

**MODIFIED CBCS CURRICULUM OF
M.A. PSYCHOLOGY PROGRAMME**

SUBJECT CODE = PSY

FOR POST GRADUATE COURSES UNDER RANCHI UNIVERSITY



Implemented w.e.f.
Academic Session 2019-2022

Members of Board of Studies of CBCS P.G. Syllabus as per Guidelines of the Ranchi University, Ranchi.

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Head, University Department of Psychology, R.U. Ranchi

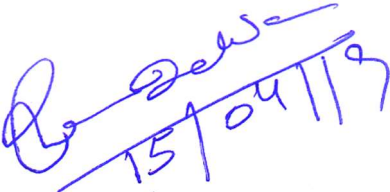
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15/04/19

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COURSE STRUCTURE FOR M.A. PSYCHOLOGY

Table AI-1: Distribution of 80 Credits for Subjects having Practical Papers

[*wherever there is a practical examination there will be no tutorial and vice-versa.]

Course	Papers	Credits Theory + Practical	Credits Theory + Tutorial
I. Foundation Course (FC)			
1. Foundation Course Compulsory Foundation/ Elective Foundation	(FC) 1 Paper	1X5=5	1X5=5
II. Core Course (CC)			
Theory	(CC 1 to 10/11) 7 Papers/11 Papers	7X5=35	11X5=55
Practical/ Tutorial*	3 Papers/-----	3X5=15	
Project	1 Paper	1X5=5	1X5=5
III. Elective Course (EC)			
A. Ability Enhancement Course of the Core Course opted	(AE/EC 1) 1 Paper	1X5=5	1X5=5
B. Discipline Centric Elective Theory + Practical	(DC/EC 2&3) 2 Papers 1 Paper	2X5=10 1x5=5	
OR Theory/Practical/Tutorial*	1Paper + 1 Practical/Dissertation		2X5=10
OR Generic Elective/ Interdisciplinary (GE/EC 2&3)			
Theory OR	2 Papers		
Theory/Practical/Tutorial*	1 Paper + 1 Practical/Dissertation		
Total Credit = 80			= 80

Table AI-1.1: Course structure for M.Sc Programme with Practical Papers

Semester	Subject (Core Courses) 11 Papers	Allied (Elective Courses) 4 Papers	Foundation Course (Compulsory Course) 1 Paper	Total Credits
Sem-I	C-1, C-2, C-3 (5+5+5=15 Credits)		Foundation Course FC (05 Credits)	20 Credits
Sem-II	C-4, C-5, C-6, C-7 (5+5+5+5=20 Credits)			20 Credits
Sem-III	C-8, C-9, C-10 (5+5+5=15 Credits)	EC1 (05 Credits)		20 Credits
Sem-IV	C-11 (Project) (05 Credits)	EC2, EC3, EP (5+5+5=15Credits)		20 Credits
Total = 80 Credits				

COURSES OF STUDY FOR M.Sc. PSYCHOLOGY

Table AI-2 Subject Combinations allowed for M. Sc. Programme (80 Credits)

Core Subject CC 11 Papers	Discipline Centric Elective/ Generic Elective Course DC/ GE 3 Papers	Skill Enhancement Course SE 1 Paper	Foundation Course FC 1 Paper
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Table AI-2.1 Semester wise Examination Structure for Mid Sem & End Sem Examinations:

Sem	Core, AE/ GE/ DC/ EC & Compulsory FC Courses				Examination Structure		
	Paper	Paper Code	Credit	Name of Paper	Mid Semester Evaluation (F.M.)	End Semester Evaluation (F.M.)	End Semester Practical/ Viva (F.M.)
I	Foundation Course	FCPSY101	5	Introduction to Psychology	30	70	----
	Core Course	CCPSY102	5	Research Methodology	30	70	----
	Core Course	CCPSY103	5	Development of Social Psychology	30	70	----
	Practical's on Core	CPPSY104	5	Experimental Psychology - I	----	----	100
II	Core Course	CCPSY201	5	Organizational Behavior	30	70	----
	Core Course	CCPSY202	5	Statistics – I	30	70	----
	Core Course	CCPSY203	5	Psychopathology	30	70	----
	Practical's on Core	CPPSY204	5	Testing (Practical)	----	----	100
III	Ability Enhancement Course	ECPSY301	5	A. Stress & stress Management in Organizations / B. Health and Wellness	30	70	----
	Core Course	CCPSY302	5	Statistics –II	30	70	----
	Core Course	CCPSY303	5	Clinical Psychology	30	70	----
	Practical's on Core	CPPSY304	5	Experimental Psychology – II	----	----	100
IV	Elective	ECPSY401	5	A. Applied Social Psychology / B. Community Psychology	30	70	----
	Elective	ECPSY402	5	A. Positive Psychology / B. Gender and Development	30	70	----
	Practical's on Elective	EPPSY403	5	Counseling & Guidance (Practical)	----	----	100
	PROJECT	PRPSY404	5	Dissertation	----	----	100

SEMESTER I**4 Papers****Total 100 x 4 = 400 Marks****I. COMPULSORY FOUNDATION COURSE [FCPSY101]:**

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100**Pass Marks (MSE:17 + ESE:28)=45*****Instruction to Question Setter:******Mid Semester Examination (MSE):***

There will be **two** groups of questions in written examinations of 20 marks. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score (CAS) of 5 marks and (c) Class Performance Score (CPS) of 5 marks. “**Best of Two**” shall be applicable for computation of marks for SIA.

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd., 5 marks).

INTRODUCTION TO PSYCHOLOGY**Theory: 60 Hours; Tutorial: 15 Hours****Objective:**

To introduce students to basic concepts of the field of psychology with an emphasis on applications in everyday life.

- Unit I : Introduction:** Definitions, Perspectives, Methods and Scopes of Psychology; Development of Psychology in India- A historical perspective. Structure and functions of nervous system.
- Unit II : Perception:** Perceptual Processing, Perception of Time, Distance and Depth; Theories of Perception: Behaviouristic and Gestalt.
- Unit III : Learning:** Nature of Learning; Theories of Learning: Classical Conditioning & Operant Conditioning; contiguity and reinforcement theory of learning.
- Unit IV : Remembering & Forgetting:** Nature and Processes (Encoding, Storage & Retrieval); Theories of forgetting: - Decay theory, Interference, Two factors Theory and motivated forgetting, Retroactive & Pro-active inhibition.
- Unit V : Emotion:** Definition, physiological basis of emotion; Theories: Lindsey's Activation Theory; Lazarus Cognitive Appraisal Theory, Schechter & Singer's Two Factors Theory.

Readings:

- **Charles F – Levinthal (2005):** Introduction to Physiological Psychology, Prentice Hall of India Pvt.
- **Hilgard, E.R.; Atkinson, R.C. & Atkinson, R.L. (1975):** Introduction to Psychology, New Delhi: Oxford & IBH Publishing Co.
- **Morgan, C.T., R.A., Weisz, J.R. & Schopler, J. (2006):** Introduction to Psychology, New Delhi: Tata Mc.Graw-Hill
- **Arun Kumar Singh (2012):** Uchhtar Samanya Manovigyan, Patna: Motilal Banarsi Das.
- **Muhamad Suleman (2012):** Samanya Manovigyan: Mool Prakriyaye avam Sangyatamak Prakriyaye, Patna: Motilal Banarsi Das

II. CORE COURSE [CCPSY102]:

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100**Pass Marks (MSE:17 + ESE:28)=45*****Instruction to Question Setter:******Mid Semester Examination (MSE):***

There will be **two** groups of questions in written examinations of 20 marks. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score (CAS) of 5 marks and (c) Class Performance Score (CPS) of 5 marks. "**Best of Two**" shall be applicable for computation of marks for SIA.

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd. < 95, 5 marks).

RESEARCH METHODOLOGY**Theory: 60 Hours; Tutorial: 15 Hours****Objective:**

To provide an overview of scientific approach to psychological research in terms of scientific methods

Unit I : **Psychological Research:** Nature and purpose; Scientific approach to Psychology; Types of research: Descriptive, exploratory, Qualitative research, Cross-sectional & Longitudinal research methods; Ethical issues.

Unit II : **Psychological Research Process: Major Stages of Psychological Research;** - Formulation of research problem, Review of Literature, Objectives and hypotheses/ Research Questions; choosing research design; Type of variables (Independent, Dependent & Control); sampling design and data collection; data analysis and interpretation; Pilot Study & Final Report, References (APA style).

Unit III : **Research Tools for Data Collection:** Observation, Interview, Schedule & Questionnaire- types, importance & construction; advantages and limitation/sources of bias.

Unit IV : **Experimental & Non-Experimental Research Designs:** types, advantages and limitations of factorial design, within groups & between groups; co-relational and quasi experimental designs; cross-sectional and longitudinal designs.

Unit V : **Construction of a Psychological Test:** Nature; Characteristics and steps involved in the construction of a psychological test.

Readings:

- **Kerlinger F.N. and Lee H.B. (2000):** Foundations of Behavioural Research 4th Ed. N.Y: Harcourt, College Pub.
- **Shaughnessy J.J. and Zechmeister B.E. (2003):** Research Methods in Psychology N.Y: The McGraw Hill (Appendix – C)
- **Anastasi (2002):** Psychological Testing N.Y. the Mc.Graw Hill
- **Sharma K. R. (2002):** Research Methodology, New Delhi: National Pub. House
- **Broota, K.D. (1989):** Experimental Design in Behavioural Sciences, New Delhi: Wiley Eastern Limited;
- **Goode, W.J. & Hatt, P.K. (1952):** Method in Social Research, Mc.Graw Hill: Kogakusha Ltd.
- **Kothari, C.R. (1999):** Research Methodology-Methods & Techniques (Ed.II), New Delhi: Wishwa Prakashan.
- **Singh, A.K. (1995):** Tests, Measurement & Research Methods in Behavioural Sciences, New Delhi: Bharati Bhawan;
- **Singh, A.K. (2012):** Research Methods in Psychology, Sociology and Education (Hindi), Delhi: Motilal Banarsidass.
- **Suleman, M. (1998):** Research Methodology in Behavioural Sciences (Hindi), Patna: Shukla Book Depot.

III. CORE COURSE [CCPSY103]:

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100**Pass Marks (MSE:17 + ESE:28)=45****Instruction to Question Setter:****Mid Semester Examination (MSE):**

There will be **two** groups of questions in written examinations of 20 marks. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score (CAS) of 5 marks and (c) Class Performance Score (CPS) of 5 marks. "**Best of Two**" shall be applicable for computation of marks for SIA.

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd, 5 marks).

DEVELOPMENT OF SOCIAL PSYCHOLOGY**Theory: 60 Hours; Tutorial:15 Hours****Objective:**

To introduce students to the basic concepts of the field of development of social psychology with an emphasis on applications in everyday life

Unit I : Development of Social Psychology: Historical perspective; problems of Indian social psychology; present status of social psychology in India with special reference to Jharkhand.

Unit II : Socialization: Nature, process, stages and determinants; psycho-analytic approach; effect of child rearing practices.

Unit III : Prejudice & Communalism in India: Nature; Development; Correlates—psychological and social; Reduction of prejudice & Communalism

Unit IV: Attitude: Nature; formation and change; Theories- Festinger, Rosenberg, Kelman; Measurement-Thurstone and Likert Scale.

Unit V: Group Dynamics and Inter-group relations: Nature, formation, inter- group relations; anti and pro- social behavior, group dynamics and cohesiveness.

Readings:

- **Singh, A.K. (2012):** Samaj Manovigyan ki Ruprekha, Delhi: Motilal Banarsi Das
- **Dewan, R.(Edition-2008 & 2010):** Religious Identity and Prejudice, Delhi: Satyam Publishing House
- **Md. Suleman (2009):** Uchhtar Samag Manovigyan, Delhi; Motilal Banarsi Das
- **Pandey, J. (2004):** Psychology in India-Revised, Delhi: Sage
- **Lindzey, G.& Aronson, E. (1968):** The Handbook of Social Psychology, Addison-Wesley Publishing

IV. CORE COURSE PRACTICAL [CPPSY104]:

(Credits: Practical-05)

Marks: 30 (ESE: 20 Viva + 5Attd. + 5 Record) + 70 (ESE Pr: 6Hrs)=100**Pass Marks =45*****Instruction to Question Setter:******End Semester Practical Examination (ESE Pr):****Five questions in equal value will be set, out of which students shall have to answer two questions.**The questions in practical examination will be of equal to 70 marks and will be so framed that the students are able to answer them within the stipulated time. 20 marks will be awarded on the performance in viva voce whereas 10 marks will be awarded on cumulative assessment which is further subdivided as 5 marks for Practical record and 5 marks for Attendance.****Note:****(Attendance Upto75%, 1mark; 75<Attd.<80, 2 marks; 80<Attd.<85, 3 marks; 85<Attd.<90, 4 marks; 90<Attd, 5 marks).***PRACTICAL-I****Practical: 60Hours****EXPERIMENTAL PSYCHOLOGY - I****Objective:***To provide an overview of scientific approaches to experimental psychology in terms of scientific methods***Unit I :** **Verification of Weber's Law** for lifted weights / visual length by using method of limits & constant stimuli.**Unit II :** **Katona's Experiments****Unit III :** **Perception** – Perception of time; filled and unfilled condition; short and long interval.**Unit IV :** **Learning** – Incidental vs intentional learning;**Unit V :** **Forgetting** – Testing the phenomenon of retroactive inhibition and pro-active inhibition.**Readings:**

- **M.R.D' Amato (2006):** Experimental Psychology: Methodology Psychophysics and Learning TMH Edition – Fifteenth Reprint (2006)
- **Stephen F Davis (2005):** Handbook of Research methods in Experimental Psychology, Edited by Stephen F Davis, Blackwell publishing 35, Main Street Maldon, NA 02148-5020 U.S.A.
- **Barry and Morton (1985):**Experimental methods in psychology, Mc Graw Hill
- **Broota K.D.(1992) :** Experimental Designs in Behavioural research New Delhi, Wiley Estern
- **Robert L. Solso (2002 M. Kimberly Maclin):**Experimental Psychology, Pearson Education P. Ltd. Indian Branch
- **C.B. Dave and others (1998):** Experimental Psychology Theory and Statistics Viral Prakashan – A'bad
- **Mohsin, S.M. (1982):** Experiments in Psychology. Patna: Motilal Banarsidas.

SEMESTER II

4 Papers**Total 100 x 4 = 400 Marks****I. CORE COURSE [CCPSY201]:**

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100**Pass Marks (MSE:17 + ESE:28)=45****Instruction to Question Setter:****Mid Semester Examination (MSE):**

There will be **two** groups of questions in written examinations of 20 marks. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score (CAS) of 5 marks and (c) Class Performance Score (CPS) of 5 marks. “**Best of Two**” shall be applicable for computation of marks for SIA.

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd, 5 marks).

ORGANIZATIONAL BEHAVIOR**Theory: 60 Hours; Tutorial: 15 Hours**

- Unit I** : **Introduction and types of organization:** nature and development of organizational dynamics; types and relationship with other sciences; nature of social organization system; **characteristics** of a good organization.
- Unit II** : **Organizational behaviour:** theories- classical theory, neo-classical theory, modern theory, X and Y theory
- Unit III** : **The Work Environment:** illumination, ventilation; temperature and noise; role of human factor in industry with special reference to Hawthorne studies; importance of motivation and incentive for work.
- Unit IV** : **Power, Authority and Control:** definitions-social power; theories of social power; use of power strategies; control system; reaction due to control authority; logic of authority; application of authority.
- Unit V** : **Communication in organizations:** nature, channel; types; factors influencing effective communication.

Readings:

- **Luthans, Fred(2002):** Organizational Behaviour, New Delhi: Mc.Graw-Hill
 - **Newstrom. J. W. and Davis, K (2002):** Organizational Behaviour – Human Behaviour at Work, New Delhi: Tata Mc.Graw – Hill
 - **Glimer V.H. (1971):** Industrial and Organizational Psychology, New York: Mc.Graw – Hill
 - **Singh, Arun Kumar (2003):** Odyogik avam Sangthnatmak Mnovigyan, Patna: Bharti Bhawan
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II. CORE COURSE [CCPSY202]:

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100	Pass Marks (MSE:17 + ESE:28)=45
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Instruction to Question Setter:**Mid Semester Examination (MSE):**

There will be **two** groups of questions in written examinations of 20 marks. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score (CAS) of 5 marks and (c) Class Performance Score (CPS) of 5 marks. "**Best of Two**" shall be applicable for computation of marks for SIA.

(Attendance Upto75%, 1mark; 75<Attd.<80, 2 marks; 80<Attd.<85, 3 marks; 85<Attd.<90, 4 marks; 90<Attd, 5 marks).

STATISTICS – I**Theory: 60 Hours; Tutorial:15 Hours**

- Unit I** : **Basic Statistical Concepts** – Meaning; Types and application of statistics in psychology; Degree of freedom; Null hypothesis; Level of significance.
- Unit II** : **Nature**, Types and computation of central tendency and variability.
- Unit III** : **Significance of difference between means-** Critical Ratio and 't' test.
- UnitIV** : **Correlation** – Meaning and types of correlation; Calculation of correlation- Rank difference method; product moment.
- Unit V** : **Uses and application of computer in statistics with special reference to SPSS.**

Readings:

- **Broota, K.D. (1989):** Experimental Design in Behavioural Research Bombay Wiley Eastern, Ltd.
- **Guilford, J.P.(1954):** Fundamental Statistics in Psychology and Education, New York, Mc. Graw Hill Book Company.
- **Peatman: S.(1954):** Non-Parametric Statistics for the Behaviour Science Edition, New York Mc.Graw Hill Book Co.
- **Chadha, N. K. (1998):** Statistical Methods in Behavioural and Social Sciences. ND: Relaince Pub. House.
- **Field, A. (2005):** Discovering Statistics using SPSS. London: Sage Publications
- **Meyers, L. S., Gamst, G. &Guarino, A.J. (2008):**Applied Multivariate Research: Design and Interpretation.
- **Siegel, S. (1986):** Non parametric statistics. NY: Mc.Graw Hill.
- **Md.Suleman (2009):** Statistics in Psychology, Education and Other Social Sciences (Hindi).

III. CORE COURSE [CCPSY203]:

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100**Pass Marks (MSE:17 + ESE:28)=45****Instruction to Question Setter:**Mid Semester Examination (MSE):

There will be **two** groups of questions in written examinations of 20 marks. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score (CAS) of 5 marks and (c) Class Performance Score (CPS) of 5 marks. "**Best of Two**" shall be applicable for computation of marks for SIA.

(Attendance Upto75%, 1mark; 75<Attd.<80, 2 marks; 80<Attd.<85, 3 marks; 85<Attd.<90, 4 marks; 90<Attd, 5 marks).

PSYCHOPATHOLOGY**Theory: 60 Hours; Tutorial: 15 Hours**

- Unit I** : **Classification System in Psychopathology-** WHO classification (ICD–11) and Multiaxial System (DSM-V).
- Unit II** : **Theories and Models of Anxiety Disorders-** Phobia; Dissociative disorders; Obsessive – compulsive disorders.
- Unit III** : **Theories and Models of** – Mood disorders; Uni-polar and bipolar disorders and Schizophrenia – Types, symptoms and causes.
- Unit IV** : **Theories and Models of** – Impulsive control disorder, personality disorder; anti-social personality disorder; sexual and gender identity disorder.
- Unit V** : **Other Disorders**– De-generative disorders; sleep disorder and eating disorder; Substance related disorders.

Readings:

- **Kisker, G.W.(1977).** The dis-organized personality, Tokyo, MC.Graw-Hill Kogakusha Ltd.
- **Jahan, M. (2016).** Mansik Rog (Revised Edition), New Delhi: Ahuja Publishing House (Hindi).
- **Carson, R.C. (2008).** Abnormal Psychology, USA: Pearson Education, Inc.
- **Md.Suleman (2008).** Asamanya Manovigyan Vishay aur Vyakhya, Delhi: Motilal Banarsidas (Hindi).
- **Singh, Arun Kumar (2010).** Asamanya Manovigyan ki Rooprakha, New Delhi: Motilal Banarsidas (Hindi).

IV. CORE COURSE PRACTICAL [CPPSY204]:

(Credits: Practical-05)

Marks: 30 (ESE: 20 Viva + 5Attd. + 5 Record) + 70 (ESE Pr: 6Hrs)=100**Pass Marks =45*****Instruction to Question Setter:******End Semester Practical Examination (ESE Pr):****Five questions in equal value will be set, out of which students shall have to answer two questions.**The questions in practical examination will be of equal to 70 marks and will be so framed that the students are able to answer them within the stipulated time. 20 marks will be awarded on the performance in viva voce whereas 10 marks will be awarded on cumulative assessment which is further subdivided as 5 marks for Practical record and 5 marks for Attendance.****Note:****(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd, 5 marks).***PRACTICAL-II****Practical: 60Hours****TESTING****1. Projective Tests**

- a) Thematic Apperception Test
- b) Rorschach Test
- c) Word Association Test

2. Personality Inventories

- a) Cattell's 16 P.F.
- b) Mousdsley Personality Inventory
- c) Beck Depression Inventory - II

3. Intelligence Tests

- a) Portues Maze Test
- b) Jalota Group Test of Mental Ability
- c) Emotional Intelligence Test

Readings:

- Anastasi, A. (1988)** : Psychological Testing (Stz.Ed.). N.Y: Mc.Millan.
- Bhargava, M. (2001)**: Modern Psychological Testing and Measurement (Hindi). Agra: Hari Prasad Bhargava.
- Broota, K.D.(1990)**: Experimental Design in Behavioural Research. N.Y: John Wiley.
- Cronbach, L.J. (1970)** : Essential of Psychological Testing. N.Y: Harper & Row.
- Freeman, F.S.(1986)** : Theory and Practice of Psychological Testing. New Delhi:Oxford & IBH Publishing Co.
- Guilford, J.P (1954)**: Psychometric Methods. New Delhi: Tata Mc.Grans – Hill Publishing Co. Ltd.

SEMESTER III
4Papers**Total 100 x 4 = 400 Marks****I. ABILITY ENHANCEMENT COURSE [ECPSY301A]: (Credits: Theory-05)**

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100	Pass Marks (MSE:17 + ESE:28)=45
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Instruction to Question Setter:Mid Semester Examination (MSE):

There will be **two** groups of questions in written examinations of 20 marks. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score (CAS) of 5 marks and (c) Class Performance Score (CPS) of 5 marks. "**Best of Two**" shall be applicable for computation of marks for SIA.

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd, 5 marks).

A. STRESS & STRESS MANAGEMENT IN ORGANIZATIONS**Theory: 60 Hours; Tutorial:15 Hours****Objective:**

To provide the knowledge and practice of various aspects of stress and stress management.

- Unit I : Stress:** Concept, different perspectives, Causes and symptoms; framework of stress management: - types, causes and strategies
- Unit II : Occupational stress:** Concept, causes, personal characteristics, organizational structure, properties of work and work setting, job roles.
- Unit III : Effects of Occupational Stress:** Effects on job behavior, job satisfaction, performance, effects on employee's physical and psychological health; preventions
- Unit IV : Individual-Centered Stress Management Techniques:** Cognitive, hypno-suggestive, behavioural and physical (yoga and aerobic exercises) interventions; Coping strategies and case studies.
- Unit V : A research report on stress / stress management among individuals of factory/teaching institutions/ child and women care institutions etc.**

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. & Altman, E. M. (1994):** Interventions in Occupational Stress. New Delhi: Sage Publications.
- **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.

OR

SKILL ENHANCEMENT COURSE [ECPSY301B]:

(Credits: Theory-05)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100	Pass Marks (MSE:17 + ESE:28)=45
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Instruction to Question Setter:**Mid Semester Examination (MSE):**

There will be **two** groups of questions in written examinations of 20 marks. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score (CAS) of 5 marks and (c) Class Performance Score (CPS) of 5 marks. "**Best of Two**" shall be applicable for computation of marks for SIA.

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd., 5 marks).

B. HEALTH AND WELLNESS**Theory: 60 Hours; Tutorial: 15 Hours****Objective:**

To impart knowledge about health fitness; to make understand the nature and causes or various diseases; To make the student familiar with various yogic processes.

- Unit I : Health and wellbeing:** Concept and indicators, medical and bio-psycho-social models of health, cross-cultural perspectives on health, goals of health psychology; approaches to health.
- Unit II : Health behaviour:** Role of behavioural factors in disease and disorders; changing health habits; models and approaches to health behavior change – cognitive behavioural and social engineering approaches, and trans theoretical model.
- Unit III : Hypo Kinetic/ Life Style diseases and ill management:** obesity, hypertension, diabetes, menopause, osteoporosis, thyroid, depression, phobia and female reproductive disorders.
- Unit IV : Yoga, Surya Namaskar and its Effects on Human Body/ Alternative Therapy for Health and Wellness/ Nutrition:** astangyog; naturopathy, acupressure aryuved and other.; the balanced diet; principal of weigh control; physiology of weight loss; basic first aid & cardiac life support (CPR).
- Unit V : Practice, Education, Tour and Project:** Introduction of Prayers, Mantra, bhavgeet.; Loosening Exercises Program, Kriyas, Yogasan, Suryanamskar, Pranayam, Meditation, Bandh and Mantras, Health care card.

Readings:

- Swami Adhyatmanand:** Yoga & Health, Gujarat Grantha Ratna Karyalaya, A'bad.
- Yoga, Asan:** Pranayam, Mudra Kya, Vivekanand Kendra A'bad
- Suryanamaskar:** Yoga Publication Trust Munger, Bihar (Hindi English).
- Nagendrakumar Niraj:** Prakrutik Chikitsa Avam Yoga, Maa Sita Smruti Swasthya Prakashan Mala, Jaypur-20 (Hindi).

II. CORE COURSE [CCPSY302]:

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100**Pass Marks (MSE:17 + ESE:28)=45****Instruction to Question Setter:**Mid Semester Examination (MSE):

There will be **two** groups of questions in written examinations of 20 marks. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score (CAS) of 5 marks and (c) Class Performance Score (CPS) of 5 marks. "**Best of Two**" shall be applicable for computation of marks for SIA.

(Attendance Upto75%, 1mark; 75<Attd.<80, 2 marks; 80<Attd.<85, 3 marks; 85<Attd.<90, 4 marks; 90<Attd, 5 marks).

STATISTICS –II**Theory: 60 Hours; Tutorial:15 Hours**

- Unit I** : **Distinctive features of parametric and non-parametric statistical test and their uses. Percentile and percentile rank; Meaning; Methods.**
- Unit II** : **Chi-square** as a test of Independence and Goodness of fit; Assumptions, computation by 2×2 contingency table and testing equal probability and normal distribution hypothesis.
- Unit III** : **Analysis of variance:** Meaning, Assumptions and application; One way and Two ways ANOVA.
- Unit IV** : **Normal probability curve-** Meaning, Characteristics, Application and computation.
- Unit V** : **Correlation:** Assumptions, Application computation of Bi-serial and point bi-serial.

Readings:

- **Aron, Author ,Aron,E.N. and coups E.J.(2007):** Statistics for psychology New Delhi: Pearson Education
- **Dave, C.D. and others (1998):** Experimental Psychology: Theory and Statistics, Allahabad: Viral Prakashan.
- **Siegels (1994) :** Non Parametric Statistics for Behaviour Science 2ndEdition, New York: Mc.Graw Hill Book Co.
- **Md.Suleman (2009):** Statistics in Psychology, Education and other Social Sciences (Hindi).

III. CORE COURSE [CCPSY303]:

(Credits: Theory-03, Practical-02)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100**Pass Marks (MSE:17 + ESE:28)=45*****Instruction to Question Setter:******Mid Semester Examination (MSE):***

There will be **two** groups of questions in written examinations of 20 marks. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score (CAS) of 5 marks and (c) Class Performance Score (CPS) of 5 marks. “**Best of Two**” shall be applicable for computation of marks for SIA.

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd, 5 marks).

CLINICAL PSYCHOLOGY**Theory: 60 Hours; Tutorial: 15 Hours**

- Unit I** : Development of clinical psychology as a profession; Nature & Development of clinical psychology in India; Clinical psychology and related fields; psychiatry; Psychiatric social work.
- Unit II** : **Psychodiagnosis:** Meaning: Techniques; The case history; the interview and psychodiagnostic tests: Personality and Intelligence
- Unit III** : **Directive and non-directive psychotherapies** – Freudian psychoanalytic therapy: Merits and limitations; Roger’s Non-directive therapy; Characteristic; Step involved; Difference between directive and non-directive therapies.
- Unit IV** : **Cognitive Behavior Therapy-** Concept; Types and importance.
- Unit V** : **Group Therapy** – Concept, types- Family therapy; Play and Release therapy; Importance of community mental health programmes.

Readings:

- **Sarason I. G. and Sarason B.R. (2005):** Abnormal Psychology : The Problem of maladaptive Behavior, 11th Edition (2005), Prentice-Hall of India Private LTD, New Delhi
- **Korchin, S.J. (2004):** Modern Clinical Psychology, Delhi: CBS Publishers & Distributors.
- **Shaffer, G.W. and Lazarus, R.S. (1952):** Fundamental Concepts in Clinical Psychology, Mc.Graw Hill Book Co.
- **Wolman, B.B. (1965):** Handbook of Clinical Psychology, MC.Graw Hill Book Co.
- **Singh, A.K. (2012):** Uchhatar Naidanic Manovigyan, Delhi: Motilal Banarsi Das.

IV. CORE COURSE PRACTICAL [CPPSY304]:

(Credits: Practical-05)

Marks: 30 (ESE: 20 Viva + 5Attd. + 5 Record) + 70 (ESE Pr: 6Hrs)=100**Pass Marks =45*****Instruction to Question Setter:******End Semester Practical Examination (ESE Pr):***

Five questions in equal value will be set, out of which students shall have to answer two questions.

The questions in practical examination will be of equal to 70 marks and will be so framed that the students are able to answer them within the stipulated time. 20 marks will be awarded on the performance in viva voce whereas 10 marks will be awarded on cumulative assessment which is further subdivided as 5 marks for Practical record and 5 marks for Attendance.

Note:

(Attendance Upto60%, 1mark; 60<Attd.<80, 2 marks; 80<Attd.<85, 3 marks; 85<Attd.<90, 4 marks; 90<Attd, 5 marks).

PRACTICAL-III**Practical: 60Hours****EXPERIMENTAL PSYCHOLOGY – II**

- 1. Two point threshold**
- 2. Efficiency of distributed and massed practice**
- 3. Fatigue and mental work, effect of rest pause**
- 4. Retention for completed and interrupted task- Zeigarnik Effect**
- 5. Knowledge of result.**

Readings:

- Wood worth R.S. & Schlosberg's (1984):**Experimental Psychology (Revised Edition) J.W. Kling & Lorrin A Riggs and Seventeen Contributors, Delhi: Khosla Publishing House.
 - B.J. Underwood (1966):** Experimental Psychology (2nd Edition). Appretor Centre and Cropts..
 - Mohsin, S.M. (1982):** Experiments in Psychology. Patna: Motilal Banarsidas.
 - Desai K.G. (1994):** Manovaignanik Mapan(3rd Edition), Ahmedabad: UniversityGranth Nirman Board
 - Md.Suleman (2009):** Manovigyan me Prayog aur Prikshan, Delhi: Motilal Banarsi Das.
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SEMESTER IV
4 Papers**Total 100 x 4 = 400 Marks**

I. GENERIC/DISCIPLINE CENTRIC ELECTIVE [ECPSY401A]:
 (Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100	Pass Marks (MSE:17 + ESE:28)=45
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Instruction to Question Setter:***Mid Semester Examination (MSE):***

There will be **two** groups of questions in written examinations of 20 marks. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score (CAS) of 5 marks and (c) Class Performance Score (CPS) of 5 marks. "**Best of Two**" shall be applicable for computation of marks for SIA.

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd., 5 marks).

A. APPLIED SOCIAL PSYCHOLOGY**Theory: 60 Hours; Tutorial: 15 Hours**

- Unit I** : **Introduction to Applied Social Psychology:** Definition, relationship with basic social psychology, historical developments and major concerns.
- Unit II** : **Social Psychology and Health:** Health Belief Model, Health compromising behaviors; health promotion, cognitive response and dual process models of persuasive change; stress and health.
- Unit III** : **Social Psychology and Environment:** Human interaction with environment, environmental hazards and challenges; environmental attitudes, risk perceptions, encouraging pro-environmental behavior.
- Unit IV** : **Gender Issues:** Meaning- Gender and Sex; Patriarchy; legal safe-guards of women empowerment; women violence- types, causes and remedies; Feminism
- Unit V** : **Psychology of Crime, Corruption and Violence:** Definitions, types and retentive measures; Corruption: concept, types and causes; Violence against children and elders- causes and preventions.

Readings:

- **Baron, R. A., Branscombe, N. R. & Byrne, D. (2009):** Social Psychology (12th ed.). New York: Pearson Education.
- **Myer, D.G. (2012):** Social Psychology (11th ed.). New York: McGraw Hill.
- **Taylor, S.E., Peplau, L.A., & Sears, D.O. (2006):** Social Psychology (12th ed.). New Jersey: Pearson Education.
- **Mishra, Girishwar (1990):** Applied Social Psychology in India, Delhi: Sage Publication
- **Rai, S.C. (2009):** Bhartiya Samagik Samasyaye, Delhi: Arjun Publishing House
- **Suleman and Dinesh Kumar (2010):** Manovigyan aur Samagik Samasyaye, Delhi: Motilal and Banarsi Das.
- **Dewan, R. (2011):** Aandolan Ki Mahilaye (ed.), New Delhi: Educational Book Service, Series – II.

OR**GENERIC/DISCIPLINE CENTRIC ELECTIVE****[ECPSY401B]:**

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100 Pass Marks (MSE:17 + ESE:28)=45**Instruction to Question Setter:**Mid Semester Examination (MSE):

There will be **two** groups of questions in written examinations of 20 marks. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score (CAS) of 5 marks and (c) Class Performance Score (CPS) of 5 marks. “**Best of Two**” shall be applicable for computation of marks for SIA.

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd., 5 marks).

B. COMMUNITY PSYCHOLOGY**Theory: 60 Hours; Tutorial: 15 Hours****Objectives:**

To impart knowledge about community psychology; to make the students familiar with contribution of community psychology; to acquaint the students with prevention of mental disorders of human diversity

- Unit I:** Introduction to Community psychology: Definition and perspectives; Development and practice of community psychology; Ecological levels of analysis in community psychology
- Unit II:** Methods of community research: Aims of community psychology research: Qualitative, quantitative; integrating qualitative and quantitative methods.
- Unit III:** Understanding communities: Individuals within environments; conceptual models of ecological context; importance of context for intervention; creating and altering settings. Nature, importance and context of community, human diversity, coping and stress in context.
- Unit IV:** Preventing problem behaviour and promoting social competence: Concepts of prevention and promotion, risk and resiliency. Implementing prevention and promotion programmes: issues and cultural diversity in programme implementation.
- Unit V:** Promoting community and social change: empowerment and citizen participation; multiple forms of power; empowerment practices and settings. Community and social change; community organizing techniques; elements of effective community change initiatives.

Readings:

- Kloos, B., Hill, J, Thomas, E., Wandersman, A., Elias, M., & Dalton, J. H. (2012): Community psychology: Linking individuals and communities (3rd ed.). Wadsworth, Cengage Learning: Belmont, CA, USA.
- Naidoo, A., Pillay, J., & Bowman, B. (2007). Community psychology. Juta and Company Ltd.
- Orford, J. (1992). Community psychology: Theory and practice. Wiley.
- Rappaport, J. & Seidman, E. (2000). Handbook of community psychology. Springer Science & Business Media.
- Rudkin, J.K. (2003). Community psychology: Guiding principles and orienting concepts. Prentice Hall.

II. GENERIC/DISCIPLINE CENTRIC ELECTIVE **[ECPSY402A]:** (Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100	Pass Marks (MSE:17 + ESE:28)=45
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Instruction to Question Setter:

Mid Semester Examination (MSE):

There will be **two** groups of questions in written examinations of 20 marks. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score (CAS) of 5 marks and (c) Class Performance Score (CPS) of 5 marks. "**Best of Two**" shall be applicable for computation of marks for SIA.

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd., 5 marks).

A. POSITIVE PSYCHOLOGY

Theory: 60 Hours; Tutorial: 15 Hours

- Unit I** : **Introduction:** Definition and objectives, historical development, theoretical perspectives of positive psychology. Recent trends of Positive Psychology.
- Unit II** : **Subjective well-being:** Concept and indicators, life satisfaction, peace and happiness, determinants of happiness; theoretical frameworks.
- Unit III** : **Strategies to enhance happiness:** Enhancing pleasure, engagement and meaning-making; self-related processes.
- Unit IV** : **Character strengths and virtues:** Meaning, Classification, assessment and nurturance; Development of Character Strength, barriers in developing strengths and virtues.
- Unit V** : **Meeting life challenges:** Nature, type and sources of stress, individual interpretations and responses, coping strategies and their assessment, promoting healthy coping strategies and life skills.

Readings:

- Carr, A. (2004): Positive psychology. London: Routledge.
- Compton, W.C. (2005). Introduction to positive psychology. Belmont: Wadsworth.
- Linley, P.A; & Joseph, S.(2004). Positive psychology in practice. New York: Wiley.
- Peterson, C; & Seligman, M.E.P. (2004). Character strengths and virtues. New York: Oxford University Press.
- Snyder, C.R. & Lopez, S. J. (2002) Handbook of positive psychology. Oxford: Oxford University Press.

OR**GENERIC/DISCIPLINE CENTRIC ELECTIVE****[ECPSY402B]:**

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100**Pass Marks (MSE:17 + ESE:28)=45****Instruction to Question Setter:**Mid Semester Examination (MSE):

There will be **two** groups of questions in written examinations of 20 marks. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score (CAS) of 5 marks and (c) Class Performance Score (CPS) of 5 marks. "**Best of Two**" shall be applicable for computation of marks for SIA.

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd., 5 marks).

B. GENDER AND DEVELOPMENT**Theory: 60 Hours; Tutorial: 15 Hours****Objective:**

This paper largely focuses on India's attempts to establish a link between development and gender. It particularly focuses on different perspectives and Govt. schemes adopted for promoting gender and development as well as women empowerment.

Unit 1: Gender equality and in-equality in patriarchy:

Issue of discrimination, violence, exploitation and oppression. Indicators of low status of women in patriarchal society. Nature and problems of women's work: self-employment, labour force participation. Family compulsions and other factors affecting gender related choices or priorities of work, role conflict among women.

Unit 2: Perspectives on Gender and Development:

Welfarist and developmentalist. Empowerment: paradigms and paradoxes. Changing status of women in India, pre-colonial, colonial and post-colonial. Measures to uplift women's status.

Unit 3: Measures to improve Gender Relations:

Special schemes and strategies for women's development in five year plans. Voluntary sector and women's development. Women in sectoral development: Education, Health, Agricultural and Industry.

Unit 4: Globalization and Women's Development:

Development Policies – Liberalization and globalization: their impact on women. Environment Development and Gender- Deforestation. Women in Panchayati Raj Institutions and Urban Local Bodies: 73rd and 74th Constitutional Amendments.

Unit 5: Women's Movement in India: Past, Present and Future

Readings:

- **Forbes, Geraldine (1998):** Women in Modern India, London: Cambridge University Press.
 - **Ghadially, Rehana (1998):** Women in Indian Society, New Delhi: Sage
 - **Seth, Mira (2001):** Women and Development, New Delhi: Sage Publications.
 - **Suchitra, Anant, Ramani Rao and Kabita Kapoor (2005):** Women at Work in India, Ministry of Labour, GOI.
 - **Aggrawal, Bina (1998):** Structures of Patriarchy: State, Community and Household in Modernization of Asia, New Delhi: Kali for Women.
 - **Gulati Leela (1982):** Profiles in Poverty. New Delhi, Hindustan Publishing Corporation.
 - **Dewan Renu (2011):** Andolan Ki Mahilaye(ed.), *New Delhi: Educational Book Service.*
 - **Dewan Renu (2012):** Panchayat Ki Mahilaye(ed.), *New Delhi: Educational Book Service.*
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III. GE/DC PRACTICAL [EPPSY403]:

(Credits: Practical-05)

Marks: 30 (ESE: 20 Viva + 5Attd. + 5 Record) + 70 (ESE Pr: 6Hrs)=100**Pass Marks =45*****Instruction to Question Setter:******End Semester Practical Examination (ESE Pr):****Five questions in equal value will be set, out of which students shall have to answer two questions.**The questions in practical examination will be of equal to 70 marks and will be so framed that the students are able to answer them within the stipulated time. 20 marks will be awarded on the performance in viva voce whereas 10 marks will be awarded on cumulative assessment which is further subdivided as 5 marks for Practical record and 5 marks for Attendance.****Note:****(Attendance Upto75%, 1mark; 75<Attd.<80, 2 marks; 80<Attd.<85, 3 marks; 85<Attd.<90, 4 marks; 90<Attd, 5 marks).***COUNSELING & GUIDANCE (PRACTICAL)****Practical: 60Hours**

- Unit I** : **Introduction:** Meaning, types and goals of counseling & guidance; related fields; skills of an effective counselor; ethical issues in counseling & guidance.
- Unit II** : **Counseling Approaches:** Psycho-analytic, Behavioral, Humanistic and Cognitive with Seminar/ Poster Presentation
- Unit III** : **Counseling Process:** External conditions and preparation; structuring the counseling relationship; tools of counseling: interview and degrees of lead by the counselor; non-verbal behaviour.
- Unit IV** : **Counseling with case studies:** Educational, Career and Family; stress management oriented counseling; counseling for Hypertension/Cancer/ HIV/AIDS/child abuse /drug abuse patients.
- Unit V** : **Vocational Guidance for Career Development of Youth–** Nature and principles; techniques of guidance- individual and group with field-work.

Readings:

- **Richard Nelson – Jones (2012):** Basic Counseling Skills (A Helper's Manual) Third Edition, Delhi: Sage.
- **Cormier, S., & Hackney, H. (2013):**Counseling strategies and interventions (8Th International Edition). London: Pearson.
- **Erford, B. (2013):**Orientation to the counseling profession: Advocacy, ethics, and essential professional foundations (2nd Ed.). London: Pearson.
- **Fouad, N.A. (Ed) (2012):**APA Handbook of counseling psychology. Washington: American Psychological Association
- **Gelso, C. J., &Fretz, B .R. (2000):**Counseling psychology (2nd Ed). KY: Cengage Learning.
- **Gladding, S. T. (2014):**Counseling: A comprehensive profession. New Delhi: Pearson Education.
- **Woolfe, R., Dryden, W., & Strawbridge, S. (Eds.) (2010):**Handbook of counseling psychology (3rd Ed). London: Sage Publication Ltd.

IV. CORE COURSE (PROJECT) [PRPSY404]:

(Credits: 05)

Marks : 100 (ESE: 3Hrs)=100**Pass Marks =45*****Guidelines to Examiners for******End Semester Examination (ESE):***

Overall project dissertation may be evaluated under the following heads:

- *Motivation for the choice of topic*
- *Project dissertation design*
- *Methodology and Content depth*
- *Results and Discussion*
- *Future Scope & References*
- *Participation in Internship programme with reputed organization*
- *Application of Research technique in Data collection*
- *Report Presentation*
- *Presentation style*
- *Viva-voce*

The evaluation of the dissertation will be done in 100 marks (70 marks + 30 marks of the session). The sessional component will be evaluated by the concerned supervisor.

The end term evaluation (70 marks) will be done by a board of examiners. The end term evaluation in 70 marks will include the literary and scientific presentation of the dissertation and the performance in the viva-voce.

DISSERTATION / PROJECT WORK

Each student has to submit three copies of hard bound dissertation work (along with the raw data), duly forwarded by the HOD of Department concerned. The forwarded copies will be submitted in the Department of Psychology, Ranchi University, for evaluation (one month before the viva voce examination).

The paper may involve:

- (a) Laboratory research/ Field work/ Lab work related to the project.
- (b) Survey research, Case Study or any other type of Psychological research
- (c) One Large study/ Experiment or several studies/ Experiments depending on the objectives of the research.
- (d) The writing of dissertation must be in accordance with the Publication Manual of the American Psychological Association (APA) and should be within 80 to 100 pages including references and appendices.
- (e) Content must be typed in Font: Times New Roman with Line Spacing: 1.5 and Font Size 14 points.

Presentation of project work in the seminar on the assigned topic in the P.G. Department of Psychology, Ranchi University, Ranchi & open viva there on.

NB:- Students will select topics for the project work in consultation with a teacher of the Department. The Seminar will be held in the Department of Psychology, Ranchi University, Ranchi.

**DISTRIBUTION OF CREDITS FOR P.G. PROGRAMME (SEMESTER-WISE) FOR
POSTGRADUATE 'P.G. Voc./M.Sc./M.A./M.Com' PROGRAMME**

Table B-1: Semester wise distribution of 80 Credits for Subjects with Practical Papers.

Semester	CC	FC	GE/DC	AE	Total credits
Semester I	15	05			20
Semester II	20				20
Semester III	15			05	20
Semester IV	5		15		20
	55	05	15	05	80

Table B-1: Semester wise distribution of 80 Credits for Subjects without Practical Papers.

Semester	CC	FC	GE/DC	AE	Total credits
Semester I	15	05			20
Semester II	20				20
Semester III	15			05	20
Semester IV	10		10		20
	60	05	10	05	80

CC=Core Course; FC=Foundation Compulsory/Elective Course; GE=Generic Elective; SE=Skill Enhancement Course; DC=Discipline Centric Elective

**SAMPLE CALCULATION FOR SGPA & CGPA FOR POSTGRADUATE 'P.G.
Voc./M.Sc./M.A./M.Com' PROGRAMME**

Table B-2: Sample calculation for SGPA for M.Sc./M.A./M.Com Programme

Course	Credit	Grade Letter	Grade Point	Credit Point (Credit X Grade)	SGPA (Credit Point/Credit)
Semester I					
FC	05	A	8	40	
C-1	05	B+	7	35	
C-2	05	B	6	30	
C-3/CP	05	B	6	30	
Total	20			135	6.60 (135/20)
Semester II					
C-4	05	B	6	30	
C-5	05	C	5	25	
C-6	05	B+	7	35	
C-7/CP	05	A+	9	45	
Total	20			135	6.60 (135/20)
Semester III					
EC-1	05	A+	9	45	
C-8	05	O	10	50	
C-9	05	A	8	40	
C-10/CP	05	A	8	40	
Total	20			175	8.75 (175/20)
Semester IV					
EC-2/EC-2	05	B	6	30	
EC-3/EC-3	05	A+	9	45	
C11/EP	05	B	6	30	
Project	05	A+	9	45	
Total	20			150	7.50 (150/20)
CGPA					
Grand Total	80			595	7.44 (595/80)

Table B-3: Sample calculation for CGPA for P.G. Vocational M.Sc./M.A./M.Com Programme

Semester I	Semester II	Semester III	Semester IV
Credit:20; SGPA:6.60	Credit:20; SGPA: 6.60	Credit:20; SGPA: 8.75	Credit:20; SGPA: 7.50

Thus CGPA= (20x6.60+20x6.60+20x8.75+20x7.50) /80=7.36

DISTRIBUTION OF MARKS FOR EXAMINATIONS AND FORMAT OF QUESTION PAPERS

Distribution of Marks for Mid Semester Evaluation:**Table No. 15:** Distribution of marks of Theory Examinations of Mid Semester

Topic	Code	Full Marks	Pass Marks	Time	Group-A (Very short answer type Compulsory Questions) No. of Questions x Marks = F.M.	Group-B (Descriptive Questions) No. of Questions x Marks = F.M.	Total No. of Questions to Set	
							Group A	Group B
Mid Sem*	T30*	30 (20 +5 +5)	17	1 Hr	5 x1 =5	3 (out of 5) x5 =15	05	5

***There shall be 20 marks theory examination for mid sem, 05 marks for attendance/ regular interactions & 05 marks for seminar/ assignment/ term paper given by faculty concerned in classrooms.**

Distribution of Marks for End Semester Theory Examinations:**Table No. 16:** Marks distribution of Theory Examinations of End Semester

Topic	Code	Full Marks	Pass Marks	Time	Group-A# (Very short answer type Compulsory Questions) No. of Questions x Marks = F.M.	Group-B (Descriptive Questions) No. of Questions x Marks = F.M.	Total No. of Questions to Set	
							Group A#	Group B
End Sem	T50	50	--	3 Hrs	2 x5 =10	2 (out of 3) x20 =40	2	3
	T70	70	28	3 Hrs	Q.No.1 (5x1) + 1x5 =10	4 (out of 6) x15 =60	2	6

Question No.1 in Group-A carries very short answer type questions of 1 Mark

Note : There may be subdivisions in each question asked in Theory Examinations.

FORMAT OF QUESTION PAPER FOR MID SEM EXAMINATION

20 MARKS



Ranchi University, Ranchi

Mid Sem No.Exam Year

Subject/ Code

F.M. =20Time=1Hr.

General Instructions:

समान्य निर्देश :

- i. **Group A** carries very short answer type compulsory questions.
(खंड 'A' में अत्यंत लघु उत्तरीय अनिवार्य प्रश्न हैं।)
- ii. **Answer 3 out of 5** subjective/ descriptive questions given in **Group B**.
(खंड 'B' के पाँच में से किन्हीं तीन विषयनिष्ठ/ वर्णनात्मक प्रश्नों के उत्तर दें।)
- iii. Answer in your own words as far as practicable.
(यथासंभव अपने शब्दों में उत्तर दें।)
- iv. Answer all sub parts of a question at one place.
(एक प्रश्न के सभी भागों के उत्तर एक साथ लिखें।)
- v. Numbers in right indicate full marks of the question.
(पूर्णांक दायीं ओर लिखे गये हैं।)

Group A

1. [5x1=5]
2.
3.
4.
5.

Group B

6. [5]
7. [5]
8. [5]
9. [5]
10. [5]

Note: There may be subdivisions in each question asked in Theory Examination.

FORMAT OF QUESTION PAPER FOR END SEM EXAMINATION

50 MARKS



Ranchi University, Ranchi

End Sem No.Exam Year

Subject/ Code

F.M. =50

General Instructions:

- i. **Group A** carries very short answer type **compulsory** questions.
- ii. **Answer 2 out of 3** subjective/ descriptive questions given in **Group B**.
(खंड 'B' के तीन में से किन्हीं दो विषयनिष्ठ/ वर्णनात्मक प्रश्नों के उत्तर दें।)
- iii. Answer in your own words as far as practicable.
(यथासंभव अपने शब्दों में उत्तर दें।)
- iv. Answer all sub parts of a question at one place.
(एक प्रश्न के सभी भागों के उत्तर एक साथ लिखें।)
- v. Numbers in right indicate full marks of the question.
(पूर्णांक दायीं ओर लिखे गये हैं।)

Group A

- | | | |
|---------|--|-----|
| 1. | | [5] |
| 2. | | [5] |

Group B

- | | | |
|---------|--|------|
| 3. | | [20] |
| 4. | | [20] |
| 5. | | [20] |

Note: There may be subdivisions in each question asked in Theory Examination.

FORMAT OF QUESTION PAPER FOR END SEM EXAMINATION

70 MARKS



Ranchi University, Ranchi

End Sem No.Exam Year

Subject/ Code

F.M. =70**P.M.** =28**Time**=3Hrs.**General Instructions:**

- i. **Group A** carries very short answer type **compulsory** questions.
- ii. **Answer 4 out of 6** subjective/ descriptive questions given in **Group B**.
(खंड 'B' के छः में से किन्हीं चार विषयनिष्ठ/ वर्णनात्मक प्रश्नों के उत्तर दें।)
- iii. Answer in your own words as far as practicable.
(यथासंभव अपने शब्दों में उत्तर दें।)
- iv. Answer all sub parts of a question at one place.
(एक प्रश्न के सभी भागों के उत्तर एक साथ लिखें।)
- v. Numbers in right indicate full marks of the question.
(पूर्णांक दायीं ओर लिखे गये हैं।)

Group A

- | | | |
|----|-----------|---------|
| 1. | | [5x1=5] |
| | i. | |
| | ii. | |
| | iii. | |
| | iv. | |
| | v. | |
| 2. | | [5] |

Group B

- | | | |
|----|-------|------|
| 3. | | [15] |
| 4. | | [15] |
| 5. | | [15] |
| 6. | | [15] |
| 7. | | [15] |
| 8. | | [15] |

Note: There may be subdivisions in each question asked in Theory Examination.