

DEPARTMENT OF PSYCHOLOGY

School of Humanities & Social Sciences

Dr. Harisingh Gour Vishwavidyalaya, Sagar, M.P.

(Structure of the Programme)

Based on National Education Policy-2020

One Year PG Programme after Four Years UG- **Level- 6.5**

P.G.-M.A./M.Sc. Semester -I

Nature of Course	Course Code	Course Title	Credits
Discipline Specific Major-1	PSY-DSM-121	Positive Psychology	6
Discipline Specific Major-1	PSY-DSM-122	Advanced Cognitive Psychology	6
Skill Enhancement Course: 1	PSY-SEC-124	Practical	4
Discipline Specific Elective: 1	PSY-DSE-121	Advanced Counselling Psychology	4
Multi-Disciplinary: Major-1 (Discipline Specific Research Methodology)	PSY-MDM-123	Advance Research Design and Statistics	4
Total Credits			24

P.G - M.A./M.Sc. Semester- II

Nature of Course	Course Code	Course Title	Credits
Discipline Specific Elective: 1	PSY-DSM-223	Applied Psychology	6
Skill Enhancement Course: 1	PSY-SEC-224	Practical	2
Multi-Disciplinary: Major-1 Dissertation/FieldWork/Academic Project/Entrepreneurship	PSY-MDM-225	Dissertation	16
Total Credits			24

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T			
Level 7 & Semester 1	PSY-DSM-122	Advanced Cognitive Psychology	6	-			IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 90

Unit I: Introduction to Cognitive Psychology

18 Hours

1. Brief history, Nature & Research methods in Cognitive Psychology
2. Paradigms- Information processing, Connectionist, Evolutionary Ecological
3. Cognitive Architecture and Mental Representation, Cognitive Neuroscience

Unit II: Attention and Perception +

18 Hours

- 2.1 Information Processing approach: Attention and Perception, Theories of selective and Sustained attention
- 2.2 Perception: Perceptual organization, Top Down and Bottom-up approaches, Subliminal perception, Pattern recognition in perception, Signal detection and Vigilance

Unit III: Memory

18 Hours

- 3.1 Memory: Process, Models- Atkinson and Shiffrin, Level of Processing and Parallel Distributed Processing.
- 3.2 Working Memory, Autobiographical Memory. Eye-witness Testimony. Mnemonics.
- 3.3 Forgetting: Concept and Theories, Biochemical basis of memory

Unit IV: Language and Concept Formation

18 Hours

- 4.1 Nature, Properties, and Structure. Stages of Language Acquisition
- 4.2. Nature, Characteristics and Process of Concepts formation, Factors Influencing Concept Formation

Unit V: Decision Making and Problem-solving

18 Hours

- 5.1 Models & theories; Complex and uncertain decision making
- 5.2 Human problem-solving strategies- heuristics and algorithmic; expert and novice problem solvers; Artificial Intelligence

Essential Readings

1. Matlin, M. W. (2009). Cognition. New Jersey, USA: John Wiley & sons.
2. Solso, R. L. (2004). Cognitive psychology (6th Ed). New Delhi: Pearson Education.

Suggested Readings

1. Smith, E. E. & Kosslyn, S. M. (2014). Cognitive Psychology: Mind and Brain. Pearson Educating Limited, Edinburg Gate Harlow.
2. Matlin, M. W. & Farmer, T. A. (2017). Cognition. New Jersey, USA: John Wiley & sons.
3. Galotti, K. (2013). Cognitive Psychology in and Out of the Laboratory (5th ed.). Sage Publications.
4. Sternberg, K., & Sternberg, R. (2011). Cognitive Psychology. Cengage Learning

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T			
Level 7 & Semester 1	PSY-DSM-121	Positive Psychology	6	-			IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 90

Unit I: The discipline of Positive Psychology

18 Hours

1.1-Meaning, nature, goal and scope of Positive Psychology, Historical development and emergence of Positive Psychology, 1.2 Difference between traditional psychology and positive psychology, 1.3- Soft skills and Emotional intelligence.

Unit II: Positive Emotions and Well-Being

18 Hours

2.1-Concept of happiness and subjective well-being, PERMA Theory of Well-Being, 2.2-Flow Theory, Broaden-and-Build Theory, 2.3-Positive emotions: joy, gratitude, hope, optimism, and love, 2.4-Life satisfaction and quality of life, Measurement of happiness and well-being,

Unit III: Positive Psychology in the Indian Tradition

18 Hours

3.1-Indian view of human nature and well-being, Positive psychology in ancient Indian thought 3.2-Concepts of Dharma, Artha, Kama, and Moksha (Purusharthas) Relevance of Indian philosophy to contemporary positive psychology, 3.3 Concept of happiness (Sukha) and well-being (Kalyan), Spiritual well-being and self-realization 3.4-Well-being in Bhagavad Gita, Life satisfaction, contentment (Santosha), and inner peace, Values, Compassion (Karuna), non-violence (Ahimsa), truthfulness (Satya), and self-discipline

Unit IV: Applications of Positive Psychology

18 Hours

4.1-Positive psychology in education and value-based learning 4.2-Positive psychology in family and community life, Workplace well-being 4.3- Development, prevention and promotion, Role of spirituality in promoting mental health 4.4-Contemporary applications and future directions of Indian positive psychology

Unit V: Approaches in Positive Psychology

18 Hours

5.1-Cognitive Approach: Optimism and self-efficacy, 5.2-Positive psychology interventions for reducing distress 5.3-Interpersonal Approach: Empathy and altruism, Concept of flow and optimal experience, 5.4-Stress management and coping strategies, Positive adaptation to adversity, Mindfulness and emotional regulation, Resilience and psychological hardiness

Essential Reading:

1. Snyder, C. R. & Lopez, S. J. (2009). Oxford Handbook of Positive Psychology (Eds.), Oxford University Press, New York
2. Rao, K. R., Paranjpe, A. C., Dalal, A. K. (2008). *Handbook of Indian Psychology*. New Delhi: Foundation Books.
3. Misra, G. & Mohanty, A. K. (2001). *Perspectives on Indigenous Psychology*. New Delhi: Concept Publishing Co.

Suggested Reading:

1. Baumgardner, S. & Crothers, M. (2014). Positive Psychology. Pearson Educating Limited, Edinburg Gate Harlow.
2. Srivastava, S. P. (2001). *Systematic Survey of Indian Psychology*. Bahadurgarah: Adhyatma Vijnana Prakashan.
3. Paranjape, A. C (1998). *Self and Identity in Modern Psychology and Indian thought*. New York: Plenum Press.

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T			
Level 7 & Semester 1	PSY-DSE-121	Advanced Counselling Psychology	4	-			IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 60

Unit I: Professional Foundations of Counselling

18 Hours

1.1 Personal & Professional Aspects: Meaning, nature, goals, and history of counselling psychology; **1.2** Ethical & Legal Dimensions **1.3** Multiculturalism & Diversity: Counselling in a multicultural society; **1.4** Classical Perspectives on Self and Distress: Perspectives on self, consciousness, and psychological distress in indigenous systems and the *Bhagavad Gita*; the Guru-Shishya relational.

Unit II: Counseling Processes, Relationships, and Stages

18 Hours

2.1 Building Counselling Relationships **2.2** Working in and Closing a Relationship: Stages of the counselling cycle; and managing premature termination. **2.3** Psychoanalytic, Adlerian, and Humanistic Theories **2.4** Digital Well-being Foundations

Unit III: Behavioral, Cognitive, Contemporary, and Trauma Modalities

18 Hours

3.1 Behavioural & Cognitive Frameworks **3.2** Third-Wave Extensions. **3.3** Contemporary & Narrative Modalities. **3.4** Trauma-Informed Interventions.

Unit IV: Core Counseling Activities and Client Appraisal

18 Hours

4.1 Intake, Evaluation, and Mental Status Screening; **4.2** Testing and Assessment; **4.3** Case Conceptualization: Integrating interview and psychometric data to formulate a holistic client case **4.4** Digital Well-being Ethics:

Unit V: Counselling Specialties and Crisis Environment

18 Hours

5.1 Lifespan, Career, & School Counselling **5.2** Couple and Family Counselling **5.3** Specialty Populations & Advocacy **5.4** Crisis Stabilization & Bereavement: Implementing Psychological First Aid (PFA), disaster response models, structured suicide risk assessments, collaborative safety plans, and culturally sensitive grief counselling.

Essential Reading:

1. Gladding, S. T. (2018). *Counseling: A Comprehensive Profession* (8th ed.). Pearson.
2. Corey, G. (2024). *Theory and Practice of Counseling and Psychotherapy* (11th ed.). Cengage Learning.
3. Rao, K. R., & Paranjpe, A. C. (2016). *Psychology in the Indian Tradition*. Springer.
4. Sue, D. W., Sue, D., Neville, H. A., & Smith, L. (2022). *Counseling the Culturally Diverse: Theory and Practice* (9th ed.). John Wiley & Sons.

Suggested Reading:

1. Beck, J. S. (2021). *Cognitive Behavior Therapy: Basics and Beyond* (3rd ed.). Guilford Press.
2. Pope, K. S., Vasquez, M. J., Chavez-Dueñas, N. Y., & Consoli, C. E. (2021). *Ethics in Psychotherapy and Counseling: A Practical Guide* (6th ed.). John Wiley & Sons.
3. Linehan, M. M. (2015). *DBT Skills Training Manual* (2nd ed.). Guilford Press.
4. Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2016). *Acceptance and Commitment Therapy: The Process and Practice of Mindful Change* (2nd ed.). Guilford Press.

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T			
Level 7 & Semester 1	PSY-MDM-123	Advanced Research Design & Statistics	4	-			IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 60

Unit I: Advanced Research Design

18 Hours

1.1 Experimental Research Designs, Factorial Designs, Repeated Measures Designs, Mixed Designs, Quasi-Experimental Designs, Single Subject Designs **1.2** Longitudinal and Cross-Sectional Research **1.3** Ethical Issues in Psychological Research

Unit II: Sampling

18 Hours

2.1 Sampling: Definition, Probability Sampling, random variable and randomness, **2.2** Non-probability Sampling, Sample size, Central Limit Theorem Distinction between representative and random sample Factor affecting sample mean and SD

Unit III: Multivariate Statistics

18 Hours

3.1 Factor analysis: Linear factor models. Estimation of factor loadings. Factor rotation. Estimation of factor scores. Discriminate analysis and Cluster analysis. **3.2** Regression Analysis: Linear and non-linear models. Multiple regression, panel data analysis Exploratory Factor Analysis

Unit IV: Emerging Research Approaches and Data Analysis

18 Hours

4.1 Structural Equation Modelling (SEM): Measurement Models, Structural Models, Multilevel Modelling, Generalized Linear Models Meta-Analysis **4.2** Mixed Methods Research: Convergent Design, Explanatory Sequential Design, Exploratory Sequential Design **4.3** Qualitative Research Methods: Grounded Theory, Phenomenology, Narrative Analysis, Thematic Analysis
APA-7 Research Reporting

Unit V: Application of Computer in Psychological Research

18 Hours

5.1 Introduction to Computer Applications in Psychology: Role of Computers in Psychological Research, Advantages and Limitations of Computer-Based Research **5.2** Computer-Based Research Applications: Data collection, Data Management

Essential Readings

1. Creswell, J. W., & Creswell, J. D. (2023). *Research design: Qualitative, quantitative, and mixed methods approach* (6th ed.). Sage Publications.
2. Field, A. (2024). *Discovering statistics using IBM SPSS statistics* (6th ed.). Sage Publications.
3. Coolican, H. (2022). *Research methods and statistics in psychology* (7th ed.). Routledge.
4. Morling, B. (2024). *Research methods in psychology: Evaluating a world of information* (5th ed.). W. W. Norton & Company.
5. Stevens, J. P. (2017). *Applied multivariate statistics for the social sciences* (6th ed.). Routledge.

Suggested Readings

1. Byrne, B. M. (2016). *Structural equation modelling with AMOS: Basic concepts, applications, and programming* (3rd ed.). Routledge
- Cohen, R. J., Swedlik, M. E., & Sturman, E. D. (2018). *Psychological testing and assessment: An introduction to tests and measurement* (9th ed.). McGraw-Hill Education.
2. Hancock, G. R., Stapleton, L. M., & Mueller, R. O. (Eds.). (2018). *The reviewer's guide to quantitative methods in the social sciences* (2nd ed.). Routledge.
3. Tabachnick, B. G., & Fidell, L. S. (2019). *Using multivariate statistics* (7th ed.). Pearson.
4. Mertens, D. M. (2019). *Research and evaluation in education and psychology: Integrating diversity with quantitative, qualitative, and mixed methods* (5th ed.). Sage Publications.
5. Field, A., Miles, J., & Field, Z. (2012). *Discovering statistics using R*. Sage Publications.
2. Pallant, J. (2020). *SPSS survival manual: A step-by-step guide to data analysis using IBM SPSS* (7th ed.). McGraw-Hill Education

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
Level 7 & Semester 1	PSY-SEC-124	Practical	-	-	4	-	IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 60

Objectives and Teaching Methods

The major objective of this course is to give the students an opportunity to develop in themselves the skills of planning, devising, and carrying out experiments in Psychology of emotion and Clinical Psychology. They are expected to develop the skills of operationalization of variables and their control, data collection, issues in data collection, use of statistical techniques, framing hypotheses, result writing, discussion of the results and referencing according to the American Psychological Association (APA, 2010) latest standard. The lecture, demonstration, tutorials, group discussion methods of teaching will be employed. In addition, they are expected to understand how various emotions-positive and negative-can be produced empirically by the researchers in laboratory

Essential Readings

1. Suleman, Muhammad (2018). Experiments and testing in Psychology. Motilal Banarsidass. ISBN: 9788120827110
2. श्रीवास्तव, डी. एन. एवं वर्मा, प्रीति (2019). आधुनिक प्रयोगात्मक मनोविज्ञान एवं परीक्षण. श्री विनोद पुस्तक मंदिर. ISBN13: SVPM-P0038.

Suggested Readings

- सुलेमान, मुहम्मद (2017). मनोविज्ञान में प्रयोग एवं परीक्षण. मोतीलाल बनारसीदास पब्लिकेशन प्राइवेट लिमिटेड. ISBN: 9788120827110.
- सिंह, अरुण कुमार (2017). मनोविज्ञान में प्रयोग एवं परियोजना. मोतीलाल बनारसीदास पब्लिकेशन प्राइवेट लिमिटेड. ISBN: 9788120833227.

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T			
Level 7 & Semester 2	PSY-DSM-223	Applied Psychology	6	-			IA (Mid): 40 EA (End Sem): 60

Lecture/Hours: 90 Hours

UNIT I: Foundations of Applied Psychology

18 Hours

1.1 Nature, scope, and significance of Applied Psychology, 1.2 Historical development and contemporary trends. 1.3 Evidence-based practice in psychology, 1.4 Psychology and public policy

UNIT II: Applied Psychology in Mental Health and Well-being

18 Hours

2.1 Mental health promotion and prevention, 2.2 Stress, coping, resilience, and psychological well-being 2.3 Community mental health services, 2.4 Psychological first aid and crisis intervention

UNIT III: Applied Psychology in Educational and Developmental Settings

18 Hours

3.1 Learning difficulties and inclusive education, 3.2 Motivation and academic achievement
3.3 Life skills education and school mental health programs

UNIT IV: Applied Psychology in Organizations and Industry

18 Hours

4.1 Personnel selection and assessment, 4.2 Employee motivation and job satisfaction, 4.3 Work-life balance and occupational stress, 4.4 Organizational development and employee well-being

UNIT V: Applied Psychology in Digital Contexts

18 Hours

5.1 Psychology of social media and digital behaviour, 5.2 Cyber psychology and digital well-being, 5.3 Emerging areas: AI, technology, and psychological services

Essential Readings

1. Applied Psychology Sanders, L. M., & McCormick, M. A. (2018). *Applied psychology*. Routledge.
2. Handbook of Applied Psychology Martin, P. R., Cheung, F. M., Knowles, M. C., Kyrios, M., Littlefield, L., Overmier, J. B., & Prieto, J. M. (Eds.). (2010). *The Wiley-Blackwell handbook of applied psychology*. Wiley-Blackwell.
1. Introduction to Applied Psychology Dunn, D. S. (2021). *Introduction to applied psychology: Applying psychology to everyday life*. Oxford University Press.
2. Psychology Applied to Modern Life Weiten, W., Dunn, D. S., & Hammer, E. Y. (2023). *Psychology applied to modern life: Adjustment in the 21st century* (13th ed.). Cengage Learning.
3. Positive Psychology Carr, A. (2019). *Positive psychology: The science of happiness and human strengths* (3rd ed.). Routledge.

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T			
Level 7 & Semester 2	PSY-SEC-224	Practical	2	-			IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 60

Objectives and Teaching Methods

The major objective of this course is to give the students an opportunity to develop in themselves the skills of planning, devising, and carrying out experiments in Psychology of emotion and Clinical Psychology. They are expected to develop the skills of operationalization of variables and their control, data collection, issues in data collection, use of statistical techniques, framing hypotheses, result writing, discussion of the results and referencing according to the American Psychological Association (APA, 2010) latest standard. The lecture, demonstration, tutorials, group discussion methods of teaching will be employed. In addition, they are expected to understand how various emotions-positive and negative-can be produced empirically by the researchers in laboratory.

Essential Readings

- Suleman, Muhammad (2018). Experiments and testing in Psychology. Motilal Banarsidass. ISBN: 9788120827110
- श्रीवास्तव, डी. एन. एवं वर्मा, प्रीति (2019). आधुनिक प्रयोगात्मक मनोविज्ञान एवं परीक्षण. श्री विनोद पुस्तक मंदिर. ISBN13: SVPM-P0038.

Suggested Readings

- सुलेमान, मुहम्मद (2017). मनोविज्ञान में प्रयोग एवं परीक्षण. मोतीलाल बनारसीदास पब्लिकेशन प्राइवेट लिमिटेड. ISBN: 9788120827110.

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T			
Level 7 & Semester 2	PSY-MDM-225	Dissertation	16	-			IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 90

Objectives and Teaching Methods

Students opting for the dissertation in the ninth semester shall be required to submit the title and the supervisor's written consent in a stipulated period to the department's concerned office. Further, the candidate will be required to submit a proposal or a brief write-up. If the candidate fails to submit the supervisor's written consent and plan proposal in the stipulated time frame, he/she will not be allowed to opt for a dissertation in the third and fourth semesters. Such students would be asked to opt for theory/practical papers as the alternative to the dissertation. The major objective of this subject of dissertation is to design and collect data and prepare a write-up of the dissertation. The prepared dissertation will be evaluated by a committee constituted as per the ordinance. The dissertation's advancement shall be the executive phase of data collection, analysis of data, and preparation of detailed reports.

- The proposal's preparation shall be done following the Publication Manual of the American Psychological Association. The dissertation proposal may be developed to conduct laboratory research, field work, survey research, case study, or any other type of psychological research.
- The final proposal shall be developed around 15 to 20 pages, including references and annexure. The final proposal shall be submitted before the commencement of the theory examination.
- The final report's preparation shall be done according to the Publication Manual of the American Psychological Association (APA). The final report of the dissertation shall be developed around 80-90 pages, including references and annexure.
- The detailed report of the dissertation work must be completed during the fourth semester. The final report of the dissertation must be submitted before the fourth semester's commencement of theory examination.
- The dissertation's evaluation will be done in 100 marks. The concerned supervisor will evaluate the internal component (in 70 marks) and evaluation (in 30 marks) will be done by external examiners, including the literary and scientific presentation of the dissertation and the performance in the viva-voce in the open seminar.