



**FIRST-YEAR OF BACHELOR OF VOCATIONAL
SKILL COURSE IN SOCIOLOGY REVISED
SYLLABUS ACCORDING TO CBCS NEP 2020**

**COURSE TITLE: SOCIAL COUNSELLING
SEMESTER-II, W.E.F. 2023-2024**

**RECOMMENDED BY THE BOARD OF STUDIES IN SOCIOLOGY
AND**

APPROVED BY THE ACADEMIC COUNCIL

Devrukh Shikshan Prasarak Mandal's

**Nya. Tatyasaheb Athalye Arts, Ved. S. R. Sapre Commerce and
Vid. Dadasaheb Pitre Science College (Autonomous), Devrukh.
Tal. Sangmeshwar, Dist. Ratnagiri-415804, Maharashtra, India**

Academic Council Item No: 03

Name of the Implementing Institute	:	Nya. Tatyasaheb Athalye Arts, Ved. S. R. Sapre Commerce, and Vid. Dadasaheb Pitre Science College (Autonomous), Devrukh. Tal. Sangmeshwar, Dist. Ratnagiri-415804,
Name of the Parent University	:	University of Mumbai
Name of the Programme	:	Bachelor of Arts
Name of the Department	:	Sociology
Name of the Class	:	First Year
Semester	:	Second
No. of Credits	:	02
Title of the Course	:	Social Counselling
Course Code	:	SOVS102
Name of the Vertical in adherence to NEP 2020	:	Vocational Skill Course
Eligibility for Admission	:	Any 12 th Pass seeking Admission to Degree Programme in adherence to Rules and Regulations of the University of Mumbai and Government of Maharashtra
Passing Marks	:	40%
Mode of Assessment	:	Formative and Summative
Level	:	UG
Pattern of Marks Distribution for TE and CIA	:	40:10
Status	:	NEP-CBCS
To be implemented from Academic Year	:	2023-2024
Ordinances /Regulations (if any)	:	

Syllabus for First Year of Bachelor of Arts in Sociology

(With effect from the academic year 2023-2024)

SEMESTER-II

Paper No. Paper II

Course Title: Social Counselling

No. of Credits - 02

Type of Vertical: Vocational Skill Courses

COURSE CODE: SOVS102

Learning Outcomes Based on BLOOM's Taxonomy:

After completing the course, the learner will be able to...		
Course Learning Outcome No.	Blooms Taxonomy	Course Learning Outcome
CLO-01	Remember	Remember the concept of Counsellor and Social Counselling
CLO-02	Understand	Understand the concept of Self-Awareness and Happiness
CLO-03	Apply	Applying the acquired knowledge for enhancing mental strength

**Syllabus for First Year of Bachelor of Arts in
Sociology (With effect from the academic year 2023-2024)**

SEMESTER-II

Paper No. Paper II

Course Title: Social Counselling

No. of Credits - 02

Type of Vertical: Vocational Skill Course

COURSE CODE: SOVS102

COURSE CONTENT		
Module No.	Content	No. of Lectures
1	Module 1: Introduction: Self-Awareness and Happiness - Getting to know each other - Getting to know One Self - What Makes One Happy/ Unhappy? - Outer Vs Inner Source of Happiness, Joy of giving	15
2	Module 2: Life Style Choices: Stress and Management - Meaning and Definition of Stress and Management - Career Pressures and Examinations - Dealing of Despoilments: Copying Skills, Health and Fitness	15
	Total	30

Required Previous Knowledge

Basic Knowledge of Counselling Knowledge of fundamentals of Social Mentality and Counselling is necessary before starting to learn the course.

Access to the Course

The course is available for all the students admitted for Bachelor of Arts as a Major or a minor. The students seeking admission in other disciplines may select the course as a minor considering the terms and conditions laid down by the University of Mumbai, the Government of Maharashtra, and the college, from time to time.

Methods of Assessment

The assessment pattern would be 60:40, 60% for Semester End Examination (SEE) and 40% for Continuous Internal Evaluation (CIA). The structure of the SEE and CIA would be as

recommended by the Board of Studies and approved by the Board of Examination and the Academic Council of the college.

Reading List:

- Aronson, E. (2011). [The Social Animal](#) (11th ed.). New York: Worth Publishers.
- Aronson, E., Wilson, T. D., & Akert, R. M. (2015). [Social Psychology](#) (9th ed.). Boston, MA: Pearson/Allyn and Bacon.
- Baumeister, R. F., & Bushman, B. J. (2016). [Social Psychology and Human Nature](#) (4th ed.). Belmont, CA: Thomson/Wadsworth.
- Crisp, R. J., & Turner, R. N. (2014). [Essential Social Psychology](#) (3rd ed.). Thousand Oaks, CA: Sage Publications.
- Hewstone, M., Stroebe, W., & Jonas, K. (Eds.). (2012). [An Introduction to Social Psychology](#) (5th ed.). London: Blackwell.
- Myers, D. G. (2014). [Exploring Social Psychology](#) (7th ed.). New York: McGraw-Hill.
- DeLamater, J., & Ward, A. (Ed.). (2014). [Handbook of Social Psychology](#) (2nd ed.). New York: Springer.