

SEMESTER III

COURSE DETAILS – 1

SUBJECT NAME – RESEARCH METHODS IN CLINICAL PSYCHOLOGY

SUBJECT CODE – – MPs-CT-301

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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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 Practicum 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.

	Block-1: Research Process
Unit 1:	Nature of Scientific Research, Research Problem
Unit 2:	Hypothesis
Unit 3:	Variables and Controlling Methods

	Block-2: Types of Research
Unit 1:	Descriptive Research
Unit 2:	Experimental Research



Unit 3:	Qualitative Research
Unit 4:	Ex-Post Facto Research

	Block-3: Sample and Sampling
Unit 1:	Meaning and Purpose of Sampling
Unit 2:	Types of Sampling
Unit 3:	Sampling Error, Factors Affecting Sampling Error

	Block-4: Methods of Data Collection
Unit 1:	Observation Method, Interview Method, Questionnaire Method
Unit 2:	Content Analysis, Case Study Method
Unit 3:	Grounded Theory

	Block-5: Report Writing
Unit 1:	Research proposal and Report Writing based on APA Style
Unit 2:	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.

COURSE DETAILS – 2
SUBJECT NAME – NEURO-BIOLOGICAL PSYCHOLOGY
SUBJECT CODE – MPs-CT-302

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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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, the 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.

	Block-1: Nature of Biopsychology
Unit 1:	Meaning and Approaches of Biopsychology, Major Divisions of Biopsychology
Unit 2:	Methods of Study and Research in Biopsychology
Unit 3:	Sensory Systems, Neurons
Unit 4:	Synaptic Transmission, Neurotransmitters

	Block-2: Nervous System
Unit 1:	Central Nervous System
Unit 2:	Peripheral Nervous System
Unit 3:	Autonomic Nervous System
Unit 4:	Neuroplasticity



	Block-3: Biological Basis of Affectors and Effectors, Biological Basis of Behaviour
Unit 1:	Sensory Systems, Motor System and Effectors
Unit 2:	Endocrine System and Chromosomal Anomalies
Unit 3:	Ingestive Behavior: Hunger and Thirst, Biological Basis of Sleep

	Block-4: Recent Advances in Neurophysiology
Unit 1:	Hemispheric Specialization and Localization
Unit 2:	Invasive Methods in Neurophysiology
Unit 3:	Non-Invasive Methods in Neurophysiology

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.

COURSE DETAILS – 3
SUBJECT NAME – SOCIAL PSYCHOLOGY
SUBJECT CODE – MPs-DSE-303

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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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 analyse social structure of India in scientific way.
- COs 3- Resolve various social issues of the society.

	Block-1: Introduction to Social Psychology
Unit 1:	Scientific Nature of Social Psychology, History and Scope of Social Psychology
Unit 2:	Advances at the Boundaries
Unit 3:	Social Relationships and Well-Being

	Block-2: Methods of Social Psychology
Unit 1:	Systematic Observation
Unit 2:	Correlation: The Search for Relationships
Unit 3:	The Experimental Method
Unit 4:	Mediating Variables and Causality, Meta-Analysis



	Block-3: Aggression
Unit 1:	Theories of Aggression, Causes of Human Aggression
Unit 2:	Aggression in Different Settings
Unit 3:	Reduction of Bullying

	Block-4: Group and Social Influence
Unit 1:	Social Facilitation and Social Loafing
Unit 2:	Conformity: Influence of Groups and Norms, Emergence of Social Norms
Unit 3:	Compliance: Principles and Tactics

	Block-5: Social Issues in India
Unit 1:	Domestic Violence, Poverty
Unit 2:	Alcoholism, Migration, Practical Exposure

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.

COURSE DETAILS – 4
SUBJECT NAME – HUMAN RESOURCE MANAGEMENT
SUBJECT CODE – MPs-DSE-304

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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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 analyse social structure of India in scientific way.
- COs 3- Resolve various social issues of the society.

	Block-1: Fundamentals of Human Resource Management
Unit 1:	Meaning, Scope, and Importance of HRM
Unit 2:	Assumptions and Characteristics of HRM
Unit 3:	Difference Between Personnel Management and HRM

	Block-2: Acquisition of Human Resources
Unit 1:	Human Resource Planning
Unit 2:	Job Analysis and Assessment
Unit 3:	Recruitment and Selection



	Block-3: Industrial Relations
Unit 1:	Nature and Objectives of Industrial Relations
Unit 2:	Importance and Approaches in Industrial Relations
Unit 3:	Strategy and Role of HRM in Industrial Relations

	Block-4: Performance Appraisal
Unit 1:	Performance Management System, Performance Appraisal Process
Unit 2:	Methods of Performance Appraisal
Unit 3:	Creating an Effective Personnel Management System

	Block-5: Job Satisfaction and Well-Being in Organizations
Unit 1:	Meaning, Nature, and Factors of Job Satisfaction
Unit 2:	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.

COURSE DETAILS – 5
SUBJECT NAME – POSITIVE PSYCHOLOGY
SUBJECT CODE – MPs-DSE-305

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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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

	Block-1: Introduction to Positive Psychology
Unit 1:	Concept of Positive Psychology
Unit 2:	Historical and Philosophical Traditions: Western Influence, Eastern Influences

	Block-2: Resilience
Unit 1:	Meaning and Definition of Resilience, Roots of Resilience Research
Unit 2:	Resilience Resources, Positive Youth Development
Unit 3:	Successful Aging and Resilience
Unit 4:	Strategies for Promoting Resilience in Children and Youth



	Block-3: Emotional Intelligence (EI)
Unit 1:	Salovey & Mayer's Ability Model of Emotional Intelligence
Unit 2:	Emotion-Focused Coping and Adaptive Potential of Emotional Approaches
Unit 3:	Life Enhancement Strategies through EI

	Block-4: Self-Efficacy
Unit 1:	Definition of Self-Efficacy
Unit 2:	Childhood Antecedents of Self-Efficacy,
Unit 3:	The Neurobiology of Self-Efficacy
Unit 4:	Self-Efficacy's Influence in Life Areas

	Block-5: Optimism
Unit 1:	Definition of Optimism, Childhood Antecedents of Learned Optimism
Unit 2:	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 Books

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

COURSE DETAILS – 6
SUBJECT NAME – YOGA AYURVEDA AND MENTAL HEALTH
SUBJECT CODE – MPs-DSE-306

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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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.

	Block-1: Concept of Mental Health and Illness
Unit 1:	Health According to WHO, Yoga and Ayurveda Perspectives on Health
Unit 2:	Concept of Mental Health, Classifications of Mental Illness
Unit 3:	Diagnostic Manuals for Mental Disorders

	Block-2: General Introduction to Yoga
Unit 1:	Meaning and Definition of Yoga
Unit 2:	Yoga Practices for a Healthy Life
Unit 3:	Importance of Yoga in Therapy and Research
Unit 4:	Main Streams of Yoga and Their Effects



	Block-3: Concept of Mind and Mental Health with Reference to Patanjali Yog Darshan
Unit 1:	Concept of Chitta (Mind) and Its States, Chitta Bhoomi: Levels of Consciousness
Unit 2:	Chitta Vrittis and Their Types, Chitta Vritti Nirodhopaya (Abhyasa-Vairagya), Chitta Vikshep (Mental Obstacles), Chitta Prasadan (Purification of Mind), Om Chanting and Its Effects on Mental Health
Unit 3:	Importance of Ashtanga Yoga for Mental Health, Kleshas: Yogic Causes of Mental Illness, Measures for Klesha Elimination

	Block-4: General Introduction to Ayurveda
Unit 1:	Ayurveda: Meaning, Definition, and Purpose, Principles of Diagnosis and Testing in Ayurveda
Unit 2:	Concept, Types, and Functions of: Doshas (Vata, Pitta, Kapha), Dhatus (Tissues) Mala (Excretory Products), Indriyas (Senses), Agni (Digestive Fire), Prana (Life Force)
Unit 3:	Prakriti (Constitutional Types) and Related Mental Disorders
Unit 4:	Ayurvedic Panchakarma Therapy

	Block-5: Yoga and Ayurveda for Managing Mental Illness
Unit 1:	Concept of Yogic Counseling, Skills of Counseling in Yoga and Ayurveda
Unit 2:	Yoga and Ayurveda for Managing Mental Disorders, Overview and Therapeutic Benefits of Major Herbs

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..

COURSE DETAILS – 7
SUBJECT NAME – CASE STUDY
SUBJECT CODE – MPs-CP-307

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objective:

- 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 client's issues.
- Administration of tests as per requirement.



COURSE DETAILS – 8
SUBJECT NAME – ENVIRONMENTAL SCIENCE
SUBJECT CODE – MP_s-AECC-102

CREDIT: 2	CA: 20	SEE: 30	MM: 50
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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.

	Block-1: Introduction to Environmental Studies and Ecosystem
Unit 1:	Multidisciplinary Nature of Environmental Studies, Scope and Importance
Unit 2:	Ecosystem, Energy Flow in an Ecosystem
Unit 3:	Case Studies of Ecosystems

	Block-2: Natural Resources: Renewable & Non-renewable Resources
Unit 1:	Land Resources and Land Use Change, Land Degradation, Soil Erosion, and Desertification
Unit 2:	Deforestation: Causes and Impacts
Unit 3:	Water Resources, Energy Resources

	Block-3: Biodiversity & Conservation
Unit 1:	Levels of Biological Diversity, Bio geographic Zones of India
Unit 2:	Biodiversity Patterns and Global Hotspots, India as a Mega-Biodiversity Nation
Unit 3:	Endangered and Endemic Species of India, Threats to Biodiversity, Conservation of Biodiversity

	Block-4: Environmental Pollution, Policies & Practices
Unit 1:	Environmental Pollution, Air, Water, Soil, and Noise Pollution
Unit 2:	Nuclear Hazards and Human Health Risk, Solid Waste Management
Unit 3:	Environmental Policies & Practices, Human-Wildlife Conflicts and Tribal Rights

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:

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