

UNIVERSITY OF JAMMU

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

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION (24/June/Adp./24)

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 revised Syllabi and Courses of Studies of the subject **Psychology** for **Master Degree Programme** for Semester Ist, IInd, IIIrd and IVth under the **Choice Based Credit System** (as given in the annexure) for the Regular and Reappear Candidates for the examinations to be held in the years as per the details given below:-

Subject	Semester	For the examinations to be held in the year
Psychology	Semester-I	Dec. 2024, 2025 and 2026
	Semester-II	May 2025, 2026 and 2027
	Semester-III	Dec. 2025, 2026 and 2027
	Semester-IV	May 2026, 2027 and 2028

The Syllabus of the course are also available on the University website: www.jammuuniversity.ac.in.

Anju Dain
DEAN ACADEMIC AFFAIRS

No. F. Acd/II/24/ 4693-96

Dated: 26/6/24

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Copy for information and necessary action to:

1. Dean Faculty of Social Science
2. HOD/Convener, Board of Studies Psychology
3. Programmer, Computer Section, Examination Wing
4. Incharge, University Website for Uploading of the notification

Semester-wise Distribution of Courses and Credits under Choice Based Credit System
SEMESTER- I

Course Code	Paper	Credits	Contact hours per week
CORE COURSES			
PSPYTC102	Fundamentals of Psychology	4	5
PSPYTC105	Physiological Psychology	4	5
PSPYTC108	Systems and Theories in Psychology	4	5
PSPYTC109	Statistics for Behavioral sciences	4	5
PSPYTC110	Research in Psychology	4	5
PSPYPC115	Practicals in Psychology-I	6	6

Total Credits in Semester I- 26

SEMESTER-II

Course Code	Paper	Credits	Contact hours per week
CORE COURSES			
PSPYTC201	Cognitive Psychology	4	5
PSPYTC203	Advanced Social Psychology	4	5
PSPYTC205	Psychometrics	4	5
PSPYTC206	Psychology of Personality	4	5
PSPYPC216	Field Training in Psychology	4	2 days per week
PSPYPC217	Practicals in Psychology-II	6	6

Total Credits in Semester II- 26

SEMESTER-III

Course Code	Paper	Credits	Contact hours per week
ELECTIVES			
GROUP A			
PSPYTE304	Essential ingredients of Counselling Psychology	4	5
PSPYTE311	Introduction to Psychopathology	4	5
PSPYTE312	Organizational Psychology	4	5
PSPYPE325	Practicals in Psychology-III	6	6
	MOOC/ Swayam Courses	4	Online
GROUP B			
PSPYTE306	Health Psychology	4	5
PSPYTE308	Sport Psychology	4	5
PSPYTE309	Forensic Psychology	4	5
PSPYTE310	Environmental Psychology	4	5
PSPYTE318	Life-Span Psychology-I	4	5
PSPYTE319	Neuropsychology	4	5

Total Credits in Semester III- 26

NOTE:

Group A Elective courses are compulsory

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

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SEMESTER IV

Course Code	Paper	Credits	Contact hours per week
ELECTIVES			
GROUP A			
PSPYTE401	Psycho-diagnostics	4	5
PSPYTE402	Psychotherapeutic Interventions	4	5
GROUP B			
PSPYTE406	Counselling in different settings	4	5
PSPYTE407	Adolescent And Youth Counselling	4	5
GROUP C			
PSPYTE411	Human Resource Management	4	5
PSPYTE412	Consumer Psychology	4	5
PSPYTE416	Positive Psychology and its Applications	4	5
PSPYTE419	Military/Police Psychology	4	5
PSPYTE421	Indian Psychology	4	5
PSPYTE422	Life-Span Psychology-II	4	5
PSPYTE423	Community Mental Health	4	5
COMPULSORY COURSE			
PSPYPE425	Internship #	4	120 hrs
PSPYPE420	Dissertation #	4	5
OPEN COURSE			
PSPYTO450**	Psychology of Happiness	4	4
PSPYTO451**	Psychology in day to day life	4	4

Total Credits in Semester IV- 24

20(department) + 4 (Open Course from other department)

Total Credits to be Earned: 26+26+26+24 =102

NOTE:

Select any group of electives from A and B.

Select any one course from Group C (Minimum 8 students to run any course)

#Course no. PSPYPE425 (Internship) and Course no PSPYPE426 (Dissertation) are compulsory

PSPYTO 450** and PSPYTO 451**- Open Course available for outside departments.

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Requirement for Earning the PG Degree

The total credit requirement for the PG Psychology programme is 102 credits. The total credits are distributed over two categories: 1) Post-graduate Semester Core Courses (PSCC) and Post-graduate Semester Elective Courses (PSEC), 2) Post-graduate Semester Open Category Courses (PSOCC). The PSOCC provide an opportunity to the students to develop broad interdisciplinary understanding. It includes elective and/or core courses from other disciplines. The number of credits to be chosen from PSCC and PSEC is 94. The number of credits to be chosen from PSOCC is 8.

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M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2024, 2025, 2026

SEMESTER-1

COURSE TITLE: FUNDAMENTALS OF PSYCHOLOGY

COURSE NO: PSPYTC102

CREDITS: 4

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

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 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

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

Guthrie's theory of learning, Cognitive theories of learning.

Unit-II

Motivation: Need, Drives and Motives (Meaning and types), 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, Opponent process theory, Cognitive-Mediational 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, Jenson, 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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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2024, 2025, 2026

COURSE NO: PSPYTC102

BOOKS RECOMMENDED

- 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. (2022). *Simply psychology*. Routledge.
- Feldman, R. S. (2000). *Understanding psychology* (4th ed). Tata McGraw Hill.
- Kantowitz, B. H., Roediger III, H. L., & Elmes, D. G. (2005). *Experimental psychology* (9th ed.). Wadsworth.
- 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.

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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2024, 2025, 2026

COURSE NO: PSPYTC102

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 Hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.
Section A will consist of one long answer type question of 10 marks (1x10=10).
Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz., A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 marks. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2024, 2025, 2026

SEMESTER-1

COURSE TITLE: PHYSIOLOGICAL PSYCHOLOGY

COURSE NO: PSPYTC105

CREDITS: 4

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

DURATION OF EXAM – 2:30 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 ingestive behavior and sleep

Unit I:

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

Neural Communication and Synaptic transmission.

Unit II:

Central Nervous System: Structure and functions of Spinal Cord and Brain.

Peripheral Nervous System: Functions of Spinal and Cranial Nerves.

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

Unit III:

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

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

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

Unit IV:

Ingestive Behaviour: Physiological regulatory mechanisms, drinking, types of thirst, neural mechanism of thirst. Eating and metabolism, eating initiation (social and environmental factors, physiological hunger signals). Cessation of eating (gastric factors, intestinal factors and liver factors), Brain mechanisms (Brain stem and hypothalamus).

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

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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2024, 2025, 2026

COURSE NO: PSPYTC105

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.
- Pinel, J.P.J. (2006). *Biopsychology* (6th ed.). Pearson Education.
- 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

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 OF SESSION DEC 2024, 2025, 2026

COURSE NO: PSPYTC105

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%	2:30 hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.

Section A will consist of one long answer type question of 10 marks (1x10=10).

Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz, A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 marks. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

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M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2024, 2025, 2026

SEMESTER-1

COURSE TITLE: SYSTEMS AND THEORIES IN PSYCHOLOGY

COURSE NO: PSPYTC108

CREDITS: 4

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

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOME

- Understand the historical development and evolution of different schools of psychology, including their origins, key figures, and foundational principles.
- Analyze the core theories, concepts, and methodologies associated with major schools of psychology, such as structuralism, functionalism, behaviorism, psychoanalysis, humanistic psychology, and others.
- Develop critical thinking skills to evaluate the relevance and impact of different psychological schools on contemporary psychological practice and research.
- Aid in assessing how historical schools of psychology have influenced modern psychological theories, practices, and emerging fields.

UNIT-I

Empiricism and Positivism: John Locke and Auguste Comte.

Rise of Experimental Psychology: Weber and Fechner.

Voluntarism and Structuralism: Contributions of Wundt, Titchner, and Criticism of Structuralism.

Functionalism: Contributions of William James, Dewey and Angell.

UNIT-II

Behaviorism: Contributions of Watson and McDougall.

Neo Behaviorism: Contributions of Tolman and Hull.

Gestalt psychology: Contributions of Wertheimer, Koffka, and Kohler, Lewin's field theory.

UNIT-III

Psychoanalysis: Contributions of Sigmund Freud (Dream Analysis, Freudian Slip, Defense Mechanism.

Instincts, Levels of Personality, Anxiety, Psychosexual stages) and Criticism of Psychoanalysis.

Neo- Freudians: Contributions of Anna Freud, Adler, Jung, and Horney.

UNIT-IV

Humanistic Psychology: Contributions of Maslow and Rogers, Future of Humanistic Psychology.

Existential Psychology: Contributions of Soren Kierkegaard, Frankl, May and Kelley.

Indian Perspectives: Buddhism, Hinduism, Sufism and Integral Yoga.

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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2024, 2025, 2026

COURSE NO: PSPYTC108

BOOKS RECOMMENDED

- Benjamin Jr, L. T. (2023). *A brief history of modern psychology*. John Wiley & Sons.
- Brennan, J. F. (2003). *History and systems of psychology* (6th ed.). Pearson Education.
- Cornelissen Matthijs, R. M., Misra, G., & Varma, S. (2011). *Foundations of indian psychology*. Dorling Kindersley (India) Private Limited.
- Goodwin, C. (2015). *A history of modern psychology* (5th ed.). John Wiley and Sons.
- Greenwood, J. D. (2009). *A conceptual history of psychology*. McGraw Hill.
- Hergenhahn, B. R. (2013). *Introduction to history of psychology* (7th ed.). Thomson Wadsworth.
- Pickren, W. E. & Rutherford, A. (2010). *A History of modern psychology in context*. John Wiley & Sons.
- Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (2008). *Handbook of indian psychology*. Cambridge University Press India Private Limited.
- Schultz, D. P. & Schultz, S. E. (2000). *A History of modern psychology* (7th ed.). Harcourt College Publishers.
- Smith, N.W. (2001). *Current systems in psychology*. Wadsworth.
- Wertheimer, M., & Puente, A. E. (2020). *A brief history of psychology*. Routledge.

NET SURFING REQUIRED:

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

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M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2024, 2025, 2026

COURSE NO: PSPYTC108

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.
Section A will consist of one long answer type question of 10 marks (1x10=10).
Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz, A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 marks. (20 marks)

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Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weight age in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks)

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M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2024, 2025, 2026

SEMESTER-1

COURSE TITLE: STATISTICS FOR BEHAVIOURAL SCIENCES

COURSE NO: PSPYTC109

CREDITS: 4

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

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 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- I

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.

UNIT- II

Concept of Levels of Significance: Estimating Confidence Limits of Mean (large samples and small samples). Significance of Differences between the Means for Independent and Dependent Samples.

Concept of Power analysis and effect size.

Multivariate Analysis: Characteristics and assumptions, Computation of One Way, Two Way ANOVA.

UNIT- III

Correlation: Concept. Assumptions and Computations. Product Moment Method, Spearman Rank Order.

Biserial Correlation, Point Biserial Correlation, Tetrachoric Correlation, Phi Coefficient. Regression

Analysis: Concept, Assumptions and Computations, Simple Linear Regression, Concept of Mediation and moderation.

UNIT- IV

Non-Parametric Tests: Concepts and Computations (Chi- square test, Mann- Whitney U test, Kruskal-Wallis, Wilcoxon Signed Rank Test and Kendall tau).

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COURSE NO: PSPYTC109

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.
- Garrett, H. E. & Woodworth, R.S. (2021). *Statistics in Psychology and Education*. Vakils, Feller & Simons Pvt. Ltd.
- Gravetter, F. J., & Wallnau, L. B. (2011). *Essentials of Statistics for Behavioral Sciences*. (7th ed). Wadsworth, Cengage Learning.
- Howell, D.C. (1999). *Statistical Methods for Psychology* (5th ed). Duxbury Thomson Publishing Co.
- Kaltenbach, H-M. (2012). *A Concise Guide to Statistics*: Springer.
- Minium, E.W., King, B.M., and Bear, G. (1993). *Statistical reasoning in Psychology and Education*. John Wiley and Sons
- 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

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DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2024, 2025, 2026

COURSE NO: PSPYTC109

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.

Section A will consist of one long answer type question of 10 marks (1x10=10).

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The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

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Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 marks. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

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Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

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M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2024, 2025, 2026

COURSE TITLE: RESEARCH IN PSYCHOLOGY

COURSE NO: PSPYTC110

CREDITS: 4

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

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOME

- Familiarization with the meaning, types of research and ethical issues in research.
- Understand the research problem literature review, and hypotheses.
- Develop knowledge of research design, sampling and its types.

Unit-I

Meaning, Characteristics, objectives and criteria of Research, Types of Research, Process of Research. Introduction to the scientific method, Ethical issues in Research, writing in APA style.

Unit – II

Research problem: Sources of Research Problem, Steps in Formulating Research Problem.

Literature Review in Research: Functions and Sources of literature review.

Hypotheses: Types, Difficulties, Importance and Errors in Hypothesis Testing.

Unit-III

Research design: Quantitative research designs (experimental and quasi experimental designs).

Qualitative Research designs (Ethnography, Grounded theory, Discourse analysis.

Phenomenological analysis).

Unit – IV

Sampling: Concept, Types (Probability and Non Probability Sampling), Difference between Probability and Non Probability Sampling, Steps in sampling process.

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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2024, 2025, 2026

COURSE NO: PSPYTC110

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., Hammond, S. and Fife, S.C. (2000). *Research Methods in Psychology*. Sage.
- Broota, K. D. (2002). *Experimental Design in Behavioural Research*. New Delhi: New Age International (P) Ltd., Publishers.
- 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:

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

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DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2024, 2025, 2026

COURSE NO: PSPYTC110

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.

Section A will consist of one long answer type question of 10 marks (1x10=10).

Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz. A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 marks. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

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SYLLABUS FOR THE EXAMINATION OF SESSION DEC 2024, 2025, 2026

SEMESTER-1

COURSE TITLE: PRACTICALS IN PSYCHOLOGY-I

COURSE NO: PSPYPC115

CREDITS: 6

MAXIMUM MARKS: 100 (INTERNAL = 50+ EXTERNAL=50) CONTACT HOURS: 90 HRS.

DURATION OF EXAM – 3 HOURS

COURSE OUTCOME

- Design to provide students an understanding of important concepts involved in psychology.
- Enhance ability to apply psychological tests and experiments.

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

1. Learning
2. Psychophysics
3. Achievement Motivation
4. Intelligence
5. Problem Solving
6. Creativity
7. Locus of Control
8. Orientation to SPSS (Mandatory)

Duration of Practical Examination: 3 Hours.

MAXIMUM MARKS: 100

- CONTINUOUS INTERNAL ASSESSMENT: 50 Marks
- EXTERNAL EXAM: 50 Marks

There will be One External Examiner and One Internal Examiner.

Distribution of Marks

Administration/Conduction: 20 marks

Viva-Voce examination: 30 marks

Note: The Internal Examiner will be the coordinator of Examination.

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SYLLABUS FOR THE EXAMINATION OF SESSION May 2025, 2026, 2027

SEMESTER –II

COURSE TITLE: COGNITIVE PSYCHOLOGY

COURSE NO: PSPYTC201

CREDITS: 4

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

DURATION OF EXAM – 2:30 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.

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, 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, Biological Basis of Memory, Constructive and Reconstructive Nature of Memory.

Types of Forgetting, Theories of Forgetting (Interference and Decay).

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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COURSE NO: PSPYTC201

BOOKS RECOMMENDED

- 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.
- 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:

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COURSE NO: PSPYTC201

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 Hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.
Section A will consist of one long answer type question of 10 marks (1x10=10).
Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz., A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 marks. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

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DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
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SEMESTER –II

COURSE TITLE: ADVANCED SOCIAL PSYCHOLOGY

COURSE NO: PSPYTC203

CREDITS: 4

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

DURATION OF EXAM – 2:30 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, Attitude Change.

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: Forms, Causes, Methods to Reduce Prejudice.

UNIT IV

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

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

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COURSE NO: PSPYTC203

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.
- Crisp, R. J., & Turner, R. N. (2007). *Essential of 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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SYLLABUS FOR THE EXAMINATION OF SESSION May 2025, 2026, 2027

COURSE NO: PSPYTC203

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 Hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B. *Section A* will consist of one long answer type question of 10 marks (1x10=10). *Section B* will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz., A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 marks. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

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SYLLABUS FOR THE EXAMINATION OF SESSION May 2025, 2026, 2027

Semester –II

COURSE TITLE: PSYCHOMETRICS

COURSE NO: PSPYTC205

CREDITS: 4

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

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOME

- Develop an understanding of the basics of Psychological assessment and testing.
- Become familiar with the psychological scaling and test construction.
- Develop skills in carrying out psychological assessment.
- Able to apply psychological tests in different settings.
- Understand the basics of factor analysis.

UNIT I

Psychological Measurement and Assessment: Concept, Functions, Historical Sketch, Properties of Scales of Measurement, Problems in Psychological Measurement.

Psychological testing: Concept, Types and Uses of Psychological Tests, Ethical Issues, Professional Issues, Current and Future trends in testing.

UNIT II

Psychological Scaling: Method of Rank order, Method of Successive Categories, Method of Pair Comparison.

Methods of Attitude scales: Equal Appearing Intervals, Summated Ratings, Guttman's Scale.

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

UNIT III

Reliability: Types/Methods of Establishing Reliability, Factors Influencing Reliability of the Test.

Validity- Types. Factors Influencing Validity of the Test.

Norms: Concept, Types and methods of calculating Norms.

UNIT IV

Application of Psychological Tests in Education, Industry, Clinical Settings, Military and Lifespan Development.

Exploratory and Confirmatory Factor Analysis: Basic concepts, Methods and Uses.

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SYLLABUS FOR THE EXAMINATION OF SESSION May 2025, 2026, 2027

COURSE NO: PSPYTC205

BOOKS RECOMMENDED

- Anastasi, A. (1997). *Psychological testing*. Mac Millan and Co.
- 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* (8th ed.). Wadsworth Cengage Learning.
- Murphy, K. R., & Davidshofer, C. O. (1994). *Psychological testing: Principles and applications*. Prentice Hall.
- Nunnally, J. C. (1978). *Psychometric theory*. McGraw Hill.
- Singh, A. K. (2019). *Tests measurements and research methods in behavioural sciences* (6th ed.). Bharati Bhawan.
- Silverman, D. (2006). *Interpreting qualitative data: Methods for analyzing talk, text and interaction*. Sage Publications.
- 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 OF SESSION May 2025, 2026, 2027

COURSE NO: PSPYTC205

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 Hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.
Section A will consist of one long answer type question of 10 marks (1x10=10).
Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz., A, B, & C.

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 marks. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

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DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
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SYLLABUS FOR THE EXAMINATION OF SESSION May 2025, 2026, 2027

SEMESTER -II

COURSE TITLE: PSYCHOLOGY OF PERSONALITY

COURSE NO: PSPYTC206

CREDITS: 4

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

DURATION OF EXAM – 2:30 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
Freudian Theory: Application and Assessment.

Unit-II

Neo-Freudian (Jung, Adler & Erikson): Theory, Application and Assessment.
Biological Approach (Eysenck): Theory, Application and Assessment.

Unit-III

Trait Approach (Allport, Murray & Big Five Model) and Behavioral/Social Learning Approach: Theory, Application and Assessment.

Unit-IV

Humanistic Approach (Maslow & Rogers) and Cognitive Approach: Theory, Application and Assessment.

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SYLLABUS FOR THE EXAMINATION OF SESSION May 2025, 2026, 2027

COURSE NO: PSPYTC206

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:

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

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SYLLABUS FOR THE EXAMINATION OF SESSION May 2025, 2026, 2027

COURSE NO: PSPYTC206

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 Hrs.	60

Minor Test

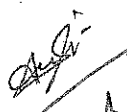



The question paper for Minor-I and Minor-II Tests will consist of two sections A and B. **Section A** will consist of one long answer type question of 10 marks (1x10=10). **Section B** will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz., A, B, & C.
Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 marks. (20 marks)
Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)
Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

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SEMESTER –II

COURSE TITLE: FIELD TRAINING IN PSYCHOLOGY

COURSE NO: PSPYPC216

CREDITS: 4

MAXIMUM MARKS: 50

CONTACT HOURS: 60HRS

DURATION OF EXAM – 2:30 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.

After the completion of field work the internal/external expert will evaluate the performance of the students through comprehensive viva voce.

Distribution of marks

Distribution of marks for internal examination: Report/Written record: 20 marks.

Distribution of marks for external examination: Comprehensive Viva-voce: 30 marks.

Note: The Internal Examiner will be the coordinator of examination.

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SEMESTER –II

COURSE TITLE: PRACTICALS IN PSYCHOLOGY-II

COURSE NO: PSPYPC 217

CREDITS: 6

CONTACT HOURS: 90 HRS.

DURATION OF EXAM – 3 HOUR

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.

1. Personality Testing: Objective Technique
2. Sociometry
3. Divided Attention
4. Depth Perception
5. Memory
6. Reasoning
7. Attitude
8. Aggression
9. Self-esteem
10. Decision making
11. Qualitative Technique

Duration of Practical Examination: 3 Hours.

MAXIMUM MARKS: 100

- **CONTINUOUS INTERNAL ASSESSMENT: 50 Marks**
- **EXTERNAL EXAM: 50 Marks**

There will be One External Examiner and One Internal Examiner.

Distribution of Marks

Administration/Conduction: 20 marks

Viva-Voce examination: 30 marks

Note: The Internal Examiner will be the coordinator of Examination.

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Semester -III

COURSE TITLE: ESSENTIAL INGREDIENTS OF COUNSELLING PSYCHOLOGY

COURSE NO: PSPYTE304

CREDITS: 4

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

CONTACT HOURS: 60 hrs

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOME

- To gain an in-depth study of Counselling and Psychotherapeutic Processes.
- Learn the concepts, goals and ethical issues in Counselling and Psychotherapy;
- Be familiar with the Counselling Strategies and Techniques, and adopting the Counselling Process to Specific Populations

UNIT- I

Fundamentals of Counselling: Definition and Goals of Counselling, Difference between Counselling and Psychotherapy, Effective Counsellor Characteristics, Ethics and legal aspects of Counselling

UNIT II

Process of Counseling: Counselling Relationship, The core Conditions of Counselling, Counsellor's Actions that Impede Communication, Stages of Counselling, Micro Skills in counselling.

UNIT-III

Approaches to Counselling: Psychodynamic, Client-Centered, Gestalt, Behavioral, Cognitive, Group and Family, Eclectic, Use of technology in Counselling.

UNIT-IV

Assessment and Diagnosis in counselling: Components of effective assessment, Tools for effective diagnosis. Initial assessment in counseling, Mistakes counselors make in the assessment process. Communication of assessment results. Counseling in Multi-cultural society and counseling with Gay, Lesbians, Bisexuals and Transgender.

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COURSE NO: PSPYTE304

BOOKS RECOMMENDED

- Corey, G. (2000). *Theory and Practice of Group Counselling*. Brooks/Cole.
- Carr, A. (2006). *Family Therapy: Concepts, Process and Practice*. John Wiley & Sons, Ltd.
- Evans, J. (2009). *Online Counselling and Guidance Skills*. Sage Publications.
- Flanagan, J. S., & Flanagan R.S. (2004). *Counselling and Psychotherapy Theories in Context and Practice*. John Wiley & Sons.
- Hays, D.G. (2013). *Assessment in Counselling* (5 th Ed.). American Counselling Association.
- Galibrarth.V.(2018). *Counselling Psychology*. Taylor & Francis Group.
- Ginter,E.J. , Roysircar.G. ,Gerstein,L.H.(2019). *Theories and applications of Counselling and Psychotherapy*. Sage Publications, Inc.
- McLeod, J. (2009). *Counselling Skills*. Rawat Publications.
- Murphy. D. (2017). *Counselling Psychology: A Textbook for Study and Practice*. Wiley-Blackwell
- Orlans. V., & Scoyoc, S. V. (2009). *A Short Introduction to Counselling Psychology*. Sage Publication India Pvt. Ltd.
- Gladding. S.T. (2019). *Counselling: A Comprehensive Profession* (2nded.). Pearson India Education Services Pvt. Ltd: New Delhi.
- Glidden-Tracey, C. (2005). *Counselling and Therapy with clients who abuse alcohol or other drugs*. New Jersey: Lawrence Erlbaum Associates, Inc.
- Sue. D.W., Sue, D., Neville, H.A., & Smith, L. (2022). *Counseling the culturally diverse: Theory and Practice*. John Wiley & Sons
- Welfel. E.R. & Patterson. L.E. (2011). *The Counselling Process: A Multi-theoretical Integrative Approach* (6th ed.). Brooks/Col. (1st Indian Edition).

NET SURFING REQUIRED:

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

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COURSE NO: PSPYTE304

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.

Section A will consist of one long answer type question of 10 marks (1x10=10).

Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz, A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

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Semester-III

COURSE TITLE: INTRODUCTION TO PSYCHOPATHOLOGY

COURSE NO: PSPYTE311

CREDITS: 4

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

CONTACT HOURS: 60.

DURATION OF EXAM – 2:30 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) and International Classification of Diseases (ICD).

UNIT II

Anxiety disorders: Clinical Picture, Etiology, Management.

Somatic symptoms and related disorders: Clinical Picture, Etiology, Management.

Dissociative Disorders: Clinical Picture, Etiology, Management.

UNIT III

Obsessive- Compulsive and related disorders: Clinical Picture, Etiology, Management

Bipolar and related disorders, Depressive Disorders: Clinical Picture, Etiology, Management

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

UNIT IV

PTSD: Clinical Picture, Etiology, Management.

Personality Disorders: Clinical Picture, Etiology, Management.

Feeding and Eating disorders: Clinical Picture, Etiology, Management.

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COURSE NO: PSPYTE311

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.
- Carson, R.C. Butcher, J.N. & Mineka, S. (2000). *Abnormal Psychology and Modern Life*. (11th ed.) . 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).



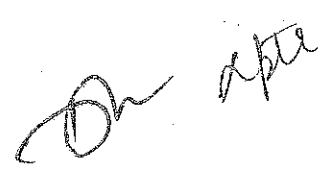
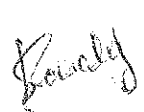
NET SURFING REQUIRED:

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

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

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COURSE NO: PSPYTE311

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.

Section A will consist of one long answer type question of 10 marks (1x10=10).

Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz. A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

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Semester -III

COURSE TITLE: ORGANIZATIONAL PSYCHOLOGY

COURSE NO: PSPYTE312

CREDITS: 4

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

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 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.

UNIT-I

Industrial Psychology Vs Organizational Psychology, Historical Roots and Emergence of Organizational Psychology, Hawthron's study, Scope of organizational Psychology, Challenges and Opportunities for Organizational Psychology Today.

UNIT-II

Productive behavior in organizations: Job Performance, Measurement of Job Performance, Determinants of Job Performance, Organizational Citizenship Behaviour
Counterproductive behavior in organizations: Structure of Counterproductive Work Behaviour, Causes and Common Forms of Counterproductive Work Behaviour

UNIT-III

Attitudes: Job-Satisfaction (Measurement and Outcomes); Organizational Commitment (Measurement and Consequences); Beliefs and Attitudes about work and the organization (Perceived Organizational Support, Organizational Identification, Job Embeddedness, Organizational Justice and Effects of Multiple Work Beliefs on Employee Outcomes)
Work motivation: Theories: Content, Process and Reinforcement Theories.

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
Leadership: Meaning, Historical Studies, Traditional Theories, Modern Theoretical Process of Leadership, Leadership Skills

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COURSE NO: PSPYTE312

BOOKS RECOMMENDED

- Jex, S. M., & Britt, T. W. (2014). *Organizational psychology: A scientist-practitioner approach*. John Wiley & Sons.
- Greenberg, J., Robert, A., & Baron, A. (2000). *Behavior in organization* (7thed.) Prentice Hall.
- Greenberg, J. (2018). *Behavior in organization* (10thed.) 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.
- Nelson, D.L. & Quick, J.C. (2006). *Organizational Behavior: Foundations, realities and challenges* (3rd ed) . Thomson.
- Robbins, S.P. (2003). *Organizational Behavior*. (10thed) Pearson Education
- Robbins, S.P., & Judge, T.A. (2019). *Organizational Behavior, Global Edition* (18thed.). Pearson Education.
- Spector, P. E. (2021). *Industrial and organizational psychology: Research and practice*. John Wiley & Sons.
- Yukl, G. (2004.) *Leadership in organizations*. (5thed.). Pearson Education

NET SURFING REQUIRED:

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

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

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COURSE NO: PSPYTE312

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.

Section A will consist of one long answer type question of 10 marks (1x10=10).

Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz, A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60% weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks)

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Semester -III

COURSE TITLE: PRACTICALS IN PSYCHOLOGY- III

COURSE NO: PSPYPE325 CREDITS: 6

MAXIMUM MARKS: 100

CONTACT HOURS: 90HRS

DURATION OF EXAM =3 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.

1. Depression
2. Anxiety
3. Rorschach inkblot test
4. Orientation to MMPI/MBTI
5. Organizational Citizenship behavior
6. Work-life balance
7. Aptitude
8. Career /interest inventory
9. Leadership
10. Work motivation
11. Job satisfaction

Duration of Practical Examination: 3 Hours.

MAXIMUM MARKS: 100

- CONTINUOUS INTERNAL ASSESSMENT: 50Marks
- EXTERNAL EXAM: 50 Marks

There will be One External Examiner and One Internal Examiner.

Distribution of Marks

Conduction: 20 marks

Viva-Voce examination: 30 marks

Note: The internal examiner will be the coordinator of practical examination.

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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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Semester -III

COURSE TITLE: HEALTH PSYCHOLOGY

COURSE NO: PSPYTE306

CREDITS: 4

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

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOME

- Understand the foundational concepts, theories, and models in health psychology.
- Analyze how behaviors such as diet, exercise, smoking, and substance use impact 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 to Health Psychology: Concept, Historical Background, Mind and Body Connection, Bio-medical Model, Bio-psychosocial Model, Cultural Approaches to Health Psychology, Future of Health Psychology.

UNIT II

Pain and Illness: Concept of 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 Compromising Behaviors: Smoking, Alcoholism, Substance abuse.

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

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: PSPYTE306

BOOKS RECOMMENDED

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

NET SURFING REQUIRED:

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COURSE NO: PSPYTE306

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.

Section A will consist of one long answer type question of 10 marks (1x10=10).

Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz. A, B, & C.

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60% weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test (36 out of 60 marks).

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Semester –III

COURSE TITLE: SPORT PSYCHOLOGY

COURSE NO: PSPYTE308

CREDITS: 4

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

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOME

- Appreciate the nature and significance of sport psychology.
- Highlight the importance of social and psychological processes in the sport settings.
- Familiarization with the students with the interventions.

UNIT -I

Introduction to Sport Psychology: Concept and Historical Background

Issues in Sport Psychology: (Professional & Ethical Issues, Challenges and Future direction)

Research Methods and Testing in Sport Psychology

UNIT -II

Motivation in Sport: Defining Motivation; Theories of Motivation in Sport

Personality and Athletes: Theories; Personality Traits and Sport Psychology

Mood and Emotions in Sport: Conceptual Models of Function and Mood; Mood State and Athletic Performance

Attention and concentration in sport: Concept, Methods to Improve Attention and Concentration in Athletic Performance.

UNIT- III

Aggression in sport: Theories; Factors Promoting Aggression; Techniques to Reduce Aggression

Leadership in sport: Team Cohesion; Theories of Leadership

Causal Attribution in sport: Attributional Model; Causal Attributions in Competitive Situations

UNIT- IV

Arousal, stress and anxiety in sport: Relationship among Arousal, Anxiety, and Performance;

Alternative Approaches to the Arousal-Performance Relationship

Substance Abuse in Sport: Prevalence, Diagnoses, and intervention

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Interventions: Coping Strategies in sport; Relaxation Strategies for Sport; Arousal Energizing Strategies for Sport; Psychological Skills Training.

COURSE NO: PSPYTE308

BOOKS RECOMMENDED

- Cashmore, E. (2014). *Key Concepts in Sport Psychology*. New York: Routledge.
- Cox, R. H. (2002). *Sport Psychology: Concepts and Applications* (5thed.). New York: McGraw Hill Co. Inc.
- Galulucci, N. T. (2008). *Sport Psychology: Performance Enhancement, Performance Inhibition, Individuals, and Teams*. New York: Psychology Press.
- Lavallee, D., Kremer, J., Moran, A. P., & Williams, M. (2004). *Sports Psychology: Contemporary Themes*. New York: Palgrave Macmillan.
- LeUnes, A. (2008). *Sport Psychology*. (4thed.). New York: Psychology Press.
- Mugford, A. & Cremades, G. (2019). *Sports, Exercise and Performance Psychology: Theories and Applications*. New York: Taylor and Francis.
- Moran, A. P. (2004). *Sport and Exercise Psychology: A Critical Introduction*. New York: Routledge.
- Morris, T., & Summers, J. (1995). *Sport Psychology: Theory, Applications and Issues* (2nded.). Milton: John Wiley & Sons Australia, Ltd.
- Schinke, J. R., McGannon, K. R., & Smith, B. (2018). *Routledge International Handbook of Sport Psychology*. New York: Taylor and Francis.

NET SURFING REQUIRED:

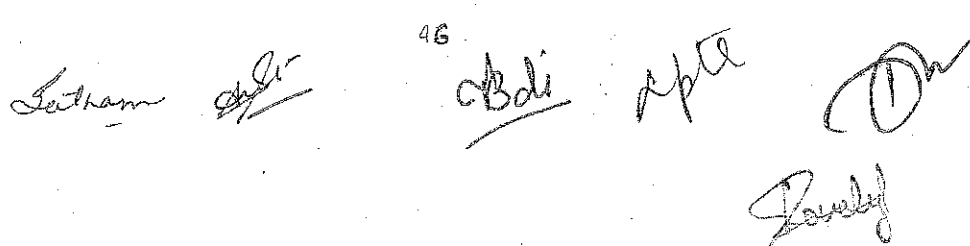
Students are highly encouraged to find out the relevant material through NET surf

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%	2:30 hrs.	60

Minor Test

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The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.
Section A will consist of one long answer type question of 10 marks (1x10=10).

COURSE NO: PSPYTE308

Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).
The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz. A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks)

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Semester -III

COURSE TITLE: FORENSIC PSYCHOLOGY

COURSE NO: PSPYTE309

CREDITS: 4

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

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOME

- Acquaint the students with forensic psychology and its interdisciplinary nature.
- Develop understanding of concepts from a wide variety of academic disciplines, including: psychology, sociology, psychiatry, criminal justice/law enforcement, law and the legal profession, psychopharmacology genetics and psychophysiology.

UNIT-I

Introduction to Forensic Psychology: Concepts, Brief history of Forensic Psychology, Roles of Forensic Psychologists .

Ethical Issues in Forensic Psychology: Laws versus Values, the Importance of psychology in Law enforcement

UNIT-II

Effective Intervention: Psychological disorders and associated criminal behavior. Psychology and lie detection

UNIT-III

Behavioral Profiling: Concept, the Efficacy of Profiling, Inductive versus deductive reasoning, application of profiling, crime scene Analysis, Geographic Profiling

UNIT-IV

Working with victims: Police Perceptions, Domestic and sexual violence, Marginalized victims, overcoming victim reluctance, techniques for interacting with victims, victim support units

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Working with minors: Child Psychopathology, Juvenile delinquency, Rehabilitation of Juvenile delinquents

BOOKS RECOMMENDED

COURSE NO: PSPYTE309

Bartol, C.R. & A. Bartol, A.M.(2015). *Introduction to Forensic Psychology: Research and Application* (4thed). New York: SAGE Publications.

Brown, J., Shell, Y., & Cole, T. (2015). *Forensic Psychology*. New Delhi: SAGE Publications India Pvt. Ltd.

Davies, G.M., & Beech, A. R. (2018). *Forensic Psychology: Crime, Justice, Law, Intervention*. (3rded.). USA: John Wiley & Sons Ltd.

Dennis, H. (2018). *Introduction to Forensic and Criminal Psychology* (6thed.) UK: Pearson Education

Duff, S., & McGuire, J. (2018). *Forensic Psychology*. London: Macmillan Publishers Ltd.

Scott-Snyder, S. (2017). *Introduction to Forensic Psychology: Essentials for Law Enforcement*. Boca Raton, FL: Taylor & Francis Group

NET SURFING REQUIRED:

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

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

Minor Test

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The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.
Section A will consist of one long answer type question of 10 marks (1x10=10).
Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

COURSE NO: PSPYTE309

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz. A, B, & C.

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II, three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test (36 out of 60 marks)


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Semester –III

COURSE TITLE: ENVIRONMENTAL PSYCHOLOGY

COURSE NO: PSPYTE310

CREDITS: 4

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

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 3 HOURS

COURSE OUTCOME

- Able to appreciate the basic concepts of Environmental Psychology.
- Provide a perspective of Environmental Psychology

UNIT –I

Environmental psychology: Concept, History and Research methods in Environmental Psychology, Ethical considerations in environmental research, Models to explain environmental behavior, Future perspectives

UNIT-II

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

Environmental cognition: Cognitive maps (methods, errors, memory and cognitive maps), Way finding.

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 environment.

Environment and its impact on life: Environment and Quality of life.

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COURSE NO: PSPYTE310

BOOKS RECOMMENDED

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

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

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

NET SURFING REQUIRED:

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

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

Minor Test:

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.

Section A will consist of one long answer type question of 10 marks (1x10=10)

Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

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COURSE NO: PSPYTE310

Major Test

The major test shall consist of three sections viz, A, B, & C.

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II, three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidate shall be required to attempt any two questions from this section (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60% weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

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SEMESTER III

COURSE TITLE: LIFE-SPAN PSYCHOLOGY-I

COURSE NO: PSPYTE318

CREDITS: 4

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

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOMES

- Familiarize the students to acquire basic knowledge of Child psychology.
- Focus on development from Conception to Adolescence from different perspectives.
- Analyze the theoretical viewpoints in relation to developmental psychology.

UNIT-I

Foundations of development: Biological and Environmental foundations

Prenatal Development: Development from Conception to Birth (Stages of Prenatal Development). Factors influencing prenatal development.

UNIT-II

Development in infancy: Physical development (Early reflexes, Early Sensory capacities, milestones of Motor development), Cognitive development (Behaviorist and Piagetian approach). Language development.

Socioemotional development in infancy: Emotional and Personality development, and Social development

UNIT-III

Early childhood: Physical, Motor, Cognitive, Emotional, Language and Social development in early childhood

Middle childhood: Physical, Motor, Cognitive, Emotional, Language and Social development in middle childhood

UNIT IV

Adolescence: Physical, Cognitive and Psychosocial development in Adolescence.

Crisis in adolescence: Search for Identity, Sexuality, Moral Reasoning, Conflict and Aggression in Adolescence

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COURSE NO: PSPYTE318

BOOKS RECOMMENDED

- Bee, H., & Boyd, D. (2004). *The Developing Child* (10thed.). Pearson Education Publication.
- Berk, L. L. (2022). *Development through the lifespan*. Sage Publications.
- Tetzchner, S.V. (2019). *Child and Adolescent Psychology*. Routledge.
- Harris, M., Butterworth, G. (2012). *Developmental Psychology*. Psychology Press.
- 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. (2014). *Ebook: Child Development: An Introduction*. 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.

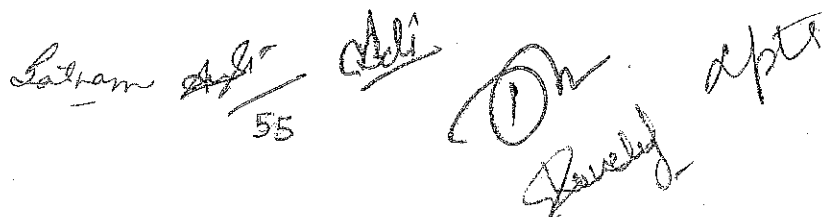
NET SURFING REQUIRED: Students will be highly encouraged to find out the relevant material through NET surfing.

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.
Section A will consist of one long answer type question of 10 marks (1x10=10).
Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).



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The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz. A, B, & C.

Section-A: This section comprises of five compulsory questions (two questions from Unit I and II; three questions from Unit III and IV). Each question carries 4 marks. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section-C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: 60% weightage of Major-Test should be given to topics (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks)

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Semester -III

COURSE TITLE: NEUROPSYCHOLOGY

COURSE NO: PSPYTE319

CREDITS: 4

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

CONTACT HOURS: 60.

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOME

- Acquaint the students with Neuropsychology and its interdisciplinary nature.
- Develop an understanding of theory and emerging research areas.
- Knowledge of the methods of investigating brain Neurophysiological assessment, diagnosis and neurodegenerative disorders.

UNIT I

History of Neuropsychology: Early hypotheses. Localization theory, integrated theories of brain function.

Research in Neuropsychology: Emerging research areas in neuropsychology.

UNIT II

Methods of Investigating the Brain: Neurohistology techniques. Radiologic procedures, Electrophysiologic procedures. Imaging of Brain Metabolism. Magnetic imaging procedures. Behavioural examinations. New advances in Imaging techniques.

UNIT III

Neuropsychological assessment and Diagnosis: General considerations in Neuropsychological testing, psychometric issues in Neuropsychological assessment.

Neuropsychological Tests: Types and Interpreting Neuropsychological Assessment data.

UNIT IV

Neuropsychological Rehabilitation: Concept, cognitive rehabilitation in dementia.

Ageing: Alzheimer's disease and Parkinson's disease.

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COURSE NO: PSPYTE319

BOOKS RECOMMENDED

- Kolb, B., & Whishaw, I. Q. (2003). *Fundamentals of human neuropsychology* (5th ed.).
- Goldstein, L. A., McNeil, J. E. (2003) *Clinical Neuropsychology: A Practical Guide to Assessment and Management for clinicians*. John Wiley & Sons, Ltd DOI:10.1002/0470013338.
- Purves, D., et al. (2018) *Neuroscience* (6th Ed.) Sinauer Associates.
- Zillmer, E., Spiers, M., & Culbertson, E. W. (2008). *Principles of Neuropsychology* (2nd ed.). Thomson Wadsworth.
- Weyandt, J. J. (2019). *Clinical neuroscience: Foundations of psychological and neurodegenerative disorders* (3rd ed.). Routledge
- Gage, N.M., & Baars, B.J. (2018). *Fundamentals of cognitive neuroscience* (2nd ed.) Elsevier inc.

NET SURFING REQUIRED:

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

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%	2:30 hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.

Section A will consist of one long answer type question of 10 marks (1x10=10).

Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

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COURSE NO: PSPYTE319

Major Test

The minor test shall consist of three sections viz. A, B, & C.

Section-A: This section comprises of an compulsory question & eleven questions from Unit I and II, three questions from Unit III and IV. Each question carries 20 mark. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 20 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section-C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 30 marks. (30 marks)

Note: 60% weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028

SEMESTER -IV
COURSE TITLE: PSYCHO-DIAGNOSTICS

COURSE NO: PSPYTE 401

CREDITS: 4

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

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOME:

- Able to understand the psycho-diagnostics, ethical issues and clinical assessment
- Acquire knowledge about the intelligence testing, Personality assessment, behavioral and neuropsychological assessment.
- Able to make a sound assessment and diagnosis.

UNIT-I

Introduction to Psycho-diagnostics: Stages, Diagnostic, Ethical Issues and Principles. Clinical Assessment: Mental status examination and Case history taking

UNIT-II

Intelligence Testing: History, Stanford-Binet test, Wechsler Intelligence test, Assessment of Dysfunctional Cognitions

UNIT-III

Personality Assessment: Thematic apperception test (TAT) and Rorschach Ink Blot Test. Projective drawings.

Self report inventories- MMPI and NEO PI-R.

UNIT-IV

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

Neuro-psychological Assessment: Screening and Assessing for Neuro-psychological Functioning.

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COURSE NO: PSPYTE 401

BOOKS RECOMMENDED

- Carson, R.C. Butcher, J.N. & Mineka, S. (2000). *Abnormal Psychology and Modern Life*. (11th Ed.) Allyn and Bacon.
- 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-Mamat, G. (2003). *Handbook of Psychological Assessment*. (4th ed.). John Wiley & Sons.
- Hecker, J.F. (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.
- Korchin, S.J. (1988). *Modern Clinical Psychology*. CBS Publication
- Neitzel, M.J., Bernstein, D.A., Milich, R. (1994). *Introduction to Clinical Psychology* (6th ed.) Pearson.
- Pomerantz, A.M. (2011). *Clinical Psychology: Science, Practice and Culture*. (2nd ed.). Sage Publications
- Richard, D.C.S., & Huprich, S.K. (2009). *Clinical Psychology: Assessment, Treatment and Research*. Elsevier Academic Press Publications.
- Trull, T.J. & Phares, E.J. (2001). *Clinical Psychology* (6th ed.). Wadsworth/Thomson Learning.

NET SURFING REQUIRED:

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

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COURSE NO: PSPYTE 401

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.

Section A will consist of one long answer type question of 10 marks (1x10=10).

Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The first Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz. A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note - 60% weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

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SEMESTER -IV
COURSE TITLE: PSYCHOTHERAPEUTIC INTERVENTIONS

COURSE NO: PSPYTE 402

CREDITS: 4

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

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOUR

COURSE OUTCOMES

- Enable the students to appreciate psychotherapeutic techniques.
- Understand the theoretical foundations, and key principles of various psychotherapeutic therapies, including individual-centric therapies, group therapies, family therapy and play therapy.
- 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 and Ethical Issues

Psychotherapeutic Methods/ Approaches: Brief introduction to Supportive, Re-Educative, Reconstructive, 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: Assessment, Approaches and Techniques in family therapy

Play therapy: Concept, Techniques of Play therapy.

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COURSE NO: PSPYTE 402

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 II)*. John Wiley and Sons.
- Reeves, A. (2018). *An introduction to counselling and psychotherapy: from theory to practice*. Sage Publications Limited.
- 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.

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COURSE NO: PSPYTE 402

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

Note for Paper Setting

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.
Section A will consist of one long answer type question of 10 marks (1x10=10).
Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz, A, B, & C
Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 mark. (20 marks)
Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)
Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028

SEMESTER -IV

COURSE TITLE: COUNSELLING IN DIFFERENT SETTINGS

COURSE NO: PSPYTE 406

CREDITS: 4

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

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOMES

- Acquaint the students with the different areas of counselling like counselling for substance abuse, chronic illness, marital and family counselling, work settings and crisis intervention.
- Understanding the nature and procedural aspects of different types counseling.
- Enable students to plan and conduct counseling sessions.
- Familiarization with the processes for providing counseling at workplace.
- Acquaint students to apply specific crisis and intervention techniques for use in various settings.

UNIT I

Counselling of Clients with Substance Abuse: Assessment for Substance Use Disorders, treatment plan, psycho education in substance abuse therapy, Relapse Prevention Strategies

UNIT II

Counselling in health settings: Life style illnesses, Pre and post surgical counselling (for hospital staff and patients)

Counselling of People with Trauma: Crisis Intervention, Psychological First Aid

UNIT III

Couples Counselling: Concept and Process of Couples Counselling

Marital and Family Counselling: Concept Process and techniques of Couples Counselling

UNIT IV

Geriatric Counselling: Concept, Counselling in Old Age Homes

Context of Workplace Counseling, Specific Issues in Workplace

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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

COURSE NO: PSPYTE 406

BOOKS RECOMMENDED

- Carr, A. (2006). *Family Therapy: Concepts, Process and Practice*. England: John Wiley & Sons, Ltd.
- Coles. A. (2003). *EBOOK: Counselling in the workplace*. McGraw-Hill Education.
- Corey,G.(2009). *Theory and Practice of Counselling and Psychotherapy* (8th ed.). Thomson Brooks/Cole
- Doka. K. J. (2013). *Counseling individuals with life threatening illness*. Springer Publishing Company.
- Gladding. S.T. (2019). *Counselling: A Comprehensive Profession* (2nded.). Pearson India Education Services Pvt. Ltd.
- Glidden-Tracey. C. (2005). *Counselling and Therapy with clients who abuse alcohol or other drugs*. Lawrence Erlbaum Associates, Inc.
- Flanagan, J. S., & Flanagan, R.S. (2004). *Counselling and Psychotherapy Theories in Context and Practice*. John Wiley & Sons.
- Reeves . A.(2018). *An Introduction to Counselling and Psychotherapy: From Theory to Practice* SAGE Publications Ltd
- Satpathy. G. C. (2002): *Aids Transmission : Challenges in the New Millennium*, Gyan Publishers
- Seligman.I.&Reichenberg. L.W.(2010). *Theories of counselling and psychotherapy* (3rd ed.). Pearson Education Inc.
- Sharf. R.S. (2012). *Theories of Psychotherapy and Counselling Concepts and Cases* (5thed.). Brooks/Cole. Cengage Learning

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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

COURSE NO: PSPYTE 406

Veer.G. (1998). *Counselling and therapy with refugees and victims of trauma*(2nd ed.). John Wiley & Sons Ltd.

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.

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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

COURSE NO: PSPYTE 406

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%	2:30 hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.
Section A will consist of one long answer type question of 10 marks (1x10=10).
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Major Test

The major test shall consist of three sections viz. A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

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Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks)

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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028

SEMESTER -IV
COURSE TITLE: ADOLESCENT AND YOUTH COUNSELLING

COURSE NO: PSPYTE 407

CREDITS: 4

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

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOMES

- Understanding of Application of Counselling in Educational Settings.
- Be familiar with Career Counselling, Child Abuse Counselling,
- Learn Counselling for, Adolescence Disorders and Mental health issues faced by the youth.

UNIT-I

Educational counseling: Concept and Importance, Counselling in school and college settings (Characteristics and Process)

Specific issues (Examination anxiety and academic stress).

UNIT-II

Career counseling: Meaning, theories of career development, career counseling models, Trends in Career Counselling: Technology in the new millennium.

UNIT-III

Child abuse and neglect : Types of Abuse, Causal theories of Abuse, Consequences of Abuse , Counselling for Child Abuse

Mental health issues in adolescents: Counselling depressed young people, Counselling those with suicidal thoughts. Counselling for Eating Disorder

Unit-IV

Aggression and violence in youth: Causes, counseling violent and aggressive pupils, Anger management in youth,

Bullying in schools : Counselling Bullies, Problem Behaviour Management

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COURSE NO: PSPYTE 407

BOOKS RECOMMENDED

- Geldard, K., Geldard, D. & Foo, R. Y. (2016). *Counselling adolescents (4th ed.)*. New Delhi: SAGE Publications India Pvt. Ltd.
- Gladding, S. T. (2009). *Counseling: A comprehensive profession (6th ed.)*. Pearson.
- Gladding, S. T., & Batra, P. (2018). *Counseling: A comprehensive profession (8th ed.)*. Pearson.
- Kapur, M. (2011). *Counselling children with psychological problems*. India: Dorling Kindersley (India) Pvt. Limited.
- Lines, D. (2006) *Brief Counselling in Schools Working with Young People from 11 to 18 (2nd Ed)*. New Delhi: SAGE Publications India Pvt. Ltd.
- Sink, C.A. (2005). *Contemporary School Counselling*. U.S.A.: Houghton Mifflin Company.
- Sue, D.W., Sue, D., Neville, H.A., & Smith, L. (2022). *Counseling the culturally diverse: Theory and Practice*. John Wiley & Sons
- Sharry, Lines. (2004) *counseling children, adolescents and families : A strengths based approach*. New Delhi: SAGE Publications India Pvt. Ltd.
- Welfel, E. R., & Patterson, L. E. (2011). *The counseling process: A multitheoretical integrative approach (6th ed.)*. Thomson Learning.
- Zunker, V.G. (2006). *Career Counselling: A Holistic Approach (7th ed.)*. U.S.A.: Thomson Brooks/Cole.

NET SURFING REQUIRED:

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

Latnam *Adi* *Rozaly* *aptr* *Dr*

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
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COURSE NO: PSPYTE 407

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.

Section A will consist of one long answer type question of 10 marks (1x10=10).

Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz. A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

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Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

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SEMESTER -IV
COURSE TITLE: HUMAN RESOURCE MANAGEMENT

COURSE NO: PSPYTE411

CREDITS: 4

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

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOMES

- Understand the behaviors of individuals along with other organizational assets
- Familiarize the students with the skills, techniques and implications of human resource management.

UNIT-I

Human Resource Planning: Meaning, Objectives and Features of HRM, Component of HRM, Functions of HRM. Challenges and Human Resource Management: Going Global, New technology, Managing Change, Managing Talent, Responding to the Market, Containing Costs, Social Issues in HRM

Human Resource Information System: Recruitment, Selection and Placement

UNIT-II

Training and Development: Training Methods for Non-managerial Employees: Job training, Apprenticeship training, Cooperative training, Internship and Governmental training, Classroom Instructions, Programmed instructions, Audio-Visual Methods, E-learning, Simulation Method. Training methods for Management division. Needs Assessment for Training

UNIT-III

Wage and Compensation Management: Nature, Objectives and Planning of Compensation, Factors Influencing Compensation Level, Wage Policy, State Regulation of Wages and Wage Differentials

Performance Appraisal System: Concept, Features, Characteristics, Objectives, Evaluation Process, Methods and Problems of Performance Appraisal System

UNIT-IV

Employee Health: Alcoholism at Work, Smoking at Work, AIDS and Other Life-Threatening Illnesses, Job Stress, Burnout, Employee Safety; Purpose, Supervisor's Role in Safety, Causes of Accidents and their Prevention.

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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028

COURSE NO: PSPYTE411

BOOKS RECOMMENDED

- Bass, R.M. & Drenth, J.D. (1987). *Organizational Psychology*. Sage.
- Dessler, G. Varrkey, B. (2020). *Human Resource Management*. (16th ed.). Pearson Education
- Gary, D. (2017). *Fundamentals of Human Resource Management*. Pearson Education
- Mathis, R.L. & Jackson, J.H. (2000). *Human Resource Management*. (9th ed.). South-Western College Publishing Co.
- Rao, T.V., Verma, K.K. and Khandelwal, A.K. & Abraham. (1989). *Alternative Approaches Strategies of Human Resource Development*. Rawat Publication.
- Rao, V.S.P. (2013). *Human Resource Management: Text and Cases*. (3^{ed.}) Excel Books
- Snell, S & Bohlander, G. (2007). *Human Resource Management*. Thomson Wadsworth

NET SURFING REQUIRED:

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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

COURSE NO: PSPYTE411

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%	2:30 hrs.	60

Minor Test

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The major test shall consist of three sections viz, A, B, & C
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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028

SEMESTER -IV
COURSE TITLE: CONSUMER PSYCHOLOGY

COURSE NO: PSPYTE412

CREDITS: 4

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

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOME:

- Able to understand the consumer psychology, history, trends in consumer behavior, consumer memory and learning
- Enhance understanding of consumer perception, attention and motivation
- Apply appropriate research methods in consumer psychology.

UNIT I:

Introduction: Meaning of Consumer Psychology, History of consumer psychology, Current trends in consumer behavior. Approaches to studying consumer behavior
Consumer Memory: Memory systems. Techniques to enhance consumer memory
Consumer Learning: Behavioral theories, Cognitive theories and Social theories.

UNIT II:

Consumer Perception: Gestalt theories. use of different senses
Attention: Arousal, visual selective attention, factors affecting consumer attention

UNIT III:

Consumer motivation and decision making: intrinsic and extrinsic motivation, theories of motivation, techniques to motivate consumers, decision making and brand loyalty
Internet consumption and internet decision making

UNIT IV:

Marketing: Research Methods, Techniques and Outcomes.

Batram *apli* *Bali* *Sanjay* *apli* *Dr*

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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028

COURSE NO: PSPYTE412

BOOKS RECOMMENDED

David, L.L. & Della Batia A.J. 2nd Ed. (1984). *Consumer Behavior Concepts and Applications*. McGraw Hill.

Huang .H.(2023). *Consumer Psychology: Theories & Applications*. Sage.

London, D.L. & Delle -Bitta , A. (1984). *Consumer Behavior : Concepts and Applications*. McGraw Hill.

Jansson-Boyd, C.V. (2010). *Consumer Psychology*. McGraw Hill

Schiffman, L.G., Wisenblit, J., & Kumar, S.R. (2018). *Consumer Behavior* (12th Edition). Pearson Education.

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

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
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Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

Minor Test

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COURSE NO: PSPYTE412

Major Test

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Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

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SEMESTER -IV
COURSE TITLE: POSITIVE PSYCHOLOGY AND ITS APPLICATIONS

COURSE NO: PSPYTE416

CREDITS: 4

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

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 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 the concept of positive psychology.
- Apply the various principles of positive psychology.

UNIT- I

Introduction to Positive Psychology: Concept, Historical overview, Positive Psychology Perspectives (Western Eastern, Historical, Philosophical, Epistemological and Indian Perspectives)

Progress in Positive Psychology: Some Reflections from India. Trends in positive psychology

UNIT- II

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

Emotional Well-Being: Emotional Intelligence, Eudaimonic Wellbeing, Subjective Well-Being

UNIT –III

Cognitive focused Approach: Self-Efficacy, Optimism, Hope, Compassion, Forgiveness, Gratitude

Emotion Focused Approach: Resilience, Flow

UNIT-IV

Application of Positive Psychology: Schools, Workplace

Enabling Communities to Thrive; Positive Psychology for Disability, Positive Psychology in Rehabilitation

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COURSE NO: PSPYTE416

BOOKS RECOMMENDED

- Boniwell, I. (2012). *Positive psychology in a nutshell: The science of happiness: The science of happiness*. McGraw-Hill Education (UK).
- Biswas- Diener, R. (2008). *Invitation to Positive Psychology: Research and Tools For the professional*. United Kingdom: British Library Cataloguing –in- Publication Data.
- Carr, A. (2011). *Positive Psychology: The Science of Happiness and Human Strengths*(2nd ed.) Routledge.
- Dunn.D.S.(2018). *Positive Psychology: Established and emerging issues*. New York: 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.
- 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.

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NET SURFING REQUIRED:

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Note for the paper setting:

Minor Test

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Major Test

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SEMESTER -IV
COURSE TITLE: MILITARY/POLICE PSYCHOLOGY

COURSE NO: PSPYTE419

CREDITS: 4

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

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOMES

- Develop an understanding of the nature and scope of military /Police psychology,
- Knowledge of the assessment in personnel selection, leadership in military, and other related issues

UNIT-I

Military/ Police Psychology: Concept, Historical perspective

Developments in Military/Police Psychology: Contemporary issues, Emerging trends.
Applications

UNIT-II

Selection & assessment: Selection of specific task, Pilot Selection; Psychological Assessment for Personnel selection. Situational Tests, Cognitive and Personality based assessment

Training: 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: Group cohesion, Group morale.

UNIT-IV

Techniques: Interview and interrogation, threat assessment, Issues relating special operations,

Training and performance: special situations, futuristic warfare.

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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028

COURSE NO: PSPYTE419

BOOKS RECOMMENDED

- 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:

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


Note for Paper Setting

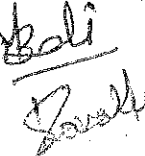
Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%	2:30 hrs.	60


Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.
Section A will consist of one long answer type question of 10 marks (1x10=10).
Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

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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

COURSE NO: PSPYTE419

Major Test

The major test shall consist of three sections viz. A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks).

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note - 60% weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

Satnam *Abli* *Rozali* *Dr* *APL*

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028

SEMESTER -IV
COURSE TITLE: INDIAN PSYCHOLOGY

COURSE NO: PSPYTE421

CREDITS: 4

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

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 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, role and implication of Doctrine of Dharma & Karma for Psychology, ubiquitous Suffering, The Human Quest, Self realization Research & Challenges: Researches on Indian Concepts of Psychology, Major challenges, Perspectives for future action

Unit II:

Self: 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, Personality : 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.

Unit III:

Cognition and Emotion: Śāṅkara's Views of Cognition and Knowledge, Advaita View of Cognition in Terms of Contemporary Concepts, Cognitive Deconstruction of the Ego Through Meditation. Bharata on Emotions and Aesthetic Moods, The Paradoxical Nature of Aesthetic Mood. Implications of the Concept of Rasa, Transformation of Emotion in Religious Devotion. Rasa in the Context of Modern Psychology.

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

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COURSE NO: PSPYTE421

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.

NET SURFING REQUIRED:

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

Note for the paper setting:

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.

Section A will consist of one long answer type question of 10 marks (1x10=10).

Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

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DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
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COURSE NO: PSPYTE421

Major Test

The major test shall consist of three sections viz, A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60 % weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

Saham *Apri* *Rony* *Dr. apta*

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028

SEMESTER -IV
COURSE TITLE: LIFE SPAN PSYCHOLOGY-II

COURSE NO: PSPYTE422

CREDITS: 4

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

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOMES

- Explore how cultural, societal, and historical contexts influence development.
- Examine variations in developmental trajectories across different populations.
- Enable students to apply a lifespan perspective to understand how early experiences influence later development and how developmental processes continue to evolve throughout life.
- Evaluate the roles of genetics and environment in shaping development, including the impact of family, culture, and socio-economic factors.
- Able to gain proficiency in the research methods used in developmental psychology.
- Understanding of the major developmental stages from young adulthood through late adulthood, including physical, cognitive, social, and emotional development.

UNIT-I

Domains of Developmental Psychology, Issues and Influences on Development, Theoretical perspectives, Research Designs in Developmental Psychology.

UNIT-II

Early Adulthood: Physical Development, Cognitive Development.

Psychosocial development in Early Adulthood, Marital and non-marital life styles.

UNIT-III

Middle Adulthood: Physical and Cognitive Development.

Psychosocial Development – Consensual Relationships: Marriage, Midlife divorce, Friendships, Relationships with maturing children and Gay & Lesbian Relationships.

UNIT IV:

Late Adulthood: Physical, Cognitive and Psychosocial Development, and issues and challenges in old age.

Setham *Dr* *Bali* *Rovet* *Dr* *Dr*

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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028

COURSE NO: PSPYTE422

BOOKS RECOMMENDED

- Berk, L. E. (2022). *Development through the lifespan*. Sage Publications.
- Feldman, R. S. (1997). *Development across the life span*. Prentice Hall Publication.
- Harris, M., & Butterworth, G. (2012). *Developmental psychology*. UP Psychology Press.
- Hurlóck, E.B. (2002). *Developmental psychology* (5th ed). Tata McGraw Hill Publication.
- 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* (9th ed.), Tata McGraw Hill Publication.
- Santrock, J.W. (2007). *Life span development* (3rd ed.). Tata McGraw Hill Publication.
- Shaffer, D. R., & Kipp, K. (2007). *Developmental psychology: Childhood and adolescence* (7th ed.). Thomas Wadsworth.
- Wapner, S., & Kaplan, B. (Eds.). (2024). *Toward a holistic developmental psychology*. Taylor & Francis.

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

Setham *Abli* *Javedly* *Dr apte*

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028

COURSE NO: PSPYTE422

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.

Section A will consist of one long answer type question of 10 marks (1x10=10).

Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

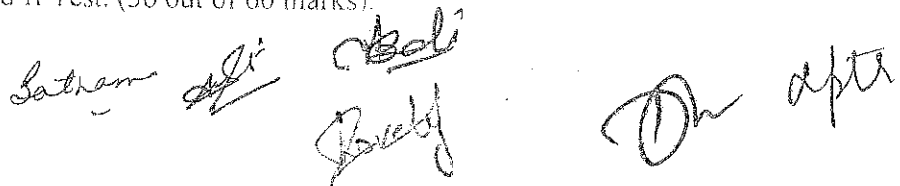
The major test shall consist of three sections viz, A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II, three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

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Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note - 60% weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).



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SEMESTER -IV

COURSE TITLE: COMMUNITY MENTAL HEALTH

COURSE NO: PSPYTE423

CREDITS: 4

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

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OUTCOMES

- Provide an in-depth and critical study of Community Psychology.
- Acquaint students with the nature and goals of community psychology, interventions within a community framework, community-based programs, and current applied issues in community psychology.
- Analyze the meaning of change in social settings
- Familiarize students with preventive measures and design promotion programs for better community development.
- Obtaining experience with community psychology approaches and empirical evidences can be applied to analyze, understand and solve mental health difficulties.

UNIT I

Introduction to Community Psychology: Concept of Community Psychology, Seven core values in community Psychology

Field of community psychology: Emergence of community psychology, Current status of community Psychology, Future of community psychology

UNIT II

Understanding Communities: Defining Community, Sense of community, Building Communities
Understanding stress and coping in context: Stress and coping (Ecological Contextual model)
Social support, Mutual help groups

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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COURSE NO: PSPYTE423

BOOKS RECOMMENDED

Dalton, J. H., Elias, M. J., & Wandersman, A. (2007). *Community Psychology: Linking Individuals and Communities* (2nd Ed). Belmont CA: Thomson Wadsworth.
Duffy, K. G. & Wong, F. Y. (2000) *Community Psychology*. Boston: 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*. NY: 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 surfing

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DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028

COURSE NO: PSPYTE423

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%.	2:30 hrs.	60

Minor Test

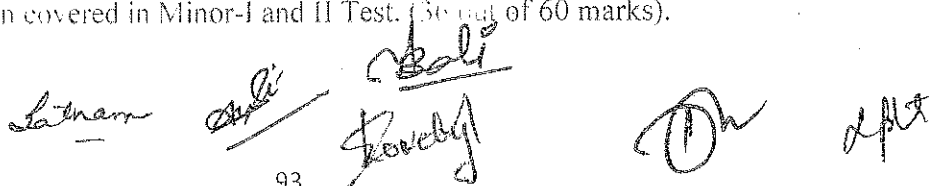
The question paper for Minor-I and Minor-II Tests will consist of two sections A and B. *Section A* will consist of one long answer type question of 10 marks (1x10=10). *Section B* will consist of two short answer type questions carrying 5 marks each (2x5=10).

The First Minor Test will be from Unit I (25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks. The Second Minor Test will be from Unit II (next 25% syllabus). The duration of the test will be of 1 hour and it will carry 20 marks.

Major Test

The major test shall consist of three sections viz. A, B, & C
Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II; three questions from Unit III and IV). Each question carries 2 mark. (20 marks)
Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)
Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60% weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).



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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028

COURSE TITLE: DISSERTATION

COURSE NO: PSPYPE420

CREDITS: 4

MAXIMUM MARKS: 100

CONTACT HOURS:

COURSE OUTCOME

- Apply the theoretical framework they have learned in Research Methodology in real life settings. It will
- Gain 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 regarding Research Methodology.

EVALUATION (100 Marks)

External and Internal examiners will evaluate students based on reports and viva voce.

Distribution of Marks:

Report: 60% Viva Voce: 40 %

Note: The Internal examiner will be the coordinator of the examination.

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DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
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Semester -IV

COURSE TITLE: INTERNSHIP

COURSE NO: PSPYPE425
MAXIMUM MARKS: 50

CREDITS: 4
CONTACT HOURS: 120HRS.

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 spread over 30 days. Each student will be given one academic supervisor from the department and one field supervisor from the organization, where she/he will be placed. The field supervisor will be monitoring field work of the candidate and maintain the attendance along with the feedback to the department. After completion of 120 hours, the candidate will submit a written report in consultation with supervisor/field supervisor in typed form. The department will arrange an evaluation committee where the candidate will have to give presentation of the work done, specifying the learning experiences related to the application of the theory in field settings. Evaluation will be done by HOD/chairperson (internal examiner) and external expert.

Distribution of marks

Distribution of marks for internal examination: Report/Written record: 20 marks

Distribution of marks for External examination: comprehensive Viva-voce: 30 marks.

Note: The Internal examiner will be the coordinator of Internship examination.

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Dr. apta

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
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SEMESTER -IV
COURSE TITLE: PSYCHOLOGY OF HAPPINESS

COURSE NO: PSPYTO450

CREDITS: 4

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

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 3 HOURS

COURSE OUTCOME:

- Develop an understanding of Positive Psychology and Happiness
- Acquaint the students with concepts of wellbeing and self.
- Identify and appreciate the strengths, positive emotions, optimal experiences, positive traits and positive institutions.
- Build relevant competencies for experiencing and sharing happiness with significant others and its implications.

UNIT I

Positive Psychology: Concept, dimensions, themes of positive psychology
Happiness: Concept. Causes. effects, techniques and obstacles to happiness

UNIT II

Wellbeing: Subjective wellbeing (Predictors, components, Diener model of subjective wellbeing)
Developing Self: Self in Indian tradition, Self-concept, Self- esteem,

UNIT III

Model: The VIA classification of character and Strengths, VIA assessment-description
Positive Affect and emotions: PANAS, Positive emotions, Emotional intelligence
Optimal experiences: Flow, mindfulness, Spirituality.

UNIT IV

Positive Individual traits: Hope, Resilience, Gratitude,
Interpersonal Approaches: Forgiveness, compassion, humility.

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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

COURSE NO: PSPYTO450

BOOKS RECOMMENDED

Bhaskar, D.P.S. (2011). *Spirituality and Indian Psychology: Lessons from the Bhagavad-Gita*. Ed. (A.J. Marsella). Springer

Carr, A. (2011). *Positive Psychology: The Science of Happiness and Human Strengths (2nd ed.)* Routledge.

Compton, W.C., & Hoffman, E. (2020). *Positive Psychology: The Science of Happiness and Flourishing*. (3rd.Ed.) Sage

Compton, W. C., & Hoffman, E. (2013). *Positive Psychology: The Science of Happiness and Flourishing (2nd ed.)*. Wadsworth.

Dunn, D.S. (2018). *Positive Psychology: Established and Emerging Issues*. Taylor & Francis.

Giraldez-Hayes A. & Burke J. (2023). *Applied Positive School Psychology*. Routledge

Sinha, J. (1934). *Indian Psychology: Perception*. Trubner & Co. 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.) New Delhi: Sage Publications.

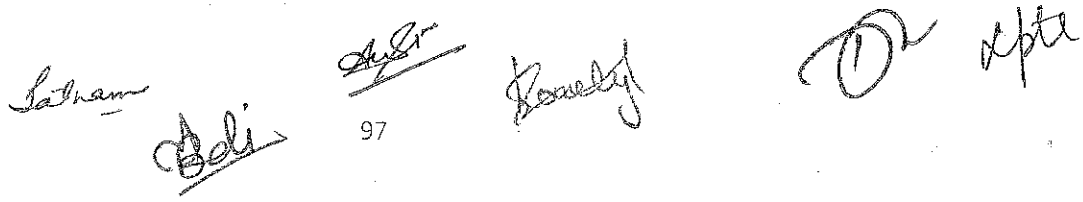
Weiten, W., & Lloyd A. M. (2004). *Psychology Applied to Modern Life: Adjustment in the 21st Century* (7th ed). Singapore: Thomson Wadsworth Pvt Ltd.

NET SURFING REQUIRED:

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

Note for Paper Setting

Examination Theory	Syllabus to be covered in examination	Time allotted for Exam	% weightage (marks)
Minor Test I	upto 25%	1 Hr.	20
Minor Test II	25% to 50%	1 Hr.	20
Major Test	100%	2:30 hrs.	60



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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028

COURSE NO: PSPYTO450

Minor Test

The question paper for Minor-I and Minor-II Tests will consist of two sections A and B.
Section A will consist of one long answer type question of 10 marks (1x10=10).
Section B will consist of two short answer type questions carrying 5 marks each (2x5=10).

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Major Test

The major test shall consist of three sections viz. A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II, three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

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Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60% weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks).

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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-IV

COURSE TITLE: PSYCHOLOGY IN DAY TO DAY LIFE

COURSE NO: PSPYTO451 CREDITS: 4
MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60) CONTACT HOURS: 60 HRS.
DURATION OF EXAM – 3 HOURS

COURSE OUTCOMES

- Enable the students to make the connection between psychology and its practical application to everyday life
- Develop and understanding of how psychological principles can help them to face life's challenges.
- Able to relate issues that they encounter in their everyday life, such as emotions, stress, health, and communication.

UNIT I

Introduction: Concept of Psychology, Role of a Psychologist. Relevance of psychology in everyday life

Research Methods: Observational method, Experimental method, Case Study

UNIT –II

Emotions: Nature of emotions, functions of emotional expression, expression of emotions, theories of emotions.

Emotional intelligence: Nature, scope and types. Strategies to enhance emotional intelligence.

UNIT-III

Stress, stressors, stress reactions, stress and health.

Stress and Management: Meditation, Exercise, Relaxation, Coping: Emotion focused and problem focused coping.

UNIT-IV

Leadership: Nature, personality of an effective leader, types and Models of leadership.

Communication- Communication process, Communication skills. Non-verbal communication, effective communication, Barriers to effective communication.

Satham *99* *Abali* *Dr apte*

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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2026, 2027, 2028

COURSE NO: PSPYTO451

BOOKS RECOMMENDED

Weiten. W., Lloyd A. M. (2004). *Psychology Applied to modern Life: Adjustment in the 21st Century*. (7th ed). Thomson Wadsworth Pvt ltd.

Atwater. L. & Duffy. K.G. (1995). *Psychology for Living, Adjustment, Growth, and Behavior today* (5th Ed.). New Delhi: Prentice hall of India Private Limited.

Robbins. S.P., & Judge. T.A. (2019). *Organizational Behavior*. Global Edition (18th ed.). London : Pearson Education.

Taylor. S.E. (2012). *Health Psychology*. (7th ed.). New Delhi: Tata McGraw Hill.

Wadker. A. (2016). *Life skills for success*. Sage publications India Pvt. Ltd

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Note for Paper Setting

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Major Test	100%.	2:30 hrs.	60

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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

COURSE NO: PSPYTO451

Minor Test

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Major Test

The major test shall consist of three sections viz. A, B, & C

Section-A: This section comprises of ten compulsory questions (seven questions from Unit I and II, three questions from Unit III and IV). Each question carries 2 mark. (20 marks)

Section-B: This section comprises three short answer type questions from Unit I and II. Each question carries 5 marks. The candidates shall be required to attempt any two questions from this section. (10 marks)

Section C: This section comprises two questions from Unit III and IV, with internal choice. Each question carries 15 marks. (30 marks)

Note: - 60% weightage in Major-Test should be given to those units (Unit-III & IV) which have not been covered in Minor-I and II Test. (36 out of 60 marks.)

Satnam *ajv* *Bali* *Dr* *aptr*
Lavely