



**UNIVERSITY OF PATANJALI,
HARIDWAR**

Syllabus

of

Master of Arts in Psychology

Department of Psychology

Duration: 2 Years (4 Semesters)

July, 2022 Onwards

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1. Program Educational Objectives (PEOs)

| | |
|------|-------------------------------------------------------------------------------------------------------------------------|
| PEO1 | To impart the knowledge of Psychology by assimilating it with Yoga Vidya. |
| PEO2 | Incorporating Indian healing methods with the western psychotherapies for the treatment of mental diseases & disorders. |
| PEO3 | Adaptation of a creative, scientific and culturally appropriate approach of learning. |
| PEO4 | Empowerment of Indigenous and Vedic concepts and practices related to health, well-being, treatment and therapy. |
| PEO5 | To spread knowledge & role of Psychology in various areas of life. |

2. Program Outcomes (POs) :

| | |
|-----|------------------------------------------------------------------------------------------------------------------|
| PO1 | Application of traditional and scientific Knowledge to understand mind and interpret psychological phenomena. |
| PO2 | Applications of rational and philosophical thinking approach in the solution of problems. |
| PO3 | To promote the ability to work with <i>Manoyoga</i> (passion). |
| PO4 | To make the learners competent by helping to acquire knowledge and skills to advance the field of mental health. |
| PO5 | To enable the learners to be able to understand and diagnose various types of psychological problems. |

3. Program Specific Outcomes (PSOs) :

| | |
|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| PSO1 | Analytical skills, interdisciplinary collaboration and contribution to the wide-ranging humanistic services to focus on preventive and curative approaches to stimulate positive mental health in society at various levels. |
| PSO2 | Enabling the creation of specialized work-force trained to offer services in educational institutions, corporate, primary health cares settings etc. |
| PSO3 | Students of Psychology will be able to provide unconditional positive regard, empathy and ethical behavior towards human beings. |
| PSO4 | Analyze various contemporary trends in the field of psychology along with Indian yogic and meditative techniques. |
| PSO5 | Students will be able to provide healthy, peaceful and yogic ambience in various work settings. |

The distribution of theory and practical papers for M.A I year and II year examinations (semester wise) is as follows-

PROGRAMME STRUCTURE

| Year | Semesters | |
|-------------|------------------|-------------|
| First Year | Semester: 1 | Semester: 2 |
| Second Year | Semester: 3 | Semester: 4 |

The Master of Arts in Psychology Programme is divided into Two Parts as under. Each Part consists of two Semesters as Semester-1 and Semester-2.

Structure of Choice Based credit scheme (CBCS)

| Semester | Core Course | | | Elective /Discipline Specific Course/DC | | | Generic Elective Course/Open Elective | | | Total credits | Foundation | |
|-------------------------------------|---------------------|--------|-----------|-----------------------------------------|--------|-----------|---------------------------------------|--------|----------|---------------|-----------------------|----------------------------|
| | No. of Papers | Credit | Total | No. of Papers | Credit | Total | No. of Papers | Credit | Total | | Core AECC | Elective SEC |
| | | | | | | | | | | | | |
| 1. | 4+1 (Practical) | 4 | 20 | - | - | - | 1 | 4 | 4 | 24 | Communicative English | |
| 2. | 4+1 (Practical) | 4 | 20 | - | - | - | 1 | 4 | 4 | 24 | | Basic Computer Application |
| 3. | 2+1 (Case Study) | 3 | 12 | 2 | 4 | 8 | - | - | - | 20 | EVS | |
| 4. | 3+1(Dissertation) | 3 | 12 | 2 | 4 | 8 | - | - | - | 20 | | Basic Sanskrit |
| Total credits for the course | | | 64 | | | 16 | | | 8 | 88 | | |

- **CGPA:** Cumulative Grade Point Average
- **AECC:** Ability Enhancement Compulsory Course/ CF: Compulsory Foundation
- **SEC:** Skill Enhancement Course
- Co/Extra Curricular Activities (any one)

Choice Based Credit System (CBCS)

- We are offering 14 core papers across the semester. We are offering 2 DSE papers across the 4 semesters. Each of the core courses and DSE shall be of 4 credits.
- We are offering 2 GE's across the 4 semesters. Each generic elective paper will be of 4 credits.
- We are also providing foundation courses including Ability Enhancement Compulsory course (AECC), Skill Enhancement course (SEC) across the semester.

Semester I

Semester I shall consist of 4 Core papers which will be compulsory for all students. Each core paper will be of 4 credits. 4 credits each will be given for the practicum that will be compulsory for all students. The Generic Elective Paper has 4 credits to be chosen by students from the pool of papers provided by the Interdisciplinary departments. The total credits points for this semester shall be 24.

| Paper Code | Title of the Paper | Credits | Hrs. of Instruction/ Week (L-T-P) | Evaluation | | |
|-----------------------------------------------------------|--------------------------------------------|-----------|-----------------------------------|------------|------|-------------|
| | | | | Int. | Ext. | Total Marks |
| MPs-CT-101 | Cognition & Emotion | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-CT-102 | Approaches to Personality | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-CT-103 | Neuro-Biological Psychology | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-CT-104 | Science of Yoga :Principles & Applications | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-CP-105 | Psychology Practical | 4 | (0-0-8) | 30 | 70 | 100 |
| Selection of any One GE paper | | | | | | |
| MPs-GE -106 | Hygiene, diet and nutrition | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-GE -107 | Introduction of Ayurveda | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-GE -108 | Introduction to Physical Education | 4 | (3-1-0) | 30 | 70 | 100 |
| Ability Enhancement Compulsory course (Non Credit) | | | | | | |
| MPs-AECC-101 | Communicative English | 2 | (3-1-0) | 20 | 30 | |
| Total | | 24 | | | | 600 |

Note: CT: Core theory CP: Core Practical GE: Generic Elective AECC: Ability Enhancement Compulsory Course/ CF: Compulsory Foundation SEC: Skill Enhancement Course Co/EC: Extra Curricular Activities

Semester II

Semester II consists of 4 Core papers (4 credits per paper). 4 credits are given for the practicum that will be compulsory for all students. The Generic Elective Paper has 4 credits to be chosen by students from the pool of papers provided by the interdisciplinary departments. Total credits for this semester are 24.

| Paper Code | Title of the Paper | Credits | Hrs. of Instruction/ Week (L-T-P) | Evaluation | | |
|--------------------------------------------|-----------------------------------|-----------|-----------------------------------|------------|------|-------------|
| | | | | Int. | Ext. | Total Marks |
| MPs-CT-201 | Research Methods | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-CT-202 | Psychological Assessment | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-CT-203 | Psychopathology | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-CT204 | Social Psychology | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-CP-205 | Psychology Practical | 4 | (0-0-8) | 30 | 70 | 100 |
| Selection of any One GE paper | | | | | | |
| MPs-GE -206 | Yoga health and tourism | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-GE -207 | Principles of Vocal Music | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-GE -208 | Aspects of Ancient Indian Culture | 4 | (3-1-0) | 30 | 70 | 100 |
| Skill Enhancement Compulsory Course | | | | | | |
| MPs-SECC-101 | Basic Computer Applications | 2 | (3-1-0) | 20 | 30 | |
| Total | | 24 | | | | 600 |

Note: CT: Core theory CP: Core Practical GE: Generic Elective.

Semester III

Semester III consists of 3 Core + 1 DSE papers (4 credit points per paper). Case study of 4 credits will be compulsory for all the students. Total credits points for this semester are 20.

| Paper Code | Title Of Course | Credits | Hrs. of Instruction/ Week (L-T-P) | Evaluation | | |
|-----------------------------------------------------------|-------------------------------------------------|-----------|-----------------------------------------|------------|-----|-------------|
| | | | | Int | Ext | Total Marks |
| MPs-CT-301 | Clinical Psychology | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-CT-302 | Statistical Techniques and Experimental Designs | 4 | (3-1-0) | 30 | 70 | 100 |
| Selection of any two DSE paper | | | | | | |
| MPs-DSE-303 | Positive Psychology | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-DSE -304 | Human resource and management | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-DSE-305 | Psychometry | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs- DSE -306 | Yoga Ayurveda and mental health | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-CP-307 | Case Study | 4 | (2-1-2) | 30 | 70 | 100 |
| Ability Enhancement Compulsory course (non credit) | | | | | | |
| MPs-AECC-102 | Environmental Science | 2 | (0-0-3) | 20 | 30 | 50 |
| Total | | 20 | | | | 500 |

Note: CPT: Core theory CPP: Core Practical DSE: Discipline Specific Elective GE: Generic Elective

- **The subject which will be selected by maximum number of students, that subject will be taught in the course under the current session.**

Semester IV

Semester IV consists of 3 Core papers + 1 DSE each with 4 credit points. The semester involves a Dissertation paper of 4 Credits. The total credit points for this semester are 20.

| Paper Code | Title Of Course | Credits | Hrs. of Instruction/ Week (L-T-P) | Evaluation | | |
|--------------------------------------------------------|-------------------------------------------|-----------|-----------------------------------|------------|------|-------------|
| | | | | Int. | Ext. | Total Marks |
| MPs-CT-401 | Counselling Psychology | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-CT-402 | Psychotherapy | 4 | (3-1-0) | 30 | 70 | 100 |
| Selection of any Two DSE paper (based on norms) | | | | | | |
| MPs-DSE- 403 | Health Psychology | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-DSE- 404 | Indigenous techniques in psychotherapy | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-DSE- 405 | Therapeutic Techniques | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-DSE- 406 | Stress management | 4 | (3-1-0) | 30 | 70 | 100 |
| MPs-CP-407 | Dissertation/Project Work/ Field Training | 4 | (0-4-0) | 30 | 70 | 100 |
| Skill Enhancement Compulsory Course | | | | | | |
| MPs-SECC-102 | Basic Sanskrit | 2 | (3-1-0) | 20 | 30 | |
| Total | | 20 | | | | 500 |

Note: CT: Core theory CP: Core Practical EC/ DSE: Discipline Specific Elective GE/OE: Generic Elective/Open Elective

- **The subject which will be selected by maximum number of students, that subject will be taught in the course under the current session.**

List of Other DSE/ Elective Subjects:

| Paper Code | Semester | Title of Course | Credits | Marks |
|--------------------|-----------------|----------------------------------------------|----------------|--------------|
| MPs-DSE-303 | Third Semester | Positive Psychology | 4 | 100(70+30) |
| MPs-DSE-304 | | Human Resource Management | 4 | 100(70+30) |
| MPs-DSE-305 | | Psychometry | 4 | 100(70+30) |
| MPs-DSE-306 | | Yoga and Ayurveda for managing mental health | 4 | 100(70+30) |
| MPs-DSE-403 | Fourth Semester | Health Psychology | 4 | 100(70+30) |
| MPs-DSE-404 | | Indigenous techniques in psychotherapy | 4 | 100(70+30) |
| MPs-DSE-405 | | Therapeutic Techniques | 4 | 100(70+30) |
| MPs-DSE-406 | | Stress Management | 4 | 100(70+30) |

Semester- I
MPs-CT-101
Cognition and Emotion

Marks-70
Time- 03 Hrs

Course Objectives:

The course will

- Introduce the basic Psychological processes through scientific experiments.
- Explain various mental processes: attention and consciousness, memory processes, reasoning and decision making.

Course Outcomes (Cos):

After completion of the course, students will be able to:

- **COs1-** Explain perceptual and emotional processes.
- **COs2-** Apply holistic approach of Emotion along with decision making power.
- **COs3-** Describe Meta- cognitive knowledge and Meta cognitive regulations.

Course Contents

- Unit 1 : **Attention and Perceptual Processes:** Attention: forms of attention, models of attention, factors affecting attention, Perceptual organization: Figure and ground, law of organization. Perception of depth and movement, Perceptual constancy: Brightness, size and shape.
- Unit 2 : **Memory and Forgetting:** Memory processes: encoding, storage, retrieval, Types of memory (Sensory, STM and LTM), determinants of memory, methods for enhancement of memory, Forgetting – Concepts, Causes and theories of forgetting – Interference Theory, retrieval failure, motivated forgetting.
- Unit 3 : **Thinking and Problem solving:** Thinking – Meaning and Types, Language and thinking. **Problem solving: types, strategies and obstacles. Meta-cognition: meta-cognitive knowledge and meta-cognitive regulations.**
- Unit 4 : **Emotion and emotional regulation: physiology of emotion, types of emotion as per psychological and yogic perspective, emotional intelligence, emotional regulation and controlling strategies of emotion.**
- Unit 5 : **Decision Making:** Nature, types and models, Factors affecting decision making ability.

Reference Books:

1. M.R. D'Amato (1979). Experimental Psychology: Methodology, Psychophysics and learning. New Delhi: Tata McGraw Hill.
2. B.E. Goldstein (2002). Sanstation and Perception. USA: Wadsworth.
3. J.W. Kling and L.A. Riggs (1984). Woodworth and Schlosberg's Experimental Psychology. New Delhi: Khosla Publishing House.
4. R.L. Solso (2001). Congnitive Psychology, Singapore: Pearson Education.
5. A. Baddley (1997). Human Memory: Theory and Practice. New Yark: Psychology Press.

Text Books

6. Suleiman, M. (2009). Ucchtar Samaj Manovigyan. New Delhi: MotilalBanarasi Das.
7. Singh, R.N. (2001). Modern Social Psychology. Agra: Vinod PustakMandir.

Semester: I

MPs-CT-102

Approaches to Personality

Marks-70

Time- 03 Hrs

Course Objectives:

- To develop an understanding of the concept of individual difference.
- To develop an appreciation of the biological and social impact on personality.

Course Outcomes (Cos):

After completion of the course, students will be able to:

- **Cos 1-** Describe holistic approach about personality along with its various dimensions.
- **Cos 2-** Explain about various important theories related to the personalities.
- **Cos 3-** Utilize social learning and cognitive concepts of personality in their lives.

Course Contents

- Unit 1** : **Concept and Definition of Personality:** Meaning and definition of Personality, Views on self and Personality: Upanishad, Bhagavad Geeta and Gautam Buddhaji
- Unit 2** : **Determinants of Personality:** Biological or physical determinants, psychological determinants, environmental and social determinants
- Unit 3** : **Trait and type Approaches:** Allport: structure, dynamic and growth of personality research and assessment, evaluation of Allport's theory, R. B. Cattell: structure, dynamic and development of personality, measurement of personality and research methods, evaluation of Cattell's theory. Five dimensional model of personality.
- Unit 4** : **Psychoanalytic theory of Personality:** Sigmund Freud: structure, dynamics and development of personality. Evaluation of Freud's theory. Adler: inferiority feelings, striving for superiority or perfection, the style of life, birth order. Evaluation of Freud's theory.
- Unit 5** : **Social Learning and Cognitive theories:** Bandura's Theory: concept of reciprocal Determinism, self system, motivation, modeling: learning by observation, measurement of research, Evaluation of Bandura's theory, George Kelley: structure, dynamics and development, research and measurement of personality.

Reference books:

1. G.C. Hall, G. Lindzey and J.C. Campbell (1998). Theories of Personality. New York: John Wiley and Sons.
2. W. Mischel (1976). Introduction to Personality. New York: Holt Reinhart and Winston.
3. R.M. Rchman (2000). Theories of Personality. USA: Thomson Wadsworth.
4. R. Frager and J. Fadiman (1998). Personality and Personal Growth, New York : Longman.

Text Books:

5. R.B. Tripathi and R.N. Singh (2001). Psychology of Personality Varansi :Gangasran and Grand Sons.
6. Singh, A.K. and Singh, A. K (2010). The Psychology of personality. New Delhi: Motilal Banarasi Das.

Semester- I
MPs-CT-103
Neuro-biological Psychology

Marks-70
Time- 03 Hrs

Course Objectives:

- To learn about biological foundations of behavior.
- To understand about physiology and importance of brain functions.

Course Outcomes (Cos):

After completion of the course, students will be able to

- **COs 1-** Describe the Neuro- biological Perspective of Psychology.
- **COs 2-** Explain how human behavior is affected through neurology.
- **COs 3-** Apply neuro-psychological mechanism human life.

Course Contents

| | |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Unit 1 | Nature of Biopsychology: Meaning and approach; Major divisions of Biopsychology; Methods of study and research, sensory systems: general and specific sensations, receptors and processes. Neurons: structure, functions, types, neural impulse, synaptic transmission. Neurotransmitters. |
| Unit 2 | Nervous System: Central Nervous System: Structure and Function of Brain and Spinal cord. Peripheral Nervous System: Somatic Nervous System: Cranial and Spinal nerves. Autonomic Nervous System: Sympathetic and Parasympathetic Nervous System, Neuroplasticity. |
| Unit 3 | Biological basis of Affecter and Effectors: Visual system, auditory system; Motor system and Endocrine glands, chromosomal anomalies |
| Unit4 | Biological basis of Ingestive behaviour: Hunger and Thirst, Biological basis of Sleep: Stages and Types of Sleep; Physiological mechanism of Sleep; Disorders of Sleep |
| Unit 5 | Recent advances in neurophysiology: hemispheric specialization and localization, Invasive methods –anatomical, lesion, chemical methods, Non-invasive method –EEG, Scanning methods. |

Reference Books:

1. F. Leukel. (1985). Introduction to Physiological Psychology. New Delhi: CBS Publishers and Distributors.
2. Morgan, C.T. (1965). Physiological Psychology. New York: McGraw Hill.
3. Kalat, J.W. (1995). Biological Psychology. (7th Ed.) Wadworth, Thomson Learning, Belmont, CA, USA.
4. Carlson, N.R. (1994). Physiological Psychology. (5th Ed), Boston: Allyn Baco

Text Books

5. Tiwari, G & Pal, R. (1985). Experimental Psychology: A Dynamic Approach. Agra: Vinod Pustak Mandir.
6. Tiwari, B.D. (2001). Modern Physiological Psychology. Varanasi: Motilal Banarasidas.

Semester- I

MPs- CT-104

Science of Yoga: Principles and Applications

Marks-70

Time- 03 Hrs

Course Objectives:

- To initiate the understanding of psychological knowledge within yoga and meditation linking with the idea of mental health and well-being.
- To deepen the practice of yoga and meditation systems and linking to applications in various contexts.

Course Outcomes (COs):

After the completion of this course, students will be able to:

- **COs 1-** Experience the divine aspects of great Yogic Science.
- **COs2-** Describe interconnection between Yoga & Psychology.
- **COs3-** Apply yogic knowledge in the enhancement of personality.
- **Course Contents**

Unit 1: Yoga Introduction: Definition and meaning of Yoga, Historical Development of Yoga over the ages including a brief philosophical overview (Patanjali yoga)

Unit 2: Yoga in Modern Context: Vivekananda's framework of Raja Yoga; Karma Yoga, Swami Ramdevji and his ideas on yoga for mental health promotion.

Unit 3: Yoga school in contemporary context: Bihar school of Yoga, Art of living and Sri Sri Ravi Shankar, Integral Psychology by Sri Aurobindo.

Unit 4: Fundamental text of Yoga Psychology: Samadhi Paada- Concept Svaroop, Samskara, Vasana, Viveka, Vairagya and Ishwar. Saadhana Paada- Kriya Yoga, Tapas, Svadhyaya, Ishwar Pranidhana, Kleshas, Avidya, asmita, raga-dvesa, abhinivesha, yama, niyam pranayama, pratyahara, two yoga therapies: Meditation and yognidra (with practical knowledge).

Unit 5: Application of Yoga: Yoga for mental health promotion, yoga and stress management, yoga for behaviour modification, yoga for personality development, yoga for cognitive restructuring.

Reference Books:

1. Taimni, I. K. (1961). The science of yoga. Adyar, India: The Theosophical Society of India.
2. Feuerstein, G. (2002). The yoga tradition: Its history, literature, philosophy and practice. Delhi, India: Bhavana Books and Prints.
3. Jacobsen, K. A., Larson, G. J. (2005). Theory and practice of yoga: Essays in honour of Gerald James Larson. Leiden, Holland: Brill.

Text Books:

1. Vivekananda, S. (1982). Raja yoga or conquering the internal nature. Calcutta, India: Advaita Ashram.

Semester- I
MPs-CP-105
Psychology Practical

Marks-100

Course Objectives:

- The course aims to deliver practical and in-depth experience in accordance to the principles learnt in the theory courses covering the areas of verbal learning, memory, forgetting etc.
- To provide the students with the practical knowledge of conducting various experiments and Psychological Tests.

List of Practicals:

➤ **Any five of the following:**

1. Marital Adjustment Inventory
2. Emotional Competency
3. Depth Perception
4. Eysenck Personality Inventory
5. Sixteen Personality Factors
6. Retroactive Interference
7. Reaction time
8. Division of attention
9. Mirror Drawing Apparatus
10. Effect of noise of attention

Course Outcomes (COs):

After completion of the course, students will be able to:

- COs1- Conduct test administration and interpretation of tests.
- COs2- Explain psychological characteristics of human beings

➤ **Division of Marks:**

- | | | |
|-------------------------------|---|----------|
| • Conduction of 02 Practicals | : | 40 Marks |
| • Viva Voce | : | 35 Marks |
| • Practical Record Book | : | 15 Marks |
| • Internal Viva-Voce | : | 10 Marks |

Total : 100 Marks

Note: Any five practicals shall be conducted/administered by each student. Two practicals will be given to each student in practical examination. The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

MPs-GE -106
Hygiene, Diet & Nutrition

Marks-70
Time- 03 Hrs

Course Objectives:

- Understand the concept of diet and the medical value of nutrition.
- Advise appropriate diet to different age groups.

Course Outcomes (COs):

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

- **COs 1-** Explain the basic concepts and components of food and nutrition.
- **COs 2-** Gain expertise in the field of Hygiene, diet & Nutrition and its role in life.
- **COs 3-** Keep themselves healthy in all aspects

Course Contents:

Unit-1: Basic concepts and components of food and nutrition

Understanding Nutrition, Basic Terminology in Relation to Nutrition, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients -Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions Water soluble Nutrients - Sources, Functions.

Unit-2: Food groups: Cereals & Millets -Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products - Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery. Selection, Preparation and Nutritive Value.

Unit-3: Food and metabolism :Energy-Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance, Concept of Metabolism, Anabolism, Catabolism, Caloric Requirement-BMR, SDA, Physical Activity, Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy Requirement and Expenditure, Factors affecting BMR.

Unit - IV: Yogic concept of diet & Nutrition :General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification of Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Yogic Diet and its role in healthy living: Diet according to the (Prakriti) - Vata, Pitta and Kapha.

Unit-V: Swasthavritta

Swasthavritta: Meaning, Definition, Aims and Aspects; Three pillars of Swasthavritta-Aahar(Diet),Nidra(Sleep), Brahmacharya(Celibacy). Dincharya (Daily regimen) &Ratricharya (Night Regimen): Ritucharya .

Text Books:

1. Balkrishna, A.(2013) .Ayurveda Sidhant Rahasya. ,Divya Prakashan.
2. Balkrishna, A . (2016).Ayurveda Jadi-Buti Rahasya. Divya Prakashana .
3. Gaur, S.K.(2019). Ayurvediya Shareer Kriya Vigyan. Nath Pustak Bhandar.

Reference Books

- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001.

Introduction to Ayurveda

Marks-70

Time- 03 Hrs

Course Objectives:

- Understand the basic principles of Ayurveda.
- Have knowledge of different techniques used in Ayurveda to cure general ailments.
- Have basic knowledge of Panchkarma and useful domestic herbal remedies

Course Outcomes (COs):

After completion of this course the students will be able to

- COs 1- Describe holistic approach of Ayurveda.
- COs 2- Apply and spread scientific use of ayurveda treatment.
- COs 3 – utilize basic knowledge of Panchkarma for keeping good health.

Course Contents:

Unit: 1 Ayurveda: Origin, Meaning, Definition, Purpose, History and Principles of Diagnosis and Testing.

Unit: 2 *Dosha*: Meaning, definition, types, functions and results of deformity; *Dhatu*: Meaning, definition, types, and results of deformity; *Updhatu*: Meaning, definition, types, functions and results of deformity; *Mala*: Meaning, definition, types, functions and results of deformity; *Srotas*: meaning, definition, type and functions; *Indriyas*: meaning, definition, types and functions; *Agni*: meaning, definition, types and functions; *Prana*: meaning, definition, types, place and functions; *Prakriti*: meaning, definition, characteristics and its disorders; *Deha- prakriti*: meaning, definition, types and recognition; *Manas Prakriti*: meaning, definition, types and recognition.

Unit-III General introduction, properties, health promotion and medical uses of Major Herbs - Aak, Ajwaain (carom seeds), Amla, Apamarg, Ashwagandha, Tulsi, Giloy, Brahmi, Coriander, Ginger, Cardamom, Harad, Neem, Turmeric and Gwarpatha (Aloe vera).

Unit-IV Panchakarma (Pre-Karma, Pradhan Karma and Post-Karma): Meaning, Definition, Types, Purpose, Benefit, Precautions and Health Promotional and Medical Use.

Unit-V Detailed interpretation of Pradhan Karma and its applications in various ailments (Gout, Arthritis, Obesity, Diabetes, Back- pain, Colitis, IBS, CAD, UBITs, Liver disorders, Insomnia, Depression, Anxiety and Stress etc.)

Text Books

1. Balkrishna, A.(2013).Ayurveda Sidhant Rahasya. ,Divya Prakashan.
2. Balkrishna, A . (2016).Ayurveda Jadi-Buti Rahasya. Divya Prakashana .
3. Gaur, S.K.(2019). Ayurvediya Shareer Kriya Vigyan. Nath Pustak Bhandar.

Reference Books:

- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001.

MPs-GE -108

INTRODUCTION TO PHYSICAL EDUCATION

Marks-70

Time- 03 Hrs

Course Objectives:

- The module is prescribed in the course to inform the students about the role of Physical education on holistic health & development
- Provide knowledge of emerging trends in physical education.

Course Outcomes (COs):

After completion of the course the students will be able to

- COs 1- Describe and understand the basic concepts of Physical Education.
- COs 2- Apply the knowledge of physical education for their physical development.
- COs 3- Explain emerging trends of physical education in current scenario.

- **Course Contents:**

Unit-I Introduction:

Definition, Aim and Objectives of Physical Education., Principles of Physical Education, Relationship of Physical Education with general education.
Misconception, regarding Physical Education. Personality development of an individual.

Unit-II Philosophical aspect of Physical Education

Meaning of Philosophy, Different philosophies applied to Physical Education: Idealism, Pragmatis, Realism, Naturalism, Existentialism. Need and importance of different philosophies in modern Physical Education programme.

Unit-III Biological Concept of Physical Education:

Biological principles of Physical Education, Growth and development. Heredity and environment, Somato types, Sex differences. Use, Disuse and Over use, Chronological, physiological and anatomical ages

Unit-IV Emerging Trends in Physical Education

Career opportunities in Physical Education and Sports:As a Physical Education teacher, Coach / trainee ,Gym instructor, Physiotherapist.Psychologist., Dietitian.,Sports administrator/manager, Rehabilitator Adventure SportsWater Sports :Worldwide therapeutic acceptance of Yoga, Fast growing professional in sports.

Reference Books:

1. Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad P.B. Publications.
2. Barrow Harold M., "Man and movements principles of Physical Education", 1978.
3. Ravanes R.S., "Foundation of Physical Education", Houghton Millin Co. Boston USA (1978)

Semester- I
MPs-AECC- 101

Communicative English (Non Credit)

Course Objectives:

The course will

- Introduce the basic concepts of effective communication skills.
- Improve English communication of the students.

Course Outcomes:

After the completion of this course the students will be able to

- COs 1- Read and Write the English texts.
- COs 2 - Establish efficient social relations with different cultures.

Communication:

Definitions and concept, Process of Communication. Elements of Communication steps/phases of Communication. Means, methods, mode of Communication. Verbal-oral-written communication. Nonverbal-sign language, Body Language. Flow of Communication: Formal/Informal. Barriers of Communication- Intrapersonal, interpersonal and organizational barriers. Recapitulation Linguistic Communication Pattern of Communication, Group Discussion (GD), History of print Media in India.

Grammar and usage: Noun, Pronoun, Verb, modal, Tenses, Adjective, Adverb, Preposition, conjunction, Interjection, Rules of Translation, Punctuation, capitalization and Abbreviation, subject verb Agreement, Sentence correction rules, one word substitution, active and passive voice, direct and indirect speech, suffixes and prefixes, antonyms and synonyms, homophones and Homonyms, letters writing.

Readings:

Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead effectively, by Helio Fred Garcia, 2012

Pone Communicates, Few Connect: 'What the Most Effective People Do Differently, haC. Maxwell, 2010

Interviewing: A Programmed Approach to Effective Communication, by David Dans, Margaret T. Hearn, Max R. Uhlemann and Allen E. Ivey, 2010

Art and Science of Communication: Tools for Effective Communication in the place, by P. S. Perkins and Les Brown, 2008

Listening Effective Groups: The Art of Small Group Communication, by Randy Fujishin,

Semester- II
MPs-CT-201
Research Methods

Marks-70
Time- 03 Hrs

Course Objectives:

- To inform students about the basics of scientific research in applied psychology.
- To make them learn the statistical rigours in designing research and processing data.

Course Outcomes (COs):

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

- COs 1- Explain the basic concepts of research.
- COs 2 – Conduct various types of research in his career life.
- COs 3- Create and write scientific research report.

Course Contents :

Unit 1: **Research Process:** Nature of scientific research, Problem: meaning, operational definition, types, importance and formulation of research problem, hypothesis: meaning, definitions, sources, characteristics and types, Variables: meaning, definitions, types of variables, controlling methods.

Unit 2: **Types of Research:** Descriptive research, Experimental research, Qualitative research, Ex-post facto research.

Unit 3: **Sample and Sampling:** Meaning, Purpose and Types, Sampling error, Factors affecting sampling error.

Unit 4: **Methods of Data Collection:** Observation, Interview, questionnaire, content analysis, case study method, grounded theory

Unit 5: **Report Writing:** Research proposal and Report Writing based on APA Style. Ethical issues in Psychological research.

Reference Books:

1. F.N. Kerlinger (1973). Foundation of Behavioural Research, Delhi: Surjeet Publications.
2. L.H. Kidder (1981). Research Methods in Social Science. Tokyo: Holt Saunders.
3. Mohsin: Research Methods in behavioural Sciences, New Delhi; Longman.

Text Books:

4. K.D. Broota (1992). Experimental Design in Behavioural Research, New Delhi: Willey Eastern.
5. A.K. Gupta and R. Singh (2009). Research Methodology, New Delhi: Vayu Education of India.

Semester- II
MPs-CT-202
Psychological Assessment

Marks-70
Time- 03 Hrs

Course Objectives:

- To gain familiarity with psychological testing and its nature and functions
- To create understanding about different types of testing.

Course Outcomes (COs):

After completion of the course, students will be able to:

- COs 1- Provide help in psychological assessment.
- COs 2- Provide help of Clinical Psychologists in Clinical Practice.
- COs 3- Assist in psychological testing in different fields of life.

Course Contents:

- Unit 1: **Psychological Test:** Nature, Uses, Functions and Types of Psychological Tests. Test Administration- Effects of examiner and situational variables. Test-takers perspective, Effects of training on test performance.
- Unit 2: **Measurement of Aptitude and Abilities:** Multidimensional Aptitude Battery, Multiple Aptitude Test Batteries: Differential Aptitude Test.
- Unit 3: **Personality assessment:** Eight State Questionnaire, Vedic Personality Inventory, Triguna, Beck Depression Inventory, Eysenck Personality Inventory, MMPI, WAIS.
- Unit 4: **Projective tests and Adjustment Inventories:** TAT, Rorschach test, Bell's Adjustment Inventory, Adjustment Inventory (A.K.P. Sinha & R.P. Singh).
- Unit 5: **Tests for special Population:** Infant and Pre-school testing, assessment of mentally retarded and physically handicapped.

Reference Books:

1. A. Anastasi (1998). Psychological Testing. New Delhi: McMillan.
2. Paul Kline (1993). The Hand Book of Psychological Testing. London Poutlege.
3. K.R. Morphy and C.O. Davidshofer (1988). Psychological Testing: Principles and Application. New Jersey: Prentice Hall of India Pvt. Ltd.
4. F.S. Freeman (1971). Theory and Practices of Psychological Testing. New York: Oxford Press.
5. L.J. Cronbach (1972). Essentials of Psychological Testing. New York: Harper and Row.
6. L.R. Alken and G.G. Marnat (2009). Psychological Testing and Assessment, New Delhi: Dorling Kindersley Pvt. Ltd.

Text Book:

7. Kusum Mathur (1983). Psychological Testing. Agra : Vinod PustakMandir.

Semester- II
MPs- CT- 203
Psychopathology

Marks-70
Time- 03 Hrs

Course Objectives:

- To develop understanding of the various manifestations of psychopathology.
- To familiarize with DSM IV and ICD II to classificatory systems in the context of diagnosis of various psychiatric/psychological disorders.

Course Outcomes (COs):

After completion of the course, students will be able to:

- COs 1 – Describe the basic concepts of mental health.
- COs 2- Spread awareness about mental health issues.
- COs 3- Identify the symptoms, causes and treatment of mental disorders.
-

Course Contents:

- Unit 1: **Models of Mental Illness:** Overview of latest version of Diagnostic and statistical Manual (DSM-5), International classification of diseases (ICD10). **Historical views of abnormal behavior, Meaning and definition of normality and abnormality.** Factors: Biological, Psychological, Environmental & Socio-cultural. Theories: Psychodynamic, Behavioural, Humanistic & **Eastern Approaches.**
- Unit 2: **Brain & Behaviour:** Concept of Brain & Behaviour, Nervous System - Brain: Structure & Functions, Spinal Cord & Other Parts of the Brain, Peripheral Nervous System: SNS & ANS
- Unit 3: **Anxiety disorders:** The nature of anxiety and autonomic arousal, generalized anxiety disorder, panic disorder, phobia, obsessive-compulsive disorder and post traumatic stress disorder.
- Unit 4 : **Mood disorders:** Depression-symptom Presentation, Associated Features, etiology of depression-biological, psychological, sociocultural, treatment of depression.
- Unit 5 : **Psychotic and Cognitive Disorders:** Schizophrenia: symptoms, types development and treatment. Cognitive Disorders: delirium and dementia.

Reference Books:

1. Buss, A.H. (1999). Psychopathology. New York: John Wiley and Sons.
2. Lamm, A. (1997). Introduction to Psychopathology. New York : Sage Publications
3. Davison, G.C., & Neals, J.M. (1996). Abnormal Psychology. New York: John Wiley and Sons.
4. Mohanty, G.B. (1998). Text Book of abnormal Psychology. New Delhi: Kalyani Publishers.

Text Books:

5. Singh, A.K. (2004). Modern Abnormal Psychology. Varanasi: Motilal and Banarashidas.
6. Veeraraghavan, V., & Singh, S. (2014). A textbook of Abnormal and Clinical Psychology. Mcgraw Hill Education (India) Private Limited.

Semester- II
MPs-CT -204
Social Psychology

Marks-70
Time- 03 Hrs

Course Objectives:

- To understand the use of social psychological perspectives to explore human experiences and behaviour within social situations.
- To develop insight about the basic assumptions and scope of social psychological perspectives.
- To explore the use of social psychological perspectives in addressing the issues and problems of the real world.

Course Outcomes (COs):

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

- COs 1- Describe various aspects of social psychology in different scenario.
- COs 2- Explain and analyze social structure of India in scientific way.
- COs 3 – Resolve various social issues of the society.

Course Contents:

Unit 1: Introduction to Social Psychology: scientific nature: Accuracy, objectivity, scepticism and open-mindedness, history and scope, Social psychology advances at the boundaries: cognition and behaviour, the role of emotion in the social side of life, social relationships: how important they are for well-being

Unit 2: Methods of Social psychology: Systematic observation, correlation: the search for relationship, the experimental method: knowledge through systematic Intervention, further thoughts on causality: the role of mediating variables, meta-analysis: assessing a body of knowledge

Unit 3: Aggression: Drive theory of aggression, General aggression Model (GAM), causes of human aggression: social, cultural Personal and situational, aggression in the classroom and work place: what is Bullying, cyber bullying, reduction of bullying.

Unit 4: Group and Social Influence: social facilitation, social loafing, Conformity: how groups and norms influence our behaviour, social pressure: the irresistible Force, how social norms emerge, factors affecting conformity compliance: the underlying principles of compliance, tactics based on friendship or likes, tactics based on commitment or consistency, tactics based on scarcity.

Unit 5: Social issues in India: Domestic violence: causes and management, poverty: causes and management, Alcoholism: cause and management, migration: causes and management. Practical exposure of these issues by outside visit in rural and urban areas.

Reference Books:

1. Baron, R.A. & Byrne, D. (2000). Social Psychology: fourteenth edition, New Delhi: Prentice Hall of India Pvt. Ltd.
2. Myers, D. (2007.) Social Psychology. New Delhi: Cengage Learning.

Text Books:

3. Singh, A.K. (2009). An outline of Social Psychology. New Delhi: Motilal Banarasi Das.
4. S. Mohamad (2009). Advanced Social Psychology. New Delhi: Motilal Banarasi Das.

Semester- II
MPs-CP-205
Psychology Practical

Marks-70
Time- 03 Hrs

Course Objectives:

- To provide a understanding of psychological tests having applications in clinical practice.
- Exposure to the general concepts of psychology through experimentation and testing.

Course Outcomes (COs):

After completion of the course, students will be able to:

- COs 1- Detect various mental diseases through psychological tests.
- COs 2- Provide scientific report of psychological qualities.
- COs 3- Conduct psychological testing in various areas of life.

List of Practicals:

Any Five of the following:

1. Defense Mechanism
2. Emotional Maturity Scale
3. Attribution Style
4. Adjustment Inventory
5. Mental Health Scale/Inventory
6. Muller Lyer
7. Two Hand Coordination
8. Maze learning
9. Aggression Scale
10. Judging Emotions by Photographs

Division of Marks:

| | | |
|-----------------------------|---|----------|
| Conduction of 02 Practicals | : | 40 Marks |
| Viva Voce | : | 35 Marks |
| Practical Record Book | : | 15 Marks |
| Internal Viva-Voce | : | 10 Marks |

Total : 100 Marks

Note: Any five practical shall be conducted/administered by each student. Two practicals will be given to each student in practical examination. The marks shall be awarded jointly by internal and external examiners. However HOD will act as coordinator of the examination.

MPs-GE -206
Yoga, Health and Tourism

Marks-70
Time- 03 Hrs

Course Objectives:

- To upgrade the knowledge of the latest trends in tourism particularly the health tourism in the country.
- Enable the students to define the trends, issues and challenges in the field of health tourism in India.

Course Outcomes (COs):

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

- COs 1- Explain about the aspects and importance of health tourism.
- COs 2- Aware of various government policies related to medical tourism.
- COs3 – Explain the basic concepts of health and medical tourism.

Course contents:

Unit 1 Basic Meaning of word 'Yoga', Aims & objectives, Introduction to Tourism: Meaning, nature, scope & objectives, Relevance of Yoga in relation to Tourism.

Unit II Tourism Types, Products & Concepts, Tourism Elements & Components, Peace & Wellness Tourism, Factors affecting Wellness Tourism.

UNIT III Health and Medical Tourism: Meaning, nature and scope, Health and Medical tourism Product, Health and Medical Tourism markets at global level, Advantages and disadvantages for India in Global Medical Tourism Market.

UNIT IV Health and Medical Tourism in India, Role of Private sector in health and medical tourism, Traditional Health Care system in India, Government incentives for health and medical tourism in India.

Unit V Health Tourism Centres in India: Health Tourism Resources in Haridwar & Rishikesh, Patanjali Health Tourism Institutions, Health & Medical Tourism in Kerala & Tamil Nadu.

Reference Books:

1. Asana- Swami Kuvalyanada, Kaivalyadham, Lonavla (Pune, Maharashtra)
2. Pranayama- Swami Kuvalyanada, Kaivalyadham, Lonavla (Pune, Maharashtra)
3. Smith, Melanie, & Puczko, Laszlo, Health and Wellness Tourism.
4. Conell, John, Medical Tourism.
5. Kumar, Medical Tourism in India (Management and Promotion)
6. Edlin, Gordon & Golanty, Eric, Health and Wellness.

MPs-GE -207

Principles of Vocal Music

Marks-70

Time- 03 Hrs

Course Objectives:

- The course intends to upgrade the knowledge of vocal music.
- Enable the students to understand the basic concepts of vocal music.

Course Outcomes (COs):

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

- COs 1-Describe the basic concepts of Vocal Music along with its applications.
- COs 2 - Explain the general principle of vocal music.
- COs - Lead their life meaningful and happy.

Course Contents:

UNIT- I Definitions :- Sangeet, Dhvani , Nada , Swara , Saptak , Alankar, Laya , Sama, Taal , Vadi, Samvadi , Vivadi , Anuvadi, Aroh , Avroh , Pakad, Khayal , Sthai , Antra, Thaata & its Names , Raag, Alaap, Jaati , Bhajan, Lokgeet, Lakshan Geet , Thumri. Brief Parichay of Raag Bhairav.

UNIT- II Origin of Sangeet , Origin of Sound, Twenty Alankars According to Kramik Pustak Malika, Swarlipi Paddhati of Vishnu Narayan Bhatkhande & Vishnu Digambar Palushkar , Relation Between Life & Music, UOP (Koolgeet, Yagya Prarthna) , Five Swastivachan Mantra Two Patriotic Song , Three Arya Samaj Bhajan, Biography of Musician Tansen.

UNIT- III- Practice of Twelve Swar in Saptak, Practice of om in Khadaj swar, Twenty Alakaarr according to Kramik pustak Malika-I, Practice of one Chota Khyal in Raag Bhairav in Madhya Laya. Two Taan in Raag Bhairav.

UNIT-IV- Practice of Koolgeet, Yagya Prarthna, Five Swastivachan Mantra, Two Patriotic Song, Three Arya Samaj Bhajan with two Sargam each in Related Bhajan, One Hori Song.

Reference Book:

1. Hamady, J. The Art Of Singing. Hal Leonard Corporation.

Course Objectives:

- To connect students with Indian culture, Institutions and religion.
- Create a sense of national unity among the students.

Course Outcomes (COs):

After completion of the course, the students will be able to:

- COs 1- Adept in aspects of ancient Indian Culture.
- COs 2- Create a healthy environment by knowing the religious systems.
- COs3- Respect and spread awareness about Indian culture and religion.

Course Contents:

Unit I: Introduction of Ancient Indian Culture:

- a. The main characteristics of Ancient Indian Culture: Vishwa- Bandhutva, Sarva-Dharm-Sambhav, The wonderful amalgamation of materiality and spirituality
- b. Geographical and ethnic profile
- c. Vedic Literature: Vedas, Brahman Granth, Aranyak, Upanishad, Vedang and Sutra Sahitya

Unit II: Political Ideas and Institutions:

- a. Origin, nature and functions of State
- b. Theories of kingship
- c. Republics, Monarchy and its feudal transformations

Unit III: Social Institutions:

- a. Origin and development of Varna system
- b. Ashram System- Antiquity of the Ashram and its importance
- c. Position of women- their abilities and limitations, proprietary rights and right to education

Unit IV: Educational Institutions:

- a. Education and educational Institutions: Concept and Aims, Relation between Master and disciple, centre of learning- Taxilla, Nalanda and Vikramshila
- b. Sanskar: Spiritual and material life education
- c. Purusharth: Teaching of Karma

Unit IV: Religious system:

- a. Vedic Religion: Rigvedic Religion: Worship system and its scientific interpretation, Religion of Later Vedic Period: Worship system, Spiritual development, invaluable treasure of spiritual thought
- b. Life and teaching of Jain
- c. Life and teaching of Buddha, Shavishm, Vaishnavism and other Religious system.

Books Recommended:

- P.V. Kane: History of Dharmashatra Vol. I & II
- P.H. Prabhu: Hindu Social Organization
- Jai Shankar Mishra: Prachin Bharat Ka Samajik Itihas
- R.B. Pandey: Hindu Sanskar

MPs-SECC-101

Basic Computer Applications

Course Objectives:

- The module is prescribed in the course to inform the students about the role of Computer Information systems in travel and trade.
- The prescribed units enhance the skills of students especially when they will be attached for practical.

Course Outcomes (COs):

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

- COs 1- Describe the basic concepts of computer knowledge.
- COs 2- Apply computer knowledge in various organization sectors.
- COs 3- Improve their technical skills.

Course Contents:

UNIT-I: Computer System: Introduction to Computers, Characteristics of computers, Applications of computers, Different units of computer, Component of computers, Input / Output and auxiliary storage Devices. CD/DVD ROM, RAM, ROM.

UNIT-II: Windows & MS Office: Introduction to windows MS –Office: MS Word, MS Excel, MS Power Point.

UNIT-III: Network and Communication: Networking: Concept, User, Types, Devices Used, LAN, MAN, WAN. Basic Communication Components: Modems, Routers, Client, Server, Communication processors, Host Computers, Types of Transmission.

UNIT-IV: Internet: Internet: Concept, uses, components, browsing, Search Engines, E-mail: Opening Account. Internet. Information and Communication Technology (ICT) ICT: need definition, its uses for tourism, and future role.

UNIT-V: Hotel & Travel Software: What is CRS, How it functions. CRS for Rail Transport, Hotel Bookings, Airlines: Different packages used: Amadeus, Galileo, Sabre etc.

REFERENCES:

1. Leon Alexis and Mathews Leon: Introduction to Computers, Vikas Publishing House Pvt Ltd. New Delhi
2. Bhatnagar S C and Ramani K V: Computers and information management. A Primer for Practicing Managers, New Delhi, Prentice Hall of India Pvt. Ltd.
3. Bansundara, S: Computer Today.
4. Goel Ritender and D N Kakkar: Computer Application in Management, New Age International Publishers, New Delhi.

Semester- III
MPs-CT-301
Clinical Psychology

Marks-70
Time- 03 Hrs

Course Objectives:

- To familiarize with the history and development of clinical psychology as a field in India and its evolving professional identity.
- To orient students to major theoretical models which guide clinical psychological practice and research
- To orient about clinical assessment process and its application in various domains.

Course Outcomes (COs):

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

- COs 1- Describe Holistic approach of clinical Psychology.
- COs 2 Adept with Professional setup of clinical psychology in India.
- COs 3- Provide assistance in clinical practices.

Course Contents:

Unit 1: **Clinical Psychology:** a brief history of clinical psychology, psychological assessment and the role of world wars in shaping clinical psychology, the task and work settings of a clinical psychologist, related Professional Psychology Sub-fields.

Unit 2: **Assessment and Evaluation:** Clinical interview, mental status examination, case history, the diagnostic impression, psychological testing.

Unit 3: **Treatment plan and models of treatment:** short term therapy model, intermittent long-term therapy model, cognitive behaviour and social skills training model, the therapeutic contracting Programme (Heinsean, levendusky and Hunter, 1995)

Unit 4: **Theoretical Models of Clinical Psychology:** Psychoanalytic approach, Behavioural approach, Humanistic approach, attempt at integration: bio-psycho-social.

Unit 5: **The profession of Clinical Psychology in India:** Rehabilitation Council of India, RINPAS, NIMHANS, IBHAS, NIEPID.

Reference Books:

1. Llewelyn, S., Murphy, D. (Eds.) (2014). What is clinical psychology? Oxford UK: Oxford University Press.
2. Bellack, A. S., & Hersen, M. (1980). Introduction to clinical psychology. New York: Oxford University Press.
3. Korchin, S. J. (1986). Modern clinical psychology. Delhi: CRR Publishers and Distributors.
4. Ray, S. D. (1996). The practice of psychotherapy. New Delhi: New Age International.

Text Book:

5. Veeraraghavan, V., & Singh, S. (2014). A textbook of Abnormal and Clinical Psychology. Mcgraw Hill Education (India) Private Limited.

Semester- III
MPs-CT-302
Statistical Techniques and Experimental Designs

Marks-70
Time- 03 Hrs

Course Objectives:

- To develop an understanding of various statistical techniques in terms of their Applications
- To create understanding about different types of Design employed in Psychological Research

Course Outcomes (COs):

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

- COs 1- Gain expertise in the application and usage of various useful statistical techniques.
- COs 2- Familiar with the use of current software used in this field.
- COs 3- Utilize statistical knowledge in the field of research, health and business.

Course Contents:

- Unit 1** : **Measures of central tendency and Variability:** Calculation of mean, median and mode. Measures of variability: range, standard deviation (SD), Quartile deviation (Q), coefficient of variation. Percentile and percentile ranks in frequency distribution.
- Unit 2** : **Test of Statistical Significance:** difference between parametric and non parametric test, parametric (t-test) and non parametric (sign test, wilcoxon Signed rank test, Mann- Whitney test).
- Unit 3** : **Correlation:** Concept and Significance of correlation, Product Moment Correlation (Ungrouped Data), Rank Difference Correlation, Special correlation: biserial, Point biserial.
- Unit 4** : **Normal distribution and factor analysis:** NPC- Characteristics & applications of Normal Probability Curve, Assumptions of factor analysis, methods, rotation and interpretation
- Unit 5** : **Introduction to SPSS and Experimental Design:** Introduction to SPSS and related technical tools and software for research, Analysis of Variance , one way & two way classified data

Note:

1. Students can use simple calculator (Without Programming/Nonscientific) during the Examination.
2. Statistical Tables will be provided during the Examination.

Books Recommended:

1. Haslam, S.A., & Mcarty, C. (2003). Research Methods and Statsics in Psychology. London: Sage Publication.
2. Siegal, S. (1994). Non-Parametric Statistics for Behavioural Sciences. New York: McGraw Hill.
3. Guilford, P. (1975). Fundamental Statistics in Psychology and Education. New York: Mc Graw Hill

Text Books:

4. Gareett, H.E. (2005). Statistics in Psychology and Education. New Delhi. Paragon International Publishers.

Semester- III
MPs- DSE-303
Positive Psychology

Marks-70

Time- 03 Hrs

Course Objectives:

- To recognize what contributes/does not contribute to happiness.
- To understand the right kind of vocation relationship and values in life that enhances one's well-being
- To recognize the role of positive emotions and traits in enhancing happiness.

Course Outcomes (COs):

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

- COs 1- Gain expertise in the field of role of positivity for psychological well –being.
- COs 2 - Adept in the interconnectivity between thoughts, emotion and mental health and physical health.
- COs 3- Apply positive health perspectives of life.

Course Contents:

1. **Introduction: concept of positive psychology,** historical and philosophical traditions: western influence: Athenian and Judeo-Christian traditions, eastern influences: Confucianism, Taoism, Buddhism and Hinduism
2. **Resilience:** meaning and definition of resilience, the roots of resilience research, resilience recourses, positive youth development, successful aging, strategies for promoting resilience in children and Youth.
3. **Emotional Intelligence:** Salovey & Mayer's ability model of emotional intelligence (E.I), emotion focused coping and adaptive potential of emotional approaches, life enhancement strategies
4. **Self-efficacy:** definition, childhood antecedents, the neurobiology of self efficacy, self-efficacy's influence in life areas.
5. **Optimism:** definition, childhood antecedents of learned optimism, the neurobiology of optimism and pessimism, what learned optimism predicts.

Reference Books:

1. Snyder, C.R., & Lopez, S.J. (2002). Handbook of positive Psychology. New York: Oxford University.
2. David, S, A., Boniwell, I & Ayers, A.C. (2013). The oxford handbook of happiness. Oxford: Oxford University.

Text Book:

3. Kumar, V., Archana, & Prakash, V. (2015). Positive Psychology-Application in work, health and well-being. Delhi& Chennai, India:Pearson.

Semester- III

MPs- DSE-304

Human Resource Management

Marks-70

Time- 03 Hrs

Course Objectives:

- To gain knowledge about Human Resource Management.
- To create understanding and awareness about the psychological well-being in Organization.

Course Outcomes (COs):

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

- COs 1- Explain about the concept of Human resource and its management especially in organizational setup.
- COs 2- Gain knowledge of future startup.
- COs 3- Apply obtained knowledge in the field of human resource development.

Course Contents:

Unit 1: Fundamentals of Human Resource Management: Meaning, Scope and Importance of Human Resource Management. Assumption and Characteristics of HRM. Difference between Personnel Management and HRM.

Unit 2: Acquisition of Human Resources: Planning, Assessment and Job Analysis, Recruitment and Selection- Procedure, Sources.

Unit 3: Industrial Relations: Nature and Objective of industrial relations. Importance and approaches in industrial relations. Strategy and role of human resource management.

Unit 4: Performance Appraisal: Performance Management System. appraisal process. Methods, creating effective personnel management system.

Unit 5: Job Satisfaction and Well Being in Organization: Meaning, nature and factors of job satisfaction. Theories of job satisfaction. Importance of job satisfaction.

Reference Books:

1. De Cenzo, D.A. & Robbins, S.P. (1999). Human Resource Management. New York, NY: John Wiley and Sons.
2. Varkkey, B. (2008) Human Resource Management. New Delhi, ND: Pearson Education.
3. Hersy, P. & Blanchard, K.H. (1995). Management of Organizational Behaviour: Utilizing Human Resources. New Delhi, ND: Prentice Hall of India Pvt. Ltd.
4. Dessler, G. (1998). Human Resource Management. New Delhi, ND: Prentice Hall of India Pvt. Ltd.

Text Books :

5. Sudha, G.S. (2008). Human Resource Management. Jaipur, Ramesh Book Depot.
6. Kaila, H.L. (2006). Industrial Organizational Psychology. New Delhi, ND: Kalpaz Publication.

Semester- III
MPs- DSE-305
Psychometry

Marks-70
Time- 03 Hrs

Course Objectives:

- To gain familiarity with Psychometry and psychological measurement.
- To make students know about criteria of psychological test and the steps used in test construction.

Course Outcomes:

After completion of the course, students will be able to:

- COs 1- Describe the various aspects of Psychometry along with its applications.
- COs 2- Apply obtained knowledge in various settings like counseling and guidance.
- COs 3- Construct psychological tools.

Course Contents:

Unit 1: **Foundations of Psychometric:** Basic of measurement theory, Speed vs. power test, history of Psychological testing.

Unit 2: **Test Construction:** Item writing – method of scoring, step use in test construction, Item analysis – meaning and purpose, items difficulty, difficulty value and index of discrimination.

Unit3: **Standardization of tests:** Types of norms, specificity of norms.

Unit 4: **Reliability and Validity:** Meaning of reliability, Methods – test retest, internal consistency/ split half. Factors influencing reliability of a test. Validity – meaning, types-content, criterion, predictive, concurrent and construct validity. Factors influencing validity of the test.

Unit 5: **Application of Tests:** Applications of Psychological testing in various settings- education, counseling and guidance, and ethical issues.

Reference Books:

1. Guilford, J. P. (1989). Psychometric Methods, New Jersey: John Wiley and Sons.
2. C. Jackson (2003). Understanding Psychological Testing, Mumbai: Jaico Publishings House.
3. Nunnally, J. C. (1978). Psychometric Theory. New York: McGraw Hill.
4. Chandha, N. K. (1996). Theory and Practice of Psychometry. New Delhi: New Age international Publishers.

Text Books:

5. Chadha, N. K. (2009). Applied Psychometry. New Delhi: Sage Publications.
6. Singh, A.K. (1997). Tests, Measurement, Research Methods in Behavioural Sciences Patna: Bharati Bhawan.

Semester- III
MPs- DSE-306
Yoga Ayurveda and Mental Health

Marks-70
Time- 03 Hrs

Course Objectives:

- Understand the basic principles of yoga and Ayurveda.
- Have knowledge of different techniques used in yoga and Ayurveda for mental illness treatment and management.
- Have basic knowledge of herbal remedies.

Course Outcomes (COs):

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

- COs 1- Apply the knowledge of yoga and ayurveda, to overcome the problems of daily life.
- COs 2 - Provide solution for mental diseases from the root.
- COs 3- Spread awareness about herbal medicine and its utility.

Course Contents:

Unit-1: Concept of mental health and illness:

Concept of health according to WHO, Yoga and Ayurveda, Concept of mental health, Components of mental health, Classifications of mental illness – Neuroses and Psychoses, Diagnostic manuals- DSM-5 and ICD-11.

Unit-2: General Introduction to Yoga:

Meaning and definition of Yoga, Yoga practices for healthy life, Importance of yoga in therapy and research, Main Streams of yoga - Gyan Yoga, Bhakti Yoga, Karma Yoga, Ashtanga Yoga, Kriya Yoga, Hatha Yoga and Mantra Yoga with their effects

Unit 3: - Concept of Mind and mental health with reference to Patanjali Yog Darshan:

Concept of *Chitta*, *Chitta Bhoomi*, *Chittavrittis* and their types, *ChittaVrittiNidrodhopaya (Abhyas-Vairagya)*, *Chitta Vikshep (Antaraya)*, *Antarayabhava*, *Chitta Prasadana*, Om chanting and its effects, Importance of Ashtanga Yoga for mental health, *Kleshas*: yogic cause of mental illness, Measures of *Klesha* elimination

Unit-4: General Introduction to Ayurveda:

Ayurveda: Meaning, Definition, Purpose, Principles of Diagnosis and Testing.

Concept, types and functions of *Doshas*, *Dhatu*, *Mala*, *Indriyas*, *Agni* and *Prana*;

Prakriti: meaning, characteristics and related mental disorders;

Ayurvedic Panchakarma (Pre-Karma, Pradhan Karma and Post-Karma): Meaning, Definition, Types, Purpose, Benefits, and contraindications

Unit-5 Yoga and ayurveda for managing mental illness:

Concept of yogic counseling, skills of counseling, code of ethics for counselors, building counseling relationship, process of counseling; Yoga and ayurveda for managing stress, anxiety, phobia, obsessive compulsive disorder and depression; Overview and therapeutic benefits of major herbs - Amla, Ashwagandha, Tulsi, Giloy, Brahmi, Ginger, Cardamom, Harad, Neem, Turmeric and Gwarpatha (Aloe vera).

Reference Books:

1. Frawley, D. (1997). *Ayurveda and the Mind: The Healing of Consciousness*. Delhi, India: Motilal Banarsidass.

Text Books:

2. Ramdev, S. (2004). *Yog Saadhna Evam Yog Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.
3. Ramdev, S. (2007). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan. Balkrishna, A. (2017). *A practical approach to the science of Ayurveda : A Comprehensive Guide for Healthy Living*. Haridwar, India: Divya Prakashan..

Semester- III
MPs-CP-307
Case Study

Marks-70
Time- 03 Hrs

Course Objectives:

- Skills development in problem solving. Analytical tools, quantitative and/or qualitative depending on the case.
- For engaging students in research and reflective discussion.
- The students will work towards identifying their own theoretical frameworks
- The students will learn how to make treatment recommendations, formulate a treatment plan and establish a treatment contract.

Course Outcomes (COs):

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

- COs 1 - Gain expertise in taking the case history, MSE, along with Follow up & other required elements with skilful approach.
- COs 2- Provide scientific treatment recommendations of various physical and mental problems.
- COs 3- Assist clinical psychologists and health care expert.

Guidelines:

Students have to prepare two case studies in clinical setting and will actually do counseling under supervision. They will present

- Their own particular difficulties with the client, as well as their own issues of transference and other personal issues that get triggered off in relation to clients issues.
- Administration of tests as per requirement.

MPs-AECC-102

ENVIRONMENTAL SCIENCE

Course Objectives:

- To upgrade the knowledge of the latest trends in Environment.
- Familiarize the students with various environmental issues & bring awareness regarding conservation of Natural resources and importance of an Eco-friendly lifestyle.

Course Outcomes (COs):

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

- COs 1- Gain expertise in the holistic approach of Environmental Science.
- COs 2- Aware of various environmental policies.
- COs 3- Provide help in the formation of eco-friendly atmosphere.

Course Contents:

Unit- 1: Introduction to environmental studies and Ecosystem

Multidisciplinary nature of environmental studies; Scope and importance; Need for public awareness; What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: food chains, food webs and ecological succession. Case studies of the following ecosystems:a) Forest ecosystem b) Grassland ecosystem c) Desert ecosystem d) Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries).

Unit-2: Natural Resources: Renewable & Non-renewable Resources

Land resources and land use change; Land degradation, soil erosion and desertification; Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations; Water: Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter-state); Energy resources: Renewable and non-renewable energy sources, use of alternate energy sources, growing energy needs, case studies.

Unit-3: Biodiversity & Conservation

Levels of biological diversity: genetic, species and ecosystem diversity; Biogeographic zones of India; Biodiversity patterns and global biodiversity hot spots; India as a mega-biodiversity nation; Endangered and endemic species of India; Threats to biodiversity: Habitat loss, poaching of wildlife, man-wildlife conflicts, biological invasions; Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity; Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic and Informational value.

Unit 4: Environmental Pollution, policies & practices

Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution; Nuclear hazards and human health risks; Solid waste management: Control measures of urban and industrial waste; Environmental Policies & Practices; Sustainability and sustainable development; Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture; Environment Laws: environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

TEXT BOOKS:

1. Bharucha, E. 2003, Textbook for Environmental Studies, University Grants Commission, New Delhi and Bharati Vidyapeeth Institute of Environmental Education and Research, Pune. 361.
2. Carson, Rachel. 1962. Silent Spring (Boston: Houghton Mifflin, 1962), Mariner Books, 2002.
3. Economy, Elizabeth. 2010. The River Runs Black: The Environmental Challenge to China's Future.

REFERENCE BOOKS:

1. Gleeson, B. and Low, N. (eds.) 1999. Global Ethics and Environment, London, Routledge.
2. Heywood V.H. & Watson, R.T. 1995. Global Biodiversity Assessment. Cambridge University Press.

Semester- IV
MPs- CT- 401
Counselling Psychology

Marks-70

Time- 03 Hrs

Course Objectives:

- To gain the knowledge about guidance and counseling
- To know about importance of counseling in real life.

Course Outcomes (COs):

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

- COs 1- Adept in understanding about Counselling along with practical importance & experience.
- COs 2 – Describe and explain the moral values of behaviour very well.
- COs 3- Apply counseling skills education, research, health, business, career and social areas of life.

Course Contents:

Unit 1 : Counselling Psychology: Nature of counselling psychology, the Counsellor as a Role Model, The Counsellor's Needs, Emotional Involvement, and Counsellor Limits in Practice. Difference between counseling & Psychotherapy.

Unit 2 : Expectations and goals of Counselling: Goals and expectations, Process, Basic Counselling Skills: Observation Skills, Questioning, Communication Skills (Listening, Feedback, Non-Verbal), Making Notes and Reflections, Role and functions of the counsellors.

Unit 3 : The Counselling Interview: History Taking, Interviewing (Characteristics, Types, Techniques), Developing Case Histories: Collecting, Documenting Information, Working with Other Professionals

Unit 4 : Areas of Counseling: Educational, Career, Family and Martial, counseling in community centers, counseling in community centers

Unit 5 : Ethics in Counselling: Need for Ethical Standards , Ethical Codes and Guidelines , Rights of Clients , Dimensions of Confidentiality.

Reference Books:

1. C.J. Gelso and B.R. Fretz (1995). Counseling Psychology. Bangalore: Prism Books Pvt. Ltd.
2. A. David (2004). Guidance and Counseling. New Delhi: Common Wealth Publishers.
3. S. Gladding (2009), Counseling: A Comprehensive Profession, New Delhi: Pearson Education.
4. T.S. Sodi and S.P. Suri (2006). Guidance and Counseling. New Delhi: Tata McGraw Hill.
5. S.N. Rao (2002). Counseling and Guidance, New Delhi : McGraw Hill
6. Amarnath Rai and Madhu Asthana (2006). Guidance and Counselling. Varanasi: MotilalBanarasidas.

Semester - IV
MPs-CT- 402
Psychotherapy

Marks-70
Time- 03 Hrs

Course Objectives:

- To provide knowledge about different therapies
- To create understanding and awareness about the use of therapies in professional life.

Course Outcomes (COs):

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

- COs 1- Explain and analyze the basic concepts & application of various psychotherapies techniques.
- COs 2- Able to solve practical problems appropriately.
- COs 3- Utilize psychotherapeutic skills in health sectors.

Course Contents:

- Unit 1: **Psychotherapies:** Concept, Roles and responsibilities of the therapist, The Client and therapist Relationship, Ethical issues.
- Unit 2: **Psychodynamic Therapy:** Freudian Psychoanalysis, Alfred Adler and Erik Erikson.
- Unit 3: **Behaviour Therapy:** Guided Exposure, Systematic desensitization, Aversion Therapy, Assertion training, Modeling, Biofeedback.
- Unit 4: **Cognitive Behaviour Therapy:** Beck's Cognitive Therapy, Rational emotive behavior Therapy, Michenbaum's cognitive behaviour therapy.
- Unit 5: **Humanistic Therapies:** Person centered therapy, existential therapy. Transactional therapy. Interpersonal relationship Therapy- Marital and Family Therapy.

Reference Books:

1. G. Corey (2001). Theory and Practice of Counselling and Psychotherapy. Belmont CA: Brooks Cole.
2. S. Culari (1998). Foundations of Clinical Psychology. New York: Allyn and Bacon.
3. T. Plante (2005). Contemporary Clinical Psychology, New York: John Wiley and Sons.
4. R. Erskine (1988) Integrative Psychotherapy in Action, New York: Sage Publications
5. A Bandura (1969). Principle of Behaviour Modification. New York: Holt Rinehard and Winston.
6. G.D. Rastogi (1991). Psychopathology and Treatment. New Delhi: Wiley Eastern Ltd.
7. M.B. Ghorpade and V.B. Kumar (1988). Introduction to Modern Psychotherapy. New Delhi: Himalaya Publishing House.

Semester- IV
MPs- DSE- 403
Health Psychology

Marks-70
Time- 03 Hrs

Course Objectives:

- To familiarize students with the concept of health psychology to live healthy life.
- To orient the students about management of stress.

Course Outcomes (COs):

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

- COs 1- Adept in the knowledge of psycho-somatic & somato -psychic approach of psychology and its relation with health.
- COs 2- Manage stress effectively.
- COs3- Provide help in health sectors.

Course Contents:

Unit 1: Introduction: Definition of Health Psychology, early research literature, current research literature, health psychology in India, the individual Perspective, Bio-psycho-social model vs biomedical model

Unit 2: Being a health Psychologist and the mind body connection: role of health psychologist in India, Traditional view of Mind-Body, Psychosomatic and Behavioral Medicine

Unit3: Stress and Illness: Meaning and sources of stress, Psychoneuroimmunology: stress, mood and Immune Functioning, Social Support and Immune Functioning, Emotional Health and Immune Functioning, stress and Cardiovascular Disorders: hyper tension, Coronary Heart Disease (CHD).

Unit 4: Coping with Stress: coping process, problem solving and emotional regulation, cognition and coping, cognitive coping style, causal attributions, explanatory styles, eastern approaches.

Unit 5 : The future of Health Psychology: :morbidity versus Mortality, women's health, attaining universal Healthcare For Indian Citizens healthy aging.

Reference Books:

1. Dimatteo, M.R. & Martin, L.R. (2010). Health Psychology. New Delhi: Dorling Kindersley Pvt. Ltd
2. Baum, A., R.J. Gatchel, R. J. & Krantz, D.S (1997). An Introduction to Health Psychology. New York: McGraw Hill.
3. Baum, A., Revenson, T.A & Singer, J.E. (2001). Handbook of Health Psychology. New Jersey: Lawrence Erlbaum.
4. Taylor, S.E. (1994). Health Psychology. New York: Random House.

Text Books:

5. Khokhar, C.P. (2007). A Text Book of Stress Coping and Health Meerut: Shalab Publication.

Semester- IV
MPs-DSE-404

Indigenous techniques in psychotherapy

Marks-70
Time- 03 Hrs

Course Objectives:

- To provide knowledge about different Indian therapies
- To create understanding and awareness about the use of therapies in professional life.

Course Outcome (COs):

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

- COs 1- Gain expertise in the Indigenous approach of psychotherapy along with its various applications.
- COs 2- Make their life successful by accepting the truth of Indian knowledge.
- COs 3- Spread and create psycho-yogic changes in the field of health.

Course Contents:

Unit 1 : Introduction: Eastern assumption of mental disorder, historical background of mental disorder, Significance & importance of Indian Mental disorder in present Scenario.

Unit 2 : Mental Disorder & Concept of Diagnosis: Yogic assumption of mind and mental disorder, Causes of mental disorder in Yoga shastra- Punch klesh, Taap-traya, Types of mental disorder in Yoga Shastra- Yoga Antaray, Vichep Sahbhava .

Unit 3 : Psychotherapy in Yogasatra : Characteristics of Yoga Psychotherapist, techniques of Psychotherapy in Athurveda, Athervani, Angirasi, Daiveya Manusyai, concept of Psychotherapy in Ayurveda, Psychotherapy in Ram charitra manas & Bhagvad Gita, Psychotherapy in Yoga Darshan.

Unit 4 : Yoga Psychotherapy in psychological context: Yoga Psychotherapy- classification based on psychological approaches, Psychodynamic approaches: Meditation, Prayer Yoganidra. Homa therapy : Concept & Applications.

Unit 5 : Management of Mental disorder through Music therapy: Meaning & application of Music therapy , Healing of Tridosha through Music therapy, Effect of Om Chanting & Gayatri mantra .

Reference Books:

1. Taimni, I. K. (1961). The science of yoga. Adyar, India: The Theosophical Society of India.
2. Feuerstein, G. (2002). The yoga tradition: Its history, literature, philosophy and practice. Delhi, India: Bhavana Books and Prints.

Text Books:

1. Sinha, J.N. (1969) Indian epistemology of perception. Sinha Publishing House.
2. Dalal, A.S. (2004) A greater psychology, Pondicherry: Sri Aurbindo ashram Press.

Semester- IV
MPs- DSE- 405
Therapeutic Techniques

Marks-70

Time- 03 Hrs

Course Objectives:

- To gain knowledge about different therapies
- To create understanding and awareness about the use of therapies in professional life.

Course Outcomes (COs):

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

- COs 1- Describe different approaches of therapeutic techniques.
- COs 2- Utilize western knowledge of psychotherapies.
- COs 3- Apply psychotherapeutic knowledge in the betterment of life.

Course Contents:

Unit 1: Psychotherapies: Concept, Roles and responsibilities, The Client and therapist Relationship, Ethical issues.

Unit 2: Psychodynamic Therapy: Freudian Psychoanalysis, Alfred Adler and Erik Erikson.

Unit 3: Behavior Therapy: Guided Exposure, Systematic desensitization, Aversion Therapy, Assertion training, Modeling, Biofeedback.

Unit 4: Cognitive Behaviour Therapy: Beck's Cognitive Therapy, Rational emotive behavior Therapy, **Michenbaum's cognitive behaviour therapy.**

Unit 5: Humanistic Therapies: Person centered therapy- **Gestalt Therapy**, existential therapy. **Transactional therapy, Interpersonal Relationship Therapy- Marital and Family Systems Therapy.**

Reference Books :

1. G. Corey (2001). Theory and Practice of Counselling and Psychotherapy. Belmont CA: Brooks Cole.
2. S. Culari (1998). Foundations of Clinical Psychology. New York: Allyn and Bacon.
3. T. Plante (2005). Contemporary Clinical Psychology, New York: John Wiley and Sons.
4. R. Erskine (1988) Integrative Psychotherapy in Action, New York: Sage Publications
5. M.B. Ghorpade and V.B. Kumar (1988). Introduction to Modern Psychotherapy. New Delhi: Himalaya Publishing House.
6. A Bandura (1969). Principle of Behaviour Modification. New York: Holt Rinehard and Winston.

Text Books:

7. G.D. Rastogi (1991). Psychopathology and Treatment. New Delhi: Wiley Eastern Ltd.

Semester- IV
MPs-DSE-406
Stress Management

Marks-70
Time- 03 Hrs

Course Objectives:

- To gain knowledge about Stress Management.
- To create understanding and awareness about the therapeutic approaches to Stress Management.

Course Outcomes (COs):

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

- COs 1- Gain expertise in the understanding of stress and its management.
- COs 2- Organize stress management workshops in various government and public institutions.
- COs 3 – Apply stress management skills in various areas of life.

Course Contents:

Unit 1: Organizational Stress: Meaning of Stress, Individual factor influencing job stress. Different perspectives and symptoms of stress, conflict –Concept and types of conflict, stages and sources of conflict. Approaches of conflict resolution.

Unit 2: Causes of Job Stress: Personal Characteristics, Organizational structure and change, Properties of work and work setting, job role machine pacing and shift work. Coping with Stress – Types of coping strategies.

Unit 3: Consequences of job Stress: Job behaviour, Job satisfaction, Performance, absenteeism, Health Strains- Physical illness, mental / Psychological Symptoms.

Unit 4: Stress Management Interventions: Individual centered – cognitive, behavioural and psychical, Organization centered – Preventing, mitigating and moderating organizational stressors.

Unit 5: Therapeutic Approaches to Stress Management: Counselling, Hypno-suggestive, Hypnosis, Self talk, music therapy.

Reference Books:

1. Pestonjee, D.M. (1992). Stress and Coping. New Delhi, ND: Sage Publications.
2. Davis, K. (1981). Human Behaviour at Work: Organizational Behaviour. New Delhi, ND: Tata McGraw Hill.
3. Pestonjee, D.M. (1991). Motivation and Job Satisfaction. New Delhi, ND: Macmillan India Ltd.

Text Books :

4. Gosh, P.K.,&Ghorpade, M.B (1991). Industrial and Organizational Psychology. New Delhi, ND: Himalaya Publishing House.
5. Srivastava ,A.K. (1999). Management of Occupational Stress: Theory and Practice. New Delhi, ND: Gyan Publishing House.

Semester- IV
MPs- CPT- 407
Dissertation

Course objectives:

- Assess the student's mastery level of the factual information and the theoretical concepts, and the methodological approaches.

Course Outcomes (COs):

After the completion of this course students will be able to:

- COs 1- Conduct original research including: Literature review and generation of hypothesis
- COs 2- Apply an appropriate techniques of research methodology.
- COs 3 – Analyze Statistical data with report writing skill.

The students securing a minimum of 70% marks in total in I, II and III Semester examination (Subject to clearing all the theory and practical papers) will have an opportunity to select a Dissertation Work (100 Marks) in lieu of only 4th paper of IV semester. The student opting for Dissertation will select a topic related to his/her group of specialization (Clinical Psychology) with the help of supervisor (one of the faculty member) and later on submit an application along with relevant information through the supervisor to the Head of the Department within 30 days from the declaration of the result of III semester. **The students securing less than 60% marks in total I, II, and III will have prepare project report.** The dissertation in typed form (two copies) following APA manual between seventy-five to hundred pages shall be submitted on or before 30th April to the Head of the Department along with Supervisor certificate.

Division of Marks:

Report Writing : 70 Marks

Viva Voce : 30 Marks

Total : **100 Marks**

Note: Supervisor will act as an internal examiner. The marks will be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

Basic Sanskrit

MPs-SECC-102

Course Objectives:

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in Sanskrit and have some idea about grammar.

Course Outcomes (COs):

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

- COs 1- Describe the basic understanding and aspects of Sanskrit language along with grammatical aspects.
- COs 2 – Communicate in Sanskrit language.
- COs 3 - Promote Sanskrit language in current scenario.

Course contents:

Unit-1: laLd`rHkk"kk ifjp; (5)

laLd`rHkk"kk ifjp;] ;ksx'kkL= ds vè;;u easa laLd`r dk egÜo vkSj ;ksx ,oa laLd`r dk vUr%lEcU/k, laLd`ro.kZekyk] Loj] O;atu o.kZKku lfgr jkseu fyfi esa ys[ku ,oa iBu] o.kkZsa ds mPpkj.kLFkku vkSj izz;Ru KkuA dkjd] foHkfDr] fy³] opu] iq#"k] ydkj ,oa okD;k;x ifjp;A laLd`r la[;k,a ¼,d ls lkS rd½

Unit-2: 'kCn:Ik (8)

vtUr 'kCn:i&jke] ckfydk] iqLrd] eqfu] okfj, unh] Hkkuq] /ksuq] e/kq] fir`] ekr` 'kCnksa ds :Ik vFkZKku lfgrA loZuke 'kCn:i&vLen~] ;q"en~] rn~ ¼rhuksa fyxksa esa½] ,rn~ ¼rhuksa fyxksa esa½] fde~ ¼rhuksa fyxksa esa½] 'kCnksa ds :Ik vFkZKku lfgrA gyUr'kCn:i&Hkxor~] ukeu~] txr~, Hkor~ ¼rhuksa fyxksa esa½] 'kCnksa ds :Ik vFkZKku lfgrA

Unit-3: /kkrq:Ik (8)

Hkw] vl~] iB~] d`] fy[k~] ue~] n`'k~, on~] xe~] LFkk] ik] nk] Kk] dFk~] fpUr~] Jq] [kkn~] /kkrqvksa ds ikap ydkjksa yV~] y`V~] y³ yksV~] fof/kfy³~] esa :iKku ,oa okD; fuekZ.k vFkZKku lfgrA

Unit-4: okD;fuekZ.k (9)

izFkenh{kk ds izFke] f}rh; ,oa r`rh; vè;k; ls okD;fuekZ.k ,oa vFkZKku dk vH;kla

TEXT BOOKS:

1 f}osnh dfiy nso% izkjfEHkd jpukuqokn dkSeqnh] fo'ofok|ky; izdk'ku] okjk.klh 2011

2 f}osnh dfiy nso% jpukuqokndkSeqnh] fo'ofokky; izdk'ku okjk.klh
2011
3 f}osnh dfiy nso% izkS<jpukuqokn dkSeqnh] fo'ofokky; izdk'ku]
okjk.klh 2007
4 izFkenh{kk] jkf"V^a; laLd`r laLFkku] ubZ fnYyh

Reference Books:

1. Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004
2. Kala MR : A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011
3. egf"kZ n;kuUn ljLorh% o.kksZPpkj f'k{kk] jkeyky diwj V^aLV]
lksuhir gfj;k.kkA