

CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY KANPUR



Four Years Undergraduate Programme (FYUP)

SYLLABUS OF

4 YEAR B.A. (HONOURS)

**4 YEAR B.A. (HONOURS WITH RESEARCH) IN
PSYCHOLOGY**

AND

**4+1 YEAR (B.A. HONOURS AND HONOURS WITH
RESEARCH+ M.A.) IN PSYCHOLOGY**

SESSION 2025-2026

MINUTES OF THE MEETING OF THE BOARD OF STUDIES IN PSYCHOLOGY

Date: 27th May 2025

Time: 11:45 AM – 1:30 PM

Mode: Online Meeting

Convener: Prof. Sangita Srivastava

The online meeting of the Board of Studies (BoS) in Psychology was held on 27th May 2025 at 11:45 AM. The meeting was convened by Prof. Sangita Srivastava and continued till 1:30 PM. The meeting was attended by the following members: Prof. Surabhi Mishra, Prof. Abha Singh, Dr. Geeta, Prof. Dhananjay Kumar, Dr. Shamini Srivastava, Prof. Anubhuti Dubey, Dr. Nutan Vohra, Prof. Sangita Srivastava (Convener) including the Dean Academics- Prof. Brishti Mitra and special invitees Dr. Priyanka Shukla and Mr. Ahmad Abdulla from the Department of Psychology, CSJMU, Kanpur. The quorum was duly met.

Agenda of the Meeting:

1. To review and finalize the syllabus FYUP - B.A. (Honours) and B.A. (Honours with Research) in Psychology.
2. To review and finalize the syllabus of Psychology Ph.D. Coursework.
3. To review and finalize the syllabus of FYUGP – B.A. Psychology (Honours) for On-Campus Programme.

Pre-Meeting Consultations:

Prior to the meeting, all BoS members were contacted online for discussions. Opinions and suggestions regarding the syllabi were collected and recorded. Every aspect was carefully considered and deliberated upon in accordance with the UGC recommendations under the NEP 2020 framework.

Draft versions of all three syllabi were sent in advance to all BoS members before the scheduled meeting on 27th May 2025.

Proceedings and Outcome:

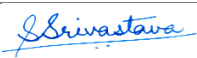
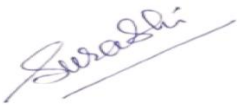






During the online meeting, constructive and valuable suggestions were provided by the members and invitees to improve and update the syllabi. After a thorough discussion, the final drafts of the following syllabi were finalized:

1. FYUP syllabus of Psychology -B.A. (Honours) and B.A. (Honours with Research).
2. Psychology Ph.D. Coursework

3. FYUGP – B.A. Psychology (Honours) (On-Campus)

All inputs and suggestions received during the course of the meeting were given equal weightage and incorporated into the final versions where appropriate.

The meeting concluded with appreciation for the collaborative efforts of all members in finalizing the updated syllabi in alignment with NEP 2020.

S. No.	Name	Institution	Signature
1.	Prof. Sangita Srivasatava-Convener	A.N.D.N.N.M. College, Kanpur	
2.	Prof. Surabhi Mishra	Shri Narayan Girls P.G. College, Unnao	
3.	Prof. Abha Singh	P.P.N. (P.G.) College, Kanpur	
4.	Dr. Geeta	D.A.V. (P.G.) College Kanpur	
5.	Prof. Dhananjay Kumar	Deen Dayal Upadhyay University, Gorakhpur	
6.	Dr. Shamini Srivastava	Feroz Gandhi College, Raibareli	
7.	Prof. Anubhuti Dubey	Gorakhpur University, Gorakhpur	
8.	Dr. Nutan Vohra (Retd. Principal)	A.N.D.N.N.M. College	



Prepared by:
Prof. Sangita Srivastava
Convener, Psychology
Date: 27th May 2025

Program Structure and Progression Instructions

Syllabus Developed by		
Name of BoS Convenor	Designation	College/University
Prof. (Dr.) Sangita Srivastava	Convenor	Acharya Narendra Dev Nagar Nigam Mahila Mahavidyalya Affiliated with C.S.J.M. University Kanpur

Year	Sem .	Course Code	Course Title	Theory/Practical	Credits
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First Year (Certificate)

B.A.1	I	A090101T	Basic Psychological Processes	Theory	4
	I	A090102P	Lab Work	Practical	2
	II	A090201T	Basic Research Methodology and Statistics	Theory	4
	II	A090202P	Lab Work/ Psychological Testing	Practical	2

As part of the undergraduate program, students electing a minor in Psychology first semester must undertake two core courses, A090101T (4 credits) and A090102P (2 credits), contributing to the 6-credit total for the minor paper.

Second Year (Diploma)

B.A. 2	III	A090301T	Psychology of Social Behavior	Theory	4
	III	A090302P	Lab Work and Measurement of Social Behavior	Practical	2
	IV	A090401T	Abnormal Psychology	Theory	4
	IV	A090402P	Assessment/Testing	Practical	2

As part of the undergraduate program, students electing a minor in Psychology third semester must undertake two core courses, A090301T (4 credits) and A090302P (2 credits), contributing to the 6-credit total for the minor paper.

***At the undergraduate level, during the fourth semester or after the second year, it will be mandatory for the student to complete a 3-credit research project/ internship/ field work/ survey work related to one of the two major subjects chosen by the student.**

Third Year (Degree)

B.A. 3	V	A090501T	Life Span Human Development	Theory	4
	V	A090502T	Positive Psychology	Theory	4
	V	A090503P	Lab Work/Survey	Practical	2
	VI	A090601T	Community and Health Psychology	Theory	4
	VI	A090602T	Counseling Psychology	Theory	4
	VI	A090603P	Survey/Field Visit	Practical	2

Year	Sem.	Course Code	Course Title	Theory/Practical	Credits
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B.A. (Honours)

B.A. 4 OR M.A. I (3+2)	VII	A090701T	Higher Mental Processes	Theory	4
	VII	A090702T	Adv. Social Psychology	Theory	4
	VII	A090703T	Quantitative Research Methods	Theory	4
	VII	A090704T	Philosophical Perspective and Contemporary Trends	Theory	4
	VII	A090705P	Practical	Practical	4
	VIII	A090801T	Qualitative Research Methods	Theory	4
	VIII	A090802T	Theories of Personality	Theory	4
	VIII	A090803T	Psychological Assessment	Theory	4
	VIII	A090804T	Neurophysiological Basis of Behaviour	Theory	4
	VIII	A090805P	Practical	Practical	4

B.A. (Honours With Research)*

B.A. 4	VII	A090701T	Higher Mental Processes	Theory	4
	VII	A090703T	Quantitative Research Methods	Theory	4
	VII	A090704T	Philosophical Perspective and Contemporary Trends	Theory	4
	VII	A090705P	Practical	Practical	4
	VII	A090706R	Dissertation	Project	4
	VIII	A090801T	Qualitative Research Methods	Theory	4
	VIII	A090802T	Theories of Personality	Theory	4
	VIII	A090803T	Psychological Assessment	Theory	4
	VIII	A090805P	Practical	Practical	4
	VIII	A090806R	Dissertation	Project	4

***B.A. (Honors with Research) will be available only to those students who secure more than 75% marks in the first six semesters.**



Prof. Sangita Srivastava
Convener of Psychology
CSJM University Kanpur

M.A. (4+1) in Psychology

Year	Sem .	Course Code	Course Title	Theory/Practical	Credits
M.A. (4+1) OR M.A. II (3+2)	IX	A090901T	Psychopathology	Theory (Core)	4
	IX	A090902T	Positive Psychology	Theory (Core)	4
	IX	A090903T	Organizational Behaviour	Any One of the Elective Theory Papers chosen	4
	IX	A090904T	Environmental Psychology		4
	IX	A090905T	School Psychology		4
	IX	A090906T	Counselling Psychology		4
	IX	A090907T	Psychology of Yoga, Health and Well-being		4
	IX	A090908T	Developmental Psychology		4
	IX	A090909T	Sports Psychology		4
	IX	A090910P	Practical	Practical	4
	IX	A090911R	Dissertation	Project	4
	X	A091001T	Psychotherapeutic Intervention	Theory (Core)	4
	X	A091002T	Health Psychology	Theory (Core)	4
	X	A091003T	Indigenous Psychology	Any One of the Elective Theory Papers chosen	4
	X	A091004T	Psychology of Rehabilitation		4
	X	A091005T	Forensic Psychology		4
	X	A091006T	Post-Disaster Psycho-Social Rehabilitation		4
	X	A091007T	Psychology of Ageing and Palliative Care		4
	X	A091008T	Psychology of Stress and Coping Strategies		4
	X	A091009T	Human Resources and Management		4
	X	A091010P	Practical	Practical	4
	X	A091011R	Dissertation	Project	4

Credit System Alignment

The NEP 2020 introduces a standardized credit framework to quantify academic workload:

- Theory or Tutorial: 1 credit equates to 15 hours of instruction over a semester.
- Practical/Field Work: 1 credit corresponds to 30 hours of engagement per semester.



Prof. Sangita Srivastava
Convener of Psychology
CSJM University Kanpur

SEMESTER-1**Paper 1 Theory**

Program/Class: Certificate		Year: First	Semester: First
Subject: Psychology			
Course Code: A090101T		Course Title: Basic Psychological Processes	
Course Outcome: The students will learn about the fundamental processes and core psychological concepts, models, classical theories, varied perspectives, and will be able to apply them in their own and in others' lives. It will also give the learner a clear understanding of the concepts like intelligence, motivation, emotion and personality. It will develop critical analytical skills regarding these individualistic traits.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		No. of Lectures
I	Psychology: Nature, Scope and Applications; Approaches: Behavioristic, Cognitive, & Indigenous Indian Psychology (with special reference to Shrimad Bhagwad Gita, Sankhya Darshan and Buddhism).		8
II	Attention Processes: Selective and Sustained Attention: Nature and Determinants; Perceptual Processes: Nature and Determinants; Perceptual Organization.		7
III	Learning: Classical Conditioning, Operant Conditioning and Verbal Learning: Methods and Procedures.		8
IV	Memory and Forgetting: Stages of Memory: Encoding, Storage and Retrieval; Types of Memory: Sensory, Short Term and Long Term Memory (Basic Introduction); Forgetting.		8
V	Intelligence: Nature and Definition; Concept of IQ; Theories of Intelligence (Introduction of Basic Concepts): Spearman, Thurston, Guilford, Sternberg, Gardner.		8
VI	Personality: Definition and Determinants; Approach of Personality (Basic Concepts): Trait and Types approaches (Allport and Cattell); Psychodynamic (Freud); Humanistic (Rogers and Maslow).		8
VII	Motivation: Nature and Concept (Need, Drive, Instinct); Types of Motives: Biological and Social Motives.		7
VIII	Emotion: Nature of Emotion; Basic Emotions, Theories of Emotion: James-Lange, Cannon-Bard, Schachter-Singer.		8
Suggested Readings:			
1. Baron, R. & Misra, G. (2016). <i>Psychology</i> (5th edition). New Delhi: Pearson.			
2. Ciccarelli, S. K., White, N.J., & Misra, G. (2017). <i>Psychology</i> (5th ed., South Asian Edition). New Delhi: Pearson Education.			
3. Cornelissen, M., Mishra, G. & Verma, S. (2014). <i>Foundations of Indian Psychology</i> . New Delhi: Pearson Education.			
4. De Silva, P. (2005). <i>An introduction to Buddhist psychology</i> . Springer.			
5. Galotti, K.M. (2014). <i>Cognitive Psychology: In and Out of the Laboratory</i> (5th ed.). New Delhi: Sage.			
6. Feldman, R. S. (2006). <i>Understanding Psychology</i> . India: Tata McGraw Hill.			






7. Mishra, G. (Edited) (2019). Personality in Indigenous Tradition. In ICSSR Research Surveys & explorations Psychology (Vol.2): Individual and the Social Processes & Issues. New Delhi: Oxford University Press.
8. Morgan, C.T., King, R.A., Weiss, R.A., & Schopler, J. (2004). *Introduction to Psychology* (7th ed.). New York: McGraw Hill.
9. Suhotra (2007). *Vedantic Psychology: India's ancient vision of the Mind*. The Bhaktivedanta Academy.
10. Swami Akhilanand (2001 edition). *Hindu Psychology: It's meaning for the West*. Taylor & Francis.
11. सिंह, अरुण कुमार (2006). *आधुनिक असामान्य मनोविज्ञान* | मोतीलाल बनारसीदास प्रकाशक, 923 पृष्ठ। ISBN: 81-208-2224-2
12. त्रिपाठी, ला०ब०एवं अन्य (2001). *आधुनिक प्रायोगिक मनोविज्ञान*। आगरा : हरप्रसाद भार्गवा
13. Zimbardo, P.C. & Weber, A.L. (1997). *Psychology*. New York: Harper Collins College Publishers.
14. Srivastava, M., Bharti, J., & Srivastava, S. (2024). Basic psychological processes (With special reference to NEP). Book Rivers.
15. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>
<http://www.apa.org>

Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Suggested equivalent online courses:

- Coursera
- Swayam

Paper 2 Practical

Program/Class: Certificate		Year: First	Semester: First
Subject: Psychology			
Course Code: A090102P		Course Title: Lab Work (Practical)	
Course Outcome: Students will be imparted a variety of skills to design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report.			
Credits: 2		Core Compulsory (Practical)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		
I	Any one experiment based on Attention/Perceptual Processes		
II	Any one experiment based on Classical Conditioning/Operant Conditioning/Verbal Learning		
III	Any one experiment based on Memory/Forgetting		
IV	Any one experiment based on Motivation/Emotion Processes		



Suggested Readings:

1. त्रिपाठी, लालबाला एवं अन्य (2001). आधुनिक प्रायोगिक मनोविज्ञान। आगरा : हरप्रसाद भार्गवा
2. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>

Suggested Continuous Evaluation Methods:

- Presentation of practical file (15 marks)
- Attendance (10 marks)

SEMESTER-2**Paper 1 Theory**

Program/Class: Certificate		Year: First	Semester: Second
Subject: Psychology			
Course Code: A090201T		Course Title: Basic Research Methodology and Statistics	
Course Outcome: The learners will be able to comprehend psychological data and can put them on appropriate scaling methods. Moreover, they will be getting hold of essentials of psychological testing along with various kinds of tests implemented.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		No. of Lectures
I	Measurement: Nature and Scales of Psychological Measurement; Properties and Functions of Measurement.		6
II	Scientific Approach: Aim and Functions; Research Methods: Experimental, Correlational, and Observational. Research Problem: Characteristics of good research problem. Sampling: Concept and Methods.		8
III	Variable: Concept and Types; Hypothesis: Types and Criteria		8
IV	Population and Sampling, Methods of sampling techniques.		8
V	Psychological Statistics: Introduction; Descriptive Statistics: Measures of Central Tendency and Measures of Variability; Graphical Representation of Data.		7
VI	The Normal Distribution: Meaning and Uses, Significance of Statistics, t test.		7
VII	Correlation: Types and Interpretation; Chi- Square test		8
VIII	Tests: Concept and Types; Psychometric Properties of Tests: Validity and Reliability: Nature and Types.		8
Suggested Readings:			
1. Anastasi, A. (1950). Psychological Testing. Prentice Hall.			
2. Cronbach, L.J. (1960) (2nd Edition). <i>Essentials of Psychological Testing</i> . New York: Harper.			
3. Freeman, F.S. (1962) (3rd Edition). <i>Theory and practice of psychological testing</i> . New York: Holt, Rinehart & Winston.			
4. Garrett, H. E. (1966). <i>Statistics in Psychology and Education</i> . Paragon International Publishers.			






5. Gregory, R.J. (2014) (6th Edition). *Psychological Testing: History, Principles and Applications*. New Delhi: Pearson India Education.
6. Guilford, J.P. (1936). *Psychometric Methods*. London: McGraw Hill Publishing Company.
7. Kerlinger, F.N. (1983). *Foundations of Behavioral Research*. New Delhi: Surjeet Publications.
8. लाल. जे. एन. (1999) मनोविज्ञान एवं शिक्षा में सांख्यिकी, नीलकमल प्रकाशन, गोरखपुर।
9. मिश्रा, बब्बन तथा त्रिपाठी, लाल बचन (1994). मनोवैज्ञानिक सांख्यिकी, हर प्रसाद भार्गव, आगरा।
10. Singh, A.K. (2006). *Tests, Measurement and Research Methods in Behavioral Sciences*. Patna: Bharti Bhavan.
11. श्रीवास्तव, डी. एन. (2011). सांख्यिकी एवं मापन, आगरा: अग्रवाल पब्लिकेशन्स
12. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>

Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Suggested equivalent online courses:

- Coursera
- Swayam





Paper 2 Practical

Program/Class: Certificate	Year: First	Semester: Second
Subject: Psychology		
Course Code: A090202P	Course Title: Lab Work/ Psychological Testing (Practical)	
Course Outcome: Students will be conferred an array of skills to carry out experiments in lab settings, design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report.		
Credits: 2	Core Compulsory (Practical)	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Unit	Topics	
I	Plan, conduct and report an experiment using experimental method	
II	Ascertain the Reliability of any psychological test using any method of Reliability and report	
III	Administer any one Self-Report Inventory on a subject, score and report	
IV	Administer any one Intelligence Test on a subject/subjects, score and report	
Suggested Readings:		
1- त्रिपाठी, लालबचन एवं अन्य (2001). आधुनिक प्रायोगिक मनोविज्ञान। आगरा : हरप्रसाद भार्गव।		
2- Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx , www.psytoolkit.org		
Suggested Continuous Evaluation Methods:		
● Presentation of Practical file (15 Marks)		
● Attendance (10 marks)		



SEMESTER-3**Paper 1 Theory**

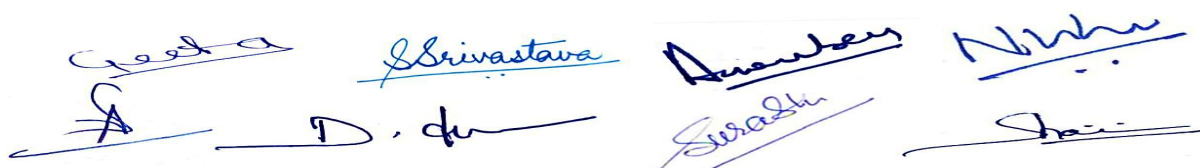
Program/Class: Diploma		Year: Second	Semester: Three
Subject: Psychology			
Course Code: A090301T		Course Title: Psychology of Social Behavior	
Course Outcome: By the end of the course, students will be able to summarize general information, through in-class discussion and assignments, pertaining to social psychological theories and an opportunity to apply social psychological theories to their lives. Critically evaluate research to understand and explain distressing human social behavior and relate social psychological concepts and theories to the context of historic and current world, national, and local events.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		No. of Lectures
I	Social Psychology: Nature, and Scope; Methods of Studying Social Behavior.		8
II	Person Perception: Concept, Determinants of Impression Formation.		7
III	Social Cognition: Schema, Schematic Processing. Attribution Causality: Harold Kelly and Bernard Weiner.		7
IV	Attitude: Nature, Formation and Measurement. Interpersonal Attraction: Concept and Determinants.		8
V	Aggression: Concept, Theories: Frustration-Aggression Hypothesis, Social Learning Theory of Aggression.		8
VI	Pro-social Behavior: Bystander Effect; Determinants: Personal, Situational and Socio-cultural.		7
VII	Social Influence Processes: Conformity and Compliance. Intergroup Relations: Prejudice and Discrimination.		7
VIII	Groups: Norms, Roles, and Group Influence Processes: Social Facilitation; Social Loafing and Deindividuation.		8
Suggested Readings:			
1. Baron, R.A. & Branscombe, N.R. (2012). <i>Social Psychology</i> (13 th ed.) New Delhi: Pearson.			
2. Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). <i>Social Psychology</i> (12 th ed). New Delhi: Pearson.			
3. Baumeister, R.F. & Bushman, B.J.(2013). <i>Social Psychology and Human Nature</i> . (3 rd ed.). Wadsworth Pub. Co.			
4. सिंह, अरुण कुमार (2006). आधुनिक असामान्य मनोविज्ञान. मोतीलाल बनारसीदास प्रकाशक, 923 पृष्ठा ISBN: 81-208-2224-2			
5. Taylor, S.E., Paplau, L.A., & Sears, D.O. (2006). <i>Social Psychology</i> (12 th ed). New Delhi: Pearson Publications.			
6. त्रिपाठी, लालबहादुर एवं अन्य (2001). आधुनिक प्रायोगिक मनोविज्ञान। आगरा : हरप्रसाद भार्गवा			
7. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx			
http://www.apa.org http://www.yale.edu			
Suggested Continuous Evaluation Methods:			
● Assignment/ Seminar (10 Marks)			

<ul style="list-style-type: none"> • Written Test (10 Marks) • Attendance (5 Marks)
Suggested equivalent online courses: <ul style="list-style-type: none"> • Coursera, • Swayam

Paper 2 Practical

Program/Class: Diploma		Year: Second	Semester: Third
Subject: Psychology			
Course Code: A090302P		Course Title: Lab Work and Measurement of Social Behavior	
Course Outcome: Students will be exposed to the mixture of skills such as how to conduct a psychological experiment for understanding social behavior as well as psychological measurements and scientific reporting of the data.			
Credits: 2		Core Compulsory (Practical)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		
I	Measurement of Attitude/ Interpersonal Attraction/Person Perception		
II	Measurement of Helping Behavior/ Prejudice		
III	Conduct an experiment on Attribution/Aggression/Impression Formation		
IV	Conduct an experiment on Social Facilitation/ Conformity/ Compliance		
Suggested Readings:			
1. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx www.psytoolkit.org			
Suggested Continuous Evaluation Methods:			
<ul style="list-style-type: none">● Presentation of Practical file (15 Marks);● Attendance (10 marks)			



SEMESTER-4**Paper 1 Theory**

Program/Class: Diploma		Year: Second	Semester: Four
Subject: Psychology			
Course Code: A090401T		Course Title: Abnormal Psychology	
Course Outcome: The students will be able to understand criteria of abnormality and one's own behavior and behavior of others. By applying the knowledge of assessment, diagnosis, classification system and DSM categories, the learners' will develop sensitivity towards individual diversity and various approaches to the diagnosis and treatment of psychological disorders. Summarize clinical features of symptoms, etiology and valid and reliable treatment of diagnostic categories of mental health disorders.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Abnormal Psychology: Concept and Criteria of Abnormality, Classification of Abnormality, Difference between DSM and ICD.	6	
II	Anxiety Disorders: Clinical Picture and Etiology: Generalized Anxiety Disorder (GAD), Phobia, Panic Disorder and Obsessive-Compulsive Disorder (OCD).	8	
III	Somatic and Dissociative Disorders: Somatic Symptom and Related Disorders: Types, Clinical Picture and Etiology.	8	
IV	Depressive and Bipolar Disorders: Types, Clinical Picture and Etiology.	8	
V	Schizophrenia: Types, Clinical Picture and Etiology.	7	
VI	Learning Disabilities: Reading, Written expression and Mathematics disorders.	7	
VII	Substance Related Disorder: Substance Abuse, Dependence and Etiology.	8	
VIII	Clinical Picture and Etiology of Neurodevelopmental Disorders: Attention-Deficit/Hyperactivity Disorder (ADHD) Autism Spectrum Disorders.	8	
Suggested Readings:			
1. Barlow D. H. & Durand V. M, & Stewart, S. H. (2009). <i>Abnormal Psychology</i> . New Delhi: Cengage Learning.			
2. Bennett, P. (2006). <i>Abnormal and Clinical Psychology: An introductory textbook</i> . New York: Open University Press.			
3. Brewer, K. (2001). <i>Clinical Psychology</i> . Oxford: Heinemann Educational Publishers			
4. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). <i>Abnormal Psychology</i> . New Delhi: Pearson.			
5. Kearney, C. A. & Trull, T. J. (2012). <i>Abnormal Psychology and Life: A dimensional approach</i> . New Delhi: Cengage learning			
6. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org www.nimh.nih.gov			






Suggested Continuous Evaluation Methods: <ul style="list-style-type: none"> ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)
Suggested equivalent online courses: <ul style="list-style-type: none"> ● Coursera; ● Swayam

Paper 2 Practical

Program/Class: Diploma		Year: Second	Semester: Four
Subject: Psychology			
Course Code: A090402P		Course Title: <u>Assessment/Testing</u>	
Course Outcome: At the end of the course, the students will be imparted a variety of proficiency to conduct the screening and assessment of psychological tools for examining developmental issues and disorders. The practicum of case study will let the students learn and execute an in- depth investigation of a single person, group, event or community.			
Credits: 2		Core Compulsory (Practical)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		
I	Administration, Scoring and Interpretation of any anxiety test		
II	Administration, Scoring and Interpretation of any test of Depression		
III	Administration, Scoring and Interpretation of any test of Intelligence to screen any cognitive or learning impairment		
IV	Administration, Scoring and Interpretation of any test of any Neuropsychological test/Cognitive function test		
Suggested Readings: 1. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org			
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none">● Presentation of Practical file (15 marks)● Attendance (10 marks)			

SEMESTER- 5**Paper 1 Theory**

Program/Class: Degree		Year: Third	Semester: Five
Subject: Psychology			
Course Code: A090501T		Course Title: Life Span Human Development	
Course Outcome: At the end of the course, the student will able to develop an ability to identify the milestones in diverse domains of human developments across the child, adolescent and adulthood stages, understand the contributions of socio-cultural context toward shaping human development and acquire an ability to decipher key developmental challenges and issues.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		No. of Lectures
I	Human Development: Introduction; Principles of Development; Methods of Studying Human Development.		8
II	Prenatal Development: Stages and hazards; Neonatal Development: Sensory and Motor Capacity.		8
III	Infancy: Physical, Social and Language Development.		7
IV	Childhood Development: Cognitive, Emotional and Moral Development.		8
V	Adolescence: Physical Changes (Puberty and Growth spurts); Development of Identity, Cognitive, Social, Emotional and Moral Development.		8
VI	Early Adulthood: Sex - Role Adjustment, Diversity of Adult Lifestyles, Career Development.		7
VII	Middle Adulthood: Changes in Mental Abilities, Adapting To Physical Changes in Midlife, Relationship at Midlife, Vocational Life.		7
VIII	Late Adulthood: Life Expectancy, Physical Changes, Change in Self Concept and Personality.		7
Suggested Readings:			
1. Berk, L. E. (2010). <i>Child Development</i> (9th ed.). New Delhi: Prentice Hall.			
2. Berk, L.E. (2017). <i>Development through the Life span</i> (7 th ed.). Allyn & Bacon: Pearson.			
3. Feldman, R.S. & Babu. N. (2011). <i>Discovering the Lifespan</i> . New Delhi: Pearson.			
4. Misra, G. (2011). <i>Handbook of Psychology in India</i> (Section IV), New Delhi: Oxford University Press.			
5. Santrock, J. W. (2011). <i>Child Development</i> (13th ed.). New Delhi: McGraw-Hill.			
6. Santrock, J.W. (2012). <i>Life Span Development</i> (13th ed.). New Delhi: McGraw-Hill.			
7. Srivastava, A.K. (1997). <i>Child Development: An Indian Perspective</i> . New Delhi: NCERT.			
8. Verma, S. (2025). <i>Life span human development</i> . Red'Shine Publication. ISBN: 978-93-5879-575-2. https://doi.org/10.25215/9358795751			
9. त्रिपाठी, एल० बी० एवं पाण्डेय, एस० (2009). मानव विकास का मनोविज्ञान। नई दिल्ली: कांसेप्ट पब्लिशिंग कंपनी।Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx			
10. http://www.apa.org			






Suggested Continuous Evaluation Methods:
<ul style="list-style-type: none"> ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)
Suggested equivalent online courses:
<ul style="list-style-type: none"> ● Coursera, ● Swayam

Paper 2 Theory

Program/Class: Degree		Year: Third	Semester: Five
Subject: Psychology			
Course Code: A090502T		Course Title: Positive Psychology	
Course Outcome: By the end of the course, the students will be able to understand the basic principles of positive psychology, the major areas within positive psychology that have received a considerable amount of attention, the use of positive psychology tools and techniques in and in other’s lives. It will also ease the understanding of positive aspects of human behavior through the wisdom embedded in Indian scriptures like Vedas, Upanishad, Shrimad Bhagwat Gita, Buddhist literature and folk tales.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		No. of Lectures
I	Positive Psychology: Assumptions and Goals; Eastern and Western Perspectives on Positive Psychology		7
II	Positive Emotional State: The Broaden and Build Theory of Positive Emotions, Mindfulness.		8
III	Positive Cognitive States: Hope, Optimism, Self-efficacy, Resilience: concept and measurement		8
IV	Gratitude, Forgiveness, Empathy and Compassion: Concept, and Measurement.		8
V	Self-awareness: Concept, Techniques to enhance self- awareness.		7
VI	Social Competence: Social Support, Relationships, Love and Belongingness		8
VII	Happiness: Eudemonics and Hedonistic View; Authentic Happiness		7
VIII	Psychological and Subjective Wellbeing: Concept, and Components		7
Suggested Readings:			
1. Baumgardner, S.R. & Crothers, M.K. (2009). Positive Psychology. Pearson.			
2. Carr, A. (2004). Positive Psychology: The Science of Happiness and Human Strength			
3. U.K.: Routledge.			
4. Gilman, R., Hubner, E. & Furlong, M.J. (Eds.) (2009). Handbook of Positive Psychology in Schools. New York: Routledge.			
5. Lyubomirsky, Sonja. (2008). The How of Happiness: A Scientific Approach to Getting the Life You Want. The Penguin Press.			
6. Noddings, N (2003). Happiness in Education, New York, Cambridge Press.			
7. Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.			
8. Seligman, M. E. P. (2002). Authentic Happiness. New York: Free Press.			
9. Synder, C.R. & Lopaz, S.J. (2011). Positive Psychology: The Scientific and practical exploration of Human Strengths. Thousand Oaks, CA: Sage.			



10.	Synder, C. R. & Shane, J.L. (2005). Handbook of Positive Psychology. Oxford University Press.
11.	Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx
12.	http://www.apa.org
Suggested Continuous Evaluation Methods:	
<ul style="list-style-type: none"> ● Assignment/ Seminar (10 Marks), ● Written Test (10 Marks) ● Attendance (5 Marks) 	
Suggested equivalent online courses:	
<ul style="list-style-type: none"> ● Coursera, ● Swayam 	

Paper 3 Practical

Program/Class: Degree		Year: Third	Semester: Five
Subject: Psychology			
Course Code: A090503P		Course Title: Lab Work/Survey	
Course Outcome: Students will develop the ability to administer, score, and interpret a variety of psychological assessments related to ethics, career and vocational interests, values, well-being, and positive psychology constructs such as happiness, optimism, forgiveness, and resilience. Through this, students will gain practical skills in psychological testing and deepen their understanding of individual differences, ethical awareness, and mental health indicators in applied settings. Research, data analysis, interpretation and discussion of the findings.			
Credits: 2		Core Compulsory (Practical)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		
I	Moral Ethics/Environmental Ethics Administration, Scoring and Interpretation of any test.		
II	Interest test/Vocational or Career test/Value test Administration, Scoring and Interpretation of any test.		
III	Psychological well-being/ Subjective well-being Administration, Scoring and Interpretation of any test.		
IV	Happiness/ Optimism/ Forgiveness/Resilience Administration, Scoring and Interpretation of any test.		
Suggested Readings:			
1. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org			
Suggested Continuous Evaluation Methods:			
<ul style="list-style-type: none">● Presentation of Practical file (15 Marks)● Attendance (10 Marks)			



SEMESTER -6**Paper 1 Theory**

Program/Class: Degree		Year: Third	Semester: Six
Subject: Psychology			
Course Code: A090601T		Course Title: Community and Health Psychology	
Course Outcome: At the end of the course the student will be able to recognize that individuals relate to their communities and the reciprocal effect of communities on individuals and will be able to understand and resolve community issues, analyze the data, and recommend interventions that promote community wellness. Moreover, they will be able to use the psychological theories on health-related practices and will be able to examine persons' health history and describe and enact a positive, proactive attitude toward healthy living for oneself and others.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		No. of Lectures
I	Community Psychology: Nature, Historical Development, Fields of Community Psychology		7
II	Approaches of Community Psychology: Mental Health approach; Social Problems approach		8
III	Community Intervention Issues: Poverty and Prolonged Deprivation; Marginalization.		8
IV	Community Interventions: Community Mental Health; Gender, Discrimination, School Intervention; Rural development Intervention.		7
V	Health Psychology: Nature, Development and Goals of Health Psychology; Biopsychosocial Model of Health.		6
VI	Health Behavior: Health Compromising and Health Enhancing Behaviors; Health Belief Model, Planned Behavior and Reasoned Action Theory.		8
VII	Stress and Health: Nature and Types of Stress, Stress appraisal; Coping with Stress; Psychological Moderators of Stress (Hardiness, Social support and Optimism).		8
VIII	Chronic Illnesses: Diabetes: Major Symptoms, Diagnosis and Psychological correlate, HIV/AIDS		8
Suggested Readings:			
1. Dalal, A.K. (2016). Cultural Psychology of Health in India: Well-being, Medicine and Traditional Health Care. New Delhi: Sage Publications India Pvt. Ltd.			
2. Dalal, A.K. (2015). Heath Beliefs and Coping with Chronic Diseases. New Delhi: Sage Publications India Pvt. Ltd.			
3. Ghosh, Manika (2015). Health Psychology: Concepts in Health and Well-being. New Delhi: Pearson.			
4. Kloos, B., Hill, J., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community Psychology: Linking Individuals and Communities. Wadsworth, Cengage Learning.			
5. Marks, D. F. Murray, M. Evans, B. & Willing, C. (2000). Health Psychology: Theoretical, Research and Application. New Delhi: Concept.			
6. Misra, G. (1999). Psychological perspectives on stress and health, New Delhi: Concept			

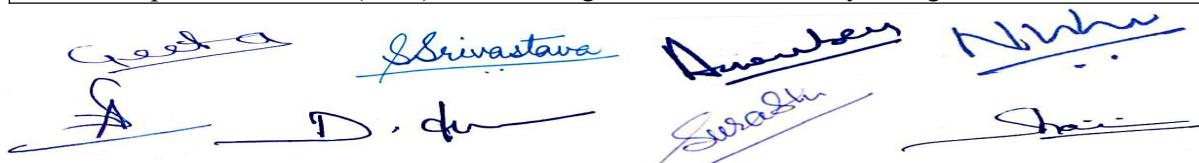





Publishing Company.
7. Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied Social Psychology: Understanding and addressing Social and Practical Problems. New Delhi: Sage publication.
8. Sarafino, E.P. & Smith, T.W. (2012). Health Psychology: Biopsychosocial Interaction. (7th ed.). U.K.: John Wiley & Sons.
9. Taylor, S.E. (2013). Health Psychology. New Delhi: McGraw-Hill Education Pvt. Ltd.
10. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx
11. http://www.apa.org
Suggested Continuous Evaluation Methods:
<ul style="list-style-type: none"> ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)
Suggested equivalent online courses:
<ul style="list-style-type: none"> ● Coursera, ● Swayam

Paper 2 Theory

Program/Class: Degree		Year: Third	Semester: Six
Subject: Psychology			
Course Code: A090602T		Course Title: Counseling Psychology	
Course Outcome: At the end of the paper, students will able to understand how to establish rapport and use various approaches in counseling.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		No. of Lectures
I	Counseling: Meaning, Goals; Types of Counseling: An Overview.		7
II	Theoretical Bases of Counseling: Psychoanalytic; Phenomenological, Behavioral and Cognitive-Behavioral; Indian Contribution to Counseling.		8
III	Counseling Processes: Counseling Interview; Counseling Micro Skills: Attending, Paraphrasing, Encouragers, Confronting and Summarizing.		7
IV	Counseling Techniques: Person-Centered and Cognitive-Behavioral (Beck and Albert Allis).		8
V	Counseling in Schools and Family Counseling: Assumptions and Procedures.		7
VI	Career, Marriage and Group Counseling: An Introduction		8
VII	Counseling for Substance-abuse, Child Abuse: An Introduction		8
VIII	Counseling Ethics; Referrals and Reporting.		7
Suggested Readings:			
1. Edward, N. (2011). <i>Counseling Theory and Practice</i> . Cengage Learning.			
2. Gelso, C. J. & Pretz, B.R. (1995). <i>Counseling Psychology</i> . Bangalore: Prism Books Pvt. Ltd.			
3. Gibson, R. L. & Mitchell, M.H. (2005). <i>Introduction to Counseling and Guidance</i> (6th Ed.) Pearson Education.			
4. Kapur, Malavika (2011). <i>Counseling Children with Psychological Problems</i> . Pearson			



Publications.

5. Nelson-Jones, R. (2011). Theory and Practice of Counseling & Therapy. New Delhi: sage South Asia Edition.
6. Patri, V. R. (2008). Counseling Psychology. New Delhi: Authors Press.
7. राय, ए० ए० अस्थाना, ए० (2003). आधुनिक परामर्शगमन मनोविज्ञान. नईदिल्ली: मोतीलाल बनारसीदास
8. Rao, S. N. (1991). Counseling and Guidance. New Delhi: Tata McGraw-Hill.
9. Woolfe, R., Dryden, W. & Strawbridge, S. (2003). Handbook of Counseling Psychology (2nd ed.). London: Sage Publication Ltd.

Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Suggested equivalent online courses:

- Coursera,
- Swayam

Paper 3 Practical

Program/Class: Degree		Year: Third	Semester: Six
Subject: Psychology			
Course Code: A090603R		Course Title: Survey/Field Visit (Practical).	
Course Outcome: After completing this practicum, the student will have an understanding about how to frame research objectives and questions, plan, decide and execute appropriate methods of research, data analysis, interpretation and discussion of the findings.			
Credits: 2		Core Compulsory (Practical)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		
I	Field Visit to any Community Center/Social Service Center/ School and submit a report (10-12 students group can be formed)		
II	Conduct a survey on any Health Related issues and submit the report (10-12 students group can be formed)		
Suggested Continuous Evaluation Methods:			
<ul style="list-style-type: none">● Presentation of Practical file (10 Marks)● Attendance (10 Marks)			

The image shows several handwritten signatures in blue ink. From left to right, the signatures appear to be: 'Gest', 'Srivastava', 'D. K.', 'Swasti', and 'Jain'.

SEMESTER -7**Paper 1 Theory**

Program/Class: Honours/ Honours with Research/ M.A. I (3+2)		Year: Fourth	Semester: Seven
Subject: Psychology			
Course Code: A090701T		Course Title: Higher Mental Processes (Theory)	
Course Outcome: Students will develop awareness and understanding about the higher cognitive processes such as language comprehension, speech perception, reading and transformational grammar. They will be able to evaluate the cognitive functions of persons and will apply this knowledge to diagnose various groups about their normal functioning of higher cognitive processing.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Language Comprehension, Spoken Language: Speech Perception, Constituent Structure, Transformational Grammar, Reading: Perceptual Processes and Theories of Word Recognition.	12	
II	Language Production; Speaking in Context; Speech Error; Gestures and Context; Writing: Comparison between Speaking and Writing; Cognitive Tasks involved in Writing; Bilingualism.	13	
III	Problem Solving: Understanding Problem Solving Approaches and Factors Influencing Problem Solving.	11	
IV	Creativity: Nature and Measurement; Factors affecting Creativity.	11	
V	Logical Reasoning Conditioning and Syllogism, Decision Making: Representativeness and Availability Heuristics, Anchoring and Adjustment; The Framing Effect and Overconfidence in Decisions.	13	
Suggested Readings: 1. Galotti, K.M. (1999). Cognitive Psychology in and out laboratory, Mumbai: Thomson Asia. 2. Matlin M.W. (1995). Cognition (IIIed.) Prism Books Pvt. Ltd., Bull Temple Road, Bsasvasigudi, Bangalore. 3. Reed, Stephen K. (1988). Cognition theory and Application (IIIed.) Pacific Grove, California Brooks/ Cole Publishing Company. 4. Hewes, Mary B. (1990). The Psychology of Human Cognition, New York: Pergamon Press. 5. Snodgrass, Jone. Gray et al. (1985). Human experimental psychology, New York: Oxford University Press. 6. Srivastava, R. (Eds.) (2015). Sangyanatamak Manovigyan. New Delhi Motilal BanarsiDas Publication.			
Suggested Continuous Evaluation Methods: ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)			
Course prerequisites: Open to All			
Suggested equivalent online courses: ● Coursera, ● Swayam			






Paper 2 Theory

Program/Class: Honours/ M.A. I (3+2)		Year: Fourth	Semester: Seven
Subject: Psychology			
Course Code: A090702T		Course Title: Advance Social Psychology (Theory)	
Course Outcome: The course enables the student to recognize the core concepts of social psychology. To apply social psychology principles and research to one's own life and to society concerns and to construct a fresh research project that contributes to scientific knowledge by utilizing social psychology research, theory, and technique.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Social Psychology: Nature, Research Methods in Social Psychology; ethnography, cross-cultural, and observation, Recent Research Ethics.	12	
II	Person Perception and Attribution: Person Perception; Impression Formation, Self-perception; Attribution; Theories and Biases.	12	
III	Social Cognition and Cognition and Attitude: Social Cognition; Social Inference, Attitude; Features and Theories of Attitude Change; Cognitive Dissonance Theory.	12	
IV	Interpersonal Relationship, Aggression and Helping Behavior: Personal Relationship; Interdependence Theory; Balance of Power, Satisfaction and Commitment; Aggressive Behavior; Intimate Violence; Helping Behavior; Bystander Intervention.	12	
V	Group Process and Social Exchange: Social Motivation, Group Influence, Social Facilitation, Group Polarization, Group Think and Mob behavior, Leadership, Social Exchange; Bargaining and Negotiation, Intergroup Conflict, Dealing with adversity and happy life.	12	
Suggested Readings: 1. Baron, R.A., Branscombe, N.R. & Bharadwaj, G. (2010). Social Psychology. New Delhi: Pearson India. 2. Baumeister, R.F. Finkel, E. J., (Edited) (2010). Advanced Social Psychology: The State of The Science. Oxford University Press. 3. Taylor, S.E., Peplau, I.A., & Sears, D.O. (2009). Social Psychology (12th ed.). Pearson India. 4. Tripathi, L.B. and Others (2001). Adhunik Samjik Manovigyan. Agra: Har Prasad Bhargava.			
Suggested Continuous Evaluation Methods: ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)			
Suggested equivalent online courses: ● Coursera, ● Swayam			



Paper 3 Theory

Program/Class: Honours/ Honours with Research/ M.A. I (3+2)		Year: Fourth	Semester: Seven
Subject: Psychology			
Course Code: A090703T		Course Title: Quantitative Research Methods (Theory)	
Course Outcome: This course will help the students to understand research design and compatible statistical analysis with interpretation, to execute the various types of sampling techniques and how to apply the overall process of designing a research study from its inception to multivariate statistics for data analysis.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Introduction to Psychological Statistics Method: Descriptive and Inferential Statistics; Normal Probability Curve, Parametric and Non-parametric Test, t-Test.	12	
II	Research designs: Purpose and Criteria: Types of Research Design: Factorial, Correlation and Observational. Classification of Variables; Hypothesis: Criteria and types; Sampling Techniques.	12	
III	Introduction to Correlational Methods: Defining correlation, Product Moment, Rank Order, Biserial, Point biserial, phi coefficient.	12	
IV	Foundation of Analysis of Variance (ANOVA) and DMRT; Multivariate Analysis of Variance (MANOVA) Assumptions, Applications and Limitations.	12	
V	Advanced Correlation Methods: - Measures of association; Multiple regression (Linear, Stepwise), Factor Analysis (nature and implication).	12	
Suggested Readings: 1. Guilford, J.P. (4th Edition). Fundamental statistics in Psychology and Education. New York: Tata McGraw Hill. 2. Ferguson, G.A. (5th edition). Statistical Analysis in Psychology and Education. New York: Tata McGraw Hill. 3. Garrett, H.E. (6th Edition). Statistics in Psychology and Education. Bombay: Vakils Fetter and Simons Publications. 4. Broota, K.D. (1992). Experimental Designs and Behavioral Research. New Delhi: Wiley Eastern Ltd. 5. Tabachinick, B.G. & Fidells, L.S. (1996). Using Multivariate Statistics. New Delhi: Harper Collins College Publishers.			
Suggested Continuous Evaluation Methods: ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)			
Suggested equivalent online courses: ● Coursera, ● Swayam			



Paper 4 Theory

Program/Class: Honours/ Honours with Research/ M.A. I (3+2)		Year: Fourth	Semester: Seven
Subject: Psychology			
Course Code: A090704T		Course Title: Philosophical Perspective and Contemporary Trends (Theory)	
Course Outcome: To familiarize students with the paradigmatic issues involved in the development of psychology as a discipline, and to help students to develop a critical appreciation of basic issues and scientific enterprises.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Historical Origins of Psychology as a Science; Paths of scientific psychology-Psychology of adaptation, Psychoanalysis, Physiological Psychology.	14	
II	Issues in Psychology; Crisis in Psychology Due to Strict Adherence to experimental Paradigm. Brief Introduction to; Bhagavad Gita, Vedant, Buddhism and Sufism.	13	
III	Western Perspective; Greek heritage, Structuralism, Functionalism, Gestalt, Behaviorism, Humanistic Existential, Cognitive revolution.	13	
IV	Aspects of Knowledge Paradigm; Existential Phenomenology, Self-Knowledge and Well- being in India Psychology.	10	
V	Current trends in Psychology; Positivism, Social Constructionism.	10	
Suggested Readings: 1. Gergen, K.J. (1991). Toward Transformation in Social Knowledge, London Sage Pub. 2. Leahey, T.H. (1991). A History of Modern Psychology, NJ: Prentice Hall. 3. Motilal, B.K. (1986). Perception: an essay on classical Indian Theories of Knowledge, Oxford: Clarendon Press. 4. Mishra, G.& Gorgen, K.J. (1993). On the Place of Culture in Psychological Science, International Journal of Psychology, 28, 255-253. 5. Ojha, R.K. & Bhargav, M. (1989,90). Physiological psychology, Archana Prisenters, Agra. 6. Robinson, D.N.C. (1985). Philosophy of Psychology. MY: Columbia. 7. Sharma, C.B. (1952). Dialectics in Buddhism and Vedanta, Banaras: Nand Kishore. 8. Sinha, J.N. (1969). Indian Psychology, Calcutta: Mukhopadhyaya. 9. मधु अस्थान एवं अन्य(2023) मनोविज्ञान का उद्भव एवं विकास , मोतीलाल बनारसी दास पब्लिशिंग हाउस , पृष्ठ 526, ISBN 978-93-5760-424-8			
Suggested Continuous Evaluation Methods: ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)			
Suggested equivalent online courses: ● Coursera, ● Swayam			



Paper 5 Practical

Program/Class: Honours/ Honours with Research/ M.A. I (3+2)	Year: Fourth	Semester: Seven
Subject: Psychology		
Course Code: A090705P	Course Title: Practical	
Course Outcome: After completing this practicum, the student will have an understanding of psychological concepts through hands-on experience in conducting experiments, analyzing data, and interpreting results, fostering research skills and application of theory in real-life contexts.		
Credits: 4	Core Compulsory (Practical)	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Any Four: 1. Interpersonal Relationship 2. Self-Concept 3. Memory (STM or LTM) 4. Raven's Progressive Matrices 5. Social Cognition 6. Data Collection and Data Interpretation 7. Correlational Study 8. Attraction and Interpersonal Relationship		
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none">● Presentation of Practical file (15 Marks)● Attendance (10 Marks)		

Paper 6 Dissertation

Program/Class: Honours with Research	Year: Fourth	Semester: Seven
Subject: Psychology		
Course Code: A090706R	Course Title: Dissertation	
Course Outcome: After completing this practicum, the student will have a comprehensive understanding about carrying out research project, how to frame research objectives and questions, plan, decide and execute appropriate methods of research, and intended data analysis.		
Credit: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks:	
Unit	Topics	
I	Visit any community of the surrounding and identify problems, issues, good practices, skills, community services etc. For example- Health Services, Women Self Help Groups, NGOs, Banks, Organizations, Industries, Villages, Panchayat etc. (Individually student).	
II	The Research Project begins in Semester VII and concludes with its evaluation in Semester VIII. The research proposal is an important process in providing a clear statement of the problem, a review of literature, how the literature relates to the proposed study, formal research questions and hypotheses, a full methods section, and the data analysis you intend to conduct. The student will work in groups in completing the project, but will write the proposal and final paper individually. Each student will be evaluated on diligence in writing the research proposal as per APA	



guidelines.
Suggested Continuous Evaluation Methods:
<ul style="list-style-type: none"> ● PPT Presentation of experiences of observed unit and research proposal (20 Marks) ● Attendance (5 Marks)

SEMESTER -8


Paper 1 Theory

Program/Class: Honours/ Honours with Research/ M.A. I (3+2)		Year: Fourth	Semester: Eight
Subject: Psychology			
Course Code: A090801T		Course Title: Qualitative Research Methods (Theory)	
Course Outcome: Upon completion of this course, students will understand key qualitative research methods in psychology, design ethical studies, analyze data using approaches like IPA, Grounded Theory, and Narrative Analysis, and report findings professionally.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Qualitative Research: Historical considerations: Themes of Qualitative Inquiry: Theoretical orientations; social construction and constructivism, hermeneutics.	12	
II	Qualitative Research Design: Triangulation and Mixed method, General principle: research question: choosing the right method.	12	
III	Methods of Qualitative Research: Interpretative phenomenological analysis and Grounded Theory: Concept, Assumptions and process.	12	
IV	Methods of Qualitative Research: Discourse Analysis, Narrative Analysis and Focus Group: Concept, Assumptions and process.	12	
V	Ethics and Qualitative Psychological Research; Principle Issues, Guidelines and questions; Reporting Qualitative Research.	12	
Suggested Readings: 1. Lyons, E. & Coyle, A. (Eds.) (2007). Analysing qualitative data in psychology. Sage Publications Ltd. 2. Patton, M. Q. (1998). Qualitative evaluation and research methods. (2nd ed.).SAGE Publications, inc. 3. Seale, C., Gobo, G., Gubrium, J. F., & Silverman, D. (Eds.). (2003). Qualitative research practice. Sage. 4. Smith, J.A. (2008). Qualitative Psychology: A Practical Guide to Research Methods (3rd edition): Sage. Willig, C. (2001). Introducing Qualitative Research in Psychology			
Suggested Continuous Evaluation Methods: ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)			
Suggested equivalent online courses: ● Coursera, ● Swayam			



Paper 2 Theory

Program/Class: Honours/ Honours with Research/ M.A. I (3+2)	Year: Fourth	Semester: Eight
Subject: Psychology		
Course Code: A090802T	Course Title: Theories of Personality (Theory)	
Course Outcome Upon completion of this course, students will understand foundational classical theories of personality, evaluate key theoretical approaches, and critically analyze the underlying assumptions about human behavior. They will be able to apply personality theories—including psychodynamic, dispositional, humanistic, cognitive, social learning, and Eastern perspectives—to real-life situations, enhancing self-awareness and interpersonal understanding.		
Credits: 4	Core Compulsory (Theory)	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures
I	The Nature of Personality Theory: Components and Criteria for Evaluating Personality Theories; Basic Assumptions Concerning Human Nature.	12
II	Psychodynamic Theories: Freud; Carl Jung; Adler.	12
III	Dispositional Theories: Gordan Allport; Raymond Cattell; Hans Eysenck.	12
IV	Humanistic and Cognitive Theories: Abraham Maslow, Carl Rogers; George Kelly.	12
V	Social Learning and Eastern Theories: Albert Bandura; Triguna and Other Indian Perspective- Buddhism.	12
Suggested Readings: 1. Boeree, G.C. (2006). Personality Theories. Original E-Text-Site: http://www.ship.edu/%7Ecgboree/perscontents.html 2. Carver, C. S., & Scheier, M. F. (2017). Perspectives on Personality (8th ed.). New York: Pearson Education. 3. Friedman, H. S., & Schustack, M. W. (2015). Personality: Classic Theories and Modern Research (6th ed.). Boston, MA: Pearson Education. 4. Hall, C.S., Lindzey, G. & Campbell, J.B. (1998). Theories of Personality. Wiley & Sons. 5. Schultz, D. P., & Schultz, S. E. (2017). Theories of Personality (11th ed.). Boston, MA: Cengage Learning.		
Suggested Continuous Evaluation Methods: ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)		
Suggested equivalent online courses: ● Coursera, ● Swayam		



Paper 3 Theory

Program/Class: Honours/ Honours with Research/M.A. I (3+2)		Year: Fourth		Semester: Eight	
Subject: Psychology					
Course Code: A090803T			Course Title: Psychological Assessment (Theory)		
Course Outcome: This course will enable students to develop practical skills in administering, scoring, and interpreting a variety of psychological tests and assessment tools. Students will gain proficiency in measuring diverse psychological attributes and abilities and learn how to apply this knowledge in clinical, organizational, health, and counseling contexts. They will become familiar with standardized testing, projective techniques, and neuropsychological assessments, enhancing their competency in both theory and field application.					
Credits: 4			Core Compulsory (Theory)		
Max. Marks: 25+75			Min. Passing Marks: 10+25		
Unit	Topics				No. of Lectures
I	Psychological Assessment: History, Nature and Scope of Psychological measurement, Tests: Nature, Types and Good Characteristics of Psychological test.				12
II	Test Construction: Item writing and Item analysis. Projective Techniques: Concepts and Types, Rorschach and TAT.				12
III	Psychological Assessment of General and Specific Abilities. Measurement of abilities: Stanford Binet, and Wechsler Test of Intelligence, Culture Fair Tests: Structure and Application.				12
IV	Assessment of Personality: Psychometric Tests and Self-Report Inventories, (MMPI, 16 PF, NEO-PIR), Interview.				12
V	Neuropsychological Tests: Assessment of Attention, Learning, Memory and Language functions, Neuropsychological Batteries; LNNB.				12
Suggested Readings: 1. Robert J. Gregory (2004). Psychological Testing: History, Principles and Applications, (New Delhi): Pearson Education. 2. Kevin, R. Murphy, Charles O. Davidshofer, (1988), Psychological Testing, Principles and Applications. New Jersey: Prentice Hall. 3. Theresa J.B. Kline (2005). Essentials of Psychological Testing: A Practical Approach to Designs and Evaluation, London: Sage Publication. 4. Lee, J. Cronback (1990) . Essentials of Psychological Testing (Vth Edition). New York: Harper Collins.					
Suggested Continuous Evaluation Methods: ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)					
Suggested equivalent online courses: ● Coursera, ● Swayam					



Paper 4 Theory

Program/Class: M.A. I (3+2)	Honours/	Year: Fourth	Semester: Eight
Subject: Psychology			
Course Code: A090804T		Course Title: Neurophysiological Basis Of Behaviour (Theory)	
Course Outcome: After completing this course, students will have a foundational understanding of the structure and functions of the nervous system. They will be familiar with various methods for studying brain-behavior relationships and be able to localize and interpret signs of cognitive dysfunctions. The course will equip students with the skills to analyze and synthesize scientific information about neuropsychological processes, cognitive functions, and brain disorders such as dementia, amnesia, and aphasia.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Basic Functional unit and methods; Neuron, Nerve Impulse transmission and synapse, methods of study and techniques.	12	
II	Organization of Nervous system: Peripheral and Central Nervous System, Hemisphericity.	12	
III	Neurophysiology of Emotions, Sleep and Sex.	12	
IV	Neurophysiological Basis of Attention, Memory and spatial behavior.	12	
V	Neuropsychology of Cognitive Impairment; Dementia, Amnesia, and Aphasia, Stroke and Focal brain Damage.	12	
Suggested Readings: 1. Gazzaniga, M., Ivry, R.B. & Mangun, G.R. (2012). Cognitive Neuroscience – The Biology of the Mind. W.W. Norton & Company. 2. Kalat, J.W. (2007). Biological Psychology. (9th ed.).UK: Thompson & Wadsworth. 3. Kolb, B. & Whishaw, Z. Q. (2003). Fundamentals of Human Neuropsychology (6th Edition). New York: Worth Publishers.			
Suggested Continuous Evaluation Methods: ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)			
Suggested equivalent online courses: ● Coursera, ● Swayam			



Paper 5 Practical

Program/Class: Honours/ Honours with Research/ M.A. I (3+2)	Year: Fourth	Semester: Eight
Subject: Psychology		
Course Code: A090805P	Course Title: Practical	
Course Outcome: After completing this practicum, the student will have an understanding of psychological concepts through hands-on experience in conducting experiments, analyzing data, and interpreting results, fostering research skills and application of theory in real-life contexts.		
Credits: 4	Core Compulsory (Practical)	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Any Four: 1. Case Study 2. Biography or Interview Method 3. Projective Test 4. Differential Aptitude Test 5. Problem Solving 6. Creativity Test 7. Any Neuropsychological Test; administration and interpretation 8. Any Intelligence Test; data collection and interpretation		
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none">● Presentation of Practical file (15 Marks)● Attendance (10 Marks)		

Paper 6 Dissertation

Program/Class: Honours with Research	Year: Fourth	Semester: Eight
Subject: Psychology		
Course Code: A090806R	Course Title: Dissertation	
Course Outcome: It will help the learner to critically reflect on, review the scientific basis for, and integrate what you have learned and accomplished as a psychology student and will prepare to explore the cultural, social, and ethical impact of psychological application on community and daily life.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks:	
Unit	Topics	
I	Based on the field visit observations and experiences, the learner get in Semester VII, plan to visit to identified unit, organization, community etc. to get an understanding of the same and do data collection either through questionnaire, or interview or with the help of audio-visual medium based on the identified research problems/issues.	
	Analyze the data and submit a detailed report and a presentation. The student will work individually completing the project, but will write the final paper individually. Each student will be evaluated on diligence in writing the research project as per APA guidelines.	
Suggested Readings:		
1. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org		



Suggested Continuous Evaluation Methods:

- Making of short film or presentation of observed unit (20 Marks)
- Attendance (5 Marks)

SEMESTER -9

Paper 1 Theory

Program/Class: M.A. (4+1)/ M.A. II (3+2)		Year: Fifth	Semester: Nine
Subject: Psychology			
Course Code: A090901T		Course Title: Psychopathology (Theory)	
Course Outcome: Upon completing this course, students will be able to compare major psychopathology classification systems, analyze diverse etiological approaches to mental disorders, and differentiate the symptoms and causes of anxiety, somatoform, dissociative, psychotic, and cognitive impairment disorders.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Classification systems in psychopathology: ICD 10, DSM–V-TR and recent revisions; Approaches to psychopathology: Biological, psychodynamic, behavioral, cognitive, and socio-cultural.	12	
II	Anxiety disorders: Symptoms and etiology of generalized anxiety disorder, panic disorder, phobia, obsessive-compulsive disorder and post-traumatic stress disorder.	13	
III	Somatoform and dissociative disorders: Symptoms and etiology of somatization, hypochondriasis, pain disorder and conversion disorder. Dissociative disorders: Multiple personality and fugue.	11	
IV	Psychotic disorders: Symptoms and etiology of schizophrenia and delusional disorders; mood disorders.	11	
V	Cognitive impairments: Approaches and etiology of delirium, dementia and amnestic syndromes, dementia of the Alzheimer’s type, pre-senile dementia, Pick’s disease, Huntington’s chorea.	13	
Suggested Readings:			
1. Barlow, D. H. & Durand, V. M. (1999). Abnormal psychology: An integrative approach (2nd Ed). Pacific Grove: Brooks/Cole.			
2. Buss, A. H. (1999). Psychopathology. New York: John Wiley.			
3. Carson, R. C., Butcher, J. N., & Mineka, S. (2001). Abnormal psychology and modern life (11th Ed.). New York. Allyn and Bacon			
4. Kaplan, H. J., & Sadock, B. J. (2004). Synopsis of comprehensive textbook of psychiatry (10th Ed.). Baltimore: Williams & Wlkins.			
5. Sarason. I. G. & Sarason, B. R. (2006). Abnormal psychology. (11thEd). Delhi: Prentice Hall India.			
Suggested Continuous Evaluation Methods:			
● Assignment/ Seminar (10 Marks)			
● Written Test (10 Marks)			
● Attendance (5 Marks)			



Suggested equivalent online courses:

- Coursera,
- Swayam

Paper 2 Theory

Program/Class: M.A. (4+1)/ M.A. II (3+2)		Year: Fifth	Semester: Nine
Subject: Psychology			
Course Code: A090902T		Course Title: Positive Psychology (Theory)	
Course Outcome: This course equips students to grasp the history and principles of positive psychology, analyze happiness and its determinants, evaluate positive cognitive processes (self-regulation, resilience, optimism, etc.), appreciate character strengths (mindfulness, gratitude, etc.), and understand models and factors influencing well-being, ultimately exploring ways to promote it.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Positive psychology: Historical roots, assumptions and goals, Eastern and western perspectives on positive psychology.	12	
II	Happiness: Facts of life, culture and personal goals, Principles of pleasure.	12	
III	Positive cognitive states and processes: Self- Regulation and self- control, Resilience, Self-efficacy, Optimism, Hope.	12	
IV	Virtues and Strengths of character: Mindfulness, Flow, Spirituality, Altruism, Gratitude, Forgiveness.	12	
V	Psychology of Well-being: Meaning of well-being, The well-being models, Factors affecting well-being, Promoting well-being among people.	12	
Suggested Readings: 1. Snyder, C.R. & Lopez, S.J.(2007). Positive Psychology: The Scientific and Practical Explorations of Human Strengths. Sage Publications. 2. Carr, A. (2004). Positive Psychology: The science of happiness and human strengths. Brunner-Routledge, New York. 3. Hefferon, K. & Boniwell, I. (2011). Positive Psychology: Theory, Research and Appilcations. Mc Graw Hill, Open University Press, New York. 4. Snyder, C.R. & Lopez, S.J. (2001). Handbook of Positive Psychology. Oxford University Press 5. Baumgardener, S.R. & Crothers, M.K. (2009). Positive Psychology. Pearson Education.			
Suggested Continuous Evaluation Methods: ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)			
Suggested equivalent online courses: ● Coursera, ● Swayam			



Paper 3 Theory

Program/Class: M.A. (4+1)/M.A. II (3+2)		Year: Fifth	Semester: Nine
Subject: Psychology			
Course Code: A090903T		Course Title: Organizational Behaviour (Theory)	
Course Outcome: Upon completing this course, students will understand the nature and foundations of organizational behaviour, analyze motivational and emotional aspects in the workplace, evaluate leadership models, power dynamics, and organizational politics. They will also comprehend communication processes, decision-making, conflict management, organizational change, and stress management techniques.			
Credits: 4		Elective (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		No. of Lectures
I	Organizational Behaviour: Nature and Scope of Organizational Behaviour, Historical Background; Foundation of Organizational Behaviour, Modern Organizational Theories, and Research Methods.		12
II	Motivation and Emotion: Concept, McClelland’s Need Theory, Two Factor Theory and Overview of Contemporary Theories of Motivation, Job Satisfaction; Emotion; Concept, Emotional Intelligence and Emotional Toil.		12
III	Leadership, Power and Politics: The Nature of Organizational Leadership, Contemporary Models of Leadership, Power; Types and Bases, Organizational Politics; Causes and Consequences of Political Behaviour.		12
IV	Communication and Decision Making: Communication Process, Direction, Barriers in Communication Effectiveness, Decision Making; Rationality, Factors Affecting Decision Making.		12
V	Organizational Conflict, Change and Stress Management: Conflict Process, Managing Conflict; Organizational Change and its Management, Managing Work Stress.		12
Suggested Readings: 1. Hunt, J.G., Osborn, R.N. & Blen, M.U. (2010). Organizational Behavior, John Wiley & Sons, Inc. (11thedition). 2. Luthans, F. (1998). Organizational Behavior. New York; Mcgraw- Hill. 3. McShane, Steven L. & Glinow, Mary Ann Von, (2010). Organizational Behaviour: Mcgraw-Hill (5thedition) 4. Robbins, S.P. Judge, T.A. & Saughi, S. (2013). Organizational Behavior, New Delhi: Pearson, Education (15thedition). 5. Schultz, D. & Shultz, S.E. (2004). Psychology and Work Today (8th edition) Delhi: Pearson Education.			
Suggested Continuous Evaluation Methods: ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)			
Suggested equivalent online courses: ● Coursera.			



Paper 5 Theory

Program/Class: M.A. (4+1)/M.A. II (3+2)		Year: Fifth	Semester: Nine
Subject: Psychology			
Course Code: A090905T		Course Title: School Psychology (Theory)	
Course Outcome: This course enables students to define school psychology and the role of a school psychologist. It explores child development, intelligence theories, and individual differences. The course also covers emotional intelligence, stress management, guidance and counselling, addressing learning difficulties and special needs, child abuse management, counselling approaches, school-family partnerships, and fostering positive personality traits in students.			
Credits: 4		Elective (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		No. of Lectures
I	Definitions of school psychology; Role of school psychologist as professional. Development and adjustment in early childhood; General theories of intelligence. Identifying different abilities among children; Individual differences in aptitude, talents and personality.		14
II	Theory of emotional intelligence; Role of recognizing the student abilities and nurturing with emotional bond. Stress management; Role of teacher's positive personality and positive parenting in students.		13
III	Definition and scope of guidance and counselling; Coping styles and adjustment among children and adolescence; Need for guidance at pre-primary, primary, and higher secondary school level; The impact of school climate on student's personality, training of teachers and parents as stakeholders in school set up.		13
IV	Guidance and counselling for learning difficulties, autism, ADHD, intellectually and physically challenged, gifted children; Child abuse prevention and management; Approach to school counselling: Behaviouristic, cognitive behaviour therapy.		10
V	Role of school family partnership; Promotion of positive personality traits in students like happiness, resilience, optimism, forgiveness, gratitude etc.; Role of teacher's observation and shaping according to student's internal asset.		10
Suggested Readings:			
1. Berk, L.E. (2001). Child Development. New Delhi: Prentice Hall of India. 2			
2. Gardener, Howard. (1993). Multiple intelligences. New York: Basic Books.			
3. Guilford J.P. (1977). The Way Beyond IQ. Buffalo: Creative Education Foundation.			
4. Hurlock, E.B (1978). Child Development (Int. Ed.). Singapore: McGraw-Hill.			
5. Phillips, B.N. (1990). School Psychology at a Turning Point. San Francisco: Jossey- Bass Publishers.			
6. Ramalingam, Panch (2021). Bhartiya Sandharbh Me School Manovigyan. Anuvadak Dr. Reena Singh & Dr. Rajendra Singh. Puducherry: Indian School Psychology Association			
7. Stroufe, A., Cooper R.G., & Dehart G.B. (1992). Child Development and It's nature and course, New Delhi: McGraw-Hill Inc.			
Suggested Continuous Evaluation Methods:			



<ul style="list-style-type: none"> ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)
Suggested equivalent online courses: <ul style="list-style-type: none"> ● Coursera, ● Swayam

Paper 6 Theory

Program/Class: M.A. (4+1)/ M.A. II (3+2)		Year: Fifth	Semester: Nine
Subject: Psychology			
Course Code: A090906T		Course Title: Counselling Psychology (Theory)	
Course Outcome: This course introduces counselling as a helping art and science, differentiating it from psychotherapy and tracing its history in India. It explores counselling goals, characteristics of participants, professional ethics, the counselling process (including relationship dynamics and techniques), various theoretical approaches (Phenomenal, Existential, CBT, etc.), and specific applications for diverse groups (children, adolescents, women, elderly) and contexts (marital, school, chronic illness).			
Credits: 4		Elective (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Counselling: The Art and Science of Helping; Difference between counselling and psychotherapy; History and Present status of counselling in India; Goals of counselling; Characteristics of counsellor and counsee; Professional issues.	14	
II	Process of Counselling: Counselling Relationship techniques: Rapport building, Reflection of feeling, Acceptance, Silence, Reassurance, Listening, Empathy. Special Relationship problems: Transference, Counter transference, Resistance; Stages of Counselling.	13	
III	Approaches to Counselling: Phenomenal; Existential; Cognitive-Behavioural; Elective; Individual vs. Group Methods of Counselling.	13	
IV	Counselling for Special Groups: Counselling children with learning and behaviour problems; Counselling adolescents for better adjustment; Counselling Women and Elderly.	10	
V	Counselling Application: Marital Counselling; School counselling; Counselling patients with chronic medial illness (HIV & Cancer).	10	
Suggested Readings:			
1. Feltham, C. & Horton, I. (Eds. 2006). The Sage Handbook of Counselling and Psychotherapy. New Delhi: Sage Publications.			
2. Nelson-Jones, R. (2005). Practical counselling and helping skills (5th Ed.). New Delhi: Sage Publications.			
3. Woolfe, R. & Dryden, W. (1996). Handbook of Counselling Psychology. New Delhi: SAGE Publications.			
4. Locke, D. C., Myers, J. E. & Herr, E.L. (Eds.) (2001). Handbook of Counselling. New York: Sage Publications.			
5. Rao, S. N. & Sahajpal, P. (2013) (third Edition). Counselling and Guidance. New Delhi: Tata McGraw-Hill.			



Suggested Continuous Evaluation Methods:
<ul style="list-style-type: none"> ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)
Suggested equivalent online courses:
<ul style="list-style-type: none"> ● Coursera, ● Swayam

Paper 7 Theory

Program/Class: M.A. (4+1)/M.A. II (3+2)		Year: Fifth	Semester: Nine
Subject: Psychology			
Course Code: A090907T		Course Title: Psychology of Yoga, Health and Well-being (Theory)	
Course Outcome: This course introduces health psychology, exploring its development and diverse definitions of health, including Indian perspectives and the biopsychosocial model. It examines cultural approaches to medicine (Ayurveda), delves into stress theories, physiology, stressors, and coping mechanisms (including biofeedback). Finally, it analyzes health behaviour theories and interventions, including using mass media and yoga for health promotion and lifestyle disorder management.			
Credits: 4		Elective (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		No. of Lectures
I	Introduction to Health Psychology: Emergence and development of the field, Concept of ‘health’ and Cross-cultural definitions of health (including Indian), Biomedical and Biopsychosocial models.		14
II	Cultural approaches to medicines (especially with respect to Traditional Indian medicine: Ayurveda).		10
III	Stress and Coping: Theories of Stress (Cannon's fight-or-flight theory, Taylor et al.'s Tend-and Befriend Theory, Selye's General Adaptation Syndrome, Lazarus’ Cognitive Appraisal Model), Physiology of stress. Types of psychological stressors. Coping with stress and stress management (including biofeedback).		13
IV	Promoting Healthy Behaviours: Determinants of health behaviours. Theories of health behaviours: Health Belief Model, Theory of Planned Behavior, Self-Determination Theory, Cognitive-Behavioural Approaches, Transtheoretical Model of Behavior Change, and other Current Trends. Using the mass media for health promotion.		12
V	Health promotion through Yoga: Yoga intervention for lifestyle disorders. Research evidence on the impact of yoga intervention on lifestyle disorders		11
Suggested Readings:			
1. Taylor, S.E., (2009). Health Psychology (9th Ed). New Delhi, Tata McGraw-Hill			
2. Ogden, J. (2012). Health Psychology. New York, McGraw-Hill. Morrison, V., & Bennett, P. (2009). Introduction to Health Psychology (2nd Ed) Pearson Education Limited, New York.			
3. Gurung, R. A. R. (2014). Health Psychology: A Cultural Approach, USA, Wadsworth: Cengage learning			
4. Dalal, A. K., & Misra, G. (Eds.). (2012). New Directions in Health Psychology. New Delhi:			






Sage Publications
5. Agarwala, S., Das, I., Kumar, K., and Kumar, S. (2009). Health Psychology. New Delhi, Allied publishers. (Chapter 23)
6. Babu, R. K. (2011). Asana sutras. Vizianagaram, India: Home of Yoga Publications.
7. Desikachar, T. K. V. (2003). Reflections on Yoga Sutras of Patanjali. Krishnamacharya Yoga Mandiram.
Suggested Continuous Evaluation Methods:
<ul style="list-style-type: none"> ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)
Suggested equivalent online courses:
<ul style="list-style-type: none"> ● Coursera, ● Swayam

Paper 8 Theory

Program/Class: (4+1) M.A. II (3+2)	M.A.	Year: Fifth	Semester: Nine
Subject: Psychology			
Course Code: A090908T		Course Title: Developmental Psychology (Theory)	
Course Outcome: This course provides a lifespan perspective on human development, covering foundational concepts, theories, and research methods. It examines physical, cognitive, emotional, social, and personality development from conception through infancy, childhood, adolescence (including identity formation), and adulthood to the end of life, addressing aging, death, and bereavement.			
Credits: 4		Elective (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		No. of Lectures
I	Human Development: Life Span Perspective, Foundation of Development; Nature-Nurture; Theoretical Perspectives of Life Span Development; Research Methods.		12
II	Conception to End of Infancy: Prenatal Development, Child Birth and The Neonates. Infancy: Physical, Cognitive, Emotional, Social and Personality Development.		12
III	Childhood: Physical and Cognitive Development, Emotional, Social and Personality Development in Early and Late Childhood; Moral Development.		12
IV	Adolescence: Physical, Cognitive, Emotional and Social Development; Personality Development; Formation of Identity; Change or Crisis, Marcia’s Approach to Identity Development, Updating Erikson.		12
V	Adulthood to End of Life: Cognitive, Social and personality Development in Early and Middle Adulthood. Aging: Physical and Cognitive Changes, Social and Personality Changes; Death, Dying and Bereavement.		12
Suggested Readings:			
1. Berk, L.E. (2007). Development through the Life Span (3rdEdition) New Delhi: Pearson Publication Co.			
2. Craig, G.J. (1979). Child Development, N. Jersey Prentice Hall.			
3. Feldmen, R.S. (2015). Development Across The Life Span (7th Edition), New Delhi: Pearson Pvt. Ltd.			






4. Tripathi, L.B. & Pandey, Sushma (2009). Manav Vikas Ka Manovigyan. New Delhi: Concept Publishing Company.
5. Verma, S. (2025). Life span human development. Red'Shine Publication. ISBN: 978-93-5879-575-2. https://doi.org/10.25215/9358795751
Suggested Continuous Evaluation Methods:
<ul style="list-style-type: none"> ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)
Suggested equivalent online courses:
<ul style="list-style-type: none"> ● Coursera, ● Swayam

Paper 9 Theory

Program/Class: M.A. (4+1)/ M.A. II (3+2)		Year: Fifth	Semester: Nine
Subject: Psychology			
Course Code: A090909T		Course Title: Sports Psychology (Theory)	
Course Outcome: This course introduces the nature, scope, history, and role of sports psychology. It examines the growth and psychomotor development of athletes, cognitive processes (attention, perception, etc.), motivation and emotion (including stress and aggression), personality traits of successful athletes, the social aspects of sports, team dynamics, leadership, communication, and the influence of spectators.			
Credits: 4		Elective (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		No. of Lectures
I	Sports psychology: Nature and scope; history and current status; role of sports psychologist.		12
II	Growth and development of sports persons: critical periods; stages of psychomotor development of athletes.		12
III	Cognitive processes in sports: Attention, perception, Learning, and decision making.		12
IV	Motivation and emotion in sports: Motivational techniques, emotions and sports performance, stress, anxiety, arousal and aggression in sports.		12
V	Personality and Psychosocial dimensions of sports: Personality traits of outstanding sports persons, sports as a social experience, team cohesiveness, leadership and communication in sports team, role of spectators.		12
Suggested Readings:			
6. Bell, P.A., Greene, T.C., Fisher, J.D., & Baum, A. (2003). Environmental Psychology. UK: Thomson & Wedsworth.			
7. Steg, L. (Editor) (2012). Environmental Psychology: An Introduction. WileyBlackwell.			
8. Gifford, R. (2014). Research Methods for Environmental Psychology. WileyBlackwell.			
9. Stockols, D. & Altman, I. (1987). Handbook of Environmental Psychology (Vol. I & II). New York: John Wiely & Sons.			
10. Altman, I. & Chemers, M.M. (1980). Culture & Environment. UK: Oxford University Press.			
Suggested Continuous Evaluation Methods:			



<ul style="list-style-type: none"> ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)
Suggested equivalent online courses:
<ul style="list-style-type: none"> ● Coursera, ● Swayam

Paper 10 Practical

Program/Class: M.A. (4+1)/ M.A. II (3+2)	Year: Fifth	Semester: Nine
Subject: Psychology		
Course Code: A090910P	Course Title: Practical	
Course Outcome: After completing this practicum, the student will have an understanding of psychological concepts through hands-on experience in conducting experiments, analyzing data, and interpreting results, fostering research skills and application of theory in real-life contexts.		
Credits: 4	Core Compulsory (Practical)	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Any Three: Case History, Psychological disorder (e.g., Schizophrenia, Major Depressive Disorder, Anxiety Disorder), Positive psychology scales (e.g., measures of happiness, optimism, resilience, gratitude), Designing Positive Psychology Interventions The remaining One practicals will be related to a selection of one elective papers.		
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none">● Presentation of Practical file (15 Marks)● Attendance (10 Marks)		

Paper 11 Dissertation

Program/Class: M.A. (4+1)/M.A. II (3+2)	Year: Fifth	Semester: Nine
Subject: Psychology		
Course Code: A090911R	Course Title: Dissertation	
Course Outcome: After completing this practicum, the student will have a comprehensive understanding about carrying out research project, how to frame research objectives and questions, plan, decide and execute appropriate methods of research, and intended data analysis.		
Credit: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks:	
Unit	Topics	
I	Visit any community of the surrounding and identify problems, issues, good practices, skills, community services etc. For example- Health Services, Women Self Help Groups, NGOs, Banks, Organizations, Industries, Villages, Panchayat etc. (Individually student).	



II	<p>The Research Project begins in Semester IX and concludes with its evaluation in Semester X. The research proposal is an important process in providing a clear statement of the problem, a review of literature, how the literature relates to the proposed study, formal research questions and hypotheses, a full methods section, and the data analysis you intend to conduct. The student will work in groups in completing the project, but will write the proposal and final paper individually.</p> <p>Each student will be evaluated on diligence in writing the research proposal as per APA guidelines.</p>
<p>Suggested Continuous Evaluation Methods:</p> <ul style="list-style-type: none"> ● PPT Presentation of experiences of observed unit and research proposal (20 Marks) ● Attendance (5 Marks) 	

SEMESTER -10

Paper 1 Theory

Program/Class: M.A. (4+1)/ M.A. II (3+2)		Year: Fifth	Semester: Ten
Subject: Psychology			
Course Code: A091001T		Course Title: Psychotherapeutic Intervention (Theory)	
Course Outcome: The students will gain understanding of various critical concepts of psychotherapy like therapeutic boundaries, the characteristics of the client and the characteristics of the therapist. Students will gain comprehensive knowledge about therapies and their techniques of using therapies.			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics		No. of Lectures
I	Therapeutic Intervention: Nature, goals and course of interventions. Objectives and approaches. Distinction between Psychotherapy and other orientations. Client characteristics; Therapist characteristics; Psychotherapeutic relationship; Therapeutic boundaries.		12
II	Types of Psychotherapy: Psychoanalysis: Background and Basic principles; Techniques of psychodynamic psychotherapy; Later developments; Treatment applications. Client-centered therapy - Theoretical bases, Techniques in psychotherapy. Existential Psychotherapy and Gestalt therapy - Theoretical bases, Techniques in psychotherapy. Techniques based on classical and operant conditioning: systematic desensitization, exposure techniques, contingency management, token economy, biofeedback procedures. Therapeutic techniques based on Beck’s cognitive therapy and Ellis’ Rational Emotive Therapy.		12
III	Supportive therapies; Millieu therapy, Motivational therapy, Creative art therapy.		12
IV	Holistic approach to therapy; Yoga, Meditation, Bio-feedback and Placebo effect. Indian tradition of healing.		12
V	Counselling: Counselling relationship process; Programs for special populations; juvenile offenders; in an institutional setting. Social skills for women and elderly; Programs for the severely impaired; Social skills		12



	training with psychiatric patients and mentally retarded.	
Suggested Readings:		
1.	Ajaya. S. (1989), psychotherapy: East and west, Himalyan international institute for yoga scientific and philosophy Pennsylvania.	
2.	Gelso, C.J. & Fretz B.R. (1995). Counselling psychology, Bangalore: Prism book Pvt. Ltd.	
3.	Woolberg. L.R. (1998). The techniques of psychopathy barcour brace: Grune & Stratton.	
4.	Corey, G. (1986). Case approach to counselling psychotherapy. 2 Ed. California: Brooks/Cole Publishing company.	
5.	Dryden, W: (1995): Rational emotive behavioral therapy. New Delhi: Sage.	
Suggested Continuous Evaluation Methods:		
●	Assignment/ Seminar (10 Marks)	
●	Written Test (10 Marks)	
●	Attendance (5 Marks)	
Suggested equivalent online courses:		
●	Coursera,	
●	Swayam	

Paper 2 Theory

Program/Class: M.A. (4+1)/ M.A. II (3+2)		Year: Fifth	Semester: Ten
Subject: Psychology			
Course Code: A091002T		Course Title: Health Psychology (Theory)	
Course Outcome To identify and discuss the interplay of psychological, biological, behavioural, and social factors (Biopsychosocial Model) in the study of health issues, including mechanisms and pathways in disease processes such as disease initiation, promotion, and management and to evaluate and debate the fundamental and more recent contributions to the science in order to summarize the theory and research in the field of Health Psychology			
Credits: 4		Core Compulsory (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Development of Health Psychology: Models of Health, Psychology, Role of Health Psychologists.	12	
II	Stress, Illness and Coping: Stress-Meaning, Sources and Impact on health; Stress, Behavior and Illness; Moderators of Stress Experience- Coping Strategies and Social Support.	12	
III	Health and Behavior: Behavioral pathogens and behavioral immunogens; Psychological theories about health behavior; Modification of health behavior,; Health Promotion, Methods for promoting Health.	12	
IV	Chronic and Terminal Illnesses: Diabetes- Types, Health implications, Problems in Self-management and Intervention with diabetics; CHD –Risk factors, Prevention and Management; Cancer- Prevalence and Types, Psychosocial factors and cancer; Adjusting to cancer; Coping with cancer and intervention; AIDS – Risk factors, Effect and treatment of AIDS.	12	
V	Treatment Setting and Management: Patient- Provider relations; Psychosocial interventions for psychological issues for people with chronic illnesses; Chronic pain management.	12	



Suggested Readings:

1. Taylor, S.E. (2013). Health Psychology. New Delhi: Tata McGraw- Hill.
2. Sutton, S., Baum, A. & Johnson, M. (2004). Handbook of Health Psychology. New Delhi, Sage Publications.
3. Straub, R.O. (2007). Health Psychology. New York: Worth Publications.
4. Straufing, E. P. & Smith, T.W. (2011). Health Psychology: Biopsychosocial Interactions (7th edition). While Publications.

Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Suggested equivalent online courses:

- Coursera,
- Swayam

Paper 3 Theory

Program/Class: M.A. (4+1)/ M.A. II (3+2)		Year: Fifth	Semester: Ten
Subject: Psychology			
Course Code: A091003T		Course Title: Indigenous Psychology (Theory)	
Course Outcome: The purpose of this course is to develop a culturally sensitive perspective on psychological processes. Considering culture as a process and viewing psychological phenomena as reciprocally related to it, the course intends to initiate students into the emerging field of Indian indigenous psychology.			
Credits: 4		Elective (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Introduction; Diverse perspectives on the discipline of psychology: Biological, Social, Cultural; The debate on ‘scientific paradigm’ and its implications for indigenous psychology	12	
II	Relationship Between Culture and Psychology: Changing perspectives, Emergence of Cultural, Cross-cultural and indigenous psychologies. The non-western perspectives on psychology.	12	
III	World Views and Perspectives on Reality: Methods of knowing in Indian tradition with reference to Sankhya, Vedant, Yoga and Buddhism.	12	
IV	The Notion of Self: The problems of self and understanding. The notions of mind, consciousness and spirituality, Health and Well-being: Yoga and Meditation: Pranayama, Mudra, Bandhas, Pratyahar, Dharma, Dhyan, Compassionate Action.	12	
V	Indian perspectives on conceptualizing man-environment relationship, Social behaviour: The challenges of individuality and relatedness, Motivation: Intrinsic motivation, Ideas of Anasakti, Work Happiness.	12	
Suggested Readings:			
1. Sinha, J.N. (1969). Indian psychology. Calcutta: Mukhopadhyaya			
2. Triandis, H.C. (1994). Culture and social behaviour. New York: McGraw Hill.			
3. Bock, P.K. (Ed.). Handbook of psychological anthropology. Westport, CT: Greenwood.			



4. Brahma, N.K. (1990). Philosophy of Hindu sadhna. Delhi: Motilal Banarasidas
5. Kanungo, R.N. & Mendonca, M. (1994). Work motivation. New Delhi: Sage
6. Kim, U. & Berry, J.W. (1993). Indigenous psychologies: Research and experience in cultural CA: Sage.

Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Suggested equivalent online courses:

- Coursera,
- Swayam

Paper 4 Theory

Program/Class: M.A. (4+1)/ M.A. II (3+2)		Year: Fifth	Semester: Ten
Subject: Psychology			
Course Code: A091004T		Course Title: Psychology of Rehabilitation (Theory)	
Course Outcome: The course will familiarize the students with the concept of disabilities and the assessment techniques so they can use appropriate rehabilitation programme for betterment.			
Credits: 4		Elective (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Rehabilitation: Definition, nature and rationale. Models of rehabilitation.	12	
II	Disability: Concept of impairment, disability and handicap. Classification of disabilities; RCI and NSSO.	12	
III	Assessment of disabilities: Purpose and goals of assessment and evaluation; Norm referenced, criterion-referenced and functional assessment, psychological tests as assessment tools.	12	
IV	Rehabilitation techniques: Types of rehabilitative intervention-person and environment focused interventions for rehabilitation in community and work settings. Behavioural therapeutic approaches to rehabilitation	12	
V	Rehabilitation services: Setting and perspectives; Types of rehabilitation; Ethical issue in rehabilitation.	12	
Suggested Readings:			
1. Advani, S. L., Ghate, P. Goel, H. C., & Reddy, V. R. L. (2002). Foundation course on education of children with disability. Hyderabad: G. Guru Publications.			
2. Hill, R. D., Backman, L., & Neely, A. S. (2000). Cognitive rehabilitation in old age. Oxford University Press.			
3. Kundu, C. L. (2000). Status of disability in India. New Delhi: Rehabilitation Council of India.			
4. Pandey, R. S. & Advani, L (1995). Perspectives in disability and rehabilitation. New Delhi: Vikas Publishing House.			
5. Stromer, D. C., & Prout (Eds.) (1995). Counselling and psychotherapy for persons with mental retardation and borderline intelligence. Vermont: Clinical Psychology Publishing Co.			
Suggested Continuous Evaluation Methods:			



<ul style="list-style-type: none"> ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks)
Suggested equivalent online courses: <ul style="list-style-type: none"> ● Coursera, ● Swayam

Paper 5 Theory

Program/Class: M.A. (4+1)/ M.A. II (3+2)		Year: Fifth	Semester: Ten
Subject: Psychology			
Course Code: A091005T		Course Title: Forensic Psychology (Theory)	
Course Outcome: To provide an overview of the concept, causation and current developments with respect to criminal behaviour. To emphasis on the understanding of special offenders’ groups and offences.			
Credits: 4		Elective (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Introduction to Forensic Psychology: Historical overview, Functions of Forensic Psychologists, Psychology and law.	12	
II	Psychology of Crime: Developmental Theories and Psychobiological bases of crime, Risk Assessment & Violence Prediction, Eyewitness Testimony and Expert Testimony.	12	
III	Psychological Investigation of Crime: Scientific Lie Detection: Polygraph, Verbal & Non-Verbal Cues, Hypnosis and Narcoanalysis, Behavioural Analysis; Understanding the criminal personality- antisocial personality, psychopath & sociopath; Personality Profiling	12	
IV	Psychology of Violence: Workplace and domestic violence, Child Abuse, Victim Psychology	12	
V	Correctional Psychology: Recognizing the suffering: Rape Trauma Syndrome and Post traumatic Stress Disorder, Coping with criminal victimization, rehabilitation of victim and offender	12	
Suggested Readings:			
1. Bartol, C. R. & Bartol, A. M. (2004). Introduction to Forensic Psychology. Thousand Oaks, CA: Sage Publications.			
2. Brown, J. M., & Campbell, E. A. (Eds.) (2010). The Cambridge Handbook of Forensic Psychology. Cambridge, England: Cambridge University Press.			
3. Costanzo, M. & Krauss, D. (2010). Legal and Forensic Psychology. New York: Worth Publishers.			
4. G., Hollin, C., & Bull, R. (Eds.) (2008). Forensic Psychology. Chichester, England: John Wiley & Sons, Ltd.			
5. Huss Matthew T. (2009). Forensic psychology: Research, clinical practice, and applications. West Sussex, UK: Wiley-Blackwell.			
6. Joanna R. Adler, Jacqueline M Gray (Eds) (2010) Forensic Psychology, N.Y.: William Publishing,			
Suggested Continuous Evaluation Methods:			
● Assignment/ Seminar (10 Marks)			



<ul style="list-style-type: none"> • Written Test (10 Marks) • Attendance (5 Marks)
Suggested equivalent online courses: <ul style="list-style-type: none"> • Coursera, • Swayam

Paper 6 Theory

Program/Class: M.A. (4+1)/ M.A. II (3+2)		Year: Fifth	Semester: Ten
Subject: Psychology			
Course Code: A091006T		Course Title: Post-Disaster Psycho-Social Rehabilitation (Theory)	
Course Outcome: To make students understand the basics of psycho-social rehabilitation in the aftermath of natural and human-made disasters. To provide an exposure for the students to the theory and practice of psychiatric treatment (including psychotherapy) as well as healing through cultural beliefs and symbols, and human relationships			
Credits: 4		Elective (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	What is psycho-social rehabilitation? Psycho-social rehabilitation: Looking beyond PTSD and its treatment. Interventions to address social suffering as well as PTSD. Defining Psycho-social rehabilitation: The critical role of community and culture. Ways to integrate community and personal resources	12	
II	Treatment and therapies addressing PTSD; Treatment addressing allostatic load caused by trauma, General and specific aspects of psychotherapy for PTSD. Types of psychotherapies and their effectiveness. Client’s voice and cultural processes in psychotherapy.	12	
III	Culture, community and relationship in post-disaster healing; Defining healing: The role of culture and notions of selfhood. Healing through the culturally authorized interpretations of trauma. Community solidarity and healing in ethnic and political violence. Forgiveness and resilience in post-violence healing.	12	
IV	Towards a culture-sensitive psycho-social rehabilitation; Integrating psychotherapy and cultural healing. The critical role of developing community-based resources. Cultural beliefs in sustaining long-term rehabilitation of survivors. Specific needs of violence survivors: Acknowledgement of harm caused to their social or religious identity	12	
V	Post traumatic Growth. Post traumatic growth: Concept & meaning. Domains of Post traumatic growth. Process of Post traumatic Growth. Post traumatic growth as revisiting and reformulating a self-narrative. Post traumatic growth and the counsellor’s role.	12	
Suggested Readings: 1. Bracken, P. J., Giller, J. E., & Summerfield, D. (1995). Psychological responses to war and atrocity. Social Science and Medicine, 40, 1073-1082.			



2. Cassell, E. J. (2004). The nature of suffering and the goals of medicine (2nd ed.). New York: Oxford.
3. Hudgins, M. K. (2002). Experiential treatment for PTSD: The therapeutic spiral model. New York: Springer.
4. Kleinman, A., Das, V., & Lock, M. (Eds.) (2000). Social suffering. New Delhi, India: Oxford University Press.
5. Priya, K. R. (2012). Trauma reactions, suffering and healing among riot-affected internally displaced children of Gujarat: A qualitative inquiry. Qualitative Research in Psychology, 9, 189-209.
6. Tedeschi, R. G. & Calhoun, L. G. (2004). Posttraumatic Growth: Conceptual Foundations and Empirical Evidence. Psychological Inquiry Vol. 15 (1) 1-18.

Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Suggested equivalent online courses:

- Coursera,
- Swayam

Paper 7 Theory

Program/Class: M.A. (4+1)/ M.A. II (3+2)		Year: Fifth	Semester: Ten
Subject: Psychology			
Course Code: A091007T		Course Title: Psychology of Aging And Palliative Care (Theory)	
Course Outcome: Students will learn about aging and physical and mental changes occurring due to aging. Coping with the problems of aging. Use of drugs and legal issues in palliative care. Students will gain knowledge about rehabilitation and therapies to help adulthood.			
Credits: 4		Elective (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Concept, characteristic features and developmental tasks of adulthood and aging; Aging in India. Theoretical approaches: Biological: Genetic, cellular and physiological; Psychological: Erikson and Peck; Social: Role theory, activity vs. disengagement theory; Indian theory of Ashramas.	12	
II	Changes and coping with changes in aging: Physical aspects, cognitive functions, personality and concept of self, social aspects, retirement and mental health, longevity and successful aging.	12	
III	Definition, Communication and research on palliative care. Symptom Management: Pain, Gastro-intestinal symptoms, Palliation of head and neck cancer, Endocrine and metabolic complications of advanced cancer, Psychiatric symptoms.	12	
IV	Principles of drug use in palliative care: The use of drugs beyond license, Drug interactions in palliative care, Syringe drivers, Antibiotics in palliative care, Non-medical prescribing.	12	
V	Palliative care and allied health professions: Rehabilitation and social work, Occupational therapy, Physiotherapy, Speech and language therapy, Clinical and other applied psychology in palliative care, Legal and	12	



	professional standards of care.	
Suggested Readings: 1. Birren, J.E. (1996). Encyclopedia of gerontology (Vol I & II). California: Academic Press 2. Botwinick, J. (1973). Aging and behaviour. New York: Springer. 3. Hurlock, J.B. (1997). Developmental psychology-The life span perspective. New York: McGraw Hill. 4. Kaluger, G., & Kaluger, M.F. (1984). Human development-The span of life. St. Louis: Times Mirror. 5. Palmore, B.E. (1993). Developments and research on aging: An international handbook. Westport: Greenwood Press. 6. Rao, V.A. (1989). Psychology of old age in India. Madras: MacMillan India Press. 7. Faull, C., Caestecker, S., Nicholson, A., & Black, F. (2012). Handbook of palliative care (3rd ed.). New Jersey: Wiley-Blackwell.		
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none"> ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks) 		
Suggested equivalent online courses: <ul style="list-style-type: none"> ● Coursera, ● Swayam 		

Paper 8 Theory

Program/Class: (4+1)/M.A. II (3+2)		M.A.	Year: Fifth	Semester: Ten
Subject: Psychology				
Course Code: A091008T			Course Title: Psychology of Stress and Coping Strategy (Theory)	
Course Outcome: Students will be able to understand about stress and its effect. They will learn different coping strategies to enhance the health and well-being, and give support to the humanity.				
Credits: 4			Elective (Theory)	
Max. Marks: 25+75			Min. Passing Marks: 10+25	
Unit	Topics			No. of Lectures
I	The Nature of Stress and Health: Lazarus and Folkman’s transactional model; Eastern/Oriental conceptualization stress; Sources/Types of stress; Life events stress; Worksite/Organizational/Executive stress; Examination stress; Gender and stress.			12
II	Behavioural and physical symptoms. Burnout stress syndrome (BOSS). Anxiety, anger and depression as emotional vital signs of mental health; Their nature and management.			12
III	What is coping? Socio-Demographic: (e.g., socio-economics status, gender), personality (e.g., type A behaviour pattern) and coping strategies (problem-focused and emotion-focused), as moderators of the relationship of stress and health/well-being.			12
IV	Social Resources: Social/Family/Peer/Supervisory support and their appraisals as moderators of relationship of stress and health/well-being.			12
V	Managing/Coping with Stress: Self-Management via increasing self-awareness. Yogic meditation; Buddhist Vipassana; Bio-feedback; Assertiveness training; Time management. Coping with organizational role			12



	stress. Coping with mergers and acquisition dealing with dual-career relationships.	
Suggested Readings: 1. Cooper, C & Payne, R. (Eds.) (1988). Causes, coping and consequences of stress at work. Chichester: Wiley. 2. Cooper, C & Payne, R. (Eds.) (1991). Personality and stress: Individual differences in stress process. Chichester: Wiley. 3. Misra, G. (Ed.) (1999). Psychological perspectives on stress and health. New Delhi: Concept. 4. Spielberger, C.D. & Siason, I.G. (Eds.) (1996). Stress and emotions: Anxiety, anger and curiosity, Vol. 16 Washington, D.C.: Taylor & Frances. 5. Lam, D.J. & Palsane, M.N. (1997). Research on stress and coping: Contemporary Asian approaches. In H.S.R. Kao & D.Sinha (Eds.), Asian perspectives on psychology. (pp. 265281). New Delhi: Sage. 6. Cotton, D. (1990). Stress Management and integrated approach to psychotherapy. New York: Brunner.		
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none"> ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks) 		
Suggested equivalent online courses: <ul style="list-style-type: none"> ● Coursera, ● Swayam 		

Paper 9 Theory

Program/Class: M.A. (4+1)/ M.A. II (3+2)		Year: Fifth	Semester: Ten
Subject: Psychology			
Course Code: A091009T		Course Title: Human Resource and Management (Theory)	
Course Outcome: To get a complete grasp of HR processes in order to recognize and appreciate the connections between individuals, organizations, and communities in greater society. Students will be aware of the psychological processes that are at the heart of most HR procedures. To comprehend the significance of training as a tool for achieving organizational objectives			
Credits: 4		Elective (Theory)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Human Resource Management: Nature, Scope and Implications of HRM, Trends Shaping HRM, Strategic Management Process, HRM in Changing Environment.	12	
II	Acquisition of Human Resources: Planning, Assessment, Job Analysis, Recruiting, Selection Process.	12	
III	Training and Management Development: Goals, Establishing Training Needs, Methods and Approaches used in Training, Management Development.	12	
IV	Performance Management and Appraisal: Performance Management System, Process and Techniques for Appraising Performance, Creating Effective Personnel Management System.	12	



V	Compensation and Employee Relations: Establishing Strategic Pay Plans, Designing Effective Incentive Programs, Labor Management Relations, Ethics, Justice and Fair Treatment in HRM.	12
Suggested Readings: 1. Dessler, G. & Varkkey (E. 2011) Human Resource Management. Pearson (12th edition). 2. De. Cenzo, D.A. & Robbins, S.P. (1996). Human Resource Management, New York: John Willey & Sons. 3. Hersey, P., Blanchard, K.H. & Johnson, D.E. (1996). Management of Organizational Behaviour: Utilizing Human Resources, (Latest Edition), New Delhi: Prentice Hall of India, Pvt. Ltd. 4. Schultz, D. & Schultz, S.E. (2004). Psychology and Work Today (8th edition), Delhi: Pearson Education.		
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none"> ● Assignment/ Seminar (10 Marks) ● Written Test (10 Marks) ● Attendance (5 Marks) 		
Suggested equivalent online courses: <ul style="list-style-type: none"> ● Coursera, ● Swayam 		

Paper 10 Practical

Program/Class: M.A. (4+1)/ M.A. II (3+2)	Year: Fifth	Semester: Ten
Subject: Psychology		
Course Code: A091010P	Course Title: Practical	
Course Outcome: After completing this practicum, the student will have an understanding of psychological concepts through hands-on experience in conducting experiments, analyzing data, and interpreting results, fostering research skills and application of theory in real-life contexts.		
Credits: 4	Core Compulsory (Practical)	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Any Three:1. Perceived Stress Scale (PSS-10), 2. General Health Questionnaire (GHQ-12), 3. Beck Depression Inventory (BDI), 4. State-Trait Anxiety Inventory (STAI), 5. WHO-5 Well-Being Index, 6. Coping Strategies Inventory (CSI), 7. Health Locus of Control Scale, 8. Patient Health Questionnaire (PHQ-9)		
The remaining One practical's will be related to a selection of one elective papers.		
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none">● Presentation of Practical file (15 Marks)● Attendance (10 Marks)		

Paper 11 Dissertation

Program/Class: M.A. (4+1)/ M.A. II (3+2)	Year: Fifth	Semester: Ten
Subject: Psychology		
Course Code: A091011R	Course Title: Dissertation	



Course Outcome: It will help the learner to critically reflect on, review the scientific basis for, and integrate what you have learned and accomplished as a psychology student and will prepare to explore the cultural, social, and ethical impact of psychological application on community and daily life.

Credits: 4		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks:
Unit	Topics	
I	Based on the field visit observations and experiences, the learner get in Semester IX, plan to visit to identified unit, organization, community etc. to get an understanding of the same and do data collection either through questionnaire, or interview or with the help of audio-visual medium based on the identified research problems/issues.	
	Analyze the data and submit a detailed report and a presentation. The student will work individually completing the project, but will write the final paper individually. Each student will be evaluated on diligence in writing the research project as per APA guidelines.	
Suggested Readings:		
1. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org		
Suggested Continuous Evaluation Methods:		
<ul style="list-style-type: none">● Making of short film or presentation of observed unit (20 Marks)● Attendance (5 Marks)		

