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

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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:

Semester wise Programme Structure in P.G. in Psychology

Major Course Code	Paper/ Course	Paper Title	Theory	Internal Assessment	Total Marks	Credit
		SEMESTER-I			1100000	-
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	Contraction of the Contraction o			
BUPSYPG- 201	Core	Language, Learning andThinking	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

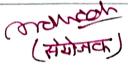
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		Criteria – I	The second section of the sect	A CASTON CONTRACTOR OF THE STATE OF THE STAT		
BUPSYPG- 302	Core	Applied SocialPsychology	75	25	100	4
BUPSYPG- 303	Core	Fundamentals of Psychological Assessment	75	25	100	4
BUPSYPG- 304	PSYPG- 304 Elective 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 Place 100 100 100 100 100 100 100 100 100 10	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 Disorderswith 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	and the same of th		4
BUPSYPG- 408	Research Project	Dissertation	100			4

			SEMEST	ΓER-1		
		Paper-I: Perception,	Attention a	nd Memory		
Course Code	Co	urse Title of Course	Theory	Internal Assessment	Total Marks	Credits



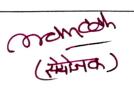
BUPSYPG- 101	Core	Perception, Attention and Memory	75	25	100	4
Objectives		 To provide simple principles underlyin and memory. To familiarize stude and perspectives inc. To provide an incognitive processes applications. To facilitate the lear of cognitive psychol. To understand-brain life. 	ents with cognitive depth u in terms rning of ogy.	some of the psychology nderstanding of current the traditional a	on, verbal I e major app . g of some heories, mod and emergen	earning roaches of the lels and at fields
Course Learning Outcomes		1. To help learners cognitive processes psychologists who wand practice of costandards and social 2. To familiarize stude and perspectives in comperceptual processes 4. To explore the praction human performance.	understatin every would expenditive relevance ents with cognitive aderstands.	and the im day life and scel in known psychology ee. some of the psychology the develo	portance of prepare cor wledge, ories with high e major appr , pmental asp	npetent ntation, ethical roaches ects of
		Co	ourse Co	ntent		andres devices constant
Unit-I	Con	gin and Current Status cept, Types, Determinar	nts, Selec	tive Attenti	on and its the	eories.
Unit-II	Ges Prod Brig	ceptual Processes - Ap talt, Behaviouristic and cessing, approach, thtness, Depth Perceptivation and Learning in	Physiolo Perceptu ption, p	ogical Appro al Consta pattern reco	oaches, Infor ncy-Size,	mation Shape,
Unit-III	and Con	bal Learning - Materials Determinants cept formation- Conce ors influencing concept	pt form	ation- nature		
Unit-IV	Mei term and	nory - Encoding, Stora Memory, (STM), and Semantic Memory. Mo rocessing models.	ge, Retr Long- to dels of	ieval, Senso erm Memor memories, s	y (LTM); E	pisodic
		Suggest	ed Read	ings/Books		and the control of th
		. 5			2	



- 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, Renehart & Winston Inc.
- 4. Snodgross, J.G. Levy, B.G. & Haydon, M. (1985). Human Experimental Psychology,Oxford University Press, New York.
- 5. Bourne, L.E., Dominowski, R.L. & Loflus, 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., Banglore.
- 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.

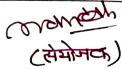
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		SEMESTER-1									
		Paper –II: Research De	sign and	Methodolo	ogy						
Course Co	de Course	Title of Course	Theory	Int. assessment	Total Marks	Credits					
BUPSYPG-	102 Core	Research Design and Methodology	75	25	100	4					
Objectives	 By the end of this syllabus, students will be able to – Understand the conceptual understanding of research and research design. Students should be able to distinguish a purpose of research question, hypothesis, and research objectives. Students should be able to identify the overall process of designing psychological research. Students should know the conventions with good APA style for scholarly writing. 										
Outcomes	1. learnt to psycho	the conceptual framework and logical research shed the understanding to plan a	overall pr	rocess of re	esearch a	and designing					
	N-4 C I			Dundalana II	I a th a a	os Tunos of					
Unit-I	Research, F Simple Ran probability S	Research, Fact and Theory, Repearation of Research Reportion Sampling, Stratified Randampling, Incidental/ Quota and	rt, Sampl dom San Purposiv	ing: Popul npling, Clu e Sampling	ation an ster San	nd Sampling, npling, Non-					
Unit-II	Relevant V Experiment	Experiment: Conduction of ariables, Minimization of Er Method: Laboratory and Field E	ror Varia Experimen	ance, Meri its.	ts and	Demerits of					
Unit-III	Objectivity Types of Ob Evaluation of	Observation and Data Collection and Objective Methods of Objective Scales and Items, Choic of Objective Tests and Scales.	servations e and Con	, Types of astruction o	Objecti f Objecti	ve Measures, ve Measures,					
Unit-IV	Single Grou Groups Desi Quasi – Exp	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 Rea	dings/Bo	oks							
	Publica 2. McGuig	er F.N. (1983). Foundation tion,Delhi. gan, F.J. (1968). Experimen ch,Prentice Hall, N.J.									



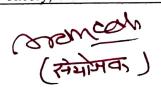
- Brown C.W. & Ghiselli, E.E. (1965). Scientific Methods in Psychology, McGraw-Hill, N. Y.
- 4. Black, T.R. (1988). Quantitative Research Design for Social Science. Thousand Oaks; Sage.
- 5. Edwards, A.L. (1976). Experimental Design in Psychology Research, Amerind Publication, New Delhi.
- 6. Newman, W.L. (1991). Social Research Methods: Qualitative and Qualitative Methods, Boston: Allyn & Bacon.
- 7. Tripathi, L.B. (1985). Psychology Research Methods, Har Prasad Bhargav, 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 Jersy.
- 10. Winer, B.J. (1961). Experimental Design in Psychology Research, McGraw Hill.

		SEMESTER-1								
	Paper – III: ADVANCED SOCIAL PSYCHOLOGY									
Course C	ode Course	Title of Course	Theory	Int. assessment	Total Marks	Credits				
BUPSYPG	- 102 Core	Advanced Social Psychology	75	25	100	4				
	with viol 2. Develop 3. Learn ho 4. Develop understa 5. Evaluate	ualize social problems and the ence, gender and poverty an insight into the principles are to wattitude and prejudice are for insight and analyze the conding ofhuman society. The effective strategies in socialize and interpersonal processes and	nd theories rmed and h ntribution ation, grou helping be	of social p now prejudi of social	sycholog ce can be psycholo	y reduced. ogists to the				
		Course	ontent							
Unit-I	Introduction Nature and S Relationship psychology	Scope of Social Psychology, Notes of Social Psychology with or	Methods o her Social	f Analysis Sciences,	of Social	l Behaviour, ce of social				
Unit-II	Methods of	Social Psychology								



	S							
	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							
	 Arun Kumar Singh (2019) Social Psychology PHI Learning Pvt. Ltd ISBN-13: 978-9389347258 S.S. Mathur (2012) Social Psychology. Agrawal Publications. ISBN-13: 978-9380510828 Nyla R. Branscombe , Robert A. Baron and Preeti Kapur (2017) Social Psychology. Pearson ISBN-13: 978-9332586116 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 C	Course Code Course Title of Course Theory Int. Total Crassessment Marks								
BUPSYPO	G- 104	Core	Classical Perspectives in Personality Theories	75	25	100	4		
Objectives	 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	Natur Person	Personality Nature and Scope, Various Theoretical Approaches to Personality, Determinants of Personality: Biological and Physiological; Psychological, Environmental (Social, Educational, Family and Cultural).							
Unit-II			c Theory canalytic Theory, Jung's Ana	lytic The	eory, Adler	r'sIndivi	dual Theory		



Unit-III	Neo- Freudian and Post Freudian Approaches: Horney, Erich Fromm, Erikson and Sulfivan.
NEED AND THE PROPERTY OF THE P	Eastern Personality Theory Personality in Upnishads, Yoga Theory of Personality, Abhidhamm Theory of
Unit-IV	Personality in Upnishads, Toga Theory of Tensors
hanni reduceda incomerciano de la compre	Suggested Readings/Books
	1. Liebert, R.M. & Spiegler, M.D. (1994). Personality: Strategies and Issues. Pacific
	1. Liebert, R.M. & Spieger, M.D. (Company. Grove. California: Brooks/Cole Publishing Company. New York: Harper & Roe.
	 Biscoff, L.J. (1970). Interpreting personality theories. New York: J. Hall, C.S. & Lindzey, G. (1978). Theories of personality, 3rd Ed. New York: J.
	Wiley& Sons. Basic assumptions,
	 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:
	D. J. A. N. H. College Publication (0
	7. Magnusson, D., Endler, N.S. (1977). Personality at Crossroads. New Jersey,
	IIIII dala Lauranga Erlbaum Associates
	 Calvin S. Hall Gardner Lindzey John B. Campbell (2007). Theories of Personality 4th Edition, Publisher: Wiley India Pvt Ltd.
	4th Edition, Fuorisher. Whey maid 1 to Etc.

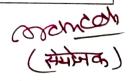
BUPSYPG- 105 Practical

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										
Charles (September 2) and design of the september 2)	Special services		Paper – VII: Polluti	on: ca	auses and	Mitigatio	n				
Course	rse Code Course Title of Course Theory Int. Total Course Marks										
BUPSYP	G- 107	Elective- Minor	Pollution; causes and Mitiga	ation	75	25	100	4			
,	Course Content										
Unit-I	Environmental Pollution:										
Ont-1		Concept of pollution, Source of Pollution, Nature and Types of Pollutants, Types of Pollution, Mitigation of Pollution									
Unit-II	Air Po	llution									
	Definit	tion, cau	se, effects of pollution	on M	Ian, Anii	nals, Plant	s, and	Environment.			
	I		es of Air pollution.								
	1	Pollutio									
	1		se, effects of pollution	on M	Ian, Anii	mals, Plant	s, and	Environment.			
			es of water pollution.								
		ollution	se, effects of pollution	on N	Ion Ani	mala Dlane	a and	Environment			
	1		es of Soil pollution.	OII IV	ian, Am	ilais, Fiail	.s, and	Environment.			
Unit-III		pollution									
Onit-111		-	se, effects of pollution	on M	lan, Anii	mals, Plant	s, and	Environment.			
	1		es of Noise pollution.		ŕ	•	,				
	Marin	e polluti	on								
	Defini	tion, cau	se, effects of pollution	on M	lan, Ani	mals, Plan	ts, and	Environment.			
	1		es of Marine pollution.								
	1	nal pollu									
			se, effects of pollution	on M	Ian, Ani	mals, Plan	ts, and	Environment.			
	1		es of Thermal pollution.								
		ar hazar		_							
			e, effects of pollution on elated to Environmental								
Unit-IV	1		e, Global warming, Acid			نعماسماء سميد	NI	-1			
	and he	olocaust.	Wasteland reclamation,	Consi	UZUIIC IZ umerism	and waste	on, Nuc	ta Pala of an			
	individ	dual in pr	evention of pollution.	Colls	umensm	and waste	produc	is, Role of an			
			Suggested	Read	dings/Boo	oks		•			
	2. C	runner Ro arson, Ra ooks, 200	C, 1989, Hazardous Wasto chel. 1962. Silent Spring 2	e Incii (Bost	neration, on: Houg	McGraw H hton Miffli	ill Inc. 4 n, 1962)	180pgs. , Mariner			

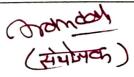


- Cheney, J. 1989. Postmodern environmental ethics. Environmental Ethics 11: 117-134
- Economy, Elizabeth. 2010. The River Runs Black: The Environmental Challenge to China's Future.
- Gadgil, M. & Ramachandra, G. 1993. This fissured land: an ecological history of India. Univ of California Press.
- Gleeson, 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
- 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.

		SEMES	TER-II			
	Paper-I: Language, Learning and Thinking					
Course Co	de Course			Int. assessment	Total Marks	Credits
BUPSYPG-	201 Core	Language, Learning and Thinking	75	25	100	4
	ognitive psy By the Unders behavi unders explore	tant concepts of cognitive psychology better. end of this syllabus, students we stand normal mental processes or. tand fundamental concepts related meaning and theories of learning assic conceptual understanding of Course Cour	rill be abl and thei ted to lan ing of thinkin	e to: r relationsh guage	ip to bra	in, mind and
Unit-I	Language Comprehens Speech Perc Errors.	ion and Structure, Constitue eption, Characteristics of Lan	nt Struc guage Pr	oduction, S	formation Social con	nal Gramma ntext, Speec

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
	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.
2	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 Hergenhahn 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 an	nd Affect	ive Proces	ses	
Course Co	de	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG- 202		Core	Core Motivation and AffectiveProcesses		25	100	4
Objectives	stude	tion and ents a ho ents know	Meta cognition. Understandin olistic view of some important of and understand the emerging f this syllabus, students will be	ig these percents concept	processes v of motivat	vill there ion; emo	fore give the



	 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
	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 EmotionalRegulation, 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
	 Beek, R.C, (1983) Motivation: Theories and Principles. Prentice Hall Weiner, B (1996) Human Motivation: Metaphors, Theories and Research. Misra, G. (Eds.) (2009) ICSSR Survey of Advance in Research Psychology in India.

	SEMESTER-II					
		Paper-III: Modern Th	eories of	Personalit	y	
Course Co	de Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG-	203 Core	Modern Theories of Personality	75	25	100	4
emotion and Meta cognition. Understanding these processes will ther students a holistic view of some important concepts of motivation; em students know and understand the emerging concept of meta cognition. By the end of this syllabus, students will be able to: • understand normal motivational concepts and some important motivation						
	By the end of understa motivati	w and understand the emerging f this syllabus, students will be nd normal motivational con	concept able to: cepts ar	of meta cog	gnition.	



plantypalen introduce (Chingdone Inspector Stronier (Ins	nature of various mental functioning and structure of nervous system, and
	The methods of neuropsychology.
MARKET MARKET MARKET AND	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
	1. Carlson, N. R. (2005) Foundations of Physiological Psychology. 6th Edition, PearsonEducation.
	2. Pinel, J.P. (2006) Biopsychology. 6th Edition, Pearson Education.
	3. Leukal, F. (1976) Introduction to Physiological Psychology. C.V. Mosby Co.
	4. Levinthal, C.F. (1990) Introduction to Physiological Psychology. 3rd Edition, Prentice-Hall.
	5. Morgan, C.T. (1985) Introduction to Physiological Psychology. McGraw-Hill
	6. Levitt, P.C. (1980) Physiological Psychology.
	7. Kalat, J. W. (2010) Biopsychology. Cengage Learning India Pvt. Ltd.

		SEMESTER-II					
			Paper-V: Syster	ns of Psyc	hology-I		
Course Co	ode	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
BUPSYPG-	204	Elective	Systems of Psychology-I	75	25	100	4
Objectives	1. 2. 3.	Foundation Critical app An overvie	enable students with nal knowledge regarding the preciation of the theories of ew of the different systems efficient framework to syn	famous ps of though	ychologists t in Psycho	logy, so	that they car

	Course Content
Unit-I	Associationism
	The philosophers, Ebbinghaus, Thorndike, Pavlov, Guthrie
Unit-II	Structuralism
1	Weber, Fechner, Wundt, Titchener
Unit-III	Functionalism
	James, Dewey, Woodworth
Unit-IV	Gestalt
	Wertheimer, Kohler, Koffka, Lewin
	Suggested Readings/Books
	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: Cambridge University 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.

DUISTI G- 203	Practical
Conduction of Practical relate	d to the fundamental concepts will be mandatory. The focus of these
courses will be to develop in a	lanth and interdisciplinary understanding of the concents studied in all

DIIDCVDC 205

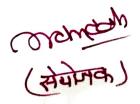
courses will be to develop in-depth and interdisciplinary understanding of the concepts studied in all core courses. To impart students the practical knowledge based on the syllabus of all theory papers.

Course Outcome

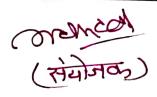
Conducting practical on quantitative research methods would develop a scientific understanding of the discipline. Foundation will be laid for developing experimental and correlation research design and conducting studies based on them.

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

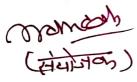


Course Co	e Course Title of Course Theory Int. Total Credits assessment Marks
BUPSYPG-	75 25 100 4
	By the end of this syllabus, students will be able to –
Objectives	 Meaning and approaches of Psychopathology,
	 Learn classification of psychological disorders,
	 learn about Schizophrenia Spectrum and 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 Factor (Neurotransmitters, Hormones, Genetic, Constitutional, Brain Dysfunction, Physic Deprivation); Psychosocial Approaches - Psychodynamic, Behavioural, Cognitive, and Humanistic Perspective.
Unit-II	Current Psychiatric Classifications DSM-V & ICD-11. Schizophrenia Spectrum and Other Psychotic Disorders: Clinic picture, Differential diagnosis, epidemiology, Aetiology- Delusional Disorder. Bri Psychotic Disorder. Schizophreniform Disorder. Schizophrenia. Schizoaffecti Disorder. Catatonic Disorder.
Unit-III	Depressive Disorders
	Clinical picture, Differential diagnosis, epidemiology, Aetiology - Disruptive Mo Dysregulation Disorder. Major Depressive Disorder. Persistent Depressive Disorder (Dysthymia). Premenstrual Dysphoric Disorder. Bipolar and Related Disorders: Bipolar Disorder. Bipolar II Disorder. Cyclothymic.
Unit-IV	Anxiety Disorders Clinical picture, Differential diagnosis, epidemiology, Aetiology - Separation Anxi Disorder. Selective Mutism. Panic Disorder. Generalized Anxiety Disorder. Spece Phobia. Social Anxiety Disorder (Social Phobia). Agoraphobia. Obsessive-Compuls and Related Disorder: Obsessive-Compulsive Disorder. Body Dysmorphic Disord Hoarding Disorder. Trichotillomania (Hair-Pulling Disorder). Excoriation (Sk Picking) Disorder meaning, and Diagnostic Criteria.
	Suggested Readings/Books
	1. Carr, A. (2001). Abnormal Psychology. Psychology Press.



- 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 Statitical 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

	SEMESTER-III					
	Paper-II: Applied Social Psychology					
Course Co	de Course	Title of Course		Int. assessment	Total Marks	Credits
BUPSYPG-	302 Core	Applied SocialPsychology	75	25	100	4
Objectives	 This course will enable the students to – 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. 					
Unit-I	Course Content 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	Engineermo			sity and o	crowding	Response to



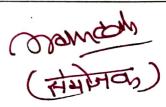
- Disorders An Introduction to Clinical Management and Research, John Willey & Sons Inc, USA.
- Diagnostic and statistical manual of mental disorders: DSM-5. 5th ed (2013).
 American Psychiatric Association, Washington, DC London, England.
- 7. Dignostic and Statitical Manual of Mental Disorders IV- 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 Co	de Cours	e Title of Course	Title of Course Theory Int. Total		Total Marks	Credits	
BUPSYPG-	302 Core	Applied SocialPsychology	75	25	100	4	
Objectives	 This course will enable the students to – 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	Environn	nental issues ollution and atmospheric cond			crowdi	ng; Response	

(संयोजका)

hological problem of social integration concept of social integration. The problem of caste, class, religion and language icts and prejudice. Nature and manifestation of prejudice between the in group and
icts and prejudice. Nature and manifestation of prejudice between the in group and
icts and prejudice. Nature and manifestation of prejudice between the in group and
mann Handling the sanding the
group, Handling the conflicts and prejudices, Psychological Measures to achieve
l integration.
lation and gender issues
no-social models of population; Population growth; Dynamics and consequences;
rol strategies. Problems of women, perceptions and discriminations, Glass ceiling
t, women empowerment strategies.
l Values and Interests
nitions, Components Formation and Measurement of values and interests; strategies
ostering human values in Contemporary Cultural, and global context.
Suggested Readings/Books
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.
Misra, G. (Ed.) (1990). Applied social psychology in India. New Delhi: Sage.
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.
Semin, G., & Fiedler, K. (1996). Applied social psychology. London: Sage.

	SEMESTER-III						
	Paper-III: Fundamentals of Psychological Assessment						
Course Co	ode	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 – • 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						
Unit-I	Course Content 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 From. Affecting Reliability. Validity: Concept, Content validity, Criterian 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				
	 Guilford, J.P. (1954). Psychometric Methods, Tata McGraw Hill, India. Freeman, F.S. (1962). Theory and Practice of Psychological Testing. Oxford and IBH Pub.Co., New Delhi. Payne, D.A. & McMorries, R.F. (1972). Educational and Psychological measurement. Oxford and IBH Pub. Co. New Delhi. Anastasi, A. (1983), Psychological Testing (5th Ed.) N.Y. McMillan. Nunally, J.C. (1979). Psychometric Theory (2nd Ed.) Tata McGraw Hill, India. Ciminaro, A.R. (1984). Handbook of behavioural assessment, New York: John Wiley. Miller, D.C. (1991). Handbook of research design and social measurement, London: Sage. leung, F.T.L. & Austin, J.T. (1996). The psychology research handbook, London: Sage. Nunnally, J.C. (1978). Psychometric Theory. Tata McGraw Hill Pub. Co. Ltd. New Delhi. Kaplan, R.M. and Saccuzzo, D.D. (2007): Psychological Testing. Thompson-Wordsworth. Australia, Spain. United States. Eysenck, M.W. (2004): Psychology: An Introductive Psychology. Press: Taylor & Francis Group. Hove and New York. 				
	12. Test Measurement & Research Method in Behavioural Sciences: Bharti Bhawan. Patna.				

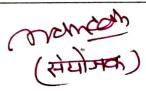
	SEMESTER-III					
		Paper-IV: STATISTIC	CS IN PSYC	HOLOGY		
Course Code	Course	Title of Course	Theory	Int. assessment	Total Marks	Credits
		Statistics In Psychology	75	25	100	A

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Objectives	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-l	Introduction					
Cant-	Nature of Data,					
	Nature of Measurement,					
	Levels of Measurement,					
	Measures of Central Tendency - Mean, Median and Mode					
Unit-II	Measures of variability					
	NPC- Characteristics,					
	Applications of Normal Probability Curve,					
	Average Deviation,					
	• Quartile,					
	Standard Deviation					
Unit-III	ParametricStatistics					
	 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					
	Chi-Square Test,					
	• Sign Test,					
	Median Test,					
	Mann-Whitney U Test,					
	Difference between parametric and non-parametric statistics.					
Unit-V	CorrelationMethods					
	Concept and Significance,					
1	Product Moment Correlation (Ungrouped Data),					
	Rank Difference Correlation,					
	Standard Error of Estimate,					
	Suggested Readings/Books					
	1. Biswal Bhabagrahi and Pramod Chandra Dash (2006) Statistics in Education and					
1	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					
1	4. S. Siegal (1988). Non-Parametric Statistics for Behavioural Sciences. McGraw					
1	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					

(संयोगका)

	SEMESTER-III							
	Paper-V: PSYCHOLOGY AT WORKPLACE							
Course Co	ode	Course	ourse Title Of Course	Theory	Int. Assessment		Credits	
Bupsypg-	305	Elective		75	25	100	4	
Ob.:4:			nis syllabus, students will be	able to –				
Objectives	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 							
	4.	Evaluate p	sychological factors that promot	Contant	naviors at w	откріасе		
				Content				
Unit-I			nployeeAttitude andBehaviour					
	 Introduction and scope of organizational psychology 							
			engagement					
	Job satisfaction							
	Organizational commitment							
			nd Negative employee attitude	and behavior				
Unit-II			k motivation					
			ing Theory,					
			's Two-Factor Theory,					
	1		acteristics Model,					
			cy (VIE) Theory of Motivation					
Unit-III	1	eadership						
	Concept of leadership							
	•		ip styles and their effectiveness	3				
	•		of leadership:					
	•		Contingency Model					
	•		-Goal Theory					
	•		itic Leadership Theory					
	•		mational Leadership Theory					
Unit-IV	Com		nin workplace					
	•	Commun	ication process-definition and	model				



	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				
	 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				
	 S.K. Srivastava (2005). Organizational Behaviour and Management. New Defhi: 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				
	 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 Co	de Course	Title Of Course	Theory	Int. Assessment	Total Marks	Credits	
Bupsypg- 3	805 Elective	Systems of Psychology-II	75	25	100	4	
Objectives	 This course will enable students with 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	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						

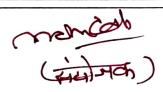
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	Maslow, Rogers, Goldstein, Existential philosophers
	Suggested Readings/Books
	 Brennan J.F. (2014), Readings in the history and systems of psychology (2nd edition). USA: Pearson. Brennan J.F. & Houde K.A.(2017). History and systems of psychology (7th edition). UK: Cambridge University Press.
	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
1	psychology.(11th edition).Cengage Learning.

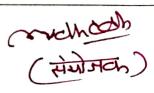
BUPSYPG- 205	Practical			
Conduction of Practical related to the fundamental concepts will be mandatory. The focus of these				
courses will be to develop in-depth and interdisciplinary understanding of the concepts studied in all				
core courses. To impart students the practical knowledge based on 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.				

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

	SEMESTER-IV						
	Paper-I: HEALTH PSYCHOLOGY						
Course Cod	e Course	Title Of Course	Theory	Int. Assessment	Total Marks	Credits	
BUPSYPG- 4	01 Core	Health Psychology	75	25	100	4	



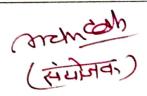
Objectives	This course will enable students with					
Objectives	a translation the real of stress and anathological feature is abusing discusses					
•	Explain the role of stress and psychological factors in physical diseases Learn how people cope with stress and regulate their emotions					
	3. Understand illness beliefs and health compromising behaviors					
	4. Evaluate role of psychosocial factors in physical disorders					
	Course Content					
Unit-I	Concept of Health					
•						
•	Biopsychosocial model vs biomedical model					
•	Interaction of biopsychosocial variables,					
•	clinical implication of biopsychosocial model					
•	Socio-economic factors in health					
Unit-II	Stress and Coping					
•	Meaning of Stress					
•	Stress as stimulus and Response					
•	Response moderators - Coping styles individual characteristics and social support					
•	Interaction model of stress					
Unit-III	Role of Behavioral Factors in Disease					
•	Illness beliefs, illness cognitions					
	The Health Belief Model					
	Health enhancing behaviour - Exercise, accident prevention weight control.					
	Health compromising behaviour - alcohol and smoking.					
Unit-IV	Stress related health problems					
•	Cardiovascular disease					
	Stroke					
	Diabetes					
Unit-V	Modification of Health Behaviour					
	Changing health beliefs					
	Self awareness					
	Cognitive behaviour approach					
	Lifestyle modification					
	Management of Type A behaviour					
	Suggested Readings/Books					
	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:					
	4. 978 -9332537620					
	5. Dalal Ajit K. Et.Al (2012) New Directions in Health Psychology Sage. ISBN-13: 978-8132107552					
	6. Shelley E Taylor (2018) Health psychology McGraw-Hill Education ISBN-13 978-1259870477					
	7. 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								
	-	I	aper – II: Mental Disorders	with Asso	ociated Cri	teria – I	I		
Course Co	de	Course	Title of Course	Theory	Int. assessment	Marks	Cituis		
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 								
Unit-I	Course Content 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. EliminationDisorders: 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								



	Personality Disorder. Dependent Personality Disorder. Obsessive-Compulsive Personality Disorder.
	Suggested Readings/Books
	 Carr, A. (2001). Abnormal Psychology. Psychology Press. Davison, G.C., & Neale, J.M. (1986). Abnormal psychology: An experimental clinical approach. New York: John Wiley & Sons. 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 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 Statitical 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.
,	 Sadock, B.J. and Sadock, V.A. (2003). Synopsis of Psychiatry, Lippincott Williams & Wilkins. Barlow, D.H. and Durand, V.M. (2005). Abnormal Psychology: an Integrated
	Approach, Wadsworth.

SEMESTER-IV

L	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	-

- Become sensitized to the ethical issues and code of conduct of a psychologist engaged inapplication 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.

PsychodynamicTherapy

(संयोगका)

Freudian Psychoanalysis,

Alfred Adler and

Erik Erikson

Behaviour Therapy

Guided Exposure,

Systematic desensitization,

Averson therapy,

Assertion training.

Modeling,

Biofeedback.

Cognitive BehaviourTherapy

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

- 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
- Gerald Corey (2019) Theory and Practice of Counseling and Psychotherapy Cengage Learning India ISBN-13: 978-9353502072
- 4. Mei-whei Chen and Nan J. Giblin (2017) Individual Counseling and Therapy: Skills and Techniques.Routledge. ISBN-13: 978-0415417334
- 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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