

## Programme Project Report – PPR

**Name of the School:** School of Continuing Education

**Name of the Programme:** Master of Science in Counselling and Family Therapy [M.Sc. (CFT)]

S.No.	Name of Program:	Master of Science in Counselling and Family Therapy [M.Sc. (CFT)]
a.	Programmes mission & objectives:	<p>The Master's Degree Programme in Counselling and Family Therapy is aimed at developing professionals in this vital field, which is gaining greater salience in the present times both from social and employment perspectives. By developing the requisite knowledge, understanding, attitudes and skills in the area of Counselling and Family Therapy, this unique programme of study would help to train professional cadres in the field, equipping them for both wage-employment and self-employment, and thus fill the existing lacuna.</p> <p>The programme objectives include the following:</p> <ul style="list-style-type: none"> <li>• To provide professional training at the post graduate level in Counselling and Family Therapy.</li> <li>• To help the learner acquire professional knowledge and skills to help individuals and families in dealing with behavioural and psychological problems.</li> <li>• To help the learner in developing the requisite attitudes for understanding people's problems and to promote effective interventions.</li> <li>• To meet the felt needs of the society in the context of fostering constructive behaviour and well being.</li> <li>• To promote positive family and societal relationships.</li> <li>• To enable the capacity for tackling psychosomatic, stress related problems and life style disorders.</li> <li>• To contribute towards enrichment of the social fabric, mental health and well being, and quality of socio-emotional living.</li> </ul>
b.	Relevance of program with HEI's Mission & Goals:	<p>The programme of study is highly relevant and consonant with the University's mission and goals of democratizing higher education; advancing and disseminating learning and knowledge; providing opportunities for higher education to a larger segments of the population; meeting the academic and employment needs of the people; and promoting the educational well-being of the community.</p>
c.	Nature of prospective target group of learners :	<p>There are a large number of people who have been interested in the domain of Counselling &amp; Family</p>

		<p>Therapy. They may already have professional knowledge of a part of the subject area but little or none of some of the other aspects. Such people may be individuals in the field of human development and family studies, education, child development professionals, social workers, psychologists, doctors, para-medical personnel, and others interested in this field. Thus, graduates in subjects like Human Development and Family Studies, Child Development, Human Development and Childhood Studies, Child Development and Family Relationships, Home Science, Psychology, Social Work, Medicine, or other allied disciplines, who are interested in working as counsellors and family therapists comprise the prospective target group of learners.</p>
d.	<p>Appropriateness of program to be conducted in open &amp; distance learning mode to acquire specific skills &amp; competence :</p>	<p>Given the nation-wide need for counsellors and family therapists and the societal requirement to reach out to larger sections of the population, this programme of study is highly appropriate in being conducted in the ODL mode for acquisition of specific skills and competence in the area of Counselling and Family Therapy at the post graduate level. ODL mode as it provides a unique opportunity for pursuing higher education to persons living in geographically remote areas of the country and also to those who could not pursue higher education for one reason or the other</p>
e.	<p>Instructional Design :</p>	<p>The University has adopted a multiple-media approach for imparting instruction to its learners for its various programmes of study. The University follows the Systems approach to instructional design. The programme was designed after undertaking need analysis; identifying and defining the target group; selection of appropriate media; course design and development; pilot testing and launch of the programme; and periodic revision. The self instructional format is used for developing Self Learning Material (SLM) in print and multiple media. Print is the predominant mode of instruction supplemented with audio and video programmes; face to face counselling sessions; interactive radio counselling (IRC) (Gyan Vani); educational TV broadcasts (Gyan Darshan); web based counselling (Gyan Dhara) and supervised practicum.</p>
f.	<p>Procedure for admissions, curriculum transaction and evaluation:</p>	<p><b>Admissions:</b> Admission is mainly done online. To fulfill the mandate of inclusiveness there is a provision for submission of application offline as well.</p> <p><b>Curriculum Transaction:</b> Curriculum is transacted mainly through printed Self Learning Materials</p>

		<p>(SLMs), Face to face counselling sessions (theory/practical), audio and video programmes, interactive radio counselling (IRC) (Gyan Vani), educational TV broadcasts (Gyan Darshan) and web based counselling (Gyan Dhara). For practical based courses field work is conducted in face to face mode (which is compulsory component).</p> <p><b>Evaluation:</b> The University uses formative/continuous and summative/ term end evaluation for assessing the progress of its learners and evaluation of their performance. Formative/ Continuous evaluation is conducted at two levels i.e. through self check exercises in-built into the SLMs; formative assessment through tutor marked assignments and internship and dissertation. Summative / term end evaluation is through term end examinations.</p>
g.	Requirement of the laboratory support and library recourses:	<p><b>Lab support:</b> Nil</p> <p><b>Library resources:</b> Library facility is available at all Learner Support Centres; Regional Centres and Headquarters of the University.</p>
h.	Cost estimate of the program and the provisions:	<p>Programme development is an ongoing process and the programme is already on offer. However, before development of the programme, cost analysis was done at the level of the School in coordination with Planning and Development Division (there is a dedicated full fledged Planning and Development Division for the policy planning of the University). The University has dedicated budgetary provisions for programme development at the level of School, Material Production and Distribution (there is a dedicated full- fledged Material Production and Distribution Division for material production and distribution) and Electronic Media Production Centre (there is a dedicated full- fledged Electronic Media Production Centre for electronic media production). Digital media production (there is a dedicated full- fledged Inter University Consortium for production of MOOCs and digital media)and delivery of the program through its dedicated Divisions namely Regional Services Division which oversees the operations of all Regional Centres and LSCs; E support Unit, Student Registration Division, Student Evaluation Division and Student Service Centre at the HQs.</p>
i.	Quality assurance mechanism and expected program outcomes:	<p><b>Quality Assurance mechanism:</b></p> <p>The University has its policies, procedures and mechanisms for quality and standards including the</p>

		<p>following methods adopted for quality assurance:</p> <ul style="list-style-type: none"><li>• Standard norms and procedures for establishment of study centers,</li><li>• Standard norms for appointment of academic counselors, evaluators;</li><li>• Taking help of external experts in maintaining quality of evaluation</li><li>• All Study centre and examination centers are regularly monitored by University.</li><li>• 2% assignment are being monitored by faculty of school to ensure the quality of continuous evaluation</li></ul> <p>The University has standardized its courseware based on the credit system. To further standardize its courses it has developed its own house style. There is a mechanism in place for continuous quality assessment for design, development and delivery of its academic programmes. The quality is assured at different phases by statutory bodies of the University namely: School Board of Studies, Academic Programme Committee, Planning Board and Academic Council. Programme evaluation is the norm before undertaking revision of the programme. The above mechanism has been followed for this programme also.</p> <p><b>Expected programme outcomes:</b> The programme outcome is to prepare human resources aiming at improving the quality of life of the people at large and meet the demand for professionally trained professionals in the field of counselling and family therapy.</p>
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