

SYLLABI AND SCHEME OF EXAMINATIONS FOR M.A. (Psychology)

(Based on Curriculum and Credit Framework for PG Programs under NEP)



**WITH EFFECT FROM
THE
SESSION 2024-25**

**MAHARSHI DAYANAND UNIVERSITY
ROHTAK (HARYANA)**

Program Specific Outcomes

Learning Outcomes:

1. Students would gain conceptual and theoretical knowledge of psychological principles and be able to use them in academic and professional settings.
2. Students would comprehend the basic processes of Experimental psychology, Health-specific behaviors, Cognitive psychology and Biopsychology.
3. Students would be familiarized with applications of social psychology in various domains i.e., Organizations, Sports and Clinical setups.
4. Students would be acquainted with the basics of assessment, research, and statistical tools.
5. Students would be acquainted with the ideology of Indian ethos as well as sustainability in the context of the current environment.
6. Students would be sensitized about the conceptual knowledge of Psychopathology and the effectiveness of Psychotherapeutic interventions.
7. Students would develop the ability to connect theory with personal experiences and varied applied settings.

Structure for 2 year Post Graduate Programme

	Semester	Discipline-Specific Courses (DSC)	Skill Enhancement Courses (SEC) / Vocational Courses (VOC)/ Internship	Research thesis/project	Total Credits
	First year of 2 Year PG program (NHEQF Level 6)				
	I	Theoretical Perspectives of Psychology I	Positive Psychology Or Introduction to Guidance & Counseling Skills (SEC)	---	24
		Experimental Psychology			
		Advanced Social Psychology			
		Research Methods, Design, and Statistics			
		Practicals			
	II	Theoretical Perspectives of Psychology II	Psychological Testing (SEC)	---	24
		Health Psychology			
		Sports and Exercise Psychology			
		Psychological Assessment			
		Practicals			
Students who exit after first year on completion of 48 credits will be awarded PG Diploma in concerned discipline					
Second year of two-year PG program (NHEQF Level 6.5) (STUDENT SHOULD SELECT ANY ONE OPTION FOR THE SECOND YEAR OF 2 YEAR PG PROGRAM)					
Only Course Work					
Option 1	III	Psychology of Environmental and Sustainable Behaviour	Coaching and Mentoring (SEC)	---	24
		Biopsychology or Neuropsychology			
		Cognitive Psychology			
		Organizational Psychology or Industrial Psychology or Psychology at Work Place			
		Practicals			

	IV	Indian Psychology	Internship	---	24
		Psychopathology			
		Advanced Counseling: Principles and Skills			
		Psychotherapeutic Interventions			
		Practicals			
Course work and Research					
Option 2	III	Psychology of Environmental and Sustainable Behaviour	Coaching and Mentoring (SEC)	---	24
		Biopsychology or Neuropsychology			
		Cognitive Psychology			
		Organizational Psychology or Industrial Psychology or Psychology at Work Place			
		Practicals			
	IV	--	Internship	Dissertation / Research Project	24

Note

* Dissertation / Research Project will be offered to those students who will score 75% or more in the first two semesters of the PG program.

	Semester	Discipline-Specific Courses (DSC)	Skill Enhancement Courses (SEC) / Vocational Courses (VOC)/ Internship	Research thesis/project	Total Credits
Option 3	III	--	Coaching and Mentoring (SEC)	Research Project*	24
	IV	--	Internship	Dissertation / Research Project**	24

Note:

*The students who opted Option 3 should submit a project report/synopsis of at least 50 pages comprising of Literature survey, identification of Research Problem, Plan of work, methodology as well as practical work (if any) at the end of 3rd semester and the same will be evaluated by internal and external examiners.

**The students should continue the research work in 4th semester based on the project work/synopsis submitted at the end of 3rd semester. The final thesis/project report will be evaluated by the internal and external examiners.

Structure for 1year Post Graduate Programme (2nd year of 2 Year PG Program)

	Semester	Discipline-Specific Courses (DSC)	Skill Enhancement Courses (SEC) / Vocational Courses (VOC)/Internship	Dissertation/ Project work	Total Credits
(STUDENT SHOULD SELECT ANY ONE OPTION)					
Only Course Work					
Option 1	I (Semester III of 2-year PG Program)	Psychology of Environmental and Sustainable Behaviour	Coaching and Mentoring (SEC)	---	24
		Biopsychology or Neuropsychology			
		Cognitive Psychology			
		Organizational Psychology or Industrial Psychology or Psychology at Work Place			
		Practicals			
	II (Semester IV of 2-year PG Program)	Indian Psychology	Internship	---	24
		Psychopathology			
		Advanced Counseling: Principles and Skills			
		Psychotherapeutic Interventions			
		Practicals			
Course work and Research					
Option 2	I (Semester III of 2-year PG Program)	Psychology of Environmental and Sustainable Behaviour	Coaching and Mentoring (SEC)	---	24

		Biopsychology or Neuropsychology			
		Cognitive Psychology			
		Organizational Psychology or Industrial Psychology or Psychology at Work Place			
		Practicals			
	II (Semester IV of 2-year PG Program)	--	Internship	Dissertation/ Research Project	24

MAHARSHI DAYANAND UNIVERSITY ROHTAK**DEPARTMENT OF PSYCHOLOGY****(NAAC Accredited – A+ Grade) Scheme of Examination and Credit Structure for Post Graduate program in Psychology as per NEP-2020****M.A (Psychology)****w.e.f. Academic Session 2024-25**

Type of Course	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks	
			L	T	P			L	T		P	Theory			Practical
												Internal	External		
Semester I															
DSC 1	Theoretical Perspectives of Psychology I	24PSY201DS01	4	0	0	4	4	0	0	4	30	70	----	100	
DSC 2	Experimental Psychology	24PSY201DS02	4	0	0	4	4	0	0	4	30	70	----	100	
DSC 3	Advanced Social Psychology	24PSY201DS03	4	0	0	4	4	0	0	4	30	70	----	100	
DSC 4	Research Methods, Design and Statistics	24PSY201DS04	4	0	0	4	4	0	0	4	30	70	----	100	
DSC 5	Practicals	24PSY201DS05	0	0	4	4	0	0	8	8	-----	-----	100	100	
SEC1	Positive Psychology or Introduction to Guidance & Counseling Skills	24PSY201SE01 or 24PSY201SE02	4	0	0	4	4	0	0	4	30	70	----	100	

Type of Course	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
			L	T	P		L	T	P		Theory		Practical	
											Internal	External		
Semester II														
DSC 6	Theoretical Perspectives of Psychology II	24PSY202DS01	4	0	0	4	4	0	0	4	30	70	----	100
DSC 7	Health Psychology	24PSY202DS02	4	0	0	4	4	0	0	4	30	70	----	100
DSC 8	Sports and Exercise Psychology	24PSY202DS03	4	0	0	4	4	0	0	4	30	70	----	100
DSC 9	Psychological Assessment	24PSY202DS04	4	0	0	4	4	0	0	4	30	70	----	100
DSC 10	Practicals	24PSY202DS05	0	0	4	4	0	0	8	8	-----	-----	100	100
SEC 2	Psychological Testing	24PSY202SE01	4	0	0	4	4	0	0	4	30	70	----	100

Type of Course	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
			L	T	P		L	T	P		Theory		Practical	
											Internal	External		
Semester III														
DSC 11	Psychology of Environmental and Sustainable Behaviour	25PSY203DS01	4	0	0	4	4	0	0	4	30	70	----	100
DSC 12	Biopsychology or Neuropsychology	25PSY203DS02 25PSY203DS06	4	0	0	4	4	0	0	4	30	70	----	100
DSC 13	Cognitive Psychology	25PSY203DS03	4	0	0	4	4	0	0	4	30	70	----	100
DSC 14	Organizational Psychology or Industrial Psychology or Psychology at Work Place	25PSY203DS04 25PSY203DS07 25PSY203DS08	4	0	0	4	4	0	0	4	30	70	----	100
DSC 15	Practicals	25PSY203DS05	0	0	4	4	0	0	8	8	-----	-----	100	100
SEC 3	Coaching and Mentoring	25PSY203SE01	4	0	0	4	4	0	0	4	30	70	----	100

Type of Course	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks				Total Marks
			L	T	P		L	T	P		Theory		Practical		
											Internal	External			
Semester IV OPTION 1															
DSC 16	Indian Psychology	25PSY204DS01	4	0	0	4	4	0	0	4	30	70	----	100	
DSC 17	Psychopathology	25PSY204DS02	4	0	0	4	4	0	0	4	30	70	----	100	
DSC 18	Advanced Counseling: Principles and Skills	25PSY204DS03	4	0	0	4	4	0	0	4	30	70	----	100	
DSC 19	Psychotherapeutic Interventions	25PSY204DS04	4	0	0	4	4	0	0	4	30	70	----	100	
DSC 20	Practicals	25PSY204DS05	0	0	4	4	0	0	8	8	-----	-----	100	100	
Internship	Internship	25PSY204IN01	Internship for 120 Hours			4	-	-	-	---	-----	----	30	70	100
Semester IV OPTION 2															
Internship	Internship	25PSY204IN01	Internship for 120 Hours			4	-	-	-	---	-----	----	30	70	100
Dissertation /Research Project *	Dissertation /Research Project	25PSY204PD01	-	-	-	20*	-	-	-	-	-	-	150	350	500

Note

* Dissertation /Research Project will be offered to those students who will score 75% or more in the first two semesters of the program.

L: Lecture; T: Tutorial; P: Practical

Type of Course	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks				Total Marks
			L	T	P		L	T	P		Theory		Practical		
											Internal	External	Internal	External	
Semester III OPTION 3															
SEC 3	Coaching and Mentoring	25PSY203SE01	4	0	0	4	4	0	0	4	30	70			100
Dissertation/ Research Project	Dissertation /Research Project	25PSY203PD01	-	-	-	20*	-	-	-	-			150	350	500
Semester IV OPTION 3															
Internship	Internship	25PSY204IN01	Internship for 120 Hours			4	-	-	-	---			30	70	100
Dissertation /Research Project	Dissertation /Research Project	25PSY204PD01	-	-	-	20**	-	-	-	-			150	350	500

Note:

*The students who opted Option 3 should submit a project report/synopsis of atleast 50 pages comprising of Literature survey, identification of Research Problem, Plan of work, methodology as well as practical work (if any) at the end of 3rd semester and the same will be evaluated by internal and external examiners.

**The students should continue the research work in 4th semester based on the project work/synopsis submitted at the end of 3rd semester. The final thesis/project report will be evaluated by the internal and external examiners.

Syllabi for Post Graduate Program in Psychology

Semester -I

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Theoretical Perspectives of Psychology I	Course Code	24PSY201DS01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would gain theoretical knowledge of historical developments in the field of psychology. CLO 2: Students would develop a working knowledge of different perspectives in psychology. CLO 3: Students would gain theoretical knowledge of the basics of Gestalt Psychology. CLO 4: Students would gain theoretical knowledge of basics of Psychoanalysis. CLO 5: Students would gain theoretical knowledge of Analytic Psychology and Neo-Freudians.			
Unit 1: Need for study of history in psychology; Problems in Historiography; Philosophical issues: Mind-body problem, Free will vs. Determinism. Formal founding of psychology: Weber, Fechner, Wundt. Contributions of Titchener.			
Unit 2: Functionalism: Antecedents, Pioneers, Methodology and tenets. Behaviorism: Antecedent influences- Thorndike, Pavlov; Contributions of Watson.			
Unit 3: Gestalt Psychology: Pioneers- Wertheimer, Kohler, Koffka. Field theory: Lewin Psychoanalysis: Antecedent influences, Freud.			
Unit 4: Analytic Psychology: Jung; Individual Psychology: Adler Neo-Freudians: Anna Freud, Fromm, Horney.			
References: 1. Chaplin, T., & Kraweic, T.S. (1979). <i>Systems and Theories of Psychology</i>. Thompson Learning. 2. Hergenhahn, B.R. (1997). <i>An Introduction to the History of Psychology</i>. Brooks. 3. Leahey, T.H. (1987). <i>A History of Modern Psychology</i>. Prentice Hall International 4. Schultz, D., & Schultz, S. (2000). <i>A History of Modern Psychology</i>. Harcourt Brace 5. Viney, W., & King, D.B. (1998). <i>A History of Psychology</i>. Allyn and Bacon. 6. Weiner, B.B. (1985). <i>Human Motivation</i>. Springer.			

Semester -I

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Experimental Psychology	Course Code	24PSY201DS02
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would demonstrate knowledge about the techniques of quantification of sensation.

CLO 2: Students would be able to understand depth perception, movement perception and illusions along with theoretical basis of pattern recognition.

CLO 3: Students would be able to understand the application of subliminal perception in daily life.

CLO 4: Students would be able to use the conceptual and experimental knowledge of conditioning in further research and its applications in everyday situations.

CLO 5: Students would be able to use the experimental knowledge of instrumental and operant conditioning and its applications in life.

Unit 1:

Psychophysics: Estimating Sensory Threshold: Classical Methods- method of limits, the method of constant stimuli and the method of adjustment.

Signal Detection Theory: Assumptions, Procedures.

Unit 2:

Subliminal Perception: Nature and Empirical Evidence.

Perceptual Processes: Perception of Size and Movement: Depth Cues, Size Constancy and Illusions; Perception of Real movement, Types of Apparent Movement.

Unit 3:

Classical Conditioning: Basic procedure, Higher-order conditioning, Measurement of Conditioned Response; Variables affecting Classical Conditioning; Applications: Fear, Prejudice, Advertising, Taste Aversion, Immune function, Drug overdose deaths, Systematic Desensitization.

Unit 4:

Instrumental and Operant Conditioning: Reinforcement, Kinds of reinforcers, Schedules of Reinforcement; Variables affecting Reinforcement, Punishment, Variables affecting punishment, Problems with punishment, Applications: Self-Injurious Behavior, Self-control, Shaping, and Superstitious Behaviour.

References:

1. Anderson, D.C., & Borkowski, J.G. (1978). *Experimental Psychology: Research Tactics and their Applications*. Scott foreman.
2. Babbeley, A., Eysenck, M.W., & Anderson, M.C. (2015). *Memory*. Psychology Press
3. Bartoshuk, L.M., Herz, R.S., Klatzky, R., Lederman, S. J., & Merfeld, D.M. (2012). *Sensation and Perception*. Sinauer.
4. Chance, P. (1988). *Learning and Behaviour*. Wadsworth.
5. D'Amato, M.R. (1979). *Experimental Psychology: Methodology Psychophysics and Learning*. Tata McGraw Hill.
6. Domjan, M. (2003). *The Principles of Learning and Behaviour*. Wadsworth / Thomson.
7. Foley, H.J. (2020). *Sensation and Perception* (6th ed.). Routledge.
8. Goldstein, B.E. (2002). *Sensation and Perception*. Wadsworth.
9. Kling, J.W., & Riggs, L.A. (1984). *Woodworth & Schlosberg's Experimental Psychology*. Khosla.
10. Leahey, T.H., & Harries, R.J. (1989). *Human Learning*. Prentice Hall.
11. Liberman, D.A. (1990). *Learning: Behaviour and Cognition*. Wadsworth.
12. Schwartz, B.L., & Krantz, J. H. (2016). *Sensation & Perception*. Sage.

Semester -I

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Advanced Social Psychology	Course Code	24PSY201DS03
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would have an understanding of nature and basic premises of social psychology.

CLO 2: Students would be able to understand the new arenas of social psychology.

CLO 3: Students would be acquainted with the nature and functions of attitude along with the various techniques to change for influencing others.

CLO 4: Students would develop an understanding of the social problem of crime and violence.

CLO 5: Students would be acquainted with the nature of family violence.

Unit 1:

Introduction Social Psychology: Social Psychology: Nature, Origins and Development; Theories of Social Psychology: Social Learning theory and Social Exchange theory. New frontiers in social psychological Research, Ethical issues in Psychological Research.

Unit 2:

Self-Knowledge: Independent and interdependent view of self; Knowing ourself through Introspection: Causal theory, Self Perception theory.

Attribution: Theories and Attribution Biases; Social perception: Forming and Managing Impression.

Unit 3:

Social Cognition: Social Schema & its impact; Heuristics, Prototypes and Social Representation.

Attitude: Nature, Functions, Formation and Attitude Change: Persuasive Communication, Cognitive Dissonance; Techniques of resisting Persuasive messages.

Unit 4:

Social Problems: Crime and Violence: Crime and Unemployment, Explanations of Crime and Violence, Violence and Crime.

Family Disorganization: Family Violence: Child Abuse, Battered Women, Battered Men, Abuse of the Elderly. Divorce: Factors and Consequences, Effect on children.

References:

1. Aronson, E., Wilson, T.D., & Akert, M.R. (2015). *Social Psychology*. Pearson Publication.
2. Alcock, J., & Sadava, S. (2014). *An Introduction to Social Psychology: Global Perspective*. Sage Publication.
3. Baron, R.A., & Byrne, D. (2004). *Social Psychology*. Pearson Education.
4. Baron, R.A., Byrne, D., & Johnson, B.T. (1998). *Exploring Social Psychology*. Allyn and Bacon.
5. Myers, D.G., Sahajpal, P., & Behera, P. (2012). *Social Psychology*. Tata McGraw-Hill.
6. Soroka, M. P., & Bryjak, G.J. (1995). *Social Problems: A World at Risk*. Allyn and Bacon.
7. Worchel, S., Cooper, J., Goethals, G. R., & Olsons, J. M. (2000). *Social Psychology*. Wadsworth/Thomson.

Semester -I

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Research Methods, Design and Statistics	Course Code	24PSY201DS04
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

- CLO 1: Students would be acquainted with the basics of research and descriptive statistics.
- CLO 2: Students would be able to apply their knowledge of applications of NPC and sampling procedures.
- CLO 3: Students would demonstrate knowledge of experimental and non-experimental methods and computation of correlation.
- CLO 4: Students would be able to use Between, Within and Quasi Experimental Designs.
- CLO 5: Students would be able to apply inferential statistics.

Unit 1:

Research: Meaning and Types; Research Problem; Hypotheses and Variables.
Descriptive Statistics: Measures of Central Tendency and Variability.

Unit 2:

Sampling: Probability and Non- Probability Sampling Methods.
Normal Probability Curve (NPC) – Applications (Area under NPC) and Deviation (Skewness and Kurtosis).

Unit 3:

Experimental and Non-Experimental Methods of Psychological Research: Experimental; Observation; Interview; Case Study and Self Report Methods.
Correlation Statistics: Product Moment; Rank Order; Biserial; Tetrachoric and Kendall Concordance.

Unit 4:

Research Designs: Between subjects; Within Groups and Quasi Experimental Design
Inferential Statistics: t-test (Independent and Dependent Means); ANOVA (One way & two way for Separate Groups); Mann-Whitney U-test; Wilcoxon Matched Paired Test and Kruskal Wallis H-Test.

References:

1. Bordens, K.S., & Abbott, B.B. (2006). *Research and Design Methods: A Process Approach*. Tata Mc Graw Hill.
2. Broota K.D. (1989). *Experimental Design in Behavioural Research*. Willey
3. Garrett, H.E. (2005). *Statistics in Psychology and Education*. Paragon International Publishers.
4. Haslam, S.A., & Mc Garty. C. (2014). *Research Methods Statistics in Psychology*. Sage.
5. Helode, R.D. (2012). *Basic of Research in Behavioural Sciences*. Psychoscan.
6. Mangal, S.K., & Mangal, S. (2013). *Research Methodology in Behavioural Sciences*. Learning Private Limited.
7. Mc Bride, D.M.(2013). *The Process of Research in Psychology*. Sage.
8. Milluwi, J.O., & Rashid, H. (2015) *Research Methodology: Principals Methods and Practices*. Manglam.
9. Mohanty, B., & Misra, S. (2016). *Statistics for Behavioural and Social Sciences*. Sage.
10. Nestor, P.G., & Schutt, R.K. (2012). *Research Methods in Psychology: Investigating Human Behavior*. Sage.
11. Shaughnersy, J.J., Zechmeister, E.B., & Zechmeister, J.S. (2000). *Research Methods in Psychology*. McGraw Hill.
12. Singh, A.K. (2018). *Tests, Measurements and Research Methods in Behavioural Sciences*. Bharati Bhawan.
13. Singh, R., & Shyam, R., & Gupta, L. (2015). *Fundamental Statistics for Social Sciences*. Intellectual Foundation.
14. Weathington, B.L., Cunningham, C.J.L., & Pittenger, D.J. (2010). *Research Methods for the Behavioural and Social Sciences*. John Wiley.

Semester -I

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Practicals	Course Code	24PSY201DS05
Hours per Week	8	Credits	4 (L:0 T:0 P: 4)
Maximum Marks	100	Time of Examinations	4 Hours

Each student would perform **five** experiments and **five** tests from the areas mentioned below along with computer applications. The list of exact problems would be decided by the concerned teachers.

It would be mandatory for each student to submit a record file containing a report of all tests, experiments, and computer applications duly signed by the respective teachers. During examination one experiment, one test and one part from computer applications would be conducted. Evaluation would be based on performance in conduct, written and viva.

Course Learning Outcomes (CLO):

CLO 1: Students would be able to design, conduct and report experimental research.

CLO 2: Students would acquire the ability to administer, interpret and report psychological tests.

CLO 3: Students would gain proficiency in data analysis using statistical software.

a) Experiments.**Any five experiments from following areas.**

1. Perception
2. Conditioning
3. Social Conformity
4. Psychophysics
5. Ethological observation

b) Tests**Any five tests from following areas.**

1. Self
2. Happiness
3. Sociometry
4. Attitude
5. Aggression
6. Attribution

c) Computer Applications in Research.

1. Graphical Representation
2. Central Tendencies & Variability
3. Mean Comparison
4. Correlation

Semester -I

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Positive Psychology	Course Code	24PSY201SE01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would gain knowledge about the nature of positive psychology. CLO 2: Students would gain knowledge about human virtues. CLO 3: Students would develop an understanding of cognitive states and processes. CLO 4: Students would gain knowledge of the concept of emotional intelligence. CLO 5: Students would develop an understanding of positive change and its processes.			
Unit 1: Positive Psychology: Historical Development of Positive Psychology, Concept of wellbeing, Classification of Human Virtues and Measuring Strengths of Character. Administration: PERMA, VIA.			
Unit 2: Cognitive States and Processes: Wisdom, Self-efficacy, Hope, Giftedness, Creativity. Administration: Self-efficacy, Creativity.			
Unit 3: Emotional Intelligence: Nature, Models – Salovey and Mayer, Bar-on and Goleman, Enhancing emotional intelligence, Emotional competence, Emotional creativity and Emotional storytelling. Administration: EQ, Case Study – Emotional storytelling after a traumatic event.			
Unit 4: Positive Change – Stages of change, Change processes, Psychotherapeutic relationship, Effectiveness of psychological therapies, Therapies that work for adults and children. Administration: Strategies for consciousness raising, Strategies for countering negative beliefs.			
References: 1. Bannink, F. (2017). <i>Positive Psychology Applications: Promoting Well-Being in Individuals and Communities</i>. W. W. Norton & Company. 2. Baumgardner, S.T., & Crothers, M. K. (2009). <i>Positive Psychology</i>. Pearson. 3. Bryant, F.B., & Veroff (2007). <i>Savoring: A New Model of Positive Experience</i>. Lawrence Erlbaum. 4. Carr, A. (2005). <i>Positive Psychology: The Science of Happiness and Human Strengths</i>. Routledge. 5. Carr, A. (2022). <i>Positive Psychology</i>. Routledge 6. Pedrotti, J. T., Lopez, S. J., McDermott, R. C., & Snyder, C. R. (2024). <i>Positive Psychology</i>. Sage. 7. Snyder, C.R., & Lopez, S.J. (2008). <i>Positive Psychology: The Scientific and Practical Explorations of Human Strengths</i>. Sage.			

Semester -I

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Introduction to Guidance and Counseling Skills	Course Code	24PSY201SE02
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would be able to learn about core counseling skills.

CLO 2: Students would be able to develop a good counseling relationship with the client.

CLO 3: Students would develop an understanding of the ethical and moral principles of counseling.

CLO 4: Students would get knowledge of self-care and personal development.

CLO 5: Students would get knowledge of the essential qualities of an effective counselor.

Unit 1:

Counseling skills: Core counseling skills, Counseling skills models: Three-stage models of counseling skill.

Counseling menu: Goals, tasks and methods.

Unit 2:

Building a relationship: Being trustworthy, Reliable and dependable, Being genuine, Caring, Working collaboratively. Theoretical frameworks for counseling relationships: Person-centred approach, Psychodynamic perspective, Transactional analysis (TA) approach.

Unit 3:

Ethical principles of counseling: Core ethical principles, Confidentiality, Being aware of your limits as a counselor, Dealing with risk and self-harm, Using touch, Ethical decision-making, The concept of boundary.

Unit 4:

Counselor Self-Care and Personal Development: Potential Strains of the Work of Counseling, Potential Benefits of the Work of Counseling, Evaluation of Counselor Wellness. Counselor Self-Care: Facets of Self-Care, Tools, Plan. Maintaining Mindfulness.

References:

1. Gibson, R.L., & Mitchell, M.H. (2008). *Introduction to Counseling and Guidance*. PHI Learning.
2. Ivey, A.E., Ivey, M. B., & Simek-Downing, L. (1987). *Counseling and Psychotherapy: Integrating skills, theory and practice*. Prentice-Hall.
3. McLeod, J. (2003). *An Introduction to Counselling* (3rd ed.). Open University Press.
4. Nelson-Jones, R. (2014). *Practical Counseling and Helping Skills: Text and Activities for Life Skills Counseling Model*. Sage.
5. Parrott, L. (2003). *Counseling and Psychotherapy*. Thomson.
6. Welfel, E.R., & Patterson, L.E., (2005). *The Counseling Process: A Multitheoretical Integrative Approach*. Cengage Learning India.

Syllabi for Post Graduate Program in Psychology**Semester -II**

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Theoretical Perspectives of Psychology II	Course Code	24PSY202DS01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would gain theoretical knowledge of historical developments of Neo-Behaviourism.

CLO 2: Students would develop a working knowledge of cognitive approaches.

CLO 3: Students would gain theoretical knowledge of the viewpoints of the Humanistic movement.

CLO 4: Students would gain knowledge regarding the theoretical perspectives of personality emotion and motivation.

CLO 5: Students would gain theoretical knowledge of mental testing.

Unit 1:

Neo-Behaviourism: Contributions of Tolman, Hull, Skinner, Guthrie; Socio-behaviourism: Contributions of Bandura, Rotter.

Unit 2:

Cognitive approach: Kelly, Mischel.

Humanistic movement: Contributions of Maslow, Rogers; Existential movement: Frankl, Rollo May.

Unit 3:

Theories of Personality: Cattell, Eysenck, Big five.

Theories of Emotions: James Lange, Cannon-Bard, Schachter and Singer, Lazarus.

Theories of Motivation: Ryan and Deci (Self-determination), McClelland.

Unit 4:

Mental testing: Cattell. Psychological testing movement. Industrial/organizational psychology movement: Walter Dill Scott. Contemporary Developments in Psychology: Cognitive Movement in Psychology: Miller, Neisser; Facets of Personality- Learned Helplessness, Sensation Seeking, Artificial intelligence; Evolutionary psychology.

References:

1. Chaplin, T., & Kraweic, T.S. (1979). *Systems and Theories of Psychology*. Thompson Learning.
2. Hergenhahn, B.R. (1997). *An Introduction to the History of Psychology*. Brooks.
3. Leahey, T.H. (1987). *A History of Modern Psychology*. Prentice Hall International.
4. Schultz, D., & Schultz, S. (2000). *A History of Modern Psychology*. Harcourt Brace.
5. Viney, W. & King, D.B. (1998). *A History of Psychology*. Allyn and Bacon.
6. Weiner, B.B. (1985). *Human Motivation*. Springer.

Semester -II

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Health Psychology	Course Code	24PSY202DS02
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would gain knowledge about the nature and methods of health psychology.

CLO 2: Students would gain knowledge of health behaviours and barriers to modifying poor health behaviours.

CLO 3: Students would understand the nature and management of cardiovascular diseases and cancer.

CLO 4: Students would be able to understand the concept of adherence to treatment.

CLO 5: Students would gain knowledge regarding various stress management techniques.

Unit 1:

Health Psychology: Nature, Emergence of Health Psychology, Goals of Health psychology, Biopsychosocial Perspective of Health Psychology. Research methods of Health Psychology: Experimental Method, Quasi-Experimental, Ex-post-facto, Correlational, Genetic studies, Cross-sectional & Longitudinal Studies, and Epidemiological research.

Unit 2:

Health and Behavior: Health Behaviours, Health belief model, Theory of reasoned action, Theory of planned behaviour, Protection motivation theory, Transtheoretical model of behaviour change. Barriers to Modifying Poor Health Behaviours. Cognitive-Behavioural Approaches to Health Behaviour Change.

Unit 3:

Cardiovascular disease: Types, Psychosocial factors of CVD, Psychological Intervention of CVD. Diabetes: Types of diabetes, Psychological management of diabetes. Cancer: Psychosocial factors, Coping with cancer. Pain: Nature, Types, Biopsychosocial aspects of pain, Managing and controlling pain.

Unit 4:

Seeking & Adherence to treatment: Psychosocial factors in recognising and interpreting symptoms, Factors associated with seeking treatment; Adherence, Barriers to Adherence, Factors predicting adherence.

Stress & Coping: Sources of stress, Stress and disorders (Psychosocial and other disorders); Coping: Methods of coping, Reducing the potentials of stress, Coping interventions, Factors affecting the ability to cope.

References:

1. Anisman, H. (2016). *Health Psychology*. Sage.
2. Fiest, J., & Brannon, L. (2000). *Health Psychology: Introduction to Behaviour & Health*. Wadsworth.
3. Gurung, (2010). *Health Psychology: A Cultural Approach*. Wadsworth.
4. Marks, D., Murray, M., Evans, B., & Estacio, E.V. (2015). *Health Psychology: Theory, Research and Practice*. Sage.
5. Sarafino, E. P., & Smith, T.W. (2014). *Health Psychology: Biopsychosocial Interactions*. Wiley.
6. Straub, R.O. (2017). *Health Psychology: A Biopsychosocial Approach*. Worth Publishers.

Semester -II

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Sports and Exercise Psychology	Course Code	24PSY202DS03
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would understand the nature of sports and exercise psychology along with the role of competition and cooperation.

CLO 2: Students would understand the role of reinforcement and punishment in influencing behaviour.

CLO 3: Students would understand the role of personality and motivation in sports.

CLO 4: Students would gain knowledge about the utility of leadership and team cohesion processes in sports.

CLO 5: Students would be sensitized about the relation between exercise and psychological well-being, overtraining and burnout and the utility of relaxation strategies for sports persons.

Unit 1:

Sports and Exercise Psychology: Nature; Distinguishing between two specialties; Understanding present and future trends; Issues for special populations in Sports; Barriers for women in sports. Competition and Cooperation: Concept Enhancing Competition and Cooperation; Approaches to Influencing Behavior; Guidelines for using positive reinforcement and punishment.

Unit 2:

Personality and Sports: Major perspectives of Personality; Personality and Sports performance; Examining cognitive strategies and success.

Unit 3:

Motivation and Aggression: Nature; Major approaches to Motivation; Achievement Motivation in Professional Practice. Models of Aggression, Role of Aggression in sports, Controlling aggression.

Unit 4:

Leadership and Coaching: Components of Effective Leadership; Sports oriented interactional approaches to Leadership; Recognizing Breakdowns and Communication, Dealing with Confrontation. Team cohesion: Nature; Relationship between Cohesion and Performance, Strategies for enhancing Cohesion; Building Self-confidence; Effectiveness of Goal-setting.

References:

1. Cox, R.H. (2002). *Sport Psychology: Concepts and Applications*. McGraw Hill.
2. Singh, R. (2014). *Sport Psychology*. Friends Publications.
3. Weinberg, R.S., & Gould, D. (2011). *Foundations of Sport and Exercise Psychology*. Human Kinetics.
4. Woods, R.B. (2011). *Social Issues in Sport*. Human Kinetics.

Semester -II

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Psychological Assessment	Course Code	24PSY202DS04
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

- CLO 1: Students would gain knowledge about the nature of psychological assessment and issues in test design.
 CLO 2: Students would gain knowledge about designing of ability and performance tests.
 CLO 3: Students would understand the importance of norms and reliability in psychological testing.
 CLO 4: Students would be able to understand the concept of validity and item analysis.
 CLO 5: Students would be able to construct and standardize a psychological test.

Unit 1:

Psychological Measurement: Meaning, History of Psychological Measurement, Levels of Measurement (Scales), Problems of Measurement, Errors and Sources of Error in Measurement.

Issues in Test Design: Tests Differing in Purpose, Content and Administration Format.

Unit 2:

Design of Ability Tests: Basic Design issue- Alternate Choice Formats, Free-Response Formats, Selecting Scoring System, Comparing Norm and Criterion-Referenced Scores.
 Design of Performance Tests: Objective Tests, Projective Tests, Attitude Scale and Evaluation Scales.

Unit 3:

Norms: Meaning, Steps for Developing Norms, Types of Norms- Age, Grade, Percentiles, Standard Scores and Normalized Standard Scores.

Reliability: Meaning, Types and Calculations of Reliability Analysis, Factors Affecting Reliability, Improving Reliability.

Unit 4:

Validity: Meaning, Methods and Process of Validation, Factors affecting Validity.

Item Analysis: Item – Difficulty, Item Discrimination, Distractor Power, Item Characteristic curves.

References:

1. Aiken, L.R., & Groth- Marnat, G. (2009). *Psychological Testing and Assessment*. Pearson.
2. Anastasi, A., & Urbina, S. (2016). *Psychological Testing*. Prentice- Hall.
3. Friedenberg, L. (1995). *Psychological Testing: Design, Analysis and Use*. Allyn and Bacon.
4. Gregory, R.J. (2018). *Psychological Testing: History, Principles, & Applications*. Pearson Education.
5. Husain, A. (2012). *Psychological Testing*. Pearson.
6. Miller, L.A., Lover, R.L., & McIntire, S.A. (2018). *Psychological Testing*. Sage.
7. Singh, A.K. (2019). *Tests, Measurements and Research Methods in Behavioural Sciences*. Bharati Bhawan.

Semester -II

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Practicals	Course Code	24PSY202DS05
Hours per Week	8	Credits	4 (L:0 T:0 P: 4)
Maximum Marks	100	Time of Examinations	4 Hours

Note:

Each student would perform **five** experiments and **five** tests and prepare profiles of **six** tests/instruments. The list of exact problems would be decided by the concerned teachers.

It would be mandatory for each student to submit a record file containing a report of all tests, experiments and profiles duly signed by the respective teachers. During examination one experiment, **one** test would be conducted, and **one** profile would be reported. Evaluation would be based on performance in conduct, written and viva.

Course Learning Outcomes (CLO):

CLO 1: Students would be able to design, conduct and report experimental research.

CLO 2: Students would acquire the ability to administer, interpret and report psychological tests.

CLO 3: Students would become acquainted with basic psychological tests and instruments and would be able to use the knowledge in designing future research.

a) Experiments.**Any five experiments from following areas.**

1. Physiological Arousal
2. Effect of reinforcement on performance
3. Emotion
4. Motivation
5. Competition and Cooperation

b) Tests**Any five tests from following areas.**

1. Self- efficacy
2. Personality
3. Test-Retest Reliability
4. Lifestyles and health
5. Assessment Well-being
6. Assessment of Stress

c) Profiling of Instruments/Tests

Six profiles of Instruments/Tests (at least three instruments) to be prepared. Details of instrument/test and its working/administration, scoring, interpretation, and application would be described.

Semester -II

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Psychological Testing	Course Code	24PSY202SE01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would understand the nature and utility of psychological testing.

CLO 2: Students would develop an understanding of various tests of ability and neuropsychological tests along with their applicability.

CLO 3: Students would be able to assess personality using self-report and projective measures.

CLO 4: Students would gain knowledge about tests for special populations along with their applicability.

CLO 5: Students would develop an understanding of ethical issues involved in psychological testing.

Unit 1:

Psychological Testing: Nature, Characteristics of good test, Types of tests. Applications of Psychological testing.

Test Administration: Effects of Examiner and Situational variables; Examinee's perspective; Effect of training on test performance.

Unit 2:

Measurement of Ability and Aptitude: Stanford-Binet, Wechsler scales, Multilevel Battery: Cognitive Abilities Test, Multiple Aptitude Batteries- Differential Aptitude Test (Description, Scoring and Interpretation).

Neuropsychological Tests: Luria-Nebraska Neuropsychological Battery, AIIMS Comprehensive Neurological Battery (Description, Scoring and Interpretation).

Unit 3:

Personality Testing: Self-Report Inventories - MMPI, 16 PF, NEO-PI-R, Myers-Briggs Type Indicator (Description, Scoring and Interpretation).

Projective Techniques: Association/Inkblot – Meaning, Types, Rorschach Inkblot Test, Construction/Pictorial -TAT (Description, Scoring and Interpretation).

Unit 4:

Tests for Special Population: Tests for Infant & Preschool children, Tests for persons with Intellectual Disability.

Ethical and Social Issues in Psychological Testing.

References:

1. Aiken, L.R., & Groth- Marnat, G. (2009). *Psychological Testing and Assessment*. Pearson.
2. Anastasi, A., & Urbina, S. (2016). *Psychological Testing*. Prentice- Hall.
3. Gregory, R.J. (2018). *Psychological Testing: History, Principles, & Applications*. Pearson Education.
4. Husain, A. (2012). *Psychological Testing*. Pearson.
5. Miller, L.A., Lover, R.L., & McIntire, S.A. (2018). *Psychological Testing*. Sage.
6. Singh, A.K. (2019). *Tests, Measurements and Research Methods in Behavioural Sciences*. Bharati Bhawan.

Syllabi for Post Graduate Program in Psychology

Semester -III

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Psychology of Environmental and Sustainable Behaviour	Course Code	25PSY203DS01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would understand the nature of environmental psychology. CLO 2: Students would develop an understanding of environmental attitudes. CLO 3: Students would gain knowledge of pro-environmental behaviour. CLO 4: Students would gain knowledge of the importance of sustainable behaviour. CLO 5: Students would develop an understanding of environment psychology and its applications.			
Unit 1: Environmental Psychology: Nature and Research methods. Environmental Perception and Cognition: Nature, Factors influencing environmental perception and environmental cognition.			
Unit 2: Environmental Attitudes: Components, environmental concerns, Factors affecting environmental concerns, Ways to increase environmental concerns. Environmental appraisals and evaluation: Nature, Factors influencing environmental appraisal and evaluation. Personality, Emotion and Environment: Environmental personality- dimensions and construct, Place attachment- components and types.			
Unit 3: Pro-environmental Behaviour: Nature, Factors influencing PEB, Models of environmental and PEB (Altruistic behaviour model-Norm-Activation model, Theory of Reasoned Action, Theory of Planned Behaviour, Value-belief-norm model, Hirose's two-phase model, Kollmuss and Agyeman model of PEB), Strategies to promote PEB.			
Unit 4: Sustainable Behaviour: Nature, Antecedents, Steps to foster sustainable behaviour-selecting behaviour, identifying barriers and benefits, developing strategy (commitment, prompts, norms, social diffusion, product, promotion, communication, incentives, convenience), conducting a pilot study, and evaluating, Attributes of a good sustainability campaign, Tips to increase sustainable behaviour.			

References:

1. Gifford, R. (2007). *Environmental Psychology: Principles and Practice* (4th ed.). Optimal Books.
2. Steg, L. & De Groot, J. I. M. (2019). *Environmental Psychology* (2nd ed.). Wiley.
3. Klöckner, C. A. (2015). *The Psychology of Pro-Environmental Communication: Beyond Standard Information Strategies*. Palgrave Macmillan.
4. Hunecke, M. (2022). *Psychology of Sustainability from Sustainability Marketing to Social-Ecological Transformation*. Springer.

Semester -III

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Biopsychology	Course Code	25PSY203DS02
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would gain knowledge of the basic divisions of biopsychology and its methods of study and research.

CLO 2: Students would understand the structure and functions of the nervous system.

CLO 3: Students would gain an understanding of behavioural genetics.

CLO 4: Students would gain an understanding of the biological basis of cognition and learning.

CLO 5: Students will be able to explain the mechanism of ingestive behaviour and sleep.

Unit 1:

Nature of Biopsychology: Meaning and approach; Major divisions of Biopsychology; Methods of study and research.

Cells of Nervous system: Neuron: Structure and Types; Conduction of Nerve Impulse; Synapse; Synaptic transmission: Process and stages.

Unit 2:

Nervous System: Central Nervous System: Structure and Function of Brain and Spinal cord.

Peripheral Nervous System: Somatic Nervous System: Cranial and Spinal nerves.

Autonomic Nervous System: Sympathetic and Parasympathetic Nervous System.

Unit 3:

Behavioural Genetics: Mendelian Genetics, Chromosomes, Sex-linked and Sex-limited genes.

Biological Basis of Cognition and Learning: Lashley's search for engrams, Lateralization and Handedness.

Unit 4:

Biological Basis of Ingestive Behaviour: Hunger and Thirst

Biological Basis of Sleep: Stages and Types of Sleep; Physiological mechanism of Sleep; Disorders of Sleep.

References:

1. Carlson, N. R. (2013). *Physiological of Behaviour*. Pearson.
2. Kalat, J.W. (2019). *Biological Psychology*. Cengage.
3. Klein, S.B., & Thorne, B. M. (2006). *Biological Psychology*. Worth Publishers.
4. Levinthal, C.R. (1991). *Introduction to Physiological Psychology*. Prentice Hall.
5. Pinel, P.J. (2009). *Biopsychology*. (International edition). Pearson Education.

Semester –III

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Neuropsychology	Course Code	25PSY203DS06
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

- CLO 1. Students will be provided with a comprehensive understanding of the structure and functions of various brain regions.
- CLO 2. Students will demonstrate knowledge of brain injuries and their impact on functioning.
- CLO 3. Students will understand the methods and techniques used in neuropsychological assessment.
- CLO 4. Students will be equipped with knowledge of the causes, symptoms, and management strategies for various neuropsychological disorders.
- CLO 5. Students' understanding of the causes, symptoms, and management of brain tumors and degenerative disorders will be developed.

Unit 1:

Introduction to Neuropsychology- Structure, Functions and Dysfunction in Neural networking and its impacts. Meninges, Ventricles and Vascular system of the Brain. Brain Injury and its impact.

Unit 2:

Methods in Neuropsychology: Electrophysiological, Imaging and Scanning techniques. Comprehensive Neuropsychological Assessment: Halstead Reiten Battery; Luria-Nebraska Neuropsychological Battery.

Unit 3:

Cerebrovascular Disorders: Types- Transient Ischemic Attack; Cerebral Infarction; Haemorrhage. Causes, Symptoms and Management.
Traumatic Head Injuries: Concussion, Closed Head Injury and Penetrating Head Injury. Causes, Symptoms and Management.

Unit 4:

Intra Cranial Tumours: Infiltrating and Non-infiltrating Tumours. Causes, Symptoms and Management.
Degenerative Disorders: Parkinson's Disease and Alzheimer's Disease. Causes, Symptoms and Management.

References:

1. Boller, F. & Grafman, J. (1988) Handbook of neuropsychology. New York: Elsevier.
2. Cacioppo, J. T., Tassinary, L. G., & Berntson, G. (Eds.). (2007). Handbook of psychophysiology. Cambridge University Press
3. Crawford, J. R., Parker, D. M., & McKinlay, W. W. (Eds.). (1992). A handbook of neuropsychological assessment. Psychology Press.
4. Kar, B. R., Rao, S. L., Chandramouli, B. A., & Thennarasu, K. (2004). NIMHANS neuropsychological battery for children-manual. Bangalore: NIMHANS publication division.
5. Kolb, B., & Ian, Q. W. (1990) Fundamental of neuropsychology. New York: Freeman.
6. Kumar, J. K. (2010). Neuropsychology in India 13. The Neuropsychology of Asian Americans, 219.
7. Mahakud, G. C. (2013). Dyslexia: An Introduction to Reading Disorders. McGraw Hill Education (India).
8. Rao, S. L., Subbakrishna, D. K., & Gopukumar, K. (2004). NIMHANS neuropsychological battery. Bangalore: NIMHANS Publications.
9. Stirling, J. (2002). Cortical functions. Routledge.
10. Stirling, J., & Elliott, R. (2010). Introducing neuropsychology. Psychology Press.
11. Walsh, K. W. (1978). Neuropsychology: A clinical approach. Churchill Livingstone.

Semester -III

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Cognitive Psychology	Course Code	25PSY203DS03
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would be sensitized to the importance and utility of attention.

CLO 2: Students would become aware of the structure and function of memory along with its applicability in everyday situations.

CLO 3: Students would be able to apply the conceptual and experimental knowledge of imagery and language in further research and everyday situations.

CLO 4: Students would be able to gain knowledge regarding language structure and speech errors.

CLO 5: Students would understand the relevance of cross-cultural factors in psychological research.

Unit 1:

Attention: Filter (Broadbent and Treisman) and Resource (Kahneman) theories, Factors affecting Division of Attention.

Memory: Tasks Used for Measuring Memory, Models- Modal model, Levels of Processing. Memory processes: Encoding (memory codes & attributes), transfer of information from STM & LTM, retrieval of information, Factors determining retrieval.

Unit 2:

Working Memory: Working Memory model (Baddeley), Semantic vs Episodic Memory, Hierarchical semantic network model; Prospective Memory: Types and Common Failures; Reconstructive nature of memory: Autobiographical memory, Flashbulb memories and Eyewitness memory.

Forgetting: Interference Theory, Decay Theory, Cue-dependent theory, Motivated forgetting. Improving Memory: Mnemonics, Preparing for examination, mind maps.

Unit 3:

Decision Making: Phases of Decision Making, Cognitive illusions in decision making, Utility and Descriptive models of Decision Making.

Problem Solving: Strategies of Problem Solving; Blocks in Problem Solving; Finding Creative Solutions.

Unit 4:

Language: Structure of language: Phonology, Syntax, Semantic and Pragmatics. Speech Production: Theories: Garrett and Dell; Speech Errors.

Individual Differences in Cognition: Individual Differences in Cognitive Abilities and Style; Gender Differences in Cognition; Empirical evidences of Cross-Cultural Differences in Cognition; Effect of Schooling and Literacy.

References:

1. Anderson, J. R. (2020). *Cognitive Psychology and Its Implications* 9th edition. Worth Publishers.
2. Eysenck, M.W., & Brysbaert, M. (2018). *Fundamentals of Cognition* (3rd ed.). Routledge.
3. Eysenck, W. M., & Keane, M.T. (1990). *Cognitive Psychology: A Students Handbook*. Lawrence Erlbaum.
4. Galotti, K.M. (2014). *Cognitive Psychology: In and Out of the Laboratory*. Sage.
5. Goldstein, E. B. (2019). *Cognitive Psychology: Connecting Mind, Research, and Everyday Experience*. Cengage.
6. Groome, D. (2021). *An Introduction to Cognitive Psychology: Processes and Disorders* (4th ed.). Routledge.
7. Riegler, B.R., & Riegler, G.L.R. (2008). *Cognitive Psychology: Applying the Science of the Mind*. Pearson Education.
8. Jahnke, J.C., & Nowaczyk, R.H. (1998). *Cognitive Psychology*. Prentice Hall.
9. Matlin, M. W. (1995). *Cognition*. Prism Book.
10. Reed, K.S. (2000). *Cognition: Theory and Applications*. Wadsworth.

Semester -III

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Organizational Psychology	Course Code	25PSY203DS04
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would understand the significance of physical and psychological working conditions in organizations along with recruitment and selection procedures.

CLO 2: Students would become acquainted with various processes i.e. team dynamics, decision-making in an organization.

CLO 3: Students would gain knowledge about the theoretical bases of motivation and leadership.

CLO 4: Students would become aware of recent innovations in organizational design and culture.

CLO 5: Students would gain information about the application of psychological principles in organizations.

Unit 1:

Nature of Organizational Psychology: Historical development: Traditional and Modern Approach; Working Conditions: Physical working conditions and psychological working conditions.

Recruitment and Selection: Organisation's and applicant's perspective; Job analysis and interview.

Unit 2:

Process in Organization: Group Dynamics: Team in organization; Factors influencing Group and Team; Leadership, Power and Politics.

Decision Making: Types and Models.

Group Decision Making: Group think and Preventing group think, Conflict and Negotiation.

Unit 3:

Employee Motivation:

Theories of Motivation: Content and Process theories; Behavioural approach of Motivation and Practical value of motivation, Integration of motivation theories.

Approaches of Leadership: General approaches of leadership; Theories of leadership: Trait theories, Behavioural and Modern; Power and Influence, Leadership through Vision and Persuasion.

Unit 4:

Organizational Theory and Designs:

Organizational theory: Determinants of Organizational Designs; Recent innovations; Research on Organizational Designs.

Organizational Culture: Nature of Organizational culture; Manifestation of organizational culture; measurement and changing organizational culture.

References:

1. Aamdot, M.(2022). *Industrial/Organizational Psychology: An Applied Approach*. Wadsworth.
2. Hellriegel, D., & Slocum. J.W. (2004). *Organizational Behaviour*. Thomson Asia.
3. Jex, S. M. (2002). *Organizational Psychology*. John Wiley & Sons.
4. Robboins.P.S.(2003). *Organizational Behaviour*. Prentice Hall.
5. Spector ,P.E.(2021). *Industrial/Organizational Psychology: Research and Practice*. John Wiley & Sons.

Semester –III

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Industrial Psychology	Course Code	25PSY203DS07
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

- CLO 1. Students will get equipped with a comprehensive understanding of foundational concepts in Industrial Psychology.
- CLO 2. Students will learn the significance of adequate working conditions within industrial settings.
- CLO 3. Students will develop a focus on enhancing employee motivation and job satisfaction.
- CLO 4. Students will be able to evaluate employee performance through standardized assessment mechanisms.
- CLO 5. Students will be able to impart effective training to employees using appropriate techniques.

Unit 1:

Introduction to Industrial Psychology: History, Scope and Problems.
Approaches of Industrial Psychology: Scientific Management and Human Relational.

Unit 2:

Work Environment: Physical Working Conditions- Noise, Illumination, Atmospheric Conditions and Music.
Psychological Conditions: Organisational Climate, Work Roles, Interpersonal Relationships and Task Design.

Unit 3:

Motivation: Concept and Importance; Theories of Motivation: Maslow, McGregor and Vroom.
Job Satisfaction: Factors- Individual and Organisational, Effects of Job Satisfaction.

Unit 4:

Performance Appraisal: Objectives, Approaches and Techniques.
Training and Development: Training Process, Benefits, Techniques of Training- On the job, off the Job.

References:

1. Ghosh, P.K. (1980). Industrial Psychology. New Delhi: Himalaya Publishing House.
2. Kanti, N. (2022). Industrial Psychology. New Delhi: Bio Green Books.
3. Randall, Ray, John Arnold, Fiona Patterson and Ivan Robertson. (2016). Work Psychology: Understanding Human Behaviour in the Workplace. London: Pearson.
4. Sharma, Ram Nath and S.S. Chandra. (2004). Advanced Industrial Psychology, Volume I, New Delhi: Atlantic.
5. Aamodt, M.G. (2016). Industrial/Organizational Psychology: An applied approach (8th ed.). Boston, MA: Cengage Learning.
6. Levy, P. E. (2005). Industrial/Organizational Psychology: Understanding the workplace. Houghton Mifflin. Worth.

Semester –III

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Psychology At Work Place	Course Code	25PSY203DS08
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1. Students will understand the fundamental psychological principles and approaches applied within workplace settings. CLO 2. Students will explore the historical development of organizations and the processes that impact industrial productivity. CLO 3. Students will examine the application of psychological principles in the workplace, focusing on fostering effective leadership and enhancing group coordination. CLO 4. Students will gain insights into industrial accident prevention, safety measures, and workplace security. CLO 5. Students will understand how basic psychological principles can be utilized to alleviate employee stress and promote well-being.			
Unit 1: Introduction to Psychology at Work Place: Brief History and approaches of Organizational Psychology, Contemporary trends and challenges in Organizational Settings. Work Study: Time and Motion Study, Applications.			
Unit 2: Groups: Stages of Formation and processes, Types of Groups: Formal and Informal. Leader and Leadership: Types and Styles Of Leadership, Theories : Trait and Behavioral			
Unit 3: Industrial Morale: Factors Affecting Morale, Techniques to Boost Morale. Fatigue, Monotony and Boredom: Relationship and Difference, Techniques to Break Industrial and Mental Fatigue.			
Unit 4: Stress and Performance: Types of stress, Yerkes-Dodson Law, Sources and Management of Stress. Accidents and Industrial Safety: Industrial Accidents, Types of Accidents in Industrial Area, Accident-proneness and Risk Factors.			

References:

- Amodt, M.G. (2023). I-O Psychology: An Applied Approach. New Delhi: Cengage.
- Chadha, N.K. (2007). Organizational Behavior. Galgotia: New Delhi.
- Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley Griffin.
- Muchinsky, P. (2006). Psychology applied to work: An introduction to industrial and organizational psychology. NC: Hypergraphic Press.
- Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), Handbook of Psychology. New Delhi: Oxford University Press.
- R.W. & Moorhead, G. (2009) Organizational Behavior: Managing People & Organizations. Biztantra.

Semester -III

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Practicals	Course Code	25PSY203DS05
Hours per Week	8	Credits	4 (L:0 T:0 P: 4)
Maximum Marks	100	Time of Examinations	4 Hours
Each student would conduct and administer Twelve experiments/ tests by selecting three from each of the areas/sections mentioned below. The list of exact problems would be decided by the concerned teachers. It would be mandatory for each student to submit a record file containing a report of all experiments/tests duly signed by the respective teachers. During the examination, each student will be assigned two practicals. Evaluation would be based on record file, performance and viva.			
Course Learning Outcomes (CLO): CLO 1: Students would be able to design, conduct and report experimental research. CLO 2: Students would acquire the ability to administer, interpret and report psychological tests.			
Section A: Psychology of Environmental and Sustainable Behaviour 1. Environmental Behaviour 2. Pro-Environmental Behaviour 3. Environmental Attitude 4. Place Attachment 5. Environmental Locus of Control 6. Sustainable Consumption Behaviour Section B: Biopsychology 1. Sound Localization 2. Blind Spot 3. Colour Blindness 4. Retinal Mapping 5. Stoop Test 6. Physiological Arousal and Performance Or Neuropsychology 1. Reaction time/ Relaxation 2. Memory Test 3. Psychological Distress 4. Rorschach/ Holtzman 5. Case study of a disorder 6. Neurological Assessment Battery Section C: Cognitive Psychology 1. Selective/Divided Attention 2. STM 3. Forgetting 4. Problem Solving 5. LTM			

Section D: Organizational Behaviour

1. Team Building
2. Employee Motivation
3. Occupational Personality Questionnaire
4. Organizational Culture
5. Job Analysis
6. Interview Schedule

Or

Industrial Psychology

1. Job-satisfaction
2. Employee Motivation
3. Organizational stress
4. Sociometry/Social Conformity
5. Interpersonal relationship (survey)
6. Assertiveness

Or

Psychology At Work Place

1. Job Analysis
2. Performance Appraisal
3. Organizational Climate
4. Work-place Environment Attitudes
5. Counterproductive behavior
6. Sociometry/ social conformity
7. Coping Style

Semester -III

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Coaching and Mentoring	Course Code	25PSY203SE01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would gain knowledge of coaching and mentoring in various areas of life.

CLO 2: Students would develop a wide perspective of different coaching skills and its principles.

CLO 3: Students would gain knowledge to create a coaching and mentoring culture.

CLO 4: Students would gain acquaintance with issues and implications of supervision.

CLO 5: Students would gain the capability to enhance their performance, motivation and commitment to themselves as well as that of team members.

Unit 1:

Meaning of Coaching & Mentoring; Integrating Positive Psychology in coaching, Indian concepts in coaching.

Approaches and Perspectives: Approaches to coaching: Sports coaching, life coaching, Executive Coaching, Cognitive Behavioural Coaching; Approaches to Mentoring: Models of mentoring.

Unit 2:

Coaching Process: Stages, Principles of coaching, Models of coaching.

Coaching Skills: Questions, Listening, Presence and Intuition, Trust and Openness.

Unit 3:

Supervision: Developing Coaches and Mentors: Key issues, Supervision: Models, Implications for supervision.

Competencies, Standards and Professionalization Competencies: Arguments for a competency basis, Standards: Arguments for a standard approach, Professionalization: Arguments for professionalization.

Unit 4:

Team Coaching: Groups and Team, Team Performance, Team Coaching, Coaching issues and factors, Useful Ideas in team coaching.

Motivation and Coaching: Achieving emotional commitment for change, Words that motivate, Power of beliefs, Enhancing Motivation.

References:

1. Dryden, W., & Neenan, M. (2010). *Life Coaching*. Routledge.
2. Helroyd, J., & Field, R. (2012). *Performance Coaching Skills for Social Work*. Sage.
3. Garvey, B., Stokes, P., & Megginson, D. (2014). *Coaching and Mentoring: Theory & Practice*. Sage.

Syllabi for Post Graduate Program in Psychology**Semester -IV (OPTION 1)**

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Indian Psychology	Course Code	25PSY204DS01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO1: Students would demonstrate knowledge of the nature and applicability of Indian psychology. CLO 2: Students would demonstrate an understanding of psychological perspectives of Indian psychology CLO 3: Students would gain knowledge about Samkhya and yoga psychology. CLO 4: Students would understand concepts of Buddhism and Jainism. CLO 5: Students would be able to apply Indian Psychological concepts in research and professional areas.			
Unit 1: Introduction: What is Indian Psychology? Research Methods in Indian Psychology- Experimental Methods, Phenomenological methods. Advaita Vedanta – Philosophy, Human personality, States of consciousness, Functions of mind.			
Unit 2: Upanishads – Philosophy, States of Consciousness, Personality, Mental Functions. Philosophical basis and fundamental assumptions of Bhagwad Geeta. Nyaya –Personality, Ultimate goal of life, Perception, States of consciousness, Vaisasesika –Consciousness, Personality, Perception.			
Unit 3: Samkhya- Cosmology and Ontology, Personality, Sources of knowledge, Perception. Yoga Psychology- Comparison with Samkhya, Philosophy of Klesas, Goal of Yoga, Personality, Path of Yoga.			
Unit 4: Buddhism –Personality, Levels of Consciousness, Functioning of Mind. Jainism – Theory of Karma in Jaina Psychology, Nature of Consciousness. Implications and Applications of Indian Psychology.			

References:

1. Cornelissan, M., Misra, G., & Verma, S. (2010). *Foundations of Indian psychology: Theories and concepts*. Pearson India.
2. Rao, K.R., & Paranjpe, A.C. (2016). *Psychology in the Indian tradition*. New Delhi.
3. Rao, K.R., Paranjpe, A.C., & Dalal, A.K. (2008). *Handbook of Indian Psychology*. Foundation Books.
4. Safaya, R. (1975). *Indian Psychology*. Munshi Ram Manoharlal Publishers.

Semester -IV

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Psychopathology	Course Code	25PSY204DS02
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

- CLO 1: Students would develop an understanding of the importance of studying psychopathology and its classification.
- CLO 2: Students would be able to diagnose and treat the population affected by anxiety-related disorders.
- CLO 3: Students would understand the various symptoms and treatment modalities of dissociative and somatoform disorders.
- CLO 4: Students would understand the various symptoms and treatment modalities of mood-related disorders and schizophrenia.
- CLO 5: Students would develop an understanding of neurodevelopmental disorders and personality disorders.

Unit 1:

Psychopathology: Nature, Historical background, Diagnosis and Classification: Meaning, Purpose, DSM system of classification.

Anxiety and Obsessive Disorders: GAD, Panic, Specific phobia, OCD.

Unit 2:

Dissociative Disorders: Dissociative identity disorder, Dissociative amnesia, Dissociative depersonalization.

Somatoform Disorders: Somatization disorder, Illness anxiety disorder, Body dysmorphic disorder, Conversion disorder.

Unit 3:

Mood-related disorders: Depression, Bipolar I disorder, Bipolar II disorder, Cyclothymic disorder.

Schizophrenia and other Psychotic Disorders: Clinical picture, Etiology and Treatment approaches.

Unit 4:

Neurodevelopmental Disorders: Intellectual Disability, Autism-Spectrum, ADHD, and Learning Disorders.

Personality disorders: Cluster A- Paranoid, Schizoid and Schizotypal personality disorders, Cluster B- Antisocial, Borderline, Histrionic and Narcissistic personality disorders, and Cluster C- Avoidant, Dependent and Obsessive-Compulsive personality disorders.

References:

1. Barlow, D.H., Durand, V.M., & Hofmann, S.G. (2018). *Abnormal Psychology: An Integrative Approach*. Cengage.
2. Bennett, P. (2003). *Abnormal and Clinical Psychology*. Open University Press.
3. Carr, A. (2012). *Clinical Psychology: An Introduction*. Routledge.
4. Comer, R. J. (2003). *Abnormal Psychology*. Freeman.
5. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2007). *Abnormal Psychology*. Pearson.
6. *Diagnostic and Statistical Manual of Mental Disorders DSM- 5TM (5TH Ed.)* (2013). Washington: CBS Publishers & Distributors.
7. Hooley, J.M., Butcher, J.N., Nock, M.K., & Mineka, M. (2018). *Abnormal Psychology*. Pearson.
8. Raskin, J.D. (2018). *Abnormal Psychology: Contrasting Perspectives*. Bloomsbury Publishing.

Semester -IV

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Advanced Counseling: Principles and Skills	Course Code	25PSY204DS03
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would be able to learn principles and ethics in counseling.

CLO 2: Students would be able to plan and conduct counseling sessions.

CLO 3: Students would develop an understanding of the utility of listening and understanding skills.

CLO 4: Students would demonstrate knowledge of problem and thinking skills.

CLO 5: Students would become sensitized to the skills and procedures for planning and delivering interventions.

Unit 1:

Principles of Counseling: Fundamental precepts of Counselling, Goals of Counseling, Types of Counseling, Characteristics of Effective Counsellor, Common pitfalls faced by beginning counselors. Ethics in Counselling: Codes of Professional Ethics, Ethical Principles, Common Ethical Violations.

Unit 2:

The Counseling Process I: Inviting and building the Counseling relationship, Core Conditions of Counseling, Counselors' actions impeding the Counseling session. The Counselling Process II: Goals and methods of in-depth exploration, Commitment to action, Goal Setting, Design and implementation of action plan, Termination.

Unit 3:

Listening Skills: Importance of active listening, Skills of active listening: Attitude of Respect and Acceptance, Client's internal frame of reference, Body and voice messages. Understanding Skills: Meaning, Paraphrasing skills, Reflecting feelings, Mind skills, Manage Initial Resistances, Understanding of Context and Difference, Refraining Listening blocks.

Unit 4:

Understanding Problem and Thinking Skills: Questioning skills, Challenging skills, Feedback skills, Self-Disclosure skills and Skills for eliciting and assessing thinking. Planning, Delivering and Action Interventions: Considerations in planning, Criteria for choosing intervention, Speaking skills, Demonstration and Coaching skills, Development of Communication Action skills, Monitoring skills, Rehearsal and Role Play, Time-table activities, Using self-reinforcement skills.

References:

1. Gibson, R.L., & Mitchell, M.H. (2008). *Introduction to Counseling and Guidance*. PHI Learning.
2. Ivey, A.E., Ivey, M. B.,& Simek-Downing, L. (1987). *Counseling and Psychotherapy: Integrating Skills, Theory and Practice*. Prentice-Hall.
3. Nelson – Jones, R. (2004). *Practical Counseling and Helping Skills: Text and Exercises for Life Skills Counseling Model*. Sage.
4. Nelson – Jones, R. (2014). *Practical Counseling and Helping Skills: Text and Activities for Life Skills Counseling Model*. Sage
5. Parrott, L. (2003). *Counseling and Psychotherapy*. Thomson.
6. Welfel, E.R., & Patterson, L.E., (2005). *The Counseling Process: A Multitheoretical Integrative Approach*. Cengage Learning India.

Semester -IV

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Psychotherapeutic Interventions	Course Code	25PSY204DS04
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

- CLO 1: Students would be able to learn different approaches to Counselling.
 CLO 2: Students would be able to plan and conduct psychoanalytic therapy.
 CLO 3: Students would develop an understanding of Humanistic-Existential approaches.
 CLO 4: Students would demonstrate knowledge of goals, process and therapeutic interventions of behaviour therapy.
 CLO 5: Students would become sensitized to the skills and procedures of relaxation techniques.

Unit 1:

Counselling Approaches: Counselling and Psychotherapy: Overview, Functions of Counselling and Psychotherapy Theories, Limitations, Origins of Counselling and Psychotherapy Approaches.
 Psychoanalytic Therapy: Key Concepts, Therapeutic Process, Therapeutic Techniques and Procedures, Contemporary Trends: Object-Relations Theory, Self Psychology, and Relational Psychoanalysis.

Unit 2:

Humanistic-Existential Approaches: Person-Centred Therapy: Goals, Process, and Interventions; Gestalt Therapy: Goals, Process and Interventions.
 Transactional Analysis: Goals, Process, and Intervention; Existential Therapy: Goals, Process and Interventions.

Unit 3:

Behaviour Therapy: Therapeutic Goals, Process of Therapy, and Interventions.
 Rational Emotive Behaviour Therapy: Therapeutic Goals, Process of Therapy, Therapeutic Interventions. Beck's Cognitive Therapy: Process and Interventions.

Unit 4:

Psychoeducation: Nature, Benefits; Motivational Interviewing: Nature, Fundamental Interaction Techniques, Commitment to change.
 Mindfulness and Self-Compassion: Nature, Benefits; Relaxation Techniques: Benefits, Types- Abdominal Breathing, Progressive Muscle Relaxation, Visual Imagery.

References:

1. Baruth, L.G., & Huber, C.H. (1985). *Counseling and Psychotherapy*. Pergamum Press.
2. Claringbull, N. (2011). *Mental Health in Counseling and Psychotherapy*. Short Run Press.
3. Corey, G. (2009). *Theory and Practice of Counseling and Psychotherapy*. Brooks/ Cole.
4. Hecker, J.E. & Thorpe, G.L. (2005). *Introduction to Clinical Psychology: Science, Practice and Ethics*. Pearson.
5. Nietzel, M. T., Bernstein, D. A., & Millich, R. (1994). *Introduction to Clinical Psychology* (4th Ed). Prentice Hall.
6. Peh, A., Chang, M. J., Cheng, J., Khim, M. L. H., Huimin, M. P., Chong, T. W., Hong, T.W., & Salikin, M. Y. C. (2016). *Psychological Interventions*. Eastern Health Alliance.
7. Pomerantz, A. M. (2011). *Clinical Psychology: Science, Practice & Culture* (2nd Ed.). Sage Publications.
8. Spiegler, M.D., & Guevermont, D.C. (1998). *Contemporary Behaviour Therapy*. (3rd Ed.). Brooks/Cole.

Semester -IV

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Practicals	Course Code	25PSY204DS05
Hours per Week	8	Credits	4 (L:0 T:0 P: 4)
Maximum Marks	100	Time of Examinations	4 Hours

Each student would conduct/administer Twelve experiments/ tests by selecting three from each of the areas/sections mentioned below. The list of exact problems would be decided by the concerned teachers.

It would be mandatory for each student to submit a record file containing a report of all experiments/ tests duly signed by the respective teachers. During the examination, each student will be assigned two practicals. Evaluation would be based on record file, performance and viva.

Course Learning Outcomes (CLO):

CLO 1: Students would acquire the ability to administer, interpret and report psychological tests.

CLO 2: Students would be able to design and conduct counseling sessions.

Section A: Indian Psychology

1. Assessment of Trigunas / Tridoshas
2. Assessment of Ahamkara
3. Assessment of Virtues
4. Assessment of Anasakti
5. Assessment of Karmayoga

Section B: Psychopathology

1. Assessment of Anxiety
2. Irrational Thoughts
3. TAT
4. Rorschach Ink Blot/ Holtzman Ink Blot
5. MMPI/CAQ
6. Assessment of Depression
7. Bhatia Battery of Intelligence/WAIS

Section C: Advanced Counseling: Principles and Skills

1. Listening Skills
2. Self Disclosure
3. Questioning Skills
4. Emotional Competence
5. Case Study
6. Self-reinforcing Skills

Section D: Psychotherapeutic Interventions

1. Relaxation
2. Systematic Desensitization
3. Token Economy
4. Locus of Control
5. Biofeedback
6. Motivational Interviewing
7. Assertiveness

Semester -IV

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Internship	Course Code	25PSY204IN01
Hours per Week	-----	Credits	4 (Internship for 120 Hours)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Course Learning Outcomes (CLO): CLO 1: Students will gain hands-on experience and develop specific skills.			
Each student would undergo supervised training in his/her Field/Subject of choice for a period of 120 hours in an institution, approved by the Department/College, during the academic session which may be on weekly/monthly basis. The spread of hours will be decided keeping the viability and availability of the institution during that period. Training cost would be borne by the student himself/herself. Evaluation would be based on training report (duly signed by the concerned person/head of the training institute) and viva voce examination.			

Syllabi for Post Graduate Program in Psychology**Semester -IV (OPTION 2)**

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Internship	Course Code	25PSY204IN01
Hours per Week	-----	Credits	4 (Internship for 120 Hours)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Course Learning Outcomes (CLO): CLO 1: Students will gain hands-on experience and develop specific skills.			
Each student would undergo supervised training in his/her Field/Subject of choice for a period of 120 hours in an institution, approved by the Department/College, during the academic session which may be on weekly/monthly basis. The spread of hours will be decided keeping the viability and availability of the institution during that period. Training cost would be borne by the student himself/herself. Evaluation would be based on training report (duly signed by the concerned person/head of the training institute) and viva voce examination.			

Semester -IV

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Dissertation/Research Project	Course Code	25PSY204PD01
Hours per Week	-----	Credits	20
Maximum Marks	500 (Internal 150 and External 350)	Time of Examinations	3 Hours
Note: Dissertation /Research Project will be offered to those students who will score 75% or more in the first two semesters of the program.			
The Dissertation / Research Project will be completed under the supervision of a teacher in the Department / Institution as per university guidelines.			

Syllabi for Post Graduate Program in Psychology
Semester -III (OPTION 3)

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Coaching and Mentoring	Course Code	25PSY203SE01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would gain knowledge of coaching and mentoring in various areas of life. CLO 2: Students would develop a wide perspective of different coaching skills and its principles. CLO 3: Students would gain knowledge to create a coaching and mentoring culture. CLO 4: Students would gain acquaintance with issues and implications of supervision. CLO 5: Students would gain the capability to enhance their performance, motivation and commitment to themselves as well as that of team members.			
Unit 1: Meaning of Coaching & Mentoring; Integrating Positive Psychology in coaching, Indian concepts in coaching. Approaches and Perspectives: Approaches to coaching: Sports coaching, life coaching, Executive Coaching, Cognitive Behavioural Coaching; Approaches to Mentoring: Models of mentoring.			
Unit 2: Coaching Process: Stages, Principles of coaching, Models of coaching. Coaching Skills: Questions, Listening, Presence and Intuition, Trust and Openness.			
Unit 3: Supervision: Developing Coaches and Mentors: Key issues, Supervision: Models, Implications for supervision. Competencies, Standards and Professionalization Competencies: Arguments for a competency basis, Standards: Arguments for a standard approach, Professionalization: Arguments for professionalization.			
Unit 4: Team Coaching: Groups and Team, Team Performance, Team Coaching, Coaching issues and factors, Useful Ideas in team coaching. Motivation and Coaching: Achieving emotional commitment for change, Words that motivate, Power of beliefs, Enhancing Motivation.			
References: 1. Dryden, W., & Neenan, M. (2010). <i>Life Coaching</i>. Routledge. 2. Helroyd, J., & Field, R. (2012). <i>Performance Coaching Skills for Social Work</i>. Sage. 3. Garvey, B., Stokes, P., & Megginson, D. (2014). <i>Coaching and Mentoring: Theory & Practice</i>. Sage.			

Semester -III

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Dissertation/Research Project	Course Code	25PSY203PD01
Hours per Week	-----	Credits	20
Maximum Marks	500 (Internal 150 and External 350)	Time of Examinations	3 Hours
Note: Dissertation /Research Project will be offered to those students who will score 75% or more in the first two semesters of the program.			
The Dissertation / Research Project will be completed under the supervision of a teacher in the Department / Institution as per university guidelines.			

Syllabi for Post Graduate Program in Psychology**Semester -IV (OPTION 3)**

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Internship	Course Code	25PSY204IN01
Hours per Week	-----	Credits	4 (Internship for 120 Hours)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Course Learning Outcomes (CLO): CLO 1: Students will gain hands-on experience and develop specific skills.			
Each student would undergo supervised training in his/her Field/Subject of choice for a period of 120 hours in an institution, approved by the Department/College, during the academic session which may be on weekly/monthly basis. The spread of hours will be decided keeping the viability and availability of the institution during that period. Training cost would be borne by the student himself/herself. Evaluation would be based on training report (duly signed by the concerned person/head of the training institute) and viva voce examination.			

Semester -IV

Name of Program	Post Graduate Program in Psychology	Program Code	PSY2
Name of the Course	Dissertation/Research Project	Course Code	25PSY204PD01
Hours per Week	-----	Credits	20
Maximum Marks	500 (Internal 150 and External 350)	Time of Examinations	3 Hours
Note: Dissertation /Research Project will be offered to those students who will score 75% or more in the first two semesters of the program.			
The Dissertation / Research Project will be completed under the supervision of a teacher in the Department / Institution as per university guidelines.			

Note:

*The students who opted Option 3 should submit a project report/synopsis of atleast 50 pages comprising of Literature survey, identification of Research Problem, Plan of work, methodology as well as practical work (if any) at the end of 3rd semester and the same will be evaluated by internal and external examiners.

**The students should continue the research work in 4th semester based on the project work/synopsis submitted at the end of 3rd semester. The final thesis/project report will be evaluated by the internal and external examiners.