

Engagement with the Field/ Practicum	Any one of the followings: <ul style="list-style-type: none"> ● Develop/compile stories with values from different sources and cultures. ● Organize value based co-curricular activities in the classroom and outside the classroom. ● Develop value based learning designings, ● Integrating values in school subjects. 	32 hrs.
Mode of Transaction	Different kinds of classroom activities like dialogues, reflective writings and presentations, meditation, anecdotes, role play, one act play, story-telling, group activities and group discussion can be used as teaching activities.	
: Bengali Version : Course-XI (1.4.11) Optional শান্তির জন্য শিক্ষা ড. বিনায়ক চন্দ		

Course-XI (1.4.11) Optional	Guidance and Counselling	Theory	Engagement With the Field	Credit	2+1
		50	25	Class Hours	32+32

Objectives	The student teachers will be able to :- <ol style="list-style-type: none"> 1. Understand guidance and counselling in details 2. Understand the mental health 3. Develop the knowledge about adjustment and maladjustment. 4. Acquire skill to develop tools and techniques. 5. Understand the idea about Abnormal Behaviour and Mental illness.
-------------------	---

COURSE CONTENT/SYLLABUS

Unit-I	Overview of Guidance and Counselling: <ul style="list-style-type: none"> ● Definition & Functions ● Nature & Scope of Guidance and Counselling ● Difference between Guidance & Counselling ● Types of guidance and counselling ● Career & Vocational guidance ● Quality of a good counsellor 	6 hrs.
Unit-II	Mental Health: <ul style="list-style-type: none"> ● Concept ● Characteristics 	6 hrs.

	<ul style="list-style-type: none"> ● Role of home & School ● Mental health of a teacher 	
Unit-III	Adjustment & Maladjustment: <ul style="list-style-type: none"> ● Concept ● Purpose ● Techniques ● Criteria of good adjustment ● Causes, Prevention & Remedies of Maladjustment ● Maladjusted behaviours- Truancy, Lying, Timidity, Stealing, Anxiety, Phobia, Hysteria, OCD, Depression, Suicidal tendency, Substance Abuse Disorder, Anti-social Behaviour. 	7 hrs.
Unit-IV	Tools & Techniques: <ul style="list-style-type: none"> ● Concept of Testing & Non-testing tools ● Tests to measure- Personality, Attitude, Aptitude, Interest, Intelligence, Case study, Questionnaire, Opinionnaire, Interview, Observation, ARC & CRC. 	7 hrs.
Unit-V	Abnormal Behaviour and Mental illness: <ul style="list-style-type: none"> ● Meaning & Concept of normality and abnormality ● Casual factors of Abnormal Behaviour- Biological & Psychological. ● Classification of mental illness(DSM-IV) 	6 hrs.
Engagement with the Field/ Practicum	Project on: Maladjusted behaviour (any one; on the basis of case study)- Truancy, Lying, Timidity, Stealing, Anxiety, Phobia, Hysteria, OCD, Depression, Suicidal tendency, Substance Abuse Disorder, Antisocial Behaviour.	32 hrs.
Mode of Transaction	Group discussion, Lecture-cum-discussion, pair and share, group work, Panel discussion, Symposium, assignments. School visits and sharing of experiences	
: Bengali Version : Course-XI (1.4.11) Optional নির্দেশনা ও পরামর্শদান ড. মহুয়া বসু (চ্যাটার্জী) রাকেশ মুখার্জী		
: English Version : Course-XI (1.4.11) Optional Guidance and Counselling Dr. Rakheebrita Biswas Aabriti Sharma		
নির্দেশনা ও পরামর্শদান কাকলি মুখোপাধ্যায়		