



2-YEARS NEP PG CURRICULUM
M.A. PSYCHOLOGY PROGRAMME

SUBJECT CODE = PSY

FOR POSTGRADUATE COURSES UNDER RANCHI UNIVERSITY, RANCHI



Implemented w.e.f.
Academic Session 2025-26 Onwards



Members of Board of Studies of NEP PG Syllabus as per Guidelines of the Ranchi University, Ranchi

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Approval by the Members of the NEP Implementation and Monitoring Committee of Ranchi University, Ranchi

The prepared Curriculum of the Master's Degree has been approved by the NEP Implementation and Monitoring Committee of R.U., duly forwarded by the Head of the Department; it will be offered to the Students of the 1-year and 2-year Postgraduate Programme. It is implemented from the 1st Semester of the Academic Session 2025-26 and onwards.

Raj K. Singh
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Member Secretary

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HIGHLIGHTS OF NEP PG CURRICULUM

CREDIT OF COURSES

The term 'credit' refers to the weightage given to a course, usually in terms of the number of instructional hours per week assigned to it. The workload relating to a course is measured in terms of credit hours. It determines the number of hours of instruction required per week over a semester (minimum 15 weeks).

- a) One hour of teaching/ Lectures or two hours of laboratory /practical work will be assigned per class/interaction.

One credit for Theory = 15 Hours of Teaching

One credit for Practicum = 30 Hours of Practical work

One credit for Internship = 02 Weeks of Practical experience

- b) For credit determination, instruction is divided into three major components:

Hours (L) – Classroom Hours of one hour duration.

Tutorials (T) – Special, elaborate instructions on specific topics of one hour duration

Practical (P) – Laboratory or field exercises in which the student has to do experiments or other practical work of a two-hour duration.

Internship – For the Exit option after 1st year of the 2-year P.G. Programme for the award of P.G. Diploma, Level 6.5. Students can either complete two 4-week internships worth 2 credits each or one 8-week internship for all 4 credits. This practical experience connects academic learning with real-world applications, offering valuable exposure to professional environments in their fields of study

PG CURRICULUM

1. The PG Curriculum will be either of 1-year duration for students who studied the four-year UG Programme (FYUGP) or a 2-year duration for students who studied a three-year UG programme from a CBCS/LOCF/FYUGP Curriculum.
2. There is a flexible mode in the PG programme offered to the students of Ranchi University, Ranchi. The total credit for any semester will be 20 credits.
3. **Two-year PG curriculum:** The First year of the PG curriculum offers coursework only. There will be 3 courses at level 400 and 2 courses at level 500 in the first and the second semesters of any 2-year PG programme.
4. **One-year PG curriculum:** The Courses in the 1-year PG programme and the second year of the 2-year PG programme are the same.
 - a. **Course work only:** There will be 5 courses at level 500 of 4 credits each in every semester for the coursework offered in the programme.
 - b. **Course work and Research:** There will be 5 courses at the level 500 bearing 4 credits each in the first semester of a 1-year PG or in the third semester of a 2-year PG. There will be Research work offered in the next semester for this mode offered in the programme. The eligibility for this mode is available in the NEP PG curriculum of Ranchi University, Ranchi.
 - c. **Research work only:** The eligible student will be offered this mode to conduct extensive research under the supervision of a guide. Each semester will be equivalent to 20 credits. The selection of a candidate for the research mode will depend upon the eligibility of the student, availability of the guide and seat in the department/institution of Ranchi University, Ranchi.

PROMOTION CRITERIA

Two Years Post-graduation programme having coursework only:

- i. Each course shall be of **100 marks** having two components: **30 marks for Sessional Internal Assessment (SIA), conducted by the Department/College and 70 marks shall be assigned to the End Semester University Examination (ESUE), conducted by the University.**
- ii. The marks of SIA shall further break into, 20 for Internal Written Examinations, 05 for Written Assignment/ Seminar presentation and 05 for overall performance of a student including regularity in the class room lectures and other activities of the Department/College.

- iii. The Requisite Marks obtained by a student in a particular subject will be the criteria for promotion to the next Semester.
- iv. There shall be two written internal examinations, each of 1 hour duration and each of 20 marks, in a semester out of which the '**Better One out of Two**' shall be taken for computation of marks under SIA.
- v. If a student failed to secure pass marks in Mid Semester, he/she has to reappear in Mid & End Semester Examinations.
- vi. In case a student is fail to secure pass marks in End Semester Examination, then he/she has to appear only in End Semester Examination of following Sessions within period of Upper Limit of Four Years and the Marks of Mid Semester will be carried for the preparation of result.
- vii. Students' final marks and the result will be based on the marks obtained in Mid Semester and End Semester Examination organized taken together.
- viii. The pass marks in the programme will be 45% of the total marks obtained in each Core/ Elective/ Other Courses offered.
- ix. In absolute terms of marks obtained in a course, **a minimum of 28 marks is essential in the ESUE and a minimum of 17 marks is to be secured in the SIA** to clear the course. In other words, a student shall have to pass separately in the ESUE and in the SIA by securing the minimum marks prescribed here.
- x. Every candidate seeking to appear in the ESUE shall be issued an Admit Card by the University. **No candidate will be permitted to appear in the examination without a valid admit card.**
- xi. A candidate shall be permitted to proceed in next Semester (2nd, 3rd and 4th) **provided he/she has passed at least in 3 courses out of 5 courses** in the respective semester in theory and practical/ project courses taken together.
- xii. A student will have to clear all his papers within maximum of Four Years of duration to qualify for the degree.

However, it will be necessary to procure pass marks in each of the papers before completion of the programme.

VALUE ADDED COURSES

- 1. The Value added course will be of **2 credits** to be covered during the first semester.
- 2. There will be objective-type questions asked in the End Semester University Examination (ESUE).
- 3. There will be OMR-based examination and the correct answer is to be marked by a black ballpoint pen only on the OMR sheet provided by the University.
- 4. For **50 Marks Examination** the student will be provided **Two hours** for marking their responses.
- 5. Students are not allowed to choose or repeat courses already undergone at the undergraduate level in the proposed major and minor streams.
- 6. The performance in this course will not influence the SGPA or CGPA of the PG Programme where the student is registered to obtain the Master's Degree. However, it will be mandatory to secure minimum pass marks in the course before exit from the PG Programme.
- 7. If the student fails to secure the minimum pass marks in the Value added course in the first semester, he may appear in the examination of the said course with the following batch of the next session.
- 8. The student may appear in the examination of the said course further if could not clear the course in the following attempt, subject to the date of validation of the Registration.

The Regulations related to any concern not mentioned above shall be guided by the existing Regulations of the PG Curriculum of Ranchi University, Ranchi.

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COURSE STRUCTURE FOR PG **‘PG DIPLOMA/ COURSEWORK ONLY/ COURSEWORK WITH RESEARCH/ RESEARCH ONLY’**

Table 1: Credit Framework for One Year Postgraduate Programme (PG) [Total Credits = 80]

Academic Level	Level of Courses	Semester	Coursework Level 400	Coursework Level 500	Research Preparedness	Research thesis/ Project/ Patent	Total Credits
YEAR 1							
Level 6.5	Coursework	I	4+4+4	4+4	---	---	20
		II	4+4+4	4+4	---	---	20
YEAR 2: Exit Point: Having Internship of 4 credits Exit allowed with PG Diploma Certificate							
Level 6.5	Coursework	III	---	4+4+4+4+4	---	---	20
		IV	---	4+4+4+4+4	---	---	20
OR							
Level 6.5	Coursework + Research	III	---	4+4+4+4+4	---	---	20
		IV	---	---	20	---	20
OR							
Level 6.5	Research	III	---	---	20	---	20
		IV	---	---	---	20	20
Total credits of P.G. Programme = 80							

Note: Having Internship of 4 credits ‘Exit’ is allowed with awarding the PG Diploma Certificate.

Implemented from Academic Session 2025-26 & Onwards

AIMS OF MASTER'S DEGREE PROGRAMME IN PSYCHOLOGY**AIM**

India is on the verge of an explosion of mental illnesses. About 197 million persons, roughly seven Indians, suffered from mental disorders of varying severity in 2017. This includes Depression, anxiety disorders, Schizophrenia, intellectual disability conduct disorder and autism. Mental disorders have burdened India, indicating need for implementing effective strategies to control burden.

Pursuing a career in Psychology is expected to contribute to humankind in every field of human transaction. Psychology can help people to relate to people in human ways, when people are losing touch with the world.

This syllabus has been designed by emphasizing on learning outcomes based on frame-work that helps to get fundamental and advanced knowledge of Psychology along with enhanced skills. This syllabus will prepare students to get ready to meet the need of job market through experiential and research-based studies.

OBJECTIVES

The University Department of Psychology, Ranchi University, Ranchi aims to create Psychology professional to meet the increasing social needs of the society:

1. To offer the learning opportunities to orient the students towards the scientific and humanistic study.
2. To help in shaping the cognitive, affective and behavioural abilities of students to build responsible Psychology professionals and researchers.
3. To facilitate basic skills in major areas of application like Testing, Experimentation, Counselling and Interview, Data Analysis and Report Writing.
4. To develop the learner into competent and efficient professionals in the field of Psychology.
5. To promote self- understanding and personal growth.
6. To produce/prepare socially responsible academicians and efficient professionals in field of Psychology with a global vision.
7. To develop a strong sense of ethical and moral aptness in general and in the context of learning and its assessment in particulars.
8. To provide knowledge and skills in the field of Clinical and Organizational Behaviour.

PROGRAMME LEARNING OUTCOMES

OUTCOMES

After the completion of Master's Degree Programme students will be able to:

1. Demonstrate a systematic, extensive and coherent knowledge with understanding of the academic field of Psychology as a whole and its application, including critical understanding of theories, principals and concepts.
2. Students will be capable of demonstrating comprehensive knowledge and understanding of various disciplines in Psychology.
3. It will develop capacity of solving the problems from what has been learned and it will help to solve different kinds of non-familiar problems, rather than replicate curriculum, content knowledge and apply once learning to real life situations.
4. This course will develop the ability to evaluate the reliability and relevance of the evidence; it will synthesize data from a variety of sources.
5. It will provide ability to work effectively and respectfully with diverse teams and to act together as a group or a team in the interest of common cause.
6. It will articulate ideas, scientific writing, authentic reporting and effective presentation.
7. It will also provide disciplinary knowledge and methods including Data Analyses & Software practical knowledge.
8. Students will be able to appreciate and tolerate different perspective.
9. Students will become competent in social settings and they will become more committed to health and wellbeing at different levels.

The Courses in One Year P.G. Programme and in the Second year of Two years P.G. Programme are Common.

Table 2: Semester-wise Course Code and Credit Points

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	4	Basics of Psychology	30	70	----
	Core Course	CCPSY102	4	Development Of Social Psychology	30	70	----
	Core Course	CCPSY103	4	Research Methodology	30	70	----
	Core Course	CCPSY104	4	Physiological Psychology	30	70	----
	Practicals on Core	CPPSY105	4	Practical-I	----	----	100
II	Core Course	CCPSY201	4	Organizational Behaviour	30	70	----
	Core Course	CCPSY202	4	Thoughts of Psychology	30	70	----
	Core Course	CCPSY203	4	Psychopathology	30	70	----
	Core Course	CCPSY204	4	Statistics – I	30	70	----
	Practicals on Core	CPPSY205	4	Practical-II	----	----	100
III	Core Course	CCPSY301	4	Indian Knowledge System (IKS) In Psychology	30	70	----
	Skill Enhancement Course	ECPSY302	4	A. Stress & Stress Management// B. Health Psychology	30	70	----
	Core Course	CCPSY303	4	Clinical Psychology	30	70	----
	Core Course	CCPSY304	4	Statistics –II	30	70	----
	Practicals on Core	CPPSY305	4	Practical-III	----	----	100
IV	Elective	ECPSY401	4	A. Applied Social Psychology/ B. Community Psychology/ C. Counselling & Guidance	30	70	----
	Elective	ECPSY402	4	A. Positive Psychology/ B. Gender and Development/ D. Life Span Psychology	30	70	----
	Core Course	CCPSY403	4	Sports Psychology	30	70	----
	Practicals on Elective	EPPSY404	4	A. Applied Psychology/ B. Community Psychology/ C. Positive Psychology	----	----	100
	PROJECT	PRPSY405	4	Dissertation/ Project/ Teaching Aptitude	----	----	100

*** Either One Internship of 4 credits or Two Internships of 2 credits each is required before opting for the ‘Exit’ option after First year of the P.G. Programme.**

INSTRUCTION TO QUESTION SETTER

SEMESTER INTERNAL EXAMINATION (SIE):

There **Marks Weightage of a Course:** Each non-practical/non-project course shall be of **100 marks** having two components: **70 marks shall be assigned to the End Semester University Examination (ESUE), conducted by the University, and, 30 marks for Sessional Internal Assessment (SIA), conducted by the Department/College.**

The marks of SIA shall further break into, 20 for Internal Written Examinations, 05 for Written Assignment/ Seminar presentation and 05 for overall performance of a student including regularity in the class room Lectures and other activities of the Department/College. There shall be two written internal examinations, each of 1-hour duration and each of 20 marks, in a semester out of which the **‘Better One out of Two’** shall be taken for computation of marks under SIA.

In absolute terms of marks obtained in a course, **a minimum of 28 marks is essential in the ESUE and a minimum of 17 marks is to be secured in the SIA to clear the course.** In other words, a student shall have to pass separately in the ESUE and in the SIA by securing the minimum marks prescribed here.

A. (SIE 20+5=25 marks):

There will be a uniform pattern of questions for mid-semester examinations in all the courses and of all the programmes. There will be **two** groups of questions in 20 marks written examinations. **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. Department may conduct Sessional Internal Examinations in other format as per needs of the course.

The Semester Internal Examination shall have two components. (a) One Semester Internal Assessment Test (SIA) of 20 Marks, (b) Class Attendance Score (CAS) of 5 marks.

Conversion of Attendance into score may be as follows:

Attendance Upto 45%, 1mark; 45<Attd.<55, 2 marks; 55<Attd.<65, 3 marks; 65<Attd.<75, 4 marks; 75<Attd, 5 marks.

END SEMESTER UNIVERSITY EXAMINATION (ESUE):

A. (ESUE 70 marks):

There will be a uniform pattern of questions for all the courses and all the programmes. 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 a 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. The questions will be so framed that examinee could answer them within the stipulated time.

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

B. (ESUE 100 marks):

Practical/ Project courses would also be of 100 marks but there **shall be no internal written examinations** of the type specified above. The total 100 marks will have two components: **70 marks for the practical ESUE and 20 marks for the Viva-voce examination** conducted during the ESUE to assess the applied and practical understanding of the student.

The written component of the project (**Project Report**) shall be of **70 marks and 20 marks will be for the Viva-voce examination** jointly conducted by an external examiner, appointed by the University, and the internal supervisor/ guide.

10 marks will be assigned on the cumulative assessment of the examinee during the semester and will be awarded by the department/faculty concerned.

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FORMAT OF QUESTION PAPER FOR MID/ END SEMESTER EXAMINATIONS**Question format for 20 Marks:**

F.M. =20	Subject/ Code	Exam Year
Time=1Hr.		
General Instructions:		
i. Group A carries very short answer type compulsory questions. ii. Answer 1 out of 2 subjective/ descriptive questions given in Group B . iii. Answer in your own words as far as practicable. iv. Answer all sub parts of a question at one place. v. Numbers in right indicate full marks of the question.		
<u>Group A</u>		
1.	i. ii. iii. iv. v.	[5x1=5]
2.		[5]
<u>Group B</u>		
3.		[10]
4.		[10]
Note: There may be subdivisions in each question asked in Theory Examination.		

Question format for 70 Marks:

F.M. =70	Subject/ Code	Exam Year
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 . iii. Answer in your own words as far as practicable. iv. Answer all sub parts of a question at one place. v. Numbers in right indicate full marks of the question.		
<u>Group A</u>		
1.	i. ii. iii. iv. v.	[5x1=5]
2.		[5]
<u>Group B</u>		
3.		[15]
4.		[15]
5.		[15]
6.		[15]
7.		[15]
8.		[15]
Note: There may be subdivisions in each question asked in Theory Examination.		

SEMESTER I

I. FOUNDATION COURSE BASICS OF PSYCHOLOGY

[FCPSY101]

Marks: 30 (MSE: 20 Th. 1Hr + 5 Attnd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100	Pass Marks: (MSE: 17 + ESE :28) = 45
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(Credits: Theory-04, 60 Hours)

Course Objectives:

1. To describe, explain, predict and to know about how to control the behaviour. It will help to know the 'why' and 'when' of any behaviour.
2. Study of behaviour will influence and control particular behaviour in situations involving mental health and undesirable behaviour.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. How human can perceive and process information, behave and interact with others.

Course Content:**Unit I: Introduction**

1. Definitions, Perspectives, Methods and Scopes of Psychology
2. Development of Psychology in India; A historical perspective.

Unit II: Perception

1. Approaches to the Study of Perception: Gestalt and physiological approaches
2. Perceptual Organization: Gestalt, Figure and Ground
3. Perceptual Constancy: Size, Shape, and Color; Illusions
4. Perception of Form, Depth and Movement
5. Role of motivation and learning in perception

Unit III: Learning:

1. Nature of Learning
2. Theories of Learning: Classical Conditioning (procedure, phenomenon & related issues) & Operant Conditioning (phenomenon & theoretical issues), Theory of Guthrie, Hull in learning.
3. Cognitive approaches in learning: Latent learning, observational learning. Verbal learning and Discrimination learning. Recent trends in learning: Neurophysiology of learning.

Unit IV : Remembering & Forgetting

1. Nature and Processes (Encoding, Storage & Retrieval)
2. Stages of Memory: Sensory, STM & LTM
3. Theories of forgetting:
 - a. Decay theory
 - b. Interference theory,
 - c. Two factors Theory and
 - d. Motivated forgetting
4. Retroactive & Pro-active inhibition.

Unit V : Emotion

1. Meaning and Definitions of emotion
2. Theories of emotion:
 - a. Lindsey's Activation Theory
 - b. Lazarus Cognitive Appraisal Theory
 - c. Schechter & Singer's Two Factors Theory.

Reference Books:

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

[CCPSY102]

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100

Pass Marks: (MSE: 17 + ESE: 28) = 45

(Credits: Theory-04, 60 Hours)

Course Objectives:

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

Course Learning Outcomes:

On successful completion of this course the student should know:

1. About the interpersonal relationship and even mental health. It will also help to know how environment shapes thoughts, feelings and behaviours.

Course Content:**Unit I: Development of Social Psychology**

1. Historical perspective; problems of Indian social psychology
2. Present status of social psychology in India with special reference to Jharkhand.

Unit II: Prejudice & Communalism in India

1. Nature, Development
2. Correlates: Psychological and Social
3. Reduction of Prejudice & Communalism in India

Unit III: Attitude

1. Meaning, Nature and Definition of attitude.
2. Formation & change of attitude
3. Theories of Attitude Change: Festinger, Rosenberg and Kelman
4. Measurement of attitude: Thurston and Likert Scale.

Unit IV: Group Dynamics and Inter-group relations

1. Nature, formation of group
2. Inter- Group relations
3. Anti and pro-social behavior
4. Group dynamics and cohesiveness.

Unit V: Social Influence and Aggression

1. Social Influence: Conformity, Crowding, Loafing
2. Aggression: Meaning and concept of aggression., Theoretical Approaches to aggression:
3. Instinct Theory
4. Frustration-Aggression Theory
5. Social-Learning Theory

Reference Books:

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

III. CORE COURSE RESEARCH METHODOLOGY

[CCPSY103]

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100**Pass Marks: Th (SIE + ESE) = 40**(Credits: Theory-04) **60 Hours****Course Objectives:**

After completion of the course, the learner can be able to understand:

1. To provide introductory knowledge about personality, factors (Heredity & Environment) affecting personality to understand self through Vedanta, Yoga, Sufi and Buddhist tradition.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. Appreciating conceptualizations of personality in the Western as well as Eastern traditions.
2. Understanding self and personality through Eastern perspectives such as Mimamsa, Vedanta, Samkhya, Yoga, Buddhist and Sufi traditions. Developing a critical understanding of personality through various Western approaches including type and trait, psychoanalytic, socio-cognitive and humanistic.
3. Understanding biological and environmental influences on personality development.
4. Fostering an applied perspective by engaging students in a discussion about the everyday applications of various personality theories.

Course Content:**UNIT-I: Bases of research in Psychology**

1. Definitions & objectives of psychological research.
2. Qualities of good research
3. Ethics in psychological research.
4. Types of Research:
 - ✓ Quantitative and Qualitative orientation and their steps.
 - ✓ Formulation of research proposals and developing testable hypotheses/research questions.

UNIT-II: Sampling

- ✓ Nature & definition Types of Sampling.

UNIT-III: Methods of Data Collection

- ✓ Observation
- ✓ Interview
- ✓ Questionnaire
- ✓ Interview Schedule
- ✓ Case study

UNIT-IV: Psychological Testing

- ✓ Characteristics of test
- ✓ Reliability
- ✓ Validity
- ✓ Norms and
- ✓ Standardization.

Reference Books:

1. Bryman, A. (2004). Quantity and Quality in Social Research. Routledge.
 2. Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi.
 3. Dyer, C. (2001) Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.) Oxford: Blackwell Publishers
 4. Kerlinger, F.N. & Lee, H.B. (1999). Foundations of Behavioural Research. Wadsworth
 5. Murphy, K.R. & Davidshofer, C. O. (2004). Psychological Testing: Principles & Applications (6th Ed.) New Jersey: Prentice Hall.
 6. Neuman, W.L. (2006). Social Research Methods: Qualitative and Quantitative Approaches (6th Ed.) Boston: Pearson Education.
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IV. CORE COURSE PHYSIOLOGICAL PSYCHOLOGY

[CCPSY104]

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100

Pass Marks: (MSE: 17 + ESE: 28) = 45

(Credits: Theory-04, 60 Hours)

Course Objectives:

1. To investigate how brain structure and functions contribute to specific behaviours.
2. To know how physiological psychology delivers into how the nervous system including its cells, structures and chemical interactions.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. Physiological psychology will help to understand how biological process also psychological theory will provide better understating of human experience.

Course Content:**Unit 1: Introduction to Physiological Psychology**

1. Bio-psychology:: Nature and Scope0
2. Biological roots: Principles of evolution of human behaviour, reflexes, instincts, environmental. Influences on behaviour
3. Ethics in Biopsychology

Unit 2: Neurons

1. Structure and functions of neurons.
2. Electrical activation of neurons
3. Synapse and synaptic transmission
4. Neurotransmitter

Unit 3: Nervous System-I

1. Central Nervous System (CNS)
2. Structure and function of brain

Unit 4: Nervous System-II

1. Autonomic Nervous System (ANS), Functions of ANS
2. Peripheral Nervous System (PNS), Structure and function

Unit 5: Neuro-Endocrine System

1. Structure, functions and abnormalities of major endocrine glands like pituitary thyroid, adrenal, gonads, pancreas and pineal.
2. Impacts of hormones upon behaviour: Emotion, Stress

Reference Books:

1. Baron, R. A. (2002). Psychology (5th Edition), New Delhi, Pearson Education.
2. Feldman, R.S. (2004). Understanding Psychology (6th Edition), New Delhi, Tata Mc. Graw Hill.
3. Dash, U.N., Dash, A.S., Mishra, H.C., Nanda, G.K. & Jena, N. (2004). Practical Exercises in Psychology: Learning about Yourself and Others. Panchasila, Bhubaneswar
4. Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and
5. Strength: Practicals in Psychology, Divya Prakashani, Samantarapur, Bhubaneswar

**V. CORE COURSE
PRACTICAL-I**

[CPPSY105]

Marks: 100 (ESE Pr: 6 Hrs) = 100**Pass Marks = 45****(Credits: Practical-04, 120 Hours)****EXPERIMENTAL PSYCHOLOGY - I****Objective:**

1. To provide an overview of scientific approaches to experimental psychology in terms of scientific methods

Course Outcomes:

On successful completion of this course the student should know:

1. Studying Experimental Psychology equips individuals with deep understanding of human and animal behaviour.

Unit I: Verification of Weber's Law: Lifted weights / visual length by using method of limits & constant stimuli.

Unit II: Katona's Experiments

Unit III: Perception: Muller-Layer Illusion.

Unit IV: Learning: Incidental vs. intentional learning.

Unit V: Forgetting: Testing the phenomenon of retroactive inhibition and pro-active inhibition.

Readings:

1. M.R.D' Amato (2006): Experimental Psychology: Methodology Psychophysics and Learning TMH Edition – Fifteenth Reprint (2006)
 2. 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.
 3. Barry and Morton (1985): Experimental methods in psychology, Mc Graw Hill
 4. Broota K.D. (1992): Experimental Designs in Behavioural research New Delhi, Wiley Estern
 5. Robert L. Solso (2002 M. Kimberly Maclin): Experimental Psychology, Pearson Education P. Ltd. Indian Branch
 6. C.B. Dave and others (1998): Experimental Psychology Theory and Statistics Viral Prakashan – A"bad
 7. Mohsin, S.M. (1982): Experiments in Psychology. Patna: Motilal Banarsidas.
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SEMESTER II

I. CORE COURSE

[CCPSY201]

ORGANIZATIONAL BEHAVIOUR

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100	Pass Marks: (MSE: 17 + ESE: 28) = 45
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(Credits: Theory-04, 60 Hours)**Course Objectives:**

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

1. To understand and improve human behaviour within organization to achieve better outcome
2. To understand why people behave the way they do and will help to predict the behaviour.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. How Organizational Behaviour provides insights into different leadership styles and their impact on employee motivation and performance.

Course Content:**Unit I: Introduction and types of organization**

1. Nature and development of organizational behaviour
2. Types and relationship with other sciences
3. Nature of social organizational system
4. Time management theory

Unit II: Organizational behaviour

1. Theories:
 - i. Classical theory
 - ii. Neo-classical theory
 - iii. Modern theory
 - iv. X and Y theory

Unit III: The Work Environment

1. Illumination, ventilation, temperature and noise
2. Role of human factor in industry with special reference to Hawthorne studies;
3. Importance of motivation and incentives for work.

Unit IV: Power, Authority and Control

1. Definitions-social power
2. Theories of social power
3. Uses of power strategies; control system; reaction due to control authority.

Unit V: Communication in organizations:

Nature, channel; types; factors influencing effective communication.

Reference Books:

1. Luthans, Fred (2002): Organizational Behaviour, New Delhi: Mc.Graw-Hill
 2. Newstrom. J. W. and Davis, K (2002): Organizational Behaviour – Human Behaviour at Work, New Delhi: Tata Mc.Graw – Hill
 3. Glimer V.H. (1971): Industrial and Organizational Psychology, New York: Mc.Graw – Hill
 4. Singh, Arun Kumar (2003): Odyogik avam Sanghnatmak Mnovigyan, Patna: Bharti Bhawan
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II. CORE COURSE THOUGHTS OF PSYCHOLOGY

[CCPSY202]

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100

Pass Marks: (MSE: 17 + ESE: 28) = 45

(Credits: Theory-04, 60 Hours)

Course Objectives:

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

1. To understand the various believes and major schools of psychology.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. How psychology provides insights into the complex factors that influence human behaviour, including biological, psychological and social influences.

Course Content:**Unit-1: Structuralism**

1. Emergence of Psychology as a science
2. Wilhelm Wundt and Edward Titchener
3. Introspection Method
4. Criticism and decline of structuralism

Unit-2: Behaviourism

1. Foundations: Watson and classical Behaviourism, B.F. Skinner: Radical Behaviorism and Operant Conditioning
1. Contribution of Pavlov and Thorndike
2. Evaluation and influence on Modern Psychology

Unit-3: Psychoanalytic School

2. Sigmund Freud:
 - i. Structure of mind
 - ii. Psychosexual stages
 - iii. Defense Mechanisms
 - iv. Psychoanalysis and its critiques
 - v. Neo-Freudian Expansions: Jung, Adler, Horney

Unit-4: Humanistic School

1. Reaction against determinism and reductionism
2. Carl Rogers: Self-Concept and Client Centered Therapy
3. Abraham Maslow, Hierarchy of needs and self-actualization
4. Human Potential Movement

Unit-5: Individual Psychology

1. Francis Galton
2. Albert Bandura
3. Karen Horney
4. Erik Ericson

Reference Books:

1. A History of an Experimental Psychology by E.G. Boring.
2. Seven Psychologies by Heid Breder.
3. Interpretations of Dreams by Sigmund Freud.
4. Toward A Psychology of Being by Abraham Maslow.
5. Understanding human nature by Alfred Adler.
6. मनोविज्ञान का संक्षिप्त इतिहास : अजीमुरहमान एवं जावेद अशरफ़
7. मनोविज्ञान के संप्रदाय एवं इतिहास

III. CORE COURSE PSYCHOPATHOLOGY

[CCPSY203]

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100

Pass Marks: (MSE: 17 + ESE: 28) = 45

(Credits: Theory-04, 60 Hours)

Course Objectives:

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

1. It will help to understand causes and development of mental health condition their diagnosis and prevention.
2. It will help to identify the boundaries between normal and abnormal behaviour, thoughts and feeling.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. How psychopathology examines mental health conditions affect a person's physical health, social interactions and academic outcomes.

Course Content:**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.**Reference Books:**

1. Kisker, G.W. (1977). The dis-organized personality, Tokyo, McGraw-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.
2. Md. Suleman (2008). Asamanya Manovigyan Vishay aur Vyakhya, Delhi: Motilal Banarsidas (Hindi).
3. Singh, Arun Kumar (2010). Asamanya Manovigyan ki Rooprakha, New Delhi: Motilal Banarsidas (Hindi).

**IV. CORE COURSE
STATISTICS – I**

[CCPSY204]

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100**Pass Marks: (MSE: 17 + ESE: 28) = 45****(Credits: Theory-04, 60 Hours)****Course Objectives:**

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

1. Statistics is a process which will help to make decisions based on data.
2. It will help to analyse and interpret data to uncover pattern, trends and insights, which will help in decision making in different sectors.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. How to summarize and describe data using different statistical techniques also students will be able to make sound judgment in different sectors or field.

Course Content:**Unit I: Basic Statistical Concepts**

1. Meaning, Types and application of statistics in psychology
2. Degree of freedom
3. Null hypothesis
4. 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.**Unit IV:** 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.**Reference Books:**

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

[CPPSY205]

Marks: 100 (ESE Pr: 6 Hrs) = 100

Pass Marks = 45

(Credits: Practical-04, 120 Hours)

TESTING**Course Objectives:**

1. To provide an overview of scientific approaches to experimental psychology in terms of scientific methods.

Course Outcomes:**On successful completion of this course the student should know:**

1. To develop critical thinking, creativity and problem-solving abilities. Students will be able to learn more easily by actually doing activities.

Unit I: Projective Tests

1. Thematic Apperception Test
2. Rorschach Test
3. Word Association Test

Unit II: Personality Inventories

1. Big Five P.F.
2. Mousdsley Personality Inventory
3. Beck Depression Inventory - II

Unit III: Intelligence Tests

1. Portues Maze Test
2. Jalota Group Test of Mental Ability
3. Emotional Intelligence Test

Readings:

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

SEMESTER III

I. CORE COURSE

[CCPSY301]

INDIAN KNOWLEDGE SYSTEM (IKS) IN PSYCHOLOGY

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100	Pass Marks: (MSE: 17 + ESE: 28) = 45
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(Credits: Theory-04, 60 Hours)**Course Objectives:**

1. To introduce students to the core concepts of Indian Knowledge System (IKS) relevant to Psychology
2. To explore Indian philosophical perspectives on the mind, self, consciousness and behaviour
3. To understand applications of IKS in contemporary psychological practices

Course Learning Outcomes:

1. Concept and scope of Indian Psychology
2. Difference between Western and Indian Psychological Paradigm

Course Content:**Unit 1: Introduction to Indian Knowledge System**

1. Overview of Indian Knowledge System:
 - i. Definition ii. Significance and Key features.
2. Indian versus Western Psychology:
 - i. Contrast between Eastern and Western psychological approaches.
3. Key concepts:
 - i. Dharma, Karma ii. Moksh and Samsara, their psychological relevance.

Unit 2: Philosophical Foundations of Indian Psychology

1. Vedanta and Self: Concepts of Aatma, Maya and Brahman.
2. Yoga and consciousness: Overview of Patanjali's Yoga Sutras and its psychological application.
3. Sankhya and Dualism: The distinction between Purusha and Prakriti in understanding personality.

Unit 3: Indian Practices and Psychological Well-being

1. Meditation and Mindfulness techniques
Practical techniques and their impact on Mental Health.
2. Pranayama
 - i. Breathing techniques for Emotional Regulation.
3. Ayurveda and Mental Health
 - ii. The mind-body connection in Ayurvedic tradition

Unit 4: Contemporary Applications and Integrations

1. Indian Psychology in modern context: Integrating traditional practices with modern psychology.
2. Therapeutic Approaches: The role of Indian practices like Mindfulness, Meditation and holistic healing in Psychotherapy.
3. Challenges and Future Directions: Bridging traditional Indian Psychology with Western Framework.

Unit-5: Introduction to Mystical Tradition

1. What is mysticism
2. Overview of Buddhism and Sufism
3. Historical and cultural context.

Reference Books:

1. Psychology in Indian Tradition by K.K. Aziz
2. The Yoga Sutras of Patanjali (translated by various authors)
3. Indian Psychology: Perception and Insights by RK Mishra
4. The heart of Buddha's Teaching by Thich Nhat Hanh
5. The Sufi Path of Love; The Spiritual Teaching of Rumi and William C. Chittich

Supplementary Text

6. The Bhagavad Gita- Chapter 2 and 3 (Vedanta and Self)
 7. Yoga and Psychology by Swami Vivekananda
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II. SKILL ENHANCEMENT COURSE - A STRESS & STRESS MANAGEMENT

[ECPSY302A]

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100

Pass Marks: (MSE: 17 + ESE: 28) = 45

(Credits: Theory-04, 60 Hours)

Course Objectives:

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

1. Course will help to identify stress triggers, coping strategies that will enhance self-awareness and holistic wellbeing.
2. To provide an overview of scientific approaches to experimental psychology in terms of scientific methods.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. Skills to learn and set limits and boundaries in personal and professional relationships. Also, student will understand the importance of different strategies with stress and adapting to challenges.

Course Content:**Unit I: Stress**

1. Concept, different perspectives of stress
2. Types, Causes and symptoms of stress
3. Framework of stress management, Coping strategies

Unit II: Occupational Stress

1. Concept, causes of stress
2. Organizational structure
 - i. Effects of Occupational Stress on Job behavior, Job satisfaction, Performance
 - ii. Effects on employee's physical and psychological health
 - iii. Preventions

Unit III: Individual Centered Stress Management Techniques

1. Cognitive, Hypno-suggestive
2. Behavioural and physical (yoga and aerobic exercises) interventions
3. Review of case studies on stress management (Workplace stress, Academic Stress, Health Care Workers Stress).

Unit IV: Stress and Illness/Diseases and Intervention

1. Stress related conditions:
 - i. Understanding the link between stress and various Health issues such as psychosomatic diseases.
2. Intervention Strategies:
 - i. Development of coping mechanisms
 - ii. Stress models and
 - iii. Comprehensive Stress Management techniques.

Unit-V: Perception Intervention

1. Cognitive Approaches:
 - i. Methods like selective awareness, ii. Gratitude and humor to manage stress
2. Psychological factors:
 - i. Self-Steem, ii. Locus of control, iii. Anxiety management, iv Resilience and hardiness

Reference Books:

1. Matteson, M. T. & Ivancevich, J. M. (1987): Controlling Work Stress-Effective Human Resources and Management Strategies. San Francisco: Josey Bass.
2. Pestonjee, D. M. (1992): Stress and Coping. New Delhi: Sage Publications.
3. Ross, R. R. & Altmair, E. M. (1994): Interventions in Occupational Stress. New Delhi: Sage Publications.
4. Schafer, W. (2000): Stress Management (4th ed.). New Delhi: Cengage.
5. Srivastava, A. K. (1999): Management of Occupational Stress: Theories and Practice. New Delhi: Gyan Publishing House.

OR SKILL ENHANCEMENT COURSE - B
HEALTH PSYCHOLOGY

[ECPSY302B]

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100**Pass Marks: (MSE: 17 + ESE: 28) = 45****(Credits: Theory-04, 60 Hours)****Course Objectives:**

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

1. The primary objective is to understand the psychological factors that influence health and illness.
2. Health psychology aims to understand the psychological science and health care to improve health conditions.
3. To provide an overview of scientific approaches to experimental psychology in terms of scientific methods.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. How to lead to careers in various fields including health promotion, research and clinical practice with the ultimate goal of improving individual and public health.

Course Content:**Unit-1: Health Psychology:**

1. Definition, Scope, Objectives
2. Methods
3. Theories

Unit 2: Health and Wellbeing

1. The Relationship between Subjective Wellbeing and Health.
2. Conceptual Models of Psychosocial Wellbeing.
3. Oral Health and Wellbeing.
4. Physical Activity.

Unit 3 Stress, Resilience and the Immune System

1. Stress, Body's Response to Stress
2. Infection and Immunity.
3. Ways of Coping with Stress.
4. Cognitive Appraisal and Coping- Problem-Focused Coping, Emotion-Focused Coping

Unit 4: Lifestyles to Enhance Health and Prevent Illness

1. Health-Related Behaviour and Health Promotion.
2. Maladaptive Eating Practices as Precursors to Eating Disorders.
3. Psychosocial Determinants of childhood Obesity Nutrition, Weight Control and Diet, Exercise, and Safety.
4. Substance use and abuse.

Unit 5: New Directions in Health Psychology

1. The Multiple Health Behaviour Change Model.
2. Integrated Primary Care.
3. Health Psychology and Your Future.

Reference Books:

1. Marie Louise Caltabiano, Lina Ricciardelli (2012), Applied Topics in Health Psychology, Wiley-Blackwell
 2. Spencer A. Rathus, Jeffrey S. Nevid (2021), Exploring Health Psychology, Wiley-Blackwell Prakashan Mala, Jaypur-20 (Hindi).
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III. CORE COURSE CLINICAL PSYCHOLOGY

[CCPSY303]

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100

Pass Marks: (MSE: 17 + ESE: 28) = 45

(Credits: Theory-04, 60 Hours)

Course Objectives:

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

1. To undertrained, prevent psychological issues and to promote wellbeing for personal development.
2. Clinical psychological will provide health awareness and it will reduce stigma related to mental health issues.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. About human mind, behaviour and mental health fostering empathy and compassion and will provide career path for those who want to improve the lives of others and promote mental wellbeing.

Course Content:**Unit I: Introduction to Clinical Psychology**

1. Development of clinical psychology as a profession
2. Nature & Development of clinical psychology in India
3. Clinical psychology and related fields
4. Psychiatry and Psychiatric social work.

Unit II: Psychodiagnosis

1. Meaning: Techniques
2. The case history; the interview and psychodiagnostic tests:
 - i. Personality
 - ii. Intelligence

Unit III: Directive and non-directive psychotherapies

1. Freudian psychoanalytic therapy
2. Roger's non-directive therapy
3. Difference between directive and non-directive therapies.

Unit IV: Behaviour Therapy and Cognitive Behavior Therapy

1. Concept
2. Types and importance

Unit V: Group Therapy

1. Concept and types of Group Therapy
2. Family therapy
3. Play and Release therapy
4. Importance of community mental health programmes.

Reference Books:

1. 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
2. Korchin, S.J. (2004): Modern Clinical Psychology, Delhi: CBS Publishers & Distributors.
3. Shaffer, G.W. and Lazarus, R.S. (1952): Fundamental Concepts in Clinical Psychology, McGraw Hill Book Co.
4. Wolman, B.B. (1965): Handbook of Clinical Psychology, McGraw Hill Book Co.
5. Singh, A.K. (2012): Uchhatar Naidanic Manovigyan, Delhi: Motilal Banarsi Das.

**IV. CORE COURSE
STATISTICS –II**

[CCPSY304]

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100**Pass Marks: (MSE: 17 + ESE: 28) = 45****(Credits: Theory-04, 60 Hours)****Course Objectives:**

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

1. The objectives of studying statistics provide concepts and meaning to different principles which are essentials for development of different sectors.
2. Statistics make inferences and predictions about population.
3. To provide an overview of scientific approaches to experimental psychology in terms of scientific methods.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. About decision making on the basis of data.
2. Can solve problems using data analysis and statistical methods.

Course Content:**Unit I: Basics of Statics**

1. Distinctive features of parametric and non-parametric statistical test and their uses.
2. Meaning and methods of Percentile and percentile rank.
3. Normal probability curve
 - i. Meaning, Characteristics of a Normal Probability Curve
 - ii. Application and computation.

Unit II: Chi-square

1. Chi-square: Assumptions
2. Computation by 2×2 contingency table.
3. Testing equal probability and normal distribution hypothesis.

Unit III: Analysis of Variance

1. Meaning, Assumptions and Application.
2. One-way and two-way ANOVA.

Unit IV: Regression

1. Meaning and applications
2. Regression analysis.

Unit V: Correlation:

1. Assumptions
2. Application, computation of Bi-serial and point bi-serial.

Reference Books:

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

[CPPSY305]

Marks: 100 (ESE Pr: 6 Hrs) = 100**Pass Marks = 45****(Credits: Practical-04, 120 Hours)****EXPERIMENTAL PSYCHOLOGY- II****Course Objectives:**

1. To provide an overview of scientific approaches to experimental psychology in terms of scientific methods.

Course Outcomes:

On successful completion of this course the student should know:

1. About research scales and will help to know how people think and why they behave in a certain specific manner with experimental evidences, it will be helpful to examine the human behaviour.

Contents:

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:

1. Woodworth R.S. & Schlosberg's (1984): Experimental Psychology (Revised Edition) J.W. Kling & Lorrin A Riggs and Seventeen Contributors, Delhi: Khosla Publishing House.
 2. B.J. Underwood (1966): Experimental Psychology (2nd Edition). Appleton-Century-Crofts.
 3. Mohsin, S.M. (1982): Experiments in Psychology. Patna: Motilal Banarsidas.
 4. Desai K.G. (1994): Manovigyanik Mapan (3rd Edition), Ahmedabad: University Grant Nirman Board
 5. Md.Suleman (2009): Manovigyan me Prayog aur Prikshan, Delhi: Motilal Banarsi Das.
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SEMESTER IV

I. ELECTIVE COURSE-A

[ECPSY401A]

APPLIED SOCIAL PSYCHOLOGY

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100	Pass Marks: (MSE: 17 + ESE: 28) = 45
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(Credits: Theory-04, 60 Hours)**Course Objectives:**

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

1. To provide an overview of the relationships of social psychology with other fields like health, environment, gender issues, crime, corruption, violence etc.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. To explore topics like health psychology, environment psychology, gender psychology etc.

Course Content:**Unit I: Introduction to Applied Social Psychology**

1. Definition, relationship with basic social psychology
2. Historical developments and major concerns.

Unit II: Social Psychology and Health

1. Health Belief Model
2. Health compromising behaviors
3. Health promotion and cognitive response
4. Dual process models of persuasive change.

Unit III: Social Psychology and Environment

1. Human interaction with environment, environmental hazards and challenges.
2. Environmental attitudes and risk perceptions.
3. Encouraging Pro-Environmental behavior.

Unit IV: Gender Issues

1. Meaning and concepts of gender issues.
2. Gender, power and social structure.
3. Women empowerment and Legal safe-guards.
4. Violence against women
 - i. Types, causes and remedies.

Unit V: Psychology of Crime, Corruption and Violence

1. Definitions, types and retentive measures.
2. Corruption:
 - i. Concept types and causes.
 - ii. Violence against children and elders; causes and preventions.

Reference Books:

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

[ECPSY401B]

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100	Pass Marks: (MSE: 17 + ESE: 28) = 45
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(Credits: Theory-04, 60 Hours)**Course Objectives:**

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

1. To equip students with the knowledge and skills to understand, research and address psychological and social issues with in communities through a lens of empowerment, prevention and social competence.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. Community psychology will help to know how physical environment can have a significant impact on behaviour.

Course Content:**Unit I: Introduction to Community Psychology**

1. Definition and perspectives
2. Development and practice of community psychology.
3. Ecological levels of analysis in community psychology

Unit II: Methods of community research

1. Aims of community psychology research:
 - i. ☐ Qualitative, quantitative
 - ii. ☐ Integrating qualitative and quantitative methods.

Unit III: Understanding Communities

1. Individuals within environments
2. Conceptual models of ecological context
3. Human diversity; coping and stress in context.

Unit IV: Preventing problem behaviour and promoting social competence

1. Concepts of prevention and promotion
2. Risk and resiliency.
3. Implementing prevention and promotion programmes.

Unit V: Promoting community and social change

1. Empowerment and citizen participation.
2. Community and social change.
3. Community organizing techniques; elements of effective community change initiatives.

Reference Books:

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

OR ELECTIVE COURSE-C
COUNSELLING & GUIDANCE

[ECPSY401C]

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100**Pass Marks: (MSE: 17 + ESE: 28) = 45****(Credits: Theory-04, 60 Hours)****Course Objectives:**

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

1. To develop students understanding and skills in providing effective counselling and guidance to support individual's, personal, educational and career development.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. How to deal with negative situations of life and can develop strangers' skills to make choices related to education, career and personal development.

Course Content:**Unit I: Introduction**

1. Meaning, types and goals of counselling and guidance related fields.
2. Characteristics of an effective Counsellor.
3. Ethical issues in counseling & guidance.

Unit II: Counselling Approaches

1. Psycho-analytic approach.
2. Behavioral approach
3. Humanistic approach and
4. Cognitive approach.

Unit III: Counselling Process

1. External conditions and preparation.
2. Building the counselling relationship.
3. Tools for Counselling:
 - i. Interview
 - ii. Diagnostic Checklist
 - iii. Non-Verbal Tools.

Unit IV: Counseling with case studies

1. Educational, Career and Family
2. Stress management-oriented counseling
3. Counseling for Hypertension/Cancer/ HIV/AIDS/child abuse /drug abuse patients.

Unit V: Vocational Guidance for Career Development of Youth

1. Nature and principles.
2. Techniques of guidance:
 - i. Individual and Group.

Reference Books:

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

[ECPSY402A]

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100

Pass Marks: (MSE: 17 + ESE: 28) = 45

(Credits: Theory-04, 60 Hours)

Course Objectives:

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

1. To introduce students to the scientific study of human strength, well-being and flourishing and to apply positive psychological principles to enhance personal and collective life.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. About the happiness, optimism and life satisfaction.
2. Positive psychology will enhance motivation for self-improvement & well-being and positivity in life.

Course Content:**Unit I: Introduction**

1. Definition and objectives of positive psychology.
2. Historical development of positive psychology.
3. Theoretical perspectives of positive psychology.
4. Recent trends of Positive Psychology.

Unit II: Subjective well-being

1. Concept and indicators
2. life satisfaction, peace and happiness,
3. Determinants of happiness
4. Theoretical frameworks.

Unit III: Strategies to enhance happiness

1. Enhancing pleasure, engagement and meaning- making
2. Self-related processes.

Unit IV: Character strengths and virtues

1. Meaning, Classification, assessment and nurturance
2. Development of Character Strength.
3. Barriers in developing strengths and virtues.

Unit V: Meeting life challenges

1. Nature, type and sources of stress
2. Individual interpretations and responses
3. Coping strategies and their assessment
4. Promoting healthy coping strategies and life skills

Reference Books:

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

OR ELECTIVE COURSE-B
GENDER AND DEVELOPMENT

[ECPSY402B]

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100	Pass Marks: (MSE: 17 + ESE: 28) = 45
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(Credits: Theory-04, 60 Hours)**Course Objectives:**

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

1. To explore the relationship between gender and development, fostering critical understanding of gender roles, inequalities for promoting inclusive and equitable social change.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. To learn how gender intersects with other social categories like race, class and sexuality and how they shape social and cultural factors.

Course Content:**Unit 1: Gender equality and in-equality in patriarchy**

1. Issue of discrimination, violence, exploitation and oppression.
2. Indicators of low status of women in patriarchal society.
3. Nature and problems of women's work.

Unit 2: Perspectives on Gender and Development:

1. Welfareerist and develop mentalist.
2. Empowerment: paradigms and paradoxes.
3. Changing status of women in India, pre-colonial, colonial and post-colonial.
4. Measures to uplift women's status.

Unit 3: Measures to improve Gender Relations:

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

Unit 4: Globalization and Women's Development:

1. Development Policies.
2. Liberalization and globalization:
 - i. Their impact on women.
 - ii. Environment Development and Gender- Deforestation.
3. Political status of women in India.

Unit 5: Women's Movement in India

1. Before and after independence.
2. Status expected of women in 2047.

Reference Books:

1. Forbes, Geraldine (1998): Women in Modern India, London: Cambridge University Press.
2. Ghadially, Rehana (1998): Women in Indian Society, New Delhi: Sage
3. Seth, Mira (2001): Women and Development, New Delhi: Sage Publications.
4. Suchitra, Anant, Ramani Rao and Kabita Kapoor (2005): Women at Work in India, Ministry of
5. Labour, GOI.
6. Aggrawal, Bina (1998): Structures of Patriarchy: State, Community and Household in Modernization of
7. Asia, New Delhi: Kali for Women.
8. Gulati Leela (1982): Profiles in Poverty. New Delhi, Hindustan Publishing Corporation.
9. Dewan Renu (2011): Andolan Ki Mahilaye(ed.), New Delhi: Educational Book Service.
10. Dewan Renu (2012): Panchayat Ki Mahilaye(ed.), New Delhi: Educational Book Service.

OR ELECTIVE COURSE-C
LIFE SPAN PSYCHOLOGY

[ECPSY402C]

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100**Pass Marks: (MSE: 17 + ESE: 28) = 45****(Credits: Theory-04, 60 Hours)****Course Objectives:**

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

1. To examine human development across the life span, focusing on physical, cognitive, emotional and social changes from infancy to old age.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. About exploration of biological, cognitive and psycho-social changes and constancy that occur throughout entire course of life events.

Course Content:**Unit-1: Introduction to Life Span Development**

1. Importance of studying Life Span Development.
2. Nature and Characteristics of life span development.
3. Social contexts of life span development.

Unit-2: Biological Bases to explain Human Development

1. Heredity
 - i. Parent to offspring:
 - ii. Genes and behaviour
2. Hormonal Influence
 - i. Hormonal Glands
 - ii. Body Control
3. Puberty
 - i. Hormonal changes during puberty.
 - ii. Physical and emotion transformation.

Unit-4: Cognitive, Emotional and Moral Development

1. Piaget and Vygotsky's theory of cognitive development.
2. Age related challenges to cognitive development.
3. Development of Emotion and Temperament.
4. Moral development:
 - i. Kohlberg's Theory Fowlers Theory.
 - ii. Life Cycle Theories

Part 5: Endings of Life

1. Biological and social theories of aging.
2. Successful aging.
3. Death causes for death across life span.
4. Suicide.

Reference Books:

1. Berk, L. E. (2016). Exploring lifespan development. Pearson.
 2. Broderick, P.C., & Blewitt, P. (2010). The life span: Human development for helping professionals. (3rd Ed.). Boston: Pearson.
 3. Feldman, R. S. (2015). Discovering the life span. (3rd Eds). Pearson Global Education.
 4. Newman & Newman (2003). Development through life: A Psychosocial Approach. USA: Thomson Wadsworth.
 5. Santrock, J.W. (2011). A topical Approach to life-Span Development. New Delhi: Tata McGraw- Hill
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III. CORE COURSE SPORTS PSYCHOLOGY

[CCPSY403]

Marks: 30 (MSE: 20 Th. 1 Hr + 5 Attd. + 5 Assign.) + 70 (ESE: 3 Hrs) = 100

Pass Marks: (MSE: 17 + ESE: 28) = 45

(Credits: Theory-04, 60 Hours)

Course Objectives:

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

1. To understand the psychological factors that influence athletic performance and apply mental strategies to enhance motivation, focus and wellbeing sports and physical activities.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. How to apply psychological principles to improve athletic performance, enhance motivation, manage stress and support mental wellbeing in sport setting.

Course Content:**Unit-1: Introduction to Sport Psychology**

1. Definitions, scope and history of sport psychology.
2. Role of sport psychologist
3. Relationship between Psychology and sport performance.

Unit-2: Personality and Sports Performance

1. Theories of Personality (*Trait, Humanistic and Social Learning*)
2. Personality assessment in athletes.
3. Impact of personality on team dynamics and individual performance.

Unit-3: Motivation in Sport

1. Types of motivation (*Intrinsic and Extrinsic*)
2. Achievement motivation.
3. Goal setting and performance.

Unit-4: Special Topics in Sport Psychology

1. Gender and cultural issues in sports.
2. Psychology of injury and rehabilitation.
3. Burnout and over training.

Unit-5: Psychological aspects of Disability Sports

1. Equipment and technology innovation for adaptive sports (wheel chairs, prosthetic and adaptive bicycles)
2. Training techniques and challenges.
3. Motivation and self-determination theory in disabled athletes.

Reference Books:

1. Cox, R.H. (2011). Sports psychology: Concepts and applications, (7th ed.) Mc. Graw Hill
2. Weinberg, R.S. & Gold D. (2019). Foundation of sport and exercise psychology (7th ed.) Human kinetics.
3. Gill, D. L., & Williams, L. (2008). Psychological Dynamics of Sport and Exercise.
4. Simmons, M., & Watson, A. (2011). Sport, Disability and the law: The Case of Athletes with Disabilities.

**IV. ELECTIVE COURSE-A
PRACTICAL-IVA**

[EPPSY404A]

Marks: 100 (ESE Pr: 6 Hrs) = 100**Pass Marks = 45****(Credits: Practical-04, 120 Hours)****APPLIED PSYCHOLOGY****Course Objectives:**

1. To provide an overview of the relationships of social psychology with other fields like health, environment, gender issues, crime, corruption, violence etc.

Course Outcomes:

On successful completion of this course the student should know:

1. About social factors that trigger different life events and students will be able to answer many questions relating to aggression, adjustment and different social problems.

Contents:**1. Aggression Scale****Agnihotri ()**

Purpose: To measure the levels of aggression among youth with the help of Agnihotri Aggression Scale

2. Family Environment Scale**Harpreet Bhatia and N. K. Chadda ()**

Purpose: To assess the perceived family environment by using Family Environment Scale.

3. Social Problem Scale**S. K. Bawa and Avneet Kumar ()**

Purpose: To know the perception of social problem across ten (10) dimensions of Social Scale.

4. Social Adjustment Inventory**R. C. Dewa (1990)**

Purpose: To assess and individual's ability to navigate social interaction.

OR ELECTIVE COURSE-B
PRACTICAL-IVB

[EPPSY404B]

Marks: 100 (ESE Pr: 6 Hrs) = 100

Pass Marks = 45

(Credits: Practical-04, 120 Hours)

COMMUNITY PSYCHOLOGY

Course Objectives:

1. To equip students with the knowledge and skills to understand, research and address psychological and social issues with in communities through a lens of empowerment, prevention and social competence.

Course Outcomes:

On successful completion of this course the student should know:

1. About sense of community and different community-based issues that can help individual to develop feeling of belongingness or psychological sense of community.

Contents:

1. Sense of Community Index (SCI)

Mac Millan and Chavis (1986)

Purpose: To measure the feeling of belonging or psychological sense of community.

2. Empowerment Scale

Rogers et. Al. (1997)

Purpose: Assess the psychological empowerment of individuals in communities on mental health system.

3. Social Support Questionnaire

Sonason et. al. (1983)

Purpose: To measure perceived anxiety and satisfaction with social support questionnaire.

4. Adolescent Girls Empowerment Scale

Sisodia

Purpose: To assess the levels of adolescent Girls'' empowerment with the help of Adolescent Girls Empowerment Scale.

OR ELECTIVE COURSE-C
PRACTICAL-IVC

[EPPSY404C]

Marks: 100 (ESE Pr: 6 Hrs) = 100**Pass Marks = 45****(Credits: Practical-04, 120 Hours)****POSITIVE PSYCHOLOGY****Course Objectives:**

1. To introduce students to the scientific study of human strength, well-being and flourishing and to apply positive psychological principles to enhance personal and collective life.

Course Outcomes:

1. On successful completion of this course the student should know:
2. About psychological wellbeing status of any person with other variables of life which triggers a person's life towards self-efficacy, religiosity and expectations and how to cope or deal with these life dimensions.

Contents:**1. Psychological Wellbeing Scale****Sisodia and Chaudhary ()**

Purpose: To assess and compare the overall psychological wellbeing of students.

2. Pre-Marital Life Partner's Expectation Scale**Dr. Reeta Kumari (2021)**

Purpose: To know the expectation about life partner by using Pre- Marital Life Partner's Expectation Scale.

3. Self-Efficacy Scale**Dr. Sonali Sud**

Purpose: To find out the students belief in their ability to succeed in academic field.

4. Religiosity Scale**Dr. L. I. Bhushan**

Purpose: To measure the levels of religiosity and spiritual experiences by using Religiosity scale.

V. PROJECT

[PRPSY405]

DISSERTATION/ PROJECT/ TEACHING APTITUDE

Marks: 100 (ESE Pr: 6 Hrs) = 100

Pass Marks = 45

(Credits: 04, 120 Hours)

Guidelines to Examiners for

End Semester Examination (ESE):

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.

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

Course Objectives:

1. To develop research skills and scientific inquiry through independent investigations of a psychological topic of problem.

Course Outcomes:

On successful completion of this course the student should know:

1. About conducting research with approve stages of research methodology in psychology. Dissertation will enable student to further investigate and navigate different aspects and events of life through research.

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.

Topics: As decided by the Supervisor/Guide

Teaching Aptitude: Only selected candidates, in alternative to the Dissertation, may be provided duty to teach the assigned topics in selected colleges. The performance may be evaluated based on the organized feedback for the candidate.