

# KASHI NARESH UNIVERSITY BHADOHI



Department of Psychology  
Kashi Naresh University, Bhadohi

## SYLLABUS FOR

MASTERS IN PSYCHOLOGY (M.A./ M.Sc.)  
(W.E.F. Session 2026-27)

### Board of Studies

| Sr.No. | Name                                                   | Designation & Affiliation                                                                                              |
|--------|--------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| 1      | Dr. Seemi Azam<br>(Convenor)                           | Assistant Professor and Department/Subject-in-Charge,<br>Department of Psychology,<br>Kashi Naresh University, Bhadohi |
| 2      | Prof. Rajendra<br>Prasad Yadav (Ex-<br>Officio Member) | Professor and Dean, Faculty of Arts,<br>Kashi Naresh University, Bhadohi                                               |
| 3      | Dr. Vipul Kumar<br>(Member)                            | Assistant Professor, Department of Psychology, Kashi<br>Naresh University, Bhadohi                                     |
| 4      | Prof. Ashok Kumar<br>Singh (Invited<br>Expert)         | Principal, G.D.Binani P.G. College, Mirzapur                                                                           |
| 5      | Prof. Sanjewa<br>Kumar Singh<br>(Invited Expert)       | Professor and Head, Department of Psychology, Uday<br>Pratap College, Varanasi                                         |

8  
Rajendra  
Xwar  
Online  
Online

**SEMESTER-WISE PROGRAMME STRUCTURE OF MASTERS IN  
PSYCHOLOGY (M.A./ M.Sc.)**

| <b>Paper</b>                 | <b>Course Code</b> | <b>Paper Title</b>                                                                  | <b>Internal+<br/>External=<br/>Total marks</b> | <b>Credits</b> |
|------------------------------|--------------------|-------------------------------------------------------------------------------------|------------------------------------------------|----------------|
| <b>P.G. Year I</b>           |                    |                                                                                     |                                                |                |
| <b>Semester I</b>            |                    |                                                                                     |                                                |                |
| Core                         | KNUPSY101          | Cognitive Psychology-I                                                              | 25+75=100                                      | 4              |
| Core                         | KNUPSY102          | Social Psychology                                                                   | 25+75=100                                      | 4              |
| Core                         | KNUPSY103          | Psychological Assessment and Testing                                                | 25+75=100                                      | 4              |
| Core                         | KNUPSY104          | Research Methodology                                                                | 25+75=100                                      | 4              |
| Practical                    | KNUPSY105          | Lab Work & Interviewing Skills                                                      | 25+75=100                                      | 2              |
| Research Project             | KNUPSY106          | Research Project (Orientation, Introduction and Literature Review)                  | 25+75=100                                      | 2              |
| <b>Semester II</b>           |                    |                                                                                     |                                                |                |
| Core                         | KNUPSY201          | Cognitive Psychology-II                                                             | 25+75=100                                      | 4              |
| Core                         | KNUPSY202          | Developmental Psychology                                                            | 25+75=100                                      | 4              |
| Core                         | KNUPSY203          | Physiological Basis of Behaviour                                                    | 25+75=100                                      | 4              |
| Core                         | KNUPSY204          | Classical and Contemporary Theories of Personality                                  | 25+75=100                                      | 4              |
| Practical                    | KNUPSY205          | Lab Work and Scale Construction                                                     | 25+75=100                                      | 2              |
| Research Project             | KNUPSY206          | Research Project (Proposal Preparation and Submission)                              | 25+75=100                                      | 2              |
| Total Credits for Year I= 40 |                    |                                                                                     |                                                |                |
| <b>Semester III</b>          |                    |                                                                                     |                                                |                |
| Core                         | KNUPSY301          | Health Psychology                                                                   | 25+75=100                                      | 4              |
| Core                         | KNUPSY302          | Motivation and Emotions                                                             | 25+75=100                                      | 4              |
| Core                         | KNUPSY303          | Quantitative Analysis in Psychological Research                                     | 25+75=100                                      | 4              |
| Elective                     | KNUPSY304          | Psychopathology/ Organizational Behaviour                                           | 25+75=100                                      | 4              |
| Practical                    | KNUPSY305          | Lab work and SPSS                                                                   | 25+75=100                                      | 2              |
| Research Project             | KNUPSY306          | Research Project (Data Collection and Analysis)                                     | 25+75=100                                      | 2              |
| <b>Semester IV</b>           |                    |                                                                                     |                                                |                |
| Core                         | KNUPSY401          | Stress and Coping                                                                   | 25+75=100                                      | 4              |
| Core                         | KNUPSY402          | Guidance and Counselling                                                            | 25+75=100                                      | 4              |
| Core                         | KNUPSY403          | Emerging Areas in Contemporary Psychology (Indian, Positive, Gender and Technology) | 25+75=100                                      | 4              |
| Elective                     | KNUPSY404          | Psychological Interventions/ Human Resource Management                              | 25+75=100                                      | 4              |
| Practical                    | KNUPSY405          | Lab Work                                                                            | 25+75=100                                      | 2              |
| Research Project             | KNUPSY406          | Research Project (Report Writing and Submission)                                    | 25+75=100                                      | 2              |
| Total Credits for Year II=40 |                    |                                                                                     |                                                |                |
| Grand Total of Credits = 80  |                    |                                                                                     |                                                |                |

**Semester-I**

**Cognitive Psychology-1**

| <b>Paper</b>                                      | <b>Course Code</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Paper Title</b>            | <b>Internal+ External= Total marks</b> | <b>Credits</b> |
|---------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|----------------------------------------|----------------|
| <b>Core</b>                                       | KNUPSY101                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Cognitive Psychology-I</b> | 25+75=100                              | <b>4</b>       |
| <b>Course Objectives:</b>                         | To develop an understanding of the fundamental concepts, theories, and processes of <b>cognition, attention, perception, learning, and memory</b> . To familiarize students with major <b>theoretical approaches, experimental findings, and neuroscientific perspectives</b> related to cognitive processes and learning. To enable students to apply principles of <b>attention, perception, learning, memory, and forgetting</b> to everyday life, education, behaviour modification, and psychological Research                                           |                               |                                        |                |
| <b>Course Content:</b>                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                               |                                        |                |
| <b>Unit I: Cognitive Psychology and Attention</b> | Meaning of cognition and core concepts in cognitive psychology; A brief history of cognitive psychology; Forms of Attention; Selective and divided attention; Theories of selective attention- filter theories and capacity models; Attentional automaticity; Neuroscience research on attention.                                                                                                                                                                                                                                                             |                               |                                        |                |
| <b>Unit II: Perception</b>                        | Gestalt and Physiological approaches to the study of perception, Organization in visual perception (perceptual organization); Theories of Visual perception- top down and bottom up processes; Face perception; Speech perception; Perceptual constancy (Size, shape, colour) Illusion, perception of Form, Depth and Movement. Signal detection Theory; Subliminal perception, perceptual style, pattern recognition.                                                                                                                                        |                               |                                        |                |
| <b>Unit III: Learning</b>                         | Learning Process: Classical, Instrumental and Operant Conditioning. Classical Conditioning: Procedure, phenomena and related issues, Instrumental learning: Phenomena, Paradigms and theoretical issues; Reinforcement: Basic variables and schedules; Behaviour modification and its applications Cognitive approaches in learning: Latent and Observational learning Verbal learning and Discrimination learning, Neurophysiology of learning Fundamental theories: Thorndike, Guthrie, Hull.                                                               |                               |                                        |                |
| <b>Unit IV: Memory and Forgetting</b>             | Memory Processes: Encoding, storage and retrieval. Stages of Memory; Classical researches on sensory and short-term memory; The working memory; The Long-term memory- encoding and retrieval; Episodic and semantic memory distinction- structure of semantic memory; Autobiographical memory; Prospective memory- a brief introduction. Theories of forgetting: Inferences, Retrieval failure, Decay, Motivated Forgetting.                                                                                                                                  |                               |                                        |                |
| <b>Reading List:</b>                              | <ol style="list-style-type: none"> <li>1. Galotti, Kathelin M. (2015). Cognitive Psychology in and out of laboratory. 5<sup>th</sup> edition. Sage Publications.</li> <li>2. Matlin, M. (2014). Cognitive Psychology. 8<sup>th</sup> edition. John Wiley and Sons.</li> <li>3. Kellog, Ronald T. (2012). Fundamentals of cognitive psychology. Sage Publications.</li> <li>4. Tripathi, A.N. &amp; Babu, Nandita (2008). Cognitive processes. In Misra, G. (Ed.). Psychology in India: Advances in Research, Vol. 1. New Delhi: Pearson Education.</li> </ol> |                               |                                        |                |

### Social Psychology

| Paper                                                                           | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Paper Title              | Internal+ External=<br>Total marks | Credits  |
|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|------------------------------------|----------|
| <b>Core</b>                                                                     | KNUPSY102                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Social Psychology</b> | 25+75=100                          | <b>4</b> |
| <b>Course objectives</b>                                                        | To develop an understanding of the major theoretical approaches and fundamental concepts of social psychology, including self, identity, social cognition, attitudes, and attribution. To examine the psychological processes underlying social perception, interpersonal behaviour, group dynamics, decision-making, conformity, and minority influence. To enable students to apply social psychological principles to understand and analyze individual and group behaviour in diverse social and real-life contexts.                                                                                                  |                          |                                    |          |
| <b>Course Content:</b>                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                          |                                    |          |
| <b>Unit I :<br/>Theoretical approaches and explanations of social behaviour</b> | Social Psychology- Past, present and future; An introduction to major theoretical approaches in social psychology e.g. learning theory, Field theory, role theory, cognitive theory orientation, symbolic interaction approach                                                                                                                                                                                                                                                                                                                                                                                            |                          |                                    |          |
| <b>Unit II: The Social Nature of Self: Self &amp; Identity</b>                  | Self and Identity- Development of the social self; Sex and gender- gender as a crucial aspect of identity, gender stereotypes; Knowing the self- Self-concept, self-awareness, and self-perception; Feeling about self, Self-esteem, self-motives, and self-discrepancy theory; Dealing with self, Self-monitoring and self-presentation.                                                                                                                                                                                                                                                                                 |                          |                                    |          |
| <b>Unit III: Social cognition: Attitudes and Attribution</b>                    | History of social cognition research- From Asch's impression formation & Anderson's cognitive algebra to modern schema approach; Schema- schema and prototypes, types of schema, schema development and change;<br>Social cognitive processes and person perception- encoding, storage and retrieval of social information, salience and vividness, social inference- priming, errors in inference.<br>Attitudes: Attitude formation, attitudes and behavior, Theory of Reasoned Action; Changing attitudes- persuasion and attitude change, cognitive theories of attitude change.<br>Attribution: Process and Theories. |                          |                                    |          |
| <b>Unit IV: Group Processes and minority influence</b>                          | Interaction in groups- individual vs group performance, roles in groups, group norms; Group decision making- brainstorming, nominal group and Delphi techniques, faulty decision making, groupthink and group polarization; Social exchange-co-operation and competition, Prisoners' dilemma, Social dilemma; Conformity and Minority Influence- Social Impact Theory.                                                                                                                                                                                                                                                    |                          |                                    |          |
| <b>Reading List:</b>                                                            | <ol style="list-style-type: none"> <li>Baron, R. A. &amp; Byrne, D. (2012). Social Psychology. Singapore: Pearson Education Pvt Ltd.</li> <li>Hogg M. A. &amp; Vaughan, G. M. (2005). Social Psychology. Edinburgh Gate: Pearson Education Pvt Ltd</li> <li>Stephen, C. W. &amp; Stephen, W. G. (1985). The Two Social Psychologies. Illinois: Dorothy Press</li> <li>Hewstone, M. Stroebe, W. &amp; Jones, K. (Eds) (2012). An Introduction to Social Psychology. West Sussex, UK: John Wiley &amp; So</li> </ol>                                                                                                        |                          |                                    |          |

### Psychological Assessment and Testing

| Paper                                               | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Paper Title                                 | Internal+ External= Total marks | Credits |
|-----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|---------------------------------|---------|
| Core                                                | KNUPSY103                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Psychological Assessment and Testing</b> | 25+75=100                       | 4       |
| <b>Course Objectives:</b>                           | To familiarize students with the basic concepts, principles, types, administration, construction, standardization, reliability, validity, and norms of psychological tests and assessment. To develop understanding of various psychological testing techniques, scales, questionnaires, and their applications in clinical, educational, organizational, counseling, and other settings. To acquaint students with ethical and cross-cultural issues in psychological testing, including response bias, test adaptation, confidentiality, communication of results, and responsible test use. |                                             |                                 |         |
| <b>Course Content:</b>                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                             |                                 |         |
| <b>Unit-I: Psychological Assessment and Testing</b> | Psychological Assessment: Test and Testing: Types of tests; Test administration, Rapport, Test anxiety, Test construction: Item writing, item analysis; Test standardization: Reliability, Validity and Norms.                                                                                                                                                                                                                                                                                                                                                                                 |                                             |                                 |         |
| <b>Unit-II: Testing And its applications</b>        | Areas of testing: Intelligence, Creativity, neuropsychological tests, aptitude, Personality assessment, interest inventories; Computer-based psychological testing, Projective techniques, Reliability and Validity.<br>Applications of psychological testing in various settings: Clinical, Organizational and business, Education, Counseling, Military. Career guidance..                                                                                                                                                                                                                   |                                             |                                 |         |
| <b>Unit – III: Scales and Questionnaire</b>         | Scale and its types; Attitude scales – Semantic differential, Staples, Likert scale, Guttman (Cumulative) Scale, Thurstone Scale, Osgood's Semantic Differential Scale Questionnaire and Interview Schedule.                                                                                                                                                                                                                                                                                                                                                                                   |                                             |                                 |         |
| <b>Unit-IV: Issues in testing</b>                   | Response bias, Response set; Cross-cultural issues, Test adaptation- translation and back translation methods.<br>Ethical aspects: Users' Qualification, Confidentiality, Communication of results, Invasion of privacy, Civil rights, and Evaluation of tests.                                                                                                                                                                                                                                                                                                                                |                                             |                                 |         |
| <b>Reading List:</b>                                | <ol style="list-style-type: none"> <li>1. Kerlinger, F. N. (1966). Foundations of behavioral Research.</li> <li>2. Urbina, S. (2014). <i>Essentials of psychological testing</i>. John Wiley &amp; Sons.</li> <li>3. Anastasi, A. (1983). Psychological testing (5<sup>th</sup> Ed) NY McMillan.</li> <li>4. Freeman, F.S. (1962). Theory and Practice of Psychological testing. Oxford and BHP publication.</li> </ol>                                                                                                                                                                        |                                             |                                 |         |

### Research Methodology

| Paper                                                                                | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Paper Title             | Internal+<br>External=<br>Total marks | Credits |
|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|---------------------------------------|---------|
| Core                                                                                 | KNUPSY104                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Research<br>Methodology | 25+75=100                             | 4       |
| <b>Course Objectives:</b>                                                            | To understand the conceptual understanding of research design and develop an ability to distinguish the purpose of research questions, hypotheses, and objectives. This course aims to identify the process of designing Psychological Research.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                         |                                       |         |
| <b>Course Content:</b>                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                         |                                       |         |
| <b>Unit I:<br/>Introduction to<br/>Behavioral<br/>Research</b>                       | Goals of behavioral Research; Characteristics of scientific approach; The role of theory in science; Research hypothesis; A priori predictions and post hoc explanations; Conceptual and operational definitions, Strategies of behavioral Research.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                         |                                       |         |
| <b>Unit II:<br/>Laboratory<br/>Experiments,<br/>Quasi and Social<br/>Experiments</b> | Lab Experiments: Designs: Randomized Group, Randomized Block, Repeated Measure, Pre-Post Designs, Factorial Designs. Single Subject Design: Withdrawal (ABA) and Reversal Designs. Quasi Experiments: Non-Equivalent Control Group Designs; Time Series Designs.<br>Social Experiments: Experimental vs. Mundane Realism; Ways to Control and Manipulate Variables; Ethical Problems in Experimental Research.                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                         |                                       |         |
| <b>Unit III:<br/>Survey Research<br/>and Sampling</b>                                | Nature of Survey Research and Sampling; Designs of Survey Research: Longitudinal, Cross-Sectional and Cohort designs. Sampling strategies: Probability and Non-Probability Sampling Technique: Random, Stratified, Cluster, Quota and Snowball Sampling.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                         |                                       |         |
| <b>Unit IV:<br/>Qualitative<br/>Research<br/>Methods</b>                             | Nature and Characteristics of Qualitative Research; Comparison of Qualitative and Quantitative Research; Theoretical Bases of Qualitative Research. Some Important Methods: Content Analysis, Thematic Analysis and Thematic Network Analysis. Narrative Research, Focus Group Discussion. Grounded Theory, Ethnography, Case Studies and Phenomenology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                         |                                       |         |
| <b>Reading List:</b>                                                                 | <ol style="list-style-type: none"> <li>1. Blackstone, Amy (2012). Principles of Sociological Inquiry: Qualitative and Quantitative Methods (Black and White Print Textbook)</li> <li>2. Breakwell, Hammond, Schaw and Smith (2007). Research Methods in Psychology. Sage, New Delhi.</li> <li>3. Cook and Campbell (1979). Quasi-experiments. Rand McNally College Publishing Company, USA.</li> <li>4. Elmes, D.G., Kantowitz, B.H., Roediger, H. L. (2012) Research Methods in Psychology. Woodsworth Cengage Learning, USA.</li> <li>5. Kerlinger, Fred, Lee and Howard (2000). Foundations of Behavioural Research. Surjeet Publications, Delhi.</li> <li>6. Leary, M. R. Introduction to Behavioral Research Methods. Allyn and Bacon.</li> <li>7. Singh, A.K. (2008) Test, measurements and Research Methods in Behavioural Sciences, Bharti Bhawan, New Delhi (English)</li> </ol> |                         |                                       |         |

### Lab work & Interviewing Skills

| Paper             | Course Code                                                                                                                                                                                                                  | Paper Title                    | Internal+ External= Total marks | Credits |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|---------------------------------|---------|
| Practical         | KNUPSY105                                                                                                                                                                                                                    | Lab Work & Interviewing Skills | 25+75=100                       | 2       |
| Course Objectives | To learn how to conduct laboratory experiments for developing the scientific understanding of the discipline.                                                                                                                |                                |                                 |         |
| Course Content    |                                                                                                                                                                                                                              |                                |                                 |         |
| Unit – I          | Experiment – 1 Laboratory Experiment<br>Experiment – 2 Quasi Experiment                                                                                                                                                      |                                |                                 |         |
| Unit - II         | Interviewing Skills – Directive and Non-Directive Skills.                                                                                                                                                                    |                                |                                 |         |
| Reading List:     | 1. Gorden, R. L. (1998). <i>Basic interviewing skills</i> . Waveland Press.<br>2. Henderson, K., & Mathew Byrne, J. (2016). Developing communication and interviewing skills. <i>Skills for social work practice</i> , 1-22. |                                |                                 |         |

### Research Project (Orientation, Introduction and Literature Review)

| Paper             | Course Code                                                                                                                                                                                                                                                                                                                                                                                                | Paper Title                                                        | Internal+ External= Total marks | Credits |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------|---------|
| Research Project  | KNUPSY106                                                                                                                                                                                                                                                                                                                                                                                                  | Research Project (Orientation, Introduction and Literature Review) | 25+75=100                       | 2       |
| Course Objectives | To develop the ability to recognize the value of research ethics and incorporate it into the research process. To evaluate and criticize a journal article that employs one of the field's primary research methods.                                                                                                                                                                                       |                                                                    |                                 |         |
| Course Content    |                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                    |                                 |         |
| Unit –I           | Identify research problems, outline the objectives & hypothesis, and discuss sampling and sample selection.                                                                                                                                                                                                                                                                                                |                                                                    |                                 |         |
| Unit- II          | Writing the Literature review and framing the study objectives and hypothesis.                                                                                                                                                                                                                                                                                                                             |                                                                    |                                 |         |
| Reading List:     | 1. Puri, Shaifali. (2015). Research Problem, Objectives, Hypothesis and Method in a Research.<br>2. Paré, G., & Kitsiou, S. (2017). Methods for literature reviews. In F. Lau & C. Kuziemsky (Eds.), <i>Handbook of eHealth evaluation: An evidence-based approach</i> . University of Victoria. <a href="https://www.ncbi.nlm.nih.gov/books/NBK481583/">https://www.ncbi.nlm.nih.gov/books/NBK481583/</a> |                                                                    |                                 |         |

## Semester-II

### Cognitive Psychology –II

| Paper                                                            | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Paper Title             | Internal+ External= Total marks | Credits |
|------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|---------------------------------|---------|
| Core                                                             | KNUPSY201                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Cognitive Psychology-II | 25+75=100                       | 4       |
| <b>Course Objectives:</b>                                        | To develop a comprehensive understanding of the fundamental concepts, processes, and theories related to language, problem-solving, creativity, concept formation, thinking, reasoning, and decision-making, with emphasis on their cognitive mechanisms and practical applications.                                                                                                                                                                                                                                                                                                                            |                         |                                 |         |
| <b>Course Content:</b>                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                         |                                 |         |
| <b>Unit - I: Approaches to Cognitive Psychology and Language</b> | Approaches to cognitive psychology: Information processing and connectionist; A brief idea about cognitive neuroscience methods- PET, fMRI, and Event Related Potential techniques.<br>Language Comprehension and structure speech perception, characteristics of Language production, Social context, speech error                                                                                                                                                                                                                                                                                             |                         |                                 |         |
| <b>Unit - II : Problem-solving and Creativity</b>                | Understanding the Problem; Problem-Solving Strategies; Theories and factors that influence problem solving.<br>Creativity – Concepts, Nature and Theories: Torrance, Gatzels and Jackson, Guilford, Wllach & Kogan. Relationship between Creativity and Intelligence                                                                                                                                                                                                                                                                                                                                            |                         |                                 |         |
| <b>Unit – III: Thinking and concept formation</b>                | Thinking: Nature, types, role of language, Set and Image in thinking, Theories of thinking: Central and Peripheral. Piaget's Theory<br>Concept formation: Rules, Types and Strategies, Role of Concepts in Thinking.                                                                                                                                                                                                                                                                                                                                                                                            |                         |                                 |         |
| <b>Unit – IV: Reasoning and Decision-making</b>                  | Deductive and Inductive reasoning: Overview and processes<br>Decision-making: Types and Models<br>Heuristics and biases; Current status of heuristic and decision-making                                                                                                                                                                                                                                                                                                                                                                                                                                        |                         |                                 |         |
| <b>Reading List:</b>                                             | <ol style="list-style-type: none"> <li>Galotti, Kathelin M. (2015). Cognitive Psychology in and out of laboratory. 5<sup>th</sup> edition. Sage Publications.</li> <li>Matlin, M. (2014). Cognitive Psychology. 8<sup>th</sup> edition. John Wiley and Sons.</li> <li>Kellog, Ronald T. (2012). Fundamentals of cognitive psychology. Sage Publications.</li> <li>Solso, R. L. (2004). Cognitive psychology (6th Ed). New Delhi: Pearson Education.</li> <li>Riegler, B. R., Riegler, G. R. (2008). Cognitive psychology: Applying the science of the mind (2nd Ed.). New Delhi: Dorling Kindersley.</li> </ol> |                         |                                 |         |

### Developmental Psychology

| Paper                                                             | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Paper Title              | Internal+ External= Total marks | Credits |
|-------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|---------------------------------|---------|
| Core                                                              | KNUPSY202                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Developmental Psychology | 25+75=100                       | 4       |
| <b>Course Objectives:</b>                                         | To establish comprehensive knowledge in Developmental Psychology.<br>To evaluate research contribution that have enhanced the understanding of human development.                                                                                                                                                                                                                                                                                                                        |                          |                                 |         |
| <b>Course Content:</b>                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                          |                                 |         |
| <b>Unit- I:<br/>Developmental Psychology</b>                      | Developmental processes: Nature, Principles, Factors in development, Stages of Development.<br>Nature and Nurture controversies.<br>Methods: Longitudinal and Cross-Sectional studies.                                                                                                                                                                                                                                                                                                   |                          |                                 |         |
| <b>Unit-II:<br/>Socialization and the institutions of society</b> | Concepts of socialization; Psychological approach to socialization, Enculturation, socialization and acculturation, Eco-cultural perspectives; Parenting styles; Socialization in the Indian context.                                                                                                                                                                                                                                                                                    |                          |                                 |         |
| <b>Unit-III:<br/>Successful aging and Theories of Development</b> | Prenatal to adolescence; Adulthood to aging; Successful aging. Theories of development: Psychoanalytical, behaviouristic, language, social and emotional development                                                                                                                                                                                                                                                                                                                     |                          |                                 |         |
| <b>Unit-IV:<br/>Cognitive and Moral Development</b>               | Various aspects of development: Cognitive and Moral<br><b>Cognitive Development</b> Theories of Werner, and Piaget Information processing approaches; Vygotsky's social-historical development Cultural factors in cognitive development<br><b>Moral Development:</b> Piagetian contribution, Kohlberg's theory of moral reasoning<br>Turiel's constructivist /interaction theory Shweder's social communication theory                                                                  |                          |                                 |         |
| <b>Reading List:</b>                                              | <ol style="list-style-type: none"> <li>1. Bhutt, G. (1990). Vikasatmak manovigyan. Delhi: Delhi University.</li> <li>2. Shaffer, D. R., &amp; Kipp, K. (2007). Developmental psychology: Childhood &amp; adolescence. Belmont: Thomson Higher Education.</li> <li>3. Berk, L. E. (2013). Development through the lifespan. India: Pearson Education.</li> <li>4. Shrivastava, R. (2014). आधुनिक विकासात्मक मनोविज्ञान [Modern developmental psychology]. Motilal Banarsidass.</li> </ol> |                          |                                 |         |

### Physiological Basis of Behaviour

| Paper                                                          | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Paper Title                      | Internal+ External= Total marks | Credits |
|----------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|---------------------------------|---------|
| Core                                                           | KNUPSY203                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Physiological Basis of Behaviour | 25+75=100                       | 4       |
| <b>Course Objectives</b>                                       | To develop a comprehensive understanding of the physiological and neurobiological foundations of behaviour and cognition, including the structure and functions of neurons, nervous system, brain, sensory systems, neurotransmitters, and muscular and glandular systems; to familiarize students with fundamental neural processes such as membrane potentials, action potentials, synaptic transmission, neuroplasticity, and their role in behaviour; and to acquaint them with major invasive and non-invasive methods of physiological psychology while fostering an understanding of contemporary research and applications in biopsychology and cognitive psychology. |                                  |                                 |         |
| <b>Course Content:</b>                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                  |                                 |         |
| <b>Unit-I: Introduction</b>                                    | Sensory systems: General and specific sensations, receptors and processes; Neurons: Structure, functions, types, neural impulse, synaptic transmission. Neurotransmitters.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                  |                                 |         |
| <b>Unit-II: Anatomy of Nervous System</b>                      | General layout of the Nervous System, Cells of the Nervous System, Spinal Cord, Major division of the Brain and its structure. The Central and Peripheral Nervous Systems – Structure and functions. Neuroplasticity.                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                  |                                 |         |
| <b>Unit – III: Neural Conduction and Synaptic Transmission</b> | Resting Membrane Potential: Generation and Conduction of Post-Synaptic Potential; Integration of Post-Synaptic Potentials and Generation of Action Potentials; Conduction of Action Potentials; Synaptic Transmission and Neurotransmitters.                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                  |                                 |         |
| <b>Unit-IV: Methods in Physiological Psychology</b>            | Methods of Physiological Psychology: Invasive methods – Anatomical methods, degeneration techniques, lesion techniques, chemical methods, microelectrode studies. Non-invasive methods – EEG, Scanning methods. Muscular and Glandular system: Types and functions                                                                                                                                                                                                                                                                                                                                                                                                            |                                  |                                 |         |
| <b>Reading List:</b>                                           | <ol style="list-style-type: none"> <li>1. Carlson, N. (2013). Physiology of behavior. NJ: Pearson Education Inc.</li> <li>2. Kalat, J.W. (2012). Biological psychology. CA: Wardsworth/Thomson Learning.</li> <li>3. Wickens, A. (2009). Introduction to biopsychology. New Jersey : Prentice Hall.</li> <li>4. Kolb, B. &amp;Whinshaw, I.Q. (2013). An introduction to brain and behavior. New York: Worth Publishers.</li> </ol>                                                                                                                                                                                                                                            |                                  |                                 |         |

### Classical and Contemporary Theories of Personality

| Paper                                              | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Paper Title                                        | Internal+ External= Total marks | Credits |
|----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------|---------|
| Core                                               | KNUPSY204                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Classical and Contemporary Theories of Personality | 25+75=100                       | 4       |
| <b>Course Objectives:</b>                          | To develop a comprehensive and research-oriented understanding of the concept, nature, structure, determinants, and major perspectives of personality, with emphasis on contemporary theoretical and empirical approaches. To critically examine the psychological, biological, social, cultural, and environmental factors influencing personality development and individual differences. To compare and evaluate classical and contemporary theories of personality in light of empirical evidence, current research findings, and their relevance to psychological assessment, research, and contemporary applications. |                                                    |                                 |         |
| <b>Course Content:</b>                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                    |                                 |         |
| <b>Unit-I: Introduction and classical theories</b> | Determinants of Personality: Biological and socio-cultural. Classical Approaches to the study of Personality: Psychoanalytical, Neo-Freudian and Trait and Type.                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                    |                                 |         |
| <b>Unit-II: Dispositional approach</b>             | The Dispositional approach: Allport's Trait Approach, Cattell's Trait Approach, Eysenck Type Approach.<br>Big Five – Factor model of Personality.                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                 |         |
| <b>Unit-III: Modern Theories</b>                   | Modern Approaches: Behavioural, Phenomenological, Cognitive, Humanistic, Existential, Transpersonal psychology.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                    |                                 |         |
| <b>Unit-IV: Other theories</b>                     | Other Theories: Rotter's Locus of Control, Seligman's Explanatory Styles, Kohlberg's Theory of Moral development.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                 |         |
| <b>Reading List:</b>                               | <ol style="list-style-type: none"> <li>1. Cloninger S.C. (2012). Theories of Personality: Understanding Persons (6<sup>th</sup> Edition). Pearson Education.</li> <li>2. Mishra G, &amp; Mohanty A. K. (2002). Perspectives on Indigenous psychology(edited). New Delhi: Concept Publishing Company.</li> <li>3. Singh, A. K. (2020). <i>Vyaktitva ka manovigyan: The psychology of Personality</i> (9<sup>th</sup> ed.). Motilal Banarsidass.</li> <li>4. Phares, E. J., &amp; Chaplin, W. F. (1997). Introduction to Personality (4<sup>th</sup> ed.). New York: Addison-Wesley Longman.</li> </ol>                       |                                                    |                                 |         |

### Lab Work and Scale Construction

| Paper                            | Course Code                                                                                                                                                                                                                                                                                                                                        | Paper Title                     | Internal+<br>External=<br>Total marks | Credits |
|----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|---------------------------------------|---------|
| Practical                        | KNUPSY205                                                                                                                                                                                                                                                                                                                                          | Lab Work and Scale Construction | 25+75=100                             | 2       |
| Course Objective                 | To develop practical and research-oriented competence in conducting cognitive psychology experiments, administering and interpreting personality tests and psychological scales, and understanding the principles of scale construction, including item development, reliability, validity, standardization, data analysis, and ethical reporting. |                                 |                                       |         |
| Course Content                   |                                                                                                                                                                                                                                                                                                                                                    |                                 |                                       |         |
| Unit – I:<br>Experiment and Test | To conduct one experiment from memory, learning, decision-making etc and one Test to assess Personality.                                                                                                                                                                                                                                           |                                 |                                       |         |
| Unit – II:<br>Scale Construction | To learn the basics of Scale Construction.                                                                                                                                                                                                                                                                                                         |                                 |                                       |         |
| Reading List:                    | Spector, P. E. (1992). <i>Summated rating scale construction: An introduction</i> (Vol. 82). Sage.<br>Hinkin, T. R., Tracey, J. B., &ENZ, C. A. (1997). Scale construction: Developing reliable and valid measurement instruments. <i>Journal of Hospitality &amp; Tourism Research</i> , 21(1), 100-120.                                          |                                 |                                       |         |

### Research Project (Proposal Preparation and Submission)

| Paper            | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Paper Title                                            | Internal+<br>External=<br>Total marks | Credits |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|---------------------------------------|---------|
| Research Project | KNUPSY206                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Research Project (Proposal Preparation and Submission) | 25+75=100                             | 2       |
| Course Objective | To assess the students about formulating objective and hypothesis and choosing an appropriate methods to collect data, analyze data and interpret data.                                                                                                                                                                                                                                                                                                                                           |                                                        |                                       |         |
| Course Content   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                        |                                       |         |
| Unit – I         | Formulating objectives and hypothesis and choosing the appropriate method and sample.                                                                                                                                                                                                                                                                                                                                                                                                             |                                                        |                                       |         |
| Unit – II        | Proposal preparation and submission.                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                        |                                       |         |
| Reading List     | Farrugia, P., Petrisor, B. A., Farrokhyar, F., & Bhandari, M. (2010). Practical tips for surgical Research: Research questions, hypotheses and objectives. <i>Canadian journal of surgery. Journal canadien de chirurgie</i> , 53(4), 278–281.<br>Sudheesh, K., Duggappa, D. R., & Nethra, S. S. (2016). How to write a research proposal? <i>Indian journal of anaesthesia</i> , 60(9), 631–634. <a href="https://doi.org/10.4103/0019-5049.190617">https://doi.org/10.4103/0019-5049.190617</a> |                                                        |                                       |         |

**Semester-III**  
**Health Psychology**

| <b>Paper</b>                                       | <b>Course Code</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Paper Title</b>       | <b>Internal+ External= Total marks</b> | <b>Credits</b> |
|----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|----------------------------------------|----------------|
| <b>Core</b>                                        | KNUPSY301                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Health Psychology</b> | 25+75=100                              | <b>4</b>       |
| <b>Course Objectives:</b>                          | To develop a comprehensive and research-oriented understanding of health and illness from a biopsychosocial perspective, with emphasis on health behaviours, illness cognitions, health belief models, placebo effects, obesity and pain management, patient–practitioner relationships, treatment adherence, health-promoting and health-compromising behaviours, lifestyle and chronic diseases, and psychoneuroimmunology, while fostering the application of evidence-based approaches in health promotion and disease prevention. |                          |                                        |                |
| <b>Course Content:</b>                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                          |                                        |                |
| <b>Unit-I:<br/>Health and Illness</b>              | What is health? Current perspectives on health and illness, Conducting Research<br>Health behaviours, Lay theories of health, Health belief models.<br>Meaning of being healthy and ill;<br>Illness cognitions; Leventhal Self-Regulatory Model of Illness Cognitions and Coping.                                                                                                                                                                                                                                                      |                          |                                        |                |
| <b>Unit-II:<br/>Theories and Obesity</b>           | Concept, History and Modern-Day Placebos, Theories: Non-interactive theories, Interactive theories, Physiological theories and Cognitive Dissonance theory. Role of Placebo Effect in Health Psychology<br>Obesity and Eating Behaviour, Nutrition, Weight Control and Diet, Exercise, Theories of Obesity, Treating Obesity using Placebos/ Behavioural treatment of Obesity.                                                                                                                                                         |                          |                                        |                |
| <b>Unit-III:<br/>Pain Management</b>               | The Management of Pain and Discomfort, Perceiving and Interpreting Symptoms;<br>Patients-Practitioner Relationship; Compliance; Adhering to Medical Advice, In the Hospital:<br>The setting and effects on patients,                                                                                                                                                                                                                                                                                                                   |                          |                                        |                |
| <b>Unit-IV:<br/>Life Style and Chronic Disease</b> | Health: Health promoting and health compromising behaviors, Life style and Chronic diseases [ <i>Diabetes, Hypertension, Coronary Heart Disease</i> ], Psychoneuroimmunology [ <i>Cancer, HIV/AIDS</i> ]                                                                                                                                                                                                                                                                                                                               |                          |                                        |                |
| <b>Reading List:</b>                               | <ol style="list-style-type: none"> <li>1. Baum, A., Revenson, T. A., &amp; Singer, J. E. (2001). Handbook of health psychology. Mahwah, NJ: Lawrence Erlbaum.</li> <li>2. Taylor, S. E. (2018). <i>Health psychology</i> (10th ed.). McGraw-Hill Education.</li> <li>3. Sarafino, E. P., &amp; Smith, T. W. (2011). <i>Health psychology: Biopsychosocial interactions</i> (7th ed.). John Wiley &amp; Sons.</li> <li>4. Straub, R.O. (2023). Health Psychology, 7th Edition.</li> </ol>                                               |                          |                                        |                |

### Motivation and Emotions

| Paper                                                       | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Paper Title             | Internal+<br>External=<br>Total marks | Credits |
|-------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|---------------------------------------|---------|
| Core                                                        | KNUPSY302                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Motivation and Emotions | 25+75=100                             | 4       |
| <b>Course Objectives:</b>                                   | To familiarize the students with different approaches that have been used in the study of motivation and emotions. The course will cover theories of motivation and emotions and related issues.                                                                                                                                                                                                                                                                                                                                                              |                         |                                       |         |
| <b>Course Content:</b>                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                         |                                       |         |
| <b>Unit-I:<br/>Motivation and its Biological basis</b>      | Basic motivational concepts: Instincts, Needs, Drives, Arousal, Incentives, Motivational Cycle.<br>Biological basis of Motivation: Hunger, Thirst, Sleep and Sex.                                                                                                                                                                                                                                                                                                                                                                                             |                         |                                       |         |
| <b>Unit-II:<br/>Approaches to the study of motivation</b>   | Approaches to the study of motivation: Psychoanalytical, Ethological, S-R Cognitive, Humanistic.<br>Holism and Positive Psychology: Maslow's needs hierarchy theory; Rogerian model of self – actualization.                                                                                                                                                                                                                                                                                                                                                  |                         |                                       |         |
| <b>Unit-III:<br/>Motivation and its correlated concepts</b> | Exploratory behavior and curiosity Zuckerman's Sensation seeking Achievement, Affiliation and Power Motivational Competence, Self-regulation Flow.<br>Achievement motive: Atkinson model of achievement motivation, Contemporary approach of achievement motive.                                                                                                                                                                                                                                                                                              |                         |                                       |         |
| <b>Unit-IV:<br/>Emotions and Its Theories</b>               | Emotions: Physiological correlates; Theories of emotions: James-Lange, Canon-Bard, Schachter and Singer, Lazarus, Lindsley. Emotion Regulation.<br>Biological basis of Emotions: Limbic system, Hormonal regulation of behavior.                                                                                                                                                                                                                                                                                                                              |                         |                                       |         |
| <b>Reading List:</b>                                        | <ol style="list-style-type: none"> <li>1. Reene, J. (2009) Understanding Motivation and Emotion (5<sup>th</sup>Ed) John Wiley Sons, The United States of America.</li> <li>2. Weiner, B. (1983) Theories of motivation. Holt Richart and Winston; New York, USA.</li> <li>3. Strongman, KT. (1987) 3<sup>rd</sup> Ed. The Psychology of Emotion. John Wiley and Sons. New York.</li> <li>4. Ekman, P. (2003). Emotions revealed. London: Weidenfield &amp; Nicolson.</li> <li>5. Mlodinow, L. (2022). "Emotional: How Feelings Shape Our Thinking"</li> </ol> |                         |                                       |         |

### Quantitative Analysis in Psychological Research

| Paper                                                                  | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                       | Paper Title                                     | Internal+<br>External=<br>Total marks | Credits |
|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|---------------------------------------|---------|
| Core                                                                   | KNUPSY303                                                                                                                                                                                                                                                                                                                                                                                                                         | Quantitative Analysis in Psychological Research | 25+75=100                             | 4       |
| <b>Course Objectives:</b>                                              | To familiarize the students with the basic concepts and techniques of quantitative data analysis in psychological Research.<br>To enable students to draw valid and meaningful conclusion from quantitative research findings.                                                                                                                                                                                                    |                                                 |                                       |         |
| <b>Course Content:</b>                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                 |                                       |         |
| <b>Unit – 1:<br/>Hypothesis testing and Statistical Analysis</b>       | Hypothesis testing: Importance of hypothesis testing and interpreting the results in psychological Research, measurement levels and analysis<br>An overview of statistical analysis learnt at undergraduate level – Central tendency, variability, correlation, Normal probability Curve, types of errors in hypothesis testing, types of t tests etc.                                                                            |                                                 |                                       |         |
| <b>Unit – II:<br/>Analysis of variance – Basic Designs</b>             | Experimental designs – variance control function, Introduction to Analysis of Variance<br>Calculation of ANOVA - Randomized group design; Repeated measure design; Block design.<br>Planned comparison of means, Newmann Keul test; Trend Analysis.                                                                                                                                                                               |                                                 |                                       |         |
| <b>Unit – III:<br/>Higher order Designs and Non – Parametric Tests</b> | Factorial design – two independent factors, two way interactions, Designs with repeated measures on one factor, factorial designs with three factors, three-way interactions<br>Analysis of Covariance- ANCOVA<br><b>Non – Parametric Tests</b> [Sign Test, Wilcoxon Signed Rank Test, Mann – Whitney Test, Kruskal – Wallis Test, Friedman] Power Analysis. Effect Size.                                                         |                                                 |                                       |         |
| <b>Unit – IV:<br/>Regression and Factor Analysis</b>                   | Regression analysis- Correlation and causation, simple regression, multiple regression<br>Factor analysis: Assumptions, Methods, Rotation and Interpretation.<br>Exploratory and Confirmatory factor analysis.                                                                                                                                                                                                                    |                                                 |                                       |         |
| <b>Reading List :</b>                                                  | <ol style="list-style-type: none"> <li>1. Gravetter, F., &amp; Wallnau, L. Statistics for the Behavioral Sciences. Cengage Learning.</li> <li>2. Kerlinger, F. (2017). Foundations of Behavioural Research.</li> <li>3. Broota, K. D. (1989). Experimental Designs in Behavioural Research.</li> <li>4. Howitt, D., &amp; Cramer, D. (2011). <i>Introduction to statistics in psychology</i> (5th ed.). Prentice Hall.</li> </ol> |                                                 |                                       |         |

**Psychopathology**

| <b>Paper</b>                                                                       | <b>Course Code</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Paper Title</b>     | <b>Internal+<br/>External=<br/>Total marks</b> | <b>Credits</b> |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|------------------------------------------------|----------------|
| <b>Elective</b>                                                                    | KNUPSY304                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Psychopathology</b> | 25+75=100                                      | <b>4</b>       |
| <b>Course Objectives:</b>                                                          | This introductory course aims to introduce students to the field of clinical psychology and its practice in India. Different models regarding the causation of mental illness and dysfunctional behaviours will be presented and the contribution of these approaches to the pathogenesis of a wide range of mental and behavioural disorders will be presented. An additional objective is to discuss the different classification schemes and the multiple assessment procedures used. Frontier areas in clinical psychology will also be discussed. Students will be required to practice some of the basic procedures taught in clinical settings.                                                                                                                                                                                                                                                                                                                                                          |                        |                                                |                |
| <b>Course Content:</b>                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                        |                                                |                |
| <b>Unit – I:<br/>Psychopathology</b>                                               | Historical development, nature and scope. Diagnosis: Meaning and nature, differential diagnosis. Diagnosis criteria: DSM and ICD.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                        |                                                |                |
| <b>Unit – II:<br/>Anxiety Disorders</b>                                            | Clinical picture, Differential diagnosis, epidemiology, Etiology -Separation Anxiety Disorder. Selective Mutism. Panic Disorder. Generalized Anxiety Disorder. Specific Phobia. Social Anxiety Disorder (Social Phobia). Agoraphobia. Obsessive-Compulsive and Related Disorder: Obsessive-Compulsive Disorder.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                        |                                                |                |
| <b>Unit – III:<br/>Depressive Disorders</b>                                        | Clinical picture, Differential diagnosis, epidemiology, Etiology - Disruptive Mood Dysregulation Disorder. Major Depressive Disorder. Persistent Depressive Disorder (Dysthymia). Premenstrual Dysphoric Disorder. Bipolar and Related Disorders: Bipolar I Disorder. Bipolar II Disorder. Cyclothymia.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                        |                                                |                |
| <b>Unit – IV:<br/>Schizophrenia<br/>Spectrum and Other<br/>Psychotic Disorders</b> | Clinical picture, Differential diagnosis, epidemiology, Etiology- Delusional Disorder. Brief Psychotic Disorder. Schizophreniform Disorder. Schizophrenia. Schizoaffective Disorder. Catatonic Disorder.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                        |                                                |                |
| <b>Reading List:</b>                                                               | <ol style="list-style-type: none"> <li>1. Carr, A. (2001). Abnormal Psychology. Psychology Press.</li> <li>2. Barlow, D.H. and Durand, V.M. (2022). Abnormal Psychology: An Integrated Approach, Wadsworth.</li> <li>3. Carson, R.C., Butcher, J.W., Mineka, S., Hooley, J.M. 9<sup>th</sup> Edison (2022). Abnormal Psychology, Pearson Education Inc.</li> <li>4. Davison, G.C., &amp; Neale, J.M. (1986). Abnormal psychology: An experimental clinical approach. New York: John Wiley &amp; Sons.</li> <li>5. David H. Barlow, V. Mark Durand (2015). Abnormal Psychology: An Integrative Approach. Cengage Learning</li> <li>6. Eysenck, H.J. (2005). Handbook of Abnormal Psychology. Pitman Medical Publishing Co.Ltd., London.</li> <li>7. Diagnostic and statistical manual of mental disorders: DSM-5. — 5th ed (2013). American Psychiatric Association, Washington, DC London, England.</li> <li>8. Sarason, I.G. and Sarason, B.R. (2002). Abnormal Psychology, Pearson Education Asia.</li> </ol> |                        |                                                |                |

## Organizational Behaviour

| Paper                                                            | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Paper Title                     | Internal+<br>External=<br>Total marks | Credits  |
|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|---------------------------------------|----------|
| Elective                                                         | KNUPSY304                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Organizational Behaviour</b> | 25+75=100                             | <b>4</b> |
| <b>Course Objectives :</b>                                       | The main aim of this course is to introduce the salient features of the field of Organizational Behaviour. This would include, both, the behaviour of the individuals in organized settings as well as the behaviour of Organizations in their environment. Here, the emphasis is on developing the conceptual apparatus to understand the functioning of organizations and the application of these basic concepts to the understanding of Indian organizations.                                                                                                                                                                                                               |                                 |                                       |          |
| <b>Course Content</b>                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                 |                                       |          |
| <b>Unit – I:<br/>Introduction</b>                                | Historical developments in Organizational Behaviour, the organizational system; structural characteristics of organizations; organizational designs; challenges and opportunities for organizational behavior                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                 |                                       |          |
| <b>Unit – II:<br/>Motivation and Leadership</b>                  | Motivation: A brief overview of major content and process theories of motivation- Maslow's & ERG Theories; Motivating performance at work settings- MBO. Trait, behavioural, contingency, and contemporary theories of leadership; leadership styles and skills, contemporary issues in leadership                                                                                                                                                                                                                                                                                                                                                                              |                                 |                                       |          |
| <b>Unit – III:<br/>Power- politics and Conflict- negotiation</b> | Bases of power and power tactics. Politics: Power in action, factors related with political behavior. Intra-individual, interpersonal, and inter-group conflicts; conflict process; Negotiation strategies and process.                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                 |                                       |          |
| <b>Unit – IV:<br/>Organizational culture and emerging issues</b> | Nature and types; developing and maintaining organizational culture and customer responsive culture; promoting ethics in organizational culture.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                 |                                       |          |
| <b>Reading List:</b>                                             | <ol style="list-style-type: none"> <li>1. Luthans, F. (2002). Organizational Behaviour. (9th ed). NY: McGraw- Hill International edition.</li> <li>2. Robbins, S. P. (2013). Organizational Behaviour. (15th ed). New Delhi: Prentice Hall of India Private Ltd.</li> <li>3. Morehead , G. &amp; Griffin, R. W. (1997). Organizational Behaviour. (3rd ed) Delhi: Jaico Publishing House.</li> <li>4. Katz, D. &amp; Kahn, R. L. (1978). The Social Psychology of Organizations. New York: John Wiley &amp; Sons.</li> <li>5. Hellriegel, D., Slocum, J. W. &amp; Woodman, R. W. (1998). Organizational Behaviour. (8th ed). Ohio: South-Western College Publishing.</li> </ol> |                                 |                                       |          |

### Lab work and SPSS

| Paper            | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Paper Title       | Internal+ External= Total marks | Credits |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|---------------------------------|---------|
| Practical        | KNUPSY305                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Lab work and SPSS | 25+75=100                       | 2       |
| Course Objective | To familiarize the students with the practical Applications, Administration, Scoring and Interpretation of Psychological Assessment along with the using SPSS Software.                                                                                                                                                                                                                                                                                                                                                                          |                   |                                 |         |
| Course Content   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                   |                                 |         |
| Unit – I         | Two tests will be administered.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                   |                                 |         |
| Unit – II        | Using SPSS for analysis – Basic introduction to SPSS; Data handling with SPSS- Entering data; Editing data, Listing data, dealing with missing values, making Syntax file and output files; Comparing averages- Two sample & one sample t tests; The analysis of variance: ANOVA (one way, Factorial, Repeated) Post hoc test Correlational analysis with SPSS- Pearsons' correlation, Spearman's rho; Multivariate ANOVA ; Simple & multiple Regression; Finding Reliability of a test- Cronbach Alpha and split half reliability co-efficient. |                   |                                 |         |
| Reading List     | <ol style="list-style-type: none"> <li>1. Sabine Landau, B. S. E. (2003). <i>A handbook of statistical analyses using SPSS</i>. A CRC Press Company.</li> <li>2. Field, A. (2009). <i>Discovering statistics using SPSS</i> (Vol. 3). London: Sage publications.</li> </ol>                                                                                                                                                                                                                                                                      |                   |                                 |         |

### Research Project (Data Collection and Analysis)

| Paper            | Course Code                                                                                                                                                                                                                                                                                                      | Paper Title                                     | Internal+ External= Total marks | Credits |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|---------------------------------|---------|
| Research Project | KNUPSY306                                                                                                                                                                                                                                                                                                        | Research Project (Data Collection and Analysis) | 25+75=100                       | 2       |
| Course Objective | To familiarize the students with basic principles and techniques of Psychological data collection to develop skills in enhancing, analysis and interpreting qualitative and quantitative data.<br>To enable students to draw meaningful conclusions from Psychological data using appropriate analytical method. |                                                 |                                 |         |
| Course Content   |                                                                                                                                                                                                                                                                                                                  |                                                 |                                 |         |
| Unit – I         | Data Collection.                                                                                                                                                                                                                                                                                                 |                                                 |                                 |         |
| Unit – II        | Analyzing the Data.                                                                                                                                                                                                                                                                                              |                                                 |                                 |         |
| Reading list     | <ol style="list-style-type: none"> <li>1. Sabine Landau, B. S. E. (2003). <i>A handbook of statistical analyses using SPSS</i>. A CRC Press Company.</li> <li>2. Field, A. (2009). <i>Discovering statistics using SPSS</i> (Vol. 3). London: Sage publications.</li> </ol>                                      |                                                 |                                 |         |

**Semester-IV****Stress and Coping**

| <b>Paper</b>                                                               | <b>Course Code</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Paper Title</b>       | <b>Internal+<br/>External=<br/>Total marks</b> | <b>Credits</b> |
|----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|------------------------------------------------|----------------|
| <b>Core</b>                                                                | KNUPSY401                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Stress and Coping</b> | 25+75=100                                      | <b>4</b>       |
| <b>Course Objectives:</b>                                                  | The main objective of this course is to familiarize students with the concept of stress, its different models, sources and consequences, and various coping strategies. An additional objective is to discuss the different stress management techniques. In the end of the course, students would have a better understanding of stress, how it affects their lives, and how they can cope with it.                                                                                                                                              |                          |                                                |                |
| <b>Course Content:</b>                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                          |                                                |                |
| <b>Unit – I:<br/>Understanding Stress</b>                                  | Concept, Stress in India and the West; Myths and Facts about Stress; Physiology of Stress; Psychoneuroimmunology; Measuring Stress: Physiological Arousal, Life Events, and Daily Hassles; Model of Stress: Physiological, Load of Information Model, Interactional Model - Cognitive model of Stress, Person Environment (PE) Fit Model, Systems Model of Stress.                                                                                                                                                                                |                          |                                                |                |
| <b>Unit – II:<br/>Sources and Consequences of Stress and its modifiers</b> | Sources of Stress: Within, Job family and Society, Burnout: concepts and its impact on health; Medical consequences of Stress; Hypertension, CHD, Breast cancer Other Consequences of Stress; Behavioral, emotional and cognitive consequences; Modifier of Stress: social support, sense of personal control and Personality.                                                                                                                                                                                                                    |                          |                                                |                |
| <b>Unit-III:<br/>Coping with stress</b>                                    | Coping: Concepts, Methods, and Strategies of coping; Development of Coping and its types, Coping and Personality.                                                                                                                                                                                                                                                                                                                                                                                                                                 |                          |                                                |                |
| <b>Unit - IV:<br/>Techniques of Stress Management</b>                      | Stress management: Concepts, Approaches and theories; Type A, B, C, D behaviours; Techniques of Stress Management: Medication, Relaxation, Systematic Desensitization, Biofeedback, Modelling, Meditation, Hypnosis, Buffer Creation and Social Support Intervention. Breathing exercises, Yoga asana, Stress Innoculation.                                                                                                                                                                                                                       |                          |                                                |                |
| <b>Reading List:</b>                                                       | <ol style="list-style-type: none"><li>1. D M Pestonjee (1992). Stress and Coping: The Indian Experiences, SAGE Publications.</li><li>2. Hariharan M &amp; Rath R (2008). Coping with Stress: The Indian Experience, SAGE Publications.</li><li>3. Rita Agarawal (2001). Stress in Life and at Work New Delhi: Response Books.</li><li>4. Pestonjee, D. M. (1992). Stress and coping. New Delhi: Sage Publications.</li><li>5. Lazarus, R. S. &amp; Folkman, S. (1984). Stress, appraisal and coping. New York, NY: Springer Publishing.</li></ol> |                          |                                                |                |

### Guidance and Counselling

| Paper                                                  | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Paper Title              | Internal+ External=<br>Total marks | Credits |
|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|------------------------------------|---------|
| Core                                                   | KNUPSY402                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Guidance and Counselling | 25+75=100                          | 4       |
| <b>Course objective:</b>                               | The main objective of this course is to make students aware of basic concepts and principles of guidance and counselling. Course also aims to provide students basic counselling skills based on different psychological theories.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                          |                                    |         |
| <b>Course Content</b>                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                          |                                    |         |
| <b>Unit – 1:<br/>Guidance and counseling</b>           | Meaning and definition, aims and objectives, basic principles of guidance and counseling, steps involved in guidance, Ethical guidelines and issues in counselling Approaches to counselling: Psychoanalytic, person centric and existential, cognitive, behavioural and Rational Emotive Behaviour Therapy (REBT)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                          |                                    |         |
| <b>Unit – II:<br/>Role of counselor</b>                | Counselor and counselee characteristics facilitating counseling; Expectations from counselor; External conditions influencing counseling; Counselor-client relationship.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                          |                                    |         |
| <b>Unit – III<br/>Counseling process</b>               | Stages of Counselling – External conditions and preparation, Counseling interview; Counseling Micro Skills, interpreting counselee's non – verbal behaviours and Ethical issues.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                          |                                    |         |
| <b>Unit – IV:<br/>Areas of Guidance and counseling</b> | Personal, educational, vocational and in medical set up. Areas of counselling: Educational, career, marital, and Gerontological: Stress management oriented counselling; Counselling for terminal disease patients: cancer and chronic disease, Counselling for special population: Drug addicts, marital and family counselling.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                          |                                    |         |
| <b>Reading List:</b>                                   | <ol style="list-style-type: none"> <li>1. Felthman, C. &amp; Morton, (2000). Handbook of counselling and Psychotherapy. Sage publication, New Delhi</li> <li>2. Wolfs, R. &amp; Dryden, W. (1998). Handbook of counselling Psychology. Sage publications, London.</li> <li>3. Rao, S.N., &amp; Sahajpal, P. (2013). Counselling and Guidance. Tata McgGraw Hill.</li> <li>4. Athanasou, J. A; Esbroeck, R .V (Eds. ) (2009) International handbook of career guidance: Springer.</li> <li>5. Corey, G (2009) Theory and practice of counseling and psychotherapy (8 ed.) Brooks /Cole.</li> <li>6. Miller, D.F. (2010) Positive child guidance. Wadsworth.</li> <li>7. Robinson, E (2008) Vocational education and guidance of youth: An outline for study: Macnutt Press.</li> <li>8. Sharma, V.K. (2006) Encyclopedia of educational and vocational guidance (4 volsl. Set): Commonwealth Publishers.</li> </ol> |                          |                                    |         |

### Emerging Areas in Contemporary Psychology

| Paper                                         | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Paper Title                               | Internal+ External= Total marks | Credits |
|-----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|---------------------------------|---------|
| Core                                          | KNUPSY403                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Emerging Areas in Contemporary Psychology | 25+75=100                       | 4       |
| <b>Course Objectives:</b>                     | To develop an understanding of major eastern Psychological systems and evolutions, challenges and Indigenization of Academic Psychology in India.<br>To familiarize students with Positive Psychology concepts, Gender issues and Digital Technology in context of Psychology.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                           |                                 |         |
| <b>Course Content:</b>                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                           |                                 |         |
| <b>Unit-I:<br/>Indian Psychology</b>          | Psychological thought in some major Eastern Systems: Bhagavad Gita, Buddhism, Sufism and Integral Yoga. Academic psychology in India: Pre-independence era; post-independence era; 1970s: The move to addressing social issues; 1980s: Indigenization; 1990s: Paradigmatic concerns, disciplinary identity crisis; 2000s: Emergence of Indian psychology in academia. Issues: The colonial encounter; Post colonialism and psychology; Lack of distinct disciplinary identity.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                           |                                 |         |
| <b>Unit-II:<br/>Positive Psychology</b>       | Wellbeing and self-growth: Types of wellbeing [Hedonic and Eudemonic], Character strengths, Resilience and Post-Traumatic Growth.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                           |                                 |         |
| <b>Unit – III:<br/>Psychology and Gender</b>  | Issues of Gender, Cultural bias and discrimination. Stigma, Marginalization, and Social Suffering; Child abuse and Domestic violence.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                           |                                 |         |
| <b>Unit-IV:<br/>Psychology and Technology</b> | Psychology and technology interface: Digital learning; Digital etiquette: Cyber bullying; Cyber pornography: Consumption, implications; Parental mediation of Digital Usage.<br>Digital Addiction: Social Media and Internet.<br>Artificial Intelligence, Influences of Digital devices on Human Cognition, Attention and Memory.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                           |                                 |         |
| <b>Reading List:</b>                          | <ol style="list-style-type: none"> <li>1. Rao, K. R., &amp; Paranjpe, A. C. (2016). <i>Psychology in the Indian tradition</i> (pp. 67-89). New Delhi: Springer.</li> <li>2. Rao, K., Paranjpe, A. C., &amp; Dalal, A. K. (2008). <i>Handbook of Indian psychology</i>. Cambridge University Press India/Foundation Books.</li> <li>3. Bhawuk, D. (2011). <i>Spirituality and Indian psychology: lessons from the Bhagavad-Gita</i>. Springer Science &amp; Business Media.</li> <li>4. Brannon, L. (2016). <i>Gender: psychological perspectives</i>. Taylor &amp; Francis.</li> <li>5. Eagly, A. H., Beall, A. E., &amp; Sternberg, R. J. (Eds.). (2005). <i>The psychology of gender</i>. Guilford Press.</li> <li>6. Mohanachandran, D. D. K., Jena, S., Chandrashekhar, D. U., &amp; Agarwal, D. S. (2025). <i>Ai Applications In Psychology</i>. Srjx Research And Innovation Lab Llp.</li> <li>7. Prescott, T. (2024). <i>The psychology of artificial intelligence</i>. Taylor &amp; Francis.</li> </ol> |                                           |                                 |         |

## Psychological Interventions

| Paper                                                                              | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Paper Title                 | Internal+ External= Total marks | Credits |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|---------------------------------|---------|
| Elective                                                                           | KNUPSY404                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Psychological Interventions | 25+75=100                       | 4       |
| <b>Course objectives:</b>                                                          | Building upon the introductory course on Clinical Psychology, this paper focuses on the contribution of different models to the area of clinical interventions. The major psychotherapeutic traditions are discussed and critically evaluated and their applicability to different types of problems is presented. Group, family and community-level interventions are also discussed.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                             |                                 |         |
| <b>Course Content:</b>                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                             |                                 |         |
| <b>Unit – I:<br/>Psychological Diagnosis and clinical assessment</b>               | Psychological diagnosis and clinical assessment: definition and purpose, diagnostic interview, Mental Status Examination (MSE), stages of psychotherapy, Nature of specific therapeutic variables—the client and the therapist, client- therapist relationship; Stages: initial contact, assessment, goals of treatment, implementing treatment, termination, Evaluation, and follow-up. Issues in psychotherapy.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                                 |         |
| <b>Unit – II:<br/>Psychoanalytic Therapy</b>                                       | Psychoanalytic Therapy (Freudian): Goals and assumptions; Therapeutic techniques - Free association, analysis of dreams, analysis of resistance, transference, confrontation and clarification, interpretation and working through; Role of maintaining analytic framework.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                             |                                 |         |
| <b>Unit – III:<br/>Behavioral and Cognitive Approaches</b>                         | Behavioural and Cognitive perspective: Origins; Techniques - systematic desensitization, exposure therapy, Modeling, behavioural rehearsal, contingency management, aversion therapy. Cognitive Behaviour Therapy- Albert Eliss' and Aron Beck's approach.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                                 |         |
| <b>Unit – IV:<br/>Phenomenological, humanistic-existential and other therapies</b> | Phenomenological and Humanistic-existential and other therapies: Client-centered therapy; origins, theoretical propositions, therapeutic process, and applications; Gestalt therapy; Existential therapy. Biofeedback, Group, Family, Play, Music therapy.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                                 |         |
| <b>Reading List:</b>                                                               | <ol style="list-style-type: none"> <li>1. Corey, G. (2001). Theory and practice of counseling and psychotherapy (6th Ed.) Belmont, C.A Brooks / Cole.</li> <li>2. Culari, S. (1998) (Ed.) Foundations of clinical psychology (2nd Ed.) New York: Allyn &amp; Bacon.</li> <li>3. Goldberg, H. (1983) (Ed.) Contemporary clinical psychology (2nd ed.) New York: Brooks/Cole</li> <li>4. Hersen, M &amp; Sledge, E. (2002) (Ed.) Encyclopedia of Psychotherapy. (2 Vols) New York: Academic.</li> <li>5. Neitzel, M.T; Bernstein, D.A. &amp; Millich, R. (1998) Introduction to clinical psychology (5th ed.) Upper saddle River, New Jersey: Prentice Hall.</li> <li>6. Kaplan, H.I., Freedman, A.M., &amp; Sadock, B.J. (Eds., 1980). Comprehensive textbook of psychiatry III (Vols.2 &amp; 3). Baltimore: Williams &amp; Wilkins.</li> <li>7. Kendall, P.C., &amp; Norton-Ford, J.D. (1982). Clinical psychology: Scientific and professional dimensions. Chichester: John Wiley.</li> <li>8. Prochaska, J.O. &amp; Norcross, J.C. (2003). Systems of psychotherapy: A trans-theoretical analysis. Pacific Grove: Brooks/Cole.</li> <li>9. Sahakian, N.S. (Ed., 1976). Psychotherapy and counselling: Technique in interventions. Chicago: Rand McNally.</li> <li>10. Page, A.C. &amp; Stritzke, W.G.K. (2006). Clinical Psychology for trainees: Foundations of science informed practice. New York: Cambridge University Press.</li> </ol> |                             |                                 |         |

### Human Resource Management

| Paper                                                   | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Paper Title               | Internal+<br>External=<br>Total marks | Credits |
|---------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|---------------------------------------|---------|
| Elective                                                | KNUPSY404                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Human Resource Management | 25+75=100                             | 4       |
| <b>Course Objectives</b>                                | The aim of this course is to initiate the students interested in pursuing careers in the corporate world into some basic functions of human resource management/ personnel management. It will deal with topics such as functions of HR/ Personnel managers, man power planning, job analysis, recruitment, selection and placement, remunerations and rewards.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                           |                                       |         |
| <b>Course Content</b>                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                           |                                       |         |
| <b>Unit – I:<br/>Fundamentals of HRM</b>                | Foundation, nature and functions. HRM in changing environment – strategic and international human resource management; ethical issues                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                           |                                       |         |
| <b>Unit – II:<br/>Human resources</b>                   | Acquisition of human resource: Planning, assessment of demand, job analysis, selection process.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                           |                                       |         |
| <b>Unit – III:<br/>Career management</b>                | Socialization of employees, determining training needs, methods/techniques of training and management development, Evaluation of training programs; stages of career development, effective career development.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                           |                                       |         |
| <b>Unit – IV:<br/>Performance and reward management</b> | Performance appraisal, system, process and methods of appraisal, distortion in appraisal, creating effective appraisal systems, biases in performance appraisal. Motivational perspectives, rewarding productive employees; compensation administration; benefits and services.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                           |                                       |         |
| <b>Reading List:</b>                                    | <ol style="list-style-type: none"> <li>1. Beardwell. I. &amp; Holden. (1996). Human Resource Management- A contemporary perspective. Delhi: MACMILLAN India LTD.</li> <li>2. Dwivedi, R. S. (1997). Managing Human Resources – Personnel Management in Indian enterprises. New Delhi: Galgotia Publishing Company.</li> <li>3. DeCenzo, D. A. &amp; Robbins, S. P. (1997). Personnel/ Human Resource Management. New Delhi: Prentice Hall of India Private Limited.</li> <li>4. Schultz &amp; Schultz (2006). Psychology &amp; Work Today, Pearson Education</li> <li>5. Glimer, B.V.H. (1991). Industrial and organizational psychology, Tokyo: McGraw Hill. Kogakushra.</li> <li>6. Wexley, K.N., &amp; Yukl, G.A. (1987). Organizational behaviour and personal psychology. Illinois: Richard Irvin.</li> <li>7. Decenzo, D.A., &amp; Robbins, S.P. (2003). Foundations of Human Resource Management.</li> <li>8. Beardwell, I. &amp; Hadden, L. (1996). Human Resource Management: A contemporary perspective, New Delhi: Macmillan India Ltd.</li> </ol> |                           |                                       |         |

### Lab Work

| Paper                 | Course Code                                                                                                                                                                                                                                                                                                             | Paper Title | Internal+ External=<br>Total marks | Credits |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|------------------------------------|---------|
| Practical             | KNUPSY405                                                                                                                                                                                                                                                                                                               | Lab Work    | 25+75=100                          | 2       |
| Course Objective      | . To familiarize students with the practical application of psychological methods through field experiments, administration and interpretation of psychological tests, and systematic observation and data collection.                                                                                                  |             |                                    |         |
| Course Content        |                                                                                                                                                                                                                                                                                                                         |             |                                    |         |
| Unit – I:<br>Lab work | Field experiments: planning and conducting field experiments; identification of variables; experimental procedures; data collection; observation and recording; basic analysis and interpretation of findings; preparation of practical reports.                                                                        |             |                                    |         |
| Unit – II:<br>Tests   | Tests: selection and administration of standardized psychological tests; instructions and rapport formation; scoring and interpretation; reliability and validity; ethical considerations in psychological assessment; preparation of test reports.                                                                     |             |                                    |         |
| Reading lists         | <ol style="list-style-type: none"> <li>1. Gregory, R. J. (2014). <i>Psychological testing: History, principles, and applications</i> (7th ed.). Pearson.</li> <li>2. Kothari, C. R., &amp; Garg, G. (2019). <i>Research methodology: Methods and techniques</i> (4th ed.). New Age International Publishers.</li> </ol> |             |                                    |         |

### Research Project (Report Writing and Submission)

| Paper             | Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Paper Title                                      | Internal+ External=<br>Total marks | Credits |
|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|------------------------------------|---------|
| Research Project  | KNUPSY406                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Research Project (Report Writing and Submission) | 25+75=100                          | 2       |
| Course Objectives | The course objectives are to develop students' skills in academic writing and presentation and to motivate them to pursue further studies.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                  |                                    |         |
| Course Content    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                  |                                    |         |
| Unit – I:         | Report writing and finalizing the draft.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                    |         |
| Unit – II:        | Pre – Submission and Submission.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                  |                                    |         |
| Reading Lists     | <ol style="list-style-type: none"> <li>1. Hahn, C. (2008). Writing the report the final draft. In Writing the report the final draft (pp. 179-194). SAGE Publications, Ltd, <a href="https://doi.org/10.4135/9780857024411.d10">https://doi.org/10.4135/9780857024411.d10</a></li> <li>2. Miller, S. A. (2013). <i>Writing in psychology</i>. Routledge.</li> <li>3. Leong, F. T., &amp; Austin, J. T. (2006). <i>The psychology research handbook: A guide for graduate students and research assistants</i>. Sage.</li> <li>4. Goldfinger, K., &amp; Pomerantz, A. M. (2009). <i>Psychological assessment and report writing</i>. SAGE Publications Inc.</li> </ol> |                                                  |                                    |         |