and interface between social workers and legal system

CHAPTER-III: Law for protection of human Rights

1. Meaning of human rights.
2. Need for human rights legislation.
3. Major provisions of the law for the protection of human rights
4. Structure functions and powers of National and state Human Rights Commissions.

CHAPTER –IV: Social Legislations: Major provisions Context and critique .

1. Laws related to children – J.J ACT, Adoption and Guardianship, Child marriage Restraint, Prohibition of child Labour.
2. Laws related to family –Personal law and civil law related to marriage and divorce and Maintenance and succession, Law against Domestic Violence, Law of Family court.
3. Laws related to women : prevention of immoral traffic, Dowry prohibition ,Rape , Medical Termination of pregnancy, Maternity benefits, P.N.D.T.
4. Laws related to schedule d Castes and Scheduled Tribes: Protection of Civil Rights, Law against Atrocities.
5. Laws related to Disabled: Mental Health, Persons with Disabilities, National Trusts Act.
6. Laws related to workers: Minimum wages, Workers compensation.
7. Laws related to Consumers and Citizens: Consumer protection, Food adulteration, Right to Information, Project Affected persons.

CHAPTER –V Criminal Procedure

1. FIR
2. Charge Sheet
3. Police Custody
4. Bail
5. Warrant

FC3.1 WOMEN ISSUES, DEVELOPMENT AND EMPOWERMENT

Objectives:

1. To understand issues related to women in India
2. To aware about the various problems of women in Indian context
3. To develop understanding the efforts of Government and NGOs for development and empowerment of women
4. To get the knowledge about legislative efforts taken for the development and empowerment of women

CHAPTER-I: STATUS OF WOMEN

1. Historical review of status of women in India
2. Status of women- global and Indian perspectives
3. Role of women within family and work place
4. Demographic characteristics of women in Indian society

CHAPTER-II: PROBLEMS OF WOMEN

1. Girl child in India- sex determination, feticide and infanticide, sex ratio and mortality, malnutrition and health, education, early marriage and teenage pregnancies
2. Physical and mental health
3. Dowry death, domestic violence, divorce, dissatisfaction
4. Rape, sexual abuse, sexual harassment, prostitution

CHAPTER-III: WOMEN DEVELOPMENT AND EMPOWERMENT

1. Review of policy for women (state and national level)
2. Developmental programs for women
3. Concept of empowerment
4. Indicators of empowerment

CHAPTER-IV: EFFORTS FOR WOMEN'S DEVELOPMENT AND EMPOWERMENT

1. Movements for women development and empowerment
2. UN initiatives towards women's empowerment- CEDAW
3. Governmental efforts for women's development- review of five years plan
4. Non-governmental initiatives for development of women- economic development, grass root women's organisations

CHAPTER-V: WOMEN AND LAW

1. Rights guaranteed under constitution
2. Sexual harassment at work place
3. Vishakha Judgement
4. Provisions for empowerment
5. Mahila Adalat, National and State commission, special cell

FC3.2 FAMILY LIFE EDUCATION AND POPULATION EDUCATION

CHAPTER-I: FAMILY LIFE EDUCATION

1. Concept, philosophy, goals and significance of family life education
2. Value education as a part of family life education
3. Objectives of family life education
4. Role of family, school, peer group, mass media and religion in family life education
5. Concept of family life cycle and developmental stages

CHAPTER-II: AREAS OF FAMILY LIFE EDUCATION

1. Premarital education
2. Marriage and family relationship
3. Planned and responsible parenthood
4. Family health
5. Home management
6. Aging and Retirement
7. Adolescent life skill training

CHAPTER-III: HUMAN SEXUALITY

1. Concept of human sexuality and sexual health
2. Sexually transmitted diseases and counseling
3. Significance, objectives and content of sex education for various age groups
4. Myths and misconceptions regarding sexuality and sexual issues
5. Government and NGO initiatives in sexuality education

CHAPTER-IV: POPULATION EDUCATION

1. Characteristics of population demography
2. Characteristics of Indian population
3. Global perspective of population
4. Concept, objectives and significance of population education

CHAPTER-V: POPULATION POLICY

1. Concept and contents of population policy (Population policy and family welfare policy)
2. Review of population policy in India
3. Objectives and key programmes of population policy
4. Government and NGO initiatives for population planning and control

CHAPTER-VI: CURRICULUM DEVELOPMENT FOR FAMILY LIFE EDUCATION

1. Steps in developing curriculum- need assessment, preparation and planning of modules, preparation Audio-visual aids for programme, evaluation, follow up
2. Qualities and skills required for family life education

FC 3.3 YOUTH DEVELOPMENT

Objectives:

1. To understand concept, demography and status of youth in India
2. To understand the needs and concerns of youth in India
3. To help to understand role of youth an agent of social change
4. To understand youth movements in India and abroad.
5. To understand youth policy and developmental programmes for youth

CHAPTER-I: CONCEPTUAL FRAME WORK

1. Concept, definition of Youth, characteristics
2. Demography and Status of youth in India- Urban. Rural, Tribal .coastal, as a student, non student, gender(transgender) , homeless , youth in conflict with law .

CHAPTER-II: NEEDS AND CONCERNS OF YOUTH

1. Educational, Recreational, Cultural, Social. Vocational, Sexual, Marriage guidance, Employment
2. Problems of youths
Psychological, Societal, Emotional, Physical, Health ,Identity crisis, Caste based issues, Sexuality, Unemployment, Generation gap
Crime, Addiction

CHAPTER-III: YOUTH MOVEMENTS IN INDIA AND ABROAD

Role of youth in building a harmonious society.
Support and initiative of youth in movements

CHAPTER-IV: NATIONAL POLICIES

1. Understanding and perspective of National Youth Policy 2003 and 2010
2. Educational policy
3. HRD policy and its impact
4. Analysis of all policies and its implementation

CHAPTER-V: DEVELOPMENTAL PROGRAMS (Governmental and nongovernmental)

1. Youth exchange programs
2. Ministry of HRD, NYK, NSS, NCC
3. Directorate of sports and youth welfare student
4. Welfare centre at university and college level
5. Employment bureaus
6. Distance education
7. Youth hostels
8. Youth resource centre
9. Youth guidance
10. Youth Festival
11. Youth camp

CHAPTER-VI: YOUTH AND HUMAN RIGHTS

Understanding of rights related to youth

Advocacy of youth

CD3.1 GOVERNANCE AND COMMUNITY DEVELOPMENT

Objectives:

1. Understand the meaning and relevance of decentralized governance for Urban, Rural and Tribal areas
2. Develop knowledge about structure, powers and functioning of governing bodies at various levels

CHAPTER-I: INTRODUCTION TO GOVERNANCE

1. Governance- meaning and structures
2. Concept of democratic decentralization- meaning, objectives and importance

CHAPTER-II: EVOLUTION OF PANCHAYAT RAJ

1. Genesis of Panchayat Raj
2. Constitutional provisions for Panchayat Raj
3. Growth of Panchayat Raj in India
 - a) Balwant Rai Mehata Committee
 - b) Ashok Mehata Committee
 - c) L.M. Shighvi Committee
 - d) G.V.K. Rao Committee
4. Panchayat Raj in Maharashtra, Rajasthan, Kerala, Karnataka and Andhrapradesh

CHAPTER-III: THE CONSTITUTIONAL 73RD AMENDMENT 1992

1. Background and silent features
2. Review and recommendation of 73rd Amendment

CHAPTER-IV: THREE TIRE SYSTEM

1. Structures, functions and powers at each level
2. Sources of income and committees
3. Gramsabha- role and importance
4. Role of Panchayat Raj institutions in rural and tribal community development

CHAPTER-V: URBAN GOVERNANCE

1. History of Urban local self Government in India
2. Types of Urban local self Government in India
 - a) Municipal corporation, Municipality, Nagar Panchayat, Cantonment Board

- b) Sources of income
 - c) Structures, powers and functions at each level
 - d) Committees and their functions
3. Town planning- concept and importance
 4. Role of local self Government bodies in urban development

CHAPTER-VI: 74TH CONSTITUTIONAL AMNDMENT

1. Background and silent features
2. Review of content and implementation

CD 3.2 ECONEMICS IN URBAN AND RURAL CONTEXT

Objectives:

1. To Know basic concepts in economics
2. To understand various theories in economics
3. To understand relationship between economics and social work
4. To make use of social work methods and skills in economic development of country

CHAPTER- I: INTRODUCTION TO ECONOMICS

1. Elementary concepts in economics
2. Micro and macro economics distinction
3. Nature of theories and laws in Economics

CHAPTER-II: ELEMENTARY THEORIES OF CONSUMPTION AND DISTRIBUTION

1. Marginal utility approach
2. Law of demand and its limitations
3. Law of supply and factors affecting supply
4. Elasticity of demand and supply

CHAPTER-III: RURAL ECONOMY

1. Meaning, definition, scope and importance
2. Characteristics of Rural Economy
3. Basic concepts of Rural Economy- GDP, NDP, DDP, SDP
4. Problems of Rural Economy- their causes and implication for National Development
5. Rural Marketing

CHAPTER-IV: AGRICULTURE AND INDUSTRY

1. Features and importance
2. Low productivity of agriculture and Government measures
3. Indian Industries- role an importance

CHAPTER-V HUMAN RESOURCES AND ECONOMIC DEVELOPMENT

1. Theory Of demographic transition- size, growth of population in India
2. Density of Population, Quality of population
3. National Population Policy
4. Human Development Index

CHAPTER-VI: LPG AND NEW ECONOMIC POLICY

1. Concept and objectives of LPG and new economic policy
2. Impact of LPG on Agriculture, Employment and Infrastructure

CD 3.3 ENVIRONMENTAL ISSUES AND DISASTER MANAGEMENT

Objectives:

1. To develop comprehensive understanding about environmental and disasters
2. To learn intervention strategies and roles of Government, NGO's and civil societies in environmental issues and disaster management
3. To develop knowledge about social workers roles for sustainable environmental development
4. To develop understanding about social workers roles for disaster preparedness, mitigation, relief and rehabilitation

CHAPTER-I: UNDERSTANDING ENVIRONMENT

1. Concept and definition of environment
2. Physical, social and communal environment
3. .Need of Environment education

CHAPTER-II: POPULATION AND ENVIRONMENT

1. Inter-relatedness of human life, living organism, environment and natural resources
2. Current issues of environment

CHAPTER-III: APPROACHES TO ENVIRONMENT EDUCATION

1. Environmental movements in India
2. Approaches to environment education
 - a) Service approach
 - b) action approach
 - c) Need based approach
 - d) Sustainable development

CHAPTER-IV: ROLES OF SOCIAL WORKERS AND OTHERS

1. Work with inter disciplinary team for environmental protection and preservation
2. Role of social worker in environmental protection and sustainable development at agency and community level
3. Role of media

CHAPTER-V: UNDERSTANDING DISASTERS

1. Meaning and definition of disaster
2. Concepts in disaster-risk, hazards, vulnerability, relief
3. Types of disasters
 - a) Natural :
 - i) Major
 - ii) Minor
 - b) Manmade:
 - i) Major
 - ii) Minor

CHAPTER-VI: DISASTER RESPONSES AND MITIGATION

1. Prevention and preparedness-
 - a) Disaster response at various stages
 - b) Emergency supply
 - c) Early warning systems and vulnerability reduction
 - d) Disaster financing : provisions and procedure
2. Relief
 - a) Damage and needs assessment
 - b) Addressing specific needs of vulnerable group
 - c) Therapeutic and action oriented approaches for intervention
3. Rehabilitation and recovery
 - a) Planning for rehabilitation and recovery displacement and resettlement

CHAPTER-VII: INTERVENING PARTIES

1. Government organization
2. Voluntary organization
3. Social workers
4. Local groups
5. Community participation
6. volunteers