



UNIVERSITY OF JAMMU

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

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION **(25/Aug/Adp. 69)**

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

Neeh Rohan
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

TWO YEAR MASTER DEGREE PROGRAMME
PSYCHOLOGY UNDER NEP2020
SUBJECT CODE: PGSSP006

2025

Course and Credits for two year PG in Psychology

SEMESTER- I

Course Code	Paper	Course Type	Credits	Contact hours per week
P2PYTC101	Fundamentals of Psychology	Core	4	5
P2PYTC102	Statistics for Behavioral Sciences	Core	4	5
P2PYTC103	Research in Psychology	Core	4	5
P2PYTE104	Introduction to Psychopathology	Elective	4	5
P2PYTE105	Foundations in Counseling Psychology	Elective	4	5
P2PYTE106	Organizational Psychology	Elective	4	5
P2PYPC107	Practicals in Psychology-I	Core	4	10
P2PYPC108	Field Training in Psychology	Core	4	4

Total Credits in Semester I- 24

Select one course from the elective courses. At least two elective courses will be run based on the selection by the majority of the students

SEMESTER-II

Course Code	Paper	Course Type	Credits	Contact hours per week
P2PYTC201	Cognitive Psychology	Core	4	5
P2PYTC202	Biopsychology	Core	4	5
P2PYTC203	Psychology of Personality	Core	4	5
P2PYTE204	Psychological Assessment	Elective	4	5
P2PYTE205	Assessment in Organizational Psychology	Elective	4	5
P2PYPC206	Practicals in Psychology-II	Core	4	10
P2PYPC207	Internship	Core	4	120 overall
P2PYVC251*	Psychology in day to day life	Vocational	4	Summer term

Total Credits in Semester II- 24 +4*

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

NOTE

***Vocational course: This course is mandatory for the students who intend to exit after the first year (after sem –II) of the 02-year PG Programme**



TWO YEAR MASTER DEGREE PROGRAMME
PSYCHOLOGY UNDER NEP2020
SUBJECT CODE: PGSSPCC6
2025

SEMESTER-III

Course Code	Paper	Course Type	Credits	Contact hours per week
P2PYTC 301	Social Psychology	Core	4	5
P2PYTC 302	Psychological Testing and Psychometrics	Core	4	5
P2PYTC 303	Life-Span Psychology	Core	4	5
GROUP A				
P2PYTE 304	Psychotherapeutic Interventions	Elective	4	5
P2PYTE 305	Interventions in counseling psychology	Elective	4	5
P2PYTE 306	Positive psychology at work	Elective	4	5
GROUP B				
P2PYTE 307	Health Psychology	Elective	4	5
P2PYTE 308	Military/Police Psychology	Elective	4	5
P2PYTE 309	Community Psychology	Elective	4	5
P2PYPC310	Practicals in Psychology-III	Core	4	10
P2PYMO351	MOOC/ Swayam Courses	MOOC	4	Online

Total Credits in Semester III- 28

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 IV

Course Code	Paper	Course Type	Credits	Contact hours per week
P2PYTC401	Positive Psychology and its Applications	Core	4	5
P2PYTE402	Environmental psychology	Elective	4	5
P2PYTE403	Indian Psychology	Elective	4	5
P2PYRC404	Research Dissertation	Core	16	10

Total Credits in Semester IV- 24

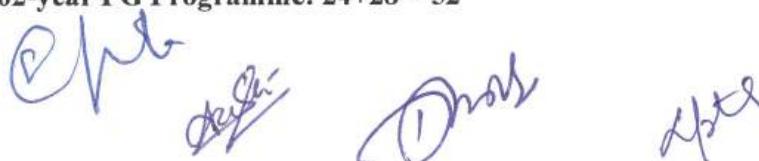
NOTE:

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

Total Credits to be Earned for two-year PG : 24+24+28+24 =100

Total Credits to be Earned by those who intend to exit after the first year (after sem –II) of the 02-year PG Programme: 24+28 = 52



**TWO YEAR MASTER DECREE PROGRAMME
PSYCHOLOGY UNDER NEP 2020
SUBJECT CODE: PGSSP006**

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/Disertation	Swayam/ MOOC	Vocational course
				Credit Level	Credit point	Theory	Practical	Global/ National/ Regional	Skill			
		Semester-I										
1	P2PYTC101	Fundamentals of Psychology	4	6.5	26	100	--	Global				
2	P2PYTC102	Statistics for Behavioral Sciences	4	6.5	26	100		Global				
3	P2PYTC103	Research in Psychology	4	6.5	26	100		Global				
4	P2PYTC104	Introduction to Psychopathology	4	6.5	26	100		Global				
5	P2PYTE105	Foundations in Counseling Psychology	4	6.5	26	100		Global				
6	P2PYTE106	Organizational Psychology	4	6.5	26	100		Global				
7	P2PYPC107	Practicals in Psychology-I	4	6.5	26	100	100	Global				
8	P2PYPC108	Field Training in Psychology	4	6.5	26	100		Global	Skill			
		Semester-II										
9	P2PYTC201	Cognitive Psychology	4	6.5	26	100		Global				
10	P2PYTC202	Biopsychology	4	6.5	26	100		Global				
11	P2PYTC203	Psychology of Personality	4	6.5	26	100		Global				
12	P2PYTE204	Psychological Assessment	4	6.5	26	100		Global	Skill			
13	P2PYTE205	Assessment in Organizational Psychology	4	6.5	26	100		Global	Skill			
14	P2PYPC206	Practicals in Psychology-II	4	6.5	26		100	Global	Skill			
15	P2PYPC207	Internship	4	6.5	26		100	Global	Skill	Summer Internship		
16	P2PYVC251	Psychology in Day Today life	4	6.5	26	100		Global	Skill	Summer term		Vocational





Sl. No.	Course Code	Course Title	Cr.	Th	Pr	Lab	Co	Elective	MOOC	Global	Skill	Dissertation
		SEMESTER-III										
17	P2PYTC301	Social Psychology	4	6.5	26		Core	100		Global		
18	P2PYTC302	Psychological Testing and Psychometrics	4	6.5	26		Core	100		Global		
19	P2PYTC303	Life-Span Psychology	4	6.5	26		Core	100		Global		
20	P2PYTE304	Psychotherapeutic Interventions	4	6.5	26		Elective	100		Global		
21	P2PYTE305	Interventions in Counselling Psychology	4	6.5	26		Elective	100		Global		
22	P2PYTE306	Positive Psychology at Work	4	6.5	26		Elective	100		Global	Skill	
23	P2PYTE307	Health Psychology	4	6.5	26		Elective	100		Global		
24	P2PYTE308	Military/Police Psychology	4	6.5	26		Elective	100		Global	Skill	
25	P2PYTE309	Community Psychology	4	6.5	26		Elective	100		Global	Skill	
26	P2PYPC310	Practicals in Psychology-III	4	6.5			Core		100	Global	Skill	
27	P2PYMO351	MOOC/ Swayam Courses	4	6.5	26		MOOC			Global		MOOC
		SEMESTER-IV										
28	P2PYTC401	Positive Psychology and Its Applications	4	6.5	26		Core	100		Global	Skill	
29	P2PYTE402	Environmental Psychology	4	6.5	26		Elective	100		Global		
30	P2PYTE403	Indian Psychology	4	6.5	26		Elective	100		Global		
31	P2PYRC410	Research Dissertation	16	6.5	104		Core		400	Global	Skill	Dissertation

Total Credits to be Earned for two year PG : $24+24+28+24=100$

Total Credits to be Earned by those who intend to exit after first year (after sem –II) of the 02 year PG Programme: 24+28 = 52

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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.

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TWO 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- P2PYTC101 FUNDAMENTALS OF PSYCHOLOGY

- Acquaint with the foundational concepts, terminology, and theories in psychology, including behavior, emotion, and mental processes.
- Examine the processes of learning including classical and operant conditioning, observational learning.
- Understand the higher-order cognitive functions such as thinking, problem-solving, intelligence and creativity.
- Familiarize with the theories of motivation and emotion, including biological, psychological, and social factors that influence these processes.

CO- P2PYTC102 STATISTICS FOR BEHAVIOURAL SCIENCES

- Familiarization with the concepts and methods used in statistical analysis of test scores.
- Able to understand and apply parametric and non-parametric statistics to any given data set and draw inferences.
- Equipped to apply statistics in behavioral sciences.

CO- P2PYTC103 RESEARCH IN PSYCHOLOGY

- Familiarization with the meaning and types of research
- Understand the research problem, literature review, and hypotheses.
- Develop knowledge of research design, sampling and its types.
- Acquaint with Scientific writing (APA style) and ethical issues in research.

CO- P2PYTE104 INTRODUCTION TO PSYCHOPATHOLOGY

- Learn various approaches to psychopathology and classification systems.
- Develop understanding of the clinical picture and etiology of major psychological disorders.

CO- P2PYTE105 FOUNDATIONS IN COUNSELING PSYCHOLOGY

- Understand the fundamental concepts, history, and scope of counseling psychology.
- Learn the essential skills, core conditions, and stages of the counseling process.
- Explore major counseling theories and their applications.
- Develop awareness of ethical guidelines, cultural considerations, and professional responsibilities in counseling.

CO-P2PYTE106 ORGANIZATIONAL PSYCHOLOGY

- Understand the behavior of individuals in organizations.
- Orientation about concepts, theories and research of organizational psychology.
- Familiarize with the phenomenon of productive and counterproductive behavior, personality, attitude, motivation and leadership in organizations.
- Appreciate the role of organizational psychology in the modern era.



CO-P2PYPC107 PRACTICALS IN PSYCHOLOGY-I

- Design to provide students with an understanding of important concepts involved in psychology.
- Enhance ability to apply psychological tests and experiments.
- Understand the use of various psychological tests and tools in clinical/ counseling/ work settings.

CO-P2PYPC108 FIELD TRAINING IN PSYCHOLOGY

- Provide comprehensive training to develop skills, techniques and professional competencies among the students.
- Familiarize with the challenges of working in the field.
- Apply theoretical learning and clarify doubts.
- Indulge in face-to-face interaction with staff and people in the field to get first hand information.

Four handwritten signatures in blue ink are present. From left to right: a large, stylized signature; a signature with 'ASy' written above it; a signature with 'Dmr' written above it; and a signature with 'aple' written below it.

COURSE OUTCOME (CO)
SECOND SEMESTER

CO- PSPYTC201 COGNITIVE PSYCHOLOGY

- Appreciate the importance of cognitive processes in terms of current theories, themes, models and applications.
- Develop knowledge of the concepts, issues, theoretical developments and applications in the areas of attention, perception and memory, reasoning, decision making and language.
- Know the concept of artificial intelligence, understand and compare it with human intelligence.
- Understand the process of reasoning and decision making, along with analysis of language structure.

CO- P2PYTC202 BIOPSYCHOLOGY

- Analyze the importance of the physiological processes underlying psychological events.
- Identify the structure of the nervous system and the endocrine system and summarize the functions of its parts
- Develop an understanding of the structure and functions of the visual and auditory system.
- Understand the mechanisms of sleep

CO- P2PYTC203 PSYCHOLOGY OF PERSONALITY

- Understand different theoretical frameworks of Personality.
- Identify the defining features and core constructs of each theory.
- Familiarize with the diverse psychological strategies to analyze personality.
- Articulate the underlined themes, methodology and assumptions of each theory to enhance understanding of personality and behavior.

CO- P2PYTE204 PSYCHOLOGICAL ASSESSMENT

- Provide an in-depth study of Psychological Assessment in Clinical and Counseling.
- Learn the concepts, principles, and ethical considerations in Psychological Testing and Measurement.
- Be familiar with different types of assessments, including Personality, Intelligence, and Career/Aptitude Tests.
- Develop the skills to administer, interpret, and apply diagnoses effectively in counseling practice.

CO- P2PYTE205 ASSESSMENT IN ORGANIZATIONAL PSYCHOLOGY

- Understand and apply various assessment methods in the workplace, ensuring reliability and validity for effective decision-making.
- Demonstrate the ability to administer, score, and interpret psychometric tests and mental ability tests, recognizing their benefits and limitations.
- Evaluate and utilize personality questionnaires, interviews, and other selection methods while addressing potential biases and response distortions.
- Apply assessment techniques to support leadership growth, team effectiveness, and individual career development.



CO-P2PYPC206 PRACTICALS IN PSYCHOLOGY- II

- Provide students with 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.

CO-P2PYPC207 INTERNSHIP

- Able to develop skills under supervision
- Know about techniques applied in real settings
- Develop competency in dealing with clients

CO- P2PYVC251* PSYCHOLOGY IN DAY TO DAY LIFE

- Enable the student to make the connection between psychology and real life settings.
- Understand how psychological principles can help them to face life's challenges.
- Able to provide psychological first aid in a crisis
- Become competent in carrying out research.
- Proficient in providing services in different fields.

**For the students who intend to exit after the first year (After semester –II) of the 02 year PG programme*



COURSE OUTCOME (CO)
THIRD SEMESTER

CO- P2PYTC301 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 P2PYTC302 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- P2PYTC303 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- P2PYTE304 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- P2PYTE305 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- P2PYTE306 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
- Familiarize with the phenomenon of productive work behavior, positive relations and sustainable growth



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- Understanding the relevance of communication and stress management.

CO-P2PYTE307 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- P2PYTE308 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-P2PYTE309 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-P2PYPC310 PRACTICALS IN PSYCHOLOGY III

- 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)
FOURTH SEMESTER

CO- P2PYTC401 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- P2PYTE402 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- P2PYTE403 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- P2PYRC404 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.



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M.A. PSYCHOLOGY UNDER NEP2020
SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2025, 2026, 2027
SEMESTER-I
COURSE TITLE: FUNDAMENTALS OF PSYCHOLOGY

COURSE NO: P2PYTC101

CREDITS: 4

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

DURATION OF EXAM – 2 ½ HOURS

COURSE OUTCOME

- Acquaint with the foundational concepts, terminology, and theories in psychology, including behavior, emotion, and mental processes.
- Examine the processes of learning including classical and operant conditioning, observational learning.
- Understand the higher-order cognitive functions such as thinking, problem-solving, intelligence and creativity.
- Familiarize with the theories of motivation and emotion, including biological, psychological, and social factors that influence these processes.

Unit-I

Theories of Learning: Theory of Classical conditioning (elements and principles), Operant Conditioning (types and schedules of reinforcement), Applications of classical and operant conditioning to human behavior, Guthrie's theory of learning.

Cognitive approaches to learning: Tolman learning, Bandura theory of observational learning, Applications of cognitive theories.

Unit-II

Motivation: Need, Drives and Motives, Theories of motivation (Instinct Approach, Drive reduction approach, Incentive approach, Arousal approach, Need Hierarchy approach, Achievement Motivation theory, Self-determination theory).

Emotion: Concept, Components, Theories of emotions (James-Lange theory, Cannon-Bard Theory, Cognitive arousal theory, Singer Schachter theory, Cognitive- Mediation theory of emotion), Facial Feedback Hypothesis.

Unit-III

Intelligence: Concept, Nature/Nurture issue of intelligence, Measurement of intelligence, Theories of intelligence (Spearman, Thurstone, Guilford, Cattell, Sternberg, Jensen, Gardner and PASS model of intelligence).

Creativity: Concept, Factors influencing Creativity, Views of Torrance, Getzels & Jackson, Guilford, Wallach & Kogan Relationship between Intelligence and Creativity.

Unit-IV

Thinking: Mental Imagery, Concepts and Prototypes, Types of Thinking.

Problem Solving: Types of Problems, Theoretical Approaches to Problem Solving, Blocks to Problem Solving, Strategies of Problem Solving.

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SEMESTER-I

BOOKS RECOMMENDED

COURSE NO: P2PYTC101

- Baron, R.A. (2003). *Psychology* (5th ed.). Pearson Education.
- Bernstein, D. A., Pooley, J. A., Cohen, L., Provost, S., Cranney, J., Gouldthorp, B., & Drew, N. (2020). *Psychology Australian and New Zealand edition*. Cengage AU.
- Cicarelli, S.K., & Meyer, G.E. (2007). *Psychology* (1st ed.). Pearson Publishers.
- Comer, R. & Gould, E. (2011). *Psychology around us*. John Wiley & Sons.
- Coon, D. & Mitterer, J.O. (2007). *Introduction to psychology* (11th ed.). Thomson Wadsworth Publishers.
- Eysenck, M. W. (2023). *Fundamentals of psychology* (2nd ed.). Routledge.
- Eysenck, M. W. (2022). *Simply psychology*. Routledge.
- Feldman, R. S. (2024). *Essentials of understanding psychology* (14th ed.). McGraw Hill.
- Kantowitz, B.H., Roediger III, H.L., & Elmes, D.G. (2005). *Experimental psychology* (9th ed.). Wadsworth.
- Myers, D. G., & DeWall, C. N. (2020). *Psychology* (13th ed.). Worth Publishers.
- Martin, G. N., Carlson, N. R., & Buskist, W. (2010). *Psychology* (4th ed.). Pearson Education Limited.
- Mitterer, J. O., Coon, D., & Martini, T. (2016). *Psychology: A modular approach*. Nelson Education.
- Morgan, C.T., King, R.A., Weisz, J.R. & Schopler, J. (1986). *Introduction to psychology* (7th ed.). McGraw-Hill.
- Plotnik, R., & Kouyoumdjian, H. (2011). *Introduction to psychology* (9th ed.). Cengage Learning.

NET SURFING REQUIRED:

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



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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2025, 2026, 2027
SEMESTER-I

COURSE NO: P2PYTC101

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.

MajorTest

The Major test will comprise of two sections, Section-A and Section-B. Section-A will have one compulsory question comprising of 10 par.s (minimum 02 from each unit) of 03 marks each. Section B will have 04 questions of 15 marks each to beset 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 OF SESSION DEC 2025, 2026, 2027
SEMESTER-I
COURSE TITLE: STATISTICS FOR BEHAVIOURAL SCIENCES

COURSE NO: P2PYTC102

CREDITS: 4

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

DURATION OF EXAM – 2 ½ HOURS

COURSE OUTCOME:

- Familiarization with the concepts and methods used in statistical analysis of test scores.
- Able to understand and apply parametric and non-parametric statistics to any given data set and draw inferences.
- Equipped to apply statistics in behavioral sciences

UNIT- 1

Statistics: Meaning and types-Descriptive and Inferential, Parametric and Non Parametric tests.

Levels of Measurement: Nominal, Ordinal, Interval, and Ratio.

Normal Distribution Curve: Characteristics, Applications.

Hypothesis: Concept, Nature & Types, Type I & Type II.

UNIT- II

Levels of Significance: Estimating Confidence Limits of Mean, t-test (large samples and small samples).ANOVA: Characteristics and assumptions, Computation of One Way and Two Way ANOVA.

Correlation: Nature, properties, and types(positive, negative, zero, linear, and curvilinear, partial, multiple). Assumptions and Computation of Product moment method, Spearman'srank, biserial correlation, and point biserial correlation.

UNIT- III

Regression Analysis: Concept, Nature, Properties, Types, Assumptions and Computation of simple linear regression.

Factor Analysis: Nature, Assumptions, Key Concepts, types (Exploratory Factor Analysis and Confirmatory Factor Analysis), Steps, Rotation method, Factor Interpretation.

Unit-IV

Non-Parametric Tests: Nature and assumptions ;Wilcoxon Signed Rank Test, Mann- Whitney U test, Kruskal-Wallis.

Chi- square: Nature, assumptions and application, computation of Chi-square test for hypothesis testing. a) Testing Deviation of the observed frequencies from the expected frequencies against Equal Probability Hypothesis. b) 2 x 2 contingency table

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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2025, 2026, 2027
SEMESTER-I

COURSE NO: P2PYTC102

BOOKS RECOMMENDED

- Aron A., Coups, E. J., Aron, E. N. (2018). *Statistics for the Behavioral and Social Sciences: A Brief Course* (6th ed). Pearson Education.
- Coolican, H. (2018). *Research Methods and Statistics in Psychology* (7th ed). Routledge.
- Dow, G. (2024). *Statistics for psychology*. Kendall Hunt Publishing.
- Garrett, H. E. & Woodworth, R.S. (2021). *Statistics in Psychology and Education*. Vakils, Feffer & Simons Pvt. Ltd.
- Gravetter, F. J., & Wallnau, L. B. (2011). *Essentials of Statistics for Behavioral Sciences* (7th ed). Wadsworth, Cengage Learning.
- Hartnett, J. (2025). *Psychological statistics for everyone*. W.W. Norton & Company.
- Howell, D.C. (1999). *Statistical Methods for Psychology* (5th ed). Duxbury Thomson Publishing Co.
- Kaltenbach, H-M (2012). *A Concise Guide to Statistics*. Springer.
- Lewandowski Jr., G. (2024). *Statistics for research and life*. Macmillan Learning.
- Minium, E.W., King, B.M., and Bear, G. (1993). *Statistical reasoning in Psychology and Education*. John Wiley and Sons
- Nolan, S., & Goedert, K. M. (2024). *Statistics for the behavioral sciences* (6th ed.). Macmillan Learning.
- Nesselroade, P. (2024). *Essentials of behavioral and social science statistics* (3rd ed.). Asbury University Press
- Pagano, R. R. (2009). Belmont: *Understanding Statistics in the Behavioral Sciences*. Wadsworth, Cengage Learning.
- Siegel, S. (1965). *Non-Parametric Statistics*. McGraw Hill.

NET SURFING REQUIRED:

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

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2025, 2026, 2027
SEMESTER-I

COURSE NO: P2PYTC102

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.

MajorTest

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 beset 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: RESEARCH IN PSYCHOLOGY

COURSE NO: P2PYTC103

CREDITS: 4

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

DURATION OF EXAM – 2 ½ HOURS

COURSE OUTCOME

- Familiarization with the meaning and types of research
- Understand the research problem literature review, and hypotheses.
- Develop knowledge of research design, sampling and its types.
- Acquaint with Scientific writing (APA style) and ethical issues in research

Unit-I

Meaning, Characteristics, objectives and criteria of Research, Types of Research, steps of Research, Identification of research problem, literature review (Functions and Sources), Ethical issues in Research.

Unit-II

Research Designs: Concept, Characteristics, Purpose

Quantitative research designs: True Experimental, Ex-post facto and Quasi experimental designs.

Unit-III

Qualitative Research designs: Participant Observation, Ethnography, Grounded theory, Discourse analysis, Phenomenological analysis, Triangulation, Mixed Method Approach, Difference between Qualitative and Quantitative Research,

Unit – IV

Sampling: Concept, Types: Probability and Non-Probability Sampling. Characteristics, Types, Advantages and Limitations, Difference between Probability and Non-Probability Sampling, steps in sampling process, Writing in APA style.



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SEMESTER-I

COURSE NO: P2PYTC103

BOOKS RECOMMENDED

- Acharyya, R., & Bhattacharya, N. (Eds.). (2019). *Research Methodology for Social Sciences* (1st ed.). Routledge
- Bernard, H.R. (2000). *Social Research Methods: Qualitative and Quantitative Approaches*. Sage Publications.
- Breakwell, G. M., Smith, J. A., & Wright, D. B. (Eds.). (2024). *Research methods in psychology* (4th ed.). SAGE Publications.
- Broota, K. D. (2002). *Experimental Design in Behavioral Research*. New Delhi: New Age International (P) Ltd., Publishers.
- Cooper, H. (Ed.). (2023). *APA handbook of research methods in psychology* (2nd ed.). American Psychological Association.
- Dubey, U. K. B., Kothari, D. P. (2022). *Research Methodology: Techniques and Trends*. CRC Press.
- Goodwin, C. J. (2010). *Research in Psychology: Methods and Design* (6th ed). John Wiley and Sons.
- Gupta, B.N. & Gupta, N. (2021). *Research Methodology*. SBPD Publications.
- Howitt, D., & Cramer, D. (2011). *Introduction to Research Methods in Psychology* (3rd ed). Person Education Limited.
- Kerlinger, F.N. (1983). *Foundations of Behavioural Research*. Surjeet Publication.
- Mukherjee, S.P. (2019). *A Guide to Research Methodology: An Overview of Research Problems, Tasks and Methods* (1st ed.). CRC Press.
- Kothari, C.R. (2004). *Research Methodology: Methods and Techniques*. New Age International (P) Ltd., Publishers.
- Kumar, R. (2014). *Research Methodology* (4th ed). New Delhi: Sage Publications India Pvt.Ltd.
- McBurney, D.H. (2001). *Research Methods* (5th ed). Thomson Wadsworth.

NET SURFING REQUIRED:

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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2025, 2026, 2027
SEMESTER-I

COURSE NO: P2PYTC103

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.

MajorTest

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 OF SESSION DEC 2025, 2026, 2027
SEMESTER-I

COURSE TITLE: INTRODUCTION TO PSYCHOPATHOLOGY

COURSE NO: P2PYTE104

CREDITS: 4

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

CONTACT HOURS: 60.

DURATION OF EXAM – 2 ½ HOURS

COURSE OUTCOME

- Learn various approaches to psychopathology and classification systems.
- Develop understanding of the clinical picture and etiology of major psychological disorders

UNIT I

Approaches to Psychopathology: Biological, Psychodynamic, Behavioral, Cognitive, Socio-cultural.

Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR) and International Classification of Diseases (ICD-11).

UNIT II

Anxiety disorders: Clinical Picture, Etiology, Case study.

Posttraumatic Stress Disorder (PTSD): Clinical Picture, Etiology, Case study.

Obsessive- Compulsive and related disorders: Clinical Picture, Etiology, case study.

Somatic symptoms and related disorders: Clinical Picture, Etiology, case study.

UNIT III

Dissociative Disorders: Clinical Picture, Etiology, case study.

Bipolar and related disorders, Depressive Disorders: Clinical Picture, Etiology, case study

Feeding and Eating disorders: Clinical Picture, Etiology, case study.

UNIT IV

Schizophrenia spectrum and other Psychotic disorders: Clinical Picture, Etiology, case studies.

Personality Disorders: Clinical Picture, Etiology, case studies.



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SEMESTER-I

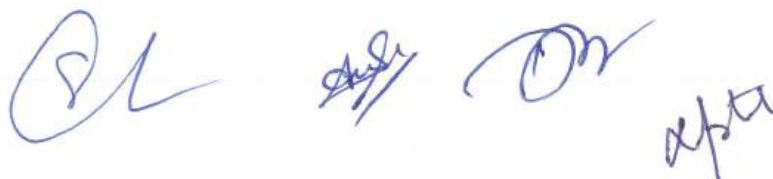
COURSE NO:P2PYTE104

BOOKS RECOMMENDED

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>
- American Psychiatric Association.(2022). *Diagnostic and statistical manual of mental disorders* (5th ed. TR).
- Barlow, H.D. & Durand, V.M. (2007). *Abnormal Psychology: An Integrative Approaches*. Wadsworth Thomson Learning.
- Comer, R. J., & Comer, J. S. (2024). *Psychopathology: Science and practice* (12th ed.). Worth Publishers.
- Carter, K. (2024). *Psychopathology: Understanding psychological disorders*. Cambridge University Press.
- Carson, R.C. Butcher, J.N. & Mineka, S. (2000). *Abnormal Psychology and Modern Life*. (11thed.) . Ally and Bacon.
- Durand, V.M. & Barlow, D.H. (2000). *Abnormal Psychology*. Wadsworth/Thomson Learning.
- Nevid . J. S., Rathus, S.A. Greene, B. (2018). *Abnormal Psychology in a Changing World*(10th ed.) Pearson Education
- Raskin,J.D. (2019). *Abnormal Psychology: Contrasting Perspectives*. Red Globe Press.
- Sarason, I. G. & Sarason, B.R. (2007). *Abnormal Psychology: The Problem of Maladaptive Behavior* (10th ed.).New Delhi: Pearson Education.
- Seligman, M.E.P., Walker, E.F., & Rosenhan, D.L. (2001). *Abnormal Psychology*. (4thed.). W.W. Norton & Co.
- World Health Organization. (2022). *ICD-11: International classification of diseases* (11th revision).

NET SURFING REQUIRED:

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



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SEMESTER-I

Note for Paper Setting:

Course Code: P2PYTE104

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.

MajorTest

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 beset 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: FOUNDATIONS IN COUNSELING PSYCHOLOGY

COURSE NO: P2PYTE105

CREDITS: 4

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

CONTACT HOURS: 60 hrs

DURATION OF EXAM – 2 ½ HOURS

Course Outcomes

- Understand the fundamental concepts, history, and scope of counseling psychology.
- Learn the essential skills, core conditions, and stages of the counseling process.
- Explore major counseling theories and their applications.
- Develop awareness of ethical guidelines, cultural considerations, and professional responsibilities in counseling.

Unit I

Introduction to Counseling Psychology: Historical evolution; Nature, need and scope of counseling; Difference between counseling, guidance, and psychotherapy (Roles, responsibilities, and competencies of a counselor)

Unit II

Process of Counseling: Stages (Initial Disclosure, In-Depth Exploration, Termination) The Counseling Relationship (Establishing rapport, trust, and empathy);

Core Conditions of Counseling, Counselor's Actions That Impede Communication, Micro-Skills in Counseling

Unit III

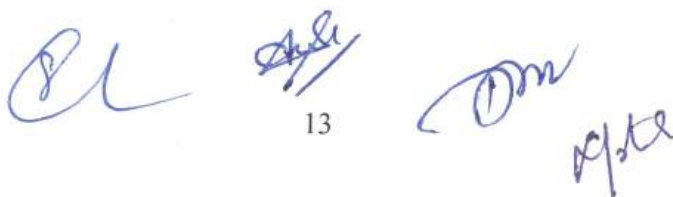
Theoretical Foundations: Psychodynamic approach (Freud, Jung, Adler); Humanistic approach (Rogers, Maslow), Behavioral and Cognitive approaches (Ellis, Beck, Skinner)

Existential and Gestalt perspectives in counseling; Eclectic and integrative models of counseling

Unit IV

Ethics in counseling: Ethical Guidelines by American Counselling Association (ACA);

Issues in Counselling: Multicultural and Diversity Issues; Professional Issues, Self-care and Burnout Prevention.


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SEMESTER-I

BOOKS RECOMMENDED

COURSE NO: P2PYTE105

- American Counseling Association. (2014). *ACA code of ethics*. American Counseling Association.
- Corey, G. (2020). *Theory and practice of counseling and psychotherapy* (10th ed.). Cengage Learning.
- Egan, G. (2018). *The skilled helper: A problem-management and opportunity-development approach to helping* (11th ed.). Cengage Learning.
- Feltham, C., & Horton, I. (Eds.). (2016). *The SAGE handbook of counselling and psychotherapy* (4th ed.). SAGE Publications.
- Gladding, S. T. (2018). *Counseling: A comprehensive profession* (8th ed.). Pearson.
- Hill, N. R. (2025). *Counseling theories and case conceptualization*. Springer Publishing.
- Howard, S., & Wynne, K. (2025). *Skills in psychodynamic counselling & psychotherapy* (3rd ed.). SAGE Publications.
- Ivey, A. E., Ivey, M. B., & Zalaquett, C. P. (2018). *Intentional interviewing and counseling: Facilitating client development in a multicultural society* (9th ed.). Cengage Learning.
- McLeod, J. (2019). *An Introduction to Counselling and Psychotherapy: Theory, Research, and Practice* (6th ed.). Open University Press.
- Nelson-Jones, R. (2015). *Practical counselling and helping skills* (6th ed.). SAGE Publications.
- Neukrug, E. (2017). *The world of the counselor: An introduction to the counseling profession* (5th ed.). Cengage Learning.
- Prochaska, J. O., & Norcross, J. C. (2018). *Systems of psychotherapy: A trans-theoretical analysis* (9th ed.). Oxford University Press.
- Watson, J. C., & Schmit, M. K. (2025). *Introduction to clinical mental health counseling: Contemporary issues*. SAGE Publications.



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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2025, 2026, 2027
SEMESTER-I

COURSENO: P2PYTE105

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

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MajorTest

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 beset from the last two units (02 from each unit). In Section B students are required to attempt 01 question from each unit.



DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
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SEMESTER-I

COURSE TITLE: ORGANIZATIONAL PSYCHOLOGY

COURSE NO: P2PYTE106 CREDITS: 4

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

DURATION OF EXAM – 2 ½ HOURS

COURSE OUTCOME

- Understand the behavior of individuals in organizations.
- Orientation about concepts, theories and research of organizational psychology.
- Familiarize with the phenomenon of productive and counterproductive behavior, personality, attitude, motivation and leadership in organizations.
- Appreciate the role of organizational psychology in the modern era.

UNIT-I

Introduction to the Field of Organizational Psychology: The Scientist-Practitioner Approach, Historical Influences in Organizational Psychology, Organizational Psychology in the 21st century, Cultural intelligence.

Organizational Culture: Defining Organizational Culture, Models and Manifestations of Organizational Culture, Changing Organizational Culture, The Impact of Organizational Culture.

UNIT-II

Productive behavior in organizations: Job Performance, Organizational Citizenship Behavior, Innovation in organizations.

Counterproductive behavior in organizations: Ineffective Job Performance, Employee Absenteeism, Employee Turnover, Less Common Forms of Counterproductive Behavior (Employee theft, Workplace Violence and Mistreatment, Bullying, Sexual Harassment).

UNIT-III

Attitudes: Job-Satisfaction (antecedents, consequences, measurement, and dimensions); Organizational Commitment (antecedents, consequences, and components)

Motivation: Theoretical perspectives (Need-Motive-Value theories, Cognitive Choice Theories, Self-regulation theories), Application of motivational theories in organizations.

UNIT-IV

Personality: Role of personality in organization in the context of interaction perspective and person-job fit perspective. The Myers-Briggs type indicator, the big five model, Major personality characteristics in organizations


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SEMESTER-I

Leadership: Defining Leadership, General Approaches to Leadership, Modern Theories of Leadership (Transformational, Transactional, Charismatic, Servant, Authentic, and Leader-Member Exchange (LMX) theories), Leadership Skills.

COURSE NO: P2PYTE106

BOOKS RECOMMENDED

- Aamodt, M.G. (2010). *Industrial/Organizational Psychology: An Applied Approach*. (6th ed.). Wadsworth Cengage Learning.
- Colquitt, J. A., LePine, J. A., & Wesson, M. J. (2025). *Organizational behavior: Improving performance and commitment in the workplace* (9th ed.). McGraw Hill.
- Greenberg, J., Robert, A., & Baron, A. (2000). *Behavior in organization* (7th ed.) Prentice Hall.
- Greenberg, J. (2018). *Behavior in organization* (10th ed.) Pearson Education
- Jex, S. M., & Britt, T. W. (2014). *Organizational psychology: A scientist-practitioner approach*. John Wiley & Sons.
- Luthans, F (2011). *Organizational: An evidence –based approach* (12th ed). McGraw-Hill.
- Levy, P. E. (2010). *Industrial Organizational Psychology: Understanding the Workplace*. (3rd ed.). Worth Publishers.
- Nelson, D.L. & Quick, J.C. (2006). *Organizational Behavior: Foundations, realities and challenges* (3rd ed) . Thomson.
- Robbins, S.P. (2003). *Organizational Behavior*. (10th ed) Pearson Education
- Robbins, S.P., & Judge, T.A. (2019). *Organizational Behavior, Global Edition* (18th ed.). Pearson Education.
- Spector, P. E. (2021). *Industrial and organizational psychology: Research and Practice*. John Wiley & Sons.
- Yates, J., Zibarras, L., & Mahmood, L. (Eds.). (2024). *Organisational psychology: An essential guide*. Routledge.
- Yukl, G. (2004.) *Leadership in organizations*. (5th ed.). Pearson Education
- NET SURFING REQUIRED:**
- Students will be highly encouraged to find out the relevant material through NET surfing.

The bottom of the page features several handwritten signatures and initials in blue ink. From left to right, there is a large, stylized signature, a smaller signature with the number '18' written below it, and two more signatures, one of which appears to be 'Dm' and the other 'apta'.

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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2025, 2026, 2027
SEMESTER-I

Note for Paper Setting:

COURSE NO: P2PYTE106

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.

MajorTest

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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2025, 2026, 2027
SEMESTER-I
COURSE TITLE: PRACTICALS IN PSYCHOLOGY-I

COURSE NO: P2PYPC107

CREDITS: 4

MAXIMUM MARKS: 100

CONTACT HOURS: 120 HRS

DURATION OF EXAM – 4 HOURS

COURSE OUTCOME

- Design to provide students an understanding of important concepts involved in psychology.
- Enhance ability to apply psychological tests and experiments.
- Understand the use of various psychological tests and tools in clinical/ counseling/ work settings.

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

Group A

Any three practicals/ experiments from the following

- Learning
- Achievement Motivation
- Intelligence
- Problem Solving
- Creativity
- Locus of Control
- Assignment on Review of Literature
- Orientation to SPSS (Mandatory)

Any two practicals/experiments based on the Elective opted by the student.

Group -I

- Anxiety
- Post-traumatic stress disorder
- Depression
- Eating Disorder
- Personality
- Orientation to MMPI/MBTI
- Mental Status Examination
- Case History Format Interviewing
- Cognitive Distortion



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SEMESTER-I

COURSE NO: P2PYPC107

Group -II

- Empathy
- Burnout
- Core Counselling Skills
- Egan's 3 Stage model in Mock Session
- Case Study

GroupIII

- Organizational Citizen Behavior
- Work- life balance
- Aptitude
- Career/ Interest Inventory
- Job Satisfaction
- WorkplaceHarassment
- Work Motivation
- Leadership
- Performance Appraisal Methods
- Job Analysis



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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2025, 2026, 2027
SEMESTER-I

COURSE NO: P2PYPC107

Note for External Practical Examination

To evaluate/assess final practical performance of the students. The external practical examination 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.

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%	Practical report
			25%	Viva-voce
Total				100



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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2025, 2026, 2027
SEMESTER-I
COURSE TITLE: FIELD TRAINING IN PSYCHOLOGY

COURSE NO: P2PYPC108

CREDITS: 4

MAXIMUM MARKS: 100

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 4 HOURS

COURSE OUTCOME

- Provide comprehensive training to develop skills, techniques and professional competencies among the students.
- Familiarize with the challenges of working in the field.
- Apply theoretical learning and clarify doubts.
- Indulge in face-to-face interaction with staff and people in the field to get first hand information.

The students would be placed in the field (Govt./Private/NGOs). The students have to complete 60 hours of field work during the semester. Each student shall prepare a report on the basis of their observation and work done during the field visit and will submit the same in the department.

Note for External Field work

To evaluate/assess final Field Work of the students. The external examination 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.

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%	Field work report
			25%	Viva-voce
Total				100



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DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
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SYLLABUS FOR THE EXAMINATION TO BE HELD IN May 2026, 2027, 2028
SEMESTER-II
COURSE TITLE: COGNITIVE PSYCHOLOGY

COURSE NO: P2PYTC201

CREDITS: 4

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

DURATION OF EXAM – 2 ½ HOURS

COURSE OUTCOME

- Appreciate the importance of cognitive processes in terms of current theories, themes models and applications.
- Develop knowledge of the concepts, issues, theoretical developments and applications in the areas of attention, perception and memory, reasoning, decision making and language.
- Know the concept of artificial intelligence, understand and compare it with human intelligence.
- Understand the process of reasoning and decision making, along with analysis of language structure.

Unit-I

Introduction to Cognitive Psychology: Origin, Scope, Key Themes and Paradigms.

Artificial Intelligence (AI): Computers and AI, AI and Human Cognition, Perception and AI.

Unit-II

Attention and Perception: Concept, Theories of Attention. (Signal Detection, ROC, Search, Selective and Divided Attention), Perceptual constancy, Depth Perception, Visual Perception.

Theoretical Approaches to Perception: Ecological Approach, Bottom-up Approaches, Top-down Approaches; Deficits in Perception.

Unit-III

Human Memory: Process (Encoding, Storage and Retrieval), Models of Memory (Multi-store, Levels of Processing and Working memory), Biological Basis of Memory, Constructive and Reconstructive Nature of Memory.

Theories of Forgetting (Decay and Interference), Zeigarnik effect.

Unit-IV

Reasoning: Concept and Types; Decision Making (Phases, Utility and Descriptive Models, Cognitive Illusions in Decision Making).

Language: Structure of Language, Stages of Language Acquisition, Language Comprehension and Production, Language and Cognition.



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SEMESTER-II

COURSE NO: P2PYTC201

BOOKS RECOMMENDED

- Ball, L. J., Butler, L. T., Sherman, S. M., & St. Clair-Thompson, H. (2024). *Cognitive psychology in a changing world*. Routledge.
- Eyesenck, M. W. (2015). *Cognitive Psychology* (7th ed.). Taylor and Francis.
- Eyesenck, M. W., & Keane, M. T. (2020). *Cognitive psychology: A student's handbook* (8th ed.). Psychology Press.
- Galotti, K.M. (2014). *Cognitive psychology* (5th ed.). Sage Publications, Inc.
- Groome, D. (2021). *Introduction to cognitive psychology: Processes and disorders*, (4th ed.). Routledge.
- Gutchess, A. (2025). *Cognitive and social neuroscience of aging* (2nd ed.). Cambridge University Press.
- Jhanke, J. C., & Nowaczyk, R. H. (1998). *Cognition*. Prentice Hall, Inc.
- Kellog, R. T. (2012). *Fundamental of cognitive psychology* (2nd ed.). Sage Publications, Inc.
- Leahey, T. H., & Harris, R.J. (1993). *Learning and cognition*. Prentice-Hall, Inc.
- Parkin, A. J. (2014). *Essential cognitive psychology*. Routledge.
- Riegler, B. R., & Riegler, G. L. (2008). *Cognitive psychology: Applying the science of the mind*. Pearson.
- Smith, E. E., & Kosslyn, S. M. (2007). *Cognitive psychology: Mind and brain*. Prentice Hall.
- Sternberg, R.J. (2007). *Cognitive psychology* (4th ed.). Thomson Wadsworth.

NET SURFING REQUIRED:

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



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SEMESTER-II
COURSE NO: P2PYTC201 *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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SYLLABUS FOR THE EXAMINATION TO BE HELD IN May 2026, 2027, 2028
SEMESTER-II
COURSE TITLE: BIOPSYCHOLOGY

COURSE NO: P2PYTC202

CREDITS: 4

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

DURATION OF EXAM – 2 ½ HOURS

COURSE OUTCOME:

- Analyze the importance of the physiological processes underlying psychological events.
- Identify the structure of nervous system and endocrine system and summarize the functions of its parts
- Develop an understanding of the structure and functions of visual and auditory system.
- Understand the mechanisms of sleep

Unit I

Nervous System: Structure and functions of Neurons and Supporting Cells.

Neural Communication and Synaptic transmission: Communication within and between neurons.

Unit II

Central Nervous System: Brain; Development, Structure and functions of Forebrain, Midbrain, and Hindbrain

Structure and functions of Spinal Cord and Brain.

Unit III

Peripheral Nervous System: Functions of Spinal and Cranial Nerves.

Autonomic Nervous System: Functions of Sympathetic and Para Sympathetic System.

Endocrine System: Hormones released by Endocrine System, Functions of Endocrine System.

Unit IV

Visual System: Structure and functions of Eye, Connection between Eye and Brain.

Auditory System; Structure and functions of Ear. Connection between Ear and Brain.

Sleep and Waking: Stages, Disorders and Functions of Sleep, Physiological Mechanisms of Sleep and Waking, Biological clocks.



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SEMESTER-II


COURSE NO: P2PYTC202

BOOKS RECOMMENDED

- Bear, M. F., Connors, B. W., & Paradiso, M. A. (2007). *Neuroscience: Exploring the Brain*. (3rd ed.). Lippincott Williams & Wilkins.
- Carlson, N.R. (2005). *Foundations of Physiological Psychology* (6th ed.). Pearson Education.
- Freberg, L. A. (2010). *Discovering Biological Psychology* (2nd ed.). Wadsworth
- Gazzaniga, M.S. (2009). *The Cognitive Neurosciences* (4th ed.). MIT press
- Kalat, J.W. (2022). *Biological Psychology* (13th ed.). Cengage Learning India Pvt. Ltd. .
- Kolb, B., & Whishaw, I. Q. (2009). *Fundamentals of Human Neuropsychology* (6th ed.). Worth Publishers.
- Levinthal, C.R. (1991). *Physiological Psychology*. Wadsworth.
- Mitoma, H., & Manto, M. (Eds.). (2025). *Neuro-immune diseases: From cells to the living brain* (2nd ed.). Springer.
- Pinel, J.P.J. (2006). *Biopsychology* (6th ed.). Pearson Education.
- Shapiro, M. S. (2024). *Biopsychology: Fundamentals and contemporary issues* (2nd ed.). FlatWorld.
- Toates, F. (2011). *Biological Psychology*. 3rd ed.). Pearson Education Ltd.
- Zillmer, E. A., Spiers, M. V., Culbertson, W. C. (2008). *Principles of Neuropsychology* (2nd ed.). Wadsworth
- Winn, P. (2024). *Biopsychology: The basics*. Taylor & Francis.

NET SURFING REQUIRED:

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



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COURSE NO: P2PYTC202 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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SYLLABUS FOR THE EXAMINATION TO BE HELD IN May 2026, 2027, 2028
SEMESTER-II

COURSE TITLE: PSYCHOLOGY OF PERSONALITY

COURSE NO: P2PYTC203

CREDITS: 4

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

HRS.DURATION OF EXAM -2 ½ HOURS

COURSE OUTCOME

- Understand different theoretical frameworks of Personality.
- Identify the defining features and core constructs of each theory.
- Familiarize with the diverse psychological strategies to analyze personality.
- Articulate the underlined themes, methodology and assumptions of each theory to enhance understanding of personality and behavior.

Unit-I

Personality: Concept, Assumptions Concerning Human Nature, Personality in Perspective
Psychoanalytic theory: Sigmund Freud (Theory, Application and Assessment).

Unit-II

Early Dissenters of Freud: Jung, and Adler (Theory, Application and Assessment).
Neo-Freudians: Erikson and Horney (Theory, Application and Assessment).

Unit-III

Trait and Type Approach: Allport, Murray, Eysenck, & Cattell (Theory, Application and Assessment).
Behavioral/Social Learning Approach: Rotter and Bandura (Application and Assessment).

Unit-IV

Humanistic/Existential Approach: Maslow, Rogers & May (Theory, Application and Assessment).
Cognitive Approach: Kelly & Walter Mischel (Theory, Application and Assessment).



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SEMESTER-II

COURSE NO: P2PYTC203

BOOKS RECOMMENDED

- Adler, A. (2024). *Understanding human nature the psychology of personality*. BoD-Books on Demand.
- Burger, J. M. (2011). *Personality* (8th ed.). Cengage Learning.
- Engler, B. (2006). *Personality theories*. Houghton Mifflin Company.
- Fadiman, J., & Frager, R. (1994). *Personality and personal growth*. Harper Collins.
- Fiest, J., & Fiest, G. J. (2008). *Theories of personality* (7th ed.). McGraw Hill.
- Friedman, H. S., & Schustack, M. W. (2016). *Personality: Classic theories and modern research* (6th ed.). Pearson.
- Hall, L. (1998). *Theories of personality*. John Wiley & Sons.
- Kumar, U. (2016). *The wiley handbook of personality assessment*. John Wiley & Sons.
- Larsen, R. J., & Buss, D. M. (2008). *Personality psychology: Domains of knowledge about human nature* (3rd ed.). McGraw Hill.
- Miller J. (2017). *Psychology of personality* (1st ed.). Pearson Education.
- Pervin, L. A., & Oliver, P. J. (2001). *Personality: Theory and research*. John Wiley & Sons.
- Ryckman, R. M. (2013). *Theories of personality* (10th ed.). Wadsworth.
- Schultz, D. P., & Schultz, S. E. (2013). *Theories of personality* (10th ed.). Thomson Wadsworth.

NET SURFING REQUIRED:

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COURSE NO: P2PYTC203

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-II

COURSE TITLE: PSYCHOLOGICAL ASSESSMENT

COURSE NO: P2PYTE204

CREDITS: 4

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

DURATION OF EXAM – 2 ½ HOURS

COURSE OUTCOME:

- Provide an in-depth study of Psychological Assessment in Clinical and Counseling.
- Learn the concepts, principles, and ethical considerations in Psychological Testing and Measurement.
- Be familiar with different types of assessments, including Personality, Intelligence, and Career/Aptitude Tests.
- Develop the skills to administer, interpret, and apply diagnosis effectively in counseling practice.

UNIT-I

Introduction to assessment: Stages; Diagnostic; Ethical and multicultural issues in assessment.

Assessment: Intake Interview, Mental Health Examination, Screening Inventories, case history taking and Suicide Risk Assessment.

UNIT-II

Personality Assessment: Objective personality tests (NEO-PI-R, 16PF, CPI); Projective techniques (Rorschach Inkblot Test, Thematic Apperception Test (TAT), Sentence Completion Tests)

UNIT-III

Intelligence Testing: History; Stanford-Binet intelligence test; Wechsler Scales; Bender-Gestalt test and Raven's Progressive Matrices.

Assessment in Dysfunctional Cognitions.

UNIT-IV

Behavioral Assessment: Functional Analysis, Naturalistic Observation, Controlled Observation, Self-Monitoring, Questionnaires and Rating Scales,

Neuro-psychological Assessment: (Comprehensive batteries and Individualized neuropsychological assessment)



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SEMESTER-II

COURSE NO: P2PYTE204

BOOKS RECOMMENDED

- Cohen, R. J., & Swerdlik, M. E. (2018). *Psychological testing and assessment: An introduction to tests and measurement* (9th ed.). McGraw-Hill Education.
- Farmer, R. F., & Chapman, A. L. (2025). *Behavioral interventions in cognitive behavior therapy* (3rd ed.). American Psychological Association.
- Flanagan, D. P., & McDonough, E. M. (2018). *Contemporary intellectual assessment: Theories, tests, and issues* (4th ed.). Guilford Press.
- Groth-Marnat, G., & Wright, A. J. (2016). *Handbook of psychological assessment* (6th ed.). Wiley.
- Hays, D. G. (2023). *Assessment in counseling: Procedures and practices* (7th ed.). Wiley.
- Kaplan, R. M., & Saccuzzo, D. P. (2017). *Psychological testing: Principles, applications, and issues* (9th ed.). Cengage Learning.
- Kaufman, A. S. (2009). *IQ testing 101*. Springer.
- Savickas, M. L. (2013). Career construction theory and practice. In R. W. Lent & S. D. Watson, J. C., & Flamez, B. (2015). *Counseling assessment and evaluation: Fundamentals of applied practice*. Wiley.
- Whiston, S. C. (2016). *Principles and applications of assessment in counseling* (5th ed.). Cengage Learning.
- Cohen, R.J. & Swerdlik, M.E. (2017). *Psychological Testing and Assessment* (9th Ed.). McGraw-Hill Education
- 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.). New Jersey: Prentice-Hall.
- Groth-Marnat, G. (2003). *Handbook of Psychological Assessment*. (4th ed.). John Wiley & Sons.
- Hecker, J.E. (2005). *Introduction to Clinical Psychology*. Pearson Education.
- Kaplan, R.M. & Saccuzzo, D.P. (2013). *Psychological Assessment and Theory. Creating and using psychological tests*. 8th ed. (International Edition). Canada: Wadsworth, Cengage Learning.
- Kellerman, H. & Burry, A. (2007). *Handbook of Psychodiagnostic Testing*. (4th ed.). Springer Science & Business media.
- Neitzel, M.J, Bernstein, D.A., Milich, R. (1994). *Introduction to Clinical Psychology* (6th ed.) Pearson.
- Norcross, J. C., & Sayette, M. A. (2024). *Insider's guide to graduate programs in clinical and counseling psychology: 2024/2025 edition*. Guilford Publications.
- Pomerantz, A.M. (2011). *Clinical Psychology: Science, Practice and Culture*. (2nd ed.). Sage Publications

NET SURFING REQUIRED:

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



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COURSE NO: P2PYTE204
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 of 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: ASSESSMENT IN ORGANIZATIONAL PSYCHOLOGY
COURSE NO: P2PYTE205 **CREDITS: 4**
MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60) **CONTACT HOURS: 60 HRS**
DURATION OF EXAM – 2 ½ HOURS

COURSE OUTCOME:

- Understand and apply various assessment methods in the workplace, ensuring reliability and validity for effective decision-making.
- Demonstrate the ability to administer, score, and interpret psychometric tests and mental ability tests, recognizing their benefits and limitations.
- Evaluate and utilize personality questionnaires, interviews, and other selection methods while addressing potential biases and response distortions.
- Apply assessment techniques to support leadership growth, team effectiveness, and individual career development.

UNIT-I.

Assessments in the Workplace: Overview of Assessment (What, How, and Why to Assess), Reliability and Validity of Assessments, Need for Assessment in the Workplace
Using Psychometric tests: Benefits of using Psychometric Tests, Administration of tests, preparing for tests and briefing the candidates, Scoring tests, Managing results, Interpreting scores, Computerized administration, Using ability tests for selection

UNIT-II.

Tests of Mental Ability: Overview of Mental ability tests, Emotional intelligence, scoring, and interpretation of test scores, Validity and organizational performance, Score banding issues, Problems in the use of MAT (Mental Ability Tests), Alternatives of assessing MAT
Using Personality Questionnaires: Personality (state and trait), Questionnaires for selection, Utility of personality in selection, Response distortions and how and when to use PT in selection, Personality screening tests, Alternatives to the inventory

UNIT-III.

Using Interviews in Selection: Structured vs. Unstructured interview questions, Interview formats, Criteria for evaluating interview responses, Biases in the interview process
Other Methods for Recruitment and Selection: Self-report data, Observation data, Biodata, CVs, and resumes, Strengths and weaknesses of assessment methods

UNIT-IV.

Assessments for Leadership Development: Purpose of Assessment, Attributes to be assessed, Assessment types

Team Assessment: Nature of teams, Knowledge, skills, abilities, and other personal characteristics (KSAOs) for team effectiveness, team assessment



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SEMESTER-II

COURSE NO: P2PYTE205

BOOKS RECOMMENDED

- Cascio, W. F., & Aguinis, H. (2024). *Applied psychology in talent management* (9th ed.). Sage Publications, Inc.
- Greenberg, J. (2018). *Behavior in organization* (10th ed.) Pearson Education
- Jex, S. M., & Britt, T. W. (2014). *Organizational psychology: A scientist-practitioner approach*. John Wiley & Sons.
- Jex, S. M., Britt, T. W., & Thompson, C. A. (2024). *Organizational psychology and organizational behavior: Evidence-based lessons for creating sustainable organizations* (4th ed.). John Wiley & Sons.
- Kantrowitz, T., Reynolds, D. H., & Scott, J. C. (Eds.). (2024). *Talent assessment: Embracing innovation and mitigating risk in the digital age*. Oxford University Press.
- Luthans, F. (2011). *Organizational: An evidence-based approach* (12th ed). McGraw-Hill.
- Luthans, C., Adrien, M., Anderson, G., Carden, F., & Montalván, G. P. (2002). *Organizational Assessment: A framework for improving performance*. International Development Research Centre/Inter-American Development Bank.
- Nelson, D. L. & Quick, J. C. (2006). *Organizational Behavior: Foundations, realities and challenges* (3rd ed). Thomson.
- Robbins, S. P., & Judge, T. A. (2019). *Organizational Behavior, Global Edition* (18th ed.). Pearson Education.
- Spector, P. E. (2021). *Industrial and organizational psychology: Research and Practice*. John Wiley & Sons.
- Yates, J., Zibarras, L., & Mahmood, L. (2023). *Organizational Psychology: An Essential Guide*. Routledge
- Yukl, G. (2004). *Leadership in organizations*. (5th ed.). Pearson Education



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COURSE NO: P2PYTE205

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

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:

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 2026, 2027, 2028
SEMESTER-II

COURSE TITLE: PRACTICALS IN PSYCHOLOGY-II

COURSE NO: P2PYPC206

CREDITS: 4

CONTACT HOURS: 120 HRS.

DURATION OF EXAM – 4 HOURS

COURSE OUTCOME

- 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.

Any three from the group A

1. Personality Testing: Objective Technique
2. Divided Attention
3. Depth Perception
4. Memory
5. Reasoning
6. Decision making
7. Biofeedback

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

Group -1

1. Intake Interview
2. Mental Status Examination
3. Case Study
4. Stress
5. Neuropsychological battery
6. Neo-PI
7. Intelligence Test (WAIS, SB)
8. Personality (Projective technique)
9. Career and vocational assessment
10. Aptitude



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SEMESTER-II

11. Adjustment
12. Suicidal Assessment
13. Relationship Assessment

COURSE NO: P2PYPC206

Group B-II

1. Work-Motivation
2. Leadership
3. Job Satisfaction
4. Psychological capital
5. Work-life balance
6. Personality screening tests

Duration of Practical Examination: 4 Hours.

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

Note for External Practical Examination.

To evaluate/assess final practical performance of the students. The external practical examination 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.

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%	Project report
			25%	Viva-voce
Total				100



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SEMESTER-II

COURSE TITLE: INTERNSHIP

COURSE NO: P2PYPC207

CREDITS: 4

MAXIMUM MARKS: 100

CONTACT HOURS: 120HRS.

DURATION OF EXAM – 4 HOURS

COURSE OUTCOME

- Able to develop skills under supervision
- Know about techniques applied in real settings
- Develop competency in dealing with clients


Students will be placed in any/ different organizational setting to have practical insight into its work or functioning, the dynamics and goals to be achieved. The total duration of internship will be 120 hours. The internal supervisor will be from the department and there will be one agency supervisor from the organization. The agency supervisor will be monitoring work of the student while in the organization and maintain the attendance along with the feedback to the department. After completion, the student will submit a written report in consultation with supervisor/ agency supervisor.

Note for External Examination.

The internship viva voce examination 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.

Distribution of marks

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


Note

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
M.A. PSYCHOLOGY UNDER NEP2020
SYLLABUS FOR THE EXAMINATION TO BE HELD IN May 2026, 2027, 2028
SEMESTER-II
COURSE TITLE: PSYCHOLOGY IN DAY TO DAY LIFE

COURSE NO: P2PYVC251

CREDITS: 4

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

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2 ½ HOURS

COURSE OUTCOME

- Enable the student to make the connection between psychology and real life settings.
- Understand how psychological principles can help them to face life's challenges.
- Able to provide psychological first aid in crisis
- Become competent in carrying out research.
- Proficient in providing services in different fields.

UNIT-I

Counseling: Using counseling skills in field settings (Interviewing skills, Rapport formation, Micro skills)

Activity: Conduct two interviews and prepare reports.

UNIT-II

Communication: Soft skills for professional and personal growth, communication with peers, developing interpersonal skills.

Activity: Role play and developing effective power point presentation

UNIT-III

Psychological First Aid (PFA): Providing PFA, action principles of PFA (look, listen and link), ending your help.

Activity: PFA in practice (Natural disaster, violence and displacement, accident)

UNIT-IV

Research: Application of basic concepts of research in real world settings (identifying problem, literature review, sampling, data collection)

Data analysis and interpretation: Hands on training on data feeding, data cleaning, analyzing and interpretation of results.

Activity: Research analysis of any two scientific papers

BOOKS RECOMMENDED

Egan, G. (2018). *The skilled helper: A problem-management and opportunity-development approach to helping* (11th ed.). Cengage Learning.

Feltham, C., & Horton, I. (Eds.). (2016). *The SAGE handbook of counselling and psychotherapy* (4th ed.). SAGE Publications

Gladding, S. T. (2018). *Counseling: A comprehensive profession* (8th ed.). Pearson.

Hays, D. G. (2023). *Assessment in counseling: Procedures and practices* (7th ed.). Wiley.



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M.A. PSYCHOLOGY UNDER NEP2020
SYLLABUS FOR THE EXAMINATION TO BE HELD IN May 2026, 2027, 2028
SEMESTER-II

- Howard, S., & Wynne, K. (2025). *Skills in psychodynamic counselling & psychotherapy* (3rd ed.). SAGE Publications.
- Howitt, D., & Cramer, D. (2011). *Introduction to Research Methods in Psychology* (3rd ed.). Person Education Limited.
- Kothari, C.R. (2004). *Research Methodology: Methods and Techniques*. New Age International (P) Ltd., Publishers.
- Kumar, R. (2014). *Research Methodology* (4th ed.). New Delhi: Sage Publications India Pvt.Ltd.
- Nelson-Jones, R. (2015). *Practical counselling and helping skills* (6th ed.). SAGE Publications.
- Ruzek, J. I., Brymer, M. J., Jacobs, A. K., Layne, C. M., Vernberg, E. M., & Watson, P. J. (2007). Psychological first aid. *Journal of Mental Health Counseling*, 29(1), 17-49

COURSE NO: P2PYVC251

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:

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.

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

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION TO BE HELD INDEC 2026, 2027, 2028
Semester-III
COURSE TITLE: SOCIAL PSYCHOLOGY

COURSE NO: P2PYTC301

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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M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028
Semester-III

COURSE NO: P2PYTC301

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.



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M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028
Semester-III

COURSE NO: P2PYTC301

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 CBCS
SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028
Semester-III
COURSE TITLE: PSYCHOLOGICAL TESTING AND PSYCHOMETRICS

COURSE NO: P2PYTC302CREDITS: 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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SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028
Semester-III

COURSE NO: PSPYTE302

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

COURSE NO: P2PYTC302

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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M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028
Semester-III
COURSE TITLE: LIFE-SPAN PSYCHOLOGY

COURSE NO: P2PYTC303

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 IN DEC 2026, 2027, 2028
Semester-III

COURSE NO: P2PYTC303

BOOKS RECOMMENDED

- Bee, H., & Boyd, D. (2004). *The Developing Child* (10thed.). 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*. (9th .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* (9thed.). Tata McGraw Hill Pub.
- Santrock, J.W. (2007). *Life Span Development* (3rded.). Tata McGraw Hill Publication.
- Santrock, J. (2024). *Essentials of Life- span development book* (8th ed.). Tata McGraw Hill.
- Shaffer, D.R., & Kipp, K. (2007). *Developmental Psychology: Childhood and Adolescence* (7thed.). 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.



DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION TO BE HELD INDEC 2026, 2027, 2028
Semester-III

COURSE NO: P2PYTC303

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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M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028
Semester-III

COURSE TITLE: PSYCHOTHERAPEUTIC INTERVENTIONS

COURSE NO: P2PYTE304

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

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: P2PYTE304

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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M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028
Semester-III

COURSE TITLE: INTERVENTIONS IN COUNSELING PSYCHOLOGY

COURSE NO: P2PYTE305

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

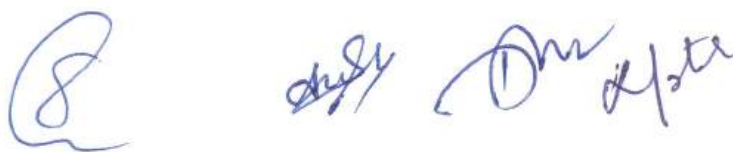
Unit IV

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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SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028
Semester-III
COURSE NO: P2PYTE305

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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SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028
Semester-III

COURSE NO: P2PYTE305

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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M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028
Semester-III

COURSE TITLE: POSITIVE PSYCHOLOGY AT WORK

COURSE NO: P2PYTE306

CREDITS: 4

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

CONTACT HOURS: 60

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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SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028
Semester-III

COURSE NO: P2PYTE306

BOOKS RECOMMENDED

- Aamodt, M.G. (2010). *Industrial/Organizational Psychology: An Applied Approach*. (6th 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*. (3rd 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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SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2026, 2027, 2028
Semester-III
COURSE NO: P2PYTE306

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.

Dr. [Signature]
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Semester-III

COURSE TITLE: HEALTH PSYCHOLOGY

COURSE NO: P2PYTE307

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: P2PYTE307

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., & Esacio, 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: P2PYTE307

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

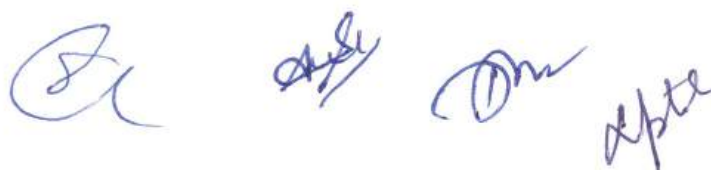
The student shall be continuously evaluated during the conduct of each course on the basis of his/her performance as follows:

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-III

COURSE TITLE: MILITARY/POLICE PSYCHOLOGY

COURSE NO: P2PYTE308

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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Semester-III

COURSE NO: P2PYTE308

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.

The block contains four handwritten signatures or initials in blue ink. From left to right: a stylized signature, a signature that appears to be 'Anjali', a signature that appears to be 'Dm', and the word 'after' written in a cursive script.

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Semester-III

COURSE TITLE: COMMUNITY PSYCHOLOGY

COURSE NO: P2PYTE309 CREDITS: 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



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Semester-III

COURSE NO: PSPYTE309

BOOKS RECOMMENDED

Dalton, J. H., Elias, M. J., & Wandersman, A. (2007). *Community Psychology: Linking Individuals and Communities (2nd 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). *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:

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:

Test I and Test II

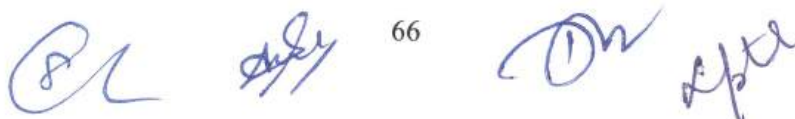
The Subjective Test I and Test II would consist of three short answer type questions (05 marks each). Students are required to answer two questions.

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.

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

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Semester-III

COURSE TITLE: PRACTICALS IN PSYCHOLOGY III

COURSE NO: P2PYPC310

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

COURSE NO: P2PYPC310

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 work place
5. Humor interventions
6. Gratitude interventions
7. Forgiveness interventions



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Semester-III

COURSE NO: P2PYPC310

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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Semester-III

COURSE TITLE: MOOC/ SWAYAM COURSES

CREDITS: 4

Course will be based on the courses being chosen by the students (via SWAYAM portal)



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

COURSE NO: P2PYTC401

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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SEMESTER -IV

COURSE NO: P2PYTC401

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. (2009). *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 -IV

COURSE NO: P2PYTC401

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

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Major Test

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

COURSE NO: P2PYTE402

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)* (1st.ed.)



DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2027, 2028, 2029
SEMESTER -IV

COURSE NO: P2PYTE402

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 -IV
COURSE TITLE: INDIAN PSYCHOLOGY

COURSE NO: P2PYTE403

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).



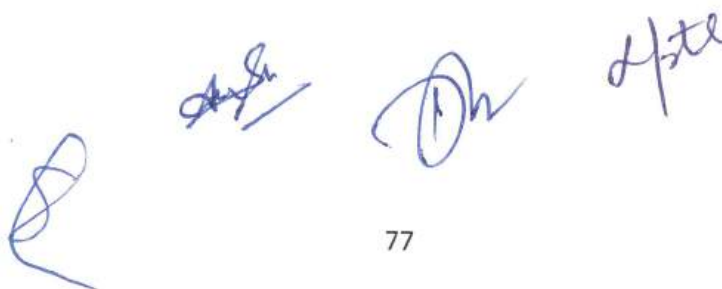
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BOOKS RECOMMENDED

- 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:

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



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COURSE TITLE: RESEARCH DISSERTATION

COURSE NO: P2PYRC404

CREDITS: 16

MAXIMUM MARKS: 400

COURSE OUTCOME

- 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

Dissertation

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

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.



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External examination

COURSE NO: P2PYRC404

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%	Research dissertation
			25%	Viva-voce
Total				100

Dr

Dr

Dr
2/5/20