

Centre for Studies in Applied Psychology

DIBRUGARH UNIVERSITY
Dibrugarh – 786004
Assam, INDIA



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Profile

In the year 2010-11, Dibrugarh University introduced **Applied Psychology Programme** at the Post Graduate Diploma level within its campus, in the Centre for Studies in Behavioural Sciences (CSBS), DU, in collaboration with Assam Medical College & Hospital, Dibrugarh. Due permission for the Applied Psychology programme under Dibrugarh University, was accorded by the **State Government of Assam** from that very academic session.

The CSBS, DU, has recently been re-named as **Centre for Studies in Applied Psychology (CSAP)**, w.e.f., the academic session 2019-20. This Centre presently provides the **MA (Applied Psychology) Programme** which has been designed in modular form. If a student desires to leave the MA Programme after the first year (i.e., on successful completion of the 1st and 2nd Semesters) they are to be considered as qualified for the **Diploma in Applied Psychology (DAP)** Programme. If a student desires to pursue the 2nd year of the Programme and complete the remaining two (3rd and 4th) semesters, *cumulatively with the first two semesters*, they are eligible to be considered for the Master's Degree in Applied Psychology.

Moreover, from the academic session 2019-20, the CSAP, DU has also introduced the **Post Graduate Diploma in Counselling Psychology (PGDCP)** Programme in the Centre, after due approval of the appropriate academic and administrative authorities. The Syllabi of all the PG Programmes of the Centre have been prepared as per the **New Dibrugarh University Regulations for the Post Graduate Programmes in Choice Based Credit System (CBCS) approved by the Academic Council of Dibrugarh University in its Meeting held in November 2018.**

There is also a provision of lateral entry into the Master's level in the Applied Psychology Programme. **This facility is provided only to those candidates who have a background in any branch of Psychology either at a Master's level or PG diploma level.** In such a case, the candidate shall have to take admission in the third semester.

Eight batches of students have already qualified for the Post Graduate Degree of the MA in Applied Psychology since the inception of the Centre. Majority of the students have already been placed as mental health professionals across India. Students have also been selected for pursuing the (RCI-recognized) M. Phil Programme in Clinical Psychology at the national level, besides pursuing Ph.D research at different Central Universities of the country. The Centre also showcases a wide diversity in its students as it has been able to attract students from the different states of India as well as from outside the country.

Programme(s) Offered:

1. MA in Applied Psychology (*with exit option at Diploma level*)
2. PG Diploma in Counseling Psychology (PGDCP)

Duration of the Programme(s):

1. M.A. in Applied Psychology - (2 years – 4 Semesters)
2. PG Diploma in Counselling Psychology - (1 year – 2 Semesters)

Intake Capacity:

1. MA in Applied Psychology: - 35 + 04 (Endowment Seats)
= 39 seats
2. PG Diploma in Counselling Psychology: - 18 + 02 (Endowment Seats)
= 20 seats

Eligibility Criteria for Admission:

➤ For MA in Applied Psychology Programme :

- Candidates having **Bachelor's degree** (*excluding Fine Arts*), including a Medical degree, and other Technical Graduates from Dibrugarh University or any other University recognized by the UGC with at least 45% marks in Major or 50% marks in aggregate will be eligible for admission to the MA Programme.
- There will be a relaxation of 5% marks for candidates from the SC/ST/OBC categories.

➤ For PG Diploma in Counselling Psychology (PGDCP) Programme:

Desirable:

- Candidates having a Post graduate degree with Specialization in subjects like ***Psychology/Applied Psychology, Human Development and Family Studies, Child Development, Human Development and Childhood Studies, Child Development and Family Relationships, Home Science, Social Work***, or other allied disciplines will be given preference for admission. "**Allied disciplines**" include ***Anthropology, Sociology, Social Work, Education, Philosophy***, etc. from a recognized University.
- Working Professionals with **2 or more years of relevant work experience** in the social sector and/or in people-oriented professions such as ***Teacher Education, Health and Well-being, MBBS or Nursing, Law and Human Resource Management*** and the like.
- **Candidates should have at least 50% marks at the Master's level to be eligible for admission to the Post Graduate Diploma in Counseling Psychology (PGDCP) Programme.**
- There will be a relaxation of 5% marks for candidates from the SC/ST/OBC categories.
- Reservation of seats in the PGDCP shall be as per the specified norms of Dibrugarh University.

Method of Selection:

1. MA in Applied Psychology: - Through DUPGET 2020 (Notified on 20.10.2020)
2. PG Diploma in Counselling Psychology: - Through Interview

Objectives of the PG Programmes:

The Programmes of the CSAP, DU are designed to:

1. Equip the students with the requisite skills for identifying, classifying and diagnosing psychological maladjustments and disorders.
2. Provide hands-on training to the students in managing actual clinical/rehabilitation/organisational/educational cases through compulsory field work.
3. Enable the students to design and implement effectively, intervention programme and strategies for management and treatment of psychological maladjustments and disorders.
4. Enable the students to acquire a thorough understanding of preventive and control measures to maintain or promote well being in self and act as instruments of positive mental health in community.
5. Infuse the students with a research orientation so as to enhance existing knowledge of the field of Psychology.

With effect from the academic session 2019-20, the Centre for Studies in Applied Psychology (CSAP), Dibrugarh University, has introduced the **Post Graduate Diploma in Counselling Psychology (PGDCP)** Programme in the Centre. The PGDCP has been designed keeping in mind the demand for skilled and competent Counsellors in Secondary schools, as psycho-social workers in the health sector, social organizations like NGOs and other Government organizations and in other institutions in society.

The **Objective** of the **Post Graduate Diploma in Counselling (PGDCP) Programme** is *to create a force of skilled personnel having advanced knowledge and skills of counselling society with sensitivity and responsible social awareness.* The Courses in the Programme are designed to emphasize an experiential style of learning. Central to counselling skills practice, is the idea that to understand the experience of the other, one has to first understand 'the Self'. **The Programme is structured in a matter so as to ensure that students learn not only from what is taught, but also by actively engaging in the various exercises including self-exploration.** Much of the learning is held in small groups, and there will be an emphasis on the learner (wherever appropriate), sharing and reflecting on their own experiences. As the Post Graduate Diploma in Counselling Programme (PGDCP) is an advanced skills programme, *besides being a value-addition programme for the adult learner,* as part of the learning experiences, students are expected to apply and integrate their learning experiences to their existing place of work (as psycho-social health workers) in their period of internship as a part of the curricular requirements, during which they will be mentored and/or supervised by the Faculty members of the Centre.

COURSE STRUCTURE OF P.G. DIPLOMA IN COUNSELLING PSYCHOLOGY PROGRAMME

TOTAL CREDITS = 40 CREDITS

<p>SEMESTER I (20)</p>	<p>CORE COURSES (CC) – 4 Courses of 4 Credits each</p> <ul style="list-style-type: none">▪ CP 10100 Concepts in Psychology▪ CP 10200 Mental Health and Understanding Psychological Problems▪ CP 10300 Introduction to Counselling and Other Helping Professions▪ CP 10400 Practicum-I (Theory + Testing) <p>ABILITY/ SKILL ENHANCEMENT COURSES-2 Courses of 2 Credits</p> <ul style="list-style-type: none">▪ CP 10401 Introduction to Counselling and Inter Personal Skills▪ CP 10402 Self and Personal Growth
<p>SEMESTER II (20)</p>	<p>CORE COURSES (CC) – 4 Courses of 4 Credits each</p> <ul style="list-style-type: none">▪ CP 20100 Theoretical Approaches: Psychodynamic and Behavioural▪ CP 20200 Theoretical Approaches: Humanistic and Existential▪ CP 20300 Counselling for Special Groups▪ CP 20400 Practicum-II (Testing + Field Visit/Case Studies) <p>ABILITY/ SKILL ENHANCEMENT COURSES-2 Courses of 2 Credits</p> <ul style="list-style-type: none">▪ CP 20401 Community Mental Health▪ CP 20402 Personality Development

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LIST OF FACULTY MEMBERS

Sl. No	Name	Specialization	Area of interest	Email ID	Contact no.
1.	Prof. Neeta Kalita Barua, Chairperson	Mental Health Issues in Education	<i>Developmental Psychology, Mental Health Issues in Education, Educational Psychology</i>	dr.neetakalita@gmail.com nkbarua_edu@dibru.ac.in	9435033749
2.	Ms. Aroonmalini Boruah	Health Psychology	<i>Health and Illness, Socio-culture, Gerontology, Indian Psychology</i>	aronmaliniboruah@gmail.com aronmalini@dibru.ac.in	8403974325
3.	Ms. Binny Borkha Boruah	Clinical Psychology	<i>Child and Adolescence Psychology, working with special children (autism spectrum disorder, learning disability)</i>	binnybrh@gmail.com binnybrh@dibru.ac.in	8134070575
4.	Ms. Shabnam Yesmin	Counselling Psychology	<i>Applied Social Psychology, Child Psychology, Ethnic Issues, Community & Rehabilitation, Positive Psychology</i>	shabnamyesmin@gmail.com shabnamyesmin@dibru.ac.in	7086956328
5.	Ms. Sampurna Baruah	Counselling Psychology	<i>Counselling Psychology, Inculcation of Moral values in Children, Parent-child relationship</i>	sampurnabaruah@dibru.ac.in sampurnabaruah03@gmail.com	8876025452
6.	Ms. Tausifa Ahmed Hussain	Applied Psychology	<i>Counselling Psychology and Social Psychology</i>	tausifa.2011@gmail.com tausifa@dibru.ac.in	8638021527

Sd by:

Prof. Neeta Kalita Barua

Chairperson:

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Dibrugarh University, Dibrugarh – 786004.

Dated: 31st July 2020