

Open Course -1
APPLIED COUNSELLING

Semester	Course Code	Hrs. Per Week	Hrs. Per Semester	Credits	Exam Hours
V	5D01 HSC	2	36	2	2

COURSE OUTCOME

CO 1: To acquaint the students with the concepts of counselling.

CO 2: To familiarizes the students with different types and approaches in counselling.

CO 3: To enable the students to understand counselling relationships and skills.

CO 4: To enable the students about the nature and process of counselling

CO 5: To develop awareness among the students about the application of counselling.

Module	Content	Hrs.
I Introduction to Counseling	Definition, goals and features of counselling. – Difference between guidance and counselling. – Characteristics of effective counsellors. Ethical principles of counselling. – Misconceptions regarding counselling.	8
II Approaches to Counselling	Directive counselling – Nondirective counselling – Eclectic counselling – Cognitive therapies – Psychoanalytic therapy Behavioural counselling – Group therapy.	4
III Counselling Relationship	Meaning of counselling relationship. Conditions for helping relationships: Empathy, positive regard, genuineness and concreteness. – Specific skills required in counselling.	6
IV Counselling Process	Stages of counselling process. The first stage: Initial disclosure. – The second stage: In-depth exploration. – The third stage: Commitment to action.	8
V Special Areas in Counselling	Child counselling, premarital counselling, family counselling, academic and school counselling, career counselling, crisis intervention counselling, rehabilitation counselling, post traumatic counselling.	10

Books for Study

1. Welfel, E. R. and Patterson, L.E. (2011), The counselling process, CENAGE Learning India Pvt. Ltd., India
2. Agrawal, R. (2007): Educational Vocational guidance and counselling, Shipra publications, Delhi.
3. Narayana, S. R. (2008), Counselling psychology, Tata MC Graw Hill, New Delhi.

Books for Reference

4. Belkin, G.S. (1988). Introduction to counseling, W.G. Brown Publishers.

5. Nelson, J. (1982). The theory and practice of counseling psychology, Hallt Rinehart and Winston, New York.
6. Vishala, M. (2008), Guidance and counseling, Chand & Company Pvt. Ltd., New Delhi.
7. Patterson, Lewis E (1999) The counselling process 5th edition Cliveland State University, Thomson Asia Pvt Ltd., USA.
8. Windy, D. (1988) (Ed), Counselling in action, Sage publication, New York.

Module wise distribution of Marks

Module	Marks
1	4
2	7
3	5
4	6
5	8

Pattern of Questions

- Part A - Short answer** (6 questions x Mark 1 each= 6)
 • *Answer all questions* (6 questions x Mark 1 each = 6)
- Part B - Short Essay** (6 questions x Marks 2 each =12)
 • *Answer any 4 questions* (4 questions x Marks 2 each=8)
- Part C - Essay** (2 questions x Marks 6 each =12)
 • *Answer any 1 question* (1 question x Marks 6 each=6)
- **Total marks including choice - 30**
 - *Maximum marks of the course - 20*

Open Course -2

NUTRITION FOR WELLNESS

Semester	Course Code	Hrs. Per Week	Hrs. Per Semester	Credits	Exam Hours
V	5D01 HSC	2	36	2	2

COURSE OUTCOME

CO 1: To enable students to gain basic knowledge about foods and nutrition.

CO 2: To familiarizes the students with different methods of the assessment of nutritional status.

CO 3: To enable the students to understand the modified diets

CO 4: To enable the students to know about dietary management and its importance.

CO 5: To develop awareness among the students about functional foods and its role.

Module	Content	Hrs.
I Introduction to Nutrition	Classification of foods (based on chemical composition, predominant function, nutritive value, ICMR Food Groups). – Relation of food and health. – Food and its functions. – Introduction to nutrients. –Recommended dietary allowances.	10
II Assessment of Nutritional Status	The methods of assessment of nutritional status. – Direct Methods: Anthropometry, Biochemical changes, Clinical examination of signs, Dietary analysis.	4
III Modified Diets	Introduction. – Purpose of diet therapy. – Classification of modified diets. – Diets for selected disorders: Diabetes mellitus, Typhoid fever, Cardiovascular diseases (Atherosclerosis, hypertension), Peptic ulcer, Cirrhosis of liver, Glomerulonephritis, Renal calculi.	16
IV Weight Management (Obesity, Underweight)	Introduction. – Aetiology, assessment and principles of dietary management. – Dietary guidelines.	4
V Functional Foods and its Role	Phytochemicals - Sources, benefits and its function.	2

Books for Study

1. Sreelakshmi B, Dietetics , New Age International (p) Ltd,Publishers, New Delhi, 2010
2. Sreelakshmi B. Nutrition Science , New Age International (p) Ltd,Publishers, New Delhi, 2010.

Books for Reference

1. Insel P, Turner E.R and Ross D, Discovering Nutrition, American Dietetic Association, Jones and Bartlett Publishers, London, 2003
2. Smolin L.A and Grosvenor M.B, Nutrition Science and its Applications, Second edition, Saunders College Publishing, New York, 1997
3. Park K, Park's Textbook of Preventive and Social Medicine, 20th Edition, Banarsidas Bhanot Publishers, Jabalpur, India, 2009
4. Joshi S.A, Nutrition and Dietetics, third Edition, Tata McGraw Hill Education Pvt.Ltd, New Delhi, 2010.
5. Gopalan C, Ramasastri, B.V and Balasubramanian S.C, Nutritive value of Indian Foods, NIN, Hyderabad 2007.

Module wise distribution of Marks

Module	Marks
1	7
2	7
3	10
4	4
5	2

Pattern of Questions

- Part A - Short answer** (6 questions x Mark 1 each= 6)
• *Answer all questions* (6 questions x Mark 1 each = 6)
- Part B - Short Essay** (6 questions x Marks 2 each =12)
• *Answer any 4 questions* (4 questions x Marks 2 each=8)
- Part C - Essay** (2 questions x Marks 6 each =12)
• *Answer any 1 question* (1 question x Marks 6 each=6)
- **Total marks including choice - 30**
 - **Maximum marks of the course - 20**