
UNIT 2 CURRENT STATUS OF COUNSELLING WITH SPECIAL REFERENCE TO INDIA

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2.0 INTRODUCTION

This unit deals with the development of counselling educational centres in India and different courses in counselling psychology. After that the focus would be on the counselling centres which provide counselling to the individuals who faced different day to day life problems e.g. family problems, marriage problems and individual mental health and adjustment problems.

2.1 OBJECTIVES

After reading this unit, you will be able to:

- Be aware of the status of counselling psychology in India;
- Follow the procedures to become a professional counsellor;
- Acquire knowledge about the different courses and centres which are providing education and training in the area of counselling psychology; and
- Develop knowledge about the centres which give counselling services to the masses.

2.2 DEVELOPMENT OF COUNSELLING AND GUIDANCE CENTRES IN INDIA

2.2.1 Calcutta University

Calcutta University set up the first psychological laboratory in India in the year 1915. A separate section of research in Applied Psychology was opened under the direction of Dr. G. S. Bose in 1936 in order to adopt psychological tests prepared in America to suit the Indian conditions and to satisfy the vocational needs of Indian students.

2.2.2 Bombay University

In 1941, Batliboi Vocational Guidance Bureau was established in Bombay.

2.2.3 Patna University

A Department of Psychological Services and Research was established in 1945, offering personal and vocational guidance to students and constituting a number of psychological tests.

2.2.4 Parsi Panchayat

The Trustees of the Parsi Panchayat Funds and Properties established the Parsi Panchayat Vocational Guidance Bureau in 1947. Dr. H.P. Mehta, its first Director, published the journal of Vocational and Educational Guidance.

2.2.5 The Uttar Pradesh Government

In 1947, the U.P. Government established the Bureau of Psychology at Allahabad on the recommendations of Acharya Narendra Deo Committee.

2.2.6 The Bombay Government

The Bombay Government in the year 1947, set up the Vocational Guidance Bureau in Bombay renamed as Institute of Vocational Guidance in 1957. In 1952, the Vocational Guidance Association of Bombay was formed to coordinate the efforts of various individuals and agencies in the field of guidance in Bombay.

2.2.7 Workshop and Seminars at Delhi

In March 1953, Dr.W.L. Barnette, an American Professor, held a workshop at the Central Institute of Education, Delhi. A second seminar was held in November 1954 at the same place. It was decided to form an All India Educational and Vocational Guidance Association and to affiliate it to the International Association for Vocational Guidance.

2.2.8 Secondary Education Commission (1952-53)

On the recommendations of Secondary Education Commission (1952-53), the old unilateral education system was replaced by a scheme of diversified courses. The Commission provided for seven different streams at the Secondary Stage-humanities, science, agriculture, commerce, technical, fine arts, and home science.

2.2.9 Central Bureau of Educational and Vocational Guidance

In 1954, the Ministry of Education, Government of India, set up the Central Bureau of Educational and Vocational Guidance.

In July, 1958 it started a ten months' course for training counsellors in the field of student personnel work in the Central Bureau's premises in the Central Institute of Education, Delhi. Earlier a part of the Ministry of Education, the Bureau has become a part of the Department of Psychological Foundations of the National Institute of Education under the National Council of Educational Research and Training. The Extension Services Department of the Central Institute of Education, Delhi, conducted two long-term courses in Educational and Vocational Guidance. during 1957 and 58 to provide in-service training of teachers so that they should work either as career-masters or as teacher-counsellors. (R.N. Sharma, 2004)

2.2.10 State Bureaus of Educational and Vocational Guidance

These were established to perform the following functions:

- a) Organisation of sample group guidance activities for a few schools.
- b) Collection of occupational information and production of information material, establish state level information centres
- c) Development and adaptation of translation of tests, questionnaires, check lists, etc.
- d) Training of guidance workers.
- e) Planning, coordination and supervision of guidance service within the State.
- f) Consultative and field services.
- g) Research
- h) Organising courses in guidance and counselling
- i) Individual Counselling and group guidance

- j) Organise short term training programmes and orientation programmes
- k) Standardization of psychological test
- l) Publications

2.3 THE SECONDARY STAGE SERVICES OF GUIDANCE AND COUNSELLING PSYCHOLOGY IN INDIA

In India Guidance and counselling services at the Secondary stage are organised at the following four levels:

2.3.1 Central Government (Ministry of Education)

The Union Ministry of Education and the National Council of Educational Research and Training, are concerned with guidance services in higher secondary schools at the Central Government level.

The Ministry has promoted the development of guidance by providing financial assistance as well as professional leadership to States offered through the Central Bureau of Educational and Vocational Guidance established as a part of the Ministry of Education and later the Bureau was made a part of the Central Institute of Education under the Ministry of Education and at last merged with the National Council of Educational Research and Training (N.C.E.R.T.).

2.3.2 National Council of Educational Research and Training (NCERT)

National Council of Educational Research and Training (NCERT) was established on 1st September 1961, as an autonomous organisation to function as an academic adviser to the Ministry of Human Resource Development, Department of Education, Government of India. The Ministry draws upon the expertise of the NCERT in formulating and implementing its policies and programmes in school education.

The National Council of Educational Research and Training (NCERT), in collaboration with Commonwealth of Learning (COL), Canada, is offering an International Diploma Course in Guidance and Counselling.

As a technical wing of the Ministry of Education it, undertakes the different types of activities in the field of guidance and counselling e.g. Leadership, researches, training, extension services, field services, publications. There are two journals of the N.C.E.R.T. viz., Indian Educational Review and the N.I.E. journal.

2.3.3 National Employment Service

This organisation is primarily concerned with the offering of vocational guidance to school youth and adults through its Vocational Guidance Units. Its Vocational Guidance Officers assist the State and private organisations in conducting training courses for career masters through talks on career and organisation of career conferences

2.3.4 Guidance Services at the State Level

State Bureaus of Educational and Vocational Guidance have been set up in almost all the States and Union Territories, some of them administratively a part of the Directorate of Education others either a part of the State Council of Educational

2.3.5 Educational and Vocational Guidance Bureaus in India

These were established in different parts of the country. The list is given in then table below:

S. No.	State/Union Territory
1. Andaman& Nicobar Islands	State Bureaus has not been established
2. Andhra Pradesh	Department of Educational Foundations, SCERT, Hyderabad
3. Arunachal Pradesh	There is no State Bureau
4. Assam	The State Bureau is attached to the office of the DPI
5. Delhi	The Bureau is a Unit of the SCERT
6. Gujarat	Institute of Vocational Guidance, Ahmedabad
7. Haryana	Guidance and Counselling Wing is a part of the SCERT, Haryana
8. Himachal Pradesh	State Bureau exists under the Directorate of Education, Himachal Pradesh
9. Karnataka	S.B.E.YG. is a part of Department of SCERT under the Directorate of Public Instruction
10. Kerala	S.B.E.YG.is a part of the State Institute of. of Education.
11. Madhya Pradesh	S.B.E.V G. is a part of the Educational Psychology and Guidance, Jabalpur
12. Maharashtra	Institute of Vocational Guidance and Section with a Sub-Bureau at Pune
13. Manipur	S.B.E.YG. is a part of the office of the Director of Education
14. Mizoram	E.YG. Unit is attached to SCERT, Mizoram
15. Orissa	----
16. Pondicherry	----
17. Punjab	S.B.E.VG. exists separately under the Department of Education
18. Rajasthan	S.B.E.V G. is a part of the SCERT
19. Sikkim	----
20. Tarnil Nadu	----
21. Tripura	S.B.E.V G. has been set up independently under the Department of Education
22. Uttar Pradesh	Bureau of Psychology functions under the control of State Director of Education and the Director, SCER. It functions at the regional and school levels
23. WestBengal	----
24. Meghalaya	E.YG.B. is a part of SCERT
25. Dadra & Nagar	S.B.E.VG. exists under Directorate of Education

2.3.6 Area of State Directorate of Employment and Training

- 1) Organisation of occupational information programme.
- 2) Employment market information programme.
- 3) Careers study centres.
- 4) Foreign employment and training information centres.
- 5) Selection of courses and institutions.
- 6) Admission matters.
- 7) Scholarships, fellowships, assistantship and apprenticeships.
- 8) Information about passport and visa.
- 9) Employment prospects and Part-time employment.
- 10) Special units for the handicapped.

2.3.7 Training in Colleges and Universities

These offer courses in guidance in programme for the degrees of B.Ed. and M.A. in Psychology. Some of these also train career masters through organising short-term courses.

2.3.8 Private Guidance Agencies

Some private guidance agencies have been sponsored by charitable trusts, social welfare organisations or educational societies in India.

2.3.9 Guidance Services in Secondary Schools

Guidance Services in secondary schools are conducted by the following guidance personnel conducting well-equipped guidance services in schools:

- i) The Principal and his colleagues.
- ii) A guidance counsellor.
- iii) Teacher-counsellor or career masters.
- iv) Specialists in specific areas of service (part-time or full-time), which include the following:
 - a) Social worker.
 - b) Psychologist.
 - c) Doctor, dentist, nurse.
 - d) Parents.
 - e) Community health, welfare and guidance agencies.

2.4 COUNSELLING PSYCHOLOGY: EDUCATION AND TRAINING

2.4.1 Qualifications for Counselling Courses

Certificate, Diploma and PG Diploma courses on counselling are offered by various institutes all over India. For pursuing a PG Diploma in Clinical and Community

psychology, you need to have a graduation in Psychology. For admission to diploma program in Guidance and counselling, some institutes prefer candidates with a Bachelors degree in Home Sc., Education or Arts, whereas others admit candidates with a M.A/ M.Ed. (psychology) degree.

Counselling courses also include a certificate course in Guidance. Candidates with M.A degree in Psychology can apply for Diploma program in Vocational Rehabilitation and Counselling and PG Diploma course in Rehabilitation Psychology. Postgraduate candidates can also apply for PG Diploma in counselling.

2.4.2 Eligibility for Clinical and Counselling Psychology

The successful completion of an M.A. or M.Sc. Degree in Psychology with a minimum of 55 per cent marks in aggregate is the minimum eligibility criteria for pursuing a professional course in counselling psychology.

The aggregate percentage marks are relaxable by five percent for the students belonging to the Scheduled Castes, Scheduled Tribes and Other Backward Classes.

2 Years of practical experience in offering counselling services is also an eligibility criteria at several institutes.

Students, who have merely completed their Post graduation in Social Work or in Psychology, are also offering counselling services, even though they are not registered under the RCI.

The RCI issues a registration number to every Clinical Psychologist and counsellors which has to be renewed after every 5 Years.

2.4.3 Institutions Offering Courses on Counselling

The Maharaja Sayajirao University of Baroda in Gujarat

- NCERT in New Delhi
- All India Institute of Physical Medicine and Rehabilitation in Maharashtra
- Annamalai University in Tamil Nadu
- SNDT Women's University in Maharashtra
- University of Madras in Tamil Nadu
- Rani Durgavati Vishwavidyalaya in Madhya Pradesh
- Regional Institute of Education in Madhya Pradesh
- Regional Institute of Education in Karnataka

2.4.4 Benefits of Counselling Courses

More and more people are resorting to counselling to solve various crises of their lives. After pursuing counselling courses, students acquire helping skills to counsel and guide people for coping up with their educational, social or personal crisis.

2.4.5 Scope for Counselling in India

Once you complete counselling courses, you can choose from several job profiles in India. Trained personnel can opt to work in marriage counselling agencies, schools and colleges, old age homes, counselling centres, welfare departments of governments or remain self employed.

2.4.6 Scopes for Counselling Abroad

In the countries in the West, counsellors are held in the same rank as other medical practitioners. Their remunerations are thus higher than that in India. Counsellors can opt for practicing abroad in the same fields offering counselling jobs in this country.

2.5 CAREERS IN CLINICAL AND COUNSELLING PSYCHOLOGY

One needs to be kind and compassionate in nature in order to be a good Clinical Psychologist since this profession entails the practitioners to understand and solve the problems of people through counselling. One should have a good understanding of the workings of the human mind and should also have a natural propensity to unravel the deepest mysteries of the human mind.

The counselling is a very good tool to prevent the mental health and stress oriented problems. It is a difficult task to deal with patients exhibiting abnormal mental behaviour; hence a lot of patience is required on the part of a counsellor. In the profession of Clinical Psychology, a counsellor picks up a lot of negative thoughts and emotions from the patients. Hence, one should have the ability of ventilating all the negativity picked up during counselling.

Moreover, one should also have strong skills of persuasion in order to help patients break their mental blocks. Effective communication skills are also required, since one has to uncover the innermost workings of the patients' mental processes by talking with them.

2.5.1 Clinical and Counselling Psychology Programmes

Various courses in Clinical Psychology are offered by universities and institutes across the country. One can go in for an M. Phil. Program of 2 Years duration.

2 Year M. Phil Programs are available at the Central Institute of Psychiatry (CIP) in Ranchi (Jharkhand), the National Institute of Mental Health and Neurosciences (NIMHANS) in Bangalore (Karnataka) and at the Institute of Human Behaviour and Allied Sciences (IHBAS) in New Delhi. The IHBAS inducts its M. Phil. Program every Year.

Each of the above mentioned institutes conducts independent, All India level entrance examinations for candidates wishing to get admission into M. Phil Programs at these institutes. The candidates who qualify in the written examination also have to clear an interview in order to get admission. Diploma courses and Certificate courses in Clinical Psychology are also offered by several institutes across the country.

The Jamia Millia Islamia (New Delhi) and a few regional centres of the NCERT (National Council of Educational Research and Training) offer Diploma courses in Clinical Psychology. The RCI recommends a practice - oriented curriculum for students pursuing any course (Degree, Diploma or Certificate) in Clinical Psychology and counselling. The Rehabilitation Council of India (RCI) recommends an OPD (Out Patient Department) in every institute offering a course in Clinical Psychology. It also recommends the restriction of theory - related teaching to only 30 per cent of the syllabus while laying more stress on practical learning.

2.5.2 Careers in Clinical and Counselling Psychology Prospects

One who has done a course in Clinical Psychology will be able to find jobs in the government sector. One will also be able to find jobs in the licensed psychiatric nursing homes. Clinical Psychologists are also required in the non - governmental organisations (NGOs) who are engaged in offering counselling services.

One can also find a job as a full time career counsellor in a school, since the Central Board of Secondary Education (CBSE) has directed for the appointment of at least one full time career counsellor in each and every school under its affiliation. One can also specialise in marital counselling if one has obtained a professional degree in Clinical Psychology. Moreover, the prospects of earning name and fame are quite bright if one sets up a clinic and starts counselling independently.

2.5.3 List of Colleges Offering the Clinical and Counselling Psychology Courses

Course Name	Institutes offering the courses
M. Sc. Psychology	Bangalore University, Bangalore (Karnataka), Jnana Bharathi, Bangalore - 560 056.
	Sri Venkateswara University, Tirupati (Andhra Pradesh) Tirupati - 517 502, Chittor, Andhra Pradesh.
	University of Calcutta, Kolkata, West Bengal - 700 073.
	University of Mysore, Mysore (Karnataka), Mysore Viswavidyalaya Karya Soudha, Crawford Hall, P.B. No. 17, Mysore - 570 005.
M.Sc. Holistic Psychology	Bangalore University, Bangalore (Karnataka), Jnana Bharathi, Bangalore - 560 056.
M.Phil. in Psychology	Gujarat University, Ahmedabad (Gujarat) PB No.4010, Navrangpura, Ahmedabad - 380 009.
	Gurunanak Dev University, Amritsar, (Punjab).
	Sardar Patel University, Gujarat (Gujarat), Vallabh Vidyanagar - 388 120, Gujarat.
	University of Mysore, Mysore (Karnataka), Mysore Viswavidyalaya Karya Soudha, Crawford Hall, P.B. No. 17, Mysore - 570 005.
M. Phil. in Rehabilitation Psychology	Mahatma Gandhi (M.G) University, Kerala (Kerala) Priyadarsini Hills P. O., Kottayam, Kerala, India - 686 560.
	National Institute for the Mentally Handicapped, Manovikas Nagar, Secunderabad - 500 009, (Andhra Pradesh).
	National Institute for the Mentally Handicapped, Manovikas Nagar, P.O. Bowenpally, Secunderabad - 500 011.
P.G Diploma in C.A.H Psychology	Maharaja Sayajirao University of Baroda, Vadodara, (Gujarat) Fatehgunj, Vadodara-390 002.

**Counselling: Future
Directions (E-Counselling)**

P.G. Diploma in Clinical and Community Psychology (CCP)	Maharaja Sayajirao University of Baroda, Vadodara, (Gujarat), Fatehgunj, Vadodara - 390 002.
Ph.D. in Clinical Psychology	Bangalore University, Bangalore, (Karnataka) Jnana Bharathi, Bangalore - 560 056.
	Gurunanak Dev University, Amritsar, (Punjab).
Post Graduate Diploma in Counselling Psychology	Punjabi University, Patiala, (Chandigarh) Arts Block No. 1, First Floor, Patiala - 147 002, India.
M.A. (Psychology)	Barakatullah Vishwavidyalaya, Bhopal, (Madhya Pradesh).
	Behrampur University, Bhanja Bihar, Orissa - 760 007.
	Bhagalpur University, (Bihar), Bhagalpur - 812 007.
	Devi Ahilya Vishwavidyalaya, MGM Medical College, AB Road, Indore - 452 001.
	Gujarat University, Ahmedabad, Gujarat - 380 009.
	Gurunanak Dev University, Amritsar, (Punjab).
	Himachal Pradesh University, Summer Hills, Shimla - 171 005.
	Jamia Millia Islamia, Jamia Nagar, New Delhi - 110 025.
	Jodhpur University, Jodhpur, (Rajasthan), Jodhpur - 313 001.
	Kurukshetra University, Kurukshetra, Haryana - 136 119.
	Lalit Narayan Mithila University, Darbhanga, Bihar - 840 004.
	Magadh University, Bodh Gaya, Bihar - 824 234.
	Maharaja Sayajirao University of Baroda, Vadodara - 390 002.
	Maharshi Dayanand University, Rohtak, (Haryana).
	Mahatma Gandhi (M.G) University, Priyadarsini Hills P.O., Kottayam, Kerala, India - 686 560.
	Mohanlal Sukhadia University, Udaipur - 313 001.
	North Eastern Hill University, (Meghalaya), Shillong - 793 001.
	Punjabi University, Patiala, (Chandigarh), Patiala - 147 002.
	Sambalpur University, Burla, Orissa - 768 019.
	Sardar Patel University, Gujarat, Gujarat - 388 120.
	Saurashtra University, Rajkot, Gujarat - 360 005.
	South Gujarat University, Surat, Gujarat - 395 007.
	University of Calicut, Kozhikode - 673 008.
	University of Delhi, Delhi, (Delhi), Delhi - 110 007.
	Utkal University, Bhubaneshwar, Orissa - 751 004.

Self Assessment Questions

- 1) When was the Central Bureau of Educational and Vocational Guidance set up?
 - a) 1958
 - b) 1957
 - c) 1954
 - d) 1945
- 2) Which of the following journals is not published by NCERT?
 - a) Indian Educational Review
 - b) N.I.E. journal
 - c) Indian Journal of Guidance and Counseling
 - d) None of the above
- 3) After how many years does the RCI registration no. for professional counselor needs to be renewed?
 - a) 5 years
 - b) 4 years
 - c) 7 years
 - d) 10 years
- 4) What are the minimum eligibility criteria for admission in a professional counseling psychology diploma or degree?
 - a) Graduation with psychology
 - b) Post Graduation in psychology with 55% Marks
 - c) Post Graduation with 55% Marks
 - d) Graduation in psychology with 55% Marks 5.
- 5) Which of these diploma courses is offered by the NCERT?
 - a) International Diploma Course in Guidance and Counselling.
 - b) National Diploma Course in Guidance and Counselling
 - c) National Diploma Course in Counselling
 - d) International Diploma Course in Guidance
- 6) Which of these states does not have a regional institute under NCERT?
 - a) Bhopal
 - b) Mysore
 - c) Jodhpur
 - d) Bhubaneswar
- 7) Which of these following Institutes provides degree in M.Sc. Holistic Psychology?
 - a) University of Calcutta
 - b) Sri Venkateswara University
 - c) University of Mysore
 - d) Bangalore University
- 8) In India Guidance and counseling services at the Secondary stage are organized at which of the following levels?
 - a) Central Government
 - b) Guidance Services at the State Level
 - c) Private agencies and schools
 - d) All of the above
- 9) Which of the following university offers a Post Graduate Diploma in Counselling Psychology?
 - a) Bangalore University, Bangalore
 - b) Punjabi University, Patiala

- c) Gurunanak Dev University, Amritsar
 - d) Maharaja Sayajirao University of Baroda
- 10) What is the name of department of psychology at NIMHANS, Bangalore.
- a) Department of Mental Health and Social Psychology
 - b) Department of Mental Health and Psychology
 - c) Department of Neuropsychology and Social Sciences
 - d) None of the above

A lot of opportunities are also open for students of Psychology in the UK, the US, Australia and Singapore. Some Institutions are also running M.Phil. in counselling psychology. The profession of Clinical Psychology is in a very young stage in India but is set to expand more in the near future. Together with it, the career scope of students, who do a course in Clinical Psychology today, will also expand in the near future.

2.6 INDIA'S TWO LEADING ORGANISATIONS

2.6.1 Department of Mental Health and Social Psychology (NIMHANS, Bangalore)

It was started in the year 1954 as the Department of Psychology and Human Relations. It is one of the oldest and largest departments in National Institute of Mental Health and Allied Neuro-Sciences (NIMHANS), Bangalore. In tune with the guiding philosophy of NIMHANS, the department is engaged in clinical service, human resource development and research activities. The department has a sanctioned strength of 18 faculty members, 1 senior scientific officer, 2 junior scientific officers, 6 clinical psychologists and a teacher for the mentally-challenged persons.

Here Psychological intervention services are provided for adults, children and adolescents, couples as well as families. The approaches utilised for interventions include supportive, cognitive- behavioural, emotion-focused, interpersonal and brief dynamic psychotherapies, marital and family therapies, humanistic-existential therapies, behaviour modification as well as rehabilitation and cognitive retraining procedures. These services are individually tailored. In addition, the department is involved in providing various outreach services for mental health education, awareness and training. These include school mental health programs, stress management programs, training in basic counseling skills, parenting- skills training and other programs for the promotion of mental health and well being for various target groups in the community.

The department has been offering child and adolescent psychological services since its inception. At present, the services include assessment of cognitive functions such as attentional skills, intellectual abilities, memory, specific learning abilities/disabilities (academic abilities such as reading, writing, spelling and maths), self-concept, stress and interpersonal relations, fantasy life and internal world of children as well as parenting skills. The methods of intervention include play therapy, art and narrative work with children, individual psychotherapy for adolescents, parental counseling for children and adolescents with mental retardation, autism and learning disabilities and parent- management training for children with severe behaviour problems such

as conduct and oppositional defiant disorders. In addition, remediation-training for young children with learning difficulties and behavioural intervention for children with attention deficit hyperactivity disorder, emotional and behavioral problems are also utilised. Services are offered on appointment basis. Since the services offered generally involve in-depth assessment and individually-tailored, intensive interventions for addressing multiple problem- areas; the entire process for a given client may usually span two-to three months. In addition, the psychological services are offered to schools in terms of school mental health - workshops for teachers and parents to identify and deal with academic and psychological problems in children and adolescents. Programs for enhancing mental health of parents and children are also offered.

The clinical psychology services offered for clients with substance use /dependence are individually tailored and include psychological assessment of various domains such as intelligence, personality and interpersonal relationships. Neuropsychological assessments are also carried out when necessary. The range of psychological interventions offered includes motivation enhancement therapy, methods for relapse prevention, individual psychotherapy, marital/family therapy, parental counseling, cognitive retraining and yoga.

In the Family Psychiatry Centre, therapeutic services are offered for couples and families who may be referred from adult and child and adolescent mental health units as well as those who are self-referred. The services are offered on inpatient as well as outpatient basis. The clinical psychology consultants are an integral part of the multidisciplinary team and provide intensive inputs in the process of assessment, intervention and training. Systemic, structural, behavioural, emotion-focused, strategic and psycho-education are some of the therapeutic approaches utilised.

2.6.2 The National Council of Educational Research and Training

The National Council of Educational Research and Training (NCERT) was established for providing academic support in improving the quality of school education in India. The focus of the Council is reflected in its emblem. The three intertwined swans symbolise the integration of three aspects of the work of the NCERT, namely, Research and Development, Training, and Extension. All these functions are tuned to achieve the main objective of improving the quality of school education. The activities taken up by the NCERT include development of curriculum, textbooks and instructional materials, training of the key functionaries and research in various dimensions of school education.

i) Department of Counselling and Guidance

Qualitative improvement of education, through the application of the disciplines of educational psychology and counselling and guidance, particularly at the elementary, secondary and senior secondary levels, is the major concern of the Department of Educational Psychology, Counselling and Guidance of the NCERT. It has been engaged in research, development and training activities related to counselling and guidance, identification and development of talent, behaviour technology and development of syllabi and instructional materials. Its projects/programmes aim at the optimal development and self actualisation of the learner, in all aspects of his/her potentialities and functioning. It took steps towards implementing the recommendations contained in the National Policy on Education (NPE) and Programme of Action (FOA), bearing on educational Psychology, counselling and guidance. (R.N. Sharma, 2004)

The NCERT functions through its eight constituent units, viz. (a) National Institute of Education (NIE), (b) Central Institute of Educational Technology (CIET) – both located at New Delhi, (c) Pandit Sunderlal Sharma Central Institute of Vocational Education (PSSCIVE), Bhopal and five Regional Institutes of Education (RIEs) at Ajmer, Bhopal, Bhubaneswar, Mysore and Shillong. This National Institution draws on the expertise of as many as 600 members of the faculty located in the network of its constituent units.

ii) **International Diploma Course in Guidance and Counselling (IDGC)**

NCERT, through the Department of Educational Psychology and Foundations of Education (DEPFE), has been training the in-service school teachers, teacher educators, educational administrators as well as untrained guidance personnel through its diploma courses for many years. In order to make the course accessible to larger numbers, this course has now been redesigned with components of both distance/online as well as face-to-face modes. The course is developed and offered by DEPFE, NIE, New Delhi and other five study centres at Regional Institutes of Education of NCERT.

The course aims to train in-service teachers, teacher educators, educational administrators and untrained guidance personnel as counsellors/teacher counsellors to guide and counsel students in school and other related settings. The course provides opportunity for interaction among candidates from different cultures and helps to promote international understanding, harmony and peace among people from various regions of the world. It has therefore been designed with a special focus on counselling in a multicultural context.

2.7 COUNSELLING PSYCHOLOGY: AN OVERVIEW

Counselling psychology is not an established profession in India, at least in the formal sense. While psychology in India is represented by a number of key professional bodies, including the Indian Association of Clinical Psychologists, there has not been a move to develop a distinct identity for psychologists involved in counselling. A limited number of courses on counselling are on offer, but the quality of training is not monitored for these. What is apparent from a consideration of the situation in India regarding psychology and counselling, is the need for both western and Indian philosophies and ideas to come together to form theories and approaches that have greater face validity to the Indian population and which therefore might more adequately meet identified needs. For example, Arulmani (2007) draws attention to the fact that traditional Indian psychology, referred to as *Mano Vidya*, or ‘mind knowledge’, is recorded in ancient Indian writings documenting the existence of psychological ideas and techniques that ‘bear a startling resemblance to ideas put forth by modern Western psychology and yet predate these efforts by two millennia’ (p. 71). Apparently, there is now some activity in this direction, with the development of psychological inventories that draw on traditional Indian psychology (Wolf, 1998). The challenge that these developments present to counselling psychology highlight the need to contextualise concepts and approaches within a framework that can cope with different cultural subjectivities, and by doing so recognise the contextual nature of knowledge and research activity. (Counselling psychology in India).

2.8 LET US SUM UP

In this unit we have considered the current status of counselling with special reference to India. Development of Counselling and Guidance Centres in India. We traced the establishment of counselling psychology courses in the different universities in India such as the Calcutta University, Bombay University etc. Then we elucidated the efforts of the various governments in establishing counselling psychology in different institutions. Then counselling was discussed in the context of UP government, Delhi and how it was brought under the rubrics of secondary education commission. This was followed by the establishment of the Central Bureau of Educational and Vocational guidance and the State of Educational and Vocational guidance. Then we elaborated on the Secondary Stage services of Guidance and Counselling Psychology in India. We then took up the establishment of NCERT by the government, the National Employment Services, Guidance services at the state level and the establishment of the Educational and vocational guidance bureau of India. Also we took up the training for counselling in colleges and universities, in private guidance agencies etc. Then we took up the training issues concerned with counselling, the qualifications and eligibility requirements for undergoing training in counselling. We then delineated the Careers in clinical and counselling psychology and the list of colleges offering clinical and counselling psychology courses.

2.9 UNIT END QUESTIONS

- 1) What are the different Organisations offering courses on guidance and Counselling in India.
- 2) The department of mental health and social psychology, NIMHANS, Bangalore provides psychological intervention counselling services in which areas?
- 3) Explain the functions of State Bureaus of Educational and Vocational guidance in brief.
- 4) Discuss the current status of counselling psychology in India.
- 5) Write short note on functioning of NCERT.

2.10 SUGGESTED READINGS

Ram Nath Sharma (2004) *Guidance and Counselling*, Subject Publications, Delhi, India.

Careers in clinical and counseling psychology in India recruited on 19th January 2011 from www.winentrance.com/career_courses.

Counseling courses in India. recruited on 9th January 2011 from www.indiaedu.com/career-courses/

Counselling psychology in India. from The Social and Historical Context of Counselling HE SOCIAL AND HISTORICAL CONTEXT OF COUNSELLING PSYCHOLOGY PDF file www.uk.sagepub.com/upm-data On 19th January 2011
Department of Mental Health and Social Psychology, Recruited on 9th January 2011 from www.nimhans.kar.nic.in

The National Council of Educational Research and Training (NCERT) recruited on 19th January 2011 from www.ncert.nic.in/announcements

2.11 ANSWERS TO SELF ASSESSMENT QUESTIONS

- 1) c), 2) c), 3) a), 4) b), 5) a), 6) c), 7) d), 8) d), 9) b), 10) a).