

SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI
SYLLABUS PRESCRIBED UNDER NATIONAL EDUCATION POLICY

2023-24

FACULTY: HUMANITIES

NAME OF PROGRAMME:MA PSYCHOLOGY AND COUNSELING

Part A

Syllabus for MA Psychology and Counseling

Pos :

- To develop insight into one's own and others behavior and underlying mental processes.
- To enrich student, understand of major concepts theoretical perspectives and empirical findings in cognitive psychology and personality psychology.
- To acquaint the student in psychological research methods and application of statistics.
- To develop computation skills in students and enable them to analyze data for project and dissertation
- To develop skills in the students and enable them to apply various counseling skills and psychotherapy techniques
- To enrich students to understand major concepts in psychopathology and clinical psychology and enable them to analyze normal and abnormal behavior and mental processes

PSOs :

Programme Specific Outcomes

After completing the programme, a psychology post graduate will be able to...

- 1: Analyze major concepts like, functions of neuron, motivation, emotion, intelligence personality and cognitive process including attention, perception, learning, problem solving, memory and forgetting.
- 2: Conduct and design basic experiments on cognitive processes and apply psychology principles.
- 3:To make student understand the term of neuro-biopsychology and critical evaluation of personality theory.
- 4: Understand the nature of various psychotherapies, counselling and application of psychology in different sector.

5: Administer psychometric tests, test scoring and interpretation of results. This will enable students to diagnose psychological problems and assess various traits.

Employability Potential of the Programme :

Study of Psychology offers the chance to explore unanswered questions about the brain-mind interaction. During the Post Graduate Degree Programme students will get acquainted with different vistas of knowledge as well practical experience of various fields including; basic concepts in psychology like motivation, emotion, intelligence, personality, human development, psychopathology, psychotherapeutic methods, administration of psychometric tests, research methods nature and types of counselling in psychology.

There are ample career options in public as well as private sectors to psychology degree holders. With a psychology degree, you're well placed to pursue careers in both arts and scientific fields, depending on your personal interests.

In Government sector Defence Research and Development Organization, Indian Railway, Indian Army, Indian Air Force offer top class job opportunities (Specially after post-graduation in Psychology). Private sector offers number of career opportunities as enlisted below.

Psychotherapist

As a psychotherapist you have to will work with individuals, couples, groups or families, and help them to overcome their psychological issues, including emotional and relationship-related issues, stress and even addiction.

Social worker and Social Psychology

Social workers may work within schools, homes, hospitals or other public agencies and will tend to specialize in working with children and families or vulnerable adults.

Counselor

Like psychotherapy, counseling is often a form of talking therapy and can encompass areas including marriage and family, health, abuse, rehabilitation, education, grief, mental health, career guidance and pediatrics. As a counselor you'll be involved in helping clients come to better terms with their lives and experiences through exploration of feelings and 2 emotions.

Psychology careers in education

Nowadays, number of private schools offer school counselor job to psychology students. This is a role concerned with the development of young people in educational settings, with the aim of enhancing learning and dealing with social and emotional issues or learning difficulties.

Psychology careers in research

Psychology careers in research may be based within research agencies, public and private organizations or in universities. University-based careers vary but tend to combine research and teaching. Research careers within other sectors are even more wide-ranging but could mean contributing to governmental policy development or issues of importance for industry.

Media and advertising

Psychology graduates can impart valuable insights into human behavior, as well as offering the ability to analyze problems, listen attentively, give considered responses and act with empathy and reason. Because of this, media roles within all departments including management, production, scheduling and writing are well within reach for psychology graduates.

Human resources and communications careers

Psychology is all about understanding people and how they think, making human resources and communications careers another good match. These roles, available in both the public and private sectors, encompass areas such as employee satisfaction, professional development, training, recruitment, PR, payroll and internal communications.

Business and management careers

Business and management careers are another good option for psychology Post graduates. However, further training and work experience are likely to be required before entering managerial roles, you could start out by pursuing careers within business consultancy, marketing, sales, advertising or business development, before working your way up the ladder

Important Instructions

1. DSC type subject will be compulsory.
2. A student can choose any one subject from the DSE group.
3. Completion of 120 hours of On Job Training /Internship/ Apprenticeship /Field Project during this vacation period between semester I and semester II will be compulsory and after completion of this work 2 credit for 60 hours and 4 credits for 120 hours will be awarded to the student accordingly.

Instructions for Question Paper Pattern

1. Each paper will be of 100 marks
2. Theory paper will be of 70 marks and will consist of 5 units.

3. Each unit will be of 14 marks (14 X5 =70)
4. The question paper will have total six questions out of which one question will be MCQ and other five questions will be long and short answer type.
5. There will be two MCQs on each unit for a total of 10 marks MCQs.
6. For the rest of marks there will be long and short questions of 12 marks each unit and any two out of the five units will have a long question with an internal option. (12 marks X 2 questions = 24 Marks)
7. For short question the remaining 3 units will have 3 short questions of 4 marks each unit with internal option. (4x3=12) for a total of 36 marks.
8. Minimum 28 marks will be mandatory for passing in theory paper.
9. Theory internal assessment will of 30 marks and minimum 12 marks will be mandatory for passing.

Instruction for Practical Examination

1. Practical exam will be of 100 marks
2. In the practical exam 50 marks will be for external evaluation and 50 marks for internal evaluation.
3. Marks distribution for Internal 50 marks
 - Practical record book – 15 Marks
 - Report writing - 20 Marks
 - Over all Participation - 15 Marks
4. Marks distribution for External 50 Marks
 - Conduct Experiment / Test – 20 Marks
 - Viva Voice 30 Marks
5. There is separate passing for practical exam. Minimum 50 marks will be mandatory for Passing.

Instructions for OJT

Cos

After successful completion of this OJT course, students will be able to:

1. Understand applications of theoretical Knowledge at practical level
2. Understand the requirements of running Mental Health Organizations
3. Demonstrate the practical skills required in the field of mental health

Format of OJT

- a. Student must complete the 120-hour internship with any Organisation working in the field of Mental Health, for Example
 - Neuro Psychiatric Hospital
 - Rehabilitation centre
 - Observation Home
 - Family Court
 - And other related Organization
- b. This will be an internship where the student will have active participation in the work of the organisation in the form of volunteering, helping to run activities for the organisation, etc. so as to improve their mental health skills and knowledge.
- c. The student must maintain a diary of the work done, working hours and a signature of Agency Supervisor (in the NGO/ Organisation) will be taken at the end of each day.
- d. At the end of the semester, the Organization must provide a certificate stating that the student has completed the 120-hour internship with that Organization
- e. The student must submit a report of the work done during the 120-hour internship for the final assessment. The format of the report must be as follows:
 - Information about the Organization
 - Goal of internship
 - Attaching the diary and Certificate of Organization
 - Discussion and outcomes – students' learning out of the internship.
 - Conclusion

Part B

M.A. Psychology and Counselling Syllabus (NEPv23)

Semester I

S.N.	Type of Paper	Subject Code	Name of Course/ Subject	Total Hours	Credit
1	RM and IPR		Research Methodology and IPR	60	4
2	DSC-I. 1		Fundamentals of Psychology	60	4
3	DSC –II.1		Personality Psychology	60	4
4	DSC-III.1		Bio-Psychology	60	4
5	DSE-I A		Life-span Development	60	4
	DSE-I B		Positive Psychology	60	
6	DSC-IV.1 lab. Prac.		Experiments	60	2
7	On job training, Internship / Apprenticeship, Field Projects		--	120	
8	Total Credits				22

Semester II

S.N.	Type of Paper	Subject Code	Name of Course/ Subject	Total Hours	Credit
1	DSC-I. 2		Cognitive Psychology	60	4
2	DSC –II.2		Psychological Testing and Measurement	60	4
3	DSC-III.2		Fundamentals of Counselling Process	60	4
5	DSE-I A		Neuro-Psychology	60	4
	DSE-I B		-Health Psychology	60	
6	DSC IV.2 lab. Prac.		Testing	60	2
7	On job training, Internship / Apprenticeship, Field Projects		On job training, Internship / Apprenticeship, Field Projects	120	4*
8	Total Credits				22

Syllabus for MA Psychology and Counseling

Semester- I

RESEARCH METHODOLOGY AND I.P.R.

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
RM and IPR	Research Methodology and Intellectual Property Rights	60

Cos:

1. By the end of UNIT-I the students will be able to understand the meaning and nature of psychological research.
2. By the end of UNIT-II the students will be able to understand the concept of hypothesis and variables and analyze the experimental and non-experimental methods of research.
3. By the end of UNIT-III, the students will be able to understand sampling techniques and methods of data collection.
4. By the end of UNIT-IV the students will be able to represent data in graphical form like frequency polygon and histogram and apply basic concepts of statistics.
5. By the end of UNIT-V the students will be able to apply the techniques in writing scientific research report and use of intellectual property rights.

Unit 1	INTRODUCTION TO RESEARCH	12 lectures
	1.1 Meaning and nature of psychological research 1.2 Types of Research 1.3 Stages of Psychological Research 1.4 Ethical Issues in Psychological research 1.5 Research Problem: Meaning, Nature, Type and sources	
Unit 2	HYPOTHESIS, VARIABLE AND RESEARCH METHODS	12 lectures
	2.1 Hypothesis :Meaning and Nature, Characteristics Types Sources and Uses 2.2 Variable : Meaning Types, Important consideration in Selection of Variables, Methods of Manipulating Independent Variables, Techniques to control extraneous variables. 2.3 Experimental Research: Meaning and Characteristics, Types of Experimental Research, Laboratory Experiment, Field Experiment 2.4 Non-Experimental Research: Meaning and characteristics, Types of Non-experimental research, Field Study, Survey Research, Ex-post Facto research, case study,	

Unit 3	SAMPLING AND METHODS OF DATA COLLECTION	12 lectures
	<p>3.1 Meaning of Population and Sample, Characteristics of sampling</p> <p>3.2 Probability Sampling: Simple random Sampling, Stratified Sampling, Cluster Sampling</p> <p>3.3 Non Probability Sampling: Quota sampling, Accidental Sampling, Purposive Sampling, Systematic Sampling Snowball Sampling</p> <p>3.4 Methods of Data Collection: Observation, Questionnaire, Personal Interviews, Telephone interviews, Internet Surveys</p>	
Unit 4	BASIC STATISTICAL CONCEPTS	12 lectures
	<p>4.1 Statistics: Definitions, characteristics and importance in psychological research</p> <p>4.2 Frequency distribution</p> <p>4.3 Measures of Central tendency, variability, curves and graphs</p> <p>4.4 Graphical Representation of data Histogram and Frequency Polygon</p> <p>4.5 Characteristics and application of normal distribution curve, Skewness and Kurtosis.</p>	
Unit 5	REVIEWING THE LITERATURE OF IPR	12 lectures
	<p>5.1 Purpose of the Review and Sources</p> <p>5.2 Types of Review and Writing Process</p> <p>5.3 Meaning nature and types of IPR</p> <p>5.4 Nature and Origin of Copy Right</p> <p>5.5 Concept and Development of Copyright law in India</p>	

References;

1. Broota, K. D. (2002) , Experimental Design in Behavioural Research, New Age International(P)Limited Publishers.
2. Minium, E.D., King B.M. & Bear G. (1993) , Statistical Reasoning in Psychology and Education(3 rd Edition) , Wiley Student Edition.
3. Guilford , J. P. & Fruchter , B. (1978) , Fundamental Statistics in Psychology and Education (6 th Edition) , McGraw-Hill International Editions.
4. Gottsdanker , R. (1978) , Experimenting in Psychology , Prentice Hall

5. Kerlinger , F. N. (1973) , Foundation of Behavioural Research (2 nd Edition) . N. Y., McGraw-Hill.
6. Singh , A. K. , (2012) , Tests, Measurements and Research Methods in Behavioural Sciences, (6 th Edition) , Bharati Bhawan Publishers and Distributors.
7. Mangal , S. K. (2007) , Statistics in Psychology and Education (2 nd Edition) , Prentice Hall of India Private Limited , New Delhi
8. Kothari, C. R. , (2014) , Research Methodology : Methods and Techniques (4 th Edition) , New Age International Publishers
9. सिंह,ए. के .(२०१३), मनोविज्ञान,समाजशास्त्र तथा शिक्षा मे शोध विधीया(१०वा संकरण) मोतीलाल बनारसीदास
- 10.सुलेमान, एम.,(२०१२),मनोविज्ञान एव अन्य सामाजिक विज्ञानो मे सांख्यिकी(६ वा संकरण),मोतीलाल बनारसीदास
- 11.बोरुडे रा. र. (२०१०), संशोधन पद्धती शास्त्र , पुणे विद्यार्थी गृह प्रकाशन .
- 12.गहेराव,य. बा. (२०१८), उपयोजित संख्याशास्त्र गोयल प्रकाशन , पुणे

INTERNAL ASSESSMENT : 30 MARKS

Choose any two: 30 Marks

- 1) MCQ Test
- 2) Assignment on given topic
- 3) Seminar presentation with PPT on given topic
- 4) Submit any five-research study title explanation with IV, DV and CV

Syllabus for MA Psychology and Counseling

Semester- I

FUNDAMENTALS OF PSYCHOLOGY

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSC I.1	Fundamentals of Psychology	60

Cos:

1. By the end of UNIT-I the students will be able to Analyze methods and fields of Psychology and understand concept of sensation, attention and perception.
2. By the end of UNIT-II the students will be able to Analyze Methods of learning and will understand stages of memory.
3. By the end of UNIT-III, the students will be able understand various types of Motives and theories of motives. Students will be able to analyze the role of Physical changes in emotions and evaluate theories of emotion.
4. By the end of UNIT-IV the students will be able to understand concept of IQ, and various intelligence test as well as concept of consciousness.
5. By the end of UNIT-V the students will be able to understand the scientific concepts , nature of human sexuality and its role in human life.

Unit I	THE SCIENCE OF PSYCHOLOGY AND SENSORY PROCESS	12 lectures
	1.1 Definitions of Psychology, Goals of Psychology, Fields of Psychology, 1.2 Perspectives in Psychology: -Structuralism, Functionalism, Gestalt, Psychoanalysis ,Behavioral, Humanistic, Cognitive, Socio-cultural, Neuropsychological 1.3 Scientific Method of Psychology – Experimental, Observation, Survey, Co relational, Clinical Method, Field Study Method, 1.4 Attention: Definition, Types, Determinants of Attention, Span of Attention, Fluctuation of attention, Division of attention and distraction of attention. 1.5 Perception: Definitions, laws of perceptual organization, determinants of perception, figure and ground, Illusion, Hallucination, ESP.	
Unit II-	LEARNING AND MEMORY	12 lectures
	2.1 Learning: Definition, Types of learning, 2.2 Methods of learning: imitation, Classical and Instrumental conditioning, Trial and Error method, laws of learning, Insight learning, Latent learning and Avoidance learning. Transfer of learning. , Learned helplessness theory- Seligman 2.3 Memory- Definition, stages of memory: sensory memory, short term	

	and long-term memory. Methods to measure retention, techniques to improve memory. 2.4 Forgetting-Definition, forgetting curve, theories of forgetting: interference, decay, reconstruction, and amnesia.	
Unit III-	MOTIVATION AND EMOTION	12 lectures
	3.1 Motivation- Definition, Concept of Homeostasis, 3.2 Types of Motivation, Motivation cycle, 3.3 Theories of Motivation- McClelland Theory, Arousal theory and Maslow hierarchy of need, 3.4 Emotion – Definition, Elements of emotion, types of emotion , Difference between Emotion and Feelings, 3.5 Physiological changes in emotion. 3.6 Theories of Emotion – James-Lange, Cannon-bard, Cognitive Theory, The facial feedback hypothesis	
Unit IV	INTELLIGENCE AND CONSCIOUSNESS	12 lectures
	4.1 Intelligence – Definition, Measurement of intelligence: CA, MA and IQ, 4.2 Test of intelligence- Binet test, Sandford-Binet test and Wechsler test, 4.3 Individual differences in intelligence – Intellectual disability (MR), Giftedness Classification of IQ 4.4 Consciousness- Definition, Altered stages of consciousness Sleep – Biological process of sleep, Stages of sleep, Types of Stages, Sleep Cycle	
Unit V	GENDER AND SEXUALITY	12 lectures
	5.1 Physical Characteristic of Human Sexuality 5.2 Psychological Aspects of Sexuality , Gender Identity and affecting factors 5.3 Gender Role Development 5.4 Human Sexual Behaviour , Sexual Orientation 5.5 Sexual Health	

Reference Books–

- 1 Ciccarelli, S. K. & White J. N: Mishra G. (2018) Psychology. 5th Edition, Pearson Education Inc.
- 2 Ciccarelli, S. K. & Meyer, G. E. (2008). Psychology. (Indian sub-continent adaptation). New Delhi: Dorling Kindersley (India) pvt ltd.
- 3 Ciccarelli, S. K. & Meyer, G. E. (2006). Psychology. Pearson Education inc. and Dorling Kindersley Publishing inc. New Delhi; first Indian reprint
- 4 Coon, D., & Mitterer, J. O. (2007). Introduction to Psychology: Gateways to Mind and Behaviour. (11th ed.) Wadsworth/Thomson Learning Publications, New Delhi; first Indian reprint 2007
- 5 Lahey, B. B. (2007). Psychology: An Introduction. (9th ed.). McGraw- Hill Publications, New York
- 6 Feldman, R. S. (2008). Understanding Psychology. (8th ed.). McGraw- Hill Publications, New York
- 7 सिसरेलीवमेयर: ओक. ए. अभ्यंकरएस. वगोळ्ळविलकरएस. 2008 मानसशास्त्र पीयरसन दक्षीण आशीया इडीशन
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- 10 बडगुजरव शींदे (2001). सामान्य मानसशास्त्र, स्वयंभू प्रकाशन, नासिक
- 11 इनामदार एम. के. गाडेकर के. एन. पाटील ए. एम. (2005). आधुनिक मानसशास्त्र, डायमंड प्रकाशन पुणे.
- 12 अभ्यंकर एस. अमृता ओ. गोवळीकर एस. (2006). मानसशास्त्र, पीयरसन पब्लिकेशन, नवीदिल्ली.
- 13 निशा मुंधडा , शशीकांत खलाने (2013), मानसशास्त्राची मुलतत्वे: अथर्व प्रकाशन
- 14 हिरवे, तडसरे (2004). सामान्य मानसशास्त्र, फडके प्रकाशन, कोल्हापुर.
- 15 बोर्डे आर. आर (2002). बोधनिक मानसशास्त्र, छाया प्रकाशन, औरंगाबाद

INTERNAL ASSESMENT : 30 MARKS

Choose any two for 30 Marks

- 1) MCQ Test
- 2) Assignment on given topic
- 3) Seminar presentation with PPT on given topic
- 4) Present a model on the basis of syllabus/ interest area of student

Syllabus for MA Psychology and Counseling

Semester- I

PERSONALITY PSYCHOLOGY

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSC II.1	Personality Psychology	60

Cos:

1. By the end of UNIT-I the students will be able to understand the meaning and nature of Personality psychology.
2. By the end of UNIT-II the students will be able to understand behavioral and social learning approach of personality theories.
3. By the end of UNIT-III, the students will be able to relate the difference between psychoanalytic and Neo psychoanalytic theories.
4. By the end of UNIT-IV the students will be able to analyze humanistic and factor theories.
5. By the end of UNIT-V the students will be able to understand nature of cognitive approach of personality and analyze cognitive and Indian approach of personality

Unit 1	INTRODUCTION TO PERSONALITY PSYCHOLOGY	12 lectures
	1.1 What is personality: Definition and concepts 1.2 Theoretical approaches to personality: Psychoanalytical approach, Neo Psychoanalytical approach, Life span approach, Humanistic approach, Behavioral approach, Social Cognitive approach 1.3 Trait and Type approach 1.4 Determinants of personality: Environmental Factor (Social, Culture and Economical factor)	
Unit 2	BEHAVIORAL AND SOCIAL LEARNING APPROACHES TO PERSONALITY	12 lectures
	2.1 B. F. Skinner 2.2 Albert Bandura 2.3 J. Rotter 2.4 Dollard and Miller	
Unit 3	PSYCHOANALYTIC AND NEO-PSYCHOANALYTICAL APPROACHES TO PERSONALITY	12 lectures
	4.1 Sigmund Freud 4.2 Carl Jung 4.3 Adler 4.4 Erikson	
Unit 4	HUMANISTIC AND EXISTENTIAL APPROACHES TO PERSONALITY	12 lectures

	4.1 Carl Rogers 4.2 Abraham Maslow 4.3 Rollo May 4.4 Viktor Frankl	
Unit 5	COGNITIVE AND INDIAN APPROACHES TO PERSONALITY	12 lectures
	5.1 Walter Michel 5.2 George Kelly 5.3 Panchkosh and Triguna Theory 5.4 Abhidhamma Psychology	

Reference books :

1. Barbara, E (2006). Personality Theories (7 th ed). New York: Houghton mifflin Company
2. Boeree, C. G. (2006) Personality Theories
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3. Burger J.M. (2000): Personality 5 th edition, Wadsworth Thomson Learning, USA.
4. Ewen R. B. (2003) An introduction to theories of personality. 3rd edn. Lawrence Erlbaum Associates Inc. Hillsdale, New Jersey, London
5. Hall, C. s. & Linzey, G. (1991) Theories of Personality, 3rd edn.. John Wiley & Sons, Inc.U.S.A.
6. Pandey, J. (ed.) (2001) Personality and Health Psychology In Psychology in India Revisited. Developments in the discipline, sage Publication India Pvt. ltd. New Delhi. India
7. Pervin, L (2003). The Science of Personality. 2nd edn. Oxford University Press. NewYork
8. Samuel W (1981): Personality Mc Graw Hill International Book Company.
9. Schultz D.P. & Schultz S.F. (2001) Theories of Personality 7th edition Wadsworth Thomson Learning, USA.

INTERNAL ASSESMENT : 30 MARKS

Choose any two : 30 marks

- 1) MCQ Test
- 2) Assignment on given topic
- 3) Summary of two psychological study in the area of personality
- 4) Explain the personality characteristic related to personality theory on the basis of any Movie, Autobiography, Drama, Novel, Serial or any related person

Syllabus for MA Psychology and Counseling

Semester- I

BIO PSYCHOLOGY

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSC-III.I	Bio Psychology	60

Cos:

- 1 By the end of UNIT-I the students will be able to Understand the term Bio psychology and give idea about discipline of biopsychology and division of biopsychology.
- 2 By the end of UNIT-II the students will be able to understand the biological basis of behavior and function of neurotransmitters. .
- 3 By the end of UNIT-III, the students will be able to understand the biology of drives.
- 4 By the end of UNIT-IV the students will be able to evaluate the role of endocrine system in human behavior.
- 5 By the end of UNIT-V the students will be able to evaluate the role of autonomic nervous system and brain factors in emotion, learning and memory.

Unit 1	INTRODUCTION TO BIO PSYCHOLOGY	12 lectures
	1.1 Nature and definition of Bio Psychology 1.2 Fields of Bio Psychology 1.3 Other Disciplines related to Bio Psychology 1.4 Divisions of Bio Psychology 1.5 Physiological psychology and Neuro-Psychology : A comparative view point	
Unit 2	BIOLOGICAL BASIS OF BEHAVIOUR	12 lectures
	2.1 Structure, function and types of Neuron 2.2 Transmission of Nerve impulse 2.3 Structure and function of Synapse 2.4 Neurotransmitters 2.5 Structure and functions of Spinal cord	
Unit 3	BIOLOGY OF DRIVES	12 lectures
	3.1. Biological aspects of drives I: Hunger 3.2. Biological aspects of drives II: Thirst 3.3. Biological aspects of drives III: Sleep and arousal 3.4. Biological aspects of drives IV: Sex	

Unit 4	ENDOCRINE SYSTEM	12 lectures
	4.1 Meaning and types of endocrine system 4.2 Historical development of hormone 4.3 Classification of hormone 4.4 Impact of hormone upon behaviour	
Unit 5	NEUROBIOLOGICAL BASIS OF EMOTION, LEARNING AND MEMORY	12 lectures
	4.1 . Neuropsychology of emotion – Role of autonomic nervous system and brain factors in emotion 4.2. Neuro biological basis of learning and memory 4.3. Studies on role of brain in learning and conditioning 4.4. Synaptic mechanisms of learning and memory	

References:

1. Beamont Graham J. (2008), *Introduction to Neuropsychology*, Guilford Press; 2nd edition
2. Carlson, N. R. (2007). *Foundations of physiological psychology*. N.D.: Pearson Edu.
3. John . P. J. Pinel and Steven .J. Barnes.,(2017) *Biopsychology*, Global edition-Pearson
4. Kalat, J.W. (2009). *Biological Psychology*. Wadsworth
5. Kolb, B., & Whishaw, I. *Fundamentals of Neuropsychology* 5th Ed.
6. Neil .R. Carlson. (2016),*Physiology of Behaviour*, Pearson; 12th edition
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9. Sheila Hayward (1997)*Biopsychology* Palgrave Macmillan
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INTERNAL ASSESMENT: 30 MARKS

Choose any two: 30 marks

- 1) MCQ Test
- 2) Assignment on given topic
- 3) Seminar presentation with PPT on given topic
- 4) Poster presentation on given topic

Syllabus for MA Psychology and Counseling

Semester- I

LIFE-SPAN DEVELOPMENT

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSE I A (Elective I)	Life-Span Development	60

Cos:

1. By the end of UNIT-I the students will be able to understand the nature of human growth and development
2. By the end of UNIT-II the students will be able to analyze the process of human development
3. By the end of UNIT-III, the students will be able apply theories of human development in analyzing cognitive development
4. By the end of UNIT-IV the students will be able to analyze the problems of adjustment in adulthood and Middle Age.
5. By the end of UNIT-V the students will be able to sensitize the issues of old age people

Unit 1	NATURE OF LIFE SPAN DEVELOPMENT	12 lectures
	1.1 Characteristics and Scope of lifespan Development 1.2 Determining the Nature and Nurture of Lifespan Development 1.3 Principles of Human Development 1.4 A Brief Sketch of Developmental Stages and Developmental Tasks 1.5 Genes and Chromosomes: The code of Life 1.6 Inherited and Genetics Disorders 1.7 Genetics Counseling: Predicting the Future from the genes of the present 1.8 The Interaction of Heredity and Environment	
Unit 2	DEVELOPMENT IN INFANCY, BABYHOOD, CHILDHOOD	12 lectures
	2.1 Characteristics of Infancy, Major adjustment of infancy 2.2 Characteristics of the Infant 2.3 Babyhood: Characteristics, Developmental tasks, Physical development, Personality development 2.4 Characteristics of Childhood 2.5 Physical Development of Childhood 2.6 Cognitive Development – Piaget’s Approach 2.7 Social Development - Albert Bandura	

Unit 3	PUBERTY AND ADOLESCENCE	12 lectures
	<p>1.1 Meaning, Characteristics, Causes and Effects of puberty changes</p> <p>1.2 Hazards & Unhappiness of Puberty.</p> <p>3.3 Characteristics of Adolescents</p> <p>3.3 Physical and Emotional Development of Adolescent</p> <p>3.4 Social Development</p> <p>3.5 Cognitive Development</p> <p>3.6 Threats in Adolescence:</p> <p style="padding-left: 40px;">Identity Crisis, Substance Abuse, Suicidal ideation and suicide, Sexual Orientation and Sexual Risk, Mobile and Internet Addiction, The problem in Goal Setting, Exam Stress, Love and Break-ups</p>	
Unit 4	EARLY ADULTHOOD AND MIDDLE AGE	12 lectures
	<p>4.1 Characteristics of early adulthood</p> <p>4.2 Early Adulthood: Changes in interest, Social Mobility, Sex role adjustments, Vocational adjustments, Marital Adjustments, Adjustment to parenthood, Adjustment to singlehood</p> <p>4.3 Personal and Social Hazards of Middle Age</p> <p>4.4 Characteristics of middle age</p> <p>4.5 Middle Age: Developmental tasks – Adjustment to physical changes and mental changes, Social Adjustment, Vocational Adjustment, Adjustment to changed family patterns, Adjustment to singlehood, Adjustment to loss of a spouse, Adjustment to approaching retirement</p> <p>4.6 Hazards of vocational and Marital adjustments – Success of Adjustment to adulthood</p>	
Unit 5	OLD AGE: THE PERIOD OF INTEGRITY AND DESPAIR	12 lectures
	<p>5.1 Characteristics of Old Age</p> <p>5.2 Adjustment to physical changes</p> <p>5.3 Changes in motor and mental abilities -</p> <p>5.4 Hazards to Personal and Social Adjustment in Old Age</p> <p>5.5 Psychological Hazards in Old Age</p> <p>5.6 Important Health Issues in Old Age: Emptiness Syndrome, Old Age Home, Depression and Suicide</p>	

Reference Books:

1. Bornstein and Lamb (2011), Cognitive Development edited by ,Psychology Press, New York
2. Chaube S.P. (2017), Developmental Psychology, Neelkamal Delhi
3. Hurlock Elizabeth B., Developmental Psychology – A Life Span Approach , Tata McGraw
4. Hill
5. John W. Santrock 3rd (2007), A Tropical Approach To Life-Span Development, Tata McGraw Hill,
6. Laura E. Berk (2005), Child Development- 6th Edition, Prentice Hall of India Pvt. Ltd. New Delhi
7. Pandey, Anmol (2003), Learning Disabilities in Primary School Children, Pvt. Ltd. New
8. Delhi
9. R.K. Shah (2005), Learning Disabilities, Avishkar, Jaipur,
10. Karanth and Rozario (2009), Learning Disabilities in India, , Sage New delhi

INTERNAL ASSESMENT: 30 MARKS

Choose any two: 30 marks

- 1) MCQ Test
- 2) Assignment on given topic
- 3) Seminar presentation with PPT on given topic
- 4) Poster presentation on given topic

Syllabus for MA Psychology and Counseling

Semester- I

POSITIVE PSYCHOLOGY

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSE I B (Elective II)	POSITIVE PSYCHOLOGY	60

Cos:

- 1 By the end of UNIT-I the students will be able to Understand Nature of positive psychology and analyze the difference between traditional psychology and positive psychology.
- 2 By the end of UNIT-II the students will be able to determine role of positive emotion and wellbeing in the human life and how to apply it in real life.
- 3 By the end of UNIT-III, the students will be able to understand concept of resilience and apply this concept in critical condition of life.
- 4 By the end of UNIT-IV the students will be able to understand the determinants of happiness and to create happiness in life
- 5 By the end of UNIT-V the students will be able to understand role of positive personality traits.

Unit 1	WHAT IS POSITIVE PSYCHOLOGY?	12 lectures
	1.1 Traditional Psychology i) Why the Negative Focus? 1.2 Positive Psychology: Assumption, Goals and Definitions. 1.3 Life above Zero, Culture and the meaning of a Good Life 1.4 Related fields of Positive Psychology i) Health Psychology ii) Clinical Psychology iii) Developmental Psychology iv) Social Psychology v) Personality Psychology vi) Psychology of Religion	
Unit 2	POSITIVE EMOTION AND WELL BEING	12 lectures
	2.1 What Are Positive Emotions? i) The Broaden and Build Theory of Positive Emotion 2.2 Positive Emotion Health Resources i) Physical Resources, ii) Psychological Resources iii) Social Resources, iv) The Limits of Positive Emotions 2.3 Positive Emotions and Well Being i) Happiness and Positive Behavior, ii) Positive Emotions and Success iii) General Theory of Positivity	

	<ul style="list-style-type: none"> iv) Positive Emotions and Flourishing <p>2.4 Cultivating Positive Emotions</p> <ul style="list-style-type: none"> i) Flow Experiences ,ii) Savoring 	
Unit 3	RESILIENCE	12 lectures
	<p>3.1 What is Resilience?</p> <ul style="list-style-type: none"> i) Developmental Perspective ,ii) Clinical Perspective <p>3.2 Resilience Research</p> <ul style="list-style-type: none"> i) Sources of Resilience, ii) The Danger of Blaming the Victim <p>3.3 Sources of Resilience in Children</p> <ul style="list-style-type: none"> i) Sources of Resilience in Adulthood and Later Life ii) Successful Aging <p>3.4 Growths ThroughTrauma</p> <ul style="list-style-type: none"> i) Negative Effects of trauma, ii) Positive Effects of trauma iii) Explanations for Growth through Trauma 	
Unit 4	HAPPINESSAND THE FACTS OF LIFE	12 lectures
	<p>4.1 Happiness across the life span</p> <ul style="list-style-type: none"> i) Stability in well-being despite life changes <p>4.2 Gender and Happiness</p> <ul style="list-style-type: none"> i) Gender differences in emotional experience. ii) Explaining the paradox of gender <p>4.3 Marriage and Happiness</p> <ul style="list-style-type: none"> i) Benefits of marriage, ii) Selection effects iii) Gender differences in benefits of marriage. <p>4.4 Other facts of life</p> <ul style="list-style-type: none"> i) Physical and mental health, ii) Work and unemployment iii) Intelligence and education, iv) Religion v) Race, ethnicity and stigma. 	
Unit 5	POSITIVE TRAITS	12 lectures
	<p>5.1 What makes a trait positive?</p> <p>5.2 Personality, emotions and biology</p> <ul style="list-style-type: none"> i. Positive and negative affectivity, ii. Genetics and happiness iii. Personality and happiness: The big Five iv. Neurobiology an approach motives <p>5.3 Positive beliefs</p> <ul style="list-style-type: none"> i. The world through happy and unhappy eyes. ii. Self esteem, iii. Personal control iv. Optimism: Dispositional Optimism, and Style <p>5.4 Virtue and Strength of Character</p> <ul style="list-style-type: none"> i. Developing a classification of Human Virtues ii. Measuring strengths of Character 	

References:

1. Baumgartner S.R, Crothers M.K. (2009) Positive Psychology: Pearson Education.
2. Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.
3. Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge. Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.
4. Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.
5. Snyder, C.R., &Lopez,S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
6. Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.
7. शिंदे विश्वनाथ (2016) सकारात्मक मानसशास्त्र (Positive Psychology). डायमंड प्रकाशन, पुणे.
8. सावदेकर एस..लभाने सी. (2013). सकारात्मक मानसशास्त्र (Positive Psychology), प्रशांत प्रकाशन जळगाव.

INTERNAL ASSESMENT: 30 MARKS

Choose any two: 30 marks

- 1) MCQ Test
- 2) Assignment on given topic
- 3) Seminar presentation with PPT on given topic
- 4) Making a short video for promotion of positive psychology in society

Syllabus for MA Psychology and Counseling

Semester- I

PRACTICAL

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSC-IV .I Lab	Practical (Experiment)	Per Week - 4

COs:

After successful completion of Laboratory work, the students will be able: (Any 7 of the following)

1. To understand nature and concept of psychological experiment
2. To judge the process of reaction time.
3. To analyze the process of learning by conducting experiments on serial learning and insight learning.
4. To evaluate the capacity of short-term memory and nature of forgetting.

Sr. No.	Name of Practical (Experiment)
1	Reaction time
2	Problem-solving
3	Interference: Retroactive/ Proactive
4	Serial Learning
5	Muller Lyer Illusion
6	Transfer of training
7	Judgment time / Recall and Recognition
8	Short term memory
9	Learning by insight (Bold Head Maze)
10	Habit Interference

Sant Gadge Baba Amravati University, Amravati

Faculty: Humanities

Session- 2023-24

**Two years- four semesters Master's Degree Programme – NEP-v23
Syllabus Programme - M. A. (Psychology and Counseling) First Year**

Semester II

COGNITIVE PSYCHOLOGY

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSC – I.2	Cognitive Psychology	60

Cos:

1. By the end of UNIT-I the students will be able to Understand the Methods, Paradigms of Cognitive Psychology and theories of cognitive development.
2. By the end of UNIT-II the students will be able to Analyze Cognitive processes such as sensation, attention and perception.
3. By the end of UNIT-III, the students will be able to understand the theoretical explanation of intelligence, models of memory and able to apply the knowledge in daily life.
4. By the end of UNIT-IV the students will be able to analyze the Algorithms and Heuristics in problem-solving and evaluate the concept of creativity
5. By the end of UNIT-IV the students will be able to evaluate the individual difference in the cognitive abilities.

Unit 1	NATURE OF COGNITIVE PSYCHOLOGY	12 lectures
	1.1 Cognitive Psychology: Definition, Nature and Scope 1.2 History and current status of cognitive psychology 1.3 Research methods and current paradigms of cognitive psychology 1.4 Theories of Cognitive Developmental (Piaget and Vygotsky) 1.5 Application: Cognitive style and cognitive map	
Unit 2	SENSATION, ATTENTION AND PERCEPTION	12 lectures
	2.1 Sensation – Introduction to Psychophysics: Basic Concept and methods 2.2 Attention: (a) Functions of attention: Divided attention, selective attention (b) Theories of attention process (c) Signal Detection Theory and vigilance. 2.3 Perception-approaches: Gestalt, perceptual constancy, Bottom-Up (feature analysis, template matching, prototypes), Top-Down and Pandemonium 2.4 Perception: Cross-cultural studies 2.5 Application: Subliminal perception, perceptual defense,	
Unit 3	MEMORY AND INTELLIGENCE	12 lectures
	3.1 Models of Memory: Hierarchical Network Model, Level of Processing	

	Model, Feature Comparison Model, Spreading Activation 3.2 Intelligence: Spearman; Thurstone; Jensen; Cattell; Gardner; Stenberg; Goleman; Guilford 3.3 Application: I Witness Testimony, Measures of Improving Memories	
Unit 4	PROBLEM SOLVING, CREATIVITY AND DECISION MAKING	12 lectures
	4.1 Problem solving: Nature, types, strategies and obstacles. 4.2 Problem Solving Approaches: Algorithm, Heuristics, Means end analysis computer stimulation and analogy 4.3 Creativity: definition of creativity and measurement of creativity 4.4 Relationship between Intelligence and Creativity 4.5 Reasoning and decision-making: Types of reasoning 4.6 Application: Artificial intelligence	
Unit 5	INDIVIDUAL DIFFERENCES IN COGNITION	12 lectures
	5.1 Ability Differences and Cognition Styles 5.2 Learning Styles and Expert/ Novice Differences 5.3 Gender Difference in Skill and abilities 5.4 Gender Difference in Learning and Cognitive Styles	

References;

1. Matlin, M. (1994). Cognition. Bangalore: Harcourt Brace Pub.
2. Galotti, K. M. (2004). Cognitive psychology in and out of the laboratory. USA: Thomson Wadsworth.
3. Sternberg, R.J. (2007). Cognitive Psychology. Australia: Thomson Wadsworth.
4. Kellogg, R.T.(2007). Fundamentals of Cognitive Psychology. N.D. Sage Publications.
5. Solso, R. L. (2004). Cognitive Psychology (6th ed). Delhi: Pearson Education.
6. Wade, C. and Tavis, C. (2007). Psychology. ND: Pearson Education.
7. Best, J. B. (1999). Cognitive Psychology. USA: Wadsworth Publishing Co.
8. Guenther R. K. (1998). Human Cognition. New Jersey: Prentice-Hall.
9. Kaplan, S. & Kaplan, R. (1982). Cognition and environment. N.Y.: Praeger Publishers.
10. Reed S. K. (1998). Cognition: Theory and application (3rd ed). California: Brooks/Cole Pub. Company
11. Cohen G. (1983). Psychology of cognition (2nd ed). London: Academic Press
12. Desai, B. and Abhyankar, S. C. (2007). Prayogik Manasashastra ani Sanshodhan Paddhati. Pune: Narendra Prakashan.
13. Borude, R.R. (2005). Bodhanikmanasashastra. ChhayaPrakashan.
14. Horten, D. L. and Turnage T. W. (1976.) Human Learning New Jersey: Englewood Cliffs

INTERNAL ASSESMENT :30 MARKS

Choose any two: 30 marks

- 1) MCQ Test
- 2) Submit a video on given topic
- 3) Open book test
- 4) Review of literature on past studies in the area of cognition. (any 5)

Syllabus for MA Psychology and Counseling

Semester II

PSYCHOLOGICAL TESTING AND MEASUREMENT

Code of the Course/Subject	Title of the Course/Subject	Total Number of Periods
DSC- II.2	Psychological Testing and Measurement	60

Cos:

1. By the end of UNIT-I the students will be able to Understand the concept of psychological measurement and difference between psychological and physical measurement.
2. By the end of UNIT-II the students will be able to understand the nature and scope of psychological testing.
3. By the end of UNIT-III the students will be able to understand meaning of item and item analysis as well as students will able to create the test items
4. By the end of UNIT-IV the students will be able to understand the meaning of reliability, students will able to calculate the reliability of the test.
5. By the end of UNIT-V the students will be able to understand the concept of validity and norms and its importance in psychological testing

Unit 1	INTRODUCTION OF MEASUREMENT	12 lectures
	1.1 Nature and History of Psychological Measurement and Mental Testing 1.2 Levels of Measurement 1.3 Difference between Psychological and Physical Measurement 1.4 General Problems of Measurement	
Unit 2	NATURE AND SCOPE OF PSYCHOLOGICAL TESTING	12 lectures
	2.1 Meaning definition and characteristics of psychological testing 2.2 Types of psychological test 2.3 Characteristics of good test 2.4 Uses of psychological test 2.5 General steps in test construction	
Unit 3	ITEM WRITING AND ITEM ANALYSIS	12 lectures
	3.1 Meaning and characteristics of item 3.2 Types of item 3.3 General guidelines for item writing 3.4 Item analysis: Item difficulty and discrimination power of item 3.5 Factor Influencing Item Difficulty and Discrimination Power	
Unit 4	RELIABILITY	12 lectures
	5.1 Meaning and Definitions of Reliability	

	5.2 Types of Reliability 5.3 Factors Influencing Reliability 5.4 Satisfactory Size for Reliability Coefficient	
Unit 5	VALIDITY AND NORMS	12 lectures
	5.1 Meaning and definition of validity 5.2 Aspects of Validity 5.3 Types of validity 5.4 Meaning and definition of Norms 5.5 Types of Norms	

References;

1. Anastasi, A. & Urbina, S. (1997). Psychological testing. N.D.: Pearson Education.
2. Kaplan, R.M. & Saccuzzo, D.P. (2007). Psychological Testing: Principles, Applications, and Issues. Australia: Thomson Wadsworth.
3. Gregory, R.J. (2005). Psychological testing: History, principles and applications. New Delhi: Pearson Education.
4. Singh, A.K. (2006). Tests, Measurements and Research Methods in Behavioral Sciences. Patna: Bharati Bhavan
5. Anastasi, A. (1988). Psychological testing. NY: Macmillan.
6. Nunnally, J.C. (1981). Psychometric theory. NY: Tata McGraw-Hill
7. Freeman, F.S. 3rd ed. (1965). Psychological testing. New Delhi: Oxford & IBH Publishing Co. Pvt. Ltd.
8. Cronbach, L. J. 5th ed. (1990). Essentials of psychological testing. New York: Harper Collins Publishers:
9. Anastasi A. (1988). Psychological Testing. New York: McMillan
10. Aiken L.R. (1996) Rating Scales and Checklists: Evaluating Behavior, Personality and Attitudes.
11. सिंह अरुण कुमार, (२००६) मनोविज्ञान समाजशास्त्र तथा शिक्षा में शोध विधिया, मोतीलाल
12. बनारसीदास प्रकाशन दिल्ली.

INTERNAL ASSESMENT: 30 MARKS

Choose any two: 30 Marks

- 1) MCQ Test
- 2) Submit Assignment or Video on given topic
- 3) Comprehensive information of psychological test with the help of test manual
- 4) Make 20 test items in interest area of the student and find out reliability coefficient of test

Syllabus for MA Psychology and Counseling

Semester II

FUNDAMENTALS OF COUNSELLING PROCESS

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSC- III .2	Fundamentals of Counselling Process	60

Cos:

1. By the end of UNIT-I the students will be able to understand nature and meaning of counseling as well as goals and core conditions of counseling
2. By the end of UNIT-II the students will be able to understand counseling process and building the counseling relationship with counselee
3. By the end of UNIT-III the students will be able to apply interview technique in counseling setting
4. By the end of UNIT-IV the students will be able to understand use of assessment and diagnosis in counseling and will be able to apply different tools of assessment and diagnosis.
5. By the end of UNIT-V the students will be able to understand ending process of counseling with effective implementation of action plan.

Unit 1	NATURE AND GOALS OF COUNSELLING	12 lectures
	1.1 Definition, Meaning and Goals of Counselling 1.2 Fundamental Precepts of Effective Counselling 1.3 Goals of Counselling 1.4 Core Conditions of Counselling 1.5 Counselling and Related Fields	
Unit 2	COUNSELLING PROCESS	12 lectures
	2.1 Preparation for Counseling 2.2 Communication and Building the Counselling Relationship 2.3 Stages of Counselling Process 2.4 Variables Affecting the Counselling Process 2.5 In Depth Exploration	
Unit 3	COUNSELLING INTERVIEW AND RELATIONSHIP	12 lectures
	3.1 Communication in Interview Verbal, Non-Verbal 3.2 Types of Initial Interview 3.3 Interview Techniques in Counselling 3.4 Counselee- Counsellor Relationship And Techniques 3.5 Special Relationship Problems	
Unit 4	ASSESSMENT AND DIGNOSIS IN COUNSELLING	12 lectures
	1.3 Uses of tests in counselling: Brief History 1.4 Understanding Assessment and Diagnosis	

	1.5 Components of Effective Assessment 1.6 Tools for Assessment and Diagnosis	
Unit 5	COMMITMENT TO ACTION ON TERMINATION	12 lectures
	5.1 Process of Goal Setting 5.2 Design and Implementation of Action Plan 5.3 Termination 5.4 Timing of Termination 5.5 Aims and Objectives of record Keeping, File Composition	

Reference Books :

1. Feltham, C. & Horton, I.E. (ed) (2006). The Sage handbook of Counselling and Psychotherapy (2nd Ed.). London: Sage Publication.
2. Gibson, R.L., Mitchell, M.H. (2005). Introduction to counselling and guidance (6th Ed.) Delhi: Pearson education Pte. Ltd.
3. Gelso, C. J., Fretz B.R. (1995) counselling psychology. Bangalore: Prism books Pvt. Ltd
4. Gregory, R.J. (2005). Psychological Testing (4th Ed.).Delhi: Pearson education Pvt. Ltd.
5. Rao, S.N. (2006). Counselling and guidance (2nd Ed). New Delhi: Tata McGraw-Hill Publishing Co. Ltd.
6. Patterson, L.E., Werfel, E.R. (2000). The counselling process (5th Ed.). Belmont: Woodsworth/Thomson Learning.
7. Nelson, R., Jones (2000). Introduction to counselling skills, text an activities London: Sage Publication .
8. Cohen, R.J., Swerdlick, M.E. (2005). Psychological testing and assessment (6th Ed.) Delhi: Tata McGraw-Hill.
9. Dalai Lama, His Holiness the & Cutler, S.C. (1998). The art of happiness: The handbook for living. Sidney: Hodder.
10. Deshpande C.G. and et. al. (2010) Samupadeshan: Shasrtiya Prakriy av aupayojan. Unmesh Prakashan Pune.
11. Capuzzi, D., & Gross, D.R. (2008). Counselling and Psychotherapy: theories and interventions 4th Edn. Pearson Education: India.
12. Corey, G. (2008). Theory and practice of group counselling. Thomson Brooks/Cole: Belmont CA
13. Nelson R., Jones (2009) Theory and Practice of Counselling and Therapy (4th Ed) Sage Publication.
14. Gladding S.T (2009) Counselling (6th Ed) Pearson Education.
15. Gladding S.T. (2014) Counselling: A Comprehensive Profession (7th Ed) Dorling Kindersley (India) Pvt. Ltd. of Pearson Education.

INTERNAL ASSESMENT : 30 MARKS

Choose any two: 30 Marks

- 1) MCQ Test
- 2) Submit Assignment or Video on given topic
- 3) Report on counseling process with the help of any Novel, Movies related to psychological disorder or hypothetical case
- 4) Seminar presentation with PPT on given topic

Syllabus for MA Psychology and Counseling

Semester II

NEURO PSYCHOLOGY

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSE-II A (Elective 1)	Neuro Psychology	60

Cos:

1. By the end of UNIT-I the students will be able to Understand the structure and function of nervous system and brain.
2. By the end of UNIT-II the students will be able to understand the function and syndrome of various lobes of brain.
3. By the end of UNIT-III, the students will be able to understand common neurological disorder.
4. By the end of UNIT-IV, the students will be able to understand and analyze methods of investigation in field of neuro psychology.
5. By the end of UNIT-IV the students will be able to understand the meaning and nature of cerebral asymmetry and its impact on human behavior.

Unit 1	CENTRAL NERVOUS SYSTEM	12 lectures
	1.1 Nervous system: Structure and function 1.2 General terminology 1.3 Major division of central nervous system 1.4 Structure and function of Brain : Fore brain, Mid brain , Hind brain	
Unit 2	LOBE FUNCTIONS AND SYNDROME	12 lectures
	2.1 Frontal lobe: Structure, function and syndrome 2.2 Parietal lobe: Structure, function and syndrome 2.3 Temporal lobe: Structure, function and syndrome 2.4 Occipital lobe : Structure, function and syndrome	
Unit 3	COMMON NEUROLOGICAL DISORDER	12 lectures
	3.1 Cerebral Trauma 3.2 Disorder of development 3.3 Cerebro vascular disorder 3.4 Degenerative disorder	

Unit 4	METHODS OF INVESTIGATION	12 lectures
	4.1 Anatomical method 4.2 Radiological method 4.3 Electrical Stimulation and Recording Method 4.4 Lesion Method 4.5 Neurochemical method 4.6 Neurological method	
Unit 5	CEREBRAL ASYMMETRY	12 lectures
	5.1 Cerebral Anatomical Asymmetry 5.2 Individual Variations in Anatomical Cerebral Asymmetry 5.3 Cerebral Functional Asymmetry 5.4 Hemispheric Unilateral Lesion Studies Relating to Functioning Asymmetry	

References:

1. Beamont Graham J. (2008), *Introduction to Neuropsychology*, Guilford Press; 2nd edition
2. Carlson, N. R. (2007). *Foundations of physiological psychology*. N.D.: Pearson Edu.
3. John . P. J. Pinel and Steven .J. Barnes.,(2017) *Biopsychology*, Global edition- Pearson
4. Kalat, J.W. (2009). *Biological Psychology*. Wadsworth
5. Kolb, B., & Whishaw, I. *Fundamentals of Neuropsychology* 5th Ed.
6. Neil .R. Carlson. (2016),*Physiology of Behavior*, Pearson; 12th edition
7. Pinel, J.P.J. (2007). *Biopsychology*. N.D.: Pearson Edu.
8. S. Marc Breedlove and Neil .V. Watson. (2010) *Biological Psychology- An Introduction to Behavioral, Cognitive and Clinical Neuroscience* Sinauer Associates; 6th edition
9. Sheila Hayward (1997)*Biopsychology* Palgrave Macmillan
10. सिंह अरुण कुमार (२०१७), न्युरो मनोविज्ञानके मुलतत्व, मोतीलाल बनारसीदास प्रकाशन, दिल्ली

INTERNAL ASSESMENT: 30 MARKS

Choose any two : 30 marks

- 1) MCQ Test
- 2) Submission of Assignment or Video on given topic
- 3) Seminar presentation with PPT on given topic
- 4) Poster presentation on given topic

Syllabus for MA Psychology and Counseling

Semester- II

HEALTH PSYCHOLOGY

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSE-II B (Elective II)	Health Psychology	60

Cos:

1. By the end of UNIT-I the students will be able to Understand nature and applications of health psychology
2. By the end of UNIT-II the students will be able to understand nature and types of stress and to apply the coping strategy for stress management
3. By the end of UNIT-III, the students will be able to understand chronic health problem and its management
4. By the end of UNIT-IV, the students will be able to understand about health care services and it's applications.
5. By the end of UNIT-IV the students will be able to create primary invention and health promotion

Unit 1	WHAT IS HEALTH PSYCHOLOGY	12 lectures
	1.1 Definition, Nature, Aims of health psychology 1.2 The mind-body relationship: A brief history 1.3 The need for health psychology: 1.4 Application: The Need of Health Psychology- Changing Patterns of Illness, Expanded Health Care Services, Increased Medical Acceptance	
Unit 2	STRESS AND COPING	12 lectures
	2.1 Stress – Definitions, Nature & Types 2.2 Sources of chronic stress (Sources within the Person, Sources in the Family & Sources in the Community and Society) 2.3 Responding to Stress (Physiological, Emotional & Behavioral Response) 2.4 Coping with stress and resilience	
Unit 3	CHRONIC HEALTH PROBLEMS AND ITS MANAGEMENT	12 lectures
	3.1 Personal Issues in Chronic Health Disorders – The Physical Self, Achieving Self, Social Self & Private Self 3.2 Emotional Responses to Chronic Health Disorders – Denial, Anxiety & Depression 3.3 - Major Chronic Health Problems- Heart Disease, Hypertension, Stroke, Cancer, Type II Diabetes & AIDS 3.4- Application: Psychological Interventions for Chronic Health Disorders (Pharmacological Interventions, Individual Therapy, Social Support)	

	Interventions and Relaxation, Stress Management after COVID-19)	
Unit 4	SEEKING AND HEALTH CARE SERVICES	12 lectures
	4.1 Recognition and interpretation of symptoms 4.2 Who uses health services 4.3 Misuses health services 4.4 Using health services	
Unit 5	PRIMARY PREVENTION & HEALTH PROMOTION	12 lectures
	5.1 Quality of life and Health Behavior – Changing Health Habits & Health Beliefs (Attitude change & Placebo Effect) 5.2- Health Compromising Behaviors (Characteristics) – Obesity, Smoking & Drinking. 5.3- Developmental, Gender, and Sociocultural Factors in Health – Development and Health, Gender and Health, Sociocultural Factors and Health 5.4- Health Promoting Behaviors – Diet, Exercise, Sleep, Rest, Vaccination and Screening, Accident prevention	

Reference Books

1. Ogden, J. (2017). Health psychology: A textbook (4th ed.). McGraw Hill Education.
2. Sarafino, Edward P and Smith, Timothy W (2012). Health Psychology – Bio psychosocial Interaction (7th ed). Wiley India Edition.
3. Taylor, Shelley E. (2018). Health Psychology (10th ed). McGraw Hill Higher Education. Indian Edition
4. Weiten, W. and Lloyd, M. (2007). Psychology applied to modern life: Adjustment in the 21st century, Indian Edition 8th. Thomson

INTERNAL ASSESMENT: 30 MARKS

Choose any two: 30 marks

- 1) MCQ Test
- 2) Submission of Assignment or Video on given topic
- 3) Seminar presentation with PPT on given topic
- 4) Poster presentation on given topic

Syllabus for MA Psychology and Counseling

Semester- II

PRACTICAL

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSC IV.2 Lab	Practical (Testing)	Per Week - 4

COs:

After successful completion of Laboratory work, the students will be able: (Any 7 of the following)

1. To understand the concept of Psychometric tests and experiments.
2. To recognize cognitive process of human being .
3. To administer Psychometric I.Q. test.
4. To analyze various types of personality and creative thinking

Sr. No.	Name of Practical (Psychological test)
1	Test of General Mental Ability
2	Reasoning Ability Test
3	Emotional Intelligence Test
4	Culture Fair Intelligence Test
5	Home Adjustment Inventory
6	Verbal Test of Creative Thinking
7	Bell Adjustment Inventory
8	Cognitive Style Inventory
9	Problem Solving Ability Test
10	Aptitude Test