

Syllabus
Skill Enhancement Courses
for
Four-Year Undergraduate Programme (FYUGP)

2023-24 Academic Session



Gauhati University

Gopinath Bardoloi Nagar :: Guwahati-14

List of Courses for First Semester

(Final Updated on 20th September, 2023)

❖ **Courses NOT HAVING DETAILED SYLLABUS in the initial list, have been DELETED from this list. No examination shall be conducted for these courses. Contact Academic Registrar for any query.**

❖ **INITIAL LIST:**

Sl No	Skill Course Name	Paper Code	Credit	Evaluation
1	Academic Writing	SEC0100103	3	40-60
2	Agricultural Production System in North East India	SEC0100203	3	40-60
3	Anthropological Tourism	SEC0100303	3	40-60
4	Anuvad Charcha (Bengali-English/Indian Languages)	SEC0100403	3	40-60
5	Apiculture	SEC0100503	3	40-60
6	Art of Acting: AN ACTOR PREPARES	SEC0100603	3	40-60
7	ASAMIYA AKHAR JOTANI	SEC0100703	3	40-60
8	BAKERY SCIENCE	SEC0100803	3	40-60
9	Bamboo and Cane Technology	SEC0100903	3	40-60
10	Basic Analytical Chemistry	SEC0101003	3	40-60
11	Basic Animation and Graphic Design	SEC0101103	3	40-60
12	Basic Instrumentation Skills	SEC0101203	3	40-60
13	Basic Programming in C	SEC0101303	3	40-60
14	Basic Science Laboratory Skills	SEC0101403	3	40-60
15	Basics of Laboratory Practices in Zoology	SEC0101503	3	40-60
16	Basics of Photography	SEC0101603	3	40-60
17	Beautician and Makeup	SEC0101703	3	40-60
18	Bhasha Skhsan Ra Prabridhi in Nepali	SEC0101803	3	40-60
19	Bodo Cuisine and FOOD PROCESSING Skills	SEC0101903	3	40-60
20	BUSINESS COMMUNICATION	SEC0102003	3	40-60
21	বাংলাভাষার বিভিন্ন ব্যবহারিক দিক ও সম্ভাবনা	SEC0102103	3	40-60
22	Computer and Office Automation	SEC0102203	3	40-60
23	COMPUTER APPLICATIONS	SEC0102303	3	40-60

24	CSSD Technology-I	SEC0102403	3	40-60
25	Cyber Laws	SEC0102503	3	40-60
26	Data Collection and Presentation	SEC0102603	3	40-60
27	DEMOCRACY AND LEADERSHIP BUIDING	SEC0102703	3	40-60
28	Developing Soft Skills in English	SEC0102803	3	40-60
29	Digital Photography and editing	SEC0102903	3	40-60
30	Document Presentation and Presentation Software	SEC0103003	3	40-60
31	Domestic and Industrial Electrical wiring	SEC0103103	3	40-60
32	Early Childhood Care and Development	SEC0103203	3	40-60
33	Ecology and Environmental Management	SEC0103303	3	40-60
34	Electronic Circuit Design	SEC0103403	3	40-60
35	Electronic Data Processing	SEC0103503	3	40-60
36	Elements of Art and Design	SEC0103603	3	40-60
37	ELT Skill-I	SEC0103703	3	40-60
38	Ethno Botany	SEC0103803	3	40-60
39	Field Survey: Techniques and Application	SEC0103903	3	40-60
40	Floriculture	SEC0104003	3	40-60
41	Folk Dance of Goalpara	SEC0104103	3	40-60
42	Food Processing & Quality Management	SEC0104203	3	40-60
43	Fundamentals of Disaster Management	SEC0104303	3	40-60
44	Functional Assamese	SEC0104403	3	40-60
45	Functional Sanskrit	SEC0104503	3	40-60
46	Functional Persian	SEC0104603	3	40-60
47	Fundamentals of Typography	SEC0104703	3	40-60
48	Fundamentals of Weather and Climate Sciences	SEC0104803	3	40-60
49	Gender Sensitization	SEC0104903	3	40-60
50	Geography of Tourism	SEC0105003	3	40-60
51	Geological Laboratory Techniques	SEC0105103	3	40-60
52	Grammar and Composition Skills	SEC0105203	3	40-60
53	Gymnasium Skills	SEC0105303	3	40-60
54	Handloom and Textile	SEC0105403	3	40-60
55	Herbarium Techniques and its role in Modern Science	SEC0105503	3	40-60
56	HINDI BHASA SHIKSHAN	SEC0105603	3	40-60
57	Hindi Vyakaran Aur Asomiya Vyakaran Mein Samya Tatha Vasmya	SEC0105703	3	40-60
58	Legal Literacy & its Application	SEC0105803	3	40-60

59	Legislative Support	SEC0105903	3	40-60
60	Life Skill Education	SEC0106003	3	40-60
61	Managing Stress	SEC0106103	3	40-60
62	Manipuri indigenous game & festivals	SEC0106203	3	40-60
63	Microbiological Analysis of Air and Water	SEC0106303	3	40-60
64	Microsoft Excel (Beginners)	SEC0106403	3	40-60
65	Mushroom Cultivation Technology	SEC0106503	3	40-60
66	Nepali Language learning	SEC0106603	3	40-60
67	Non-Mulberry Sericulture	SEC0106703	3	40-60
68	Nursery and Gardening	SEC0106803	3	40-60
69	Organic Farming	SEC0106903	3	40-60
70	Ornamental Fish and Fisheries	SEC0107003	3	40-60
71	Page Maker	SEC0107103	3	40-60
72	Panchayati Raj in Practice	SEC0107203	3	40-60
73	Paramporagato Asomiya Lokanitaryar Paribekhan Soili	SEC0107303	3	40-60
74	Pest Management	SEC0107403	3	40-60
75	Philosophical Counselling	SEC0107503	3	40-60
76	Photo Journalism	SEC0107603	3	40-60
77	Photoshop	SEC0107703	3	40-60
78	Physics Workshop Skills	SEC0107803	3	40-60
79	Political Institutions and Its Practices in India	SEC0107903	3	40-60
80	Post Harvesting Technology	SEC0108003	3	40-60
81	Principals & Techniques of Food Processing & Preservation	SEC0108103	3	40-60
82	Programming in C	SEC0108203	3	40-60
83	Quantitative Aptitude and Reasoning	SEC0108303	3	40-60
84	Rachna Lekhan in Nepali	SEC0108403	3	40-60
85	Reasoning & Logic	SEC0108503	3	40-60
86	Renewable Energy and Energy Harvesting	SEC0108603	3	40-60
87	Report Writing and presentation	SEC0108703	3	40-60
88	Retail Management	SEC0108803	3	40-60
89	River Basin Studies	SEC0108903	3	40-60
90	Rural Marketing	SEC0109003	3	40-60
91	Sankritik Paryatan aru Bhraman Byabasthapana	SEC0109103	3	40-60
92	Sattriya Dance Skill	SEC0109203	3	40-60
93	SCILAB	SEC0109303	3	40-60
94	Secretarial Practice	SEC0109403	3	40-60

95	Small Poultry Farming	SEC0109503	3	40-60
96	Small Tea Garden Management	SEC0109603	3	40-60
97	Social Media Marketing	SEC0109703	3	40-60
98	Soft Skill-1	SEC0109803	3	40-60
99	Soil and Water Analysis	SEC0109903	3	40-60
100	Spoken Arabic-1	SEC0110003	3	40-60
101	Spoken English	SEC0110103	3	40-60
102	Spoken Hindi	SEC0110203	3	40-60
103	Stress Management	SEC0110303	3	40-60
104	Teaching Skill	SEC0110403	3	40-60
105	Tools & Techniques for Local Handicraft Entrepreneurship	SEC0110503	3	40-60
106	Tour Packaging Management	SEC0110603	3	40-60
107	Traditional Medicinal System in Mayong, Assam	SEC0110703	3	40-60
108	Understanding Psychology	SEC0110803	3	40-60
109	Video Editing for Social Media	SEC0110903	3	40-60
110	Weaving, Basic Weaves and Standard Fabrics	SEC0111003	3	40-60
111	Web Front-end Designing	SEC0111103	3	40-60
112	Workshop Practice (Mechanical, Carpentry and Electronics)	SEC0111203	3	40-60
113	Mental Health and Hygiene	SEC0111303	3	40-60
114	Historical Tourism in North East India	SEC0111403	3	40-60
115	Tour Guide	SEC0111503	3	40-60

SEC0107503: Philosophical Counselling

Total Marks: 75

Credit: 3 [2(T) + 1(P)]

❖ Syllabus showing each unit against class number and marks :

Unit No.	Unit Content	No. of Classes	Marks
I (Theory)	<ul style="list-style-type: none">• Philosophical Counselling—its meaning and scope• Philosophical Counselling versus Psychological Counselling	15	25
II (Theory)	<ul style="list-style-type: none">• Critical Thinking Approach –Logic- Based Therapy (LBT)—Philosophical Principles of LBT, LBT fallacies, antidotes• Existential Approach— Existentialism Based Therapy –Authentic and Inauthentic Life	15	25
III(Practical)	<ul style="list-style-type: none">• Practical will be conducted in the form of project/dissertation which is to be typed or neatly hand written (2000 words). The project/dissertation will be based on practical session(s) which is to be conducted by the student (counsellor) with a counsellee/client. Given below is a list of Problems out of which any one may be chosen for addressing in the project/dissertation. The same has to be carried out under the supervision of a teacher.• Moral issues• Value disagreements• Political issues and disagreements• Time management issues• Procrastination• Career issues• Financial issues	15	25

	<ul style="list-style-type: none"> • Adult children of aging parents • Problems with family/ Domestic problems • Breakups and divorce • Sibling rivalry Loss of a family member • Friendship issues • Peer pressure • Academic or school-related issues • Rejection • Discrimination • Religion and race-related issues • Technology-related issues 		
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❖ **Reading list:**

Cohen, Elliot D. (2016). *Logic-Based Therapy and Everyday Emotions: A Case Based Approach*, Lexington Books

Cohen, Elliot D. *Philosophical Principles of Logic-Based Therapy*

Lacovou, S. & Karen Weisel-Dixon. (2015). *Existential Therapy: 100 Key Points and Techniques*, Routledge

Lahav, Ran. (2016). *Stepping Out of Plato's Cave: Philosophical Counselling, Philosophical Practice and Self-Transformation*, Loyev Books, 2nd edition.

Lahav, Ran. What is Philosophical in Philosophical Counselling? In *Journal of Applied Philosophy*, vol. 13, No. 3, pp. 259-278, 1996.

Lebon, Tim. (2001). *Wise Therapy*, London: Continuum

Lebon, Tim. *Philosophical Counselling: An Introduction* (First published in *Thinking Through Dialogue: Essays on Philosophy in Practice*, Curnow. T (ed) 1999

Raabe, Peter B. (2000). *Philosophical Counselling—Theory and Practice*, Praeger Publishers Inc. Sartre, J. P. (1993). *Being and Nothingness*, Simon and Schuster

Sartre, J. P. (2007). *Existentialism is a Humanism*, Yale University Press.

Sulavikova B. Key Concepts in Philosophical Counselling. *Human Affairs*, 24, 574-583, 2014 Sulavikova, B. *Philosophical Counselling Based on Dialogical Critical Thinking*, *Human Affairs*, 23(4), 680-688, 2013

Website links:

<https://www.curioussouphilosophy.com/what-is-philosophical-counseling.html>

<https://www.infanciacontemporanea.com/wp-content/uploads/2018/06/v9n3eng.pdf>

https://merlinecc.org/wp-content/uploads/2016/12/Philosophical-Counseling_LBT_Marisa-Diaz

Waian_Grief-Workshop-2016-Handout.pdf

<https://www.ncbi.nlm.nih.gov/books/NBK64939/https://npcassoc.org/>

<https://peterraabe.ca/what.html> <https://philopractice.org/web/history-ran-laha>

❖ Graduate Attributes

i. Course Objectives-

The course aims at developing the skills of:

- Philosophical understanding or wisdom (philos-sophia=love of wisdom) as an end in itself.
- Addressing dilemmas (e.g. decision making dilemmas), predicaments and life-issues of persons through philosophical examination.
- Exposing and examining underlying assumptions and logical implications.
- Exploring conflict and inconsistencies.

ii. Learning outcome:

On completion of the course students are expected to be able to:

- Understand the scope of Philosophical vis-à-vis Psychological Counselling
- Inculcate self-confidence in one's own abilities to reason
- Understand the opinions of other people
- Develop flexibility in considering alternatives and opinions
- Overcome personal problems by adopting different philosophical approaches to philosophical counselling
- Develop fair-mindedness in appraising reasoning

❖ **No. of Required Classes** **45**

❖ **No. of Non-Contact Classes** **00**
