

SYLLABUS FOR

**MASTER OF ART
IN
PSYCHOLOGY**

**Choice Based Credit System
NEP-2020**

(With effect from Session 2022-23)



**DEPARTMENT OF PSYCHOLOGY
BUNDELKHAND UNIVERSITY, JHANSI
UTTAR PRADESH-284128**

अमरेश
(संयोजक)

PREAMBLE

Keeping pace with the disciplinary advances the program would address learning about psychological functioning at individual and social levels in an inclusive manner. It would facilitate acquiring specialized knowledge, inculcating relevant attitude, values and a sense of empowerment. It recognizes multiplicity in ways and means of knowledge-creation and applications. To this end the students will be familiarized with plurality in perspectives, pedagogy and their implications. The course would allow students to nurture their academic interests in specialized domains of psychology, along with quest for personal growth and citizenship. The Department holds the provision for inclusion of new courses and modification of presented ones during a given academic year. In preparation of the courses the element of interdisciplinarity is kept in view and embedded in the courses. Reading material will be made available by concerned faculty

OBJECTIVES

1. To create a strong research oriented theoretical foundation in consonance with recent advances in the discipline of psychology.
2. To enable students to take a creative, empirical and ethical approach to the program that combines conceptual repertoire and research practices in both quantitative and qualitative traditions.
3. To provide an opportunity to extend the knowledge base to the world of practice with a view to promote healthy interface between academia and society.

PROGRAMME STRUCTURE

The M. A. Psychology Programme is divided into Two Parts as under. Each Part will consist of two Semesters to be known as Semester-1 and Semester-2.

		Semester-1	Semester-2
Part I	First Year	Semester-I	Semester-II
Part II	Second Year	Semester-III	Semester-IV

The schedule of papers prescribed for various semesters shall be as follows:

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Semester wise Programme Structure in P.G. in Psychology

Major Course Code	Paper/ Course	Paper Title	Theory	Internal Assessment	Total Marks	Credits
SEMESTER-I						
BUPSYPG- 101	Core	Perception, Attention and Memory	75	25	100	4
BUPSYPG- 102	Core	Research Design and Methodology	75	25	100	4
BUPSYPG- 103	Core	Advanced Social Psychology	75	25	100	4
BUPSYPG- 104	Core	Classical Perspectives in Personality Theories	75	25	100	4
BUPSYPG- 105	Practical	Lab Work	75	25	100	4
BUPSYPG- 106	Research Project	Research Proposal	100			4
BUPSYPG-107	Elective-minor	Pollution; causes and Mitigation	75	25	100	4
SEMESTER-II						
BUPSYPG- 201	Core	Language, Learning and Thinking	75	25	100	4
BUPSYPG- 202	Core	Motivational and Affective Processes	75	25	100	4
BUPSYPG- 203	Core	Modern Theories of Personality	75	25	100	4
BUPSYPG- 204	Elective	Basis of Neuropsychology	75	25	100	4
BUPSYPG- 205	Elective	Systems of Psychology	75	25	100	4
BUPSYPG- 206	Practical	Lab. Work	100			4
BUPSYPG- 207	Research Project	Survey	100			4
SEMESTER-III						
BUPSYPG- 301	Core	Mental Disorders with Associated	75	25	100	4

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		Criteria – I				
BUPSYPG- 302	Core	Applied Social Psychology	75	25	100	4
BUPSYPG- 303	Core	Fundamentals of Psychological Assessment	75	25	100	4
BUPSYPG- 304	Elective	Statistics In Psychology	75	25	100	4
BUPSYPG- 305	Elective	Psychology At Workplace	75	25	100	4
BUPSYPG- 306	Elective	Systems of Psychology-II	75	25	100	4
BUPSYPG- 307	Practical	Lab. Work	100		100	4
BUPSYPG- 308	Research Project	Research Analysis and Report Writing	100		100	4
SEMESTER-IV						
BUPSYPG- 401	Core	Health Psychology	75	25	100	4
BUPSYPG- 402	Core	Mental Disorders with Associated Criteria – II	75	25	100	4
BUPSYPG- 403	Elective	Therapeutic Techniques	75	25	100	4
BUPSYPG- 404	Elective	Clinical Interventions	75	25	100	4
BUPSYPG- 405	Elective	Counselling Psychology	75	25	100	4
BUPSYPG- 406	Elective	Indigenous Psychology	75	25	100	4
BUPSYPG- 407	Practical	Lab. work	100			4
BUPSYPG- 408	Research Project	Dissertation	100			4

SEMESTER-1						
Paper-I: Perception, Attention and Memory						
Course Code	Course	Title of Course	Theory	Internal Assessment	Total Marks	Credits

BUPSYPG- 101	Core	Perception, Attention and Memory	75	25	100	4
Objectives	<ol style="list-style-type: none"> 1. To provide simple exposition of various psychological principles underlying attention, perception, verbal learning and memory. 2. To familiarize students with some of the major approaches and perspectives incognitive psychology. 3. To provide an in-depth understanding of some of the cognitive processes in terms ofcurrent theories, models and applications. 4. To facilitate the learning of traditional and emergent fields of cognitive psychology. 5. To understand-brain-behaviour relationship in day-to-day life. 					
Course Learning Outcomes	<p>On completion of the course students will be able to-</p> <ol style="list-style-type: none"> 1. To help learners understand the importance of these cognitive processes in everyday life and prepare competent psychologists who would excel in knowledge, orientation, and practice of cognitive psychology with high ethical standards and social relevance. 2. To familiarize students with some of the major approaches and perspectives in cognitive psychology, 3. To help learners understand the developmental aspects of perceptual processes. 4. To explore the practical implications of cognitive processes in human performance. 					
1.	Course Content					
Unit-I	Origin and Current Status of Cognitive Psychology; Attention: Concept, Types, Determinants, Selective Attention and its theories.					
Unit-II	Perceptual Processes - Approaches to the Study of Perception- Gestalt, Behaviouristic and Physiological Approaches, Information Processing, approach, Perceptual Constancy-Size, Shape, Brightness, Depth Perception, pattern recognition, Role of Motivation and Learning in Perception					
Unit-III	Verbal Learning - Materials and Methods; Organizational Processes and Determinants Concept formation- Concept formation- nature, types of concepts factors influencing concept formation					
Unit-IV	Memory - Encoding, Storage, Retrieval, Sensory Memory, Short-term Memory, (STM), and Long-term Memory (LTM); Episodic and Semantic Memory. Models of memories, structural and levels of processing models.					
Suggested Readings/Books						

	<ol style="list-style-type: none">1. D'amato, M.R. (1972): Experimental Psychology: Methodology, Psychophysics and Learning. McGraw-Hill, New York.2. Hulse, S.H., Egeth, H. & Deese, J. (1980). The Psychology of Learning. (5th Ed.) McGraw Hill, Kogakusha.3. Matlin, M.W. (1983) Cognition, Holt, Rinehart & Winston Inc.4. Snodgrass, J.G. Levy, B.G. & Haydon, M. (1985). Human Experimental Psychology, Oxford University Press, New York.5. Bourne, L.E., Dominowski, R.L. & Lofus, E.F. (1979) Cognitive Processes, PrenticeHall, N.Y.6. Galotti, K.M. (1999). Cognitive Psychology in the Outside Laboratory. Thomson Asia, Mumbai.7. Matlin, M.W. (1985). Cognition (3rd Edition), Prism Book Pvt. Ltd., Bangalore.8. Snodgrass, J.G. et al., (1985). Human Experimental Psychology, Oxford University Press, New York.9. Katbleen, M.G. (2009). Cognitive Psychology: Perception attention and Memory. CENGAGE Learning, Delhi.
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SEMESTER-1						
Paper –II: Research Design and Methodology						
Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG- 102	Core	Research Design and Methodology	75	25	100	4
Objectives	By the end of this syllabus, students will be able to – 1. Understand the conceptual understanding of research and research design. 2. Students should be able to distinguish a purpose of research question, hypothesis, and research objectives. 3. Students should be able to identify the overall process of designing psychological research. 4. Students should know the conventions with good APA style for scholarly writing.					
Outcomes	1. learnt the conceptual framework and overall process of research and designing psychological research 2. established the understanding to plan a research study in the field of psychology					
Course Content						
Unit-I	Nature of Research, Fact and Theory, Research Problem, Hypotheses, Types of Research, Preparation of Research Report, Sampling: Population and Sampling, Simple Random Sampling, Stratified Random Sampling, Cluster Sampling, Non-probability Sampling, Incidental/ Quota and Purposive Sampling.					
Unit-II	Psychology Experiment: Conduction of Experiment, Variables and Control of Relevant Variables, Minimization of Error Variance, Merits and Demerits of Experiment Method: Laboratory and Field Experiments.					
Unit-III	Methods of Observation and Data Collection: Interview and Interview Schedule, Objectivity and Objective Methods of Observations, Types of Objective Measures, Types of Objective Scales and Items, Choice and Construction of Objective Measures, Evaluation of Objective Tests and Scales.					
Unit-IV	Research Designs: Meaning and Purpose, Within and Between- Group Designs- Single Group and Single Subject Designs, Randomized Groups Designs, Matched Groups Designs, Latin Square Designs, Factorial Designs, Repeated Design, Non and Quasi – Experimental Designs: One Group Design; Non-equivalent and Control Group Designs; Interrupted Time – Series Designs; Multiple Time- Series designs.					
Suggested Readings/Books						
	1. Karlinger F.N. (1983). Foundations of Behavioural Research, Surjeet Publication, Delhi. 2. McGuigan, F.J. (1968). Experimental Psychology – A Methodological Approach, Prentice Hall, N.J.					

<ol style="list-style-type: none"> 3. Brown C.W. & Ghiselli, E.E. (1965). Scientific Methods in Psychology, McGraw-Hill, N. Y. 4. Black, T.R. (1988). Quantitative Research Design for Social Science. Thousand Oaks: Sage. 5. Edwards, A.L. (1976). Experimental Design in Psychology Research, Amerind Publication, New Delhi. 6. Newman, W.L. (1991). Social Research Methods: Qualitative and Quantitative Methods, Boston: Allyn & Bacon. 7. Tripathi, L.B. (1985). Psychology Research Methods, Har Prasad Bhargava, Agra 8. Broota, K.D. (1992). Experimental Design in Behavioural Research, Wiley Eastern, New Delhi. 9. Heman, G.W. (1995). Research Methods in Psychology, Houghton Mifflin Company, Boston, Illinois, New Jersey. 10. Winer, B.J. (1961). Experimental Design in Psychology Research, McGraw Hill.
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SEMESTER-1						
Paper – III: ADVANCED SOCIAL PSYCHOLOGY						
Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG- 102	Core	Advanced Social Psychology	75	25	100	4
Objectives	By the end of this syllabus, students will be able to – <ol style="list-style-type: none"> 1. Conceptualize social problems and their impact on individuals specifically related with violence, gender and poverty 2. Develop an insight into the principles and theories of social psychology 3. Learn how attitude and prejudice are formed and how prejudice can be reduced. 4. Develop insight and analyze the contribution of social psychologists to the understanding of human society. 5. Evaluate effective strategies in socialization, group processes (both inter and intra group), and interpersonal processes and helping behaviour. 					
	Course Content					
Unit-I	Introduction Nature and Scope of Social Psychology, Methods of Analysis of Social Behaviour, Relationship of Social Psychology with other Social Sciences, Importance of social psychology					
Unit-II	Methods of Social Psychology					

	Observation, Experimental, Survey, Field Studies, Questionnaire
Unit-III	Socialization- Meaning, states, process, Theories of socialization, Principles of socialization, Agencies of socialization
Unit-IV	Attitude and Prejudice Attitude - Meaning, Attitude Formation, Attitude Change, Theories of Attitude-Heider's Balance theory and Festinger's Cognitive Dissonance Theory. Determinants of Attitude. Prejudice - Meaning, Development and Causes of Prejudice. Psychological Techniques to reduce prejudices
Unit-V	Social Influence and Social Problems- Social Influence - Social Conformity, Conformity Bias, Impact of Feedback and Non-Conformity, Social Problems - Poverty and Deprivation, Gender Issues and Social Violence.
Suggested Readings/Books	
	<ol style="list-style-type: none"> 1. Arun Kumar Singh (2019) Social Psychology PHI Learning Pvt. Ltd ISBN-13: 978-9389347258 2. S.S. Mathur (2012) Social Psychology. Agrawal Publications. ISBN-13: 978-9380510828 3. Nyla R. Branscombe, Robert A. Baron and Preeti Kapur (2017) Social Psychology. Pearson ISBN-13: 978-9332586116 4. Elliot Aronson, Timothy D. Wilson, Samuel R. Sommers and Veena Tucker (2020) Social Psychology. Pearson ISBN-13: 978-9353943455

SEMESTER-1						
Paper – IV: Classical Perspectives in Personality Theories						
Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG- 104	Core	Classical Perspectives in Personality Theories	75	25	100	4
Objectives	<ul style="list-style-type: none"> • Students will be able to examine personalities and it's variation among individuals • Students will be able to picture clearly individual's major psychological process • Students will be able to investigate individual psychological differences • Students will be able to investigate human nature and psychological similarities between individuals 					
Course Content						
Unit-I	Personality Nature and Scope, Various Theoretical Approaches to Personality, Determinants of Personality: Biological and Physiological; Psychological, Environmental (Social, Educational, Family and Cultural).					
Unit-II	Psychoanalytic Theory Freud's Psychoanalytic Theory, Jung's Analytic Theory, Adler's Individual Theory					

Unit-III	Neo- Freudian and Post Freudian Approaches: Horney, Erich Fromm, Erikson and Sullivan.
Unit-IV	Eastern Personality Theory Personality in Upanishads, Yoga Theory of Personality, Abhidhamm Theory of Personality
Suggested Readings/Books	
<ol style="list-style-type: none"> 1. Liebert, R.M. & Spiegler, M.D. (1994). Personality: Strategies and Issues. Pacific Grove, California: Brooks/Cole Publishing Company. 2. Biscoff, L.J. (1970). Interpreting personality theories. New York: Harper & Roe. 3. Hall, C.S. & Lindzey, G. (1978). Theories of personality, 3rd Ed. New York: J. Wiley & Sons. 4. Hjelle, L.A., & Zeigler, D.J. (1991). Personality theories: Basic assumptions, research & applications, 2nd Ed. International Student Edition. McGraw Hill, International Book Co. 5. Pervin, L.A. (1975). Personality: Theory, assessment and research, 2nd Ed. New York, Wiley International ed. 6. Sahakian, W.S. (1965). Psychology of Personality: Readings in theory. Chicago: RadMc-Nally College Publication Co. 7. Magnusson, D., Endler, N.S. (1977). Personality at Crossroads. New Jersey, Hillsdale: Lawrence Erlbaum Associates. 8. Calvin S. Hall Gardner Lindzey John B. Campbell (2007). Theories of Personality 4th Edition, Publisher: Wiley India Pvt Ltd. 	


BUPSYPG- 105	Practical
Conduction of Practical related to the fundamental concepts will be mandatory. The focus of these courses will be to develop in-depth and interdisciplinary understanding of the concepts studied in all core courses. To impart students the practical knowledge based on the syllabus of all theory papers.	
Course Outcome	
Conducting practical on quantitative research methods would develop a scientific understanding of the discipline. Foundation will be laid for developing experimental and correlation research design and conducting studies based on them.	

BUPSYPG- 106		Research Project		
Course Code	Course	Title of Course	Total Marks	Credits
BUPSYPG- 106	Research Project	Research proposal	100	4

SEMESTER-1						
Paper – VII: Pollution; causes and Mitigation						
Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG- 107	Elective-Minor	Pollution; causes and Mitigation	75	25	100	4
Course Content						
Unit-I	Environmental Pollution: Concept of pollution, Source of Pollution, Nature and Types of Pollutants, Types of Pollution, Mitigation of Pollution					
Unit-II	Air Pollution Definition, cause, effects of pollution on Man, Animals, Plants, and Environment. Control measures of Air pollution. Water Pollution Definition, cause, effects of pollution on Man, Animals, Plants, and Environment. Control measures of water pollution. Soil pollution Definition, cause, effects of pollution on Man, Animals, Plants, and Environment. Control measures of Soil pollution.					
Unit-III	Noise pollution Definition, cause, effects of pollution on Man, Animals, Plants, and Environment. Control measures of Noise pollution. Marine pollution Definition, cause, effects of pollution on Man, Animals, Plants, and Environment. Control measures of Marine pollution. Thermal pollution Definition, cause, effects of pollution on Man, Animals, Plants, and Environment. Control measures of Thermal pollution. Nuclear hazards Definition, cause, effects of pollution on Ecosystem					
Unit-IV	Social Issues related to Environmental Pollution Climate change, Global warming, Acid rain, Ozone layer depletion, Nuclear accidents and holocaust, Wasteland reclamation, Consumerism and waste products, Role of an individual in prevention of pollution.					
Suggested Readings/Books						
	1. Brunner RC, 1989, Hazardous Waste Incineration, McGraw Hill Inc. 480pgs. 2. Carson, Rachel. 1962. Silent Spring (Boston: Houghton Mifflin, 1962), Mariner Books, 2002					

3. Cheney, J. 1989. Postmodern environmental ethics. *Environmental Ethics* 11: 117-134.
4. Economy, Elizabeth. 2010. *The River Runs Black: The Environmental Challenge to China's Future*.
5. Gadgil, M. & Ramachandra, G. 1993. *This fissured land: an ecological history of India*. Univ of California Press.
6. Gleeson, B. and Low, N. (eds.) 1999. *Global Ethics and Environment*, London, Routledge.
7. Gleick, H.P. 1993. *Water in Crisis*, Pacific Institute for Studies in Development.
8. *Environment and Security*. Stockholm Environmental Institute, Oxford University Press.
9. Groom, Martha J., Gary K. Meffe, and Carl Ronald Carroll. *Principles of conservation biology*.
10. Sunderland: Sinauer Associates, 2006.
11. Grumbine, R. Edward, and Pandit, M.K. Threats from India's Himalaya dams. *Science* 339.6115 (2013): 36-37.
12. Heywood V.H. & Watson, R.T. 1995. *Global Biodiversity Assessment*. Cambridge University Press.

SEMESTER-II						
Paper-I: Language, Learning and Thinking						
Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG- 201	Core	Language, Learning and Thinking	75	25	100	4
Objectives	<p>The objective of this course is to provide an in-depth exploration of human cognition and understanding these processes will therefore give the students a holistic view of some important concepts of cognitive psychology and help students understand cognitive psychology better.</p> <ul style="list-style-type: none"> • By the end of this syllabus, students will be able to: • Understand normal mental processes and their relationship to brain, mind and behavior. • understand fundamental concepts related to language • explore meaning and theories of learning • learn basic conceptual understanding of thinking and concept formation 					
	Course Content					
Unit-I	<p>Language Comprehension and Structure, Constituent Structure Transformational Grammar Speech Perception, Characteristics of Language Production, Social context, Speech Errors.</p>					


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Unit-II	Learning Introduction, Nature of Learning Theories, Laws of learning, Problems and issues, determinants of learning, applications of learning research. Learning theories: Pavlov classical conditioning, Skinner instrumental conditioning, Bandura observational learning; Drive Reduction Theories: Hull, Spence, Miller; Cognitive Theories: Tolman, Gestalt theories- Kohler, Koffka, Current status of research and applications; Lewin's Field Theory
Unit-III	Problem solving and creativity Problem solving-nature, and methods of problem solving, steps of problems solving, Factors affecting problem solving, Creativity-definition and measurement, factors effecting creativity
Unit-IV	Thinking Nature, Types, Role of Language, Set and Images in Thinking, Theories of Thinking: Central and Peripheral, Piaget's Theory.
Suggested Readings/Books	
	<ol style="list-style-type: none"> 1. Matlin, M. (1983). Cognition. Holt, Rinehart & Winston. N.Y. 2. Best, J.B. (1999) Cognitive Psychology, Wadsworth, N.Y. 3. Bourne, L.E. Dominowski, R.I. Elizabeth F.L. (1979), Cognitive Processes, PrenticeHall Inc., N.J. 4. Stenberg, R. J. (2006). Cognitive Psychology. Thompson Walsworth, Australia Spain, United States. 5. Reisenberg, D. (2006). Cognitive Psychology: Exploring the science of the mind. W.W. Northon & Company. New York, London. 6. Olson H. Mathew and Hergenahn B R (2010) An introduction to the theories of learning (8th Edt). PHI Learning Private Limited, New Delhi. 7. Dave Meier, Accelerated learning handbook. McGrawHill, 2000 8. Domjan Michael (2010) The Principles of Learning and Behavior (6th Edt) Wadsworth, Cengage Learning.

SEMESTER-II						
Paper-II: Motivation and Affective Processes						
Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG- 202	Core	Motivation and AffectiveProcesses	75	25	100	4
Objectives	<p>The objective of this course is to provide an in-depth exploration of motivation and emotion and Meta cognition. Understanding these processes will therefore give the students a holistic view of some important concepts of motivation; emotion and help students know and understand the emerging concept of meta cognition.</p> <p>By the end of this syllabus, students will be able to:</p>					

	<ul style="list-style-type: none"> • understand normal motivational concepts and some important theories of motivation • understand fundamental concepts and theories of emotion • learn meaning of emotion regulation and concept of emotional intelligence • learn basic conceptual understanding of meta cognition
	Course Content
Unit-I	Motivation Concept of Motivation, Theories of Motivation, Maslow Theory of Hierarchy of needs, Alderfer's ERG Theory, McLelland's achievement Motivation Theory, Herzberg's two factor theory, Importance of Motivation in Psychology.
Unit-II	Emotion Concept, Structure and Theories of Emotion, Evolutionary Theory, James - Lange Theory, Cannon – Bard Theory, Schachter – Singer Theory Cognitive Appraisal Theory, Types of Emotion, Influence of Emotion on Learning and Memory.
Unit-III	Emotional Regulation Concept and Definition of Emotional Regulation, Types of Emotional Regulation, Skill of Emotional Regulation, Emotional Intelligence – Concept and Models of Emotional Intelligence.
Unit-IV	Meta Cognition Concept of Meta Cognition, S-REF Model of Meta Cognition, Component of Meta Cognition, Social Meta Cognition, Strategies of Meta Cognition.
	Suggested Readings/Books
	<ol style="list-style-type: none"> 1. Beek, R.C, (1983) Motivation: Theories and Principles. Prentice Hall 2. Weiner, B (1996) Human Motivation: Metaphors, Theories and Research. 3. Misra, G. (Eds.) (2009) ICSSR Survey of Advance in Research Psychology in India.

	SEMESTER-II						
	Paper-III: Modern Theories of Personality						
	Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
	BUPSYPG- 203	Core	Modern Theories of Personality	75	25	100	4
Objectives	<p>The objective of this course is to provide an in-depth exploration of motivation and emotion and Meta cognition. Understanding these processes will therefore give the students a holistic view of some important concepts of motivation; emotion and help students know and understand the emerging concept of meta cognition.</p> <p>By the end of this syllabus, students will be able to:</p> <ul style="list-style-type: none"> • understand normal motivational concepts and some important theories of motivation • understand fundamental concepts and theories of emotion 						

	<ul style="list-style-type: none"> nature of various mental functioning and structure of nervous system, and The methods of neuropsychology.
Course Content	
Unit-I	Sensory systems General and specific sensations, receptors and processes. Vision-- Structure and Function of Eye, Theories of Colour Vision; Audition -- Structure and Function of Ear, Theories of Pitch Perception.
Unit-II	Neurons Structure, functions, types, neural impulse (Resting Membrane Potential, Action Potential, Generation and Conduction of Neural Impulse through Axon); synaptic transmission: Excitatory Post-Synaptic Potential (EPSP) and Inhibitory Post-Synaptic Potential (IPSP). Neurotransmitters.
Unit-III	The Central and Peripheral Nervous Systems Structure and functions. Neuroplasticity. Lateralization of Brain Functions.
Unit-IV	Methods of neuropsychology Invasive methods – Anatomical methods, degeneration techniques, lesion techniques, chemical methods, microelectrode studies. Non-invasive methods – EEG, Scanning methods.
Suggested Readings/Books	
	<ol style="list-style-type: none"> Carlson, N. R. (2005) Foundations of Physiological Psychology. 6th Edition, Pearson Education. Pinel, J.P. (2006) Biopsychology. 6th Edition, Pearson Education. Leukal, F. (1976) Introduction to Physiological Psychology. C.V. Mosby Co. Levinthal, C.F. (1990) Introduction to Physiological Psychology. 3rd Edition, Prentice-Hall. Morgan, C.T. (1985) Introduction to Physiological Psychology. McGraw-Hill Levitt, P.C. (1980) Physiological Psychology. Kalat, J. W. (2010) Biopsychology. Cengage Learning India Pvt. Ltd.

SEMESTER-II						
Paper-V: Systems of Psychology-I						
Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG- 204	Elective	Systems of Psychology-I	75	25	100	4
Objectives	<p>This course will enable students with</p> <ol style="list-style-type: none"> Foundational knowledge regarding the history and evolution of psychology Critical appreciation of the theories of famous psychologists An overview of the different systems of thought in Psychology, so that they can develop an efficient framework to synthesise their knowledge in Psychology. 					

Course Content	
Unit-I	Associationism The philosophers, Ebbinghaus, Thorndike, Pavlov, Guthrie
Unit-II	Structuralism Weber, Fechner, Wundt, Titchener
Unit-III	Functionalism James, Dewey, Woodworth
Unit-IV	Gestalt Wertheimer, Kohler, Koffka, Lewin
Suggested Readings/Books	
	<ol style="list-style-type: none"> 1. Brennan J.F. (2014), Readings in the history and systems of psychology (2nd edition). USA: Pearson. 2. Brennan J.F. & Houde K.A.(2017).History and systems of psychology (7th edition). UK: CambridgeUniversity Press. 3. Hergenhahn B.R. (2019), Introduction to the history of psychology (8th edition), USA: Cengage. Schultz, D.P. & Schultz, S.E. (2016).A history of modern psychology.(11th edition).Cengage Learning.

BUPSYPG- 205	Practical
Conduction of Practical related to the fundamental concepts will be mandatory. The focus of these courses will be to develop in-depth and interdisciplinary understanding of the concepts studied in all core courses. To impart students the practical knowledge based on the syllabus of all theory papers.	
Course Outcome	
Conducting practical on quantitative research methods would develop a scientific understanding of the discipline. Foundation will be laid for developing experimental and correlation research design and conducting studies based on them.	

BUPSYPG- 206		Research Project			
Course Code	Course	Title of Course	Total Marks	Credits	
BUPSYPG- 106	Research Project	Survey/ Data collection	100	4	

SEMESTER-III	
Paper-I: Mental Disorders with Associated Criteria – I	

Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG- 301	Core	Mental Disorderswith Associated Criteria – I	75	25	100	4
Objectives	By the end of this syllabus, students will be able to – <ul style="list-style-type: none"> • Meaning and approaches of Psychopathology, • Learn classification of psychological disorders, • learn about Schizophrenia Spectrum and Other Psychotic Disorders • learn about Depressive disorder, and • Learn about anxiety and related disorder. 					
Course Content						
Unit-I	Introduction Meaning and Definition of Abnormal Behaviour; Approaches of Study in Psychopathology: Biological Approach – Brain and Behaviour, Biological Factors (Neurotransmitters, Hormones, Genetic, Constitutional, Brain Dysfunction, Physical Deprivation); Psychosocial Approaches - Psychodynamic, Behavioural, Cognitive, and Humanistic Perspective.					
Unit-II	Current Psychiatric Classifications DSM-V & ICD-11. Schizophrenia Spectrum and Other Psychotic Disorders: Clinical picture, Differential diagnosis, epidemiology, Aetiology- Delusional Disorder. Brief Psychotic Disorder. Schizophreniform Disorder. Schizophrenia. Schizoaffective Disorder. Catatonic Disorder.					
Unit-III	Depressive Disorders Clinical picture, Differential diagnosis, epidemiology, Aetiology - Disruptive Mood Dysregulation Disorder. Major Depressive Disorder. Persistent Depressive Disorder (Dysthymia). Premenstrual Dysphoric Disorder. Bipolar and Related Disorders: Bipolar I Disorder. Bipolar II Disorder. Cyclothymic.					
Unit-IV	Anxiety Disorders Clinical picture, Differential diagnosis, epidemiology, Aetiology - Separation Anxiety Disorder. Selective Mutism. Panic Disorder. Generalized Anxiety Disorder. Specific Phobia. Social Anxiety Disorder (Social Phobia). Agoraphobia. Obsessive-Compulsive and Related Disorder: Obsessive-Compulsive Disorder. Body Dysmorphic Disorder. Hoarding Disorder. Trichotillomania (Hair-Pulling Disorder). Excoriation (Skin-Picking) Disorder meaning, and Diagnostic Criteria.					
Suggested Readings/Books						
<ol style="list-style-type: none"> 1. Carr, A. (2001). Abnormal Psychology. Psychology Press. 2. Davison, G.C., & Neale, J.M. (1986). Abnormal psychology: An experimental clinicalapproach. New York: John Wiley & Sons. 3. David H. Barlow, V. Mark Durand (2015). Abnormal Psychology: An Integrative Approach. Cengage Learning 4. Eysenck, H.J. (2005). Handbook of Abnormal Psychology. Pitman Medical PublishingCo. Ltd., London. 5. Griez, Eric J. L., Faravelli, Carlo, Nutt David & Zohar Joseph (2002) – Anxiety 						

Disorders – An Introduction to Clinical Management and Research, John Wiley & Sons Inc, USA.

6. Diagnostic and statistical manual of mental disorders: DSM-5. — 5th ed (2013). American Psychiatric Association, Washington, DC London, England.
7. Dignostic and Statitlcal Manual of Mental Disorders – IV- Text Revision (DSM-IV-TR) (2000). American Psychiatric Association. Tapee Brothers Medical Publishers (P)Ltd.
8. Carson, R.C., Butcher, J.W., Mineka, S., Hooley, J.M. 9th Edison (2012). Abnormal Psychology, Pearson Education Inc.
9. Sadock, B.J. and Sadock, V.A. (2003). Synopsis of Psychiatry, Lippincott Williams &Wilkins.
10. Barlow, D.H. and Durand, V.M. (2005). Abnormal Psychology: an Integrated Approach, Wadsworth.
11. Sarason, I.G. and Srason, B.R. (2002). Abnormal Psychology, Pearson Education Asia.

SEMESTER-III						
Paper-II: Applied Social Psychology						
Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG- 302	Core	Applied SocialPsychology	75	25	100	4
Objectives	<p>This course will enable the students to –</p> <ul style="list-style-type: none"> • To help student understand social problems and gain knowledge about intervention strategies. • To learn how social psychology is used in applied settings to understand and ameliorate social problems. • To familiarize students with some of the major theoretical perspectives in social psychology. • To appreciate interpersonal and group level psychological processes in the contemporary cultural and global context. 					
Course Content						
Unit-I	Traditional and recent trends in social psychology Approaches to the study of social behaviour. General framework of applied social psychology					
Unit-II	Social disadvantage and deprivation Disadvantaged and deprived groups, indicators and measurement, psychological consequences, remedial and intervention programmes.					
Unit-III	Environmental issues Noise, pollution and atmospheric conditions; Density and crowding; Response to					

Disorders – An Introduction to Clinical Management and Research, John Willey & Sons Inc, USA.

6. Diagnostic and statistical manual of mental disorders: DSM-5. — 5th ed (2013). American Psychiatric Association, Washington, DC London, England.
7. Dignostic and Statitital Manual of Mental Disorders – IV- Text Revision (DSM-IV-TR) (2000). American Psychiatric Association. Tapee Brothers Medical Publishers (P)Ltd.
8. Carson, R.C., Butcher, J.W., Mineka, S., Hooley, J.M. 9th Edison (2012). Abnormal Psychology, Pearson Education Inc.
9. Sadock, B.J. and Sadock, V.A. (2003). Synopsis of Psychiatry, Lippincott Williams &Wilkins.
10. Barlow, D.H. and Durand, V.M. (2005). Abnormal Psychology: an Integrated Approach, Wadsworth.
11. Sarason, I.G. and Srason, B.R. (2002). Abnormal Psychology, Pearson Education Asia.

SEMESTER-III						
Paper-II: Applied Social Psychology						
Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG- 302	Core	Applied SocialPsychology	75	25	100	4
Objectives	This course will enable the students to – <ul style="list-style-type: none"> • To help student understand social problems and gain knowledge about intervention strategies. • To learn how social psychology is used in applied settings to understand and ameliorate social problems. • To familiarize students with some of the major theoretical perspectives in social psychology. • To appreciate interpersonal and group level psychological processes in the contemporary cultural and global context. 					
Course Content						
Unit-I	Traditional and recent trends in social psychology Approaches to the study of social behaviour. General framework of applied social psychology					
Unit-II	Social disadvantage and deprivation Disadvantaged and deprived groups, indicators and measurement, psychological consequences, remedial and intervention programmes.					
Unit-III	Environmental issues Noise, pollution and atmospheric conditions; Density and crowding; Response to					

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	environmental challenges; Intervention for environmental management.
Unit-IV	Psychological problem of social integration The concept of social integration. The problem of caste, class, religion and language conflicts and prejudice. Nature and manifestation of prejudice between the in group and out group, Handling the conflicts and prejudices, Psychological Measures to achieve social integration.
Unit-V	Population and gender issues Psycho-social models of population; Population growth; Dynamics and consequences; Control strategies. Problems of women, perceptions and discriminations, Glass ceiling effect, women empowerment strategies. Social Values and Interests Definitions, Components Formation and Measurement of values and interests; strategies for fostering human values in Contemporary Cultural, and global context.
	Suggested Readings/Books
	<ol style="list-style-type: none"> 1. Alcock, J.E., et al. (1998). A textbook of social psychology. Scarborough, Canada: Prentice Hall. Baron, R.A. & Byrne, D. (2000). Social psychology. New Delhi: Prentice Hall. 2. Misra, G. (Ed.) (1990). Applied social psychology in India. New Delhi: Sage. 3. Mohanty, A. K., Misra, G. (2000). Psychology of poverty and disadvantage. New Delhi: Concept. Oskamp, S. (1984). Applied social psychology. Englewood Cliffs, N.J. Prentice Hall. 4. Semin, G., & Fiedler, K. (1996). Applied social psychology. London: Sage.

SEMESTER-III						
Paper-III: Fundamentals of Psychological Assessment						
Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG- 303	Core	Fundamentals of Psychological Assessment	75	25	100	4
Objectives	By the end of this syllabus, students will be able to – <ul style="list-style-type: none"> • understand the functioning of various psychological tests • understand the steps of test construction • know the current uses of the terms reliability and validity in psychological research 					
Course Content						
Unit-I	Psychology Testing Nature, Present uses, Test Administration, Rapport, Test Anxiety, Construction of test: Selection of items, Items analysis- Item difficulty, discrimination power.					
Unit-II	Reliability Concept, Stability and Consistency of Measures, Types-Test-retest, Split-half and Parallel Form. Affecting Reliability. Validity: Concept, Content validity, Criterion Related Validity, Estimation of Validity, Factors Affecting Validity. Norms: Concept, Types –					

	Development of Norms, Age Norms, Grad Norms, Intergroup Norms, Reliability of Norms.
Unit-III	Intelligence Testing Nature, Theories of Intelligence – (Spearman, Thurston, Guilford, Cattell). Information Processing Approach and pass Model, Speed and Power Tests, Individual and Group Tests, Verbal and Performance Tests and – cultural tests. Personality Testing: Concept of personality tests (Inventory, questionnaire), Projective Techniques – Problems of Reliability and Validity of Projective Tests.
Unit-IV	Tests of Special Abilities Aptitude testing, Occupational testing, Clinical testing, Educational testing, Ethical aspects: User's Qualification, Confidentiality, Communication of Results, Invasion of Privacy, Civil Rights of Minority, Evaluation of Tests.
Suggested Readings/Books	
	<ol style="list-style-type: none"> 1. Guilford, J.P. (1954). Psychometric Methods, Tata McGraw Hill, India. 2. Freeman, F.S. (1962). Theory and Practice of Psychological Testing. Oxford and IBH Pub.Co., New Delhi. 3. Payne, D.A. & McMorries, R.F. (1972). Educational and Psychological measurement. Oxford and IBH Pub. Co. New Delhi. 4. Anastasi, A. (1983), Psychological Testing (5th Ed.) N.Y. McMillan. 5. Nunally, J.C. (1979). Psychometric Theory (2nd Ed.) Tata McGraw Hill, India. 6. Ciminaro, A.R. (1984). Handbook of behavioural assessment, New York: John Wiley. 7. Miller, D.C. (1991). Handbook of research design and social measurement, London: Sage. 8. leung, F.T.L. & Austin, J.T. (1996). The psychology research handbook, London: Sage. 9. Nunnally, J.C. (1978). Psychometric Theory. Tata McGraw Hill Pub. Co. Ltd. New Delhi. 10. Kaplan, R.M. and Saccuzzo, D.D. (2007): Psychological Testing. Thompson-Wordsworth. Australia, Spain. United States. 11. Eysenck, M.W. (2004): Psychology: An Introductory Psychology. Press: Taylor & Francis Group. Hove and New York. 12. Test Measurement & Research Method in Behavioural Sciences: Bharti Bhawan, Patna.

SEMESTER-III						
Paper-IV: STATISTICS IN PSYCHOLOGY						
Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG- 303	Elective	Statistics In Psychology	75	25	100	4
By the end of this syllabus, students will be able to –						

Objectives	<ul style="list-style-type: none"> • Choose appropriate parametric and non-parametric statistical techniques for data analysis • Demonstrate skills of calculating various parametric and non-parametric statistics • Learn normal probability curve and its relevance in statistical reasoning
Course Content	
Unit-I	Introduction <ul style="list-style-type: none"> • Nature of Data, • Nature of Measurement, • Levels of Measurement, • Measures of Central Tendency - Mean, Median and Mode
Unit-II	Measures of variability <ul style="list-style-type: none"> • NPC- Characteristics, • Applications of Normal Probability Curve, • Average Deviation, • Quartile, • Standard Deviation
Unit-III	Parametric Statistics <ul style="list-style-type: none"> • Significance of difference between means- CR and 't' test (Correlated & Uncorrelated). • Analysis of variance-one way and two way. • Post-hoc comparison test-Duncon & Scheffe.
Unit-IV	Non-Parametric Statistics <ul style="list-style-type: none"> • Chi-Square Test, • Sign Test, • Median Test, • Mann-Whitney U Test, • Difference between parametric and non-parametric statistics.
Unit-V	Correlation Methods <ul style="list-style-type: none"> • Concept and Significance, • Product Moment Correlation (Ungrouped Data), • Rank Difference Correlation, • Standard Error of Estimate,
Suggested Readings/Books	
<ol style="list-style-type: none"> 1. Biswal Bhabagrahi and Pramod Chandra Dash (2006) Statistics in Education and Psychology Dominant Publishers & Distributors ISBN-13: 978 -8178884097 2. Henry E. Garrett (2005) Statistics In Psychology & Education Paragon International Publishers ISBN-13: 978-8189253004 3. Bruce M. King and Edward W. Minium (2011) Statistical Reasoning in the Behavioral Sciences. Wiley. ISBN-13 : 978-8126531141 4. S. Siegal (1988). Non-Parametric Statistics for Behavioural Sciences. McGraw Hill. ISBN-13: 978- 0070573574 5. S.A. Haslam and C. McGarty (2003). Research Methods and Statistics in Psychology. Sage Publication. ISBN-13: 978-0761942931 6. D. Howitt and D. Cramer (2011). An Introduction to Statistics in Psychology. Pearson Education. ISBN- 13: 978-0273734307 7. J.P. Guilford and Benjamin Fruchter (1978). Fundamental Statistics in Psychology and Education McGraw Hill. ISBN-13: 978-0070251502 	

SEMESTER-III						
Paper-V: PSYCHOLOGY AT WORKPLACE						
Course Code	Course	Title Of Course	Theory	Int. Assessment	Total Marks	Credits
Bupsygp- 305	Elective	Psychology at Workplace	75	25	100	4
Objectives	By the end of this syllabus, students will be able to – <ol style="list-style-type: none"> 1. Explain theories of leadership 2. Acquire skills of evaluating communication at workplace 3. Learn how psychological issues leading to stress at workplace can be managed 4. Evaluate psychological factors that promote healthy behaviors at workplace 					
Course Content						
Unit-I	Introduction Employee Attitude and Behaviour <ul style="list-style-type: none"> • Introduction and scope of organizational psychology • Employee engagement • Job satisfaction • Organizational commitment • Positive and Negative employee attitude and behavior 					
Unit-II	Theories of work motivation <ul style="list-style-type: none"> • Goal-setting Theory, • Herzberg's Two-Factor Theory, • Job Characteristics Model, • Expectancy (VIE) Theory of Motivation 					
Unit-III	Leadership <ul style="list-style-type: none"> • Concept of leadership • Leadership styles and their effectiveness • Theories of leadership: • Fiedler's Contingency Model • The Path-Goal Theory • Charismatic Leadership Theory • Transformational Leadership Theory 					
Unit-IV	Communication in workplace <ul style="list-style-type: none"> • Communication process-definition and model 					

	<ul style="list-style-type: none"> • Non-verbal communication in work settings • Flow of communication- Downward, upward, lateral • Barriers in effective flow of communication • Communication networks • Formal and informal line of communication
Unit-V	Stress at workplace <ul style="list-style-type: none"> • Predisposition to Stress-personality, stress sensitization • Sources of Stress- Personal Stressors, Occupational Stressors, Organizational Stressors, Stressors in the Physical Work Environment • Consequences of Stress- Personal Consequences, Organizational Consequences
Suggested Readings/Books	
	<ol style="list-style-type: none"> 1. S.K. Srivastava (2005). Organizational Behaviour and Management. New Delhi : Sarup and Sons Publishers. 2. L.M. Prasad (1995). Organizational Behaviour. New Delhi : Sultan Chand and Sons. 3. K.K. Ahuja (1990). Organizational Behaviour. New Delhi : Kalyani Publishers. 4. S.P. Robbins (2008). Organizational Behaviour. New Delhi : Pearson Education. 5. Ronald E. Riggio (2012) Introduction to Industrial and Organizational Psychology Pearson ISBN-13: 978-0205254996 6. Michael G. Aamodt (2012) Applying Psychology to Work CENGAGE Learning Custom Publishing; ISBN-13:978-1111840822

SEMESTER-III						
Paper-V: Systems of Psychology-II						
Course Code	Course	Title Of Course	Theory	Int. Assessment	Total Marks	Credits
Bupsygg- 305	Elective	Systems of Psychology-II	75	25	100	4
Objectives	This course will enable students with <ol style="list-style-type: none"> 1. Foundational knowledge regarding the history and evolution of psychology 2. Critical appreciation of the theories of famous psychologists 3. An overview of the different systems of thought in Psychology, so that they can develop an efficient framework to synthesise their knowledge in Psychology. 					
Course Content						
Unit-I	Behaviorism Watson, Skinner, Hull, Spence, Miller and Dollard					
Unit-II	Cognitive Behaviorism Tolman, Bandura					
Unit-III	Psychoanalysis Freud, Adler, Jung					
Unit-IV	Neo Psychoanalysis Erikson, Horney, Sullivan, Klein, Mahler					
Unit-V	Humanistic Existential					

	Maslow, Rogers, Goldstein, Existential philosophers
	Suggested Readings/Books
	<p>4. Brennan J.F. (2014), Readings in the history and systems of psychology (2nd edition). USA: Pearson.</p> <p>5. Brennan J.F. & Houde K.A.(2017).History and systems of psychology (7th edition). UK: CambridgeUniversity Press.</p> <p>6. Hergenhahn B.R. (2019), Introduction to the history of psychology (8th edition), USA: Cengage. Schultz, D.P. & Schultz, S.E. (2016).A history of modern psychology.(11th edition).Cengage Learning.</p>

BUPSYPG- 205	Practical
Conduction of Practical related to the fundamental concepts will be mandatory. The focus of these courses will be to develop in-depth and interdisciplinary understanding of the concepts studied in all core courses. To impart students the practical knowledge based on the syllabus of all theory papers.	
Course Outcome	
Conducting practical on quantitative research methods would develop a scientific understanding of the discipline. Foundation will be laid for developing experimental and correlation research design and conducting studies based on them.	

BUPSYPG- 206		Research Project			
Course Code	Course	Title of Course	Total Marks	Credits	
BUPSYPG- 106	Research Project	Research proposal	100	4	

SEMESTER-IV						
Paper-I: HEALTH PSYCHOLOGY						
Course Code	Course	Title Of Course	Theory	Int. Assessment	Total Marks	Credits
BUPSYPG- 401	Core	Health Psychology	75	25	100	4

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Objectives	<p>This course will enable students with</p> <ol style="list-style-type: none"> 1. Explain the role of stress and psychological factors in physical diseases 2. Learn how people cope with stress and regulate their emotions 3. Understand illness beliefs and health compromising behaviors 4. Evaluate role of psychosocial factors in physical disorders
	Course Content
Unit-I	<p>Concept of Health</p> <ul style="list-style-type: none"> • Definition of Health • Biopsychosocial model vs biomedical model • Interaction of biopsychosocial variables, • clinical implication of biopsychosocial model • Socio-economic factors in health
Unit-II	<p>Stress and Coping</p> <ul style="list-style-type: none"> • Meaning of Stress • Stress as stimulus and Response • Response moderators - Coping styles individual characteristics and social support • Interaction model of stress
Unit-III	<p>Role of Behavioral Factors in Disease</p> <ul style="list-style-type: none"> • Illness beliefs, illness cognitions • The Health Belief Model • Health enhancing behaviour - Exercise, accident prevention weight control. • Health compromising behaviour - alcohol and smoking.
Unit-IV	<p>Stress related health problems</p> <ul style="list-style-type: none"> • Cardiovascular disease • Stroke • Diabetes
Unit-V	<p>Modification of Health Behaviour</p> <ul style="list-style-type: none"> • Changing health beliefs • Self awareness • Cognitive behaviour approach • Lifestyle modification • Management of Type A behaviour
	Suggested Readings/Books
	<ol style="list-style-type: none"> 1. A Text Book of Stress, Coping and Health. Shalab Publication. ISBN-13: 978-8188681112 2. Meena Hariharan (2020) Health Psychology: Theory, Practice and Research SAGE Publications India ISBN-13: 978 -9353883492 3. Ghosh (2014) Health Psychology: Concepts in Health and Well-being. Pearson Education India. ISBN-13: 978 -9332537620 4. Dalal Ajit K. Et.Al (2012) New Directions in Health Psychology Sage. ISBN-13 : 978-8132107552 5. Shelley E Taylor (2018) Health psychology McGraw-Hill Education ISBN-13 978-1259870477 6. M. Robbin DiMatteo and R. Martin Leslie (2017) Health Psychology Pearson

Education ISBN-13: 978 -9386873842
 8. Jane Ogden (2012) Health Psychology: A Textbook. Open University Press. ISBN-13: 978 -0335243839

SEMESTER-IV

Paper – II: Mental Disorders with Associated Criteria – II

Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG- 402	Core	Pollution; causes and Mitigation	75	25	100	4

Objectives By the end of this syllabus, students will be able to –

- learn about Trauma- and Stressor-Related Disorders,
- learn about Dissociative Disorders, Somatic Symptom and Related Disorders,
- learn about Substance-Related and Addictive Disorders, and
- Neurocognitive and Personality Disorders

Course Content

Unit-I	Trauma and Stressor-Related Disorders Clinical picture, Differential diagnosis, epidemiology, aetiology-Reactive Attachment Disorder. Disinhibited Social Engagement Disorder. Disinhibited Social Engagement Disorder. Acute Stress Disorder. Adjustment Disorders. Sleep-Wake Disorders: Insomnia Disorder. Hypersoninolence Disorder. Narcolepsy. Parasomnias- Non-Rapid Eye Movement Sleep Arousal Disorders. Nightmare Disorder. Rapid Eye Movement Sleep Behavior Disorder. Restless Legs Syndrome.
Unit-II	Dissociative Disorders Dissociative Identity Disorder. Dissociative Amnesia. Depersonalization/Derealization Disorder. Somatic Symptom and Related Disorders: Somatic Symptom Disorder. Illness Anxiety Disorder. Conversion Disorder (Functional Neurological Symptom Disorder). Feeding and Eating Disorders: Pica. Rumination Disorder. Avoidant/Restrictive Food Intake Disorder. Anorexia Nervosa. Bulimia Nervosa. Elimination Disorders: Enuresis. Encopresis.
Unit-III	Substance-Related and Addictive Disorders Alcohol-Related Disorders. Caffeine-Related Disorders. Cannabis-Related Disorders. Hallucinogen-Related Disorders. Inhalant-Related Disorders. Opioid-Related Disorders. Sedative, Hypnotic, or Anxiolytic-Related Disorders. Stimulant-Related Disorders. Tobacco-Related Disorders. Neurocognitive Disorders: Delirium. Major and Mild Neurocognitive Disorders. Major or Mild Neurocognitive Disorder Due to Alzheimer's Disease.
Unit-IV	Neurocognitive Disorders Delirium. Major and Mild Neurocognitive Disorders. Major or Mild Neurocognitive Disorder Due to Alzheimer's Disease. Personality Disorders: Cluster A Personality Disorders- Paranoid Personality Disorder. Schizoid Personality Disorder. Schizotypal Personality Disorder. Cluster B Personality Disorders- antisocial personality disorder. Borderline Personality Disorder. Histrionic Personality Disorder. Narcissistic Personality Disorder. Cluster C Personality Disorders- Avoidant

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Personality Disorder. Dependent Personality Disorder. Obsessive-Compulsive Personality Disorder.
Suggested Readings/Books
<ol style="list-style-type: none"> 1. Carr, A. (2001). Abnormal Psychology. Psychology Press. 2. Davison, G.C., & Neale, J.M. (1986). Abnormal psychology: An experimental clinical approach. New York: John Wiley & Sons. 3. David H. Barlow, V. Mark Durand (2015). Abnormal Psychology: An Integrative Approach. Cengage Learning 4. Eysenck, H.J. (2005). Handbook of Abnormal Psychology. Pitman Medical Publishing Co. Ltd., London. 5. Griez, Eric J. L., Faravelli, Carlo, Nutt David & Zohar Joseph (2002) – Anxiety Disorders – An Introduction to Clinical Management and Research, John Willey & Sons Inc, USA. 6. Diagnostic and statistical manual of mental disorders : DSM-5. — 5th ed (2013). American Psychiatric Association, Washington, DC London, England. 7. Dignostic and Statitital Manual of Mental Disorders – IV- Text Revision (DSM-IV- TR) (2000). American Psychiatric Association. Tapee Brothers Medical Publishers (P)Ltd. 8. Carson, R.C., Butcher, J.W., Mineka, S., Hooley, J.M. 9th Edison (2012). Abnormal Psychology, Pearson Education Inc. 9. Sadock, B.J. and Sadock, V.A. (2003). Synopsis of Psychiatry, Lippincott Williams & Wilkins. 10. Barlow, D.H. and Durand, V.M. (2005). Abnormal Psychology: an Integrated Approach, Wadsworth.

SEMESTER-IV						
Paper – III: THERAPEUTIC TECHNIQUES						
Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG- 403	Elective	Therapeutic Techniques	75	25	100	4
<ul style="list-style-type: none"> • Become sensitized to the ethical issues and code of conduct of a psychologist engaged in application of principles of psychology for dealing with abnormal behavior • Acquire principles and procedures of various psychotherapies • Develop skills of applications of psychotherapies to deal with abnormal behaviours 						
Course Content						
Psychotherapies Concept, Roles and responsibilities, The Client - Therapist Relationship, Ethical issues, Codes of Conduct.						
Psychodynamic Therapy						

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Freudian Psychoanalysis, Alfred Adler and Erik Erikson
Behaviour Therapy Guided Exposure, Systematic desensitization, Aversion therapy, Assertion training, Modeling, Biofeedback.
Cognitive Behaviour Therapy Beck's Cognitive Therapy, Rational emotive behaviour therapy, Michenbaum's cognitive behaviour therapy
Humanistic Therapies Person centered therapy, Gestalt Therapy, existential therapy, Transactional therapy. Interpersonal Relationship Therapy - Marital and Family Systems Therapy.
Suggested Readings/Books
<ol style="list-style-type: none"> 1. G.D. Rastogi (1991). Psychopathology and Treatment. New Delhi : Wiley Eastern Ltd. 2. M.B. Ghorpade and V.B. Kumar (1988). Introduction to Modern Psychotherapy. New Delhi : Himalaya Publishing House 3. Gerald Corey (2019) Theory and Practice of Counseling and Psychotherapy Cengage Learning India ISBN-13: 978-9353502072 4. Mei-wei Chen and Nan J. Giblin (2017) Individual Counseling and Therapy: Skills and Techniques. Routledge. ISBN-13 : 978-0415417334 5. Linda Seligman and Lourie W. Reichenberg (2015) Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. Pearson ISBN-13 : 978-0134391052


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