

**SCHEME OF EXAMINATION
AND
COURSE OF STUDY**

**CHOICE BASED CREDIT SYSTEM
(CBCS)**

M.A./M.Sc. (PSYCHOLOGY)

(w.e.f. 2019-2020)



**DEPARTMENT OF PSYCHOLOGY
GURUKUL KANGRI VISHWAVIDYALAYA, HARIDWAR**

JULY 2019

Sukumar
21/10/21

Head

Department of Psychology
Gurukul Kangri (Deemed to be University)
Haridwar-249404, Uttarakhand

Syllabus as CBCS Pattern Master Degree in Psychology

The course requirements for the degree of Master in Psychology have been designed with the objective to provide comprehensive knowledge and training with research orientation in the details of modern Psychology. M.A. Degree will be awarded to the Non-Science Graduates whereas M.Sc. Degree will be awarded to the Science Graduates. The students shall have to pass in the theory and practical papers separately.

Eligibility for Admission: Bachelors Degree in any discipline from UGC recognized University/Institute. Reservation will be as per University/Central Government Rules.

The students enrolled for M.A./M.Sc. course in Psychology, Department of Psychology will be offered various courses/papers (of total 96 credits) during the four semesters. The various courses/papers offered during the first two semesters (first year of the study) will be of compulsory nature that aims to equip the students to undergo higher studies in the area of psychology. In the first semester the students will be offered four compulsory theory papers (each of 5 credits; total 24 credits) and one practical course of 4 credits. The course during the first semester is of 24 credits (refer to the course structure for details). In the second semester there will be four compulsory papers (each of 5 credits; total 20 credits) in addition to compulsory practical paper (of 4 credits). The course during the second semester is of 24 credits (refer to the course structure for details).

During the last two semesters (the second year of the study) the students will have choice to select elective /papers among the available courses/papers as per their interest and requirements. In the third semester, the students will be required to choose four theory papers (each of 5 credits) among the available elective courses/papers (refer to the course structure for details) if they are not opting for dissertation. Those students who will opt for dissertation will be required to select any three theory papers among the available courses/papers in addition to practical paper of 4 credits. The total credit of the course during the third semester is 24. In the last semester (IV semester) students will opt any four elective theory papers as selected to the group adopt in the third semester from the available courses/papers (each of 5 credits) in addition to the compulsory papers of practical (4 credits). The total course credit of this semester is 24.

The specific courses offered in third and fourth semester will be announced by the Department immediately prior to that semester based on the availability of expertise, number of teachers, choices given by the students and any other relevant factor. The decision to offer elective (optional courses) in the third and fourth semester and the minimum and maximum intake in the specific courses will be taken by the departmental council of the Department of Psychology. Thus, the availability of the courses/papers during the third and fourth semesters may vary from session to session and it is not mandatory for the department to offer all courses/papers listed for these semesters.

The student opting for dissertation in the third semester he/she will be required to present the written consent of the supervisor along with tentative title within the stipulated period. If the student fails to get the supervisor's consent then he/she will be required to opt theory paper in lieu of dissertation.

Duration: Four semesters (Two years course).

The distribution of theory and practical papers for M.A. /M.Sc. 4 semester examinations is as follows-

IV Semester

Paper Code	Name of the Paper	Credits
MPY -C401	Psychological Testing	5
MPY -C402	Clinical Interventions	5
MPY -E403	Therapeutic Techniques	5
MPY -E404	Psychology of Rehabilitation	5
MPY -C405	Stress Management	5
MPY -E406	Organizational Development and Change	5
MPY -E407	Employee Counseling	5
MPY -C451	Practical and Case Study	4
Total Credits		24

Note: From the above elective papers either take MPY-401, 402, 403, 404 or MPY-401, 405, 406, 407 in addition to compulsory MPY -451(a)

Dissertation in III Semester:

The students securing a minimum of 55% marks in total in I and II Semester examination (subject to clearing all the theory and practical papers) will have an opportunity to select a Dissertation Work (4 credits) in lieu of **only 4th paper of III semester** in the group. The student opting for Dissertation will select a topic related to his/her group of specialization with the help of supervisor (one of the regular faculty member) and later on submit an application along with relevant information through the supervisor to the Head of the Department within 30 days from the declaration of the result of II semester. The dissertation in typed form (two copies) following latest APA manual around seventy five pages shall be submitted on or before 30th November to the Head of the Department along with Supervisor's certificate.

Division of Marks:

Report Writing	:	70 Marks
Viva Voce	:	<u>30 Marks</u>
Total	:	<u>100 Marks</u>

Note: Supervisor will act as an internal examiner. The marks will be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

The details of the course structure of each paper (semester wise) are enclosed herewith.

MPY -C102: Experimental Psychology

Max Marks	Credit	Time	End Semester Exam	Internal Assessment	Sessional
100 (70+30)	05	03 Hours	70	30 (20+10)	

Unit 1: Attention and Perception: Attention- Concepts and Mechanisms, Selective attention. Perception - Figure-ground organization, Perception of depth and movement. Perceptual constancy - Brightness, size and shape.

Unit 2: Memory and Forgetting: Memory - Types of memory (STM and LTM), Methods and Materials, determinants of memory. Forgetting- Concepts, Causes and theories of forgetting - Interference Theory (Behavioristic).

Unit 3: Thinking and Problem solving: Thinking - Meaning and Types, Concept formation, Language and thinking. Problem solving- Nature and theories, factors affecting problem solving.

Unit 4: Verbal Learning: Nature, materials and methods of verbal learning. Determinants of verbal learning and transfer of learning.

Unit 5: Human Abilities: Nature and Definition of Intelligence. Biological, Social, Eco-cultural determinants, Theories of intelligence - Spearman, Thurston, Guilford.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Books Recommended:

1. M.R. D'Amato (1979). **Experimental Psychology : Methodology. Psychophysics and Learning.** New Delhi : Tata McGraw Hill.
2. B.E. Goldstein (2002). **Sensation and Perception.** USA : Wadsworth.
3. J.W. Kling and L.A. Riggs (1984). **Woodworth and Schollosbergs Experimental Psychology.** New Delhi : Khosla Publishing House.
4. R.L. Solso (2001). **Cognitive Psychology.** Singapore : Pearson Education.
5. A. Baddley (1997). **Human Memory : Theory and Practice.** New York : Psychology Press.
6. F.J. McGuigan (1969). **Experimental Psychology.** New Delhi Prentice Hall of India Pvt. Ltd.
7. C.E. Osgood (1953). **Method and Theory in Experimental Psychology.** New York : Oxford Press.
8. A.K. Singh (1997). **Uchhtar Samanya Manovigyan.** Varanasi : Motilal Banarasidas.

MPY -C104: Advanced Social Psychology

Max Marks	Credit	Time	End Semester Exam	Internal Assessment	Sessional
100 (70+30)	05	03 Hours	70	30 (20+10)	

Unit 1: Introduction: Nature and Scope of Social Psychology. Relationship of Social Psychology with other Social Sciences, Current Trends in Social Psychology.

Unit 2: Methods of Social Psychology: Observation, Experimental, Survey, Field Studies and Questionnaire.

Unit 3: Socialization: Agents, Process and Characteristics of Socialization. Determinants of Socialization, Communication and Language.

Unit 4: 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 5: 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.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Books Recommended:

1. R.A. Baron and D. Byrne (2000). **Social Psychology**. New Delhi : Prentice Hall of India Pvt. Ltd..
2. C. Fraser and B. Burchell (2001). **Introducing Social Psychology**. Malden : Blackwell.
3. D. Myers (2007). **Social Psychology**. New Delhi : Cengage Learning.
4. A.K. Singh (2009) : **Samaj Manovigyan Ke Ruprekha**. New Delhi : Motilal Banarasi Das.
5. S. Mohamad (2009). **Ucchatar Samaj Manovigyan**. New Delhi : Motilal Banarasi Das.
6. R.N. Singh (2001). **Modern Social Psychology**. Agra : Vinod Pustak Mandir.

MPY -C201: Statistical Techniques in Psychology

Max Marks	Credit	Time	End Semester Exam	Internal Assessment	Sessional
100 (70+30)	05	03 Hours	70	30 (20+10)	

- Unit 1: Introduction:** Meaning of Statistics, Types of Statistics, Nature of Data, Nature of Measurement and Levels of Measurement, Graphical Representation
- Unit 2: Central Tendency, Variability and NPC:** Measures of Central Tendency: Mean, Median and Mode. Measures of Variability: Range, Quartile Deviation and Standard Deviation; NPC: Characteristics & Applications of Normal Probability Curve.
- Unit 3: Parametric Statistics:** Standard Error of Estimate, Levels of Significance, 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 4: Non-Parametric Statistics:** Chi-Square Test, Sign Test, Median Test. Difference between parametric and non-parametric statistics.
- Unit 5: Correlation Methods:** Meaning and Types Correlations, Correlation coefficient, Product Moment Correlation (Ungrouped Data), Rank Difference Correlation.

NOTE:

- The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.
- Students can use simple calculator (Without Programming/ Nonscientific) during the Examination.
- Statistical Tables will be provided during the Examination.

Books Recommended:

- H.E. Garrett (2005). **Statistics in Psychology and Education**. New Delhi : Paragon International Publishers.
- S.A. Haslam and C. McGarty (2003). **Research Methods and Statistics in Psychology**. London : Sage Publication.
- D. Howitt and D. Cramer (2000). **An Introduction to Statistics in Psychology**. London : Pearson Education.
- S. Siegal (1994). **Non-Parametric Statistics For Behavioural Sciences**. New York : McGraw Hill.
- J.P. Guilford (1975). **Fundamental Statistics in Psychology and Education**. New York: McGraw Hill.
- B. Biswal and P.C. Dash (2009). **Statistics in Education and Psychology**. New Delhi : Dominant Publishers India.
- एच० के० कपिल (nd) सांख्यिकी के मूल तत्व – समाज मनोविज्ञान में। आगरा– विनोद पुस्तक मन्दिर।
- मुहम्मद सुलेमान (2006) मनोविज्ञान, शिक्षा एवं अन्य सामाजिक विज्ञानों में सांख्यिकी। दिल्ली – मोतीलाल बनारसीदास प्रकाशन।

MPY -C203: Counselling Psychology

Max Marks	Credit	Time	End Semester Exam	Internal Assessment	Sessional
100 (70+30)	05	03 Hours	70	30 (20+10)	

- Unit 1: Counselling Psychology: Definitions of counselling. Ethical issues in counselling. Distinctions between counselling and Psychotherapy.
- Unit 2: Expectations and goals of Counselling: Goals and expectations, Process, Group counseling. Characteristics of counselee and counsellors, Role and functions of the counsellors and their professional training.
- Unit 3: Theoretical Approaches to Counselling: Psychoanalytic, Behavioural, Rational-Emotive Behaviour Therapy, Client Centered, Transactional Analysis
- Unit 4: Areas of Counselling: Educational, Career, Family and Marital, Gerontological and Weaker Sections, Stress Management Oriented Counselling.
- Unit 5: Evaluation of Counselling: Nature and purpose, steps in evaluation, and outcome research. Testing - Intelligence test, Achievement test, Aptitude test, Interest test, and Personality Test.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Books Recommended:

1. C.J. Gelso and B.R. Fretz (1995). **Counselling Psychology**. Bangalore : Prism Books Pvt. Ltd.
2. V.R. Patri (2001) : **Counselling Psychology**, New Delhi : Authors Press.
3. S.N. Rao (2002). **Counselling and Guidance**. New Delhi : McGraw Hill.
4. A. David (2004). **Guidance and Counselling**. New Delhi : Common Wealth Publishers.
5. S. Gladding (2009). **Counselling : A Comprehensive Profession**. New Delhi : Pearson Education.
6. T.S. Sodhi and S.P. Suri (2006). **Guidance and Counselling**. New Delhi : Tata McGraw Hill.
7. S.T. Gladding (2009). **Counselling**. New Delhi : Dorling Kindersley Pvt. Ltd.
8. Amarnath Rai and Madhu Asthana (2006). **Guidance and Counselling**. Varanasi : Motilal Banarasidas.

Any five of the following:

1. Biofeedback
2. Aggression Scale
3. Achievement Motivation Scale
4. Life Stress Scale.
5. Emotional Competence/Maturity Scale.
6. Vocational Aspiration
7. Transactional Analysis
8. Quality of Life.
9. Parent Child Relationship Scale.
10. Level of Aspiration Test
11. Introversion - Extroversion Personality Scale.
12. Aptitude Test
13. Interest Inventory
14. Adjustment Inventory
15. Mental Health Scale/Inventory.

Division of Marks:

Conduction of 02 Practicals	:	40 Marks
Viva Voce	:	30 Marks
Practical Record Book	:	<u>30 Marks</u>
Total	:	<u>100 Marks</u>

Note: Any five practicals shall be conducted/administered by each student. Two practicals will be given to each student in practical examination. The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

MPY -C302: Psychopathology

Max Marks	Credit	Time	End Semester Exam	Internal Assessment	Sessional
100 (70+30)	05	03 Hours	70	30 (20+10)	

- Unit 1: Approaches to Psychopathology: Biological, Psychodynamic, behavioural, cognitive, Socio-cultural.
- Unit 2: Anxiety disorders: Approaches and etiology of generalized anxiety disorder, panic disorder, phobia, obsessive- compulsive disorder and post traumatic stress disorder.
- Unit 3: Psychotic disorders: Approaches and etiology of Schizophrenia, Paranoid and mood disorders. Delusional disorders.
- Unit 4: Somatoform disorders: Approaches and etiology of somatization, hypochondriasis, pain disorder and conversion disorder.
- Unit 5: Cognitive Impairments: Approaches and etiology of delirium, dementia and amnesic syndromes, dementia of the Alzheimers type, pre-senile dementia.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Books Recommended:

1. A.H. Buss (1999). **Psychopathology**. New York : John Wiley and Sons.
2. A. Lamm (1997). **Introduction to Psychopathology**. New York : Sage Publications.
3. G.C. Davison and J.M. Neals (1996). **Abnormal Psychology**. New York : John Wiley and Sons.
4. G.B. Mohanty (1998). **Text Book of Abnormal Psychology**. New Delhi : Kalyani Publishers.
5. C. Coleman (1981). **Abnormal Psychology and Modern Life**. Bombay : D.B. Taraporewala Sons and Company Ltd.
6. A.K. Singh (2004). **Modern Abnormal Psychology**. Varanasi : Motilal and Banarasidas.
7. G.D. Rastogi (1991). **Psychopathology and Treatment**. New Delhi : Wiley Eastern Ltd.

MPY -E304: Psycho Diagnostic Techniques

Max Marks	Credit	Time	End Semester Exam	Internal Assessment	Sessional
100 (70+30)	05	03 Hours	70	30 (20+10)	

- Unit 1: Psychodiagnostics: Nature and Scope, Sources of Clinical Data - The assessment Interview, Behavioural Assessment, ratings and checklists, Psychological tests. Differential diagnosis.
- Unit 2: Psychological Interviewing: Structured interviewing, Intake interviewing, Mental status examination and diagnostic interviewing, Crisis Interviewing. Major characteristics of interview, Roles and tactics in the interview.
- Unit 3: Intelligence Testing: Stanford - Binet test, Wechsler Intelligence test and Bhatia Battery Performance test. Difference between individual Vs group intelligence tests.
- Unit 4: Personality Testing: Projective tests - TAT and Rorschach with specific indicators for neuroses and schizophrenia. Self report inventories - MMPI and NEO PI-R.
- Unit 5: Neuropsychological Testing: Bender-Gestalt and Wechsler memory Scale. GSR and EEG techniques.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Books Recommended:

1. S. Gullari (1998). **Foundations of Clinical Psychology**. Boston : Allyn and Bacon.
2. B.B. Wolman (1978). **Clinical Diagnosis of Mental Disorders : A Handbook**. New York : Plenum.
3. G. Maarnet (2003). **Handbook of Psychological Assessment**. New Jersey : John Wiley and Sons.
4. B. Winer (1983). **Clinical Methods in Psychology**. New York : John Wiley and Sons.
5. S.J. Korchin (1986). **Modern Clinical Psychology**. New Delhi : CBS Publishers and Distributors.

MPY -E306 Human Resource Management

Max Marks	Credit	Time	End Semester Exam	Internal Assessment	Sessional
100 (70+30)	05	03 Hours	70	30 (20+10)	

- Unit 1: Fundamentals of Human Resource Management: Meaning, Scope and Importance of Human Resource Management. Assumption and Characteristics of HRM, Difference between Personnel Management and HRM.
- Unit 2: Acquisition of Human Resources: Planning, Assessment and Job Analysis. Recruitment and Selection - Procedure, Sources.
- Unit 3: Industrial Relations: Nature and Objectives of industrial relations. Importance and approaches of industrial relations. Strategy and role of human resource management.
- Unit 4: Performance Appraisal: Performance management system, appraisal process, methods, creating effective personnel management system.
- Unit 5: Job Satisfaction and Well Being in organization: Meaning, nature and factors of job satisfaction. Theories of job satisfaction. Importance of job satisfaction.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Books Recommended:

1. D.A. DeCenzo and S.P. Robbins (1999). **Human Resource Management**. New York : John Wiley and Sons.
2. G.S. Sudha (2008). **Human Resource Management**. Jaipur : Ramesh Book Depot.
3. H.L. Kaila (2006). **Industrial Organizational Psychology**. New Delhi: Kalpaz Publication.
4. B. Varkkey (2008). **Human Resource Management**. New Delhi's Pearson Education.
5. P. Hersey and K.H. Blanchard (1995). **Management of Organizational Behaviour : Utilizing Human Resources**. New Delhi: Prentice Hall of India Pvt. Ltd.
6. G. Dessler (1998). **Human Resource Management**. New Delhi : Prentice Hall of India Pvt. Ltd.

Any five of the following:

1. Word Association Test
2. Rorschach
3. T.A.T.
4. Life Stress Scale
5. Biofeedback
6. Quality of Life Scale.
7. State Trait Anxiety
8. PGI Health Questionnaire.
9. Mental Depression Scale.
10. Personality Adjustment Inventory
11. Job Satisfaction Scale
12. Work Adjustment Inventory
13. Leadership Style Scale
14. Organizational Health Questionnaire.
15. Work Motivation Scale.

Division of Marks:

Conduction of 02 Practicals	:	40 Marks
Viva Voce	:	30 Marks
Practical Record Book	:	<u>30 Marks</u>
Total	:	<u>100 Marks</u>

Note: Any five practicals shall be conducted/administered by each student. Two practicals will be given to each student in practical examination. The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

MPY -C402: Clinical Interventions

Max Marks	Credit	Time	End Semester Exam	Internal Assessment	Sessional
100 (70+30)	05	03 Hours	70	30 (20+10)	

- Unit 1: Intervention Goals and Process: Nature, goals and course of interventions, Objective and approaches. Basic Psychotherapeutic technique - Guidance, Catharsis, Reassurance and Persuasion. Common Features of Interventions.
- Unit 2: The Helping Process: Clinical Psychologist and Counsellor as a person and professional, Counsellor Characteristics. Skills of a therapist - Listening, leading, confronting.
- Unit 3: Issues Faced by Therapists and Clinical Intervention: Issues faced by therapist, learning our limits, transference and counter transference, establishing realistic goals. Intervention - Group therapy, Family therapy, Creative Art therapies.
- Unit 4: Interventions: Psychodrama, Yoga and Meditation, Placebo effect, Biofeed back, Assertion Training, Self instructional training.
- Unit 5: Skill Training Programme: For anger control, Persons suffering from Psychological Problems mentally retarded.

Books Recommended:

1. S.J. Korchin (1986). **Modern Clinical Psychology : Principles of Interventions in the Clinic and Community**. New Delhi : CBS Publishers and Distributors.
2. L.G. Baruth and C.H. Huber (1985). **Counselling and Psychotherapy : Theoretical Analysis and Skill Applications**. London : Merril, A Bell and Howell.
3. J.E. Hecker and G.L. Thorpe (2005). **Introduction to Clinical Psychology : Science, Practice and Ethics**. New Delhi : Pearson.
4. T.J. Trull and E.J. Phares (2001). **Clinical Psychology : Concepts, Methods and Profession**. Belmont : Wadsworth.
5. L. L'Abate and M.A. Milan (1985). **Hand Book of Social Skills, Training and Research**. New York : John Wiley and Sons.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

MPY -E404: Psychology of Rehabilitation

Max Marks	Credit	Time	End Semester Exam	Internal Assessment	Sessional
100 (70+30)	05	03 Hours	70	30 (20+10)	

- Unit 1: Introduction: Meaning, Definition, Objective, Process, Outcome, Community based Rehabilitation and institution based Rehabilitation.
- Unit 2: Impairment and Disability: Meaning, Incidence and Prevalence of various disabilities - Sensory and Motor Disability.
- Unit 3: Assessment of Disabilities: Basic Principles of assessment and evaluation. Types of assessment-norm based, criterion based and function based. Psychological tests as screening and assessment tools. Application and importance of Psychological tests.
- Unit 4: Rehabilitation Techniques: Basic Principles of Intervention, Types of Intervention - Individual, Group and Family based. Vocational Counselling, Behavioural Therapeutic Approaches in rehabilitation.
- Unit 5: Perspectives of Rehabilitation Services: Settings and agencies involved in rehabilitation services, and its importance. Government Schemes and Policies for Rehabilitation - The role of NGOs. Legislation and legal aspects, Policies and Acts. Ethical issues in rehabilitation.

Books Recommended:

1. C.L. Kundu (2000). **Status of Disability in India**. New Delhi : Rehabilitation Council of India.
2. J. Narain and A.C.T. Kutty (1990). **Skill Training for MR Persons**. Hyderabad : J.S. Graphics.
3. D.C. Stromer (1995). **Counselling and Psychotherapy for Persons with Mental Retardation and Borderline Intelligence**. Vermont : Clinical Psychology Publishing Co.
4. L. Verma (1990). **The Measurement of Children with Emotional and Behavioural Difficulties**. London : Routledge.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

MPY -C405 Stress Management

Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Organizational Stress: Meaning of Stress, Individual factor influencing job stress. Different perspectives and symptoms of stress. Conflict - Concept and types of conflict, stages and sources of conflict. Approaches of conflict resolution.
- Unit 2: Causes of Job Stress: Personal Characteristics, Organizational structure and change, Properties of work and work setting, job role, machine pacing and shift work. Coping with Stress - Types of coping strategies.
- Unit 3: Consequences of Job Stress: Job behaviour, Job satisfaction, Performance, absenteeism, Health Strains - Physical illness, mental/Psychological Symptoms.
- Unit 4: Stress Management Interventions: Individual centered - cognitive, behavioural and physical. Organization centered - Preventing, mitigating and moderating organizational stressors.
- Unit 5: Therapeutic Approaches to Stress Management: Counselling, Hypno-suggestive, Hypnosis, Self talk, music therapy.

Books Recommended:

1. D.M. Pestonjee (1992). **Stress and Coping**. New Delhi : Sage Publications.
2. A.K. Srivastava (1999). **Management of Occupational Stress : Theory and Practice**. New Delhi : Gyan Publishing House.
3. K. Davis (1981). **Human Behaviour at Work : Organizational Behaviour**. New Delhi : Tata McGraw Hill.
4. D.M. Pestonjee (1991). **Motivation and Job Satisfaction**. New Delhi : Macmillan India Ltd.
5. P.K. Ghosh and M.B. Ghorpade (1991). **Industrial and Organizational Psychology**. New Delhi : Himalaya Publishing House.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

MPY -E406 Organizational Development and Change

Max Marks	Credit	Time	End Semester Exam	Internal Assessment	Sessional
100 (70+30)	05	03 Hours	70	30 (20+10)	

- Unit 1: Introduction: Nature, Scope and Characteristics of organizational development. Historical development. Process of Management of Change. Revolution and Growth of Organizational Development in India.
- Unit 2: Management of Organizational Development: Foundations, Process and action research. Approaches - Survey, feedback, process consultation, team building.
- Unit 3: Organizational Development Interventions: Team, building, Role Analysis Techniques, Role Negotiation Technique, Life and Career Planning.
- Unit 4: Management of Change: Organizational Structure, Organizational Culture, Employee relations and involvement strategies. Major phases in effective management and organizational development. Resistance to change and its diagnosis.
- Unit 5: Evaluating change and future of organizational development. Behavioural aspects of managing across cultures.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Books Recommended:

1. N.K. Chandha (2007). **Organizational Behaviour**. New Delhi : Galgotia Publication.
2. S. Ramnarayan, T.V. Rao and K. Singh (1998). **Organization Development : Interventions and Strategies**. New Delhi : Response Book.
3. W.L. French and C.H. Bell (2006). **Organizational Development : A Behaviour Science Approach**. New Delhi : Prentice Hall of India Pvt. Ltd.
4. L.M. Prasad (1995). **Organizational Behaviour**. New Delhi : S. Chand and Sons.
5. S.P. Robbins (1989). **Organizational Behaviour**. New Delhi : Prentice Hall of India Pvt. Ltd.

(A) Practical: Any four of the following:

1. Biofeedback
2. Cognitive Therapeutic Technique.
3. Behaviour Modification Technique
4. Beck Hopelessness Scale.
5. Mental Retardation Test
6. Type A/B Behaviour Pattern.
7. Neurotic Measurement Scale.
8. Depression Test.
9. Life Stress Scale.
10. Mental Fatigue
11. Personal Efficacy Scale.
12. Conflict Resolution.
13. Organizational Effectiveness Scale.
14. Locus of Control
15. Multi Dimensional Personality Inventory.

Division of Marks:

Conduction of 01 Practical	:	40 Marks
Viva Voce	:	30 Marks
Practical Record Book	:	<u>30 Marks</u>
Total	:	<u>100 Marks</u>

(B) Project Report (Case Study and Intervention):

Each candidate will find out the case in the community for study and select a problem with the consultation of concerned faculty members and prepare a report related to the consultancy and therapeutic interventions. The candidate shall submit a typed project report between twenty to thirty pages. Evaluation will be based on report writing (file record), performance and viva.

Division of Marks:

Report Writing	:	60 Marks
Viva-Voce	:	<u>40Marks</u>
Total	:	<u>100 Marks</u>

Note: The examination of practical and project report (case study) shall be conducted in a single sitting with the same board of examiners. The marks shall be awarded jointly by internal and external examiners. One external examiner would be appointed for ten students at a time. If the number of students is more than ten, another external examiner will be appointed for the examination in IV semester - 5th paper as per norms. However, HOD will act as coordinator of the examination.

ATTENDANCE

Students are required to have atleast 75% attendance in each Theory/Practical paper and Dissertation etc. to be eligible for appearing in the examination in each semester. Any candidate who does not fulfill this criteria will not be permitted to appear in examination of that particular paper. However, in case of serious illness or any other unavoidable circumstances the relaxation in the attendance may be granted as per Vishwavidyalaya rules.