



# UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A ++' GRADE' UNIVERSITY)  
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

Academic Section

Email: [academicsectionju14@gmail.com](mailto:academicsectionju14@gmail.com)

## **NOTIFICATION** **(25/Aug/Adp. 29)**

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the syllabi and courses of studies for **Post Graduate Programme in Psychology** under **NEP-2020** as per details given below:-

### **Two Year Post Graduate Programme under NEP-2020**

Subject	Semester	For the examinations to be held in the year
Psychology	Semester-I	December 2025, 2026 and 2027
	Semester-II	May 2026, 2027 and 2028
	Semester-III	December 2026, 2027 and 2028
	Semester-IV	May 2027, 2028 and 2029

### **One Year Post Graduate Programme under NEP-2020**

Subject	Semester	For the examinations to be held in the year
Psychology	Semester-I	December 2026, 2027 and 2028
	Semester-II	May 2027, 2028 and 2029

The Syllabi of the courses are also available on the University website:  
[www.jammuuniversity.ac.in](http://www.jammuuniversity.ac.in)

*Neeh Kohmeter*  
11/8/2025  
DEAN ACADEMIC AFFAIRS

No. F. Acd/II/25/5886-5922  
Dated: 12/8/2025

Copy for information and necessary action to:

1. Dean, Faculty of **Social Science**.
2. Director/Convener, Board of Studies in **Psychology**.
3. Director, Centre for IT Enabled services and Management, University of Jammu for information and for uploading on University Website.
4. All members of the Board of Studies
5. Joint Registrar (Evaluation/P.G. Exam.)
6. Programmer, Computer Section, Examination Wing

ONE YEAR MASTER DEGREE PROGRAMME  
PSYCHOLOGY  
SUBJECT CODE: PGSSP006  
**2025**

**Course and Credits for one year PG in Psychology**

**SEMESTER-I**

Course Code	Paper	Course Type	Credits	Contact hours per week
PIPYTC101	Social Psychology	Core	4	5
PIPYTC102	Psychological Testing and Psychometrics	Core	4	5
PIPYTC103	Life-Span Psychology	Core	4	5
<b>GROUP A</b>				
PIPYTE104	Psychotherapeutic Interventions	Elective	4	5
PIPYTE105	Interventions in counseling psychology	Elective	4	5
PIPYTE106	Positive psychology at work	Elective	4	5
<b>GROUP B</b>				
PIPYTE107	Health Psychology	Elective	4	5
PIPYTE108	Military/Police Psychology	Elective	4	5
PIPYTE109	Community Psychology	Elective	4	5
PIPYPC110	Practicals in Psychology	Core	4	10

**Total Credits in Semester I- 24**

**NOTE:**

**All the core courses are compulsory**

**Select one Elective course from Group A and Group B each. At least one elective course will be run based on the selection by the majority of the students from Group A and Group B respectively.**

**SEMESTER II**

Course Code	Paper	Course Type	Credits	Contact hours per week
PIPYTC201	Positive Psychology and its Applications	Core	4	5
PIPYTE202	Environmental psychology	Elective	4	5
PIPYTE203	Indian Psychology	Elective	4	5
PIPYRC204	Research Dissertation	Core	16	10

**Total Credits in Semester II- 24**

**All the core courses are compulsory**

**Select any one Elective course. At least one elective course will be run based on the selection by the majority of the students**

**Note:**

**Total credits to be earned for one year PG: 24+24=48**

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ONE YEAR MASTER DEGREE PROGRAMME

PSYCHOLOGY

SUBJECT CODE: PGSSP006

2025

M.A. PSYCHOLOGY SYLLABUS 2025 UNDER NEP 2020										
S. No	Course no	Course title	No of credits	Course Type		Marks	Nature of course		Research project/summer internship/Dissertation	
				Credit Level	Credit point		Theor y	Practical		
		<b>SEMESTER-I</b>								
1	PIPYTC101	Social Psychology	4	6.5	26	Core	100	Global		
2	PIPYTC102	Psychological Testing and Psychometrics	4	6.5	26	Core	100	Global		
3	PIPYTC103	Life-Span Psychology	4	6.5	26	Core	100	Global		
4	PIPYTE104	Psychotherapeutic Interventions	4	6.5	26	Elective	100	Global		
5	PIPYTE105	Interventions in Counseling Psychology	4	6.5	26	Elective	100	Global	Skill	
6	PIPYTE106	Positive psychology at work	4	6.5	26	Elective	100	Global		
7	PIPYTE107	Health Psychology	4	6.5	26	Elective	100	Global		
8	PIPYTE108	Military/Police Psychology	4	6.5	26	Elective	100	Global	Skill	
9	PIPYTE109	Community Psychology	4	6.5	26	Elective	100	Global		
10	PIPYPC110	Practicals in Psychology	4	6.5	26	Core	100	Global		
		<b>SEMESTER-II</b>								
11	PIPYTC201	Positive Psychology and its Applications	4	6.5	26	Core	100	Global	Skill	
12	PIPYTE202	Environmental psychology	4	6.5	26	Elective	100	Global		
13	PIPYTE203	Indian Psychology	4	6.5	26	Elective	100	Global		
14	PIPYRC204	Research Dissertation	16	6.5	26	Core	400	Global	Dissertation	


Total credits to be earned for one year PG: 24+24=48

*[Handwritten signatures and initials]*

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU  
ONE YEAR MDP PSYCHOLOGY AS PER NEP 2020

**PROGRAM OUTCOMES**

- PO1: Acquire the ability to apply the basic tenets of logic and science to thoughts, actions, and interventions.
- PO2: Comprehend the influence of proficient clarifications in a societal and environmental context for sustainable development.
- PO3: Practice ethical principles while dealing with clients.
- PO4: Develop self-critical abilities and also the ability to view positions, problems, and psycho-social issues from plural perspectives.
- PO5: Learn to articulate analysis, synthesis, and evaluation of situations and themes in a well-informed manner.
- PO6: Develop aesthetic, social, humanistic, and artistic sensibilities for problem solving, and evolving a comprehensive perspective.





DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU  
ONE YEAR MDP PSYCHOLOGY AS PER NEP 2020

**PROGRAM SPECIFIC OUTCOME (PSO)**

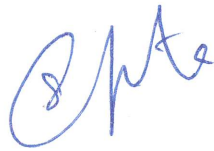
**PSO-1** Acquisition of knowledge on major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.

**PSO-2** Skill development for designing, implementing, and communicating basic research methods in psychology, including research design, data analysis, and interpretations.

**PSO-3** Application of critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.

**PSO-4** Ability to apply psychological principles to individual, interpersonal, group, and societal issues.

**PSO-5** Making aware of the value of empirical evidence, tolerating ambiguity, acting ethically, and recognizing their role and responsibility as a member of society.



**COURSE OUTCOME (CO)**  
**FIRST SEMESTER**

**CO- P1PYTC101 SOCIAL PSYCHOLOGY**

- Appreciate the historical background of social psychology.
- Apply social psychological principles to real-world issues, such as health, law, and environmental behavior, demonstrating the practical relevance of the field.
- Understand key concepts, theories, and principles in social psychology.
- Explore how people perceive, interpret, and remember information about themselves and others, and how these cognitive processes influence behavior and attitudes.

**CO P1PYTC102 PSYCHOLOGICAL TESTING AND PSYCHOMETRICS**

- Develop an understanding of the basics of Psychological assessment and testing.
- Become familiar with the psychological scaling and test construction.
- Understand the concept of reliability, validity and norms.

**CO- P1PYTC103 LIFE-SPAN PSYCHOLOGY**

- Familiarize the students with basic knowledge of Life-Span psychology.
- Focus on development from conception to old age from different perspectives.
- Analyze the theoretical viewpoints in relation to Life-Span psychology.
- Enable students to apply a lifespan perspective to understand how early experiences influence later development and how developmental processes continue to evolve throughout life.

**CO- P1PYTE104 PSYCHOTHERAPEUTIC INTERVENTIONS**

- Enable the students to appreciate psychotherapeutic techniques.
- Understand the theoretical foundations, and key principles of various psychotherapeutic techniques.
- Assist students in creating comprehensive treatment plans tailored to individual client needs, integrating evidence-based practices and client-specific factors.

**CO- P1PYTE105 INTERVENTIONS IN COUNSELING PSYCHOLOGY**

- Identify different counseling interventions and their theoretical foundations.
- Apply counseling techniques effectively in different scenarios.
- Use counseling interventions to support clients across different age groups and concerns.
- Analyze the effectiveness of interventions in various real-world settings.

**CO- P1PYTE106 POSITIVE PSYCHOLOGY AT WORK**

- Orientation about the application of concepts and theories of positive psychology in the work settings.
- Understand the dynamics to make the workplace healthier

**DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU**  
**ONE YEAR MDP PSYCHOLOGY AS PER NEP 2020**

- Familiarize with the phenomenon of productive work behavior, positive relations and sustainable growth
- Understanding the relevance of communication and stress management.

**CO-P1PYTE107 HEALTH PSYCHOLOGY**

- Understand the foundational concepts, theories, and models in health psychology.
- Analyze how our behaviors have an impact on physical health.
- Apply health psychology principles to real-world scenarios, including clinical settings and public health initiatives.
- Learn strategies for promoting health and preventing disease at both individual and community levels.
- Explore the relationship between stress and health, and evaluate various coping mechanisms and their effectiveness.

**CO- P1PYTE108 MILITARY/POLICE PSYCHOLOGY**

- Develop an understanding of the nature and scope of military /Police psychology,
- Knowledge of the assessment in personnel selection and training
- Understand the role of leadership in military, and other related issues
- Acquaint with the techniques to be used in threatening and special situations

**CO-P1PYTE109 COMMUNITY PSYCHOLOGY**

- Acquaint students with the nature, history and future of community psychology.
- Understand the concept of community and human diversity
- Analyze the concept of change in social settings.
- Familiarize students with the social and human services in the Community.

**CO-P1PYPC110 PRACTICALS IN PSYCHOLOGY**

- Provide students an understanding of important concepts involved in psychology and to enhance their ability to apply this knowledge to test various concepts in laboratory conditions.
- Able to integrate theoretical concepts learned in lectures with practical applications.
- Demonstrate an understanding of how psychological theories inform research and practice.
- Foster critical thinking skills by requiring students to perform reasoning and decision making practical.



**COURSE OUTCOME (CO)**

**SECOND SEMESTER**

**CO- P1PYTC201 POSITIVE PSYCHOLOGY AND ITS APPLICATIONS**

- Appreciate the historical development and know the future of positive psychology.
- Able to understand types of well-being.
- Understand the concept of Human strengths.
- Apply the various principles of positive psychology.

**CO- P1PYTE202 ENVIRONMENTAL PSYCHOLOGY**


- Able to appreciate the basic concepts of Environmental Psychology.
- Understand the perspectives of Environmental Psychology.
- Applying psychological principles to promote sustainable behavior and improve human environment relationship.
- Analyze the role of cognition in shaping human interaction with various environmental settings.
- Exploring the ways of encouraging pro-environmental behaviour.
- Design strategies aimed at enhancing environmental awareness and behavior changes.

**CO- P1PYTE203 INDIAN PSYCHOLOGY**

- Appreciate the historical development and concepts of Indian Psychology.
- Able to understand peace and happiness as viewed in the Indian context.
- Understand the concept of self and personality from the perspective of Indian Psychology.
- Evolve the applications of Indian psychology.

**CO- P1PYRC210 RESEARCH DISSERTATION**

- Apply the Research Methodology to empirically test the theoretical concepts.
- It will gain them an insight of how various methodologies can be applied.
- Enhance the ability of students to apply knowledge.
- Learn and understand the scientific process involved in research.





## Course and Credits for one year PG in Psychology

### SEMESTER-I

Course Code	Paper	Course Type	Credits	Contact hours per week
PIPYTC101	Social Psychology	Core	4	5
PIPYTC102	Psychological Testing and Psychometrics	Core	4	5
PIPYTC103	Life-Span Psychology	Core	4	5
<b>GROUP A</b>				
PIPYTE104	Psychotherapeutic Interventions	Elective	4	5
PIPYTE105	Interventions in counseling psychology	Elective	4	5
PIPYTE106	Positive psychology at work	Elective	4	5
<b>GROUP B</b>				
PIPYTE107	Health Psychology	Elective	4	5
PIPYTE108	Military/Police Psychology	Elective	4	5
PIPYTE109	Community Psychology	Elective	4	5
PIPYPC110	Practicals in Psychology	Core	4	10

**Total Credits in Semester I- 24**

#### NOTE:

**All the core courses are compulsory**

**Select any one Elective course from Group A and Group B (Minimum 8 students to run any course)**

### SEMESTER II

Course Code	Paper	Course Type	Credits	Contact hours per week
PIPYTC201	Positive Psychology and its Applications	Core	4	5
PIPYTE202	Environmental psychology	Elective	4	5
PIPYTE203	Indian Psychology	Elective	4	5
PIPYRC204	Research Dissertation	Core	16	10

**Total Credits in Semester II- 24**

**All the core courses are compulsory**

**Select any one Elective course (Minimum 8 students to run any course)**

#### Note:

**Total credits to be earned for one year PG: 24+24=48**

**DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU**  
**M.A. PSYCHOLOGY UNDER NEP 2020**  
**SYLLABUS FOR THE EXAMINATION TO BE HELD INDEC 2026, 2027, 2028**  
**Semester-I**

**COURSE TITLE: SOCIAL PSYCHOLOGY**

**COURSE NO: P1PYTC101 CREDITS: 4**

**MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60) CONTACT HOURS: 60 HRS.**

**DURATION OF EXAM – 2 ½ HOURS**

**COURSE OUTCOME**

- Appreciate the historical background of social psychology.
- Apply social psychological principles to real-world issues, such as health, law, and environmental behavior, demonstrating the practical relevance of the field.
- Understand key concepts, theories, and principles in social psychology.
- Explore how people perceive, interpret, and remember information about themselves and others, and how these cognitive processes influence behavior and attitudes.

**UNIT I**

Social Psychology: Historical Background, Theoretical Perspectives, and Culture (Locating culture in social psychology, Rise of Cross-Cultural Psychology, Two psyches: East meets West).

Applications of Social Psychology: Environment, Health, Consumer behavior, Legal Issues.

**UNIT II**

Social Cognition: Schemas, Heuristics, Attributions, Attribution Biases.

Attitude: Formation of Attitudes, Attitude and Behaviour, Persuasion.

Social Influence: Conformity, Compliance, Obedience.

**UNIT III**

The Self: Self Esteem, Self Concept, Self Awareness.

Group Processes: Fundamentals of Groups, Social Facilitation & Loafing, Intergroup Conflict, and Interpersonal Attraction.

Prejudice and stereotypes: Prejudice (Forms, Causes, Methods to Reduce Prejudice), Stereotypes (Nature and Types of stereotypes).

**UNIT IV**

Prosocial Behaviour: Origin, Determinants, Five Step Model of Prosocial Behaviour, Altruism

Antisocial Behaviour: Aggression (Theories, Determinants, Prevention/Control of Aggression), Cheating and Stealing.





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**Semester-I**

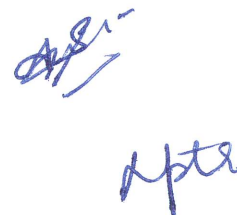
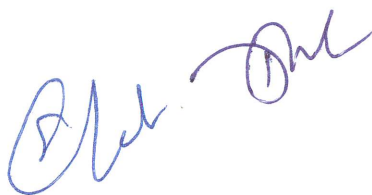
**COURSE NO: P1PYTC101**

**BOOKS RECOMMENDED**

- Branscombe, N. R., & Baron, R. A. (2017). *Social psychology* (14th ed.). Pearson Education.
- Baumeister, R. F., & Bushman, B. J. (2016). *Social psychology and human nature* (4th ed.). Cengage Learning.
- Callaghan, J., & Lazard, L. (2011). *Social psychology*. Learning Matters Limited.
- Crisp, R. J., Turner, R. N., & Meleady, R. (2024). *Essential social psychology*. Sage Publications Limited.
- DeLamater, J. D., & Meyer, D. J. (2009). *Textbook of social psychology*. Cengage Learning.
- Hayes, N. (2018). *Fundamentals of social psychology*. Routledge.
- Hogg, A. M., & Vaughan, G. M. (2011). *Social psychology* (6th ed.). Pearson Education.
- Kassin, S., Fein, S., & Markus, H. R. (2011). *Social psychology* (8th ed.). Cengage Learning.
- Kool, V. K., & Agarwal, R. (2006). *Applied social psychology: A global perspective*. Atlantic Publishers.
- O'Doherty, K. C., & Hodgetts, D. (2019). *The Sage Handbook of Applied Social Psychology*. Sage Publications.
- Shetgovekar, S. (2018). *An introduction to social psychology*. Sage texts.
- Smith, E. R., Mackie, D. M., & Claypool, H. M. (2015). *Social psychology* (4th ed.). Taylor & Francis.
- Sutton, R., & Douglas, K. (2019). *Social psychology*. Bloomsbury Publishing.

**NET SURFING REQUIRED:**

Students are highly encouraged to find out the relevant material through NET surfing.



**DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU**  
**M.A. PSYCHOLOGY UNDER NEP 2020**  
**SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028**  
**Semester-I**

**COURSE NO: P1PYTC101**

**Note for Paper Setting:**

<b>MCQ on LMS + Subjective Test</b>	<b>Syllabus to be covered in the examination</b>	<b>Time allotted for the examination</b>	<b>%Weightage (Marks)</b>
TEST I (after 30 days)	25%	1 hour	10 + 10
TEST II (after 60days)	26 to 50%	1 hour	10 + 10
Theory	Syllabus to be covered in the examination	Time allotted for the examination	%Weightage (Marks)
Major test (after 90 days)	100%	2 ½ hours	60
Total			100

The student shall be continuously evaluated during the conduct of each course on the basis of his/her performance as follows:

**Test I and Test II**

The Subjective Test I and Test II would consist of three short answer type questions (05 marks each). Students are required to answer two questions.

**Major Test**

The Major test will comprise of two sections, Section-A and Section-B. Section-A will have one compulsory question comprising of 10 parts (minimum 02 from each unit) of 03 marks each. Section B will have 04 questions of 15 marks each to be set from the last two units (02 from each unit). In Section B students are required to attempt 01 question from each unit.

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**DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU**  
**M.A. PSYCHOLOGY UNDER NEP 2020**  
**SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028**  
**Semester-I**  
**COURSE TITLE: PSYCHOLOGICAL TESTING AND PSYCHOMETRICS**

**COURSE NO: P1PYTC102CREDITS: 4**

**MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60) CONTACT HOURS: 60 HRS.**

**DURATION OF EXAM – 2 ½ HOURS**

**COURSE OUTCOME**

- Develop an understanding of the basics of Psychological assessment and testing.
- Become familiar with the psychological scaling and test construction.
- Understand the concept of reliability, validity and norms

**UNIT I**

Psychological Measurement and Assessment: Meaning, Functions, Properties of Scales of Measurement, Problems in Psychological Measurement, Classical theory of Test Scores  
Psychological testing: Nature, Types and Uses of Psychological Tests, Ethical Issues, Professional Issues, Current and Future trends in testing.

**UNIT II**

Psycho-Physical Scaling: Nature, Laws, Method of limits, Method of constant stimuli and Method of Average error.

Test Construction: Steps, Item Writing, Item Analysis- Item Difficulty, Item Discrimination.

**UNIT III**

Reliability: Concept, Methods of Establishing Reliability, Factors Influencing Reliability of the Test.

Validity: Concept, Types, Factors Influencing Validity of the Test.

**UNIT IV**

Norms: Nature and Types (developmental norms, within group norms, relativity norms)



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**M.A. PSYCHOLOGY UNDER NEP 2020**  
**SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028**  
**Semester-I**

**COURSE NO: PIPYTE102**

**BOOKS RECOMMENDED**

- Bastos, R. V. S. (2024). *Advances in Psychometric Theory and Measurement for Psychological Sciences: With Tutorials in R*.  
<https://doi.org/10.5281/zenodo.11094831>
- Chadha, N. K. (2009). *Applied psychometry*. Sage Publications.
- Coaley, K. (2014). *An Introduction to Psychological Assessment and Psychometrics*(2nd ed.).Sage Publications Limited.
- Cooper, C. (2023). *An introduction to psychometrics and psychological assessment: Using, interpreting and developing tests*(2nd ed.).Routledge Publications.
- Gregory, R. J. (2010). *Psychological testing: History, principles, and applications* (6th ed.). Prentice-Hall.
- Kaplan, R.M.,&Saccuzzo, D.P. (2013).Psychological assessment and theory: Creating and using psychological tests (8thed.).Wadsworth Cengage Learning.
- Murphy, K. R., &Davidshofer, C. O. (1994).*Psychological testing: Principles and applications*. Prentice Hall.
- Miller, L. A., McIntire, S. A., &Lovler, R. L. (2011). *Foundations of psychological testing: A practical problem* (3rd ed.). Sage Publications, Inc
- Nunnally, J. C. (1978). *Psychometric theory*.McGraw Hill.
- Singh, A.K. (2019). *Tests measurements and research methods in behavioural sciences* (6th ed.). Bharati Bhawan..
- Urbina, S. (2014).*Essentials of psychological testing*. John Wiley & Sons.

**NET SURFING REQUIRED:**

Students are highly encouraged to find out the relevant material through NET surfing.



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**M.A. PSYCHOLOGY UNDER NEP 2020**  
**SYLLABUS FOR THE EXAMINATION TO BE HELD INDEC 2026, 2027, 2028**  
**Semester-I**  
**COURSE NO: P1PYTC102**

**Note for Paper Setting:**

MCQ on LMS + Subjective Test	Syllabus to be covered in the examination	Time allotted for the examination	%Weightage (Marks)
TEST I (after 30 days)	25%	1 hour	10 + 10
TEST II (after 60days)	26 to 50%	1 hour	10 + 10
Theory	Syllabus to be covered in the examination	Time allotted for the examination	%Weightage (Marks)
Major test (after 90 days)	100%	2 ½ hours	60
Total			100

The student shall be continuously evaluated during the conduct of each course on the basis of his/her performance as follows:

**Test I and Test II**

The Subjective Test I and Test II would consist of three short answer type questions (05 marks each). Students are required to answer two questions.

**Major Test**

The Major test will comprise of two sections, Section-A and Section-B. Section-A will have one compulsory question comprising of 10 parts (minimum 02 from each unit) of 03 marks each. Section B will have 04 questions of 15 marks each to be set from the last two units (02 from each unit). In Section B students are required to attempt 01 question from each unit.

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**DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU**  
**M.A. PSYCHOLOGY UNDER NEP 2020**  
**SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028**  
**Semester-I**  
**COURSE TITLE: LIFE-SPAN PSYCHOLOGY**

**COURSE NO: P1PYTC103 CREDITS: 4**

**MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60) CONTACT HOURS: 60 HRS.**

**DURATION OF EXAM – 2 ½ HOURS**

**COURSE OUTCOMES**

- Familiarize the students to acquire basic knowledge of Life-Span psychology.
- Focus on development from conception to old age from different perspectives.
- Analyze the theoretical viewpoints in relation to Life-Span psychology.
- Enable students to apply a lifespan perspective to understand how early experiences influence later development and how developmental processes continue to evolve throughout life.

**UNIT-I**

Foundations of Development: Biological foundations, developmental theories, characteristics and issues of development

Prenatal Development: stages, prenatal environment and fetal programming, peri-natal environment and neo-natal environment.

**UNIT-II**

Development during infancy: Physical development, cognitive development, language development, Socio-emotional development.

Early childhood development: Physical development, cognitive development, language development, socio-emotional development.

**UNIT-III**

Middle childhood: Physical development, cognitive development, language development, socio-emotional development and moral development.

Adolescence: Physical Changes, cognitive changes, socio-emotional changes, challenges and issues in adolescent development.

**UNIT-IV**

Emerging adults: Physical Changes, cognitive changes and psycho-social changes.

Oldage : Physical Changes, cognitive changes, psycho-social changes; issues in ageing, theories on ageing.





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**SYLLABUS FOR THE EXAMINATION TO BE HELD INDEC 2026, 2027, 2028**  
**Semester-I**

**COURSE NO: P1PYTC103**

**BOOKS RECOMMENDED**

Bee, H., & Boyd, D. (2004). *The Developing Child* (10<sup>th</sup>ed.). Pearson Education Publication.

Berk, L. E. (2022). *Development through the lifespan*. Sage Publications.

Harris, M., Butterworth, G. (2012). *Developmental Psychology*. Psychology Press.

Kail, R. V., & Cavanaugh, J. C. (2022). *Human development: a life-span view*. (9<sup>th</sup> .ed.).  
Cengage Learning, Inc.

Lally, M., & Valentine-French, S. (2017). *Lifespan Development: A Psychological Perspective*, Creative Commons.

Papalia, D.E., Olds, S.W., & Feldman, R.D. (2004). *Human Development* (9<sup>th</sup>ed.). Tata  
McGraw Hill Pub.

Santrock, J.W. (2007). *Life Span Development* (3<sup>rd</sup>ed.). Tata McGraw Hill Publication.

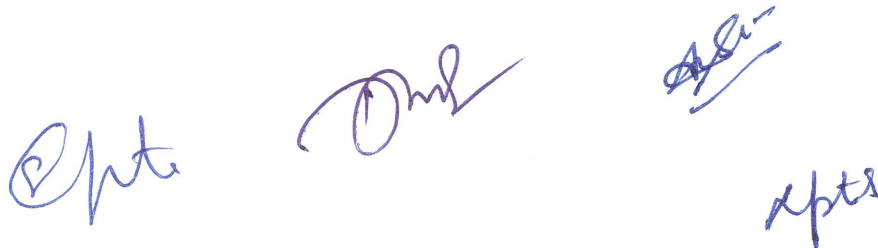
Santrock, J. (2024). *Essentials of Life- span development book* (8<sup>th</sup> ed.). Tata McGraw Hill.

Shaffer, D.R., & Kipp, K. (2007). *Developmental Psychology: Childhood and Adolescence*  
(7<sup>th</sup>ed.). Thomas Wadsworth.

Skuse, D., Bruce, H., & Dowdney, L. (2017). *Child Psychology and Psychiatry*. John Wiley &  
Sons Ltd.

Tetzchner, S.V. (2019). *Child and Adolescent Psychology*. Routledge.

**NET SURFING REQUIRED:** Students will be highly encouraged to find out the relevant material through NET surfing.



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**M.A. PSYCHOLOGY UNDER NEP 2020**  
**SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028**  
**Semester-I**

**COURSE NO: P1PYTC103**

**Note for Paper Setting:**

MCQ on LMS + Subjective Test	Syllabus to be covered in the examination	Time allotted for the examination	% Weightage (Marks)
TEST I (after 30 days)	25%	1 hour	10 + 10
TEST II (after 60 days)	26 to 50%	1 hour	10 + 10
Theory	Syllabus to be covered in the examination	Time allotted for the examination	% Weightage (Marks)
Major test (after 90 days)	100%	2 ½ hours	60
Total			100

The student shall be continuously evaluated during the conduct of each course on the basis of his/her performance as follows:

**Test I and Test II**

The Subjective Test I and Test II would consist of three short answer type questions (05 marks each). Students are required to answer two questions.

**Major Test**

The Major test will comprise of two sections, Section-A and Section-B. Section-A will have one compulsory question comprising of 10 parts (minimum 02 from each unit) of 03 marks each. Section B will have 04 questions of 15 marks each to be set from the last two units (02 from each unit). In Section B students are required to attempt 01 question from each unit.




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**Semester-I**

**COURSE TITLE: PSYCHOTHERAPEUTIC INTERVENTIONS**

**COURSE NO: P1PYTE104**

**CREDITS: 4**

**MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60) CONTACT HOURS: 60 HRS**

**DURATION OF EXAM – 2 ½ HOUR**

**COURSE OUTCOMES**

- Enable the students to appreciate psychotherapeutic techniques.
- Understand the theoretical foundations, and key principles of various psychotherapeutic techniques.
- Assist students in creating comprehensive treatment plans tailored to individual client needs, integrating evidence-based practices and client-specific factors.

**UNIT-I**

Introduction: Levels of Psychotherapy; characteristics of effective therapeutic relationship.

Brief introduction to supportive, Re-Educative, Reconstructive therapies. Eclectic and Integrative Approaches.

**UNIT-II**

Individual centric therapies: Psychoanalytic, client-centered, existential, behavioral, cognitive behavioral therapies

**UNIT-III**

Group therapy: Stages in the development of a group, approaches to group therapy



Expressive Therapies: Art therapy, Dance/movement therapy, Drama Therapy, Music Therapy,



**UNIT-IV**

Family therapy and play therapy: Assessment, Approaches and Techniques in family therapy, Play therapy.

**BOOKS RECOMMENDED**

- Capuzzi, D., & Gross, D. R. (2007). *Counselling and psychotherapy: Theories and interventions*. Pearson Education.
- Corey, G. (2001). *Theory and practice of counselling and psychotherapy*. Brooks/Cole.
- Flanagan, J. S., & Flanagan, R.S. (2004). *Counselling and psychotherapy theories in context and practice*. John Wiley & Sons.
- Gilliland, A. & James, C. (1998). *Theories and strategies in counselling and psychotherapy*. Allyn & Bacon.
- Ginter, E. J., Roysircar, G., Gerstein, L. H. (2019). *Theories and applications of counselling and psychotherapy*. Sage Publications.
- Kaslow, H. W. & Magnavita, J. J. (2002). *Comprehensive handbook of psychotherapy (Vols. I to IV)*. John Wiley and Sons.
- Reeves, A. (2018). *An introduction to counselling and psychotherapy: from theory to practice*. Sage Publications Limited.

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Winter, L. A., & Hanley, T. (2023). *The SAGE handbook of counselling and psychotherapy* (5th ed.). Sage Publications Limited

**NET SURFING REQUIRED:** Students will be highly encouraged to find out the relevant material through NET surfing.

**COURSE NO: P1PYTE104**

**Note for Paper Setting:**

MCQ on LMS + Subjective Test	Syllabus to be covered in the examination	Time allotted for the examination	%Weightage (Marks)
TEST I (after 30 days)	25%	1 hour	10 + 10
TEST II (after 60days)	26 to 50%	1 hour	10 + 10
Theory	Syllabus to be covered in the examination	Time allotted for the examination	%Weightage (Marks)
Major test (after 90 days)	100%	2 ½ hours	60
Total			100

The student shall be continuously evaluated during the conduct of each course on the basis of his/her performance as follows:

**Test I and Test II**

The Subjective Test I and Test II would consist of three short answer type questions (05 marks each). Students are required to answer two questions.

**Major Test**

The Major test will comprise of two sections, Section-A and Section-B. Section-A will have one compulsory question comprising of 10 parts (minimum 02 from each unit) of 03 marks each. Section B will have 04 questions of 15 marks each to be set from the last two units (02 from each unit). In Section B students are required to attempt 01 question from each unit.

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**Semester-I**

**COURSE TITLE: INTERVENTIONS IN COUNSELING PSYCHOLOGY**

**COURSE NO: P1PYTE105**

**CREDITS: 4**

**MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60) CONTACT HOURS: 60 HRS.**

**DURATION OF EXAM – 2 ½ HOURS**

**Course Outcomes:**

- Identify different counseling interventions and their theoretical foundations.
- Apply counseling techniques effectively in different scenarios.
- Use counseling interventions to support clients across different age groups and concerns.
- Analyze the effectiveness of interventions in various real-world settings.

**Unit I**

Foundations of Counseling Interventions: Introduction to Counseling Interventions (purpose, goals); Core Counseling Skills; Stages of Counseling Process; The Role of the Counselor. Psychodynamic Techniques; Cognitive-Behavioral Interventions; Humanistic and Person-Centered Approaches.

**Unit II**

Counseling Techniques and Modalities: Solution-Focused and Brief Therapy(Scaling questions, miracle question); Expressive Therapy Techniques(Art therapy, music therapy, narrative therapy).

Trauma and Crisis Intervention (Psychological first aid, debriefing techniques); Motivational Interviewing (MI) (Encouraging behavioral change).

**Unit III**

Advanced Intervention Strategies and Crisis Counseling: Family and Couples Counseling Techniques (Systemic therapy, structural therapy); Group Counseling Strategies (Group dynamics, leadership, facilitation skills).

School and Career Counseling (Academic stress, career decision-making, student well-being); Workplace Counseling

**Unit IV**

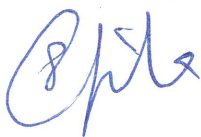
Counseling in Specific Settings: Substance Abuse and Addiction Counseling (Relapse prevention, harm reduction approaches); Medical and Rehabilitation Counseling (Chronic and terminal illness support, palliative care counseling)



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**Semester-I**  
**COURSE NO: P1PYTE105**

**BOOKS RECOMMENDED**

- Corey, G. (2020). *Theory and practice of counseling and psychotherapy* (10th ed.). Cengage Learning.
- Dryden, W., & Mytton, J. (2016). *Four approaches to counselling and psychotherapy* (2nd ed.). Routledge.
- Farmer, R. F., & Chapman, A. L. (2025). *Behavioral interventions in cognitive behavior therapy* (3rd ed.). American Psychological Association.
- Fraser, J. S. (2025). *Crisis intervention*. American Psychological Association.
- Gladding, S. T. (2018). *Counseling: A comprehensive profession* (8th ed.). Pearson.
- Ivey, A. E., Ivey, M. B., & Zalaquett, C. P. (2023). *Essentials of intentional counseling and psychotherapy in a multicultural world* (4th ed.). Cengage Learning.
- Jacobs, E. E., Masson, R. L., & Harvill, R. L. (2015). *Group counseling: Strategies and skills* (8th ed.). Cengage Learning.
- McLeod, J. (2019). *An introduction to counselling and psychotherapy* (6th ed.). Open University Press.
- Neukrug, E. (2017). *The world of the counselor: An introduction to the counseling profession* (5th ed.). Cengage Learning.
- Nichols, M. P., & Schwartz, R. C. (2016). *The essentials of family therapy* (6th ed.). Pearson.
- Sharma, S., Kalia, R., & Hussain, A. (2020). *Counseling psychology: Theories and practices*. Sage Publications.
- Welfel, E. R., & Patterson, L. E. (2018). *The counseling process: A multi-theoretical approach* (8th ed.). Cengage Learning.



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**Semester-I**

**COURSE NO: P1PYTE105**

**Note for Paper Setting**

<b>MCQ on LMS + Subjective Test</b>	<b>Syllabus to be covered in the examination</b>	<b>Time allotted for the examination</b>	<b>%Weightage (Marks)</b>
TEST I (after 30 days)	25%	1 hour	10 + 10
TEST II (after 60days)	26 to 50%	1 hour	10 + 10
Theory	Syllabus to be covered in the examination	Time allotted for the examination	%Weightage (Marks)
Major test (after 90 days)	100%	2 ½ hours	60
Total			100

The student shall be continuously evaluated during the conduct of each course on the basis of his/her performance as follows:

**Test I and Test II**

The Subjective Test I and Test II would consist of three short answer type questions (05 marks each). Students are required to answer two questions.

**Major Test**

The Major test will comprise of two sections, Section-A and Section-B. Section-A will have one compulsory question comprising of 10 parts (minimum 02 from each unit) of 03 marks each. Section B will have 04 questions of 15 marks each to be set from the last two units (02 from each unit). In Section B students are required to attempt 01 question from each unit.






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**Semester-I**

**COURSE TITLE: POSITIVE PSYCHOLOGY AT WORK**

**COURSE NO: PIPYTE106**

**CREDITS: 4**

**MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60) CONTACT HOURS: 60 HRS.**

**DURATION OF EXAM – 2 ½ HOURS**

**COURSE OUTCOME**

- Orientation about application of concepts and theories of positive psychology in the work settings.
- Understand the dynamics to make the work place healthier
- Familiarize with the phenomenon of productive work behavior, positive relations and sustainable growth
- Understanding the relevance of communication and stress management

**UNIT-I**

Positive Workplaces: Concept, Influence of Positive Organizational Behaviour on Positive Organizational Performance, Strategies to Create Positive Workplaces, Attributes of Healthy and Productive Work.

Positive Transformation: Key Processes of Flourishing and Inspiring Workplaces, Patterns of Organizational Life, Transformative Collaboration Approaches.

**UNIT-II**

Positive Engagement and Performance: Strengths and Talents, Flow, Mindfulness, The Meaningfulness of Work, Goal seeking, Setting, and Environmental Contingencies.

Positive States, Traits, and Processes: Positive Emotions in Organizations, Forgiveness in Organizations, Thriving in Organizations.

**UNIT-III**

Positive Relationships at Work: Concept, Positive Team Working, High Quality Working Relationships.

Positive Sustainable Growth: Concept, Psychological Capital, Appreciative Inquiry, Positive Profusion Theory of Growth of the Positive Organization.

**UNIT-IV**

Communication: Types of Communication in Organizations, Interpersonal Communication, Positive Communication, Improving Employee Communication Skills.

Stress: Predisposition to Stress, Sources of Stress, Consequences of Stress, Occupational Stress, Eustress at Work, Stress Reduction Interventions Related to Life/Work Issues.





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**Semester-I**

**COURSE NO: P1PYTE106**

**BOOKS RECOMMENDED**

- Aamodt, M.G. (2010). *Industrial/Organizational Psychology: An Applied Approach*. (6<sup>th</sup> ed.). Wadsworth Cengage Learning.
- Baumgardner, S. R. & Crothers, M. K. (2014). *Positive psychology*. Pearson Education.
- Baumgardner, M. S., Crothers, M., Misra, G. & Saini, D. (2024). *Positive psychology*. Pearson Education.
- Campbell Quick, J., Cooper, C. L., Gibbs, P. C., Little, L. M., & Nelson, D. L. (2010). *Positive organizational behavior at work*. Wiley Blackwell.
- Compton, W. C., & Hoffman, E. (2013). *Positive Psychology: The Science of Happiness and Flourishing* (2nd ed.). Wadsworth.
- Carr, A. (2011). *Positive psychology: The science of happiness and human strengths*. Routledge.
- Lewis, S. (2011). *Positive psychology at work*. John Wiley & Sons.
- Levy, P.E. (2010). *Industrial Organizational Psychology: Understanding the Workplace*. (3<sup>rd</sup> ed.). Worth Publishers.
- Nelson, D. L. & Cooper, C.L. (2007). *Positive Organizational Behaviour: Accentuating the positive at work*. Sage Publications. Inc.
- Snyder, C.R., Lopez, S.J. & Pedrotti, J.T. (2011). *Positive Psychology: The Scientific and Practical Explorations Of Human Strengths* (2nd Ed). Sage Publication, Inc.
- Turner, N., Barling, J., & Zacharatos, A. (2002). *Positive Psychology at Work*. University Press.

**NET SURFING REQUIRED:** Students will be highly encouraged to find out the relevant material through NET surfing.



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**Semester-I**  
**COURSE NO: P1PYTE106**

**Note for Paper Setting**

MCQ on LMS + Subjective Test	Syllabus to be covered in the examination	Time allotted for the examination	% Weightage (Marks)
TEST I (after 30 days)	25%	1 hour	10 + 10
TEST II (after 60 days)	26 to 50%	1 hour	10 + 10
Theory	Syllabus to be covered in the examination	Time allotted for the examination	% Weightage (Marks)
Major test (after 90 days)	100%	2 ½ hours	60
Total			100

The student shall be continuously evaluated during the conduct of each course on the basis of his/her performance as follows:

**Test I and Test II**

The Subjective Test I and Test II would consist of three short answer type questions (05 marks each). Students are required to answer two questions.

**Major Test**

The Major test will comprise of two sections, Section-A and Section-B. Section-A will have one compulsory question comprising of 10 parts (minimum 02 from each unit) of 03 marks each. Section B will have 04 questions of 15 marks each to be set from the last two units (02 from each unit). In Section B students are required to attempt 01 question from each unit.



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**Semester-I**

**COURSE TITLE: HEALTH PSYCHOLOGY**

**COURSE NO: P1PYTE107**

**CREDITS: 4**

**MAXIMUM MARKS: 100(MINOR= 40 + MAJOR=60) CONTACT HOURS: 60 HRS.**

**DURATION OF EXAM – 2 ½ HOURS**

**COURSE OUTCOME**

- Understand the foundational concepts, theories, and models in health psychology.
- Analyze how our behaviors have an impact on physical health.
- Apply health psychology principles to real-world scenarios, including clinical settings and public health initiatives.
- Learn strategies for promoting health and preventing disease at both individual and community levels.
- Explore the relationship between stress and health, and evaluate various coping mechanisms and their effectiveness.

**UNIT- I**

Introduction and historical background to Health Psychology, Mind and Body Connection, Bio-medical Model, Bio-psychosocial Model, Cultural Approaches to Health Psychology, Future of Health Psychology.

**UNIT- II**

Pain and Illness: Pain, The Process of Illness, Preventing Illness

Determinants of Health Behavior: Theoretical Approaches to Health Behavior, Cognitive Behavioral Approaches to Health Behavior Change.

**UNIT- III**

Health Enhancing Behaviors: Exercise, Accident Prevention, Weight control, Sleep, Vaccination and Screening, Healthy Diet.

Health Compromising Behaviors: Smoking, Alcoholism and Problem Drinking.

**UNIT- IV**

Stress and coping: Theories of Stress (Selye and Lazarus), Sources of Chronic Stress,

Physiology of Stress, Coping Styles, Coping Interventions (Mindfulness Meditation,

Expressive Writing, Self-affirmation, and Relaxation Training) and Social Support.

Communication in Health Settings: Communication in Medical Encounter, Treatment Adherence and Patient Empowerment, Physician. Patient Relationship.

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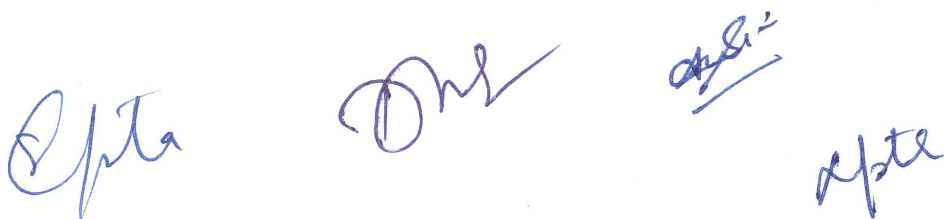
**COURSE NO: P1PYTE107**

**BOOKS RECOMMENDED**

- Abraham, C., Conner, M., Jones, F., & O'Connor, D. (2016). *Health psychology*. Routledge.
- Anisman, H. (2016). *Health Psychology*. SAGE Publication.
- Dimatteo, M. R., & Martin, L. R. (2002). *Health Psychology*. Pearson Education
- Marks, D. F., Murray, M., Locke, A., Annunziato, R. A., & Estacio, E. V. (2024). *Health psychology: Theory, research and practice* (7th ed.). Sage Publications.
- Marks, D.F., Murray, M., Evans, B., Willig, C., Woodall, C., & Sykes, C. M. (2008). *Health Psychology: Theory, Research, and Practice*. SAGE Publication.
- Ragin, F. D. (2019). *Health Psychology: An Interdisciplinary Approach to Health*. Pearson Education.
- Revenson, T.A., & Gurung, R.A.R. (2019). *Handbook of Health Psychology*. Routledge.
- Sanderson, C.A. (2018). *Health Psychology: Understanding the Mind-Body Connection*. SAGE Publications.
- Sarafino, E.P. (2002). *Health Psychology: Biopsychosocial Interactions* (4th ed.). John Wiley and Sons.
- Sanderman, R., & Morgan, K. (2025). *The Routledge International Handbook of Health Psychology Global and Contemporary Issues*. Routledge
- Taylor, S.E. (2012). *Health Psychology* (7th ed.). Tata McGraw Hill.

**NET SURFING REQUIRED:**

Students are highly encouraged to find out the relevant material through NET surfing





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**COURSE NO: P1PYTE107**

**Note for Paper Setting:**

MCQ on LMS + Subjective Test	Syllabus to be covered in the examination	Time allotted for the examination	%Weightage (Marks)
TEST I (after 30 days)	25%	1 hour	10 + 10
TEST II (after 60days)	26 to 50%	1 hour	10 + 10
Theory	Syllabus to be covered in the examination	Time allotted for the examination	%Weightage (Marks)
Major test (after 90 days)	100%	2 ½ hours	60
Total			100

The student shall be continuously evaluated during the conduct of each course on the basis of his/her performance as follows:

**Test I and Test II**

The Subjective Test I and Test II would consist of three short answer type questions (05 marks each). Students are required to answer two questions.

**Major Test**

The Major test will comprise of two sections, Section-A and Section-B. Section-A will have one compulsory question comprising of 10 parts (minimum 02 from each unit) of 03 marks each. Section B will have 04 questions of 15 marks each to be set from the last two units (02 from each unit). In Section B students are required to attempt 01 question from each unit.



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**Semester-I**

**COURSE TITLE: MILITARY/POLICE PSYCHOLOGY**

**COURSE NO: P1PYTE108**

**CREDITS: 4**

**MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60) CONTACT HOURS: 60 HRS**

**DURATION OF EXAM – 2 ½ HOURS**

**COURSE OUTCOMES**

- Develop an understanding of the nature and scope of military /Police psychology,
- Knowledge of the assessment in personnel selection and training
- Understand the role of leadership in military, and other related issues
- Acquaint with the techniques to be used in threatening and special situations

**UNIT-I**

Military/ Police Psychology: Nature, Scope, Historical perspective, Application, Developments, Contemporary issues and Emerging trends. Application of Psychology in Police organization

**UNIT-II**

Selection, Allocation and Training: Psychological Assessment for Personnel selection, Situational Tests, Cognitive and Personality based assessment, Issues and Perspectives. Selection for special task, Pilot Selection. Need, types and methods of training.

**UNIT-III**

Leadership: Effective leadership, Leading small and large units, Leadership in peace and war, Leadership for change and stability, Leadership and subordination, Group cohesion and morale.

**UNIT-IV**

Interview and interrogation, threat assessment. Issues relating special operations, training and performance in special situations, futuristic warfare

**BOOKS RECOMMENDED**

Glover, E.C. (2022). *Military Psychology*. Sumit Enterprises.

Hall, R. & Mangelndroff, A.D. (1991). *Handbook of Military Psychology*. John Wiley & Sons.

Kennedy, C.H. & Zillmer, E.A. (2006). *Military Psychology: Clinical and Operational Applications*. Guilford Press.

Maheshwari, N. (2015). *Military Psychology: Concepts, Trends and Interventions*. Sage India

Ramachandran, K. (in press). *Handbook of Military Psychology*. DIPR.

Shalit, B. (1988). *The Psychology of Conflict and Combat*. Praeger.

Stephen V. Bowles, & Paul T. Bartone (2017). *Handbook of military psychology : Clinical and organizational practice*. Springer

Thomas, D.J. (2011). *Police Psychology: A New Specialty and New Challenges for Men and Women in Blue*. Praeger Publishers Inc

**NET SURFING REQUIRED:**

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**COURSE NO: P1PYTE108**

**Note for Paper Setting:**

MCQ on LMS + Subjective Test	Syllabus to be covered in the examination	Time allotted for the examination	%Weightage (Marks)
TEST I (after 30 days)	25%	1 hour	10 + 10
TEST II (after 60days)	26 to 50%	1 hour	10 + 10
Theory	Syllabus to be covered in the examination	Time allotted for the examination	%Weightage (Marks)
Major test (after 90 days)	100%	2 ½ hours	60
Total			100

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**Test I and Test II**

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**Major Test**

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**COURSE TITLE: COMMUNITY PSYCHOLOGY**

**COURSE NO: P1PYTE109CREDITS: 4**

**MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60) CONTACT HOURS: 60 HRS**

**DURATION OF EXAM – 2 ½ HOURS**

**COURSE OUTCOMES**

- Acquaint students with the nature, history and future of community psychology.
- Understand the concept of community and human diversity
- Analyze the concept of change in social settings
- Familiarize students with the social and human services in the Community:

**UNIT I**

Introduction to Community Psychology: Philosophy and Aims of Community Psychology

Emergence of Community Psychology: History of Community Psychology in India, Future of Community Psychology

**UNIT II**

Understanding Communities: Defining Community, Sense of Community, Building Communities

Understanding Human Diversity: Key Dimensions of Human Diversity, Liberation and Oppression, Acculturation

**UNIT III**

Prevention and Promotion: Key Concepts; Current and Future Applications

Promoting Community and Social Change: Citizen Participation and Empowerment; Approaches and Issues for Community and Social Change

**UNIT IV**

Social and human Services in the Community: Child Maltreatment, Elderly, Homeless, Teenage pregnancy; Community Health and Prevention; Law, Crime and Community

**BOOKS RECOMMENDED**

Dalton, J. H., Elias, M. J., & Wandersman, A. (2007). *Community Psychology: Linking Individuals and Communities (2<sup>nd</sup> Ed)*. Thomson Wadsworth.

Deb, S., Sunny, A.M., Sanyal, N., & Deb, S. (2024). *Community Psychology: Emerging issues and challenges*. Routledge India.

Duffy, K. G. & Wong, F. Y. (2000) *Community Psychology*. Allyn & Bacon.

Kloos, B., Hill, J., Thomas, E., Wandersman, A., Elias, M. J., & Dalton, J. H. (2012).



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**Semester-I**

*Community psychology*. Cengage Learning.

Moritsugu, J., Vera, E., Wong, F. Y., & Duffy, K. (2019). *Community psychology* (6th ed.). Routledge.

Moritsugu, J., Vera, E., Wong, F. Y., Duffy, K. G. (2017). *Community Psychology* (5th Ed.). Routledge.

Nelson, G. & Prilleltensky, I. (2010). *Community Psychology: In Pursuit of Liberation and Well Being*. Palgrave Macmillan.

Riemer, M., Reich, S. M., Evans, S. D., Nelson, G., & Prilleltensky, I. (Eds.). (2020).

*Community psychology: In pursuit of liberation and wellbeing*. Bloomsbury Publishing.

**NET SURFING REQUIRED:**

**COURSE NO: P1PYTE109**

Students are highly encouraged to find out the relevant material through NET

Note for Paper Setting:

The student shall be continuously evaluated during the conduct of each course on the basis of his/her performance as follows:

MCQ on LMS + Subjective Test	Syllabus to be covered in the examination	Time allotted for the examination	% Weightage (Marks)
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Theory	Syllabus to be covered in the examination	Time allotted for the examination	% Weightage (Marks)
Major test (after 90 days)	100%	2 ½ hours	60
Total			100

**Test I and Test II**

The Subjective Test I and Test II would consist of three short answer type questions (05 marks each). Students are required to answer two questions.

**Major Test**

The Major test will comprise of two sections, Section-A and Section-B. Section-A will have one compulsory question comprising of 10 parts (minimum 02 from each unit) of 03 marks each. Section B will have 04 questions of 15 marks each to be set from the last two units (02 from each unit). In Section B students are required to attempt 01 question from each unit






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**M.A. PSYCHOLOGY UNDER NEP 2020**  
**SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028**  
**Semester-I**

**COURSE TITLE: PRACTICALS IN PSYCHOLOGY**

**COURSE NO: P1PYPC110**

**CREDITS: 4**

**MAXIMUM MARKS: 100**

**CONTACT HOURS: 120 HRS**

**DURATION OF EXAM = 4 HOURS**

**COURSE OUTCOMES**

- Provide students an understanding of important concepts involved in psychology and to enhance their ability to apply this knowledge to test various concepts in laboratory conditions.
- Able to integrate theoretical concepts learned in lectures with practical applications.
- Demonstrate an understanding of how psychological theories inform research and practice.
- Foster critical thinking skills by requiring students to perform reasoning and decision making practical.

**Orientation to all the practicals. At least 5 practicals out of the following list are to be done during the semester.**

At least 5 practical's (3 from group A and 2 from Group B) out of the following list have to be conducted during the semester.

**Group A**

1. Attitude
2. Aggression
3. Self-esteem
4. Pro-Social behavior
5. Qualitative Technique
6. Identity formation
7. Cognitive decline
8. Role playing
9. Emotional maturity
10. Attachment style
11. Self control
12. Moral values
13. Values conflict
14. Interpersonal trust
15. Gender identity
16. Orientation to Normality (SPSS)
17. Orientation to reliability and validity (SPSS)

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**Semester-I**

Group B (Any two practicals/ experiments based on the Elective opted by the student)

**COURSE NO: P1PYPC110**

Group B –I (Related to psychotherapeutic interventions)

1. One case study of an adolescent Male/ Female
2. Psycho education
3. Behavior therapy
4. Cognitive behavioral therapy
5. Expressive therapy

Group-B –II (Related to interventions in counselling psychology)

1. Expressive therapy
2. Role play for Micro skills
3. Motivational intervening for behavioral skills
4. Career Counseling
5. Addiction
6. Psychological first aid

Group-B-III (Related to Positive Psychology at Work)

1. Meaning oriented interventions
2. Enacting flow and engagement in work place
3. Psychological capital interventions
4. Strategies to create positive workplace
5. Humor interventions
6. Gratitude interventions
7. Forgiveness interventions



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**Semester-I**

**COURSE NO: P1PYPC110**

**Note for External practical examination**

The student shall be continuously evaluated during the conduct of each course on the basis of his/her performance as follows:

**External Practical examination**

External Practical shall be conducted by Board of Examiners consisting of Head of the Department, one/two Senior Professors of concerned department, concerned teacher and outside expert to evaluate/assess final practical performance of the students.

**SCHEME OF EVALUATION**

MCQ on LMS + Subjective Test	Time allotted for the examination	%Weightage (Marks)		
Mid-term appraisal	4 hours	25%		
EXTERNAL EXAMINATION	4 hours	75%	50%	Practical report
			25%	Viva-voce
Total		100		

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**SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2027, 2028, 2029**  
**SEMESTER -II**  
**COURSE TITLE: POSITIVE PSYCHOLOGY AND ITS APPLICATIONS**

**COURSE NO: P1PYTC201**

**CREDITS: 4**

**MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)**

**CONTACT HOURS: 60 HRS**

**DURATION OF EXAM – 2 ½ HOURS**

**COURSE OUTCOME**

- Appreciate the historical development and know the future of positive psychology.
- Able to understand types of well-being.
- Understand the concept of Human strengths.
- Apply the various principles of positive psychology.

**UNIT- I**

Introduction and historical overview of Positive Psychology, Positive Psychology Perspectives (Western, Eastern, Historical, Philosophical, Epistemological and Indian Perspectives)

Progress in Positive Psychology: Some Reflections from India

**UNIT- II**

The Salutogenic Model: An Analytical Model of Happiness, Positive Affectivity, Positive Emotions

Subjective Well-Being, Eudaimonic Wellbeing, Emotional Intelligence

**UNIT –III**

Classifications of Human Strengths: Gallup's Clifton Strengths finder and The VIA

Classification of Strengths

Self-Efficacy, Optimism, Hope, Resilience Compassion, Forgiveness, Gratitude, Flow

**UNIT-IV**

Applying Principles of Positive Psychology in Schools, Positive Psychology in Workplace  
Enabling Communities to Thrive,

Positive Psychology Interventions, Positive Psychology for Disability and Rehabilitation



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**SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2027, 2028, 2029**  
**SEMESTER -II**

**COURSE NO: P1PYTC201**

**BOOKS RECOMMENDED**

- Baumgardner, S.M., Crothers, M., Misra, G., & Saini, D. (2024). *Positive Psychology*. Pearson Education.
- Boniwell, I. (2012). *Positive psychology in a nutshell: The science of happiness: The science of happiness*. McGraw-Hill Education.
- Biswas-Diener, R. (2008). *Invitation to Positive Psychology: Research and Tools For the professional*. British Library Cataloguing –in- Publication Data.
- Carr, A. (2011). *Positive Psychology: The Science of Happiness and Human Strengths (2nd ed.)*. Routledge.
- Donaldson, S. I., Csikszentmihalyi, M., & Nakamura, J. (2011). *Applied positive psychology: Improving everyday life, health, schools, work, and society*. Routledge.
- Donaldson, S. I., Csikszentmihalyi, M., & Nakamura, J. (Eds.). (2020). *Positive psychological science: Improving everyday life, well-being, work, education, and societies across the globe*. Routledge.
- Dunn, D.S. (2018). *Positive Psychology: Established and emerging issues*. Taylor & Francis.
- Gilman, R., Huebner, E. S., & Furlong, M. J. (2003). *Handbook of Positive Psychology in Schools*. Routledge.
- Giraldez-Hayes A. & Burke J. (2023). *Applied Positive School Psychology*. Routledge
- Hefferon, K., & Boniwell, I. (2011). *Positive psychology: Theory, research and applications*. McGraw-Hill Education (UK).
- Ivtzan, I., Lomas, T., Hefferon, K., & Worth, P. (2016). *Second wave positive psychology: Embracing the dark side of life*. Routledge.
- Joseph S. (2015). *Promoting Human Flourishing in Work, Health, Education, and Everyday Life: Promoting Human Flourishing in Work, Health, Education, and Everyday Life. (2nd Ed.)*. John Wiley & Sons, Inc.
- Kumar, U., Archana & Parkash, V. (2016). *Positive Psychology Applications in Work, Health and Well-being*. Pearson: Delhi.
- Linley, P. A., & Joseph, S. (2004). *Positive Psychology in Practice*. John Wiley & Sons, Inc.
- Oades, Lindsay G. Steger, M. F. Fave, A. D & Passmore J. (2017). *The Wiley Blackwell Handbook of the Psychology of Positivity and Strengths-Based Approaches at Work*. John Wiley & Sons, Ltd.
- Snyder, C.R., Lopez, S.J. (2002). *Handbook of Positive Psychology*. Oxford University Press.
- Snyder, C.R., Lopez, S.J. (2011). *Positive Psychology. (2nd ed.)* Sage Publications.

**NET SURFING REQUIRED:**

**Students are highly encouraged to find out the relevant material through NET surfing.**

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**SEMESTER -II**

**COURSE NO: P1PYTC201**

**Note for paper setting**

<b>MCQ on LMS + Subjective Test</b>	<b>Syllabus to be covered in the examination</b>	<b>Time allotted for the examination</b>	<b>%Weightage (Marks)</b>
TEST I (after 30 days)	25%	1 hour	10 + 10
TEST II (after 60days)	26 to 50%	1 hour	10 + 10
Theory	Syllabus to be covered in the examination	Time allotted for the examination	%Weightage (Marks)
Major test (after 90 days)	100%	2 ½ hours	60
Total			100

The student shall be continuously evaluated during the conduct of each course on the basis of his/her performance as follows:

**Test I and Test II**

The Subjective Test I and Test II would consist of three short answer type questions (05 marks each). Students are required to answer two questions.

**Major Test**

The Major test will comprise of two sections, Section-A and Section-B. Section-A will have one compulsory question comprising of 10 parts (minimum 02 from each unit) of 03 marks each. Section B will have 04 questions of 15 marks each to be set from the last two units (02 from each unit). In Section B students are required to attempt 01 question from each unit





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**SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2027, 2028, 2029**  
**SEMESTER -II**  
**COURSE TITLE: ENVIRONMENTAL PSYCHOLOGY**

**COURSE NO: P1PYTE202**

**CREDITS: 4**

**MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)**

**CONTACT HOURS: 60 HRS.**

**DURATION OF EXAM – 2 ½ HOURS**

**COURSE OUTCOME**

- Able to appreciate the basic concepts of Environmental Psychology.
- Understand the perspectives of Environmental Psychology
- Applying psychological principles to promote sustainable behavior and improve human environment relationship.
- Analyze the role of cognition in shaping human interaction with various environmental settings
- Exploring the ways of encouraging pro-environmental behaviour
- Design strategies aimed at enhancing environmental awareness and behavior changes

**UNIT –I**

Environmental psychology: Meaning, History, Nature, and Scope. Research methods in Environmental Psychology. Ethical considerations in environmental research. Models to explain environmental behavior.

**UNIT-II**

Environmental perception: perspectives, Nativism vs learning, Habituation and the perception of change.

Environmental cognition: cognitive maps (methods, errors, memory ), Wayfinding.

**UNIT-III**

Environmental risk perception: environmental risks, subjective risk judgment, emotional reactions to environmental risks

Environmental stress: concept, effects of environmental stress: Noise, Crowding, poor housing quality, Poor neighborhood quality, traffic congestion. Territorial behavior.

**UNIT-IV**

Pro- Environmental behavior: Concept, values, social norms, eclectic model to save the environment.

Environment and quality of life, future perspectives in environmental psychology.

**BOOKS RECOMMENDED**

Bell.P.A., Greene. T. C., Fisher. J.D., & Buam. A., (1996). *Environmental Psychology*. Harcourt Brace College Publishers.

Devlin. A.S. (2018). *Environmental Psychology and Human Well-Being*. Elsevier

Steg. L., Agnese., & De Groot, J.I.M. (2019) *Environmental Psychology*. John Wiley & Sons Ltd.

Muatter. A. (2024). *Environmental Psychology: Understanding the Interplay Between Humans and their Surroundings (Insights, Applications, and Strategies for Sustainable Living)* (1<sup>st</sup>.ed.)



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**SEMESTER -II**

**COURSE NO: P1PYTE202**

**Note for Paper Setting:**

<b>MCQ on LMS + Subjective Test</b>	<b>Syllabus to be covered in the examination</b>	<b>Time allotted for the examination</b>	<b>%Weightage (Marks)</b>
TEST I (after 30 days)	25%	1 hour	10 + 10
TEST II (after 60days)	26 to 50%	1 hour	10 + 10
Theory	Syllabus to be covered in the examination	Time allotted for the examination	%Weightage (Marks)
Major test (after 90 days)	100%	2 ½ hours	60
Total			100

The student shall be continuously evaluated during the conduct of each course on the basis of his/her performance as follows:

**Test I and Test II**

The Subjective Test I and Test II would consist of three short answer type questions (05 marks each). Students are required to answer two questions.

**Major Test**

The Major test will comprise of two sections, Section-A and Section-B. Section-A will have one compulsory question comprising of 10 parts (minimum 02 from each unit) of 03 marks each. Section B will have 04 questions of 15 marks each to be set from the last two units (02 from each unit). In Section B students are required to attempt 01 question from each unit



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**SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2027, 2028, 2029**  
**SEMESTER -II**  
**COURSE TITLE: INDIAN PSYCHOLOGY**

**COURSE NO: P1PYTE203**

**CREDITS: 4**

**MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)**

**CONTACT HOURS: 60 HRS**

**DURATION OF EXAM – 2 ½ HOURS**

**COURSE OUTCOME:**


- Appreciate the historical development and concepts of Indian Psychology.
- Able to understand peace and happiness as viewed in the Indian context.
- Understand the concept of self and personality from the perspective of Indian Psychology.
- Evolve the applications of Indian psychology.

**Unit-I** Introduction to Indian Psychology: Psychology in Indian Tradition, Sources of Indian Psychology, Concept of Doctrine of Karma, Concept of Dharma and its Role, Implications of Dharma and Karma for Psychology, Ubiquitous Suffering, The Human Quest, Self realization, Research on Indian Concepts of Psychology (Major challenges and perspectives for future action)

**Unit –II** Peace and Happiness: A General Model of Peace and Happiness, Peace and Happiness in the Bhagavad Gita, The Path of Shedding Desires, The Path of Knowledge, The Path of Work, The Path of Meditation, The Path of Devotion, Path 2 and Synonyms of Peace and Happiness, Support for the Model in Other Indian Texts, Implications for Global Psychology.

**Unit-III** Self and Personality: Stages of Life and Concept of Self, Theories of self in Indian thought, The Concept of Anattā and the Denial of the Self in Buddhism, Jaina Conception of the Self, Svabhāva, Prakṛti and Personality, Three Types of Personality in the Bhagavad Gītā, Constitution (Prakṛti) and Personality According to Āyurveda, A Buddhist Perspective on Personality Types. The Idea of Personality in Sufism

**Unit IV:** Applied Indian Psychology: Indian model of applied psychology, Implications of Indian Psychology (For human development, pedagogic, therapeutic), Applications (mental health and hygiene, cure, Indian Psychology and Positive Psychology).



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**SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2027, 2028, 2029**  
**SEMESTER -II**  
**COURSE NO: P1PYTE203**

**BOOKS RECOMMENDED**

Bhawuk, D. P. S. (2011). *Spirituality and Indian Psychology: Lessons from the Bhagavad-Gita*. Springer India.

Bhushan, B. (2017). *Eminent Indian Psychologists: 100 Years of Psychology in India*. Sage Publications.

Cornelissen R. M. M., Misra, G. & Varma S. (2014). *Foundations and applications of Indian Psychology* (Vol II). Pearson India.

Kumar, K. (2023). *Realm of Indian psychology*. Sankalp Publication.

Misra, G., & Mohanty, A. K. (2002). *Perspectives on indigenous psychology*. Concept Publishing Company.

Rao, K. R., & Paranjpe, A. C. (2016). *Psychology in the Indian tradition*. Springer India.

Rao, K. R., Paranjpe, A. C. & Dalal A. K. (2009). *Handbook of Indian psychology*. Foundation Books.

Ryckman, R.M. (2013). *Theories of personality* (10th ed.). Wadsworth.


Sinha, J. (2017). *Indian Psychology: Vol. I Cognition*. Motilal Banarsidass Publishing House.

Sinha, J. (2017). *Indian Psychology: Vol. II Emotion and Will*. Motilal Banarsidass Publishing House.

Sinha, J. (2017). *Indian Psychology: Vol. III Epistemology of Perception*. Motilal Banarsidass Publishing House.

**NET SURFING REQUIRED:**

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**SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2027, 2028, 2029**  
**SEMESTER -II**

**COURSE NO: P1PYTE203**

**Note for the paper setting:**

<b>MCQ on LMS + Subjective Test</b>	<b>Syllabus to be covered in the examination</b>	<b>Time allotted for the examination</b>	<b>%Weightage (Marks)</b>
TEST I (after 30 days)	25%	1 hour	10 + 10
TEST II (after 60days)	26 to 50%	1 hour	10 + 10
Theory	Syllabus to be covered in the examination	Time allotted for the examination	%Weightage (Marks)
Major test (after 90 days)	100%	2 ½ hours	60
Total			100

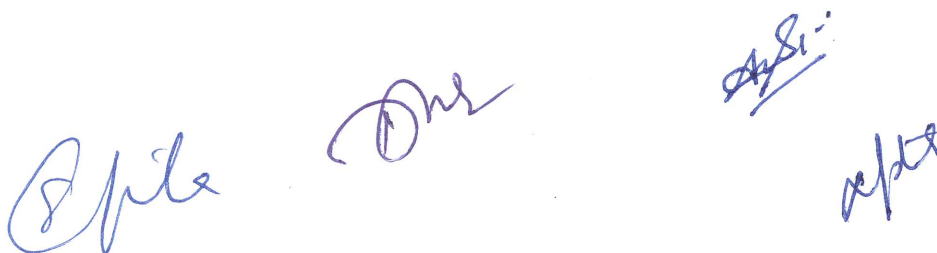
The student shall be continuously evaluated during the conduct of each course on the basis of his/her performance as follows:

**Test I and Test II**

The Subjective Test I and Test II would consist of three short answer type questions (05 marks each). Students are required to answer two questions.

**Major Test**

The Major test will comprise of two sections, Section-A and Section-B. Section-A will have one compulsory question comprising of 10 parts (minimum 02 from each unit) of 03 marks each. Section B will have 04 questions of 15 marks each to be set from the last two units (02 from each unit). In Section B students are required to attempt 01 question from each unit





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**SEMESTER -II**

**COURSE TITLE: RESEARCH DISSERTATION**

**COURSE NO: P1PYRC204**

**CREDITS: 16**

**MAXIMUM MARKS: 400**

**COURSE OUTCOME**

- Apply the Research Methodology to empirically test the theoretical concepts.
- It will gain them insight into how various methodologies can be applied.
- Enhance the ability of students to apply knowledge
- Learn and understand the scientific process involved in research

**Dissertation**

- a) Identification of Problem, Review of Literature
- b) Formulation of Hypotheses, identify the population from which the sample is to be drawn.
- c) Procurement of tools
- d) Data collection
- e) Analysis of interpretation
- f) Report writing
- g) Viva voce



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**SEMESTER -II**

**COURSE NO: P1PYRC204**

**Note for External examination**

The student shall be continuously evaluated during the conduct of each course on the basis of his/her performance as follows:

**External examination**

External exam shall be conducted by Board of Examiners consisting of Head of the Department, one/two Senior Professors of concerned department, concerned teacher and outside expert to evaluate dissertation of the students.

**SCHEME OF EVALUATION**

MCQ on LMS + Subjective Test	Time allotted for the examination	%Weightage (Marks)		
Mid-term appraisal	4 hours	25%		
EXTERNAL EXAMINATION	4hours	75%	50%	Project report
			25%	Viva-voce
Total				100

