

Department of Psychology
Lesson Plan Even Semester 2025-26
Class BA 6th Semester
Paper Name: Counselling
Teacher Name: Dr Sonia Rani

January

Counselling: Meaning, Principles, Historical Antecedents.

February

Counselling: Scope
and Goals. Types -Directive and Nondirective, Ethical Issues in
counselling. Building counselling relationship, Process of counselling,
Code of
ethics for counsellors
Practical: Stress Scale, Anxiety Inventory and Assignments

March

The counsellor: Personal and Professional Characteristics, Skills of
Counsellors.
Application of Counselling: Personal Counselling, School
Counselling, Career Counselling, Family Counselling, Group
Counselling.
Practical: Adjustment Inventory, Counselling Need Inventory
Mid term exam

April

Techniques of Therapist: Psychoanalytic Therapy, Person Centered
Therapy, Behaviour therapy, Cognitive Therapy.
Practical: Interest Inventory

Department of Psychology

Lesson Plan Even Semester 2025-26

Class BA 6th Semester

Paper Name: VOC (Skills and Techniques in Guidance and Counselling)

Teacher Name: Dr Sonia Rani

January

Nature, Principles, Goal and Scope of Guidance, Difference between Guidance and counselling organization of a guidance program.

Practical: Personality Test

February

Types of Guidance: Vocational, Educational, Personal and Family Guidance.

Skills of Guidance Personnel

Practical: Verbal Test of Intelligence and Non Verbal Test of intelligence

March

Counselling: Nature, Goals and Principles. Process of Counselling. Characteristics of a Good Counsellor

Practical: Counselling Need Inventory

Assignment

April

Role of Assessment in Counselling

Approaches : Directive, Non-directive and Eclectic

Techniques: Roger's Client Centered, Behavioural Therapy

Practical: Counselling Need Inventory and Interest Inventory

Department of Psychology
Lesson Plan Even Semester 2025-26
Class BA 6th Semester
Paper Name: VAC (ART OF HAPPINESS)
Teacher Name: Dr Sonia Rani

January

Happiness: Definition and Nature. Sources of Happiness,
Factors Affecting Happiness.

February

Culture and Happiness. Eastern and Western Approaches to
Happiness. Relationship between Happiness and Money.
Assignment

March

Happiness as Intrinsic Value. Age and Happiness. Ways to
Increase Happiness.
Mid term exam

April

Measuring Happiness: Key Indicators. Happiness Index.
Happiness in India