



**RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN  
IN COLLABORATION WITH**

**SISTER NIVEDITA UNIVERSITY (TECHNO INDIA GROUP)**

## **POST GRADUATE DIPLOMA COURSE IN PSYCHOLOGICAL COUNSELLING**

### **Course Information:**

- **Name of Course:** Post Graduate Diploma in Psychological Counselling
- **Provided by:** Ramakrishna Sarada Mission Vivekananda Vidyabhavan and Sister Nivedita University (Techno India Group)
- **Duration:** Two Years ( including practical classes and internships)
- **Mode:** Direct Teaching will be conducted by Offline classes only. No online classes.
- **The Course is for FEMALE students only**
- **Course Fee:** Per Year : 25,000/- + 5,000/- (Practical) = 30,000/-
- **NOTE :** Apart from the Course fee students have to do 40 sessions of SELF COUNSELLING compulsory at their own expense (Rs. 250/- per session) For 30 sessions supervision charge of Rs. 250/-per session has to be paid to the supervisor.
- **Classes will be held on Friday, Saturday, Sunday, Monday (Tentative)**



## Faculty Details:



**Prof. Pushpa Misra, M.A. (Psy.), M.A. (Phil.),** did her Ph. D. in Philosophy from the University of Rochester and her post-doctoral research is from the University of Pittsburgh. She is a practising psychoanalyst and supervising analyst also. She is the former Principal of Bethune College, Kolkata. Currently she is the president of Indian Psychoanalytical Society



**Dr. Payel Talukdar**  
Associate Professor & HOD  
Dept of Psychiatry  
R.G Kar Medical College Kolkata  
Nodal Officer District Mental Health  
Programme, North 24 pgs



**Dr. Prathama Guha Chaudhuri**  
Professor of Psychiatry, West Bengal  
Medical Education Service.  
Consultant Psychiatrist, Fortis and  
AMRI Hospitals, Kolkata



**Mrs. Kasturi Mukherjee** has Post Graduate degree in Economics and Applied Psychology and also completed professional courses like Post Graduate Diploma in Psychological Counselling and Diploma in social work and community services. She has participated in certificate based experiential sessions on NLP and Creative Art Therapy. She is a practicing Graphologist too.





**Ms Banani Ghosh (MA in Philosophy),  
Retired Professor of Philosophy,  
Psychotherapist in Manabik and founder  
member of Samikhani, Trainee Candidate  
for training in Psychoanalysis of IPS. Has  
worked as a resource person in various  
counselling Programmes.**



**Mrs. Upali Dasgupta works for the persons  
living with HIV/AIDS (PLWA).She was the  
resource person of NACO and imparted  
training on HIV/AIDS counselling and care  
in TOT programs in several occasions all  
over India. Presently teaching in IGNOU and  
doing researches in psycho-social field.**



**Ms.Atrayee Chakraborti is practicing as  
psychologist for last 15 years. She is attached  
with Girindra Shekhar Clinic run by IPS and  
Bright Wellness Clinic for past 5 years. She is  
also a certified play therapist and career  
counsellor and member of CCI. She is also the  
Secretary of Zonal Psychological Association**



**Ms. Aiswarjya Banerjee is a counselling  
Psychologist (MA in Clinical and  
Counselling Psychology, WBSU). Former  
Psychologist of Speech Plus. Currently  
working as a faculty and Supervisor of  
Caring Minds, Bhawanipur and as a State  
Aided College Teacher at Department of  
Psychology, RKSMVV**





**Ms. Nibedita Banerjee did her M.A in Psychology (CU) and Psychological counseling course from Psychogenesis Research Foundation. Former Psychology teacher in Ushangini Balika Vidyalay. Currently working as State aided college teacher in Department of Psychology, RKSMVV.**



**Mrs. Mousumi Mukherjee M.A.(Human Rights), M.A. (Psychology) did her Psychiatric Counseling course from Indian Psychoanalytical Society, Kolkata. Currently she is working as a State Aided College Teacher of the department of Human Rights in RKSMVV**

## **Course Overview**

The last few decades have seen a rapid change in our lifestyles and consequently in the society itself. This rapid change is drawing heavily on our adaptive resources, producing increased stress and tension as one has to cope with the increased expectation and pressure. Mental illness and distress are becoming increasingly common and these account for a significant burden of disability within our community.

More so, dramatic changes in family, job, business due to pandemic has increased the need for counselling and behaviour therapy for everyone. The need of the moment is therefore, mental health professionals who can deal with this situation.

Unfortunately, there's a gaping hiatus between the number of persons seeking psychological help and the available professionals, thus leaving a large proportion of persons distressed and unattended.

There is also a growing interest amongst the youth in understanding and enhancing positive mental health and wellbeing. So Ramakrishna Sarada Mission Vivekananda Vidyabhavan in collaboration with Sister Nivedita University is going to start a 2 years counselling course.



## **Course Objective:**

The major objective of the course is to impart the micro-skills of counseling and hands-on training in counseling to those students or professionals who wish to pursue their career in the helping field. The course places equal emphasis on theoretical understanding of the concepts of counselling as well as practical experience.

## **Course Highlights:**

- Centered around providing in depth knowledge of Human Psychology
- Special emphasis given on skills and techniques of counselling
- Interactive sessions, case discussions and role plays/mock sessions
- Practice oriented course with project works
- Providing knowledge about various psychological assessments
- Introduction to diagnosis in counselling
- Internship from a recognised hospital or centre
- Study materials will be provided ( hard and soft copies)

## **Key Benefits:**

- Generating self awareness
- Better understanding of others
- Building the basic counselling skills of empathy, acceptance and unconditional positive regard
- Training in an integrative approach to a level appropriate for safe, ethical and effective practice
- Personal growth



## **Job Opportunities:**

- School Counsellor

\*(Employment of school and career counselors and advisors is projected to grow 8 percent from 2019 to 2029, much faster than the average for all occupations. Rising student enrolment in elementary, middle, and high schools is expected to increase demand for school counselors.

- Pastoral Counseling
- Mental Health Counselor
- Rehabilitation Counselor
- Community Counselor

## **Who can take this course:**

Students with graduate degree of a recognised University in any subject. Formal exposure to social sciences (college level education) viz. Psychology, Philosophy, Education, Nursing, Social Work will be given preference. Medical students and doctors also are preferred.

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