

# **NIRMALA INSTITUTE OF EDUCATION**

## **ALTINHO, PANJIM, GOA**



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**PROSPECTUS**

**FOR ADMISSION TO**

**THE M.A. DEGREE COURSE IN**

**WELLNESS COUNSELLING**

**2016-2018**

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### **M.A. DEGREE COURSE IN WELLNESS COUNSELLING**

(AFFILIATED TO THE GOA UNIVERSITY)

The Nirmala Institute of Education, Panaji, Goa was the first Secondary Teacher Education College in Goa. It was established in 1963 by the Society of the Daughters of the Heart of Mary in response to the urgent need for trained teachers in post liberation Goa. The main goal of the Nirmala Institute of Education at that time was to contribute to educational expansion through formal teacher education. Through the years it has trained over 5,000 teachers who have served at the State, National and even International levels and provided the pedagogical bases for many classroom practices.

This college, initially affiliated to the Bombay University, has grown into a highly respected Institution for pre-service and in-service teacher education to thousands of teachers. In 1985 it was affiliated to Goa University.

### **OUR VISION STATEMENT**

“The Nirmala Institute of Education endeavours to create a cadre of professionals committed to excellence, imbued with values and responsive to the emergent needs and challenges in the local, national and global context.”

## **OUR MISSION GOALS**

- To help students discover and appreciate their unique vocation in society.
- To create a learning environment which integrates theory with practice.
- To nurture, in particular, the values of peace, justice, equality and fraternity.
- To enable students to understand and cater to the needs of a diverse student population.
- To encourage students to become catalysts of social transformation.
- To revitalize education through partnership with different organisations and universities.

## **M.A. IN WELLNESS COUNSELLING**

### **INTRODUCTION**

Most M.A. in Counselling courses train counsellors to identify and remedy dysfunctions in their clients so that they can live normal lives. This Wellness Counselling program is designed to help clients to recognise the strengths of character and abilities they have, and to develop their potentials to work productively and creatively, to build strong and positive relationships with others, and to be useful to their families and country. It is a conscious, deliberate state that enables a person to make choices for a more satisfying and productive style of life.

The Wellness Counselling Programme is designed to help people acquire the knowledge, skills and attitudes they need for maximising their potential for successful academic progress, career development, and personal and social growth. Its purpose is to help people to come to know the strengths and abilities they possess, and to build on them.

The Counselling intervention aims at optimising a person's everyday personal and interpersonal functioning, and at addressing dysfunctions only from a strengths-based perspective. It seeks to promote development across the lifespan while respecting the role of the environment in people's lives. Its focus is less on remedial or therapeutic

solutions and more on the identification and development of personal strengths. The objective is to help all persons craft lives of wellness, health and meaning.

This programme aims at training counselling professionals committed to the growth and development of the people with whom they will work. The trainees are exposed to a wide range of counselling theories and intervention techniques as they develop their clinical skills and their own understanding about wellness and what is meant by optimal functioning.

The learning process is based on prescribed readings and class discussions more than on lectures. It uses a constructivist approach. Students share in class, and also question, their understanding of the concepts they acquire from the prescribed readings, and the class discussion that follows helps to give clearer shape to each student's knowledge of the topic under study.

The role of the Instructor is to guide the class discussions and to bring the class to a more precise definition of the concepts and constructs under study and to demonstrate how the knowledge can be applied in counselling. Skills are acquired through supervised hands-on practical sessions. Research methodology is an important component of the curriculum.

Every student will keep a journal in which they will enter the knowledge, attitudes and skills they derive from each course, and preferably from every class session, and indicate how they see these as relevant to the counselling practice.

### **PROGRAM DESIGN:**

The program consists of 20 compulsory courses (60 credits) and 10 elective courses (30 credits) covered in two academic years along-with internship. Attendance in class is compulsory.

Note:-One credit represents 1.5 clock hours of class session per week for ten weeks of class during a full academic term of three months.

In brief, the basic objectives of this program to which all trainees are expected to subscribe, are:

1. The optimal development and functioning of individuals, groups, and organizations;
2. Appreciation of the strengths and uniqueness of individuals;
3. Belief in the unbounded potential of human beings; and
4. Respect for the integrity of all people.

Students are strongly encouraged to adopt approaches to client interaction that take into account the various contexts in which clients live and function. They should also endeavour to acquire what Peter Drucker has called the essential qualities of successful leaders namely integrity, humility and generosity. The program also stresses the critical role of self-exploration and personal reflection as components of professional development. Professional development is inseparable from personal growth. The faculty see themselves as learners who are able to guide the students' learning because of their head start in the learning of their subject. They reflect their learner attitude in the classroom by their willingness to listen.

### **CORE COURSES**

Basic Counselling Methods  
Theories of Child Development  
Cognition  
Basic Statistics for Social Sciences  
Legal & Ethical Issues in Counselling  
Introduction to Psychological Assessment  
Introduction to Strengths-Based Counselling  
Adolescent Development  
Counselling Theories & Methods 1  
Personality Assessment 1

Career Counselling  
Research Methods  
Counselling Theories & Methods –2  
Personality Assessment– 2  
Person in the Indian Tradition-1

Counsellor Competencies  
Motivational Interviewing  
Person in the Indian Tradition – 2  
Counselling Theories & Methods – 3  
Health Psychology

### **ELECTIVE COURSES**

Group Counselling  
Marriage Counselling  
Counselling in Addictive Behaviour  
Adolescent and Youth Suicide

Motivation and Creativity  
Developing Emotional Intelligence for Academic Success  
Mindfulness and Achievement  
Counselling in Schools  
Work & Careers  
Managing Occupational Stress  
Personality in the Psychology of Human Strengths  
Human strengths, Organizational change, & Innovation  
School counsellors and Developing of Talent  
Course of Guided Personal Study

#### **Eligibility for Admission:**

To be eligible for admission to this programme leading to the award of M.A. Wellness Counselling Degree, the candidate must have passed the Bachelor's / Post Graduate Degree Examination (in any discipline) of this University or equivalent examination of any other recognized University, securing a minimum of 50% marks or equivalent Grade.

### **Rules of Admission:**

<b>Sr No</b>	<b>Date</b>	<b>Time</b>	<b>ACTIVITY/EVENT at Nirmala Institute of Education</b>
1	25th April to 25th May 2016	10:00am to 4:00pm	Application form available
2	6th June 2016	10:00am to 4:00pm	Submission of Application
3	15th June 2016	10:00am	Interview
4	4th July 2016	9:30 am	Commencement of the course

Applicants who have passed the qualifying examination from Goa University shall be required to submit their Transfer Certificate within 15 days after securing admission to the College without which the admission shall not be confirmed.

Similarly, applicants, who have passed the qualifying examination from universities other than Goa University, will be required to produce a provisional eligibility certificate from the Goa University within one week after securing admission to the college, without which the admission shall not be confirmed. They will also have to procure their migration certificate from their respective Universities within two months from obtaining admission

### **Duration of the Programme:**

The Programme shall comprise of two academic years divided into six trimesters of a minimum of ten instructional weeks each and an additional trimester of a minimum of ten weeks of supervised internship.

### **Lecture Schedule:**

The lecture schedule will be as follows:-

Monday to Friday from 9.30 am to 4.30 pm

**Total Fees****Rs.70, 000/-**

(Payable in two instalments)

**Other fees**

ID card	: Rs. 100/- each
Enrolment Fees at Goa University University students	: Rs. 500/- each for Goa
Enrolment fees other than Goa University	: Rs.2000/-
Additional Administration fee of Goa University	: Rs.1000/-
Photographs	: Three photos each

The application form must be accompanied by attested copies of

Std XII

Graduation marksheet

Post-graduation marksheet (if applicable)

Convocation Degree – Graduate/Post Graduate

Birth Certificate

Marriage Certificate (if applicable)

The decision of the Admission Committee will be final.

Ragging in any form is prohibited and is liable for punishment