

Diploma in Guidance and Counselling (DGC)

Offered by: Sanskriti University, Mathura in association with WeServe: An Initiative To Serve The Unserved, Vaishali (UP)

Duration: One Year

Eligibility: Minimum Graduation (Any Discipline)

Program Overview

This comprehensive one-year program is designed to equip graduates with the essential knowledge, practical skills, and ethical foundation required to work as professional counsellors in educational and community-based settings. Delivered through live online sessions by field experts, the program blends psychological theory with hands-on techniques to support individuals—especially adolescents—in making informed decisions, managing emotions, and overcoming personal and academic challenges.

This course is highly relevant for school teachers, aspiring counsellors, NGO professionals, and parents seeking to support children and youth. With mental health and guidance needs growing—especially following the National Education Policy (NEP) 2020—this program addresses a pressing demand for skilled counselling professionals.

Program Objectives

- Develop professional counselling and communication skills
 - Build competence in academic and career counselling
 - Promote understanding of psychological well-being and emotional support
 - Enable use of basic psychological assessments
 - Teach ways to manage stress and conflict in daily life
 - Provide field-based training and real-life application of counselling
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Course Structure and Modules

Module DGC-I: Foundations of Counselling Psychology

This module introduces basic concepts of counselling psychology and major psychological theories. It covers stages of human development, emotional and behavioural challenges in children and adolescents, and the impact of cultural and family factors. Learners also explore school counselling, life skills, and ethical responsibilities.

Module DGC-II: Principles and Practice of Counselling

Learners are trained in counselling skills such as listening, empathy, and questioning. The module introduces different approaches like person-centered and cognitive-behavioural therapy. It explains how to conduct individual and group counselling ethically in schools, families, and communities.

Module DGC–III: Mental Health and Emotional Well-being

This module focuses on promoting positive mental health and emotional resilience. Topics include common emotional issues in youth, early signs of distress, stigma, coping tools like mindfulness, and the role of schools in promoting mental well-being. Learners understand how to support students using age-appropriate methods.

Module DGC–IV: Career Guidance and Vocational Counselling

Learners explore career development theories and learn to use basic career assessments. The module covers job trends, vocational choices, career decision-making, and how to guide students in choosing study and work paths. It includes planning school-based career counselling programs.

Module DGC–V: Psychological Testing and Assessment

This module introduces learners to different types of psychological tests such as aptitude and personality tests. It includes training in test administration, interpretation, ethical use, and non-test methods like observation. The focus is on fair and practical testing in schools and communities.

Module DGC–VI: Managing Stress and Conflict

Learners study sources of stress and conflict in personal and school life and learn simple coping and resolution strategies. The module covers communication skills, mindfulness, resilience, and creating safe spaces. Tools like I-messages, active listening, and group activities are used.

Module DGC–VII: Practicum and Workshops

This final module offers practical experience through supervised fieldwork and skill-building workshops. Learners conduct counselling sessions, participate in workshops on trauma and parenting, and present a final practicum report. The goal is to apply learning in real-world settings with guidance.

Career Opportunities and Scope

The National Education Policy (2020) emphasizes the presence of trained counsellors in every school, significantly increasing the demand for qualified professionals. In addition to schools, NGOs and community organizations are actively hiring counsellors to support emotional and educational development across various age groups. Graduates can explore the following roles:

1. School Counsellor

Support student development by addressing emotional, social, and academic concerns within school settings.

2. Career Counsellor

Guide students and professionals in career planning, skill assessment, and employment preparation.

3. Child and Adolescent Counselor

Provide therapeutic support to children and teens facing emotional or behavioral difficulties.

4. Educational Counsellor

Advise students and families on academic options, study habits, and learning challenges.

5. Life Coach

Help clients set personal and professional goals, overcome obstacles, and build life skills.

6. NGO-Based Mental Health Worker

Work with community organizations to spread awareness and offer mental health services to marginalized populations.

7. Online/Remote Counsellor

Provide tele-counselling services through digital platforms, expanding access across geographical boundaries.

8. Freelance Guidance Counsellor

Build a private practice or collaborate with institutions as an independent counselling expert.