

**DEPARTMENT OF DISTANCE EDUCATION  
PUNJABI UNIVERSITY, PATIALA**



**SYLLABUS  
DIPLOMA IN HIV/AIDS COUNSELLING  
2011-2012 EXAMINATIONS**

---

**ORDINANCE FOR DIPLOMA IN HIV/AIDS COUNSELLING**

Graduation in any stream.

Duration of the course is 1 year.

Fee Structure : Tuition Fee and other charges.

- (i) Student already registered with Punjabi University Rs. 6410/-
- (ii) Student migrating from Board/Universities of Punjab Rs. 7135/-
- (iii) Examination Fee : Rs. 950+250 (Practical)

Personal Contact Programme (PCP) is compulsory. Two P.C.P. of 8-10 days duration shall take place. It will be compulsory for every student to attend at least 75% lectures of both the Personal Contact Programmes. Those failing that of 75% attendance shall not be allowed to appear for the University examinations. In exceptional cases, if a candidate fails to attend PCP, then he or she may attend special PCP by depositing a fee of Rs. 5,000/-.

- Response Sheets : Compulsory (Two Response Sheets for each paper).
- Centre of Examination - Patiala. (Univ. Campus)
- Medium of Examination - English/Punjabi/Hindi
- Medium of Instruction - English.

Papers to be studied - 3 Theory Papers + 1 Project Work.

**Nomenclature of Papers**

Paper I	:	Introduction to HIV/AIDS	100 Marks
Paper II	:	HIV/AIDS Counselling	100 Marks
Paper III	:	HIV/AIDS Prevention	100 Marks
Paper-IV	:	Project Work (Field Study)	
50 Project Report + 50 Viva =			100 Marks

Every candidate shall write & submit the project report on a topic allotted by the department. The Project Report may be submitted without any late fee 15 days before the start of the examination or with a late fee as per the following schedule :

Within one month from the date of completion of annual examination with late fee : Rs. 200/-

With 1-2 Months from the date of completion of annual examination with late fee : Rs. 500/-

With 2-3 months from the date of completion of annual examination with late fee : Rs. 1000/-

The following committee members will conduct the viva pertaining to Paper-IV (Project Work) :

1. Head, Department of Distance Education
2. Head, Department of Social Work
3. Subject In-charge

#### **INSTRUCTIONS FOR PAPER-SETTER**

The question papers will consist of IV sections: A, B, C and D. Sections A, B and C will have two questions from the respective sections of the syllabus and will carry 20 marks each. Section D will have 10 questions (short answer type questions) will cover the entire syllabus uniformly and will carry 40 marks in all.

#### **Diploma in HIV/AIDS Counselling**

Diploma in HIV/AIDS Counselling will provide opportunity to the learners to gain basic knowledge regarding the prevention and intervention required for dealing with HIV/AIDS pandemic. The diploma course will enable learners to develop the skills for communicating STD's and HIV/AIDS related information to the community at large. This course aims at reducing the social stigma and psychological pain of the people living with HIV/AIDS.

Eligibility	:	Graduation (Any stream)
Medium	:	English, Hindi and Punjabi
Duration	:	1 Year
Seats	:	
Papers to be studied	:	3 Theory papers and 1 Project Report

#### **PAPER-I : INTRODUCTION TO HIV/AIDS**

**M.M. 100**

##### **SECTION-I**

HIV/AIDS : Introduction, Extent, Transmission and Consequences.

##### **SECTION-II**

HIV/AIDS : Testing, Stages and Management of HIV Infection (Nutrition, Medicine and Psychological well being).

##### **SECTION-III**

HIV/AIDS : Legal, Social and Ethical Issues.

Rights of People living with HIV/AIDS.

(Workplace, treatment, education and support systems, Zonal Testing Centres, ART Centres).

**Suggested Books**

1. R. Dennies Shelby, Michael Shernoff (1999) : AIDS and Mental Health Practice.
2. Romeyn Mary, M.D. (2004) : Nutrition and HIV : Anew Model for Treatment.
3. Douglas A. Feldman and Julia Wang Miller (ed.) (1998) : The AIDS Crisis : A Documentary History.
4. Satpathy, G.C. (2002) : Aids Transmission : Challenges in the New Millennium, Gyan Publishers.

**PAPER-II : HIV/AIDS COUNSELLING****M.M. 100****SECTION-I**

Counselling : Concept and Approaches : Psychoanalytical, Behavioristic, Cognitive, Humanistic, Group Counselling Technique.  
Characteristics of an effective counsellor.  
Counselling in Health Care : Terminal/Chronic illness and Bereavement

**SECTION-II**

Concept of Adjustment - Factors hindering personal growth, problems of Guilt, Meaningfulness, Hostility and Aggression.  
HIV/AIDS Counselling : Pre and Post HIV test counselling HIV infected individuals and their care givers.  
Psycho diagnostic Tools (Anxiety, Depression, Symptom, Severity, Coping skills, quality of life, Adherence, Stress & Stigma).

**SECTION-III**

HIV/AIDS Treatment Adherence : Definition, Measurement, Factors associated with adherence and consequences of non-adherence.  
Care and Support for the person living with HIV/AIDS (Prenatal and Antenatal Care).

**Suggested Books**

1. S. Rao, Narayana (1993) : Counselling and Guidance, New Delhi : Tata McGraw Hill.
2. Shertzer, B. and Stone, S.C. & Stone (1974) : Fundamentals of Counselling, Boston : Houghton Mifflin.
3. David F. Marks, Michael Hurray, Brian Evans and Carla Willig (2000) : Health Psychology; Theory, Research and Practice, New Delhi : Sage Publications.

4. Robert L. Gipson and Mariaane H. Mitchell (2005), Introduction to Counselling and Guidance, New Delhi : Prentice Hall.
5. Satpathy, G.C. (2002) : Aids Transmission : Challenges in the New Millennium, Gyan Publishers.

**PAPER-III : HIV/AIDS PREVENTION****M.M. 100****SECTION-I**

Counselling High Risk Population - Epidemiological factors (Teenagers, IDU, Truckers, Migrant labours, Sex Workers)  
Family Counselling - Approaches to family therapy  
Marriage Counselling - Premarital and Sex-Education.

**SECTION-II**

Education on Health care and STD's : Need, Approach and Techniques in dealing with Teenagers.  
Health Enhancing Behaviours - Lifestyle factors, Nutrition and Yoga.

**SECTION-III**

Prevention Programmes : International & National Policies.  
International and National AIDS Organizations (WHO, NACO).

***Suggested Books***

1. World Health Organization (2000) : Aids : No Time for Complacency (2000).
2. Edward C. Green : Rethinking Aids Prevention, Learning from Success in Developing Countries.
3. Gracious Thomas (2000) : Prevention of Aids : In Search of Answers (2000).
4. WHO (2000) : Clinical Management of HIV and Aids at District Level.
5. Satpathy, G.C. (2002) : Aids Transmission : Challenges in the New Millennium, Gyan Publishers.
6. Hoffman, (1994) : Counselling Clients with HIV Disease.

**PAPER-IV :****M.M. 100****PROJECT WORK ON THE BASIS OF FIELD WORK**

Type Setting By : Computer Lab, Deptt. of Distance Education, Punjabi University, Patiala.
---