

Phone: 033-2441-1710



NABA BALLYGUNGE MAHAVIDYALAYA

(Formerly CHARUCHANDRA EVENING COLLEGE)

27E, Bosepukur Road, Kolkata - 700042

Email: nbmv2005@yahoo.co.in, Website: nbmahavidyalaya.in

NAME OF THE ADD-ON COURSE: PSYCHOLOGICAL COUNSELLING

TOTAL TIME: 30 HOURS

DURATION: 22nd January to 2nd February 2022

FACULTY IN CHARGE: Smt Pritha Chatterjee

FACULTY MEMBERS: Smt Mala Saha Basu
Smt Madhumita Khan
Suchishmita Sarkar

The Curriculum consists of 10 Core Courses.

Module I: Mental Health and Well-Being-A Perspective- Pritha Chatterjee-3Hrs

- What is Mental Health
- Importance of Mental Health
- Role of family
- Role of Educational Institutions
- Role of Community

Module II: Risk Factors of Mental Health Condition- Mala Saha Basu-3Hrs

- Biological Factors
- Psychological Factors
- Social Factors
- Environmental Factors

Module III: Different Avenues of Psychological Care and Assistance- Madhumita Khan-3Hrs

- Psychotherapy
- Medication
- Difference among Psychiatrist, Psychologist and Counsellor.

Module IV: Mental Health Counselling - Madhumita Khan-3Hrs

- What is Counselling
- Importance of Counselling
- Role of Counsellor
- Qualities of Counsellor

-Empathy
-Non-Judgementality
-Congruence
-Honesty
-Confidentiality

Principal
NABA Ballygunge Mahavidyalaya
27E, Bosepukur Road
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Pritha Chatterjee

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Module V: Adolescence: Charm and Challenges- Suchishmita Sarkar-3Hrs

- Defining Adolescence
- Challenges during Adolescence
- Key issues and concerns
- Peer Pressure
- Bullying
- Substance Abuse
- Cyber and Social Media related issues
- Obsessive Compulsive Behaviours
- Abuse and Trauma

Module VI: Depression- Suchishmita Sarkar-3Hrs

- What is Depression
- Causes
- Symptoms
- When and how to seek help

Module VII: Stress Management- Pritha Chatterjee-3Hrs

- What is Stress?
- How does stress affect us?
- Signs of stress
- Does everyone respond to stress the same way?
- What is stress management?
- Techniques to manage stress.

Module VIII: Anger Management - Pritha Chatterjee-3Hrs

- What is Anger?
- Myths and fact
- How does Anger affect us?
- What is Anger management?
- Techniques to manage Anger.

Module IX: Effective Communication - Mala Saha Basu-3Hrs

- Need of effective communication
- Role of Listening
- Aggressive communication
- Passive communication
- Assertive communication

Module X: Human Needs for Holistic Wellbeing- Pritha Chatterjee-4Hrs

- What is Holistic wellbeing




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- Need theory and Holistic wellbeing
- Universal need of Anatomy
- Universal need of competence
- Universal need of relatedness

Interactive session under the supervision of the Faculty in Charge.



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