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**CHOICE BASED CREDIT SYSTEM  
(CBCS)**

**M.A./M.Sc. in PSYCHOLOGY  
(w.e.f. 2022-23)**



**DEPARTMENT OF PSYCHOLOGY  
GURUKULA KANGRI (DEEMED TO BE UNIVERSITY)  
HARIDWAR-249404**

Psychology is an important discipline having wide applications in many areas of human life. The aim of postgraduate course in Psychology is to produce knowledgeable and skilled scholars who can contribute positively and effectively in diversified areas of psychology and inter-disciplinary studies. This course is designed in such a manner that the students can look forward for advanced specializations and careers in teaching, research and applied areas in psychology such as Clinical Psychology, Rehabilitation Psychology, Counseling Psychology, Health Psychology, Educational Psychology and other sub-disciplines of psychology.

**Eligibility for Admission:** Bachelors Degree in any discipline from UGC recognized University/Institute.

**Duration of the course:** Four Semesters (Two years course)

**PROGRAM SPECIFIC OUTCOMES [PSO]:**

A postgraduate student of Psychology should be able to:

- I. Demonstrate a comprehensive understanding of the field of psychology, the practical scope of psychology, fundamentals of psychology, theoretical approaches in psychology, areas of specialization in psychology and pursue advanced specializations in psychology.
- II. Demonstrate an insight into psychological issues, abilities, mental disorders, disabilities, social problems, problems at workplace, stress and health, and understanding of human behavior in various settings.
- III. Demonstrate procedural knowledge of psychological assessment, psychological tests and psychological interventions for solving human problems.
- IV. Demonstrate skills and competence for designing and conducting psychological experiments, case studies, evaluation of psychological attributes and functioning of individuals as well as groups, use psychological theories to comprehend and interpret the observations and psychological assessment findings.
- V. Demonstrate skills of formulating scientific research problems, hypotheses, adopt scientific methods of sampling and data collection, analyzing quantitative and qualitative data using sound reasoning, plan and execute research projects for solving human problems, evaluate the data and research using scientific reasoning, interpret results, engage in inducting and deducting reasoning for arriving at conclusions scientifically.
- VI. Demonstrate knowledge and skills of professional ethical behaviours in helping individuals and society, evaluating human behaviours, application of principles of psychology to intervene in conditions of abnormalities in thoughts, emotions and behaviours, promoting positive growth and development, and conducting and publishing researches.

Sl. No.	PAPER CODE	PAPER TITLE	PSO-I	PSO-II	PSO-III	PSO-IV	PSO-V	PSO-VI
1.	MPY-C111	Experimental Psychology	Y	Y	Y	-	-	-
2.	MPY-C112	Psychology of Personality	Y		Y	Y		
3.	MPY-C113	Advanced Social Psychology	Y	Y	Y	-	-	-
4.	MPY-C114	Research Methodology	-	-	-	Y	Y	Y
5.	MPY-C161	Practical			Y	Y	Y	Y
6.	MPY-C211	Cognitive Processes	Y	Y	Y	Y	Y	-
7.	MPY-C212	Psychological Testing			Y	Y	Y	Y
8.	MPY-C213	Counseling Psychology	Y	Y	Y	Y	-	Y
9.	MPY-C214	Statistics in Psychology				Y	Y	
10.	MPY-C261	Practical			Y	Y	Y	Y
11.	MPY-C311	Health Psychology	Y	Y	Y	Y		
12.	MPY-C312	Psychopathology	Y	Y	Y			
13.	MPY-E313	Psychodiagnostic Techniques		Y	Y	Y	Y	
14.	MPY-E314	Applied Psychometry		Y	Y	Y	Y	
15.	MPY-E315	Psychology at workplace	Y	Y	Y	Y		
16.	MPY-E316	Stress Management	Y	Y	Y	Y		
17.	MPY-E317	Indigenous Psychology	Y	Y				
18.	MPY-C361	Practical			Y	Y	Y	Y
19.	MPY-E362	Dissertation				Y	Y	Y
20.	MPY-C411	Disabilities and Rehabilitation	Y	Y	Y	Y		
21.	MPY-C412	Clinical Interventions	Y	Y	Y	Y		
22.	MPY-E413	Therapeutic Techniques	Y	Y	Y	Y		
23.	MPY-E414	Applied Psychology	Y	Y				
24.	MPY-E415	Developmental Psychology	Y	Y		Y		
25.	MPY-E416	School Psychology	Y	Y	Y	Y		
26.	MPY-E417	Positive Psychology	Y	Y	Y			Y
27.	MPY-C461	Practical and Case Study				Y	Y	Y

**No. of Papers in Each Semester:** The number of theory and practical papers in each semester including option of dissertation to be undertaken by a student will be as follows:

Sl No.	Year & Semester	No. of Theory Papers (Core & Elective)	Practical Paper	Dissertation (Elective)*	Credits
1	First Year: Semester-I	04	01	-	24
2	First Year: Semester-II	04	01	-	24
3	Second Year: Semester-III	04	01	01	24
4	Second Year: Semester-IV	04	01	-	24

**\*Dissertation Elective:** The option of dissertation will be available in Second Year-Third Semester in lieu of any one elective paper. That means, a student opting for dissertation elective paper will be required to study three theory papers, one dissertation and one practical paper in third semester. The student who secures at least 55% marks in Semester-I and Semester-II examination combined without any repeat will be eligible for opting dissertation. The student who will be opting for dissertation will have to seek a written consent from a teacher of the department who will act as a supervisor for the dissertation. A dissertation of about 75 typed pages in APA style having plagiarism report and signed by the candidate with supervisor's certificate will have to be submitted to the Head, Department of Psychology before completion of End Semester Examination.

**Choice of Electives:** The elective papers will be introduced upon availability of faculty with specialization, infrastructure, at least 05 students opting for specific elective paper and other relevant factors and feasibility. The elective papers to be taught will be announced at the commencement of the semester. The campuses of Deemed to be University can implement different set of electives as per availability of expertise and resources. The implemented elective paper may vary from session to session and it will not be mandatory for the department or campus to implement all the listed papers in a given semester.

**Award of Degree:** The science graduates will be awarded the degree of M.Sc. in Psychology, whereas non-science graduates will be awarded MA in Psychology.

**Papers Distribution:** The distribution of papers and scheme of examination for each semester is provided in following table:

M.A./M.Sc. PSYCHOLOGY SYLLABUS									
Sl. No.	Subject Code	Subject Title	Credit	Periods Per Week		Evaluation Scheme			Subject Total Marks
				L	P	Internal Assessment		ESE	
						CT	TA		
M.A./M.Sc. First Year: Semester-I									
1	MPY-C111	Experimental Psychology	5	5	-	20	10	70	100
2	MPY-C112	Psychology of Personality	5	5	-	20	10	70	100
3	MPY-C113	Advanced Social Psychology	5	5	-	20	10	70	100
4	MPY-C114	Research Methodology	5	5	-	20	10	70	100
5	MPY-C161	Practical	4	-	8	15	15	70	100
Total			24	Total					500
M.A./M.Sc. First Year: Semester-II									
6	MPY-C211	Cognitive Processes	5	5	-	20	10	70	100
7	MPY-C212	Psychological Testing	5	5	-	20	10	70	100
8	MPY-C213	Counseling Psychology	5	5	-	20	10	70	100
9	MPY-C214	Statistics in Psychology	5	5	-	20	10	70	100
10	MPY-C261	Practical	4	-	8	15	15	70	100
Total			24	Total					500
M.A./M.Sc. Second Year: Semester-III									
11	MPY-C311	Health Psychology	5	5	-	20	10	70	100
12	MPY-C312	Psychopathology	5	5	-	20	10	70	100
13	MPY-E313	Psychodiagnostic Techniques	5	5	-	20	10	70	100
14	MPY-E314	Applied Psychometry	5	5	-	20	10	70	100
15	MPY-E315	Psychology at workplace	5	5	-	20	10	70	100
16	MPY-E316	Stress Management	5	5	-	20	10	70	100
17	MPY-E317	Indigenous Psychology	5	5	-	20	10	70	100
18	MPY-C361	Practical	4	-	8	15	15	70	100
19	MPY-E362	Dissertation	-	-	-	30	70	100	
Total			24	Total					500
M.A./M.Sc. Second Year: Semester-IV									
20	MPY-C411	Disabilities and Rehabilitation	5	5	-	20	10	70	100
21	MPY-C412	Clinical Interventions	5	5	-	20	10	70	100
22	MPY-E413	Therapeutic Techniques	5	5	-	20	10	70	100
23	MPY-E414	Applied Psychology	5	5	-	20	10	70	100
24	MPY-E415	Developmental Psychology	5	5	-	20	10	70	100
25	MPY-E416	School Psychology	5	5	-	20	10	70	100
26	MPY-E417	Positive Psychology	5	5	-	20	10	70	100
27	MPY-C461	Practical and Case Study	4	-	8	15	15	70	100
Total			24	Total					500
Grand Total Credits			96	Grand Total Marks					2000
L=Lecture, P=Practical, CT=Cumulative Test, TA=Teacher Assessment, C=Core, E=Elective. A & B in code column denote the elective paper or group of elective papers, either 'A' or 'B' shall have to be chosen in whole for the study during a semester.									

<b>SEMESTER-I</b>	<b>CODE: MPY -C111</b>	<b>PAPER TITLE: EXPERIMENTAL PSYCHOLOGY</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Illustrate structure and functions of central nervous system</li> <li>2. Explain human behaviors on the basis of learning, motivation and emotions</li> <li>3. Develop an insight into the applications of principles and theories of learning, motivation and emotion for solving human problems</li> </ol>		
<b>SEMESTER-I</b>	<b>CODE: MPY -C112</b>	<b>PAPER TITLE: PSYCHOLOGY OF PERSONALITY</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Understand biological and environmental influences on personality development</li> <li>2. Develop a critical understanding of personality through various theories</li> <li>3. Learn how to assess personality in accordance with specific theoretical perspectives</li> <li>4. Develop capability to apply knowledge of personality theories for self and societal growth</li> </ol>		
<b>SEMESTER-I</b>	<b>CODE: MPY -C113</b>	<b>PAPER TITLE: ADVANCEDSOCIAL PSYCHOLOGY</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Conceptualize social problems and their impact on individuals specifically related with violence, gender and poverty</li> <li>2. Develop an insight into the principles and theories of social psychology</li> <li>3. Learn how attitude and prejudice are formed and how prejudice can be reduced.</li> <li>4. Develop insight and analyze the contribution of social psychologists to the understanding of human society.</li> <li>5. Evaluate effective strategies in socialization, group processes (both inter and intra group), and interpersonal processes and helping behaviour.</li> </ol>		
<b>SEMESTER-I</b>	<b>CODE: MPY -C114</b>	<b>PAPER TITLE: RESEARCH METHODOLOGY</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Formulate testable hypotheses, use research designs, draw sample and select relevant tools</li> <li>2. Design basic as well as socially relevant research studies using scientific methods</li> <li>3. Get sensitized to ethical issues in conducting and publication of psychological researches</li> </ol>		
<b>MPY -161 : Practical</b>	<b>Credit: 04</b>	<b>Time: 04 Hours</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Choose psychological tests based on robust psychometric properties</li> <li>2. Apply psychological tests on others</li> <li>3. Interpret and reporting results of psychological tests</li> <li>4. Conduct experiments on psychological variables.</li> <li>5. Design psychological experiments on software</li> <li>6. Use ethical principles in application of tests and experiments</li> </ol>		
<b>SEMESTER-II</b>	<b>CODE: MPY -C211</b>	<b>PAPER TITLE: COGNITIVE PROCESSES</b>
<b>COURSE OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Understand cognitive processes of attention, perception, memory, thinking, creativity, concept formation, decision making, problem solving and intellectual functioning</li> <li>2. Explain factors and theories related to cognitive processes</li> <li>3. Evaluate cognitive processes in human beings and apply the knowledge to solve human problems</li> </ol>		
<b>SEMESTER-II</b>	<b>CODE: MPY -C212</b>	<b>PAPER TITLE: PSYCHOLOGICAL TESTING</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Acquire knowledge and skills of performing psychological tests of personality, interest and aptitude</li> <li>2. Understand factors affecting performance on psychological tests</li> <li>3. Explain applicability of various psychological tests in different settings</li> <li>4. Perform psychological testing of special population.</li> <li>5. Sensitive to ethical issues in psychological testing</li> </ol>		
<b>SEMESTER-II</b>	<b>CODE: MPY -C213</b>	<b>PAPER TITLE: COUNSELLING PSYCHOLOGY</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Learn theoretical approaches in counseling</li> </ol>		

2. Conceptualize human problems using different theoretical approaches 3. Acquire basic counseling skills for solving problems of self and others 4. Know areas of counseling and how to evaluate counseling programs 5. Analyze the roles and responsibilities of a trained counsellor coupled with skills based knowledge of various helping models 6. Become sensitized to ethical principles in counseling people		
<b>SEMESTER-II</b>	<b>CODE: MPY -C214</b>	<b>PAPER TITLE: STATISTICS IN PSYCHOLOGY</b>
<b>LEARNING OUTCOMES:</b>		
1. Choose appropriate parametric and non-parametric statistical techniques for data analysis 2. Demonstrate skills of calculating various parametric and non-parametric statistics 3. Learn normal probability curve and its relevance in statistical reasoning		

<b>MPY -261 : Practical</b>	<b>Credit: 04</b>	<b>Time: 04 Hours</b>
<b>LEARNING OUTCOMES:</b>		
1. Acquire skills of evaluating psychological functioning of learners 2. Learn applications of psychological tests 3. Get sensitized to factors affecting performance of psychological tests in real life situations and limitations of psychological assessment tools		
<b>Note:</b> Any five practical from the following dimensions		
1. Attention 2. Perception 3. Memory 4. Forgetting 5. Creativity 6. Decision Making 7. Intelligence 8. Personality Inventory 9. Interest 10. Inkblot 11. Apperception Test 12. Achievement 13. Aptitude 14. Couple/Family 15. Career 16. Transactional Analysis		
<b>SEMESTER-III</b>	<b>CODE: MPY -C311</b>	<b>PAPER TITLE: HEALTH PSYCHOLOGY</b>
<b>LEARNING OUTCOMES:</b>		
1. Explain the role of stress and psychological factors in physical diseases 2. Learn how people cope with stress and regulate their emotions 3. Understand illness beliefs and health compromising behaviors 4. Evaluate role of psychosocial factors in physical disorders		
<b>SEMESTER-III</b>	<b>CODE: MPY -C312</b>	<b>PAPER TITLE: PSYCHOPATHOLOGY</b>
<b>LEARNING OUTCOMES:</b>		
1. Understand biopsychosocial determinants of abnormal behavior 2. Explain abnormal behaviours with the help of existing theoretical approaches 3. Acquire skills of recognizing psychotic, anxiety, somatic, mood and cognitive disorders 4. Learn about the management of psychological disorders		
<b>SEMESTER-III</b>	<b>CODE: MPY -E313</b>	<b>PAPER TITLE: PSYCHO DIAGNOSTIC TECHNIQUES</b>
<b>LEARNING OUTCOMES:</b>		
1. Explain applicability of psychological tests for psychodiagnosis 2. Select appropriate psychological tests for mental health conditions 3. Interpret results of psychological tests in mental health conditions		

4. Assess intelligence, personality and neuropsychological functioning in various contexts		
<b>SEMESTER-III</b>	<b>CODE: MPY –E314</b>	<b>PAPER TITLE: APPLIED PSYCHOMETRY</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Illustrate steps in developing psychological tests and construct psychological tests following scientific procedures.</li> <li>2. Understand theoretical constructs relevant to psychological testing</li> <li>3. Evaluate psychometric properties of a psychological test based on sound scientific reasoning</li> <li>4. Explain applicability of psychological tests in various settings for evaluating human attributes and problems</li> </ol>		
<b>SEMESTER-III</b>	<b>CODE: MPY –E315</b>	<b>PAPER TITLE: PSYCHOLOGY AT WORKPLACE</b>
<b>LEARNING OUTCOME:</b> <ol style="list-style-type: none"> <li>1. Explain theories of leadership</li> <li>2. Acquire skills of evaluating communication at workplace</li> <li>3. Learn how psychological issues leading to stress at workplace can be managed</li> <li>4. Evaluate psychological factors that promote healthy behaviors at workplace</li> </ol>		
<b>SEMESTER-III</b>	<b>CODE: MPY –E316</b>	<b>PAPER TITLE: STRESS MANAGEMENT</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Acquire skills of evaluating stress level of individuals undergoing stress</li> <li>2. Map existing cognitive resources for stress in an individual</li> <li>3. Learn skills of stress management techniques to resolve stress in self and others</li> <li>4. Develop plan of psychological management of stress</li> </ol>		
<b>SEMESTER-III</b>	<b>CODE: MPY –E317</b>	<b>PAPER TITLE: INDIGENOUS PSYCHOLOGY</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Develop an appreciation of the need to have alternative perspectives in psychology and to contextualise the relevance and potentials of Indian psychological thought.</li> <li>2. Develop insights into the sense of self and personality and their various facets in accordance with Indian thoughts</li> <li>3. Explain Indian concepts of psychological functioning</li> </ol>		
<b>MPY -361 : Practical</b>	<b>Credit: 04</b>	<b>Time: 04 Hours</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Demonstrate skill of implementing biofeedback for relaxation and stress management</li> <li>2. Acquire practical skills of evaluating stress and coping</li> <li>3. Learn protocols of application of psychological tests</li> </ol>		
<b>SEMESTER-IV</b>	<b>CODE: MPY –C411</b>	<b>PAPER TITLE: DISABILITIES AND REHABILITATION</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Get sensitized to the psychological needs and issues of persons with disabilities</li> <li>2. Learn about scope of a psychologist in rehabilitation settings</li> <li>3. Acquire skills of mapping abilities in persons with disabilities</li> <li>4. Conceptualize various psychological approaches for helping persons with disabilities for remediation and dealing with problem behaviors.</li> <li>5. Learn about ethical and legal issues in dealing with persons with disabilities</li> </ol>		
<b>SEMESTER-IV</b>	<b>CODE: MPY –C412</b>	<b>PAPER TITLE: CLINICAL INTERVENTIONS</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Acquire basic skills of clinical intervention</li> <li>2. Learn psychotherapeutic techniques used in clinical interventions</li> <li>3. Explain issues faced by a psychotherapist</li> <li>4. Evaluate applicability of clinical intervention in various settings</li> </ol>		
<b>SEMESTER-IV</b>	<b>CODE: MPY –E413</b>	<b>PAPER TITLE: THERAPEUTIC TECHNIQUES</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Become sensitized to the ethical issues and code of conduct of a psychologist engaged in application of principles of psychology for dealing with abnormal behavior</li> <li>2. Acquire principles and procedures of various psychotherapies</li> <li>3. Develop skills of applications of psychotherapies to deal with abnormal behaviours</li> </ol>		



<b>SEMESTER-IV</b>	<b>CODE: MPY –E414</b>	<b>PAPER TITLE: APPLIED PSYCHOLOGY</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Appreciate practical scope of psychology in diverse fields</li> <li>2. Explain principles of psychology as applicable in crimes, sports, military, and media</li> <li>3. Explore advanced specialization in applied psychology for one's career growth and thereby helping the society.</li> </ol>		
<b>SEMESTER-IV</b>	<b>CODE: MPY –E415</b>	<b>PAPER TITLE: DEVELOPMENTAL PSYCHOLOGY</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Understand and distinguish major theoretical perspectives in human development</li> <li>2. Explain factors affecting child development</li> <li>3. Become sensitized to moral development, issues in parent-child relationship</li> <li>4. Conceptualize aggression and its determinants in children</li> </ol>		
<b>SEMESTER-IV</b>	<b>CODE: MPY –E416</b>	<b>PAPER TITLE: SCHOOL PSYCHOLOGY</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Categorize factors affecting teaching learning process</li> <li>2. Recognize needs of special children such as gifted and affected by disabilities</li> <li>3. Acquire skills of addressing stress and mental health issues of children in schools</li> </ol>		
<b>SEMESTER-IV</b>	<b>CODE: MPY –E417</b>	<b>PAPER TITLE: POSITIVE PSYCHOLOGY</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. To learn the applications of positive psychology concepts at every stage of human development.</li> <li>2. To analyze the impact of positive emotional and cognitive states on the well-being of the individual.</li> <li>3. To apply the positive psychology concepts for personal growth &amp; development.</li> </ol>		
<b>MPY -461 : Practical</b>	<b>Credit: 04</b>	<b>Time: 04 Hours</b>
<b>LEARNING OUTCOMES:</b> <ol style="list-style-type: none"> <li>1. Acquire practical skills of assessing persons with abnormal behaviors</li> <li>2. Demonstrate skills of doing case studies of persons having issues of abnormal behaviors</li> <li>3. Learn various psychological assessment tools applicable in assessment of abnormal behaviours</li> </ol>		