



केरल केन्द्रीय विश्वविद्यालय  
CENTRAL UNIVERSITY OF KERALA  
Department of Social Work, School of Social Sciences  
Tejaswini Hills, Periyar P.O, Kasaragod, Kerala, India- 671 316

MINUTES OF THE BOS MEETING- SOCIAL WORK -12<sup>TH</sup> APRIL 2018  
Venue: Conference Board room, CUK, Periyar

Members present:

- Dr. Mohan A K Chairperson BOS  
Dr. Jilly John (Member)  
Prof. (Dr) Sekar (External Member)  
Dr. Rameela Shekar (External member)  
Dr. Ashalekshmi (Member)  
Dr. Dilip Diwakar G (Invited guest)  
Dr. Laxmi (Invited Guest)

Agenda for the BOS Meeting

1. Inclusion of the old age pension scheme in the curriculum  
It can be included in Unit II of the Social Policy and Social Legislation syllabus
2. New Open Elective Paper
  - i) Gender and society
    - There should be five units and each unit should have minimum of five subunits to give scope to ask specific questions
    - Gender concepts should be included
    - Sex and sexuality
    - Rather than sex ratio it has to be comprehensive to understand on the concept
    - Positive aspects of gender should be included- Participation and decision
    - Newer issues- Male harassment committee
    - Even the new judicial judgments
    - Third gender
    - Different teaching methodology should be adopted to make it more interactive and interesting
    - Case studies- Sumangali thittam, Devadasi, etc
    - Visit to organization working on these aspects
    - IEC to the community
    - It looks like debate, it should be more specific.
    - We will rework the syllabus and circulate among the members
    - International women's fest in Kerala
  - ii) Gerontological Social Work
    - Unit I- Instead of Concepts of elderly it should be concepts gerontology  
Instead of elderly the terminology should be changed to gerontology in all the units
    - Unit II- Psycho-Social Support- Issues on psycho-social aspects of the elderly and health issues. Also include the economic, safety, coping and other issues in unit II.  
Support or interventions required to address their problems
    - Unit III- The remaining aspects will remain same.
    - Unit IV- Protective community and Caring community,  
Visit to organizations for practical exposure- eg. Calicut NIMHANS, nearby organization  
Tool word can be avoided as it is not necessary
    - Unit V- Policies and programmes for elderly- Bring the Act pertaining to elderly, Human rights perspectives, programmes for uncared aged, caring of the careers.

*Mohan A K*  
Dr. Mohan A K  
उपसहय/Associate Professor

सामाजिक कार्य विभाग/Department of Social Work  
केरल केन्द्रीय विश्वविद्यालय/Central University of Kerala  
तेजस्विनी हिल्स, कसरगोड, केरल, भारत- 671 316  
Date: 12/04/2018



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iii) Participatory Methods for Planning and Management

- Unit III- Techniques of Participatory Matrix  
Tools need to be developed
- Unit V- It should have practical aspects the proposal should be prepared based on their practical experience

iv) Community Health and Hygiene

Mental health, Social health, Spiritual Health can be added  
Yoga, integrative medicines  
Alternative/indigenous methods

3. Credits for rural camp, internship and block placement

Two credits are approved for Rural camp and study tour 7-10 days.

Four credits are approved for internship and Block Placement

4. Changes suggested in social policy and social legislation is approved by the BOS

Other Issues Discussed

Recommendations for New courses

1. Addition related interventions

- Technological additions
- Social network-
- Internet
- Drugs

1. Diploma in Psychiatric Social Work

Mental Health Act- in force in July 2018. The definition of the SW there is a gap

Collaboration with the Mental Health Hospital

Department of Psychiatry to have collaboration with

2. Virtual Knowledge network course

Signature of BOS Members

Prof. (Dr) Sekar (External Member)

Dr. Rameela Shekar (External member)

Dr. Mohan A K, Chairperson BOS

Dr. Ashalekshmi (Member)

Dr. Jilly John (Member)

Dr. Dilip Diwakar G (Invited guest)

Dr. Laxmi (Invited Guest)

डॉ. मोहन ए के / Dr. Mohan A K  
अध्यक्ष/Associate Professor  
समाजकार्य विभाग/Department of Social Work  
केरल केन्द्रीय विश्वविद्यालय/Central University of Kerala  
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DEPARTMENT OF SOCIAL WORK

Board of Studies meeting Attendance Sheet

Date: 12<sup>th</sup> April 2018

Sl. No.	Particulars	Signature
1	Dr. Mohan A K, Chairperson BoS, Department of Social Work, Central University of Kerala.	 12/4/18
2	Dr. K Sekar, Member, Professor of PSW, NIMHANS, Bangalore.	 12/4/18
3	Dr. Rameela Shekhar, Member, Professor and Dean, Department of Social Work, Roshini Nilaya Mangalore.	 12/04/18
4	Dr. B T Lawani, Member, Director Yashwanthorao Chavan Institute Social Sciences, Bharati Vidyapeeth University, Pune.	ABSENT
5	Prof. L Tarabai, Member, Former Professor and head, Madurai Kamaraj University, Madurai.	ABSENT
6	Dr. Jilly John, Member, Assistant Professor, Department of Social Work Central University of Kerala	 12/4/18
7	Dr. Ashalekshmi B S, Member. Department of Public Administration and Policy Studies, Central University of Kerala	 12/04/18
8	Dr. Dilip Diwakar <b>Invited</b> Assistant Professor, Department of Social Work Central University of Kerala	 12/4/18
	Dr. Laxmi <b>Invited</b> Assistant Professor, Department of Social Work Central University of Kerala	 12/04/18

डॉ. मोहन ए के/ Dr. Mohan A K  
उपाचार्य/Associate Professor - Chairman  
समाजकार्य विभाग/Department of Social Work BoS.  
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## SSW 5301 - THEORY AND PRACTICE OF COUNSELLING

### Course Objectives

- Have a holistic understanding of counselling as a helping method.
- Attain advanced understanding of various approaches, process and techniques in counselling.
- Familiarize counselling settings and application of counselling.
- Inculcate appropriate attitudes and values for professional counselling practice.

### Course Outline

#### Unit 1 Counselling as a helping profession

Definition, characteristics, goals of counselling and elements of counselling  
Scope and significance of counselling practice  
Client-counsellor relationship  
Qualities of a counsellor  
Characteristics of the client  
Skills in counselling, Values and professional ethics in counselling

#### Unit 2 Theories and approaches

Psychoanalytic approach, client-centered approach, Cognitive-behavioural approach, TA, REBT, Crisis intervention, eclectic approach, Couple and marital therapy

#### Unit 3 Techniques of counselling

Ventilation, empathy, listening, explanation, re-assurance  
Externalization of interest, recreation and relaxation  
Improving problem solving skill, change of attitude/life style,  
Encouraging healthy defence mechanisms - sublimation, altruism and humour  
Reinforcement, social support

#### Unit 4 Stages of counselling

Getting started, Introductory talk, Identifying the issues, Facilitating expression of feelings, Practical plan of action, Implementing the plan  
Evaluation and termination  
Transference and counter transference  
Do's and don'ts in counselling

#### Unit 5 Counselling settings

Child and adolescent guidance Clinic, schools/ colleges/universities  
Family court, de-addiction centres, HIV/AIDS counselling, Palliative care centres, industrial settings, etc.  
Lay counselling

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