



UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE UNIVERSITY)

Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

NOTIFICATION

(19/June/Adp/07)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the Syllabi and Courses of Study in the subject of **Psychology of Master Degree Programme** for III and IV Semesters under the **Choice Based Credit System (through regular mode)** in the main Campus for the examinations to be held in the years indicated against each semester as under:-

Subject	Semester	for the examination to be held in the years
Psychology	Semester-III	Dec. 2019, 2020 and 2021
	Semester-IV	May 2020, 2021 and 2021

The Syllabi of the courses is available on the University website: www.jammuuniversity.in

Sd/-
DEAN ACADEMIC AFFAIRS



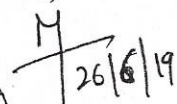
No. F.Acd/II/19/2498-2508

Dated: 26-06-2019.

Copy to:

- 1) Dean, Faculty of Social Science
- 2) HOD/Convener, Board of Studies in Psychology
- 3) All members of the Board of Studies
- 4) C.A. to the Controller of Examinations
- 5) Asst. Registrar (Confidential)
- 6) Incharge University Website for necessary action please.


Assistant Registrar (Academic)

M.A. Psychology under CBCS
Syllabus for the examinations to be held in Dec 2019, Dec 2020, Dec 2021
Semester -III

DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF JAMMU

**Semester-wise Distribution of Courses and Credits under Choice Based Credit System of
Master Degree Programme (2019 onwards)**

SEMESTER- I

Course Code	Paper	Credits	Contact hours per week
CORE COURSES			
PSPYTC101	Schools of Psychology	4	4
PSPYTC102	Fundamentals of Psychology	4	4
PSPYTC103	Bio-Psychology	4	4
PSPYTC104	Statistics in Psychology	4	4
PSPYPC114	Practicals I	6	9

Total Credits in Semester I- 22

SEMESTER-II

Course Code	Paper	Credits	Contact hours per week
CORE COURSES			
PSPYTC201	Cognitive Psychology	4	4
PSPYTC202	Personality Psychology	4	4
PSPYTC203	Advanced Social Psychology	4	4
PSPYTC204	Research Methodology	4	4
PSPYPC214	Project	4	6
PSPYPC215	Practicals II	6	9

Total Credits in Semester II- 26

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Semester -III

SEMESTER-III

Course Code	Paper	Credits	Contact hours per week
ELECTIVES			
GROUP A			
PSPYTE301	Psychopathology	4	4
PSPYTE302	Counselling Psychology	4	4
PSPYTE303	Organizational Behavior	4	4
PSPYPE314	Field work	2	3
PSPYPE315	Practicals III	4	6
GROUP B			
PSPYTE306	Health Psychology	4	4
PSPYTE307	Child Psychology	4	4
PSPYTE308	Sport Psychology	4	4
PSPYTE309	Forensic Psychology	4	4
PSPYTE310	Environmental Psychology	4	4
OPEN COURSE			
PSPYTO311*	Psychology in day to day life	4	4

Total Credits in Semester III- 26

22 (department) + 4 (Open Course from other department)

NOTE:

Group A Elective courses are compulsory

Select any one Elective course from Group B and there will be minimum 8 students to start any elective course.

311* - Open Course available for outside departments.

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Semester -III

SEMESTER IV

Course Code	Paper	Credits	Contact hours per week
ELECTIVES			
GROUP A			
PSPYTE401	Psycho-diagnostics	4	4
PSPYTE402	Psychotherapeutic Interventions	4	4
GROUP B			
PSPYTE406	Counselling in different settings	4	4
PSPYTE407	Counselling in Educational settings	4	4
GROUP C			
PSPYTE411	Human Resource Management	4	4
PSPYTE412	Consumer Psychology	4	4
PSPYTE425#	Internship	2	120 hrs
GROUP D			
PSPYTE416	Positive Psychology	4	4
PSPYTE417	Community Psychology	4	4
PSPYTE418	Developmental Psychology	4	4
PSPYTE419	Military/Police Psychology	4	4
PSPYTE420	Clinical Psychology	4	4
PSPYTE421	Rehabilitation Psychology	4	4
PSPYTE422	Indigenous Psychology	4	4
OPEN COURSE			
PSPYTO450*	Psychology of Happiness	4	4

Total Credits in Semester IV- 22

18(department) + 4 (Open Course from other department)

NOTE:

Select any group of electives from A, B and C.

Select any two courses from Group D and there will be minimum 8 students to start any course.

#Course no. PSPYTE425 (Internship) is compulsory

450*- Open Course available for outside departments.

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Semester -III

Requirement for Earning the PG Degree

The total credit requirement for the PG Psychology programme is 96 credits. The total credits are distributed over two categories. Post-graduate Semester Core Courses (PSCC), Post-graduate Semester Elective Courses (PSEC). Post-graduate Semester Open Category Course (PSOCC). The PSOCC provide an opportunity to the student to develop broad inter-discipline. They include elective and/or core courses from other disciplines. The number of credits to be chosen from PSCC and PSEC is 88. The number of credits to be chosen from PSOCC is 8.

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Semester -III

COURSE TITLE: PSYCHOPATHOLOGY

COURSE NO: PSPYTE301

MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60)

DURATION OF EXAM – 3 HOURS

CREDITS: 4

CONTACT HOURS: 60.

OBJECTIVES

To acquaint the students with the nature of various manifestations of psychopathology. The course includes Anxiety Disorders, Somatoform Disorders, Dissociative and Personality Disorders, Mood Disorders, Eating Disorders, Psychophysiological Disorders and Schizophrenia.

UNIT I

Approaches to Psychopathology: Biological, Psychodynamic, Behavioral, Cognitive, Socio-cultural. Diagnostic and Statistical Manual of Mental Disorders (DSM) and International Classification of Diseases (ICD).

UNIT II

Anxiety disorders: Clinical Picture, Etiology and Treatment.

Obsessive- Compulsive and related disorders: Clinical Picture, Etiology and Treatment.

Somatic symptoms and related disorders: Clinical Picture, Etiology and Treatment.

UNIT III

Dissociative Disorders: Clinical Picture, Etiology and Treatment.

Bipolar and related disorders, Depressive Disorders: Clinical Picture, Etiology and Treatment.

Feeding and Eating disorders: Clinical Picture, Etiology and Treatment.

UNIT IV

Schizophrenia spectrum and other Psychotic disorders: Clinical Picture, Etiology and Treatment.

Personality Disorders: Clinical Picture, Etiology and Treatment.

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

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Semester -III

COURSE NO: PSPYTE301

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Students have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

BOOKS RECOMMENDED

Barlow, H.D. & Durand, V.M. (2007). *Abnormal Psychology; An Integrative Approaches*. New Delhi: Wadsworth Thomson Learning.

Carson, R.C. Butcher, J.N. & Mineka, S. (2000). *Abnormal Psychology and Modern Life*. (11th ed.) . Ally and Bacon.

Durand, V.M. & Barlow, D.H. (2000). *Abnormal Psychology*. Belmont, CA:Wadsworth/Thomson Learning.

Nevid . J. S., Rathus, S.A. Greene, B. (2018). *Abnormal Psychology in a Changing World (10th ed.)* New Delhi: Pearson Education

Raskin,J.D. (2019). *Abnormal Psychology: Contrasting Perspectives* .UK: Red Globe Press.

Sarason, I. G. &Sarason, B.R. (2007). *Abnormal Psychology: The Problem of Maladaptive Behavior* (10th ed.).New Delhi: Pearson Education.

Seligman, M.E.P., Walker, E.F., &Rosenhan, D.L. (2001). *Abnormal Psychology*. (4th ed.). New York: W.W. Norton & Co.

Zide, M.R. & Gray, S.W. (2001). *Psychopathology*. Belmont, CA: Wadsworth/Thomson Learning.

NET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through NET surfing

M.A. Psychology under CBCS
Syllabus for the examinations to be held in Dec 2019, Dec 2020, Dec 2021
Semester -III

COURSE TITLE: COUNSELLING PSYCHOLOGY

COURSE NO: PSPYTE302

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 + MAJOR=60)

CONTACT HOURS: 60 hrs

DURATION OF EXAM – 3 HOURS

OBJECTIVES

The course is designed to provide an in-depth study of Counselling and Psychotherapeutic Processes. It includes the detailed study of concepts, goals and ethical issues in Counselling and Psychotherapy; Counselling Strategies and Techniques, and adopting the Counselling Process to Specific Populations.

UNIT- I

Fundamentals of Counselling: Definition and Goals of Counselling, Difference between Counselling and Psychotherapy, Counsellor Characteristics, Ethics in Counselling

UNIT II

Process of Counselling : Counselling Relationship, The core Conditions of Counselling, Counsellor's Actions that Impede Communication, Stages of Counselling

Skills: Opening skills, Listening techniques, Challenging Skills, Acceptance techniques, Structuring techniques, Leading techniques, Advice and information giving strategies, Terminating skills

UNIT-III

Approaches to Counselling: Psychodynamic, Client-Centered, Gestalt, Behavioral, Cognitive Behavior, Group and Family, Trait Factor, Eclectic, E- Counselling

UNIT-IV

Adopting the Counselling Process to Specific Populations: Crisis Intervention, Working with Children, Parents, Older Adults, Women & Girls, Men and Boys, Gay, Lesbians, Transgender.

Note for Paper Setting

Examination Theory	Syllabus to be covered	Time allotted for Exam	% weightage (marks)
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Semester -III

	in examination		
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

COURSE NO: PSPYTE302

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Students have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

BOOKS RECOMMENDED

Capuzzi, D. & Gross, D.R. (1997). *Introduction to Counselling Profession (2nd ed.)*. Boston: Allyn and Bacon Publishing Company.

Corey, G. (2000). *Theory and Practice of Group Counselling*. Pacific Grove, Calif: Brooks/Cole.

Carr, A. (2006). *Family Therapy: Concepts, Process and Practice*. England: John Wiley & Sons, Ltd.

Evans, J. (2009). *Online Counselling and Guidance Skills*. New Delhi: Sage Publications.

Flanagan, J. S., & Flanagan R.S. (2004). *Counselling and Psychotherapy Theories in Context and Practice*. New Jersey: John Wiley & Sons.

Galibrarth, V. (2018). *Counselling Psychology*. New York: Taylor & Francis Group.

Ginter, E.J., Roysircar, G., Gerstein, L.H. (2019). *Theories and applications of Counselling and Psychotherapy*. USA: Sage Publications, Inc.

McLeod, J. (2009). *Counselling Skills*. New Delhi: Rawat Publications.

Milner, P. & Palmer, S. (2001). *Counselling (Vol 2)*. London: Sage Publication.

Murphy, D. (2017). *Counselling Psychology: A Textbook for Study and Practice*. USA: Wiley-Blackwell

Orlans, V., & Scoyoc, S. V. (2009). *A Short Introduction to Counselling Psychology*. New Delhi: Sage Publication India Pvt. Ltd.

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Semester -III

Welfel, E.R. & Patterson, L.E. (2005). *The Counselling Process: A Multi-theoretical Integrative Approach* (6th ed.). Pacific Grove: Brooks/Col. (1st Indian Edition).

NET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through NET surfing.

COURSE TITLE: ORGANIZATIONAL BEHAVIOR

COURSE NO: PSPYTE303

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60)

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 3 HOURS

OBJECTIVES

This course is designed to understand the behavior of individuals in organizations. This will familiarize the students about personality, motivation, leadership, communication and team work in organizations.

UNIT-I

Nature, Scope, Historical Roots and Emergence of Organizational Behavior, Challenges and Opportunities for Organizational Behavior Today. Theoretical Foundations of Organizational Behavior.

UNIT-II

Organizational Design: Classical and Neo-Classical Approaches, Contemporary Approaches, Emerging Organizational Designs

Communication: Nature, Functions, Process, Interpersonal Communication, Direction of Communication, Organizational Communication, Effective Communication, Barriers to Effective Communication

UNIT-III

Personality: Nature, role of personality in organization in the context of interaction perspective and person-job fit perspective. The Myers-Briggs type indicator, the big five model, Major personality characteristics in organizations

Work Motivation: Nature, Theories: Content, Process and Reinforcement Theories

UNIT-IV

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Semester -III

Leadership: Meaning, Historical Studies, Traditional Theories, Modern Theoretical Process of Leadership, Leadership Skills
 Team; Nature, Types of Teams, Creating Effective Teams

COURSE NO: PSPYTE303

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Students have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

BOOKS RECOMMENDED

- Greenberg, J., Robert, A., & Baron, A. (2000). *Behavior in organization* (7th ed.) New Jersey: Prentice Hall.
- Luthans, F (2011). *Organizational: An evidence –based approach* (12th edition). New York: McGraw-Hill.
- Nelson, D.L. & Quick, J.C. (2006). *Organizational Behavior.: Foundations, realities and challenges* (3rd edition) . Chennai, India: Thomson.
- Robbins, S.P. (2003). *Organizational Behavior*. (10th edition) New Delhi: Pearson education
- Robbins, S.P., & Judge, T.A. (2019). *Organizational Behavior, Global Edition* (18th ed.). London : Pearson Education.
- Yukl, G. (2004.) *Leadership in organizations*. (5th ed.). New Delhi: Pearson education

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Semester -III

NET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through NET surfing.

COURSE TITLE: HEALTH PSYCHOLOGY

COURSE NO: PSPYTE306

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 + MAJOR=60)

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 3 HOURS

OBJECTIVES

To acquaint the students with the nature and significance of the emerging area of health psychology. It also highlights the importance of social and psychological processes in the field of health psychology.

UNIT I

Introduction and historical background to health psychology, Emergence of the Field of Health Psychology, Mind and Body Connection, Bio-medical Model, Bio-psychosocial Model, Research in Health Psychology

UNIT II

Pain and Illness: Pain, The Process of Illness, Preventing Illness

Determinants of Health Behavior: Theoretical Approaches to Health Behavior, Cognitive Behavioral Approaches to Health Behavior Change.

UNIT III

Health Enhancing Behaviors: Exercise, Accident Prevention, Weight control, Cancer-Related Health Behaviors

Health Compromising Behaviors: Smoking, Alcoholism and Substance Abuse

UNIT IV

Stress and Coping: Theories of stress (Selye and Lazarus), Sources of Chronic Stress, Stress related illness, Coping with Stress

Communication in Health Settings: Communication in Medical Encounter, Treatment Adherence and Patient Empowerment, Physician Patient Relationship

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Semester -III

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

COURSE NO: PSPYTE306

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Students have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

BOOKS RECOMMENDED

Brannon, L., & Feist, J. (1997). *Health Psychology*. (3rd ed.). Pacific Grove, CA: Brooks/Cole (ITP).

Dimatteo, M. R., & Martin, L. R. (2002). *Health Psychology*. New Delhi: Pearson Education.

Marks, D.F., Murray, M., Evans, B., Willig, C., Woodall, C., & Sykes, C. M. (2008). *Health Psychology: Theory, Research, and Practice*. New Delhi: SAGE Publication.

Revenson, T.A., & Gurung, R.A.R. (2019). *Handbook of Health Psychology*. New York:Routledge.

Sanderson, C.A. (2018). *Health Psychology: Understanding the Mind-Body Connection*. SAGE Publications, Inc;

Sarafino, E.P. (2002). *Health Psychology: Biopsychosocial Interactions* (4th edition). New York: John Wiley and Sons, Inc

Taylor, S.E. (2012). *Health Psychology*. (7th ed.). New Delhi: Tata McGraw Hill.

NET SURFING REQUIRED:

Students are highly encouraged to find out the relevant material through NET surfing

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Semester -III

COURSE TITLE: CHILD PSYCHOLOGY

COURSE NO: PSPYTE307

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60)

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 3 HOURS

OBJECTIVES

The course is designed to acquire basic knowledge of Child psychology. The focus of the course will be on development from Conception to Adolescence from different perspectives. The course further covers different research perspectives within the field of Developmental psychology.

UNIT- I

Development from Conception to Birth: Stages of Prenatal Development, Factors influencing development, Theories of Human Development.

UNIT-II

Infancy: Physical growth: Early reflexes, Early Sensory capacities, milestones of Motor development. Cognitive development- Behaviorist and Piagetian approach. Language, Emotional and Social development, Developmental issues in infancy.

UNIT-III

Childhood: Physical, Motor, Cognitive, Emotional, Language and Social development in Early and Middle childhood.

UNIT IV

Adolescence: Physical, Cognitive and Psychosocial development in Adolescence. Search for Identity, Sexuality, Moral Reasoning, Conflict and Aggression in Adolescence.

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Semester -III

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

COURSE NO: PSPYTE307

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Students have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

BOOKS RECOMMENDED

- Bee, H., & Boyd, D. (2004). *The Developing Child* (10th ed.). Delhi: Pearson Education Publication.
- Berk, L.E. (2003). *Child Development* (6th ed.). Delhi: Pearson Education Publication.
- Tetzchner, S.V. (2019). *Child and Adolescent Psychology*. New York: Routledge.
- Feldman, R.S. (1997). *Development Across the Life Span*. New Jersey: Prentice Hall Publication.
- Harris, M., Butterworth, G. (2012). *Developmental Psychology*. USA : Psychology Press.
- Hurlock, E.B. (2002). *Developmental Psychology* (5th ed.). New Delhi: Tata Mc Graw Hill Publication.
- Lally, M., & Valentine-French, S. (2017). *Lifespan Development: A Psychological Perspective* USA: Creative Commons.
- Papalia, D.E., Olds, S.W., & Feldman, R.D. (2004). *Human Development* (9th ed.). New Delhi: Tata Mc Graw Hill Pub.

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Santrock, J.W. (2007). *Life Span Development* (3rd ed.). New Delhi: Tata Mc Graw Hill Publication.

Shaffer, D.R., & Kipp, K. (2007). *Developmental Psychology: Childhood and Adolescence* (7th ed.). Haryana: Thomas Wadsworth.

Skuse, D., Bruce, H., & Dowdney, L. (2017). *Child Psychology and Psychiatry*.UK: John Wiley & Sons Ltd.

NET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through NET surfing.

COURSE TITLE: SPORT PSYCHOLOGY

COURSE NO: PSPYTE308

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 3 HOURS

OBJECTIVES

To acquaint the students with the nature and significance of sport psychology. It also highlights the importance of social and psychological processes in the sport settings. It aims to familiarize the students with the interventions.

UNIT -I

Introduction and Historical Background to Sport Psychology

Professional Issues in Sport Psychology

Research Methods and Testing in Sport Psychology

Special Athletic Populations

UNIT –II

Motivation in Sport: Defining Motivation; Theories of Motivation in Sport

Personality and Athletes: Theories; Personality Traits and Sport Psychology

Mood and Emotions in Sport: Conceptual Models of Emotion and Mood; Mood State and Athletic Performance

Attention and concentration in sport: Attention and Athletic Performance

UNIT- III

Aggression in sport: Theories; Factors Promoting Aggression; Techniques to Reduce Aggression; Substance abuse

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Semester -III

Leadership in sport: Team Cohesion; Theories of Leadership

Causal Attribution in sport: Attributional Model; Causal Attributions in Competitive Situations

UNIT- IV

Arousal, stress and anxiety in sport: Relationships among Arousal, Anxiety, and Performance;
Alternative Approaches to the Arousal-Performance Relationship

Substance Abuse in Sport: Prevalence, Diagnoses, and intervention

Interventions: Coping Strategies in sport; Relaxation Strategies for Sport; Arousal Energizing
Strategies for Sport; Psychological Skills Training

COURSE NO: PSPYTE308

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

BOOKS RECOMMENDED

Cashmore, E. (2014). *Key Concepts in Sport Psychology*. New York: Routledge.

Cox, R. H. (2002). *Sport Psychology: Concepts and Applications (5th Ed.)*.

New York: McGraw Hill Co. Inc.

Galulucci, N. T. (2008). *Sport Psychology: Performance Enhancement, Performance Inhibition, Individuals, and Teams*. New York: Psychology Press.

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- Lavallee, D., Kremer, J., Moran, A. P., & Williams, M. (2004). *Sports Psychology: Contemporary Themes*. New York: Palgrave Macmillan.
- LeUnes, A. (2008). *Sport Psychology*. (4thed.). New York: Psychology Press.
- Moran, A. P. (2004). *Sport and Exercise Psychology: A Critical Introduction*. New York: Routledge.
- Morris, T., & Summers, J. (1995). *Sport Psychology: Theory, Applications and Issues (2nd ed.)*. Milton: John Wiley & Sons Australia, Ltd.
- Wann, D. L. (1997). *Sport Psychology*. New Jersey: Prentice Hall Inc.

NET SURFING REQUIRED:

Students are highly encouraged to find out the relevant material through NET surf

COURSE TITLE: FORENSIC PSYCHOLOGY

COURSE NO: PSPYTE309

MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)

DURATION OF EXAM – 3 HOURS

CREDITS: 4

CONTACT HOURS: 60 HRS.

OBJECTIVES

The study of forensic psychology is interdisciplinary, in that our understanding is rooted in theory and research from a wide variety of academic disciplines, including: psychology, sociology, psychiatry, criminal justice/law enforcement, law and the legal profession, neuropsychology, psychopharmacology genetics and psychophysiology.

UNIT-I

Overview of the Forensic Psychology concepts: Meaning, Roles of Forensic Psychologists, Brief history of Forensic Psychology, Laws versus Values, the Importance of psychology in Law enforcement

UNIT-II

Effective Intervention: Relationship between mental disorders and crime, the criminalization of mental illness, psychological disorders and associated criminal behavior. Psychology and lie detection

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UNIT-III

Behavioral Profiling: Introduction, the Efficacy of Profiling, Inductive versus deductive reasoning, application of profiling, crime scene Analysis, Geographic Profiling

UNIT-IV

Working with victims: Police Perceptions-Domestic and sexual violence, Marginalized victims, overcoming victim reluctance, techniques for interacting with victims, victim support units

Working with minors: Child Psychopathology.

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

COURSE NO: PSPYTE309

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Students have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

BOOKS RECOMMENDED

- Bartol, C.R. & A. Bartol, A.M.(2015). *Introduction to Forensic Psychology: Research and Application* (4th ed). New York: SAGE Publications.
- Brown,J. , Shell, Y., & Cole, T. ,(2015). *Forensic Psychology*. New Delhi: SAGE Publications India Pvt. Ltd.
- Davies, G.M., & Beech, A. R. (2018). *Forensic Psychology: Crime, Justice, Law, Intervention*. (3rd ed.). USA: John Wiley & Sons Ltd.
- Dennis, H. (2018). *Introduction to Forensic and Criminal Psychology* (6th ed.) UK: Pearson Education
- Duff,S., & McGuire,J.(2018). *Forensic Psychology*. London : Macmillan Publishers Ltd.
- Scott-Snyder,S.(2017). *Introduction to Forensic Psychology : Essentials for Law Enforcement* Boca Raton,FL: Taylor & Francis Group

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Syllabus for the examinations to be held in Dec 2019, Dec 2020, Dec 2021
Semester -III

Textbook American Psychological Association. (2010). *Publication manual of the American Psychological Association (6th ed.)*. Washington, DC: Author.

NET SURFING REQUIRED:

Students are highly encouraged to find out the relevant material through NET surfing

COURSE TITLE: ENVIRONMENTAL PSYCHOLOGY

COURSE NO: PSPYTE310

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 3 HOURS

OBJECTIVES

To acquaint Students with the basic concepts of Environmental Psychology. To Provide Students a Perspective of Environmental Psychology

UNIT –I

Environmental psychology: Meaning, History, Nature, and Scope. Research methods in Environmental Psychology. Ethical considerations in environmental research. Models to explain environmental behavior.

UNIT-II

Environmental perception: perspectives, Nativism vs learning, Habituation and the perception of change.

Environmental cognition: cognitive maps (methods, errors, memory and cognitive maps), Wayfinding.

UNIT-III

Environmental risk perception: environmental risks, subjective risk judgment, emotional reactions to environmental risks

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Semester -III

Environmental stress: concept, effects of environmental stress: Noise, Crowding, poor housing quality, Poor neighborhood quality, traffic congestion. Territorial behavior.

UNIT-IV

Pro- Environmental behavior: Concept, values, social norms, eclectic model to save the environment.

Environment and quality of life, future perspectives in environmental psychology.

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

COURSE NO: PSPYTE310

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Students have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

BOOKS RECOMMENDED

Bell.P.A., Greene. T. C., Fisher. J.D., & Buam. A., (1996). *Environmental Psychology*. Harcourt Brace College Publishers.

Devlin, A.S. (2018). *Environmental Psychology and Human Well-Being*. Netherlands: Elsevier

Steg. L., Agnese., & De Groot, J.I.M. (2019) *Environmental Psychology :USA:* . John Wiley & Sons ltd.

NET SURFING REQUIRED:

Students are highly encouraged to find out the relevant material through NET surfing.

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Syllabus for the examinations to be held in Dec 2019, Dec 2020, Dec 2021
Semester -III

COURSE TITLE: PSYCHOLOGY IN DAY TO DAY LIFE

COURSE NO: PSPYTO311

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 3 HOURS

OBJECTIVES

To enable student to make the connection between psychology and its practical application to everyday life and how psychological principles can help them to face life's challenges. It enables students to relate issues that they encounter in their everyday life, such as emotions, stress, health, and communication.

UNIT I

Psychology: Meaning, Nature and scope of Psychology, Role of a Psychologist.
Methods of Psychology, Application of Psychology in day to day life

UNIT –II

Emotions: Nature of emotions, functions of emotional expression, expression of emotions, theories of emotions.
Emotional intelligence: Nature, scope and types. Strategies to enhance emotional intelligence.

UNIT-III

Stress, stressors, stress reactions, stress and health.
Stress Management: Meditation, Exercise, Relaxation, Coping: Emotion focused and problem solving focused coping.

UNIT-IV

Leadership: Nature, personality of an effective leader, types and Models of leadership.
Communication- Communication process, Communication skills, Non-verbal communication, effective communication, Barriers to effective communication.

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

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Semester -III

COURSE NO: PSPYTO311

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

BOOKS RECOMMENDED

Weiten, W., Lloyd A. M. (2004). *Psychology Applied to modern Life: Adjustment in the 21st Century*. (7th Ed). Singapore: Thomson Wadsworth Pvt ltd.

Atwater , E. & Duffy, K.G. (1995). *Psychology for Living, Adjustment, Growth, and Behavior today* (5th Ed.) . New Delhi: Prentice hall of India Private Limited.

Robbins, S.P., & Judge,T.A. (2019). *Organizational Behavior*, Global Edition (18th ed.). London : Pearson Education.

Taylor, S.E. (2012). *Health Psychology*. (7th ed.). New Delhi: Tata McGraw Hill.

Wadker, A. (2016). *Life skills for success*. Sage publications India Pvt. Ltd

NET SURFING REQUIRED:

Students are highly encouraged to find out the relevant material through NET surfing.

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Semester -III

COURSE TITLE: FIELD WORK

COURSE NO: PSPYPE314
MAXIMUM MARKS: 50
DURATION OF EXAM – 3 HOURS

CREDITS: 2
CONTACT HOURS: 120HRS.

Objective: To provide comprehensive training to develop skills, techniques and professional competencies among the students.

The students would be placed in the field (Govt. / Private/NGOs). The students have to complete 120 hours of field work during the semester. Each student shall prepare a report on the basis of their observation and work done during the field visit and will submit the same in the department.

After the completion of field work the internal/ external expert will evaluate the performance of the students through comprehensive viva voce.

Distribution of marks

Distribution of marks for internal examination: Report/Written record: 20 marks

Distribution of marks for External examination: comprehensive Viva-voce: 30 marks.

Note: HOD Psychology will be the coordinator of practical examination.

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Semester -III

COURSE TITLE: PRACTICALS III

COURSE NO: PSPYPE315
MAXIMUM MARKS: 100
DURATION OF EXAM – 3 HOURS

CREDITS: 4
CONTACT HOURS: 90HRS

OBJECTIVES

This course is designed to provide students an understanding of important concepts involved in psychology and to enhance their ability to apply psychological tests and experiments.

At least 5 practicals out of the following list have to be conducted during the semester.

1. Depression /Anxiety/Stress
2. Aptitude
3. Career /interest inventory
4. Leadership
5. Work motivation
6. Job satisfaction
7. Projective and objective technique

Duration of Practical Examination: 3 Hours.

MAXIMUM MARKS: 100

- **CONTINUOUS INTERNAL ASSESSMENT: 50Marks**
- **EXTERNAL EXAM: 50 Marks**

There will be One External Examiner and One Internal Examiner.

Distribution of Marks

Conduction: 20 **marks**

Viva-Voce examination: 30 **marks**

Note: HOD Psychology will be the coordinator of practical examination.

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Semester -IV

COURSE TITLE: PSYCHO-DIAGNOSTICS

COURSE NO: PSPYTE 401

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 3 HOURS

OBJECTIVES

The course is designed to provide an understanding of the psycho-diagnostics, intelligence testing, behavioral assessment methods and personality testing. It will train the students for psycho-diagnostic required for making a sound assessment and diagnosis.

UNIT-I

Introduction to Psycho-diagnostics: Psycho-diagnostics: Nature, Objectives and Stages. Diagnostic Issues and Principles.

UNIT-II

Behavioral and Neuro-psychological Assessment: Functional Analysis, Naturalistic Observation, Controlled Observation, Self-Monitoring, Questionnaires and Rating Scales.
Screening and Assessing for Neuro-psychological Functioning.

UNIT-III

Cognitive Assessment: Intelligence Testing: Stanford-Binet test, Wechsler Intelligence test.
Assessment of Dysfunctional Cognitions.

UNIT-IV

Personality Assessment and testing: Thematic apperception test (TAT) and Rorschach Ink Blot Test, Projective drawings. Self report inventories- MMPI and NEO PI-R.

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student has to select 4 questions out of these

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Semester -IV

COURSE NO: PSPYTE 401

8 questions by selecting at least one from each unit. All questions will carry equal marks.
(12x4=48 marks)

BOOKS RECOMMENDED

Carson, R.C. Butcher, J.N. & Mineka, S. (2000). *Abnormal Psychology and Modern Life*. Eleventh Edition Ally and Bacon.

Cohen, R.J. & Swerdlik, M.E.(2017). *Psychological Testing and Assessment* (9th Ed.).New York : McGraw-Hill Education;

Groth-Marnat,G. (2003). *Handbook of Psychological Assessment*.(4th ed.). New Jersey John Wiley & Sons.

Hecker , J.E. (2005). *Introduction to Clinical Psychology*. New Delhi: Pearson Education.

Kellerman, H. & Burry, A. (2007). *Handbook of Psychodiagnostic Testing*.(4th ed.).Springer Science & Business media,New York.

Korchin, S.J. (1988). *Modern Clinical Psychology*. Delhi: CBS Publication.

Neitzel, M.J, Bernstein, D.A., Milich, R. (1994). *Introduction to Clinical Psychology* (6th ed.).

Pomerantz, A.M.(2011).*Clinical Psychology: Science, Practice and Culture*.(2nd ed.).New Delhi:Sage Publications

Richard, D.C.S., & Huprich,S.K. (2009).*Clinical Psychology: Assessment, Treatment and Research*. London: Elsevier Academic Press Publications.

Trull, T.J. & Phares, E.J. (2001). *Clinical Psychology* (6th ed.). Belmont, CA:Wadsworth/Thomson Learning.

NET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through NET surfing.

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Semester -IV

COURSE TITLE: PSYCHOTHERAPEUTIC INTERVENTIONS

COURSE NO: PSPYTE 402

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 3 HOURS

OBJECTIVES

The Course is designed to provide an in-depth study of psychotherapeutic techniques. It includes detailed study of various techniques of psychotherapy of Individual therapies, group therapies, family therapy and play therapy.

UNIT-I

Introduction: Psychotherapy: Supportive, Re-educative, reconstructive, outline of psychotherapy, psychotherapy relationship, eclectic and integrative approaches, effectiveness of psychotherapy

UNIT-II

Individual therapies: Psychoanalytic, client-centered, existential, behavioral, cognitive behavioral therapies

UNIT-III

Group therapy: Stages in the development of a group, approaches to group therapy
Expressive Therapies: Art therapy, Dance/movement therapy, Drama Therapy, Music Therapy,

UNIT-IV

Family therapy and play therapy: Family assessment, approaches and techniques to family therapy, play therapy

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from

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Semester -IV

four units by selecting 2 questions from each unit. Students have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

COURSE NO: PSPYTE 402

BOOKS RECOMMENDED

- Capuzzi, D. and Gross, D.R. (2007). *Counselling and Psychotherapy: Theories and interventions*. New Delhi: Pearson Education.
- Corey, G. (2001). *Theory and practice of counselling and psychotherapy*. New York: Brooks/Cole
- Flanagan, J. S., & Flanagan, R.S. (2004). *Counselling and Psychotherapy Theories in Context and Practice*. New Jersey: John Wiley & Sons.
- Gilliland, A. & James, C. (1998). *Theories and Strategies in Counselling and Psychotherapy*. Boston: Allyn & Bacon.
- Ginter, E.J. , Roysircar, G. , Gerstein, L.H. (2019). *Theories and applications of Counselling and Psychotherapy*. USA: Sage Publications, Inc.
- Kaslow, H. W. & Magnavita, J.J. (2002). *Comprehensive handbook of psychotherapy (Vols. I to IV)*. New York : John Wiley and Sons.
- Reeves, A. (2018). *An Introduction to Counselling and Psychotherapy: From Theory to Practice* California :SAGE Publications Ltd

NET SURFING REQUIRED:

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Semester -IV

COURSE TITLE: COUNSELLING IN DIFFERENT SETTINGS

COURSE NO: PSPYTE 406

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 3 HOURS

OBJECTIVES

To acquaint the students with the different areas of counselling like counselling for substance abuse, chronic illness, marital and family counselling and HIV/AIDS counselling

UNIT I

Counselling of Clients with Substance Abuse: Assessment for Substance Use Disorders, treatment plan, psychoeducation in substance abuse therapy, Relapse Prevention Strategies

UNIT II

Counselling in health settings: Life style illnesses, Pre and post surgical counselling (for hospital staff and patients)

Counselling of People with Trauma

UNIT III

Adolescents and youth counselling

Marital and family counselling, counselling in old age homes

UNIT IV

HIV/AIDS Counselling: Introduction to HIV/AIDS, Stages, signs and symptoms, testing, transmission of HIV/AIDS, Pre and post HIV test counselling

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Students have to select 4 questions out of

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Semester -IV

these 8 questions by selecting at least one from each unit. All questions will carry equal marks.
(12x4=48 marks)

COURSE NO: PSPYTE 406

BOOKS RECOMMENDED

- Carr, A. (2006). *Family Therapy: Concepts, Process and Practice*. England: John Wiley & Sons, Ltd.
- Corey, G. (2009). *Theory and Practice of Counselling and Psychotherapy* (8th ed.). USA: Thomson Brooks/Cole
- Glidden-Tracey, C. (2005). *Counselling and Therapy with clients who abuse alcohol or other drugs*. New Jersey: Lawrence Erlbaum Associates, Inc.
- Flanagan, J. S., & Flanagan, R.S. (2004). *Counselling and Psychotherapy Theories in Context and Practice*. New Jersey: John Wiley & Sons.
- Reeves, A. (2018). *An Introduction to Counselling and Psychotherapy: From Theory to Practice* California :SAGE Publications Ltd
- Satpathy, G. C. (2002): *Aids Transmission : Challenges in the New Millennium*, Gyan Publishers
- Seligman, L. & Reichenberg, L.W. (2010). *Theories of counselling and psychotherapy* (3rd ed.). U.S.A.: Pearson Education Inc.
- Sharf, R.S. (2012). *Theories of Psychotherapy and Counselling Concepts and Cases* (5th ed.). U.S.A.: Brooks/Cole, Cengage Learning
- Veer, G. (1998). *Counselling and therapy with refugees and victims of trauma* (2nd ed.). England : John Wiley & Sons Ltd.

NET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through NET surfing.

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Semester -IV

COURSE TITLE: COUNSELLING IN EDUCATIONAL SETTINGS

COURSE NO: PSPYTE 407

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 3 HOURS

OBJECTIVES

This course is designed to provide an understanding of application of counselling in educational settings. It includes detailed study of educational counselling, career counselling, child abuse counselling, counselling for childhood and adolescence disorders

UNIT-I

Educational counselling: Meaning and functions, Counselling at Elementary, Middle, Secondary School level and College level Counselling.

UNIT-II

Counselling in school and college settings: School Counselling: Characteristics and Process
Career counselling: Meaning, theories of career development, career counselling models, career counselling in educational settings

UNIT-III

Child abuse counselling : Types of Abuse , Causal Theories of Abuse , Consequences of Abuse
Implications for Counselors

Unit-IV

Counselling for childhood and adolescence disorders: Attention deficit hyperactivity disorder, conduct disorder, childhood depression, childhood aggression, learning disorders, anxiety disorders of childhood and adolescence

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

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Semester -IV

COURSE NO: PSPYTE 407

BOOKS RECOMMENDED

Geldard, K., Geldard, D. & Foo, R.Y. (2016). *Counselling adolescents (4th ed.)*. New Delhi: SAGE Publications India Pvt. Ltd.

Kapur, M. (2011). *Counselling children with psychological problems*. India: Dorling Kindersley (India) Pvt. Limited.

Sink, C.A. (2005). *Contemporary School Counselling*. U.S.A.: Houghton Mifflin Company.

Zunker, V.G. (2006). *Career Counselling: A Holistic Approach (7th ed.)*. U.S.A.: Thomson Brooks/Cole,

NET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through NET surfing.

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Semester -IV

COURSE TITLE: HUMAN RESOURCE MANAGEMENT

COURSE NO: PSPYTE411

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 3 HOURS

OBJECTIVES

This course aims an understanding the behaviors of individuals along with other organizational assets and familiarize then with the skills, techniques and implications of human resource management

UNIT-I

Human Resource Management: Meaning, Features of HRM, Objectives, Component of HRM, Functions of HRM.

Challenges and Human Resource Management: Going Global, New technology, Managing Change, Managing Talent, Responding to the Market, Containing Costs. Social Issues in HRM

UNIT-II

Human Resource Management Activities: HR Planning and Analysis, Staffing, HR Development, Pay Benefit, Compensation Benefits, Health, Safety and Security, Employee and Labour/Management Relations.

Recruitment Processes: Definition, Recruitment Methods, Internal Recruitment, External Recruitment, Evaluating the Recruitment Process.

UNIT-III

Training Methods for Non-managerial Employees: Job training, Apprenticeship training, Cooperative training, Internship and Governmental training, Classroom Instructions, Programmed instructions, Audio-Visual Methods, E-learning, Simulation Method. Training methods for Management division. Needs Assessment for Training

UNIT-IV

Employee Health: Alcoholism at Work, Smoking at Work, AIDS and Other Life-Threatening Illnesses, Job Stress, Burnout. Employee Safety: Purpose, Supervisor's Role in Safety, Causes of Accidents and their Prevention.

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Semester -IV

COURSE NO: PSPYTE411

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

BOOKS RECOMMENDED

Bass, R.M. & Drenth, J.D. (1987). *Organizational Psychology*. New York: Sage.

Dessler, G. (1994). *Human Resource Management*. (6/e). NJ: Prentice-Hall International.

Gary, D. (2017). *Fundamentals of Human Resource Management*. New Delhi: Pearson Education

Mathis, R.L. & Jackson, J.H. (2000). *Human Resource Management*. (9/e). New York: South-Western College Publishing Co.

Rao, T.V., Verma, K.K. and Khandelwal, A.K. & Abraham. (1989). *Alternative Approaches Strategies of Human Resource Development*. Jaipur: Rawat Publication.\

Snell, S & Bohlander, G. (2007). *Human Resource Management*. New Delhi: Thomson Wadsworth

NET SURFING REQUIRED:

Students are highly encouraged to find out the relevant material through NET surfing.

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Semester -IV

COURSE TITLE: CONSUMER PSYCHOLOGY

COURSE NO: PSPYTE412

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 3 HOURS

OBJECTIVES

This course is designed to provide an understanding of consumer psychology, trends in consumer behavior, consumer memory, perception, attention, motivation, and decision making.

UNIT I:

Introduction: Meaning of Consumer Psychology, History of consumer psychology, Current trends in consumer behavior. Approaches to studying consumer behavior

UNIT II:

Consumer Memory: Memory systems, Techniques to enhance consumer memory
Consumer Learning: Behavioral theories, Cognitive theories and Social theories.

UNIT III:

Consumer Perception: Gestalt theories, use of different senses
Attention: Arousal, visual selective attention, factors affecting consumer attention

UNIT IV:

Consumer motivation and decision making: intrinsic and extrinsic motivation, theories of motivation, techniques to motivate consumers, decision making and brand loyalty
Internet consumption and internet decision making

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

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Semester -IV

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

COURSE NO: PSPYTE412

BOOKS RECOMMENDED

- David, L.L. & Della Batia A.J. 2nd Ed. (1984). *Consumer Behavior Concepts and Applications*. New York: McGraw Hill,
London, D.L. & Delle óBitta , A. (1984). *Consumer Behavior : Concepts and Applications*. NY : McGraw Hill.
- Jansson-Boyd, C.V. (2010). *Consumer Psychology*. NY : McGraw Hill
- Schiffman, L.G., Wisenblit,J., & Kumar, S.R. (2018). *Consumer Behavior (12th Edition)*.New Delhi: Pearson Education.

NET SURFING REQUIRED:

Students are highly encouraged to find out the relevant material through NET surfing.

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Syllabus for the examinations to be held in May 2020, May 2021, May 2022
Semester -IV

COURSE TITLE: POSITIVE PSYCHOLOGY

COURSE NO: PSPYTE416

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 3 HOURS

OBJECTIVES

To develop an understanding of the concept of positive psychology. To apply the various principles of positive psychology for self development and assist in enhancing positive development in others.

UNIT- I

Introduction and historical overview of Positive Psychology, Western and Eastern Perspectives on Positive Psychology, Applications (School and Work Settings), Positive Psychology Perspective, Future of Positive Psychology

UNIT- II

Positive Affect and Emotions, Subjective Well-Being, Resilience, Emotion-Focused Coping, Emotional Intelligence

UNIT -III

Self-Efficacy, Optimism, Hope, Mindfulness, Flow, Spirituality, Wisdom, and Courage

UNIT-IV

Authenticity, Humility, Enhancement of Closeness, Compassion, Forgiveness, Gratitude, Love, Altruism

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from

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Semester -IV

four units by selecting 2 questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

COURSE NO: PSPYTE416

BOOKS RECOMMENDED

- Biswas- Diener, R. (2008). *Invitation to Positive Psychology: Research and Tools For the professional*. United Kingdom: British Library Cataloguing óin- Publication Data.
- Carr, A. (2011). *Positive Psychology: The Science of Happiness and Human Strengths(2nd ed.)* UK: Routledge.
- Dunn,D.S.(2018). *Positive Psychology: Established and emerging issues*. New York: Taylor &Francis.
- Linley, P. A., & Joseph, S. (2004). *Positive Psychology in Practice*. John Wiley & Sons, Inc.
- Snyder, C.R., Lopez, S.J. (2002). *Handbook of Positive Psychology*. New York: Oxford University Press.
- Snyder, C.R., Lopez, S.J. (2011). *Positive Psychology*. (2nd ed.) New Delhi: Sage Publications.

NET SURFING REQUIRED:

Students are highly encouraged to find out the relevant material through NET surfing.

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Semester -IV

COURSE TITLE: COMMUNITY PSYCHOLOGY

COURSE NO: PSPYTE417

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)

CONTACT HRS: 60 HRS

DURATION OF EXAM – 3 HOURS

OBJECTIVES

The course is designed to provide an in-depth and critical study of Community Psychology. It includes the nature and goals of community psychology. Interventions within a community framework, community-based programs, and current applied issues in community psychology are covered.

UNIT I

Introduction to Community Psychology: Philosophy, and Goals of Community Psychology
Emergence of Community Psychology: Historical Background of Community Psychology,
Future of Community Psychology

UNIT II

Understanding Communities: Defining Community, Sense of Community, Building Communities
Understanding Human Diversity: Key Dimensions of Human Diversity, Liberation and Oppression, Acculturation

UNIT III

Prevention and Promotion: Key Concepts; Current and Future Applications
Promoting Community and Social Change: Citizen Participation and Empowerment; Approaches and Issues for Community and Social Change

UNIT IV

Specific Social Issues and Services in the Community: Child Maltreatment, Elderly, Homeless
Community Health and Prevention: Tobacco, Alcohol, HIV and AIDS

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Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

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There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

BOOKS RECOMMENDED

Dalton, J. H., Elias, M. J., & Wandersman, A. (2007). *Community Psychology: Linking Individuals and Communities* (2nd Ed). Belmont CA:Thomson Wadsworth.

Duffy, K. G. & Wong, F. Y. (2000) *Community Psychology*. Boston: Allyn & Bacon.

Nelson, G. & Prilleltensky, I. (2010). *Community Psychology: In Pursuit of Liberation and Well Being*. NY: Palgrave Macmilan.

Moritsugu, J. Vera, E., Wong, F. Y. Duffy, K. G. (2017). *Community Psychology*. (5th Ed.) New York: Routledge.

NET SURFING REQUIRED:

Students are highly encouraged to find out the relevant material through NET surfing

M.A. Psychology under CBCS
Syllabus for the examinations to be held in May 2020, May 2021, May 2022
Semester -IV

COURSE TITLE: DEVELOPMENTAL PSYCHOLOGY

COURSE NO: PSPYTE418

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 3 HOURS

OBJECTIVES

This course is designed to provide an in-depth study of Developmental Psychology. It includes physical, social & cognitive development of human being at Adulthood and Late Adulthood stages of development.

UNIT-I

Domains of Developmental Psychology, Issues and Influences on Development, Theoretical perspectives, Research Designs in Developmental Psychology.

UNIT-II

Early Adulthood: Physical Development, Cognitive Development. Language development, Psychosocial development in Early Adulthood, Marital and non-marital life styles.

UNIT-III

Middle Adulthood: Physical and Cognitive Development.

Psychosocial Development ó Consensual Relationships: Marriage, Midlife divorce, Gay & Lesbian Relationships, Friendships, Relationships with maturing children.

UNIT IV:

Late Adulthood: Physical, Cognitive and Psychosocial changes.

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20

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Major Test	100%.	3 hrs.	60
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There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Students have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

COURSE NO: PSPYTE418

BOOKS RECOMMENDED

Bee, H, & Boyd, D. (2004). *The Developing Child* (10th ed). Delhi: Pearson Education Publication.

Berk, L.E. (2003). *Child Development* (6th ed). Delhi: Pearson Education Publication.

Feldman, R.S. (1997). *Development Across the Life Span*. New Jersey: Prentice Hall Publication.

Harris, M., Butterworth, G. (2012). *Developmental Psychology*. UP. Psychology Press.

Hurlock, E.B. (2002). *Developmental Psychology* (5th ed). New Delhi: Tata Mc Graw Hill Publication.

Lally, M., & Valentine-French, S. (2017). *Lifespan Development: A Psychological Perspective*
USA: Creative Commons

Papalia, D.E., Olds, S.W. & Feldman, R.D. (2004). *Human Development* (9th ed). New Delhi: Tata Mc Graw Hill Pub..

Santrock, J.W. (2007). *Life Span Development* (3rd ed). New Delhi: Tata Mc Graw Hill Publication.

Shaffer, D.R., & Kipp, K. (2007). *Developmental Psychology: Childhood and Adolescence* (7th ed.) Haryana: Thomas Wadsworth.

NET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through NET surfing.

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Semester -IV

COURSE TITLE: MILITARY /POLICE PSYCHOLOGY

COURSE NO: PSPYTE419

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 3 HOURS

OBJECTIVES

This course is designed to enable the students to understand the nature and scope of military /Police psychology, assessment in personnel selection, leadership in military, and other related issues

UNIT-I

Military/ Police Psychology: Nature, Scope, Historical perspective, Application, Developments, Contemporary issues and Emerging trends. Application of Psychology in Police organization

UNIT-II

Selection, Allocation and Training: Psychological Assessment for Personnel selection, Situational Tests, Cognitive and Personality based assessment, Issues and Perspectives. Selection for special task, Pilot Selection. Need, types and methods of training.

UNIT-III

Leadership: Effective leadership, Leading small and large units, Leadership in peace and war, Leadership for change and stability, Leadership and subordination, Group cohesion and morale.

UNIT-IV

Interview and interrogation, threat assessment. Issues relating special operations, training and performance in special situations, futuristic warfare.

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Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from

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four units by selecting 2 questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

BOOKS RECOMMENDED

Hall, R. & Mangelsdroff, A.D. (1991). *Handbook of Military Psychology*. USA: John Wiley & Sons.

Kennedy, C.H. & Zillmer, E.A. (2006). *Military Psychology: Clinical and Operational Applications*. N.Y: Guilford Press.

Maheshwari.,N.(2015). *Military Psychology: Concepts, Trends and Interventions*.New Delhi: Sage India

Ramachandran, K. (in press). *Handbook of Military Psychology*. Delhi: DIPR.

Shalit, B. (1988). *The Psychology of Conflict and Combat*. N.Y: Praeger.

NET SURFING REQUIRED:

Students are highly encouraged to find out the relevant material through NET surfing.

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Semester -IV

COURSE TITLE: CLINICAL PSYCHOLOGY

COURSE NO: PSPYTE420

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 3 HOURS

OBJECTIVES

The course is designed to familiarize students with the nature, issues and processes of clinical psychology. It will train the students for Clinical Psychology, Clinical Assessment and Interviews.

UNIT- I

Defining Clinical Psychology; Professional Activities, Contemporary Clinical Psychology, Evolution of Clinical Psychology. Ethical Issues in Clinical Psychology.

UNIT- II

Psychodynamic approach, Behavioral and Cognitive behavioral approach, Humanistic approach, Family system approach, Bio-psychosocial integration.

UNIT- III

Methods of gathering data, Logistics of assessment, Clinical Interview; Case history, Mental Status Examination , Structural interviews.

UNIT- IV

Developing case conceptualization, Developing treatment plan, Understanding, Facilitating and evaluating change, Effective termination.

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Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

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BOOKS RECOMMENDED

Barlow, H. D. & Durand, V. M. (2007). *Abnormal Psychology: An Integrative Approach*. New Delhi: Wadsworth Thomson Learning.

Groth-Marnat, G. (2003). *Handbook of Psychological Assessment, 4th Ed.* John Wiley and sons, New Jersey.

Hecker, J. E. (2005). *Introduction to Clinical Psychology*. New Delhi: Pearson Education.

Korchin, S. J. (1998). *Modern Clinical Psychology*. Delhi: CBS Publication

Neitzel, M. J., Bernstein, D. A., & Milich, R. (1994). *Introduction to Clinical Psychology*. 6/e.

Pomerantz, A. M. (2011). *Clinical Psychology: Science, Practice and Culture*. 2/e SAGE Publications.

Trull, T. J. & Kearney, C. A. (2012). *Abnormal Psychology: A dimensional approach*. Wadsworth/CENGAGE Learning.

NET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through NET surfing.

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Semester -IV

COURSE TITLE: PSYCHOLOGY OF HAPPINESS

COURSE NO: PSPYTO450

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)

DURATION OF EXAM – 3 HOURS

CREDITS: 4

CONTACT HOURS: 60 HRS

OBJECTIVES

To bring an experience of positive emotions and informing them about emerging paradigm of Positive Psychology. Build relevant competencies for experiencing and sharing happiness as lived experience and its implications.

UNIT I

Happiness: Introduction to Happiness, Subjective wellbeing, Psychological wellbeing, Quality of life. Happiness in work and relationships.

UNIT II

Thinking: Nature, types, proactive thinking, positive thinking.

Developing Self: Self in Indian tradition, Self-concept, Self- esteem, Self- Management
Emotional and Spiritual intelligence

UNIT III

Positive Psychology: History, Positive subjective experiences: Positive Moods, Positive Emotions and Flow, mindfulness, yoga and meditation

UNIT IV

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Semester -IV

Positive Individual traits: Hope, Resilience, Gratitude, Spirituality.

Positive Institutions: Positive work place, Positive schools, Positive families.

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	3 hrs.	60

There will be nine questions. Question no.1 is compulsory which comprises of 4 short answer type questions covering entire syllabus (3x4=12 marks). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks. (12x4=48 marks)

COURSE NO: PSPYTO450

BOOKS RECOMMENDED

Bhawuk, D.P.S. (2011). *Spirituality and Indian Psychology: Lessons from the Bhagavad-Gita*. Ed. (A.J., Marsella). NY: Springer

Carr, A. (2011). *Positive Psychology: The Science of Happiness and Human Strengths (2nd ed.)* UK: Routledge.

Dunn, D.S. (2018). *Positive Psychology: Established and Emerging Issues*. New York: Taylor & Francis.

Sinha, J. (1934). *Indian Psychology: Perception*. London: Trubner & Co. Ltd.

Snyder, C.R., Lopez, S.J. (2002). *Handbook of Positive Psychology*. New York: Oxford University Press.

Snyder, C.R., Lopez, S.J. (2011). *Positive Psychology*. (2nd ed.) New Delhi: Sage Publications.

Weiten, W., & Lloyd A. M. (2004). *Psychology Applied to Modern Life: Adjustment in the 21st Century (7th ed.)*. Singapore: Thomson Wadsworth Pvt Ltd.

NET SURFING REQUIRED:

Students are highly encouraged to find out the relevant material through NET surfing.

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Semester -IV

COURSE TITLE: INTERNSHIP

COURSE NO: PSPYTE425

CREDITS: 2

MAXIMUM MARKS: 50 (Report 20+ Viva 30)

CONTACT HOURS: 120HRS

DURATION OF EXAM – 3 HOURS

Objective: To develop professional competence, provide comprehensive training, develop skills and techniques to provide the services to individuals, groups and organizations. To acquaint the trainee with organizational structure, protocol, relationships, processes and working conditions.

Methodology

The students will have placements in organizations/agencies working in the area of Clinical, counselling and organizational set up. The students have to complete 120 hours of internship period. Students have to follow the ethical guidelines of the organization/agency.

Mode of Evaluation

Students have to submit an internship report with certification from the head of the organization.

External and internal examiners will evaluate the students based on internship report and viva voce

Distribution of marks

Report: 20 Marks

Viva Voce: 30 marks

HOD psychology will be the coordinator of the internship report evaluation.