

## I. Course Objectives

### MA – Semester I

**Paper**                      **Cognitive Psychology**

**Semester**                    I  
**Code**                        CP-1T1

**Objective of Course**

To help the student discover the basic principles and dynamics of cognitive psychology  
After completion of the unit the student will be able to

**Specific**

**Objectives**

1. Describe the origin, scope and basic concepts of cognitive psychology
2. Understand selected cognitive phenomena and their relevance
3. Explain the function of metacognition, metamemory and attention
4. State the theories and nature of thinking and problem solving

**Paper**                      **Research Methods**

**Semester**                    I  
**Code**                        RMS-1T2

**Objective of Course**

To provide conceptual foundation for understanding scientific thought, experimentation and psychological testing, parametric and non parametric methods

After the completion of the unit the student will be able to :

Distinguish between scientific and common sense thought and describe the significance of problem and

- 1 hypothesis
- 2 Understand the major features in experimentation in psychology
- 3 Explain the major aspects of psychological tests and psychometric properties
- 4 Compute problems using parametric and non parametric methods

**Paper**                      **Personality Theories – I**

**Semester**                    I  
**Code**                        PERI-1T3

**Objective of Course**

To help students explore the dynamics of personality psychology through major theories and approaches

After the completion of the unit the student will be able to :

- 1 Express the major concepts and theories underlying Personality Psychology
- 2 Describe in detail the concepts and ideas propounded by the psychodynamic

- approach to personality
- 3 Explain the thoughts of the ego psychologists in relation to personality
  - 4 Elucidate the major aspects of the trait and type approach to personality

**Paper**                      **Advanced Social Psychology**  
**Semester**                    I  
**Code**                        ASP-1T4

**Objective of Course**    To provide a conceptual framework to understand social psychology and .  
related factors - attitude, behaviour, aggression and sustainability  
After the completion of the course, the student will be able to:

- 1 Describe nature and scope of social psychology and its major perspectives
- 2 Understand the dynamics of attitudes, behaviour and persuasion
- 3 Elucidate the relationship of social psychology and aspects of sustainable future such as global crisis, materialism and wealth
- 4 Explain the causes, perspectives and prevention of human aggression

**Paper**                      **Psychology Practicum Semester I**  
**Semester**                    I  
**Code**                        P-1P1

**Objective of Course**    To enable to student to develop skills in conducting laboratory experiments and compute mean, standard deviation and correlation  
At the end of the course, the student will be able to

- 1 Conduct five laboratory experiments based on psychological issues  
Answer questions related to the theoretical principles, concepts, methods and results of the
- 2 experiments conducted
- 3 Write reports of laboratory experiments conducted
- 4 Carry out mini field study along with a team based on a given topic of psychology
- 5 Write a research report in the prescribed format
- 6 Calculate mean, standard deviation and correlation using the computer

## MA – Semester II

**Paper**                    **Advanced General Psychology**

**Semester**                II

**Code**                    AGP-2T1

**Objective of  
Course**

To enable the learner to understand concept and function of intelligence, memory, creativity, altered states of consciousness and explore the scope of developmental psychology and forensic psychology

At the end of the course the student will be able to

- 1 Explain the basics of how intelligence and creativity function and their relationship
- 2 Discuss the functions and major theories of memory, emotion and motivation  
Describe in detail altered states of consciousness and introduce the scope and applications of
- 3 forensic psychology  
Elucidate the major theories of development in relation to Childhood, Adolescence,
- 4 Adulthood and Aging

**Paper**                    **Research Design**

**Semester**                II

**Code**                    RD-2T2

**Objective of  
Course**

To develop a broad overview of types of research, research designs, quantitative and qualitative methods

At the end of the course the student will be able to

- 1 Understand the nature of research, experimental and field methods, single factor design
- 2 Describe the major research designs used in social science
- 3 State the dynamics of qualitative research methods
- 4 Clarify the methods and analysis of qualitative data with examples and write a research report

**Paper**                    **Personality Theories – II**

**Semester**                II

**Code**                    PERII-2T3

**Objective of  
Course**

To help the learner develop a broad overview of the various approaches to personality personality and views of prominent personality psychologists from Eastern and Western origin

At the end of the course, the student will be able to :

- 1 Describe the behavioural approach to personality and the views of prominent

behaviourists

- 2 State the cognitive, existential and humanistic approaches to personality and the views of their proponents
- 3 Explain the Indian approaches to personality particularly the views of Aurobindo, Buddha and the Guna theory
- 4 Elucidate the relational approach to personality and the ideal personality according to various personality theories

**Paper**                    **Issues in Social Behaviour**

**Semester**                II

**Code**                     ISB-2T4

**Objective of Course**    To develop a broad understanding of the issues related to social behaviour, group dynamics and prosocial behaviour

After the completion of the course, the student will be able to

- 1 Discuss issues related to poverty, gender, population, conflict, unemployment and its psychosocial implications
- 2 Understand the dynamics of prejudice and discriminations, its consequences and how they can be addressed
- 3 Explain the concept of group dynamics, group polarization, decision making and minority influence
- 4 State the dynamics of prosocial behaviour, gratitude, empathy and altruism

**Paper**                    **Psychology Practicum Semester II**

**Semester**                II

**Code**                     P-2P1

**Objective of Course**    To enable the student develop skills in administering and interpreting psychological tests and Evaluation

At the end of the course the student will be able to

- 1 Administer and interpret five psychological tests and develop reports
- 2 Critically evaluate one psychological test and develop a report
- 3 Prepare pi diagram and simple graphs with the computer

## MA Semester III – Clinical Psychology

**Paper** Abnormal Psychology

**Semester** III

**Code** ABP A -3TI

**Objective**

**of Course** To develop a broad understanding of abnormality, stress and coping, personality and other disorders of childhood and adolescence

At the end of the course the student will be able to

- 1 Explain the major perspectives related to abnormality, its history and meaning  
Describe the causes and consequences of stress and coping, its management and related disorders
- 2
- 3 Discuss the symptoms, causes and treatment of personality disorders, mental retardation and other disorders diagnosed in infancy, childhood and adolescence
- 4 Express the dynamics of other conditions requiring clinical attention and their treatment

**Paper** Psychodiagnosis And Psychotherapy

**Semester** III

**Code** PD & PTH A- 3T2

**Objective** To develop an overview of clinical diagnosis, dynamics of the client therapist relationship, approaches to counselling and major therapies

**of Course** At the end of the course, the student will be able to

- Explain the concept of diagnosis, DSM and ICD revisions and the dynamics of the client therapist relationship
- 1 therapist relationship  
Describe the various approaches to counselling and therapy particularly Psychoanalytic and Humanistic approaches
  - 2 State the processes involved in logotherapy, reality therapy, brief psychotherapy and Gestalt therapy
  - 3 Express the techniques used in play therapy, couple counselling, workplace counselling and transactional analysis
  - 4

**Paper** Health Psychology

**Semester** III

**Code** HP A -3T3

**Objective** To gain a broad overview of health psychology and behaviour, health enhancing and compromising behaviour, stress management

**of Course** After the completion of the course, the student will be able to

- Define health psychology, mind body relation and biopsychosocial model of health and functioning of body systems
- 1

- 2 Discuss the facets of health compromising and enhancing behaviour with relevant examples
- 3 Explain the various aspects health behaviour, primary prevention and modification of health behavior
- 4 State important aspects of stress management and techniques to manage stress effectively

**Paper**                      **Positive Psychology -1**

**Semester**                      III

**Code**                              PS-1 A-3 T6

**Objective of Course**                      To help the student appreciate the major aspects of positive psychology and its major concepts

At the end of the course, the student will be able to

Understand the views of eastern and western perspectives in relation to positive

- 1 psychology
- 2 Describe positive emotional states, positive emotions and emotional hardiness
- 3 Explain important aspects of positive cognitive states such as optimism, hope and wisdom
- 4 Describe prosocial behaviour in relation to empathy, gratitude, forgiveness, altruism, love

**Paper**                      **Clinical Psychology Practicum**

**Semester**                      III

**Code**                              PA -3P1

**Objective of Course**                      To help the student to develop skills in taking and reporting cases and mental status examination, review research articles

At the end of the course, the student will be able to:

- 1 Conduct mental status examination and take case histories of clients
- 2 Write Five case histories and develop diagnostic impressions
- 3 Evaluate one research article and present it
- 4 Administer and report the test results of two psychological tests
- 5 Write references in APA format
- 6 Write abstracts in APA format

## MA Semester IV – Clinical Psychology

**Paper**                      **PSYCHOPATHOLOGY**

Semester                      IV

Code                              PP A - 4T1

Objective of Course              To understand the major psychological disorders, their symptoms, causes and treatment

At the end of the course the student will be able to:

Discuss the symptomatology of anxiety and impulse control disorders and their

- 1 management
- 2 Explain the causes and symptoms of mood disorders, suicide and interventions
- 3 Describe the various forms of schizophrenia and organic mental disorders  
Elucidate important aspects of dissociative disorders, somatoform and sexual
- 4 disorders

**Paper**                              **THERAPEUTIC INTERVENTION STRATEGIES**

**Semester**                      **IV**

**Code**                              **TIS A -4T2**

Objective of Course              To understand the techniques used in major approaches to therapeutic intervention

At the end of the course, the student will be able to

- 1 Describe the biological approaches and neurolinguistic programming
- 2 Explain the functioning and effectiveness of behavioural techniques, REBT, CBT  
State the details of group psychotherapy, family therapy and other related
- 3 therapies
- 4 Distinguish between the traditional and recent forms of psychotherapy

**Paper**                              **PSYCHOLOGICAL TESTING IN CLINICAL PSYCHOLOGY**

Semester                      IV

Code                              PT A- 4T 4

Objective of Course              To help the student gain a wide perspective of psychological testing for diagnostic purposes

At the end of the course, the student will be able to

Describe the concept and purpose of testing, adjustment and health inventories,

- 1 attitude and value tests
- 2 Discuss the projective and objective tests of personality with examples
- 3 Explain in detail the clinical scales for anxiety and depression  
Elucidate the neuropsychological batteries, assessment of brain damage, physical
- 4 handicaps and learning disability

**Paper**            **Positive Psychology 2**

Semester    IV

Code        PS-II A- 4T 6

**Objective of Course**    **To help the student understand the significance of positive behaviour, environment, community orientation and assesment of positive behaviour**

At the end of the course the student will be able to

- 1 Explain the importance of positive behaviour and its enhancement
- 2 Describe aspects of positive environment including schooling and employment  
State techniques to assess problem solving, locus of control, creativity, self esteem, emotional intelligence and sense of humour
- 3
- 4 Elucidate the various aspects of community orientation towards positive behaviour

**Paper**                            **Clinical Psychology Practicum**

Semester    IV

Code        P A -4P1

**Objective of Course**        To enable students to develop diagnostic impressions and treatment strategies of cases

At the end of the course the student will be able to

Develop five reports of cases including observation, case history, diagnosis and

- 1 treatment strategy
- 2 Conduct and report a mini research on a selected topic
- 3 Conduct and report two practise sessions related to reducing stress
- 4 Describe details of visits to three institutions and their psychological impact
- 5 Prepare two variable charts on the computer
- 6 Calculate t and ANOVA on the computer

### **MA Semester III – Industrial Psychology**

**Paper**        **MANAGEMENT OF PERSONNEL AND HUMAN RESOURCES**

Semester    III

Code        HRM B -3t1

**Objective**    1. To understand the concept of Human Resource and its management

**Of course:**    2. To know about the recruitment and selection process in organizations

3. To know the various kinds of training and development processes in organizations

4. To understand the concept of performance appraisal



Paper ORGANIZATIONAL BEHAVIOR

Semester III

Code OB B -3t2

Objective 1. To understand individual behavior in organizational setting

Of course: 2. To understand how groups behave in organizations and create effective teams

3. Explain how motivational theories are used to motivate employees in organizations

4. To understand how motivational concepts are used in organizations.

Paper CONSUMER BEHAVIOR

Semester III

Code HRM B -3T3

Objective 1. Understand the concept and importance of studying consumer behavior

2. To understand how motivational theories are used in studying Consumer Behavior

3. Understand consumer attitudes

4. To know how the consumer makes decision

**MA Semester IV – Industrial Psychology**

Paper ORGANIZATIONAL DEVELOPMENT

Semester IV

Code OD B -4T1

Objective 1. To develop an understanding of the theory and practice relating to the processes of organizational development.

2. To develop insight and competence in diagnostic and intervention process and skills for initiating and facilitating change in organizations

3. To understand the management of the processes involved in organizational development

Paper EMPLOYEE COUNSELLING

Semester IV

Code OD B -4T2

- Objective
1. To understand the nature scope and need for employee counselling
  2. To know the counselling process
  3. To understand stress and management of stress
  4. Understand the spiritual approach to enhancing quality of work life.

Paper ORGANIZATIONAL CULTURE, ORGANIZATIONAL LEARNING AND ORGANIZATIONAL CHANGE

Semester IV

Code OD B -4T4

- Objective
1. Understanding the meaning of culture and climate in organizations
  2. To know how organizational learning takes place.
  3. To know the effects of organizational change and dealing with the same.

## **II. Program Specific Outcomes**

### ***MA Clinical Psychology***

1. To help students gain a perspective of abnormality, psychodiagnosis, therapy, testing and their application in clinical practice.
2. To develop an overview of health psychology and the significance of health enhancing and compromising behavior in daily life.
3. To enable students to understand and apply the principles of positive psychology and assessment of positive behaviour
4. To enable students to strengthen understanding of psychopathology and related therapeutic interventions and psychological testing in clinical practise
5. To develop skills in clinical diagnosis, developing treatment plans, mental status examination and case reports
6. To organize visits to help students gain perspectives of clinical practice in practical settings.

### ***MA Industrial Psychology***

1. To build knowledge and understanding of organizational culture, behavior and management of human resources
2. To help students understand the practical techniques for motivation and equipping personnel for organizational effectiveness
3. To strengthen understanding of the dynamics and applications of consumer behavior
4. To equip students with theoretical and practical aspects of organizational development
5. To help students gain a perspective on employee counseling and behavior at the workplace
6. To organize visits to corporate institutions to help students learn from employees and managers at the workplace.

### ***MA Semester I***

1. To develop a wide orientation towards theoretical and practical aspects of psychology and its functioning
2. To help students appreciate the major principles and basic concepts of cognitive phenomena and processes
3. To enable students to develop foundational knowledge of statistics in psychology, testing and experimentation
4. To stimulate reflection on the dynamics of personality, theories and approaches.
5. To facilitate a deeper conceptual understanding of social theories, attitudes and behavior.

### **III. Program Outcomes**

- 1. To enable students to develop an informed, sensitive approach towards study of human behavior and its significance.**
- 2. To provide opportunities to study human behavior through research projects, supervised by experts**
- 3. To acquaint students with the dynamics of psychology, theoretical principles and applications across various settings**
- 4. To motivate students to choose and develop specialized skills for application in the wider community, particularly underserved communities**
- 5. To prepare students for higher education in specialized areas of psychology.**