

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

Two Year PG Programme after Three Years UG- Level- 8

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
Multi-Disciplinary: Major-1 (Discipline Specific Research Methodology)	PSY-MDM-123	Advanced Research Design and Statistics	6
Total Credits			22

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

Nature of Course	Course Code	Course Title	Credits
Discipline Specific Major-1	PSY-DSM-221	Applied Social Psychology	6
Discipline Specific Major-1	PSY-DSM-222	Fundamentals of Indian Psychology	6
Discipline Specific Major-1	PSY-DSM-223	Applied Psychology	6
Skill Enhancement Course: 1	PSY-SEC-224	Practical	4
Total Credits			22

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Second Year PG Programme After 3 year UG Program - **Level-9**

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

Nature of Course	Course Code	Course Title	Credits
Discipline Specific Major-1	PSY-DSM-321	Psychopathology	6
Discipline Specific Major-2	PSY-DSM-322	Personality	6
Skill Enhancement Course (SEC)-1	PSY-SEC-321	Psychology of Peace	4
Skill Enhancement Course (SEC)-2	PSY-SEC-322	Practical	4
Note:- A student will have to choose either Stress Management in organizations (PSY-MDM-321) or Project Report (PSY-MDM-322)			
Multi-Disciplinary Major-1	PSY-MDM-321	Stress Management in Organizations	4
Multi-Disciplinary Major-2	PSY-MDM-322	Project Report	4
Total Credits			24

M.A./M.Sc. (Psychology) 2026 Syllabus Based on NEP-2020
(With effects from Academic Session 2026-2027)

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

Nature of Course	Course Code	Course Title	Credits
Discipline Specific Major-1	PSY-DSM-421	Psychological Measurement & Testing	6
Discipline Specific Major-2	PSY-DSM-422	Clinical Intervention	6
Skill Enhancement Course (SEC)-1	PSY-SEC-421	Sports Psychology	4
Skill Enhancement Course (SEC)-2	PSY-SEC-422	Practical	4
Note:- A student will have to choose either Forensic Psychology (PSY-MDM-421) or Dissertation (PSY-MDM-422)			
Multi-Disciplinary Major-1	PSY-MDM-421	Forensic Psychology	4
Multi-Disciplinary Major-2	PSY-MDM-422	Dissertation	4
Total Credits			24

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Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L 8 Sem I	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

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

Unit II: Positive Emotions and Well-Being

18 Hours

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

Unit III: Positive Psychology in the Indian Tradition

18 Hours

Indian view of human nature and well-being, Positive psychology in ancient Indian thought ; Concepts of Dharma, Artha, Kama, and Moksha (Purusharthas) Relevance of Indian philosophy to contemporary positive psychology; Concept of happiness (Sukha) and well-being (Kalyan), Spiritual well-being and selfrealization 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

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

Unit V: Approaches in Positive Psychology

18 Hours

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

Essential Reading:

- Snyder, C. R. & Lopez, S. J. (2009). Oxford Handbook of Positive Psychology (Eds.), Oxford University Press, New York
- 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:

- Baumgardner, S. & Crothers, M. (2014). Positive Psychology. Pearson Educating Limited, Edinburg Gate Harlow.
- Srivastava, S. P. (2001). Systematic Survey of Indian Psychology. Bahadurgarah: Adhyatma Vijnana Prakashan.
- Paranjape, A. C (1998). Self and Identity in Modern Psychology and Indian Thought. New York: Plenum Press.
- Paranjape, A. C (1984). Theoretical Psychology. New York: Plenum Press.

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Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L8 Sem I	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

- 1.1 Brief history, Nature & Research methods in Cognitive Psychology
- 1.2 Paradigms- Information processing, Connectionist, Evolutionary Ecological
- 1.3 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

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

Suggested Readings

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

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Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L8 Sem I	PSY-MDM-123	Advanced Research Design and statistics	6	-	-	-	IA (Mid): 40 EA (End Sem): 60 Lectures/Hrs.: 90

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

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Essential Readings

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

Suggested Readings

- Byrne, B. M. (2016). Structural equation modelling with AMOS: Basic concepts, applications, and programming (3rd ed.). Routledge.
- Cohen, R. J., Swerdlik, M. E., & Sturman, E. D. (2018). Psychological testing and assessment: An introduction to tests and measurement (9th ed.). McGraw-Hill Education.
- 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.
- Tabachnick, B. G., & Fidell, L. S. (2019). Using multivariate statistics (7th ed.). Pearson.
- Mertens, D. M. (2019). Research and evaluation in education and psychology: Integrating diversity with quantitative, qualitative, and mixed methods (5th ed.). Sage Publications.
- Field, A., Miles, J., & Field, Z. (2012). Discovering statistics using R. Sage Publications.

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Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L8 Sem I	PSY-SEC-124	Practical	-	-	4	-	IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 60

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. 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, 2019) latest standard. The lecture, demonstration, tutorials, group discussion methods of teaching will be employed.

Unit I

Attribution

Intergroup Conflict/prejudice reduction

Unit II

Impression Formation Pro-Social Behaviour

Unit III

Social Conformity Face Perception

Unit IV

Span of Attention Capacity/duration of STM

Unit V

Autobiographical Memory Metacognition

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

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Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L8 Sem II	PSY-DSM-221	Applied Social Psychology	6	-	-	-	IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 90

Unit I: Applied Social Psychology

18 Hours

Applied Social Psychology as a Science, Definitions, Salient features, The, Global Perspectives of Applied Social Psychology,
The historical perspectives of Applied Social Psychology, Role of Applied Social Psychology

Unit II: Intervention and Evaluation

18 Hours

Design, nature, evaluation, Examples of interventions, Issues: Process and Ethical

Unit III: Social Psychology of Physical health

18 Hours

An introduction to Social Psychology of Physical Health Psychological factors in stress. Religion and Physical Health Spiritual intelligence

Unit IV: Psychology Applied to Legal Issues

18 Hours

Psychology in law, Experts as witness, Eyewitness: Identifications and Testimony, Factors affecting eye-witness testimony, Introduction to the Lie Detector Test

Unit V: Applying Social Psychology to the Environment

18 Hours

Resource dilemmas, The Built environment, pro-environment behavior, Crowding, personal space, Territoriality

Essential Readings

- Kool V. K. & Agrawal, R. (2006). Applied Social Psychology – A Global Perspectives, Atlantic Publishers, New Delhi.
- Baron, B. (2005). Social Psychology, N. D., Prentice Hall.
- सिंह, अरुण कुमार (2017). *समाज मनोविज्ञान की रूपरेखा*. मोतीलाल बनारसीदास पब्लिकेशन प्राइवेट लिमिटेड. ISBN: 978-8120827219.

Suggested Reading

- Schneider, F. W., Grauman, J. A. & Coutts, L. M. (2012). Applied Social Psychology: Understanding and Addressing Social and Practical Problems, N. D.: Sage Publications.

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Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L8 Sem II	PSY-DSM-222	Fundamentals of Indian Psychology	6	-	-	-	IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 90

Unit I: Introduction to Indian Psychology

18 Hours

Definitions, nature, differentiation of concepts; indigenous, Indian, transpersonal psychology, relationship between culture and psychology, emergence of indigenous and non-western perspectives to psychology; The Indian paradigm on psychological knowledge; Science and spirituality (*Avidya* and *Avidya*) as two distinct forms of knowing in Indian Psychology

Unit II: Schools of Indian psychology

18 Hours

Major schools of Indian psychology, world views and methods of knowing in *Samkhya*, *Dvaita* and *Advaita* schools

Unit III: Self in Indian Psychology

10 Hours

The Self in Indian Psychology, Viewpoints of *Upanishads*, *Baghvatgeetha*, Buddhism and Jainism

Unit IV: Scope of Indian Psychology

18 Hours

Distinction from western psychology, Indian Perspectives on Cognition: Nature of reality; *Manas* and higher mental states; types of knowing; methods of knowing; yoga as research method

Unit V: Emotions in Indian Psychology

18 Hours

Bases of emotions, desires and detachment; types of emotions and their manifestations, theories of *Rasa* and *Bhāva*; positive states of mind; controlling anger and violence in society

Essential Readings

- Rao, K. R., Paranjpe, A. C., Dalal, A. K. (2008). Handbook of Indian Psychology. New Delhi: Foundation Books.
- Misra, G. & Mohanty, A. K. (2001). Perspectives on Indigenous Psychology. New Delhi: Concept Publishing Co.
- शर्मा, रामनाथ एवं शर्मा, रचना (2005). भारतीय मनोविज्ञान. एटलांटिक पब्लिशर्स एंड डिस्ट्रीब्यूटर्स, नई दिल्ली. ISBN: 81-7156-597-2.
- शुक्ला, लक्ष्मी (2009). भारतीय मनोविज्ञान. ईस्टर्न बुक लिंक्स. ISBN: 9788178541464.

Suggested Readings

- Mehta, M. L. (2002). Jaina Psychology: Introduction. Varanasi: Parshvanath Vidyapeeth.
- Veereshwar, P. (2002). Indian Systems of Psychotherapy. Delhi: Kalpaz Publications. Coster, G. (1998). Yoga and Western Psychology. Delhi: Motilal Banarsi Dass Publishers Pvt. Ltd.
- Vrinte, J. (1996). The Quest for the Inner Man: Transpersonal Psychotherapy and Integral Sadhana. Pondicherry, India: Sri Mira Trust.
- Kalupahana, D. J. (1992). The Principles of Buddhist Psychology. Delhi: Sri Satguru Publications.
- Cornelissen, M., Misra, G., & Varma, S. (Eds.). (2013). *Foundations and applications of Indian psychology* (Second edition). Pearson.

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Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L8 Sem II	PSY-DSM-223	Applied Psychology	6	-	-	-	IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 90

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. WileyBlackwell.
3. Introduction to Applied Psychology Dunn, D. S. (2021). Introduction to applied psychology: Applying psychology to everyday life. Oxford University Press.
4. 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.
5. Positive Psychology Carr, A. (2019). Positive psychology: The science of happiness and human strengths (3rd ed.). Routledge.

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Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L8 Sem II	PSY-SEC-224	Practical	-	-	4	-	IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 60

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. They are expected to develop skills of operationalization of variables and their control, data collection, issues in data collection, use of statistical techniques, framing hypothesis, result writing, discussion of the results and referencing according to the American Psychological Association (APA, 2019) latest standard. The students will develop an understanding to interpret the data in the light of previous studies and observations. The lecture, demonstration, tutorials, group discussion methods of teaching will be employed.

Unit I

Stress Management Measurement of Forgiveness

Unit II

Measurement of compassion Pro-environmental Behaviour

Unit III

Spiritual Intelligence Study of Social Problems

Unit IV

Set in problem Creativity

Unit V

Decision Making Metamemory

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. ISBN-13: 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.

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Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L9 Sem III	PSY-DSM-321	Psychopathology	6	-	-	-	IA (Mid): 40 EA (End Sem): 60 Lectures/Hrs.: 90

Unit I: Introduction

(18 Hours)

Definition and history of psychopathology, Major theoretical approaches: Psychodynamic, Behavioural, Cognitive, Humanistic-Existential, and Sociocultural; Concept of neurosis and psychosis ; Diagnostic systems: DSM-V and DSM-V-TR and ICD-11; Ethical and cultural consideration in mental health

Unit II: Anxiety and Mood disorders

(18 Hours)

Symptoms, causes and treatment of Generalized anxiety disorder, Panic Disorder, Phobic disorder, Obsessive-Compulsive disorder; Depressive disorder – Symptoms, causes and treatment of Bipolar affective disorder, and Dysthymia

Unit III: Personality and Behavioural Disorders

(18 Hours)

Paranoid, Schizoid, Dissociative, Impulsive; Borderline, Anxious, Avoidance, Narcissistic, Dependent personality; Anorexia Nervosa, Bulimia Nervosa, Binge-Eating Disorder

Unit IV: Schizophrenia Spectrum and Neurodevelopmental Disorder

(18 Hours)

Characteristics, Major subtypes, Causes and treatment of Schizophrenia ; Autism spectrum Disorder, Attention-Deficit/Hyperactivity Disorder (ADHD), Learning Disabilities

Unit V: Substance Abuse and Sexual disorder

(18 Hours)

Alcohol Abuse Disorder, Opioid and Stimulant use Disorders, Gambling Disorder; Sexual Dysfunctions, Paraphilic Disorder, Gender Dysphoria, Personality and life outcomes

Essential Readings

- American Psychiatric Association (2013). Diagnostic and statistical manual of mental disorders: DSM-5. American Psychiatric Pub.
- Barlow, D. H. & Durand, V. M. (1999). Abnormal psychology: An integrative approach (2nd Ed). Pacific Grove: Brooks/Cole.
- Butcher, J.N. (2016). Abnormal Psychology. New Delhi: Pearson Education
- Carson, R. C., Butcher, J. N., & Mineka, S. (2001). Abnormal psychology and modern life (11th Ed.). New York. Allyn and Bacon
- Kaplan, H. J., & Sadock, B. J. (2004). Synopsis of comprehensive textbook of psychiatry (10th Ed.). Baltimore: Williams & Wilkins.

Suggested Readings

- Buss. A. H. (1999). Psychopathology. New York: John Wiley
- Cormer, R. J. (2021). Fundamentals of Abnormal Psychology. Worth Publisher.

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Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L9 Sem III	PSY-DSM-322	Personality	6	-	-	-	IA (Mid): 40 EA (End Sem): 60 Lectures/Hrs.: 90

Unit I: Foundational & Psychodynamic Frameworks

18 Hours

Core Personality Foundations: Nature, scope, and core determinants of personality; methods of conceptualizing individual differences and behavioural consistency ; Classical Psychoanalysis: Sigmund Freud ; Neo-Freudian Paradigms: Carl Jung and Analytical Psychology; Alfred Adler and Individual Psychology; Karen Horney and Psychoanalytic Social Theory; Identity & Lifespan Development: Erik Erikson and Eric Fromm ; modern frameworks of Adult Attachment Styles (Secure, Anxious, and Avoidant patterns)

Unit II: Classic Type & Idiographic Trait Theories

18 Hours

Epistemological distinctions between Nomothetic vs. Idiographic approaches to research; structural differences between Type and Trait paradigms ; Classic & Behavioural Typologies: Hippocrates and Galen's Four Humors; William Sheldon's Somatotypes framework ; Cardiovascular & Stress Typologies: Meyer Friedman and Ray Rosenman's behavioral patterns (Type A, B, C, and D personality profiles) and their health implications ; Idiographic Trait Architecture: Gordon Allport's Morphogenic Science; classifications of traits (Cardinal, Central, and Secondary traits); the concept of Functional Autonomy and the development of the Proprium.

Unit III: Factor-Analytic & Modern Nomothetic Models

18 Hours

Early Factor-Analytic Frameworks: Raymond Cattell's structural methodology; distinction between Surface vs. Source traits, and the 16PF (Personality Factor) matrix ; Biological & Neurophysiological Frameworks: Hans Eysenck's Eysenck Personality Questionnaire (EPQ) framework; the PEN Model (Psychoticism, Extraversion, Neuroticism) and its underlying biological substrates; Modern Consensus Taxonomies: Paul Costa and Robert McCrae's Big Five Taxonomy (OCEAN framework); evaluation of its lifespan stability and cross-cultural validity ; Extended Structural Taxonomies: Michael Ashton and Kibeom Lee's HEXACO Model

Unit IV: Humanistic, Existential, & Behavioral Theories

18 Hours

Humanistic Phenomenological Models: Carl Rogers ; Abraham Maslow's Hierarchy of Needs; Existential Personality Perspectives: Rollo May and Viktor Frankl's existential psychology frameworks ; Behavioral Traditions: Ivan Pavlov's Classical Conditioning paradigms; B.F. Skinner's Radical Behaviorism and operant conditioning ; Social-Cognitive Frameworks: Albert Bandura ; Walter Mischel's Cognitive-Affective Personality System (CAPS) and the person-situation debate.

Unit V: Specialized Taxonomies & Assessment Frameworks

18 Hours

Cognitive & Developmental Taxonomies: Julian Rotter, Martin Seligman, Lawrence Kohlberg ; Sub-Clinical Taxonomy: The Dark Triad framework; analyzing the individual traits, behavioral expressions, and social implications of Narcissism, Machiavellianism, and Psychopathy ; Overview of the administration protocols, clinical scales, and core conceptual structures of standard objective measurement tools, including the MMPI, NEO-PI, MCMI, and MBTI ; Projective Appraisal Methodologies: Introduction to the theory and administrative guidelines of traditional projective tools, focusing on the Rorschach Inkblot Test and the Thematic Apperception Test.

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Essential Readings

- Feist, G. J., Roberts, T.-A., & Feist, J. (2025). *Theories of Personality* (11th ed.). McGraw-Hill Education.
- Cervone, D., & Pervin, L. A. (2023). *Personality: Theory and Research* (15th ed.). Wiley.
- Twenge, J. M., & Campbell, W. K. (2024). *Personality Psychology: Understanding Yourself and Others* (3rd ed.). Pearson.

Suggested Readings

- John, O. P., & Robins, R. W. (Eds.). (2021). *Handbook of Personality: Theory and Research* (4th ed.). The Guilford Press.
- Ashton, M. C. (2022). *Individual Differences and Personality* (4th ed.). Academic Press.
- Schultz, D. P., & Schultz, S. E. (2016). *Theories of Personality* (11th ed.). Cengage Learning.

DEPARTMENT OF PSYCHOLOGY

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L 9 Sem III	PSY-SEC-321	Psychology of Peace	4	-	-	-	IA (Mid): 40 EA (End Sem): 60

UNIT I Introduction and History

(12 hours)

Introduction: Peace psychology: definition, historical development of the field, and its relation with the field of CAR (Conflict Analysis and Resolution). Meaning of key concepts- conflict management, conflict resolution, conflict transformation and conflict prevention.

UNIT II Process of Peace and Peace Building

(12 hours)

Nature of peace process (peace-making, peacekeeping and peace building); Positive and Negative Peace; Conflict Transformation by Peaceful Means: Johan Galtung's Transcend Method; Peace education.

UNIT III Psychological Perspective of Peace

(12 hours)

Psychological Understanding of Peace and Conflict - Psychoanalytical: Vamik Volkan; Social-Psychological: Herbert C. Kelman; Exploring Indigenous Traditions (Satyagraha and Ahimsa)

UNIT IV Lessons from the Mahabharata and the Bhagavad Gita

(12 hours)

The concept of Just War- elements of peace, emphasis on war avoidance, role of diplomacy, deterrents, stratagem; Bhagavad Gita's relevance in contemporary times; and any one relevant psychological perspective

UNIT V Emerging Trends in Peace Psychology

(12 hours)

Digital Peace and Conflict: Impact of algorithmic bias, social media, and online polarization on community cohesion; the role of digital literacy in mitigating cyber-conflict. Environmental Peace: Exploring the link between climate change, resource scarcity, and intergroup conflict; sustainable development as a pathway to peace. Globalized Identities: Challenges of maintaining cultural identity in a globalized world; fostering empathy and resilience in hyper-connected societies

Essential Reading / Suggested Reading

- Galtung, J., Jacobsen, C. G., & Brand-Jacobsen, K. F. (2002). Searching for Peace: The Road to Transcend. London: Pluto Press.
- Jeong, H, W. (2008). Understanding Conflict and Conflict Analysis. New Delhi: Sage
- Kelman, H. C. (2015). A Social-Psychological Approach to Conflict Analysis and Resolution, In Sandole, D. J. D., Byrne, S., et al. Handbook of Conflict Analysis and Resolution (pp. 170-183). London: Routledge.
- Kelman, H. C., & Fisher, R. J. (Eds.). (2016). Herbert C. Kelman: A pioneer in the social psychology of conflict analysis and resolution. Springer International Publishing.

DEPARTMENT OF PSYCHOLOGY

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L 9 Sem III	PSY-SEC-322	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 based on psychopathology and psychology of Personality. 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.

Any SIX practical of the following:

- (1) Handedness
- (2) Neuropsychological Tests
- (3) Dichotic Listening
- (4) Minnesota Multiphasic Personality Inventory II (MMPI II)
- (5) Measurement of Anxiety
- (6) Measurement of Depression
- (7) Measurement of Phobia
- (8) Psychopathic Personality
- (9) Suicide Ideation/Intent

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.

DEPARTMENT OF PSYCHOLOGY

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L 9 Sem III	PSY-MDM-321	Stress Management in Organizations	4	-	-	-	IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 60

Unit I: Stress

12 Hours

Concept, different perspectives, and symptoms; framework of stress; Occupational stress, P-E fit model of job stress.

Unit II: Causes of occupational stress

12 Hours

Personal characteristics, organizational structure, properties of work and work setting, job roles.

Unit III: Effects of occupational stress

12 Hours

Effect on job behavior, job satisfaction, performance, absenteeism. Effects on employee's physical and psychological health.

Unit IV: Individual-centred stress management techniques

12 Hours

Cognitive, hypno-suggestive, behavioural and physical (yoga and aerobic exercises) interventions; Coping strategies.

Unit V: Organization-centred stress management interventions

12 Hours

Preventing, mitigating and moderating stress at organizational level.

Essential Readings

- Matteson, M. T. & Ivancevich, J. M. (1987). Controlling work stress-Effective human resources and management strategies. San Francisco: Josey Bass
- Pestonjee, D. M. (1992). Stress and coping. New Delhi: Sage Publications.
- Ross, R. R. & Altmair, E. M. (1994). Interventions in occupational stress. New Delhi: Sage Publications.

Suggested Readings

- Schafer, W. (2000). *Stress management* (4th Ed.). New Delhi: Cengage.
- Srivastava, A. K. (1999). *Management of occupational stress: Theories and practice*.
- New Delhi: Gyan Publishing House.

DEPARTMENT OF PSYCHOLOGY

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
Level-7 Semester- III	PSY-MDM-322	Project Report	4	-	-	-	IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 60

Objectives and Teaching Methods

Students opting for the Project Report in the third 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 before summer vacation. If the candidate fails to submit the supervisor's written consent and plan proposal of Project Report in the stipulated time frame, he/she will not be allowed to opt for a Project Report in the third semesters. Such students would be asked to opt for a theory paper as the alternative to the Project Report. It is expected that each student would present a paper in the conference of national/international repute and also publish one paper in peer/referred/UGC care listed journal out of the dissertation work carried out during the third and fourth semesters.

The Project Report would be dedicated to developing a detailed report of the study. This stage would be centred on planning the review of previous literature, identifying the research questions, choosing the study's objectives, describing the statements of the problem, selecting tools of the study, and deciding research design and sample for the data collection, etc. Hence, this Project Report may include one large study/experiment or several studies/experiments depending on the research's objectives and research questions. The Project Report 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 Project Report shall be submitted before the commencement of the theory examination. The internal component will be evaluated by the concerned supervisor/s. The end term evaluation (in 100 marks i.e. 70 marks by internal and 30 marks by external) shall be done before an external examiner through a scientific presentation followed by viva-voce.

DEPARTMENT OF PSYCHOLOGY

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L 9 Sem IV	PSY-DSM-421	Psychological Measurement & Testing	6	-	-	-	IA (Mid): 40 EA (End Sem): 60 Lectures/Hrs.: 90

Unit I: Psychological Assessment

18 Hours

Nature and purpose
Assessment, evaluation and testing Principle of assessment
Ethical considerations

Unit II: Construction of Psychological Tool

18 Hours

Writing test items
Rational, empirical, Factor analytic,
Item analytic approaches to test construction

Unit III: Psychometric Properties

18 Hours

Establishing reliability Establishing validity
Development of norms Issues and challenges

Unit IV: Applications of Psychological Tests

18 Hours

Testing and assessment in various settings-Education
Counselling and guidance Clinical setting
Organizational and developmental areas

Unit V: Major concerns in Testing and Measurement

18 Hours

Response bias and response set
Cross-cultural issues test equivalence and measurement bias Test adaptation issues
Translation – back translation method and statistical methods

Essential Readings

- Gregory, R. J. (2011). Psychological testing: History, principles, and applications (6th edition). New Delhi: Pearson Education.
- Aiken, L. R., & Groth-Marnet, G. (2009). Psychological testing and assessment (12th Ed.) New Delhi: Pearson Education.
- Murphy, K. R. & Davidsofer, C. O. (2005). Psychological testing: Principles and applications (6th Ed.). NJ: Pearson Education.

Suggested Readings

- Jackson, C. (2003). Understanding Psychological Testing. Mumbai: Jaico Pub. House.
- Kline, T. J. B. (2005). Psychological Testing. New Delhi: Vistar Publication
- Matsumoto, D. & van de Vijver, F J. R. (2011). Cross-cultural research methods in psychology. Cambridge: Cambridge University Press.

DEPARTMENT OF PSYCHOLOGY

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L 9 Sem IV	PSY-DSM-422	Clinical Intervention	6	-	-	-	IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 90

Unit I: Nature of Specific Therapeutic Variables

18 Hours

The client and the therapist, client- therapist relationship Course of therapeutic intervention: initial contact, assessment Goals of treatment, implementing treatment, Termination, evaluation, and follow-up Issues in psychotherapy, a brief introduction to Psychopharmacological Therapy

Unit II: Psychoanalytic Therapy (Freudian)

18 Hours

Goals and assumptions

Steps; Therapeutic Techniques-Free association, analysis of dreams, analysis of resistance Transference and confrontation Clarification, interpretation and working through

Unit III: Phenomenological and Humanistic Existential Psychotherapy

18 Hours

Client-centred therapy; origins, Theoretical propositions Therapeutic process diagnosis and applications Gestalt therapy Existential therapy

Unit IV: Behavioural and Interpersonal Perspectives

18 Hours

Behaviour therapy: Origins and Techniques

Systematic desensitization, assertiveness training, exposure therapy Modelling, behavioural rehearsal, contingency management, aversion therapy Cognitive behaviour therapy- Ellis's and Beck's approach

Unit V: Indian Perspectives of Psychotherapy

18 Hours

Descriptions of mental conditions and their treatments in the Vedas, Mindfulness, Yoga & Meditation, Principles of Bhagavad Gita,

Compassion and forgiveness, Music & Spiritual therapy, Significance of Indian Positive psychological interventions

Essential Readings

- Corey, G. (2009). Theory and practice of counselling and psychotherapy. (8thEd).
- Belmont, C.A: Brooks/Cole.
- Neitzel, M.T., Bernstein, D.A. & Millich, R. (1998). Introduction to clinical psychology (5thEd). Upper Saddle River, New Jersey: Prentice Hall.
- Page, A.C. & Stritzke, W.G.K. (2006). Clinical Psychology for trainees: Foundations of science informed practice. New York: Cambridge University Press.

Suggested Readings

- Culari, S. (1998). (Ed.) Foundations of clinical psychology. New York: Allyn & Bacon. Planate, T.J. (2005). Contemporary clinical psychology. New Jersey: John Wiley & Sons.

DEPARTMENT OF PSYCHOLOGY

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
Level-9 Semester- IV	PSY-SEC-421	Sports Psychology	4	-	-	-	IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 60

Unit I: Introduction

12 Hours

- 1.1 History of sport and exercise psychology; what is Sport and Exercise Psychology?
- 1.2 Sport psychology specialties: Clinical-sport psychology, Educational psychology
- 1.3 Role of exercise and sport psychologists-the teaching, research and consultation
- 1.4 Bridging science and practice

Unit II: Personality and sports

12 Hours

- 2.1 Why study personality in sport?
- 2.2 Approaches to personality
- 2.3 Assessment of personality
- 2.4 Personality research in sport and exercise

Unit III: Motivation and sports

12 Hours

- 3.1 Motivation: Definition and views
- 3.2 Guidelines for building motivation
- 3.3 Achievement motivation and competitiveness
- 3.4 Developing achievement motivation and competitiveness in sportspersons

Unit IV: Enhancing performance and self-confidence

12 Hours

- 4.1 Psychological skills training (PST): why PST is important? PST knowledge base and its effectiveness
- 4.2 Phases of PST programmes: Education, acquisition and practice
- 4.3 Designing and implementing a PST program: Common problems in implementing PST programmes
- 4.4 Defining self-confidence, assessing and building self-confidence

Unit V: Emotions, well-being and sports

12 Hours

- 5.1 Positive Emotions, Mood & Emotions, Positive Affect and use of Positive Emotions,
- 5.2 Emotions and Well-being,
- 5.3 Coping with Stress: Yoga, meditation, Happiness & Optimism

Essential Readings

Horn, T. S. (Ed.) (2002). *Advances in sport psychology*. USA: Human Kinetics Publishers. Weinberg, R. S., & Gould, D. (2003). *Foundations of sport and exercise psychology*. USA: Human Kinetics Publishers, Inc

Suggested Readings

Cratty, B. J. (1989). *Psychology in contemporary sport* (3rd Ed), Prentice Hall. Suinn, R. M. (1980). *Psychology in sports: Methods and applications*. Macmillan.

DEPARTMENT OF PSYCHOLOGY

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L 9 Sem IV	PSY-SEC-422	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

Any SIX practical of the following:

- (1) Empathy/forgiveness
- (2) Measurement of Emotional Expression
- (3) Measurement of Discrete Emotions
- (4) Measurement of Cultural Variations in emotions
- (5) Verbal Descriptions of Emotions
- (6) Cognitive Behaviour Therapy (CBT)
- (7) Behaviour Modification Techniques
- (8) Positive Psychological Interventions
- (9) Case History Taking/Mental Status Examination
- (10) Projective Tests

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

DEPARTMENT OF PSYCHOLOGY

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L 9 Sem IV	PSY-MDM-421	Forensic Psychology	4	-	-	-	IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 60

Unit I: Introduction to Forensic Psychology

12 Hours

Historical overview, Functions of Forensic Psychologists, Psychology and law.

Unit II: Psychology of Crime

12 Hours

Developmental Theories and Psychobiological bases of crime, Risk Assessment & Violence Prediction, Eyewitness Testimony and Expert Testimony.

Unit III: Psychological Investigation of Crime

12 Hours

Scientific Lie Detection: Polygraph, Verbal & Non-Verbal Cues, Hypnosis and Narcoanalysis, Behavioural Analysis; Understanding the criminal Personality-antisocial Personality, psychopath & sociopath; Personality Profiling

Unit IV: Psychology of Violence

12 Hours

Workplace and domestic violence, Child Abuse, Victim Psychology

Unit V: Correctional Psychology

12 Hours

Recognizing the suffering: Rape Trauma Syndrome and Post traumatic Stress Disorder, Coping with criminal victimization, rehabilitation of victim and offender

Essential Readings

- Bartol, C. R. & Bartol, A. M. (2004). Introduction to forensic psychology. Thousand Oaks, CA: Sage Publications.
- Brown, J. M., & Campbell, E. A. (Eds.) (2010). The Cambridge handbook of forensic psychology. Cambridge, England: Cambridge University Press.
- Costanzo, M. & Krauss, D. (2010). Legal and forensic psychology. New York: Worth Publishers.
- G., Hollin, C., & Bull, R. (Eds.) (2008). Forensic psychology. Chichester, England: John Wiley & Sons, Ltd.
- Huss Matthew T. (2009). Forensic psychology: Research, clinical practice, and applications. West Sussex, UK: Wiley-Blackwell.

Suggested Readings

- Joanna R. Adler, Jacqueline M Gray (Eds) (2010) Forensic psychology, N.Y.: William Publishing,
- Towl, Graham J., & Crighton, David A. (Eds) (2010) Forensic psychology, West Sussex: N.J. John Wiley & Sons Ltd.
- Weiner, Irving B. & Hess, Allen K. (Eds) (2006) Handbook of Forensic Psychology, N.J. John Wiley & Sons Ltd.
- Kalupahana, D. J. (1992). The Principles of Buddhist Psychology. Delhi: Sri Satguru Publications.

DEPARTMENT OF PSYCHOLOGY

Level & Semester	Course Code	Title of the Course	Credits				Marks
			L	T	P	C	
L 9 Sem IV	PSY-MDM-422	Dissertation	-	-	4	-	IA (Mid): 40 EA (End Sem): 60

Lectures/Hrs.: 60

Objectives and Teaching Methods

The major objective of this stage 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 shall be the executive phase of data collection, analysis of data, and preparation of detailed reports. 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 minimum of 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) . The end term 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.