Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.
M. A. PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM (CBCS)
SEMESTER PATTERN

RULES & REGULATIONS

R.T.M. Nagpur University regulations governing Post Graduate Programmes under Semester, Credit & Grade system. This System is offered to Psychology students appearing for post graduate programmes offered by the R.T.M. Nagpur University from the Academic Year 2016-2017.

These Regulations shall come into from the Academic Year 2016-2017.

1. Papers :-

There are five compulsory papers in each semester. Each semester includes four theory’ paper and a separate one paper for “Practicum”. Each Semester includes four theory paper of 100 marks each and one paper for ‘Practicum’ of 200 marks. In all Five papers are compulsory in each semester and student will earn total 600 marks in each semesters and grand total of the four semester would be 2400 marks.

In semester III first two paper are Core papers .Core paper I and core paper II .

Third paper is Elective –I that consists of two Core Electives: Core Elective -I-a or Core Elective -I-b). (students should select any one )

The forth paper is consists of two papers. Foundation course-I or core III. (students should select any one)

The fifth paper will be ‘psychology practicum’

In semester IV first two papers are core papers –core paper-I and core paper II
The third paper is Core Elective –II that consists of two Electives, Core Elective -II- a or Core Elective- II- b. (Students should select any one)
The forth paper is consists of two papers. Foundation course-II or core III (students should select any one)

The fifth paper will be ‘psychology practicum’

2. Units:-

There are Four units in each theory paper. Minimum two questions will be set from each unit. Students will have to answer ‘One’ question from each unit. (One questions from each unit with internal choice.)

3. Credits & Marks:-

Each semester will offer total 24 credits per week running for 15 weeks. The student will earn total 600 marks in each semester and grand total 0f all the four semesters will be 2400 marks.

4. Examination :-

Examination of all subjects of Post Graduate Programmes shall be conducted by the R.T.M. Nagpur University as per the scheme of Examination prescribed by the Board of Studies of a particular discipline / subject. Every student desirous for appearing at M.A. Psychology examination will have to complete practical work as per the directions of the concerned teachers and obtain completion certificate to that effect duly signed by Head of the department. The student who fails to produce completion certificate will not be eligible to appear for the related practical or theory examination.

1. The term end examination, however, shall be conducted by the RTM Nagpur University, Nagpur in the allotted centres.

2. Academic calendar showing dates of commencement and end of teaching, internal assessment tests & term end examination shall be duly notified before commencement of each semester every year by the University / Department / Affiliated Colleges.

3. One credit shall be given for every 25 marks, two credits for every 50 marks, four credits for 100 marks and six credits for 150 marks.

4. The proportion of internal and external marks for each theory / practical subjects shall be of 20:80 marks (Internal Examination weightage 20%, external examination weightage 80%).
5. Pattern of Question Paper

1. There will be four units in each paper

2. Question paper will consist of five questions.

3. First four questions will be from first four units.(One question from each unit with internal choice.)

4. The fifth question will be compulsory consisting of short questions will be based on all four units.

5. Maximum marks in each theory paper will be 80

6. Each paper will be of 3 hours duration.

7. Practical Papers/ laboratory examination shall be of 200 marks for each semester and distribution of marks shall be 160 External and 40 internal.

8. Minimum passing marks in each theory, practical and internal assessment will be 40%.
## Scheme of teaching and Examination under Credit Based Semester pattern for M.A. Psychology

### Semester I

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<tr>
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<th>Paper</th>
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Subject Code:  1=Semester 1, T-1=Theory- 1, P1=Practical 1,

CP=Cognitive Psychology, RMS=Research Method & Statistics, PERI-I= Personality Theories I,

ASP= Advanced Social Psychology, P=practical
## M.A. Psychology

### Semester II

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Subject Code: 2=Semester 2, T-2=Theory 1, P-1=Practical 1,

AGP=Advanced General Psychology, RD=Research Designs, PER-II=Personality Theories 2nd, ISB=Issues in Social Behaviour, p=practical
## M.A. Psychology – Semester III (Stream – A) Optional Specialization (Clinical Psychology)

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Subject Code: A=CLINICAL PSYCHOLOGY, 3=Semester 3, T-1=Theory-1, P-1=Practical 1,

ABP=Abnormal Psychology, PD&PTH=Psycho Diagnosis&Psychotherapy,
Ele- Elective HP= Health Psychology, PAS=Psychological Assessment & Specific Testing,

FCI(psy) *(FONDATION * foundation paper from other discipline students): GENERAL PSYCHOLOGY, PS-I=POSITIVE PSYCHOLOGY –I(for psychology students)
# M.A. Psychology - Semester III (Stream – B) Optional Specialization

( Organizational Psychology & Human Resource Management)

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Subject Code: 3=Semester 3, T-1=Theory- 1, P-1=Practical 1

HRM=Management of Personnel and Human Resources, OB=Organizational Behaviour,

Ele- Elective CB= Consumer Behaviour IND= Industrial Psychology,
FCI(PSY)-( FONDATION * foundation paper from other discipline students): GENERAL PSYCHOLOGY, PS- I=POSITIVE PSYCHOLOGY –I(for psychology students)

M.A. Psychology - Semester III ( Stream – C)

Optional Specialization (Counselling Psychology)

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Subject Code: 3=Semester 3, T-1=Theory-1, P-1=Practical 1,

GCP=Guidance and Counselling Psychology, BCS= Basic Counselling Skills,

Ele- Elective ECG=Educational Career Guidance, ACG= Assessment in Counselling & Guidance,
### M.A. Psychology - Semester IV (Stream – A)

#### Optional Specialization (Clinical Psychology)

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Subject Code: 4=Semester 4, T-1=Theory- 1, P-1=Practical 1,

PP= Psychopathology, TIS= Therapeutic Intervention Strategies,

Ele- Elective CMM= Community Mental Health and Medical Psychology, PT- Psychological Testing,
### M.A. Psychology - Semester IV (Stream – B) Optional Specialization

(Organizational Psychology & Human Resource Management)

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**Subject Code:** 4=Semester 4, B-Stream B, T-1=Theory- 1, P-1=Practical 1,

OD=Organizational Development, EC= Employee Counselling,

Ele- Elective LCO=Leadership and Communication in Organization, OCO= Organizational Culture and Organizational change,
FCII(PSY)-(* FONDATION .* foundation paper from other discipline students): APPLIED PSYCHOLOGY, PS-II=POSITIVE PSYCHOLOGY –II(for psychology students)

**M.A. Psychology - Semester IV (Stream – C) Optional Specialization**

( Counselling Psychology )

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Subject Code: 4=Semester 4, C-Stream C, T-1=Theory- 1, P-1=Practical 1,

PD=Psychological Disorders, ISC= Intervention Strategies in Counselling,

Ele- Elective SAC= Social Areas of Counselling. PCG=Psychological Testing in Counselling and Guidance
FCII(PSY)-( FONDATION .:* foundation paper from other discipline students): APPLIED PSYCHOLOGY, PS-II=POSITIVE PSYCHOLOGY –II(for psychology students)

List of courses

M.A.Part-I –Semester-I

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<td>PERSONALITY THEORIES- I</td>
</tr>
<tr>
<td>IV</td>
<td>ADVANCED SOCIAL PSYCHOLOGY</td>
</tr>
<tr>
<td>V</td>
<td>PSYCHOLOGY PRACTICUM</td>
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M.A.Part-I –Semester-II

<table>
<thead>
<tr>
<th>Paper No.</th>
<th>Title of the paper</th>
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<tbody>
<tr>
<td>I</td>
<td>ADVANCED GENERAL PSYCHOLOGY</td>
</tr>
<tr>
<td>II</td>
<td>RESEARCH DESIGNS</td>
</tr>
<tr>
<td>III</td>
<td>PERSONALITY THEORIES- II</td>
</tr>
<tr>
<td>IV</td>
<td>ISSUES IN SOCIAL BEHAVIOUR</td>
</tr>
<tr>
<td>V</td>
<td>PSYCHOLOGY PRACTICUM</td>
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</tbody>
</table>
### M.A. Part-II – Semester-III

(Stream A): Clinical Psychology

<table>
<thead>
<tr>
<th>Paper No.</th>
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<tbody>
<tr>
<td><strong>Core paper</strong></td>
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<tr>
<td>I</td>
<td>ABNORMAL PSYCHOLOGY</td>
</tr>
<tr>
<td>II</td>
<td>PSYCHODIAGNOSIS AND PSYCHOTHERAPY</td>
</tr>
</tbody>
</table>

**Elective Papers** (select any one paper of the following two)

<table>
<thead>
<tr>
<th>III(Elective I-a)</th>
<th>HEALTH PSYCHOLOGY</th>
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</table>

| III(Elective I-b) | PSYCHOLOGICAL ASSESSMENT AND SPECIFIC TESTING |

**Foundation Course** (select any one paper of the following two)

<table>
<thead>
<tr>
<th>IV</th>
<th>FOUNDATION COURSE-I(GENERAL PSYCHOLOGY)</th>
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<tr>
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<td>(FONDA<strong>T</strong>ION .:* foundation paper from other discipline students)</td>
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<td>POSITIVE PSYCHOLOGY-I( for psychology students)</td>
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### M.A. Part-II – Semester-III

(Stream B): Organizational Psychology and Human Resource Management

<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Core paper</strong></td>
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<tr>
<td>I</td>
<td>MANAGEMENT OF PERSONNEL AND HUMAN RESOURCES</td>
</tr>
<tr>
<td>II</td>
<td>ORGANIZATIONAL BEHAVIOR</td>
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</table>

**Elective Papers** (select any one paper of the following two)

<table>
<thead>
<tr>
<th>III(Elective I-a)</th>
<th>CONSUMER BEHAVIOR</th>
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<tr>
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| III(Elective I-b) | INDUSTRIAL PSYCHOLOGY |

**Foundation Course** (select any one paper of the following two)

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### V

Organizational Psychology Practicum
**M.A. Part-II – Semester-III**

(Stream C-): Counselling Psychology

<table>
<thead>
<tr>
<th>Paper No.</th>
<th>Title of the paper</th>
<th>Core paper</th>
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<tbody>
<tr>
<td>I</td>
<td>GUIDANCE AND COUNSELLING PSYCHOLOGY</td>
<td></td>
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<tr>
<td>II</td>
<td>BASIC COUNSELLING SKILLS</td>
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<tr>
<td>III(Elective I-a)</td>
<td>EDUCATIONAL &amp; CAREER GUIDANCE</td>
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<tr>
<td>OR</td>
<td>ASSESSMENT IN COUNSELLING AND GUIDANCE</td>
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<tr>
<td>III(Elective I-b)</td>
<td>Foundation Course(select any one paper of the following two)</td>
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<tr>
<td>IV</td>
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<td>V</td>
<td>COUNSELLING PSYCHOLOGY PRACTICUM</td>
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**M.A. Part-II – Semester-IV**

(Stream A): Clinical Psychology

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>I</td>
<td>PSYCHOPATHOLOGY</td>
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<tr>
<td>II</td>
<td>THERAPEUTIC INTERVENTION STRATEGIES</td>
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<tr>
<td>III(Elective II-a)</td>
<td>COMMUNITY MENTAL HEALTH AND MEDICAL PSYCHOLOGY</td>
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<tr>
<td>OR</td>
<td>PSYCHOLOGICAL TESTING IN CLINICAL PSYCHOLOGY</td>
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<tr>
<td>III(Elective II-b)</td>
<td>Foundation Course(select any one paper of the following two)</td>
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</tr>
<tr>
<td>IV</td>
<td>FOUNDATION COURSE-II(APPLIED PSYCHOLOGY) (FONDATION ,* foundation paper from other discipline students) OR POSITIVE PSYCHOLOGY-II( for psychology students)</td>
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<td>V</td>
<td>CLINICAL PSYCHOLOGY PRACTICUM</td>
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</table>
**M.A.Part-II –Semester-IV**

(Stream B): Organizational Psychology and Human Resource Management

<table>
<thead>
<tr>
<th>Paper No.</th>
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<tbody>
<tr>
<td>I</td>
<td>ORGANIZATION DEVELOPMENT</td>
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<tr>
<td>II</td>
<td>EMPLOYEE COUNSELLING</td>
</tr>
<tr>
<td>III(Elective II-a)</td>
<td>LEADERSHIP AND COMMUNICATION IN ORGANIZATIONS</td>
</tr>
<tr>
<td>III(Elective II-b)</td>
<td>ORGANIZATIONAL CULTURE, ORGANIZATIONAL LEARNING AND ORGANIZATIONAL CHANGE</td>
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**Elective Papers(select any one paper of the following two)**

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| V          | ORGANIZATIONAL PSYCHOLOGY PRACTICUM                                                                   |

**M.A.Part-II –Semester-IV**

(Stream C): Counselling Psychology

<table>
<thead>
<tr>
<th>Paper No.</th>
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<tbody>
<tr>
<td>I</td>
<td>PSYCHOLOGICAL DISORDERS</td>
</tr>
<tr>
<td>II</td>
<td>INTERVENTION STRATEGIES IN COUNSELLING</td>
</tr>
</tbody>
</table>

**Elective Papers(select any one paper of the following two)**

| III(Elective II-a) | SPECIAL AREAS OF COUNSELLING                         |
| III(Elective II-b) | PSYCHOLOGICAL TESTING IN COUNSELLING AND GUIDANCE     |

**Foundation Course(select any one paper of the following two)**

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| V          | COUNSELLING PSYCHOLOGY PRACTICUM                                                                     |
M.A. Psychology
Semester I - Paper I
CODE – CP-1T1

COGNITIVE PSYCHOLOGY

UNIT- 1
Cognitive psychology: What is cognitive psychology? Origin and current status, Cognitive psychology and related fields
Characteristics of human information processing: feature analysis, hierarchical organization, parallel processing.
Representation and processing of knowledge: mental representation, mental procedures.
Cognitive neuroscience: brain lesion, brain imaging

UNIT –2
Cognitive phenomenon: Cognitive style, Cognitive structure, Cognitive consistency, Cognitive map

UNIT-3
Metacognition
Definition of metacognition: knowledge, monitoring and control.
Metamemory: judgement of learning, feeling of knowing. (Illusion of knowledge)
Tip of the tongue phenomenon, Metacomprehension, Application of metacognition

UNIT-4
Thinking and problem solving
Types of thinking: convergent and divergent thinking
Theories of thought process: association, gestalt, information processing.
Components of thinking: ideas, images, concepts
Functions of thinking: types of reasoning, problem solving
Decision making

Books Recommended
UNIT 1
Scientific thinking and common sense thinking,
Problem: concept, criteria and sources;
Hypothesis: concept, criteria, types, sources and information; significance of problem and hypothesis in psychological research.

UNIT 2
Experimentation in Psychology
Purpose, Nature of variables; Techniques of experimental manipulation, Impact and control in experiment. Sources of bias, Ethical issues in Psychological research.

UNIT 3
Psychological Testing
Function and origins of psychological testing; Nature and the use of Psychological test; Social and ethical implications of testing.
Standardized Test
Its meaning, its psychometric properties; item analysis, validity and reliability; norms and interpretation of test scores.

UNIT 4
- Parametric and non parametric Methods
  - t-test, F-test, ANOVA, Sign test and U test.
- Correlation: [Product moment]; [Rank difference]; [Biserial, Phi]. Regression equation
- Types of sample, Standard score, percentile.
Books Recommended


M.A. Psychology

Semester I - Paper - III

CODE- PERI-1T3

PERSONALITY THEORIES- I

AIM: To help student gain clearer insight

1] in understanding human behaviour

2] in multiple determinants of personality.

And

3] To provide solid foundation for further study and evaluation of human behaviour.

Unit – 1

Personality Psychology

Introduction to the discipline. The concept of personality (meaning, definition, heterogeneity etc.).


Unit – 2

The psychodynamic approach to personality

Sigmund Freud.

Carl Jung.

Alfred Adler

Unit 3

Ego psychology. Hartman, A. Freud, Erikson, Mahler
Unit – 4

Trait and Type Approach

Cattell’s trait approach

Eysenck’s Trait – Type approach

The Five Robust Factors – Super traits

Books Recommended


[ http://www.ship.edu/%7Ecgboeree/perscontents.html ]


M.A. Psychology

Semester I - Paper - IV

CODE- ASP-1T4  

Advanced Social Psychology

UNIT-1

Introduction to social psychology

Social psychology: definition, nature, scope and goals of social psychology.

Social psychology in the new millennium: cognitive perspective, multicultural perspective, biological and evolutionary perspective.

UNIT-2

Attitude and behaviour

Formation of attitudes

How attitude influences behaviour, attitude change

Persuasion: paths and elements of persuasion, resistance to persuasion, cognitive dissonance.

UNIT-3

Social psychology and sustainable future

Global crisis: sustainable life styles, creating incentives to conserve.

Psychology of materialism and wealth.

Creating sustainable future: adjusting adaptations and comparisons.
UNIT -4

Aggression

Aggression : theoretical perspectives, determinants of aggression and its causes.

The prevention and control of human aggression : punishment , catharsis, cognitive intervention and other techniques.

Books recommended


M.A. Psychology
Semester I - Paper – V

CODE - P-1P1

PSYCHOLOGY PRACTICUM (SEM I)

a) This paper consists of five laboratory experiments* and one mini field – study**; related to attitudes/current psychological issues.

Each student shall complete five experiments during the 1st semester period. Each student shall submit journal containing reports of experiments and a report of mini field study.

(*Experiments to be conducted will be decided by concerned teachers' committee.)

(**Topics/areas for field study will be decided by the student(s) in consultation with concerned teachers’ committee.)

b) calculating mean, std.dev, correlation with computer.

Internal Assessment

- Performance during academic session
  - 20 marks

- Experiment and mini field - study reports,
  - 20 marks

External Practical examination

MARKS:160

- Experiment and report writing
  - 50 marks
- field - study written report:
  - 50 marks

- Viva voce
  - 60 marks

TOTAL MARKS:200
M.A. Psychology

Semester II - Paper I

CODE - AGP-2T1 ADVANCED GENERAL PSYCHOLOGY

UNIT – I
Intelligence and creativity
Development of intelligence
Biological bases of intelligence: nature & nurture
Theories of intelligence, diversity of mental abilities.
Contextual intelligence, Perceived intelligence, Artificial intelligence
Creativity: Meaning, problem
Creativity and intelligence relationship, Brain storming

UNIT-2
- Memory:
  Biological bases of memory, models of memory, information processing approach to memory
- Emotion and motivation
  Emotion: physiological bases of emotion, role of limbic system,
  Theories of emotion: evolutionary, neo-jamesian, cognitive.
Motivation: process of motivation, theories of motivation.

UNIT-3
Altered States of consciousness: sleep, hypnotism, drug induced alteration, meditation
Forensic Psychology: Meaning, Nature, scope, applications
Lie detection, eye witness testimony, Psychological autopsy.

UNIT-4
Human development
Major theories of development: intellectual , moral, social, cognitive.
Adolescence: physical, cognitive, social and emotional development, anxiety and problems faced .Adulthood and aging: theories of aging, Death and bereavement..

Books Recommended
N.Y.: Houghton Miffin
Haryana: Thomson Wadsworth
M.A. Psychology
Semester II - Paper - II

CODE - RD-2T2  RESEARCH DESIGNS

UNIT 1
Nature of research and its process
Experimental research and field experiment
Between and within group designs (single factor)

UNIT 2
- Randomized block design, Factorial design [fixed model], Latin square design, ANCOVA.
- Quasi Experimental Designs

Non Equivalent control group designs; Time series designs, Pre –post test design
Case study, Longitudinal, Cross-sectional, Panel design, correlational research, survey research

UNIT 3
Qualitative research method
Program evaluation, Discourse (content) analysis, Narrative method

UNIT 4
Analysis, meta- analysis, trend analysis, analysis of qualitative data
Interpretation, meaning, description vs. discussion, narrow vs. broad
Research report writing

Books Recommended


M.A. Psychology
Semester II - Paper III

CODE – PERII-2T3

PERSONALITY THEORIES - II

Unit - I

Behavioural Approach, The behavioural view of the person
Albert Bandura, Julian Rotter

Unit –2

• A Cognitive theory of personality
  George Kelly. The psychology of personal constructs
  Humanistic approach.
  C. R. Rogers, Abraham Maslow
• Existential Approach
  Rollo May, Vicktor Frankle

Unit 3

The Indian Approaches to personality
Guna theory – Srimadbhagvadeeta
View points of Sri Aurobindo
Abhidhama – Gautam Buddha.
Unit –4

The psychology of women

A relational approach – Miller

The ideals of personality, the Mature person [Adler], Fully Functioning person [Rogers], Self-actualizer [Maslow], Sthitpradnya / Trigunateet (Srimadbhagwadgita), Arhat

Personality theories – new directions in the discipline

Books Recommended


Tilak B. G. (1986) Geeta Rahasysa or Karma Yoga Rahasya, B. s. Sukhtankar (Eng. Tra.) 6th ednGeeta printers, Pune, India


M.A. Psychology

Semester II - Paper - IV

CODE : ISB-2T4

Issues In Social Behaviour

UNIT - 1

- Poverty, gender issues, unemployment and its psychosocial consequences, population issues, media culture, effects of televiewing, AIDS.
- Conflict
- Conflict: social dilemma, competition, perceived injustice, misperception.
- Conflict management and resolution of inter-group conflict.

UNIT - 2


Social learning, social categorisation, mechanism of prejudice: collective and individual

Consequences of prejudice. Combating prejudice: techniques for countering its effects.

UNIT - 3

Group dynamics: what is group? Group polarization, group think, decision making in group, minority influence on group decision.

UNIT –4

Pro-social behaviour

Pro-social behaviour: altruism and bystander effect
Altruism: definition, egotism motive, motivated altruism, cultivating altruism and its measurement
Empathy: definition, empathy-altruism hypothesis, genetic and neural foundations of empathy.
Gratitude and forgiveness: defining, cultivating, measuring and neurobiological bases.
Societal implications of altruism.

**Books recommended**


M.A. Psychology
Semester II - Paper - V

CODE - P-2P1

PSYCHOLOGY PRACTICUM

• This paper consists of Five Testing practical and one test evaluation*

• Each student shall complete Five Tests and one test evaluation during the II semester period. Each student shall submit journal containing reports of tests and a report of one test evaluation.

(*Testing practical and test to be evaluated will be decided by the teachers committee)

• Preparing pi diagram, simple graphs with computer.

Internal Assessment

Marks:40

- Performance during academic session - 20 marks

- Testing and test evaluation reports, - 20 marks

External Practical examination

MARKS:160

- Testing and report writing - 60 marks
  o Evaluation of test written report: - 40 marks

- Viva voce - 60 marks

TOTAL MARKS:200
Semester – III (Stream-A)

Core Paper - I

Code: ABP A- 3T1   ABNORMAL PSYCHOLOGY

Objectives:
To provide an in-depth understanding of abnormal psychology.
To provide background knowledge regarding psychopathology, etiology and symptomatology of various psychological disorders.

UNIT 1

- Abnormal behavior: Its meaning, historical background, meaning of prevalence, incidence and risk factors.

Causes of abnormal behavior; biological, psycho-social, socio-cultural & neuro-psychological factors

- THEORETICAL PERSPECTIVE ON MALADAPTIVE BEHAVIOUR

Biological perspective, Psychodynamic perspective, Behavioral perspective, Cognitive perspective, Humanistic-Existential perspective, Community-Cultural perspective, Integrative approach.

UNIT 2

STRESS, COPING AND MALADAPTIVE BEHAVIOR

Stress and coping, Stressful life situations and transitions, Clinical reaction to stress and its management; adjustment disorder, post traumatic stress disorder, dissociative disorder

UNIT 3

- Personality disorders: paranoid, histrionic, schizoid, dependent, avoidant, narcissistic, borderline, obsessive-compulsive type & antisocial personality disorder
- Mental retardation, its causes, degrees of mental retardation, problems, helping the child and family.
- Disorders usually first diagnosed in infancy, childhood or adolescence
- ADHD, Autism, Learning disorders, Conduct disorder, Stuttering, Tics,

UNIT 4

Other Conditions of Clinical Attention
Parent – child relational problem, Physical abuse of child; Physical abuse of adult, Non-compliance with treatment, Mallingering, Bereavement..

Books Recommended


Semester III
(Stream A: Core Paper –II)

Code: PD& PTH A-3T2 PSYCHODIAGNOSIS AND PSYCHOTHERAPY

Objectives:
1) To provide the students a chance to study various therapeutic approaches.
2) To help in developing a balanced view of the various therapies and practical techniques employed.

UNIT 1

Concept of diagnosis, objective of psycho diagnosis, Indian and International classification, DSM and ICD revisions. Ethical issues, client-therapist relationship, confidentiality, legal liability, malpractice.

Historical trends, personal characteristics of therapist, personal counseling for therapist, problems faced by beginning therapist.

UNIT 2

Approaches to Counseling and Therapy: Directive, Non-directive-

The Psychoanalytic Psychotherapy, Rogers – Basic Concepts- Techniques – Evaluation

UNIT 3

Logo therapy, Brief psychotherapy, Reality therapy, Gestalt therapy

UNIT 4

Play therapy, Couple Counselling, Workplace Counselling, Transactional analysis

Books Recommended


Gilliland B, Richard, J. Bowman, J: Theories and Strategies in Counselling and Psychotherapy, 2nd Ed. Allyn and Bacon Publishers

Semester – III

(Stream A: Paper – III, Core Elective -I-a)

Code: HP A-3T3 HEALTH PSYCHOLOGY

Objectives:

To acquaint the students with various aspects of health psychology, mental health

UNIT 1

Health psychology: definition, history, mind-body relation, bio-psycho-social model in health psychology, research.

The systems of body: Nervous system, endocrine system, cardiovascular system, respiratory system, digestive system, renal system, reproductive system, immune system.

UNIT 2

Health compromising behavior: alcoholism, smoking, indisciplined and rash driving, indiscriminate use of mobile phone

Health enhancing behavior: proper diet, exercise, regular medical checkup for senior citizens, weight control

UNIT 3

Health behaviour and Primary prevention. What is health behaviour? Barriers to effective health promotion. Factors influencing the practice of health behaviour.

Modification of health behavior. Changing health behaviours by changing health beliefs.
Changing health behaviours through social engineering.

UNIT 4

Stress management: Basic techniques of stress management - identifying the stressors, self monitoring, recognizing negative self talk, handling negative emotions, relaxation, meditation.

Spiritual methods: avoiding negative thinking, fear, use of will, faith and prayer, establishing peace

Books Recommended


Pitts, M., Phillis, K. (2003). The psychology of Health; An introduction. E-library: Taylor & Fransis


Semester – III
(Stream A: Paper – III, Core Elective- I-b)

Code: PAST A-3T4

Psychological Assessment and Specific Testing

Objective: 1) To train students for clinical diagnosis and assessment.
2) To acquaint them with various psychological tests for assessment and diagnostic purposes

UNIT 1
Informal assessment: person perception, clinical sensitivity, empathy, sources of error, communication strategies, importance of rapport, clinical relationship.
Informal assessment: clinical interview, method of behavioral assessment, case history, mental status examination,

UNIT 2
Interpreting and synthesizing assessment findings, impressionistic and psychometric approach, statistical method in decision making.
Process of interpretation, sources of error in interpretation.
Writing psychological report, ethical issues, research on the process of clinical judgment

UNIT 3
1. Psychological Assessment of Development:
   Vineland Social maturity Scale
Developmental Screening Test

Goddard’s Seguin Form Board

Diagnostic Test of Learning Disability

Gilliam Autism Rating Scale

UNIT 4

. Intelligence Testing
   a) Stanford Binet Scales and its Indian Adaptation
   b) Wechsler’s Intelligence Scale: Adults and Children
   c) Cross Cultural Test- Culture Fair Intelligence Tests (CFIT),
   d) Progressive Matrices
   e) Draw a Man test,
   f) Bhatia Battery

Books Recommended

Third semester

Paper IV- Foundation Course -I (Stream A)

Paper – IV (CBCS)

GENERAL PSYCHOLOGY

CODE: FCI(psy) A-3T5

Unit I:

Introduction to Psychology:
Definition and nature of psychology; Approaches: Biological, Psychodynamic, Behaviourist, and Cognitive.

Psychological Testing, Function and origins of psychological testing, Nature and the use of Psychological test; Social and ethical implications of testing.

Types of psychological tests.

Unit II:

Learning: Definition and nature of learning and.
Methods of learning: Trial and error, Insight, modelling.

Memory
Definition, Nature of memory, models of memory, - Encoding, Storage retrieval, Retention, Recall Recognition, Relearning, Reconstruction
Unit III:

**Motivation:** Meaning of Motivation, Types of Motivation, Primary motive, General motive, Secondary Motives and Motivational process. Theories of Motivation.

**Emotion:** What is emotion?, Components of emotion, Expressing and Recognizing Emotion. Theories of Emotion.

Unit IV:

**Personality:** The concept of personality(meaning, definition, nature). Approaches to Personality: Freud’s psychoanalytic approach, The Neo-Freudian psychoanalysts Approach: Carl Jung, Alfred Adler, Trait and Type Approach: Cattell’s trait approach, Eysenck’s Tait-Type approach, The Five Robust Factors-Super traits.

REFERENCES:


CODE- PS-I    A-3T6    POSITIVE PSYCHOLOGY -I

Unit 1
Positive psychology and its historical perspective
Understanding positive psychology
Eastern and western perspective

Unit 2
Positive emotional states
Understanding positive affect, Positive emotions: wellbeing, happiness,
Emotional hardiness

Unit 3
Positive cognitive states
Optimism, hope, wisdom, courage, self efficacy, resilience
Mindfulness, spirituality

Unit 4
Prosocial behaviour
Empathy, gratitude, forgiveness
Altruism, love

Reference books

Semester – III
(Stream A: Paper – V)

Code:  P A-3P1

Clinical Psychology Practicum (SEM III)

a) Student/s shall critically evaluate one recent research article and present the same in clinical / journal club meeting orally using audio-visual aids.

b) Practice sessions / exercise(s) – history taking, MSE and writing report of the same and submit for perusal

c) relevant tests to be administered interpreted and reported any two from among the following areas

Testing areas:

- Giftedness
- Mental Retardation
- Diagnostic – anxiety, depression, brain function, memory, perception etc
- Neuropsychological
- Personality
- Mood
- Adjustment
- Interest
- Aptitude
D) Writing references from book, book chapters, journal articles, online magazine, etc as per APA format.

e) Writing abstract as per APA FORMAT

Each student is required to complete practical file containing five reports and submit the same for practical examination.

The maximum marks for practical examination will be as per the following scheme of distribution of marks:

**Internal Assessment**

- **performance during academic session:**
  
  assessment, evaluation → journal article presentation, testing,
  
  conduct of practice / structured exercise - 20 marks

- journal article, testing, practice/structured exercise reports - 20 marks

**External Practical examination**

- testing and report writing for one simulated case - 60 marks

- MSE and report writing of one case and visits 60 Marks

- Viva voce - 40 marks

**TOTAL MARKS: 200**
Semester III (Stream- B )

(Organizational Psychology and Human Resource Management)

Core Paper - I

Code: HRM B- 3T1

Management of Personnel and Human Resources

UNIT – I

Personnel & Human Resource Management: -

- Why Study PHRM
  The PHRM functions and activities and objectives; Relationship influencing PHRM functions and activities; Relationship with the internal and external environment; PHRM growing importance; Organizing the PHRM department; Roles and responsibilities of PHRM department, Staffing the PHRM department.

- Emerging trends in PHRM
  WORK force diversity and PHRM; Business strategy and PHRM; Impact of information technology on PHRM; International PHRM.

- Human resource planning system
  Purpose and importance of human resource planning; Human resource planning and other personnel activities; Human resource planning process-gathering analyzing and forecasting supply and demand data, establishing human resource objectives and policies, human resource programmes; control and evaluation of human resource planning; Human resource accounting, audit and information system.

UNIT – II

Recruitment and Selection: -

- Purpose and importance of recruitment and selection; Recruitment strategies in diverse workforce; Recruiting methods, External recruiting; Internal recruiting; Effectiveness of various recruiting methods.

- Internal staffing process-recruitment-selection for promotions, transfer and placement.
- The total selection process.
- Fundamentals of personnel measurement; Personnel measurement as psychological measurement; Measurement of individual differences; Predictors; Criteria and their relationship; Validation of predictors; Reliability of predictors; Interpreting scores on selection measures.
- Validity generalization, concept, importance and methodology
- Selection method

Application blanks; Measurement of cognitive abilities; Personality assessment; Other simulation techniques, In-basket, Behavioral Event Interviewing (BEI), Psychometric properties of various methods.

UNIT – III

Training and Development:-

- What is training and development; Purpose and importance of training and development; Types if training-substantive knowledge and skill training, human process, attitudinal and sensitivity (T group) training.
- Training process
- Evaluation of training, Kirkpatrick and CIRO models.
- Human process Training-Intervention theory; Action research; stages of OD change.
- Coaching and mentoring
- Career Planning -Occupational choice and occupational adjustment, Career stages of development and adjustment; Career anchors.
- Management Development – What is management development, Managerial competencies – various competency models, Planning and administering the management development program. Development through work experience.

UNIT - IV

Performance Appraisal System:-

- Define performance, its determinants and consequences
- Purpose, importance and uses of appraisal
- Performance appraisal process and procedures – identifying performance dimensions; establishing performance standards; choice of factors.
- Methods of performance appraisal – norm referenced methods, Behavioral methods; MBO; output methods, 360 degree performance appraisal, self-appraisal- advantages, disadvantages.
- Issues related to performance appraisal; Assessing the effectiveness of appraisal system.
- Feedback in appraisal; Performance appraisal interview, Performance counseling.

Books Recommended –


Organizational Behavior

UNIT – I
Foundations of Individual Behavior -
- Personal Factors; Environmental Factors; Organizational Systems and Resources; Models of Individual Behavior

UNIT – II
Dynamics of Group Behavior –
- Defining and classifying groups; stages of group development; group structure; group decision making;
- Types of teams – problem solving teams, self managed work teams, cross functional teams, virtual teams.
- Teams and Quality Management.

UNIT – III
Work Motivation –
- Concept of Work Motivation
- Early theories of Motivation
- Contemporary theories of Motivation
- Integrating Contemporary Theories of Motivation
- Management By Objectives. Employee Recognition Programs
- Employee Involvement Program

Job Redesign and Scheduling Programs

UNIT – IV
Applied Motivation Practices

Rewards – Membership and Seniority-Based Rewards, Job Status-Based Rewards, Contemporary-Based Rewards, Performance Based Rewards; Job Design – Factors affecting Job Design, Job Design Approaches; Some Cautions About Environment; Behavioral Modification – Identifying Behavior Problem, OB Models in Practice; Empowerment; Goal Setting Theory; Participative Management; Problem Employees; Quality of Work Life.
Books Recommended –

1. Luthans F., Organization behaviour (10th Ed.) McGraw Hill International
2. Matthewman L. Work Psychology Oxford University Press
5. Rose A., & Hetherington A., Introduction to human behaviour at workplace
Semester III

Stream B: (Organizational Psychology and Human Resource Management)

PAPER - III Core Elective I-a

Code- CB B-3T3a

Consumer Behaviour

UNIT – I
- Concept, Importance
- Bases for segmenting consumer market
- Consumer Perception
- Learning and Brand Loyalty

UNIT – II
- Consumer needs and motivation
- Personality and Consumer Behavior: Personality Concept and Nature,
- Personality and Store Choice.

UNIT – III
Consumer Attitudes: Consumers’ Attitude Formation, Structural Models of Attitude; Attitude Measurement; Attitude Change.

UNIT-IV

Consumer Decision Making –
- Different views on consumer decision making
- Models of consumer decision making

Books Recommended –


OBJECTIVES:

1. To explain the application of Psychology in industrial setting.
2. To impart knowledge and skills required for creating healthy work environment.

UNIT I:

• Introduction to Industrial Psychology:

  Definition, objectives and scope of Industrial Psychology; role of psychologist in industry, challenges for industrial psychology

• Work Environment:

  Physical working conditions, work schedule, psychological and social issues

UNIT II:

Ethical issues in Industrial Setting:

Ethics: Nature, sources of business ethics, importance, ethical dilemmas, ethical misconduct in personnel function, managing ethics

UNIT III:

Safety and Health in the workplace:

• Purposes and importance occupational safety and health, causes and preventions of accidents; workplace health hazards: problems and remedies

• Health & well-being programmes- Alcoholism, Drug abuse, Smoking
Unit IV:

Human factor engineering:

Concept of human factor engineering and nature of man machine system, workspace design, control devices

Books Recommended

Foundation Course –I (Stream B)

Third semester

Paper – IV (CBCS)

GENERAL PSYCHOLOGY

CODE: FCI(psy) B-3T4a

Unit I:

Introduction to Psychology:
Definition and nature of psychology; Approaches: Biological, Psychodynamic, Behaviourist, and Cognitive.

Psychological Testing, Function and origins of psychological testing, Nature and the use of Psychological test; Social and ethical implications of testing.

Types of psychological tests.

Unit II:

Learning: Definition and nature of learning and.
Methods of learning: Trial and error, Insight, modelling.

Memory
Definition, Nature of memory, models of memory, Encoding, Storage retrieval, Retention, Recall, Recognition, Relearning, Reconstruction

Unit III:

Motivation: Meaning of Motivation, Types of Motivation, Primary motive, General motive, Secondary Motives and Motivational process. Theories of Motivation.

Unit IV :
**Personality**: The concept of personality (meaning, definition, nature). Approaches to Personality: Freud’s psychoanalytic approach, The Neo-Freudian psychoanalysts approach: Carl Jung, Alfred Adler, Trait and Type Approach: Cattell’s trait approach, Eysenck’s Tait-Type approach, The Five Robust Factors - Super traits.

**REFERENCES**:

CORE-III (Stream B)
Third semester
Paper – IV (CBCS)
POSITIVE PSYCHOLOGY –I

CODE- PS-I B-3T4b

Unit 1
Positive psychology and its historical perspective
Understanding positive psychology
Eastern and western perspective

Unit 2
Positive emotional states
Understanding positive affect, Positive emotions: wellbeing, happiness,
Emotional hardiness

Unit 3
Positive cognitive states
Optimism, hope, wisdom, courage, self efficacy, resilience
Mindfulness, spirituality

Unit 4
Prosocial behaviour
Empathy, gratitude, forgiveness
Altruism, love

Reference books

Semester – III (Stream B)

Paper – V

Code: P B-3P1

Organizational Psychology Practicum (SEM III)

A) Student/s shall critically evaluate one recent research article and present the same in journal club meeting orally using audio-visual aids.

B) Relevant tests’ to be administered interpreted and reported: any Five from among the following areas:

Testing areas:
- Job analysis
- Job Design
- Job attitudes
- Job stress
- Job attitudes
- Communication
- Organizational climate
- Organizational commitment
- Organizational culture
- Leadership
- Motivation
- Self-perception

C) Field visits to industries/organizations: 3

D) Writing references from book, book chapters, journal articles, online magazine, etc. as per APA format.
e) Writing abstract as per APA FORMAT

Each student is required to complete practical file containing five reports and submit the same for practical examination.

The maximum marks for practical examination will be as per the following scheme of distribution of marks:

**Internal Assessment**

- **Marks: 40**
  - **Performance during academic session:**
    - assessment, evaluation → journal article presentation, testing,
    - conduct of practice / structured exercise - 20 marks
    - journal article, testing, practice/structured exercise reports - 20 marks

**External Practical examination**

- **MARKS: 160**
  - testing and report writing for one simulated case - 60 marks
  - MSE and report writing of one case and visits 60 Marks
  - Viva voce - 40 marks

**TOTAL MARKS: 200**
Stream C: COUNSELLING PSYCHOLOGY

SEMESTER-III

(Stream C: Core PAPER- I)

Code- GCP C- 3T1

GUIDANCE AND COUNSELLING PSYCHOLOGY

UNIT-I

- Counselling psychology: definition, nature and scope, counselling psychology's roots in vocational guidance, historical development and current status. principles of counselling psychology.

- The counsellor and the therapist.
- Introduction, personal characteristics, personal counselling for the counsellor, values philosophy, multiculturally skilled counsellor, problems and issues faced by the beginning counsellor.

UNIT- 2

Ethical issues:

Introduction, therapists, competence, education & training foundation of ethical practice, issues in the client/therapist, relationship, confidentiality, legal liability and malpractice.

UNIT-3

Counselling process:

Counselling relationship

Counselling interview
Types of Counselling: Counsellor –oriented counselling; Counselee – oriented counselling; Eclectic – Counselling equally oriented to both the counsellor and counselee.

UNIT-4

Creative approaches to counselling:

Art, imagery, guided imagery, hypnotherapy, music, writing: structured writing, poetry, play - games,

Crisis intervention:

Books Recommended


Semester III
Stream C: Core Paper - II

CODE: BCS C-3T2

BASIC COUNSELLING SKILLS

UNIT-1
Basic skills and concepts:
a) Attending: eye contact, attentive body language, distance, vocal tone, verbal tracking
b) Basic listening skills: active listening, client observation, verbal behaviour, encouraging, paraphrasing, summarising, reflection of feelings, use of open end and closed questions.

UNIT-2
C) Self attending skills: self awareness, centering and relaxing, humor, non judgemental attitude towards self and others, genuineness, concreteness.
d) Advanced skills and concepts: self disclosure, confrontation, immediacy, action skills, termination skills.

UNIT-3
- Stress and coping: stress management
  Stress and coping, coping skills, coping process, social support, stressful situations and life transition.
- Treating stress related problems:
  Supportive therapy
  Relaxation training
  Systematic desensitization
  Cognitive modification
  Social intervention

UNIT-4
Assertiveness training, Self-monitoring, goal setting, Thought stopping, communication skills - TA
Spiritual methods; avoiding negative thinking, fear, use of will, faith and prayer, establishing peace

Books recommended
Semester III Stream C:
Paper III: Core Elective I-a
EDUCATIONAL & CAREER GUIDANCE

CODE: ECG C-3T3a

UNIT – 1
Educational Guidance
Importance of Guidance at various stages of Education
Career Masters

UNIT – 2
Perspectives on career guidance and counselling: vocational guidance, comprehensive career guidance, perspectives on counsellor’s role in career guidance
Preschool career guidance, career guidance techniques in the preschool age.

UNIT – 3
Career guidance in the elementary school, organization of guidance program in the elementary school, objectives, functions of elementary career guidance, career counsellor and his role, career guidance techniques.

UNIT – 4
Career guidance in senior high school: organization of guidance program, objectives, functions and career guidance techniques.
Information in career guidance and counselling: types of delivery system.
Career development and choice behaviour, influencing factors: theories of career development and choice.

Books recommended
Subesh, D. (2010). Managing people at work; Employment relations in Globalizing India. Sage Pub. @ www.sagepublications.com
Semester III  
Stream C: Paper – III Core Elective I-b  
CODE- ACG C- 3T3b  

ASSESSMENT IN COUNSELLING AND GUIDANCE  

UNIT-1  
- The history and meaning of assessment: introduction, the use of tests, the psychometric and impressionistic approach, diagnosis and assessment, measurement and assessment, tests and assessment.  
- Empathy, person perception, errors in person perception, good judge of personality.  

UNIT- 2  
Ethics of psychological assessment.  
Writing case study report and preparing profile.  
Report writing.  

UNIT-3  
The assessment of development:  
The vineland social maturity scale  
Beley Scale for Infant Development  
Developmental screening test.  

UNIT–4  
The assessment of intelligence:  
Kamat- Binet verbal test of intelligence  
Weschler intelligence scale for children(WISC- R), Wechsler adult intelligence scale (WAIS- R)  
Culture fair intelligence test,
Progressive matrices, CPM

Seguine form board, Draw a man test

Bhatia’s performance test of intelligence.

Books recommended


Freeman (1960). *Theory and Practice of Psychological Testing*


Manuals of the Psychological Tests mentioned in curriculum
Unit I:

Introduction to Psychology:
Definition and nature of psychology; Approaches: Biological, Psychodynamic, Behaviourist, and Cognitive.

Psychological Testing, Function and origins of psychological testing, Nature and the use of Psychological test; Social and ethical implications of testing.

Types of psychological tests.

Unit II:
Learning: Definition and nature of learning and.
Methods of learning: Trial and error, Insight, modelling.

Memory
Definition, Nature of memory, models of memory, - Encoding, Storage retrieval, Retention, Recall Recognition, Relearning, Reconstruction

Unit III:

Motivation: Meaning of Motivation, Types of Motivation, Primary motive, General motive, Secondary Motives and Motivational process. Theories of Motivation.
**Emotion:** What is emotion?, Components of emotion, Expressing and Recognizing Emotion. Theories of Emotion.

**Unit IV:**
**Personality:** The concept of personality (meaning, definition, nature). Approaches to Personality: Freud’s psychoanalytic approach, The Neo-Freudian psychoanalysts Approach: Carl Jung, Alfred Adler, Trait and Type Approach: Cattell’s trait approach, Eysenck’s Tait-Type approach, The Five Robust Factors - Super traits.

**REFERENCES:**


Paper IV CORE-III  
Third semester  
CODE: PS-I C-3T4b  

POSITIVE PSYCHOLOGY -I  

Unit 1  
Positive psychology and its historical perspective  
Understanding positive psychology  
Eastern and western perspective  

Unit 2  
Positive emotional states  
Understanding positive affect, Positive emotions: wellbeing, happiness,  
Emotional hardiness  

Unit 3  
Positive cognitive states  
Optimism, hope, wisdom, courage, self efficacy, resilience  
Mindfulness, spirituality  

Unit 4  
Prosocial behaviour  
Empathy, gratitude, forgiveness  
Altruism, love  

Reference books  
Semester – III

Stream C: Paper - V

Code: P C-3P1

Counselling Psychology Practicum

Journal article evaluation

A) Student/s shall critically evaluate one recent research article and present the same in counseling - journal club meeting orally using audio- visual aids.

B) Practice exercises – history taking and writing report of the same and submit for perusal.

C) Relevant tests’ to be administered interpreted and reported any Three from among the following areas:
   Testing areas:
   Aptitude
   Adjustment
   Attitude
   Intelligence
   Personality
   Interest
   Values

   d) Outreach program: Guidance and or counseling workshop for specified groups e.g., students, teachers, parents, old people or any other as decided by the concerned teachers’ committee.

   e) Institutional visits: 3

   f) Writing references from book, book chapters, journal articles, online magazine ,etc as per APA format.

   g) Writing abstract as per APA FORMAT
Each student is required to complete practical file containing five testing reports, two case history reports, visit report and workshop report and submit the same for practical examination.

The maximum marks for practical examination will be as per the following scheme of distribution of marks->

<table>
<thead>
<tr>
<th></th>
<th>Marks:40</th>
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<tbody>
<tr>
<td><strong>Internal Assessment</strong></td>
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<td>- performance during academic session :</td>
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</tr>
<tr>
<td>assessment and evaluation → journal article presentation, testing, conduct of workshop and case history taking</td>
<td>20 marks</td>
</tr>
<tr>
<td>- journal article written report, testing reports, case history report, and workshop reports</td>
<td>20 marks</td>
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<table>
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<th>MARKS:160</th>
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<tbody>
<tr>
<td><strong>External Practical examination</strong></td>
<td></td>
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<tr>
<td>- testing and report writing for one simulated case</td>
<td>60 marks</td>
</tr>
<tr>
<td>evaluation of journal article written report, testing, case history, and workshop reports</td>
<td>60 marks</td>
</tr>
<tr>
<td>- Viva voce</td>
<td>40 marks</td>
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</table>

**TOTAL MARKS:200**
Semester IV
(Stream A: Core Paper – I)

Code: PP A- 4T1

PSYCHOPATHOLOGY

UNIT 1
i] Anxiety disorders and their management: generalized anxiety disorder, panic disorder, phobia, obsessive-compulsive disorder

ii] Impulse control disorders: kleptomania, pyromania, pathological gambling

UNIT 2
MOOD DISORDERS
Depression; major depressive disorder, Dysthymic disorder
Bipolar disorder I and II, Cyclothymic disorder
Suicide, Theories of Suicide

UNIT 3
• Schizophrenic disorders: Disorganized, catatonic, paranoid, undifferentiated, residual, schizoaffective, atypical
• Sleep Disorders: Parasomnias – nightmare disorder, sleepwalking disorder, Insomnia.
• ORGANIC MENTAL DISORDERS
  i] Alzheimer’s disease, Parkinson’s disease, Epilepsy, Delirium, Dementia
  ii] Substance induced, infections, tumors, head injury, toxin induced disorders

UNIT 4
i] Somatoform disorders: Somatization, conversion disorder, hypochondriasis
ii] Dissociative disorders: Dissociative amnesia, Dissociative Fugue,
iii] Sexual disorders: sexual dysfunction, gender identity disorder, paraphilias
Books Recommended


DSM IV (TR), Diagnostic Statistical Manual of Mental Disorder DSM-IV TR, American Psychological Association; Jaypee publication


Semester IV
(Stream A: Core Paper – II)

Code: TIS A-4T2

THERAPEUTIC INTERVENTION STRATEGIES

Objectives:

1) To provide the students a chance to study various therapeutic approaches.

2) To help in developing a balanced view of the various therapies and practical techniques employed.

UNIT 1

Biological approaches: Chemotherapy, E.C.T., Brain wave therapy, Bio-feedback, Narcoanalysis

Neuro- Linguistic Programming

UNIT 2

Behavioral techniques: Systematic desensitization, Contingency contracting, Shaping,
Aversive conditioning, Modeling REBT, CBT.

UNIT 3

- Group therapy, Family therapy, Psycho-drama, Play therapy

  Supportive Psychotherapy

- Milieu therapy, Progressive relaxation, Flooding, Hypnosis, Crisis intervention, Hospitalization
UNIT 4

Traditional approaches: Yoga, Shavasan, Meditation, Vipashyana

Recent methods: Cyber therapy, tele-counseling

Books Recommended


Semester IV
(Stream A: Paper – III Core Elective II-a)

Code: CMM A-4T3a

COMMUNITY MENTAL HEALTH AND MEDICAL PSYCHOLOGY

Objective: To acquaint the students with various aspect of community psychology and Medical Psychology

UNIT 1
Community psychology: evolution and orientation. Research in Community psychology,: evaluation research
.Ecology, effect of crowding,.  

UNIT 2
Helping people with long-standing illness, psychiatric patients, physical disability or amputation, suicide prevention
Methods of community intervention:- day care centre, consultation, non-professional in community psychology, mental health education

UNIT 3
Medical psychology and behavioral medicine,: definition, role, history, area of work of psychologists in hospital set-up and problems encountered by them

UNIT 4
• Psychological assessment of: Cancer, Chronically ill geriatric patients, Arthritis; Type A behavior and CHD and Hypertension
- Modification and prevention of risk factors in cardio-vascular disorders
  - Psychological preparation for stressful medical procedures
  - Rehabilitation of patients with CNS dysfunction, intervention with cancer patients
  - Behavioral treatment of alcoholism, smoking

Books Recommended


Objective:
To acquaint students with various psychological tests for assessment and diagnostic purposes

UNIT I
- Testing – Concept – Purposes – Types – interest inventories and
- Aptitude Testing – Purposes–Techniques of measuring- Aptitude Scales
- Adjustment and Health Inventories
- Attitude and value tests

UNIT 2
Objective Tests of Personality: MMPI, 16PF, EPQ, MCMI
Projective techniques; Rorschach, TAT, CAT, DAPT, SCT, Rosenzweig Picture Frustration Study.

UNIT 3
Clinical Scales for anxiety, depression and psychopathology
Loneliness scale, Assertiveness assessment

UNIT 4
Psychological testing for Brain Damage: LNNPB, Halstead Reitan, Benton Retention Test,
Neuropsychological batteries of AIMMS, NIMHANS, PGI.
Psychological testing for handicaps
Psychological testing for learning disability.

Books Recommended


Freeman. *Theory and Practice of Psychological Testing*


Manuals of the Psychological Tests mentioned in curriculum
Unit I:

**Positive Psychology:** Definitions, Goals and Assumption of positive psychology. Emotional perspective- positive Emotions. Broaden and Build theory of positive psychology. The meaning and measure of happiness.


Unit II:

**Health Psychology:** Introduction to health psychology, Concept of health – Models of health. Health behaviour and belief. Health awareness and Health seeking behaviour. Chronic illness-Causes and consequences; Management of health problems like obesity and chronic illness like cancer, cardiac problems and Diabetes.

Unit III:
Leadership:

What is Leadership? Types of Leadership. Basic Approaches to Leadership, Trait theory, Behavioral Theory, Contingency Theory.

Communication:

Function, process and direction of communication. Methods of communication.

Unit IV:

Stress and its management: Stress and Stressors, Basic techniques of stress management - identifying the stressors, self monitoring, recognizing negative self talk, handling negative emotions, relaxation, meditation, avoiding negative thinking, fear, use of will, faith and prayer, establishing peace.

Books Recommended:-


Unit 1
Changing human behaviour towards positive
Preventing the bad and enhancing the good

Unit 2
Positive environments
Positive schooling, psychology of gainful employment

Unit 3
Assessment of positive behaviour
Assessment of problem solving behaviour, locus of control, creativity, self-esteem, emotional intelligence, sense of humor

Unit 4
Community orientation towards positivity
Focusing on resources, focus on sports; physical activities, empowerment, person centered rehabilitation
Positive psychology in cultural context

Reference books

Semester – IV

(Stream A: Paper –V)

Code:  P A-4P1

Clinical Psychology Practicum (SEM IV)

a) Each student shall evaluate 5 cases in this semester period and subsequently submit reports for perusal. The report of evaluated cases will include

2) clinical observation
3) case history
4) diagnostic impression
and
4) treatment strategies

b) In addition each candidate shall complete mini Field-work project based on a problem of his / her choice (in consultation with concerned teacher) from clinical psychology.

c) Practice sessions / exercise(s) to be – conducted interpreted and reported -
any two from the following –

i) preparing hierarchy for anxiety / phobia case
ii) relaxation / progressive muscle relaxation / Shavasan
iii) abdominal breathing / pranayam
iv) preparing strategic plan for behaviour modification for a simulated

c) Institutional visits : 3 with an aim to foster insight into working in clinical conditions.
d) Preparing charts (2 variable data) with computer.
e) Calculating "t", ANOVA with computer.

Each student is required to complete practical file containing five case reports and project report and submit the same for practical examination.
The maximum marks for practical examination will be as per the following scheme of distribution of marks:

<table>
<thead>
<tr>
<th>Section</th>
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<tbody>
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<tr>
<td>- field- work project report</td>
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<tbody>
<tr>
<td><strong>External Practical examination</strong></td>
<td><strong>160</strong></td>
</tr>
<tr>
<td>- simulated case presentation</td>
<td>60 marks</td>
</tr>
<tr>
<td>- Presentation and evaluation of written report and Structured exercise</td>
<td>60 marks</td>
</tr>
<tr>
<td>Viva voce</td>
<td>40 marks</td>
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</tbody>
</table>

**TOTAL MARKS: 200**
Semester IV (Stream B)

(Organizational Psychology and Human Resource Management)

Core PAPER - I

Code:  OD B- 4T1

ORGANIZATION DEVELOPMENT

Objectives:

1. To develop an understanding of the theory and practice relating to the processes of organization development.
2. To develop insight and competence in diagnostic and intervention processes and skills for initiating and facilitating change in organisations.

Unit I:

Introduction to Organization development:

- Definition, History of organization development; Values, Assumptions and beliefs; OD consultant

Foundations of Organization development:

- Models and theories of planned change: Kurt Lewin, Burke-Litwin Model, Porras and Robertson model
- Systems theory, Participation empowerment, Teams and teamwork, Parallel learning structures, A normative re-educative strategy of changing, Applied behavioural science

Unit 2:

Managing the OD process:

- Diagnosis, the action component, program management component
- Action research and OD: Process and approach, history and varieties, examples of action research

Unit 3:

Nature of Organization Development interventions:

- Classification of OD interventions
- Team interventions, inter-group and third party peacemaking interventions, comprehensive OD interventions, Structural intervention
Unit 4:

Challenges and future of OD

• Training experiences: T-groups, behavioural modelling, life and career planning
• Issues in consultant-client relationship
• Future of Organization Development

Books Recommended

Employee Counselling


   Counseling process.

   Employee Counseling: Types.

   Employee counseling skills.


   Models of Workplace Counseling

   Performance counseling

   Career Planning and counseling.

Unit-2.

- Stress and related concepts.
  
  Nature, Types, Sources, Effects/Consequences.
  Burn out.

- Stress Management
  
  Personal -Self Management. Increasing Self-awareness through; Yoga, Meditation, Vipashana.
Unit 3. Biofeedback, Assertiveness training, Time management.

Enhancing coping with role stress, mergers, acquisitions and change.

Unit 4. Enhancing Quality of Work Life. Concept of subjective well-being.

Management by consciousness, A Spirituo-technical Approach

Books Recommended:-


Hackman, R.J. and Shuttle, J.L.(eds). Improving life at Work: Behavioral Approach to Organizational Change. Santa Monica; Goodyear.


Semester IV
Stream B:

(Organizational Psychology and Human Resource Management)

PAPER - III Core Elective II- a

Code:  LCO B-4T3a

Leadership and Communication in Organizations

Unit I:

- Personality: Concept and Nature. Determinants of Personality. Personality Theories: Type, Trait and Psycho-analytic.

Unit 2:

- Leadership: Basic Approaches to Leadership.
  
  What is Leadership? Trait theory, Behavioral theory, Contingency Theory. Implications for managers.

- Assessment tools.
  
  MBTI, FIRO-B, Leadership Style, Leadership Effectiveness

Unit 3: Contemporary issues in Leadership

- Trust: The foundation of leadership.

- Framing: Using words to shape meaning and inspire Others.

- Online leadership, challenges to the leadership concept.
Finding and creating effective leaders.

**Unit 4: Communication**

Functions, Process and direction of communication.

Methods of communication. Organizational communication: formal small group network, the grapevine and computer aided communication.

Choice of communication channels. Barriers to effective communication. Current issues in communication.

**Books recommended:**


Organizational Culture, Organizational Learning and Organizational Change.

Unit 1:
Organizational Culture: Meaning and Definition, Effects of culture, Creation of culture, Innovation in organization, Innovation process, Studies in culture & innovation.

Unit 2: Organizational Learning:

Unit 3
- Organizational Climate:
  Meaning, Importance of Organizational Climate, Factors affecting Organizational Climate, Creating conducive Organizational Climate.

- Organization Structure and Design: Concept. Importance. Types of Organizational designs. Organizational designs and employee behavior.

Unit 4: Organizational Change - Nature, levels and dilemmas of change, Pressures for change, The Domino effect, Responses to change, Force field analysis, Change process, Resistance to change, Dynamics of change.

Books Recommended:

Paper IV Foundation Course II (stream:B)

Forth Semester

Paper- IV (CBCS)

Applied Psychology

CODE: FCIII(psy)-B-4T4a

Unit I:


Unit II:

**Health Psychology:** Introduction to health psychology, Concept of health – Models of health. Health behaviour and belief. Health awareness and Health seeking behaviour. Chronic illness-Causes and consequences; Management of health problems like obesity and chronic illness like cancer, cardiac problems and Diabetes.

Unit III:

**Leadership:**

What is Leadership? Types of Leadership. Basic Approaches to Leadership, Trait theory, Behavioral Theory, Contingency Theory.
Communication:

Function, process and direction of communication. Methods of communication.

Unit IV:

**Stress and its management:** Stress and Stressors, Basic techniques of stress management - identifying the stressors, self monitoring, recognizing negative self talk, handling negative emotions, relaxation, meditation, avoiding negative thinking, fear, use of will, faith and prayer, establishing peace.

**Books Recommended:**

POSITIVE PSYCHOLOGY -II

Unit 1
Changing human behaviour towards positive
Preventing the bad and enhancing the good

Unit 2
Positive environments
Positive schooling, psychology of gainful employment

Unit 3
Assessment of positive behaviour
Assessment of problem solving behaviour, locus of control, creativity, self-esteem, emotional intelligence, sense of humor

Unit 4
Community orientation towards positivity
Focusing on resources, focus on sports; physical activities, empowerment, person centered rehabilitation
Positive psychology in cultural context

Reference books

Organizational Psychology Practicum (SEM IV)

a) Each student shall conduct Structured Exercises (SE*) – SE to be conducted, interpreted and reported and subsequently submit reports for perusal.

(*Generic Skills: Stress management, Conflict resolution techniques for effective management, Assertiveness Training, Importance of verbal and non verbal communication, Significance of body language in communication, Key communication skills: Active listening & feedback; Presentation Skills; Emotional intelligence and leadership effectiveness; Time management: tips and strategies)

b) In addition each candidate shall complete mini Field-work project based on a problem of his / her choice (in consultation with the concerned teacher) from Industrial psychology.

Each student is required to complete a practical file containing five reports of conducted structured exercises and field work project report and shall submit the same for practical examination.

C) Preparing charts (2 variable data) with computer.

d) Calculating “t”, ANOVA with computer.
The maximum marks for practical examination will be as per the following scheme of distribution of marks:

**Internal Assessment**
- Performance during academic session:
  - Structured exercises’ assessment, evaluation → - 20 marks
  - Field work project report - 20 marks

**External Practical Examination**
- Structured exercise: conduct and evaluation of written report - 80 marks
- Viva voce - 80 marks

**TOTAL MARKS=200**
Semester IV (COUNSELLING PSYCHOLOGY)  
Stream C: Core Paper - I  

Code: PD C- 4T1

PSYCHOLOGICAL DISORDERS

Unit 1

What is Abnormality?

Definition. Different ways to define abnormal behaviour. Statistical Definition, Social norm deviance, Subjective discomfort.


Unit 2

Disorders usually first diagnosed in infancy, childhood or adolescence: mental retardation, learning disability, motor skills disorders.

Autism, attention deficit hyperactivity disorders, disruptive behaviour conduct disorder.

Communication disorder: stuttering

Pica, Bulimia

Elimination disorders: Encopresis and enuresis

Selective mutism,

Unit 3

- Generalised Anxiety Disorder, Phobic disorders: Social Phobias, Specific Phobias – Agoraphobia, Acrophobia, Claustrophobia,
- Obsessive - Compulsive Disorder; Panic disorder;
- Somatoform Disorders: Hypochondriasis, Somatization disorder, Conversion disorder.
- Adjustment disorders
- Dissociative Disorders: Dissociative amnesia; Dissociative fugue;, Dissociative identity disorder.
- Mood Disorders: Major depression, Bipolar disorders
**Unit – 4**

Schizophrenia: Main Symptoms, Categories of Schizophrenia: Disorganized, Catatonic, Paranoid, Undifferentiated, Residual.;

Important causes of Schizophrenia.

Personality Disorders: Antisocial personality disorder; Borderline personality disorder, Paranoid personality disorder.

**Books recommended:**


Semester IV  
Stream C: Core Paper - II

CODE: ISC C-4T2

INTERVENTION STRATEGIES IN COUNSELLING

UNIT-1
a) Biological approaches:
chemotherapy, brain wave therapy, biofeedback.
b) Psychoanalytic approaches/intervention strategies:
Freudian: free association, resistance, transference, insight, working through.
neo Freudian: jung, adler, fromm, rank, horney and others.(?)

UNIT-2
a) Behavioural approaches: token economy, systematic desensitization, aversion technique, reinforcement, operant conditioning, shaping, modelling, biofeedback.

UNIT-3
- Humanistic-existential approaches: person centered approach (empathy, congruence).
- Transactional analysis.
- Traditional approaches: yoga therapy, shavasan, meditation, vipashyana.
- Family therapy, group therapy, drug therapy

UNIT-4
a) Recent methods in psychotherapies: cybertherapy
b) Brief psychotherapy & crisis intervention
c) Hospitalization & milieu therapy

Books Recommended
SEMESTER IV
Stream C: Paper – III Core Elective II-a

CODE: SAC C-4T3a

SPECIAL AREAS OF COUNSELLING

UNIT-I
Counselling children and adolescent: emotionally disturbed, under achievers, slow learners, socially disadvantaged.

UNIT –2
Counselling marital, sexual and role related problems : premarital , marital counselling, identification of sex related problems, role conflict and counselling.

UNIT-3
Counselling for drug addicts, alcoholic and attempted suicides: identification of psychological problems and counselling.

UNIT-4
- Counselling the physically and mentally handicapped: psychological and vocational evaluation and rehabilitation.
- Counselling for terminal diseases and chronic illness: cancer, HIV,AIDS etc; evaluation and counselling.
- Counselling the aged: identification of psychological problems and counselling.

Books recommended:


Semester IV  
Stream C: Paper - III Core Elective -II-b

CODE:  
PCG C- 4T3b

PSYCHOLOGICAL TESTING IN COUNSELLING AND GUIDANCE

UNIT-I

The assessment of personality:

Children personality questionnaire, High school personality questionnaire, 16 PF, CAQ
Eysenck personality inventory(EPQ-R); NEO –PI

UNIT- 2

• Projective techniques and tests:
  Sentence Completion Test (SCT), Children apperception test-CAT
  Rosenzweig Picture Frustration Test (children and adult), House Tree Personality (HTP)

• Behavioural techniques and tests:
  Behavioural questionnaires, Problem checklist, Self monitoring, Observation in natural environment

UNIT-3

Bell’s adjustment inventory

Edwards personal preference schedule

The assessment of aptitude and interest :

Differential Aptitude Tests (DAT), Scientific Aptitude Test (SAT)
Strong’s Interest Inventory (SII), Vocational Interest Record
UNIT-4

Stanford –Binet Intelligence scale (SB-IV), Differential ability scales (DAS)

Wechsler scales

Peabody picture vocabulary test (PPVT_III), Kaufman’s intelligence tests (K-ABC)

Death anxiety, PGI-AMEE, Adjustment inventory (for adult)

Books recommended


Freeman (1960). Theory and Practice of Psychological Testing


Manuals of the Psychological Tests mentioned in curriculum
Paper IV Foundation Course II (stream:C)

Forth Semester

Paper- IV (CBCS)

Applied Psychology

CODE: FCII(psy)-C-4T4a

Unit I:

Positive Psychology: Definitions, Goals and Assumption of positive psychology. Emotional perspective- positive Emotions. Broaden and Build theory of positive psychology. The meaning and measure of happiness.


Unit II:

Health Psychology: Introduction to health psychology, Concept of health – Models of health. Health behaviour and belief. Health awareness and Health seeking behaviour. Chronic illness-Causes and consequences; Management of health problems like obesity and chronic illness like cancer, cardiac problems and Diabetes.

Unit III:

Leadership:

What is Leadership? Types of Leadership. Basic Approaches to Leadership, Trait theory, Behavioral Theory, Contingency Theory.
**Communication:**

Function, process and direction of communication. Methods of communication.

**Unit IV:**

**Stress and its management:** Stress and Stressors, Basic techniques of stress management - identifying the stressors, self monitoring, recognizing negative self talk, handling negative emotions, relaxation, meditation, avoiding negative thinking, fear, use of will, faith and prayer, establishing peace.

**Books Recommended:**


Forth Semester

POSITIVE PSYCHOLOGY -II

Unit 1
Changing human behaviour towards positive
Preventing the bad and enhancing the good

Unit 2
Positive environments
Positive schooling, psychology of gainful employment

Unit 3
Assessment of positive behaviour
Assessment of problem solving behaviour, locus of control, creativity, self-esteem, emotional intelligence, sense of humour

Unit 4
Community orientation towards positivity
Focusing on resources, focus on sports; physical activities, empowerment, person cantered rehabilitation
Positive psychology in cultural context

Reference books

Counselling Psychology Practicum (SEM IV)

a) Each student shall evaluate 3 problem cases (scholastic, adjustment or emotional problems) in this semester period and subsequently submit reports for perusal. The report of evaluated cases will include

1) Case problem observation
5) case history
6) identification of problem: forming impression
7) suggested and employed intervention strategies

b) Each student shall complete field-work project based on a problem of his / her choice from counselling psychology in consultation with concerned teacher.

c) In addition each candidate will prepare and conduct one Structured exercise* on any one of the counseling skills and subsequently submit the report for perusal.

(*Counselling skills / Listening skills / Communication skills / Decision making skills / stress inoculation / Swot analysis. Topic(s) / area will be decided by the concerned teachers committee)

d) Preparing charts (2 variable data) with computer.

e) Calculating “t”, ANOVA with computer.
Each student is required to complete practical file containing three case reports and project report and structured exercise report and submit the same for practical examination.

The maximum marks for practical examination will be as per the following scheme of distribution of marks-

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<tr>
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<th>Marks:40</th>
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<tr>
<td><strong>Internal Assessment</strong></td>
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<tr>
<td>- performance during academic session :</td>
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<tr>
<td>Assessment and evaluation of case reports,</td>
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<tr>
<td>Conduct and report of structured exercise</td>
<td>- 20 marks</td>
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<tr>
<td>- Field- work project report</td>
<td>- 20 marks</td>
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<tr>
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<th>MARKS:160</th>
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<tr>
<td><strong>External Practical examination</strong></td>
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<tr>
<td>- simulated case presentation</td>
<td>- 50 marks</td>
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<tr>
<td>- and evaluation of written report</td>
<td>- 30 marks</td>
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<tr>
<td>- conduct of structured exercise</td>
<td>- 30 marks</td>
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<tr>
<td>- Viva voce</td>
<td>- 50 marks</td>
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<td><strong>TOTAL MARKS:</strong> 200</td>
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