



Alston College of Education

(Autonomous & Co Education)
Royapettah, Chennai – 600 014.

B. Ed.

(SECOND YEARS)

ADD ON COURSE

SYLLABUS

(with effect from 2024)



Meston College of Education

(Autonomous)

Royapettah, Chennai – 600 014.

ADD ON COURSE COUNSELLING AND PSYCHOTHERAPY

(Second Year)

No of Hours: **30**

Objectives:

The student-teachers will be able to

- introduce the students to the counseling strategies used in the context of School, Workplace, Marriage and Family.
- impart knowledge and skills required for diagnosis of counseling and other related fields.
- introduce the students about counseling strategies used in the context of Abuse, Addiction, Suicide and Disability Counseling.
- discuss various issues related to developmental and other disorders.
- understand the role of psychotherapy and other therapies to treat mental illness.
- inculcate counseling and psychotherapy in the curriculum to foster awareness about counseling psychology to achieve excellence in education.

UNIT - I - COUNSELLING AND ITS TYPES:

(6 Hours)

Counseling: Meaning, Types (Educational, Marriage & Family, Mental Health, Rehabilitation, Substance Abuse, Suicidal, Vocational & Career, Workplace, Pastoral Counseling etc.) – Development and goals- Counselor & counselee relationship - counseling process: Steps – purposes of counseling - Approaches to Counseling: Directive, Non-directive, Psychoanalytic, Humanistic, Reciprocal inhibition technique and Eclectic approach.

UNIT – II - COUNSELLING AND ITS RELATED FIELDS:

(6 Hours)

Counseling & related fields: Advising, Guidance, Clinical Psychology and Hagiology – Guidance: Meaning, Definition and Types: Educational, Vocational (Career) and Personal (Social, Mental, Moral, Health, Financial, Ethical etc.) – Educational Guidance: Meaning, Definition and Types - Need for guidance cell in schools and colleges and role of teacher.

UNIT – III - MENTAL HEALTH AND MENTAL DISORDERS:

(6 Hours)

Mental Health: Meaning, Definition and factors affecting mental health(Biological, Life experience and family history) - Mental Disorders: Meaning, Symptoms, Diagnosis, Types (OCD, PDD, PTSD, SAD, Phobias, Addictions, Depression, Psychosis, Dementia, Sleeping Disorders, Eating Disorders, Anxiety Disorders etc.) and Treatments (Medication and Psychotherapy) – Emotional Abuse: Meaning, Types and Treatment – Role of teachers in identifying mental illness of the students.

UNIT – IV - ACADEMIC RELATED PROBLEMS:

(6 Hours)

Developmental Disorder: Learning Disability (Dyslexia, Dyscalculia and Dysgraphia), Attention Deficit Hyperactivity Disorder, Intellectual Disability, Language Disorder, Autism Spectrum disorder, Cerebral Palsy, Dyspraxia, Asperger's Syndrome NOS Causes, diagnosis & Treatment - Behavioral and emotional disorders: Causes, Diagnosis & Treatment - Disorders of social functioning: Causes, Assessment & Treatment - Developmental Psychopathology in Indian context.

UNIT – V - PSYCHOTHERAPIES AND OTHER THERAPIES FOR TREATING MENTAL ILLNESS: (6 Hours)

Psychotherapy: Meaning, Definition, Types (Individual, Couple, Family and Group therapy), Techniques and Therapy (BT, CT, CBT, REBT, Psychoanalytic therapy etc.) – Humanistic Psychotherapy (Logo, Existential, Client Centered, Narrative and Gestalt) - Eastern Psychotherapies (Abidhamma, Yoga) – Other Therapies: Relaxation, Laughter, Meditation, Music, Acupuncture, Cupping, Shiatsu (massage) etc.

References:

1. Adams, H.E., Sutker, P.B. (2001). Comprehensive handbook of psychopathology (3rd Ed.). New York: Kluwer Academic publishers.
2. Brems, C. (2001). Basic skills in psychotherapy and counselling. Singapore: Brooks/Cole.
3. Carroll M. (1996). Workplace Counselling: A Systematic Approach to Employee Care. London; Sage publishers 10
4. Corey, G. (1996). Theory and practice of counselling and psychotherapy (5th ed.). Pacific Grove, CA: Thomson Brooks/ Cole.
5. Dana, R.Q & Blevins A , G (2011). Substance Abuse Counselling, 4th edition, Brooks/Cole, Cengage , Belmont, USA.
6. James, R. K. & Gilliland, B. E., (1998). Theories and Strategies in Counselling and Psychotherapy, 4th Edition. Belmont, CA: Brooks/Cole.
7. Kaplan & Sadock's Synopsis of psychiatry: Behavioral sciences/clinical psychiatry (9 th . Ed.). Philadelphia: Lippincott
8. Kapur M. (2011). Counselling Children with Psychological Problems. India. India Binding House, Pearson.
9. Nichols, P.M & Schwartz C.R (2006). Family Therapy –concepts and methods, 7th edition, Allyn and Bacon, Boston, Pearson education, Inc.Press, Inc.
10. Rosenhan D.L. & Seligman M.E.P (1989). Abnormal Psychology. London: W.W.Norton and Company.
11. Smith, E.J. (2016) Theories of Counselling and Psychotherapy: An Integrative Approach, 2nd Edition, Singapore, Sage Publications. 8
12. Smith, N.W. (2001). Current systems in psychology: History, theory, research & applications. USA: Wadsworth/Thomson learning. Sadock, B.J. & Sadock, V.A. (2003).

E – Resources:

1. <http://positivepsychology.com>
2. <http://mentalhealth.gov>
3. <http://simplepsychology.com>



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ADD ON COURSE THIRUKKURAL KOORUM VIZHUMIYANGAL (SECOND YEAR)

No. of Hours: **30**

Course Objectives:

The student-teachers will be able to

- comprehend the Knowledge on History, Origin and Author of Thirukkural
- analyse the Sections and Key themes of Thirukkural
- explore the values in the book of aram / virtues
- critically evaluate the values in the book of porul / wealth
- synthesis the values in the book of inbam / love
- excel in the values put forth in all the above three books and imply in the present day context

Unit I : HISTORY, ORGIN AND AUTHOR OF THIRUKKURAL (6 Hrs.)

Thiukkural: History, Cultural Background and Origin - Significance and Legacy - Thiruvalluvar: Life History, Family and Writings – Thiruvalluvar as Educational Philosopher.

Unit II : SECTIONS AND KEY THEMES OF THIRUKKURAL (6 Hrs.)

Sections of Thirukkural: Meaning and Types - Aram (Virtue), Porul (Wealth) and Inban (Love) – Key Themes of Thirukkural: Ethics and Morality, Practical Wisdom, Human Relationships and Universal Values.

Unit III : VALUES IN THE BOOK OF ARAM / VIRTUES (6 Hrs.)

Book of Virtues: Etymology and Meaning, Chapters (38) and Couplets (380) – Sub Chapters: Introductory (40 Couplets), Virtues (330 Couplets) and Final or Fate (10 Couplets) – Virtues: Meaning and Importance - Types: Domestic and Ascetic - Major Values taught in the book of Aram / Virtues and its impact on present day context.

Unit IV : VALUES IN THE BOOK OF PORUL / WEALTH (6 Hrs.)

Book of Wealth: Etymology and Meaning, Chapters (70) and Couplets (700) – Porul / Wealth: Meaning and Importance - Types: Money Wealth, Educational Wealth, Body Wealth and Benevolence Wealth - Major Values taught in the book of Porul / Wealth and its impact on present day context.

Unit V : VALUES IN THE BOOK OF INBAM / LOVE (6 Hrs.)

Book of Love: Etymology and Meaning, Chapters (25) and Couplets (250) – Inbam / Love: Meaning and Importance – Types: Pre Marital Love and Post Marital Love - - Major Values taught in the book of Inbam / Love and its impact on present day context.

References:

1. <https://thirukkural.gokulnath.com/#/thirukkuralchapters/1/thirukkurals>
2. Thirukkural - Moolamum Ealiya Thamizhil Uraiyum: Moolamum Eliya Thamizhil Uraiyum Hardcover – 1 March 2012, Tamil Edition by M. Viduvan Narayana Velupillai (Author)
3. THIRUKKURAL Paperback – 1 April 2009 by M. Rajaram (Author)
4. Thirukkural - திருக்குறள் (சாலமன் பாப்பையா உரை) Paperback – 1 January 2014 Tamil Edition by Solomon Pappaih (Author)
5. Thirukkural Kathaikal : Thirukkural through Stories Paperback – 26 October 2018 Tamil Edition by Parthasarathy Rengaswami (Author)
6. Thirukural - Parimealazhagar Urai (IAS Tamil Prescribed) / திருக்குறள் - பரிமேலழகர் உரை Paperback – 1 January 2020 Tamil Edition by Thiruvalluvar (Author)
7. திருக்குறள் மூலமும் உரையும் / Thirukkural Moolamum Uraiyum Paperback – 1 January 2016 Tamil Edition by Parimelazhagar (Author)
8. Thirukural Puthiya Urai Paperback – 1 January 2011 Tamil Edition by Sujatha (Author)
9. Thirukural - Kalaignar Urai [Hardcover] Kalaignar Mu. Karunanidhi Hardcover – 1 January 2007
10. THIRUKKURAL Tamil and English Hardcover – 1 January 2020 Tamil Edition by G U Pope (Author), MU Varatharasan (Author)
11. Thirukkural (Tamil - English) : Pearls of Wisdom From Classical Tamil Series Paperback – 23 April 2021 by Kavikkuyil Dr. Anaivaariyar (Author)



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ADD ON COURSE ENVIRONMENTAL EDUCATION (SECOND YEAR)

Course Objectives:

No. of Hours: 30

The student-teachers will be able to

- realise the need for environmental education.
- list the natural resources and its problems.
- identify the different types of environmental pollution and its management.
- appreciate the policies and programmes initiated to protect the environment.
- analyse the environmental education curriculum.
- excel in propagating knowledge on different environmental issues and its solutions.

UNIT I: Introduction to Environmental Education

(6 Hrs)

Environmental Education: Meaning, Nature and Characteristics – Aims and Objectives – Need and Importance – Scope - Environmental Awareness – Environmental Attitude – Ecological Intelligence – Ecological Sensitivity – Role of teachers in enhancing ecological intelligence.

UNIT II: Natural Resources and its Types

(6 Hrs)

Natural Resources: Meaning and Concept – Types: Land, Rocks, Forest (vegetation), Water (Ocean, Sea, river etc), Mineral, Food and Energy – Role of teachers in promoting environmental values for Protection of Natural Resources.

UNIT III: Environmental Pollution, Hazards, and Disaster Management

(6 Hrs)

Environmental Pollution: meaning and concept – Environmental Pollutants – Hazards and Disaster Management: Earth Quake, Land Slides, Volcanic Eruption, Forest Fire, Tsunami, Cyclone, Flood, etc., - Nuclear and Industrial Accidents – Oil Spills – Role of environmental education in controlling different types of pollutions.

UNIT IV: Environmental Problems, Policies, and Protection of Environment

(6 Hrs)

Major Environmental Problems: Global Warming, Green House Effect, Climate Change, Ozone Layer Depletion, Acid Rain, Extinction of Flora and Fauna, Over Population, Disposal of wastes, Bio diversity, Public Health Issues, Plastic Usage etc., - National Environmental Policies and Programmes.

UNIT 5: Environmental Education in School Curriculum

(6 Hrs)

Status of Environmental Education in School Curriculum – Environmental Education at different levels of School Education – Innovative Methods of Teaching Environmental Education – Challenges in implementing environmental education In school curriculum and suggestions to overcome the challenges.

References:

1. Archana, T. (2011). Environmental education. Kalpaz Publications.
2. Havilah, S. N. (2013). Environmental education. A.P.H. Publishing Corporation.
3. Maria, C. M. (2020). Effect of ecological intelligence on developing ecological sensitivity among prospective teachers. Shashwat Publication.
4. Paachuri, S.C., & Kumar, P. (2013). Environmental education. A.P.H. Publishing Corporation.
5. Palmer, J.A. (1998). Environmental education in the 21st Century: Theory, practice, progress, and promise. Routledge.
6. <http://www.epa.gov/sustainability/basicinfo.htm>
7. <http://www.conserve-energy-future.com/current-environmental-issues>
8. http://en.wikipedia.org/wiki/Environmental_education
9. <http://www.yourarticlelibrary.com/environment/forest/forest-resources-in-india-use-overexploitation-causes-and-effects/28196/>
10. <http://www.yourarticlelibrary.com/environment/the-importance-of-natural-resources-of-planet-earth/9914/>
11. http://wwf.panda.org/about_our_earth/blue_planet/problems/pollution
12. <http://www.brighthub.com/environment/science-environmental/articles/92943.aspx>
