M. Sc. Applied Psychology

Syllabus

UNIVERSITY DEPARTMENT

Program Code: PSYB

2021 – 2022 onwards

BHARATHIAR UNIVERSITY

**(A State University, Accredited with "A" Grade by NAAC,
Ranked 13th among Indian Universities by MHRD-NIRF,
World Ranking: Times -801-1000,Shanghai -901-1000, URAP - 982)**

Coimbatore - 641 046, Tamil Nadu, India

Program Educational Objectives (PEOs)	
The **M. Sc. Applied Psychology** program describe accomplishments that graduates are expected to attain within five to seven years after graduation	
PEO1	To prepare students to excel in Post graduate Programs and to succeed in the field of counselling and HR through global, rigorous education.
PEO2	To provide students with a solid foundation in psychology and help them in gaining skills in the various areas of psychology and also to pursue higher studies.
PEO3	To provide students with the foundation in skill development required to design, develop intervention strategies for behavior change
PEO4	To inculcate in students professional and ethical attitude, effective communication skills, teamwork skills, multidisciplinary approach, and an ability to relate psychological issues to broader social context, additional courses with regard to physical, psychological and career growth.
PEO5	To provide the student with an academic environment aware of excellence, outstanding leadership, written ethical codes and guidelines with moral values, and the life-long learning needed for a successful career.

Program Specific Outcomes (PSOs)	
After the successful completion of Psychology program, the students are expected to	
PSO1	Understand the fields of Psychology and the research specific areas
PSO2	Understand the principles of psychology and its application in various fields
PSO3	Learn the concepts which form a catalyst to behavior
PSO4	Developing methods to write case analysis and assessment using psychological tests/instruments
PSO5	Learn to relate human behavior at work and develop intervention techniques problems encountered at work place.

Program Outcomes (POs)	
On successful completion of the M. Sc. Applied Psychology program	
PO1	Apply knowledge of psychology to help humans in society to find solution to their problems and improve quality of life.
PO2	Identify, formulate, review literature and analyze human potentials and design programs for enhancing human behavior.
PO3	Design solution for human problems with appropriate consideration for the public health and safety, and the cultural, societal and the environmental considerations.
PO4	Use research based knowledge and research methods including design of experiments, analysis and interpretation of data, in psychological research
PO5	Understand the impact of Psychology in societal and environmental contexts, and demonstrate the knowledge and need for sustainable development

BHARATHIAR UNIVERSITY, COIMBATORE 641 046

M. Sc. Applied Psychology (UD) CBCS PATTERN
(University Department)

(For the students admitted during the academic year 2021 – 22 onwards)

Course Code	Title of the Course	Credits	Hours		Maximum Marks		
			Theory	**Practical**	**CIA**	**ESE**	**Total**
FIRST SEMESTER							
17PSYBC01	Research Methodology and Statics	4	4		50	50	100
17PSYBC02	Elements of Health Psychology	4	4		50	50	100
17PSYBC03	Organizational Behavior	4	4		50	50	100
17PSYBC04	Cognitive Psychology	4	4		50	50	100
17PSYBC05	Practical- I	4		4	50	50	100
17PSYBGE01	Elective Course	4	4		50	50	100
Supportive		2	2		12	38	50
	Total	26	22	4	312	338	650
SECOND SEMESTER							
17PSYBC06	Essentials of Social Psychology	4	4		50	50	100
17PSYBC07	Personality Theories and Application	4	4		50	50	100
17PSYBC08	Human Resource Management	4	4		50	50	100
17PSYBC09	Bio Psychology	4	4		50	50	100
17PSYBC10	Perspectives in Counselling Psychology	4	4		50	50	100
17PSYBC11	Practical - II	4		4	50	50	100
17PSYBGE02	Elective Course	4	4		50	50	100
Supportive		2	2		12	38	50
	Total	30	26		362	388	750
THIRD SEMESTER							
17PSYBC12	Psychopathology	4	4		50	50	100
17PSYBC13	Psych Diagnostics	4	4		50	50	100
17PSYBC14	Psychotherapeutics	4	4		50	50	100
17PSYBC15	Organization Development	4	4		50	50	100
17PSYBC16	Practical-III	4		4	50	50	100
17PSYBGE03	Elective Courses	4	4		50	50	100
	Supportive Courses	2	2		12	38	50
	Total	**26**	22	4	312	338	650
FOURTH SEMESTER							
	Project work/ Clinical/Industrial Practicum	8				200	200
	Total	8					

Grand Total	100	70	12	986	1264	2350
ONLINE COURSES							
SWAYAM – MOOC – Online Course*	2						50
	Non-scholastic with Credits						
VALUE ADDED COURSES							
Life Span Psychology	4						50
JOB ORIENTED COURSES							
Behavior Modification	4						50

*SWAYAM – MOOC – online course shall be of duration at least 4 weeks with at least 2 credits. The course shall be mandatory and shall be completed within third semester (i.e., before the beginning of fourth semester).

NOTE: The entries in the template are only for illustrative purpose. Titles of the courses (core / elective / practical) in the second column may be entered according to the programme.

First Semester

Course code	17PSYBC01	RESEARCH METHODOLOGY AND STATISTICS	L	T	P	C
Core			4	-	-	4
Pre-requisite		Basic in Research in Psychology	**Syllabus Version**		**2021-22**	

Course Objectives:

The main objectives of this course are to:
1. To enable students to understand the basics of research .
2. To help students analyse and identify the variables and hypotheses used in the research.
3. To enable students to understand the non-experimental methods in research.
4. To understand the concepts of experimental research methods.
5. To help students develop skills required for analysing the data and writing in research.

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	To enable the understanding of the research methodology and ethics in research	K1
2	To understand the variables, measurement and hypotheses testing in research	K2
3	To familiarize with observational and survey research approaches.	K3
4	To enhance the knowledge on single factor design and factorial design.	K4
5	To familiarize the quantitative and qualitative analysis of data and writing in research.	K4

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	Basics of Research	12 hours

Research Methodology: Meaning, Objectives, Types of Research, Significance of Research, Steps – Choosing a research question, Choosing a research method, planning the research and executing the research.

Research Question: Choice of a Problem – The Literature Review –Use of Internet.

Ethics in Research: APA Ethics Code – Responsibility, Protection from Harm, Informed Consent, Privacy and Freedom from Coercion, Deception, Debriefing, Role of Research Participant, Ethics in Scientific Writing.

Unit:2	Variables And Hypotheses	12 hours

Variables: Types of Variables – Dependent and Independent Variables, Confounded Variables, Quantitative and Categorical Variables, Continuous and Discrete Variables
Measurement: What is measurement? Types of Measurement Scales, Comparison of the Scales, Measurement and Statistics- Reliability and Validity of Measurements
Hypotheses: Testing hypotheses, Dealing with uncertainty in hypothesis testing, Type I and Type II Errors, Alpha and Statistical Significance, Effect Size

Unit:3	Non-Experimental Methods	12 hours

Observational Research: Naturalistic Observation, Participant Observation.**Interviewing. Focus Groups. Diary and Narrative Methods.**
Survey Research: Designing a questionnaire, Administering the questionnaire, **Sampling**- Steps in Sampling Design, Types of samples, probability samples and random selection.

Important guidelines for non-experimental designs.		
Unit:4	**Experimental Methods**	**12 hours**

Single-Factor Designs: True experiments; Factors, Levels, Conditions and Treatments, Within-Subjects Designs, Between-Subjects Designs, Some designs to avoid.
Factorial Designs: Simple factorial Design, Main effects, Interactions, Within-Subjects, Between-Subjects and Mixed Designs, Some representative factorial designs.

Unit:5	**Analysis Of Data And Writing In Psychology**	**12 hours**

Quantitative Analysis: Measures of Central Tendency, Measures of Dispersion, Measures of Asymmetry (Skewness), Measures of Relationship, Partial Correlation, Simple Regression, Student t-test, One way ANOVA, Two-way ANOVA, Reporting of Statistics in APA style
Qualitative Analysis: Interpretative Phenomenological Analysis, Grounded Theory, Content Analysis
Writing in Psychology: General guidelines, Avoiding Sexism and Ethnic Bias in Writing, The Parts of a Paper, Documenting your paper, Steps in Publication Process, Oral Presentations, Poster Presentations.

Unit:6	**Contemporary Issues**	**2 hours**
Expert lectures, online seminars - webinars		
	Total Lecture hours	**62 hours**

Text Book(s)

1	Huge Coolican.(2019). *Research Methods and Statistics in Psychology* (7th ed.) Routledge Publication
2	Beth Morling. (2017).*Research Methods in Psychology* (3rd ed.) W.W. Norton & company publication
3	Donncha Hanna and Martin Dempster(2012). *Psychology statistics for dummies.* John Wiley & Sons Ltd. Publication.

Reference Books

1	Publication Manual of American Psychological Association New, 7th edition 2020.
2	Roger Watt and Elizabeth Collins(2019). *Statistics for Psychology*. Sage Publication Ltd.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://www.cles.org.uk/wp-content/uploads/2011/01/Research-Methods
2	http://www.ugr.es/~batanero/documentos/training.pdf

Course Designed By: Prof. N. Annalakshmi

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	P08	P09	P10
CO1	S	S	S	M	S	M	S	S	S	S
CO2	M	S	S	M	S	S	S	S	S	S
CO3	S	S	M	S	M	S	S	M	S	M
CO4	S	S	M	S	S	M	S	M	S	M
CO5	M	M	S	S	S	S	M	S	M	S

*S-Strong; M-Medium; L-Low

Course code	17PSYBC02	ELEMENTS OF HEALTH PSYCHOLOGY	L	T	P	C
Core			4	-	-	4
Pre-requisite		Basics in Psychology	Syllabus Version		2021 – 2022	

Course Objectives:

The main objectives of this course are to:
1. To teach the field and factors influencing health psychology
2. To understand the type of personality and psychological approaches to health
3. To evaluate how people live with illness, why they find changing behavior difficult and what psychologist can do to help with chronic illness.
4. To understand the factors influencing health
5. To describe the psychological approaches to health

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	Understand the biological, behavioural, cognitive and social determinants of health, and risk factors for health-compromising behaviours.	K2
2	Demonstrate advanced approaches to health and psychological approaches to health.	K4
3	Evaluate the research in health psychology and apply this knowledge in health-care profession.	K5
4	Create the healthy relationship and to understand health compromising behaviors.	K6
5	Apply the principles of stress and coping strategies.	K3

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** – Create

Unit:1	The Field of Health Psychology and Factors Influencing Health	12 hours

The Field of Health Psychology Definition and Focuses of Health Psychology - Health - Health Psychology - Wellness - Homeostasis - Historical perspectives on Health and Healing - Dimensions of Health and Wellness - Emotional, Intellectual, Spiritual, Occupational, Social and Physical - Models of Health: Medical, Environmental, Holistic - Bio-psycho-social and Bio-medical Model.

Factors Influencing Health Mind and Body Relationship - Genetic - Environmental and Behavioral Factors - Health Habits - Primary Prevention - The Changing Health Behaviors: Demographic Factors - Age - Values - Health Locus Control - Social Influence - Personal Goals - Perceived Symptoms - Access to the Health care Delivery System - Cognitive Factors - Instability of Health Behavior - Socialization - Teachable Movement - Window of Vulnerability - Attitude Change and Self Efficacy on Health Behaviors.

Unit:2	General Approaches to Health and Psychological Approaches to Health	12 hours

General Approaches to Health Models and Theories of Health - The Heath Belief Model - The Stages of Change Model - The Precaution Adoption Process Model (PAPM) - Theory of Planned Behavior (TPB) - Theory of Reasoned Action (TRA) - The Social Cognitive Learning Theory.

Psychological Approaches to Health Psycho Dynamic - Behavioral - Big Five Personality Traits - Type A, B, C, and D Personality Factors - Hostility - Impulsivity - Self-Efficacy -

Attitude Change - Motivational Cues for Health.

Unit:3	Health Enhancing Behaviors, Eating Behavior and Health and Maintaining Healthy Weight	12 hours

Health Enhancing Behaviors Meaning Definition and Benefits of Exercise - Types of Exercise - Choosing the Right Exercise - Bio-psycho-social Perspective - Biological, Psychological and Socio-cultural factors on inactivity - Factors promoting Exercise Behavior.
Eating Behavior and Health Meaning and Definition of Food - Functions of Food - The Seven Components of Food - Dietary Supplements - 2000 Calorie Food Pattern - The Healthy Eating Pyramid - Healthy Eating Behavior - Healthy Body Size.
Maintaining Healthy Weight Meaning and Definition of Healthy Weight - Obesity - Body Mass Index - Energy Balance - Popular Weight loss Program - Sensible Weight Management - Dieting and Eating Disorders: Yo-Yo Dieting, Crash Diets and Fad Diets - Obesity - Anorexia nervosa and Bulimia nervosa - Weight Management Programs.

Unit:4	Healthy Relationships and Health Compromising Behaviors	12 hours

Healthy Relationships Sexuality - Physical and Psychological Dimensions of Sexuality - Sexual Orientations - The Relationships Dimension of Sexuality: The Life-Cycle of Intimate Relationships - Developing Intimacy - Establishing Commitment - Endings in Relationship - Communicating in Intimate Relationships - Sending clear Messages - Effective Listening - Expressing Anger Constructively.
Health Compromising Behaviors Smoking - Tobacco and Its Biological and Psychological Effect - Smokeless Tobacco - Tobacco Related Damage to Health - Effects of Parental Smoking on Children - Lung Cancer - Heart Disease and Bronchitis - Tobacco's Effects on Non Smokers - Reasons for Smoking - Quitting Smoking and Related therapies - **Alcohol** Alcoholism and Problem Drinking - The Phases of Alcoholism - Biological Psychological and Social effects of Alcohol Use and Abuse - Interventions for Alcoholism

Unit:5	Stress and Coping, Heart Disease and Health	12 hours

Stress and Coping Stress - Stressors - Physiological and the Psychological Reactions to Stress - Theories of Stress by Walter Cannon and Hans Selye - Coping with Stress - Problem Focused, and Emotional Focused - Stress Management Techniques - Progressive Muscle Relaxation - Massage therapy - Self-help and Professional help - Religious and Spiritual Orientations - Stress Inoculation Training - Biofeedback - Redefinition and Guided Imagery.
Heart Disease and Health Understanding of Cardiovascular Disease - Biological and Psychosocial Risk factors for Cardiovascular Disease - Diet and Cardiovascular Disease - Primary, Secondary and Tertiary Prevention and Control of Cardiovascular Disease.

Unit:6	Contemporary Issues	2 hours
	Expert lectures, online seminars – webinars	

	Total Lecture hours	**62 hours**

Text Book(s)	
1	Gordon, E. and Eric, G.(2010). Health and Wellness (10th Ed.). Boston. Jones and Bartlett Publishers.

Reference Books	
1	Margaret, K. Snooks (2009). Health Psychology: Biological, Psychological, and Sociocultural Perspectives. Boston. Jones and Bartlett Publishers.
2	Shelley E. Taylor (2012). Health Psychology (7th Ed.). New Delhi: Tata McGraw Hill Edition.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]	
1	https://swayam.gov.in/nd2_cec19_hs03/preview
Course Designed By: Dr.R.Nithya	

Cos	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	M	S	S	S	M	M	M	S	S	M
CO3	S	S	S	S	M	S	S	M	S	S
CO3	S	S	S	S	M	S	S	S	S	M
CO4	S	S	S	S	M	S	S	S	M	S
CO5	M	S	S	S	M	M	S	S	M	M

*S-Strong; M-Medium; L-Low

Course code	17PSYBC03	ORGANIZATIONAL BEHAVIOR	L	T	P	C
Core			4			4
Pre-requisite		Basics In Organization Psychology	**Syllabus Version**		2021-22	

Course Objectives:

The main objectives of this course are to:
1. To understand the nature of organizational behaviour
2. To explain the individual behaviour related to motivation and rewards through models
3. To identify the processes used in developing communication and resolving conflicts
4. To explain group dynamics and demonstrate skills required for working in groups
5. To discuss the implementation of organizational change

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	To analyze the psychological principles influence behavior in the workplace.	K4
2	Evaluate individual behavior in the workplace as influenced by personality, values, perceptions, and motivations	K5
3	Understand the management style as it relates to influencing and managing behavior in work settings	K2
4	Create modules to enhance group dynamics, communication, leadership	K6
5	Apply relevant contemporary theories, concepts and models to analyze real life management situations.	K3

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	**Need and Importance of Organizational Behaviour**	**12 hours**

Definition, Need and Importance of Organizational Behaviour - Nature and Scope -Management Roles - Management functions - Management Skills - Challenges and Opportunities for Organizational Behaviour - Contributing Disciplines to the Organizational Behaviour - Organizational Behaviour Models

Unit:2	**Foundations of Individual Behaviour**	**12 hours**

Perception: Person Perception - Shortcuts in Judging Others-Interpersonal Perception- Its applications.
Attitudes: Sources of Attitudes and its applications.
Personality - Personality Determinants - Dimensions of Self Concept - Personality Traits - Matching Personality and Jobs types - Traits relevant to Work Behaviour

Unit:3	**Learning, Motivation and Job Satisfaction**	**12 hours**

Learning: Theories of Learning - Shaping-Schedules of Reinforcement - Its Organizational Applications.
Basic Motivation Concepts: Theories of Motivation - Content Theories: Maslow, Herzberg, Alderfer, McGregor, McClelland, Process Theories: Vroom, Porter and Lawler's Expectancy Model, Adams Equity Model, Skinners Reinforcement Model, Goal Setting Theory - Applications of Motivation Theory MBO - Employee recognition and involvement program

Unit:4	**Foundations of Group Behaviour**	**12 hours**

Types of Groups - Models of Group Development- External Conditions Imposed on the Group - Group Structure - Group Process - Group Decision Making Group Think and Group Shift -

Inter group Relations - Methods for Managing Inter-group Relations
Types of Teams - Models of Team Effectiveness - A developmental Model - A Systems Model
Team Building. Conflict Process: Types of Conflicts - Conflict management Techniques -
Functional and Dysfunctional Outcomes of Conflict

Unit:5	Dynamics of Organizational Behaviour	12 hours

Communication Process - Barriers to Effective Communication - Directions of Communications -
Non-verbal Communications
Leadership Theories: Personality Trait Theories - Behavioral Styles - Situational and Contingency
Style - Transformational Leadership - Sources of Power
Change Process: Forces for Change - Resistance to Change - Overcoming Resistance to Change -
Approaches to Management Organizational Change- Implementing Successful Change-
Organizational Development Intervention Strategies

Unit:6	Contemporary Issues	2 hours

Expert lectures, online seminars – webinars

	Total Lecture hours	**62 hours**

Text Book(s)

1	Stephen P. Robbins and Timothy A. Judge, "Organizational Behavior", Pearson Education, 16th edition, 2016

Reference Books

1	Fred Luthans, "Organizational Behavior", McGraw Hill Book Co., 12th edition, 2013.
2	Don Hellriegel and John Slocum, "Organizational Behavior", South-Western Cengage Learning, 13th edition, 2010.
3	New Strom & Davis, "Organizational Behaviour", McGraw Hill Education; 12th edition, 2017.
4	Jaffa Harris and Sandra Hartman, "Organizational Behaviour", Jaico, 2006.
5	J. S.Chand, "Principals of Management", Vikas Publishing House Pvt. Ltd. 2nd edition, 2014.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://swayam.gov.in/nd2_cec20_mg03/preview
2	https://www.coursera.org/learn/organisational-behaviour-know-your-people

Course Designed By: Dr. M. Vinothkumar

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	P08	P09	P10
CO1	S	M	S	S	M	M	M	S	S	M
CO3	M	M	M	S	S	M	S	M	S	M
CO3	M	M	S	M	S	S	S	S	S	S
CO4	M	M	S	S	M	M	S	M	S	M
CO5	S	M	S	M	S	M	M	M	M	M

*S-Strong; M-Medium; L-Low

Course code	17PSYBC04	COGNITIVE PSYCHOLOGY	L	T	P	C
Core			4	-	-	4
Pre-requisite		Basics In Psychology	Syllabus Version	2021-2022		

Course Objectives:

The main objectives of this course are to:

1. Understand the mental processes and their relationship to Brain, Mind and behavior.

2. Recognize the higher mental processes and its relevance in daily living.
3. Relate the concepts of language and problem solving and creativity in everyday life
4. Understand memory structure and process and its relation to neurocogniton
5. Understand the Neurophysiological sensing techniques and their applications

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	Remember the theoretical approaches of cognitive neurosciences.	K1
2	Apply the various concepts of attention and memory.	K3
3	Describe the process, acquisition of language and development.	K1
4	Analyze the aspects of problem solving and decision making.	K5
5	Assess the structures, approaches of intelligence and strategies to improve intelligence	K6

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	The Nature, History and Cognitive Neuroscience	12 hours

What is Cognitive Psychology? - Cognitive Psychology: Definition and domains-Roots of Cognitive Psychology – Conceptual Science and Cognitive Psychology.
Cognitive Neuroscience: Cognitive Psychology and Neuroscience, the Nervous System - the Neuron - the brain - Anatomy of the Brain, Neurophysiologic Sensing Techniques – MRI – EPI – CAT scan – PET scan, a tale to hemispheres - Cognitive Psychology and Brain Science - **Application:** Cognitive style and cognitive map.

Unit:2	Perception, Attention, Patter Recognition and Consciousness	12 hours

Introduction: Perception and Attention - Sensation and Perception - Perceptual Span - Iconic Storage - Echoic Storage - Functions of sensory stores - Attention - Processing capacity and selective attention - Auditory signals - Models of selective attention- Visual attention- Automatic processing- The neuro-cognition of attention - Human Brain and Attention - PET.
Pattern Recognition: Perceptual theories: Template-matching theory - Feature detection theory - Independent confirmation of feature analysis - Gestalt theory -Canonic perspectives - Prototype matching, Pattern recognition - The role of the perceiver. Application: of (feature analysis, template matching, prototypes) in Bottom-Up Top-Down and Pandemonium in visual processing
Consciousness:Explicit and implicit memory - Research with primes - Neuro Cognitive studies - Sleep and Amnesia - Modern theories of consciousness - Baars' global workspace theory - Functions of consciousness.

Unit:3	Memory Structure and Process	12 hours

Short term memory – Neuro-cognition and STM - working memory - Capacity of STM - The coding of Information in STM - Retrieval of Information from STM - Long term memory:Neuro-cognition and LTM - LTMStorage and structure - Very long - Term Memory - Autobiographical

Memories - Fallibility of Memory and Eyewitness Identification.
Theories and Neuro-cognition: Neuro-cognition of Memory - Two Memory Stores - Models of Memory - levels of Processing - Self-Reference Effect - Episodic and Semantic Memory Rumelhart - Tulving – McClelland. Mnemonics and Experts: Mnemonic System – Experts and Expertise

Unit:4	Mental Representations: Memory and Imagery	12 hours

The Representation of Knowledge: Semantic organization - Assocaitionist approach Semantic memory model - Set theoretical model - Semantic feature - Comparison model - Network model - Propositional model networks. Representation of Knowledge - Neuro-cognitivie consideration - Connectionism and the Representation of Knowledge. Mental Imagery: Imagery and Cognitive Psychology - Neuro-cognitive Evidence - Cognitive Maps Storing - Retrieving –Retrieval from working and permanent memory - Theories of retrieval -Forgetting.
Cognitive development:life-span development – Developmental Psychology – Neurocognitive Development – Comparative Development – Cognitive Development- Assimilation and Accommodation: Piaget – Mind in Society: Vygotsky – Vygotsky and Piaget.
Early Neural Development – Environment and Neural Development – Intelligence and ability – Development of Information Acquisition Skills- Higher-Order Cognition in Children – Prototype Formation among Children.

Unit:5	Thinking, Problem Solving, Creativity and Decision Making	12 hours

Thinking - Concept formation – Logic – Decision Making - Problem solving – Gestalt Heritage – Problem solving approaches – Algorithm - Heuristics - Definition of creativity – Process – Barriers on creativity – Human intelligence – Artificial Intelligence – AI and PDP – Machines and Mind – Perception and Artificial Intelligence – Language and Artificial Intelligence.

Unit:6	Contemporary Issues	2 hours

Expert lectures, online seminars - webinars

	Total Lecture hours	62 hours

Text Book(s)	
1	Solso, R. L. (2004). Cognitive Psychology (6th ed). Delhi: Pearson Education
2	Best, J. B. (1999 Cognitive Psychology. USA: Wadsworth Publishing Co

Reference Books	
1	Sternberg, J. R. (2009). Applied Cognitive Psychology: Perceiving, Learning and Remembering", Cengage Learning India, New Delhi.
2	Hunt, R. & Elli, H. C. (2006). Fundamentals of Cognitive Psychology", 7th Edition,Tata McGraw Hill, New Delhi.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]	
1	https://www.verywellmind.com/cognitive-psychology-4157181
2	https://imotions.com/blog/cognitive-psychology/
Course Designed By: Dr K.V Krishna	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	P08	P09	P10
CO1	S	M	M	S	M	M	S	S	M	M
CO3	M	S	S	M	S	M	S	M	S	M
CO3	S	M	M	S	M	S	S	M	M	S
CO4	M	M	M	M	S	M	M	S	S	M
CO5	M	S	S	S	M	M	M	M	S	M

 *S-Strong; M-Medium; L-Low

Course code	17PSYBC05	EXPERIMENTAL PSYCHOLOGY - I	L	T	P	C
Core			-	-	4	4
Pre-requisite		Basics in Psychology	Syllabus Version		2021-22	

Course Objectives:

The main objective of this course are to:

1. To realize the importance and utility of the methodology and statistics in psychology.
2. To learn the strategy to interpret the results of the factors/variables
3. To draw a meaningful conclusion based on the assessment results and data
4. To write a clear cogent summaries and interpretations.
5. To enhance skills to conduct psychological test

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	To apply an appropriate statistical analysis for the data	K3
2	To evaluate the various factors associated with health and well-being	K5
3	To understand the psychological factors related to organization	K2
4	To evaluate the performance and quality of the employee	K5
5	To analyze the individual cognitive skills	K4

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	Research Methodology and Statistics	12 hours

1. Survey Research
2. Experimental Research
3. Computing a t test
4. Computing correlation
5. Computing regression
6. Computing ANOVA

Unit:2	Health Psychology	12 hours

1. Stress Assessment Questionnaire
2. Quality of Life Index Questionnaire
3. Subjective Well Being Questionnaire
4. General Health Questionnaire
5. Student's Alcohol Syndrome Questionnaire

Unit:3	Organizational Behaviour	12 hours

1. Conflict Management Styles
2. Need Hierarchy - Motivation Questionnaire
3. Power Orientation Questionnaire – Identification of Power Bases
4. Leadership Style Questionnaire – Managerial Grid
5. McGregor's Theory X and Y Questionnaire

Unit:4	Cognitive Psychology	12hours

1.Laterality – left and right hemisphere specialization
2.Stroop Effect
3.Decision Making Exercise
4.Short term and Long Term Exercises
5. Cognitive Style Questionnaire

- This list is suggestive
- A minimum of 12 experiments/exercises must be completed

Unit:5	Contemporary Issues	2 hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	**62 hours**

Text Book(s)

1	Myers, A. & Hansen, C. (2012). Experimental Psychology, 7th Ed., Wadsworth, Cengage Learning

Reference Books

1	Anastasi, A., & Urbina, S. (2016). Psychological testing, 7th Ed., Prentice Hall/Pearson Education
2	Hugh Coolican (2017). Research Methods and Statistics in Psychology, Psychology Press.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://swayam.gov.in/nd1_noc20_hs45/preview

Course Designed By: Dr.R.Nithya

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	PO8	P09	P010
CO1	M	S	S	S	M	S	S	M	S	S
CO3	S	S	S	S	M	S	S	S	S	M
CO3	S	S	S	S	M	S	S	M	M	S
CO4	S	S	S	S	M	S	S	M	M	M
CO5	M	S	S	S	M	S	M	M	S	M

*S-Strong; M-Medium; L-Low

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Second Semester

Course code	17PSYBC06	ESSENTIALS OF SOCIAL PSYCHOLOGY	L	T	P	C
Core			4			4
Pre-requisite		Basics in Psychology	Syllabus Version		2021-22	

Course Objectives:

The main objectives of this course are to:
1. To understand the theories, concepts, perspectives in social psychology.
2. To explain how theories used to describe human attitude and behaviour.
3. Analysis the nature of human diversity and attitudes toward diversity
4. Recognize the factors that influence the individuals in patterns of social behavior
5. Understand the dynamics of intergroup relationships, conflict, and cooperation

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	To understand the key substantive content of the field of social psychology	K2
2	Use existing knowledge and concepts to identify the causes of the social behavior	K3
3	Develop the abilities to analysis regarding the principles of social behaviour	K4
4	Able to evaluate empirical findingsto explain, predict, and influence behavior.	K5
5	Remember the ethics in social psychology research	K1

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	Genesis and Focus of Social Psychology	12 hours

Origin and Development of Social Psychology - Modern Trends in Social Psychology - Cognitive - Multicultural - Evolutionary - Neuroscience - Implicit processes and Social Diversity.
Social Perception - Non-Verbal Communication - Basic Channels - Gazes and Stares - Body Language and Touching - Recognizing Deception - Individual Differences. Attribution: Meaning - Theories - Jones and Davis Theory - George Kelly's Theory - Weiner's Theory - Impression Formation and Impression Management.
Social Cognition - Definition - Schemas and Prototypes - Heuristics - Types of Heuristics - Errors in Social cognition: Negativity bias - Optimistic bias - Counterfactual thinking - Thought suppression - Limits on Abilities.

Unit:2	Attitude and Self	12 hours

Attitudes and Human Behavior Nature and Functions of Attitudes - Formation of Attitudes: Social Learning - Direct Experiences and Genetic Factors - Attitudes Influence Behavior - Persuasion - Process of Changing Attitudes - Traditional and Cognitive approaches - Other factors affecting Persuasion - Resistance to Changing Attitudes - Reactance - Forewarning - Selective avoidance - Actively defending and Inoculation - Cognitive dissonance.
The Aspects of Self Identity Definition - Possible Self - Self Concepts - Self-awareness - Self-Esteem - Self Focusing - Self Monitoring - Self Efficacy - Self Presentation - Self Regulation - Gender Identity - Gender Consistency - Sex Typing and Psychology of Androgyny

Unit:3	Prejudice and Interpersonal Attraction	12 hours

Prejudice and Discrimination Definition - Nature and Origin of Prejudice - Direct Intergroup Conflict - Early Experiences - Social Categorization - Cognitive sources of Prejudice - Modern Racism - Priming - Discrimination: Bonafide pipeline and Exposure Techniques for Minimizing Prejudice: Learning Not to Hate - Direct Intergroup Contact - Re-Categorization - Cognitive

Interventions.

Interpersonal Attraction Definition and Nature of Interpersonal Attraction - Internal Determinants of Attraction: The Need to Affiliate - The Basic Role of Affect - External Determinants of Attraction: The Power of Proximity and Observable Characteristics - Interactive Determinants of Attraction: Similarity - Complementarities and Mutual Liking - Interdependent Relationships: Close Relatives - Friendships - Loneliness - Romantic Relationships - Theories of Love - Marital Relationships - Success and Failure of Marriage.

Unit:4	Social Influence and Pro-social behaviour	12 hours

Social Influence Definition - Conformity - Classical Conformity Studies: Sherif's - Asch's and Milgarm's studies on conformity - The Factors Affecting Conformity: Cohesiveness - Group Size - Type of Social Norm - Bases of Conformity - Need for Individual - Minority Influence. Compliance: Ingratiation - Foot in the Door and The Low ball - The Door in the Face and That is Not All - Fast Approaching and Deadline Technique - Scarcity - Obedience to Authority.
Pro-Social Behavior Definition - Basic Concepts - Empathy - Altruism - Reasons for Helping - Empathy Altruism Hypotheses - Negative State Relief Model - Empathic Joy Hypotheses and Genetic Determinism - Responding to an Emergency - Bystander Effect - Diffusion of Responsibility - Heroism - Five Steps in Helping Vs Not Helping - External and Internal Influences on Helping Behavior: Situational Factor - Emotional Personality Disposition - Altruistic Personality - Motives for Volunteering.

Unit:5	Aggression, Group and Individual Behaviour	12 hours

Nature of Aggression Definition - Theories: Instinct - Biological - Drive - Social Learning and Cognitive - Personal Causes: Type A Behavior - Hostility - Irritability - Gender - Social Causes - Frustration - Direct Propagation - Exposes to Media Violence - Height End Arousal - Spiritual Arousal - Sexual Jealousy - Situational Causes - Child Maltreatment - Work place Violence - Bullying - Prevention and Control of Aggression - Punishment - Cognitive Interventions - Catharsis Training in Social Skills and Forgiveness.
Groups and Individual Behavior Definition - Nature and Function of Groups - The benefits and Costs of Working with others - Social Facilitation - Social loafing - Deindividuation - Group Polarization - Groupthink - Individuals Influence on Group - Perceived Fairness in groups - Decision Making by Groups.

Unit:6	Contemporary Issues	2 hours

Expert lectures, online seminars - webinars

	Total Lecture hours	62 hours

Text Book(s)

1	Robert A. Baron and Nyla R. Branscombe, "Social Psychology", 13th edition, Pearson education, 2016.

Reference Books

1	Elliot Aronson, Timothy D. Wilson and Robin M. Akert, "Social Psychology", 9th edition, Pearson Publishing. 2015.
2	Feldman .R.S., "Social Psychology", 3rd edition, Prentice Hall, Inc, 2000
3	Myers D. G, "Social Psychology", 10th edition, McGraw Hill Education, 2017.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://www.coursera.org/learn/social-psychology
2	https://www.edx.org/course/introduction-to-social-psychology
Course Designed By: Dr. M. Vinothkumar	

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S	M	S	M	S	M	M	S	S	M
CO3	M	M	S	M	S	M	S	M	S	M
CO3	M	M	S	S	M	S	M	S	M	S
CO4	S	S	M	S	M	S	S	S	M	S
CO5	S	M	S	M	S	S	S	M	S	S

*S-Strong; M-Medium; L-Low

Course code	17PSYBC07	PERSONALITY THEORIES AND APPLICATION	L	T	P	C
Core			4			4
Pre-requisite		Basics in Psychology	**Syllabus Version**		**2021-22**	

Course Objectives:

The main objectives of this course are to:
1. To enable students to understand the concept and assessment of personality.
2. To help students to understand the dispositional domain and biological domain in personality.
3. To understand the intrapsychic domain to personality.
4. To enable students to familiarize with cognitive, social and cultural domains in personality.
5. To enhance the understanding of eastern approaches to personality.

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	To enable the understanding of the levels of personality analysis and sources of personality data.	K1
2	To understand the trait and physiological approaches to personality.	K3
3	To familiarize the psychoanalytic approaches related to motives and personality.	K4
4	To enhance the knowledge on perception, interpretation- self, social and cultural aspects of personality.	K4
5	To familiarize with facets of personality and eastern approaches to personality.	K2

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	Personality: Concept And Assessment	12 hours

Three levels of Personality Analysis – Human Nature, Individual and Group Differences, Individual Uniqueness. **A fissure in the field** – Grand theories of Personality, Contemporary Research in Personality. **Six Domains of Knowledge about Human Nature**: Dispositional Domain, Biological Domain, Intrapsychic Domain, Cognitive-Experiential Domain, Social and Cultural Domain, Adjustment Domain. **The role of personality theory. Standards for evaluating personality theory**
Sources of Personality Data: Self-Report Data (S- Data), Observer-Report Data (O-Data), Test-Data (T-Data), Life-Outcome Data (L-Data). **Issues in Personality Assessment**. **Evaluation of Personality Measures**:Reliability, Validity, Generalizability. **Research Design**: Experimental Methods, Correlational Studies, Case Studies.

Unit:2	Dispositional Domain And Biological Domain	12 hours

What is a Trait? **Two Basic Formulations**. **Identification of the Most Important Traits**: Lexical Approach, Statistical Approach, Theoretical Approach. **Taxonomies of Personality** - Eysenck's Hierarchical Model of Personality, Cattell's Taxonomy: The 16 Personality Factor System, Five-Factor Model.
Sheldon's Physiological Approach to Personality.Physiological Measures Commonly Used in Personality Research: Electrodermal Activity (Skin Conductance), Cardiovascular Activity, Brain Activity, Other Measures. **Physiologically Based Dimensions of Personality**: Extraversion-Introversion, Sensitivity to Reward and Punishment, Sensation Seeking, Neurotransmitters and Personality, Morningness-Eveningness, Brain Asymmetry and Affective Style.

Unit:3	The Intrapsychic Domain	12 hours

Psychoanalytic Approaches to Personality: Fundamental Assumptions of Psychoanalytic Theory. Sigmund Freud: Structure of Personality, Dynamics of Personality, Psychosexual Stages of Personality Development, Personality and Psychoanalysis. Carl Jung: Analytical Psychology. Alfred Adler: Individual Psychology.
Psychoanalytic Approach – Contemporary Issues: The Neo-Analytic Movement, Ego Psychology, Object Relations Theory. **Motives and Personality**: Basic Concepts – Need and Press. Apperception and the TAT. The Big Three Motives – Achievement, Power, Intimacy. Humanistic Tradition: Maslow and Roger's Contribution.

Unit:4	Cognitive/ Experiential Domain And Social And Cultural Domain	12 hours

Personality revealed through Perception- Field dependence. **Personality revealed through Interpretation** - Kelly's Personal Construct Theory, Locus of Control, Learned Helplessness. **Personality revealed through Goals** - Personal Projects Analysis - Life Tasks, Goals, and Strategies.
Approaches to the Self: Descriptive Component of the Self-Self Concept. Evaluative Component of the Self- Self-Esteem. Social Component of the Self: Social Identity.
Social Domain - Sex, Gender And Personality: Science and Politics of Studying Sex and Gender, Gender Differences in Personality, Masculinity, Femininity and Androgyny, and sex roles, Theories of Sex Differences. **Cultural Domain** – Cultural violation, Cultural Personality Psychology, Three Major Approaches to culture: Evoked Culture, Transmitted Culture, Cultural universal.

Unit:5	Facets Of Personality And Eastern Approaches To Personality	12 hours

Skinner: Operant Conditioning**. Albert Bandura:** Observational Learning**. Martin E. P. Seligman**: Learned Helplessness and the Optimistic/ Pessimistic Explanatory Style.
Yoga and the Hindu Tradition –Major concepts, Dynamics and Structure. **Zen and the Buddhist Tradition** – Major Concepts, Dynamics and Structure. **Sufism and the Islamic Tradition** – Major Concepts, Dynamics and Structure. **Integral Psychology** – Basic Concepts and Model of Being. **Probabilistic Orientation** – Basic Postulate and Seven Factors.

Unit:6	Contemporary Issues	2 hours
Expert lectures, online seminars - webinars		

	Total Lecture hours	62 hours

Text Book(s)	
1	Randy Larsen & David Buss. (2017).*Personality Psychology: Domains of Knowledge About Human Nature* (6th ed.) McGraw Hill Education.
2	Gardner Lindzey, John B. Campbell Calvin S. Hall(2007). *Theories of personality(*4th ed.) Wiley publication.
	Randy.J.Larsen and David.M.Buss. (2013). *Personality Psychology – Domains of Knowledge about Human Nature*. Fifth Edition.
3	Robert Frager and James Fadiman. (2013). *Personality and Personal Growth*. 7th Edition. New Delhi: Pearson

	Reference Books
1	Narayanan, S. and Annalakshmi, N. (2001). The Probabilistic Orientation of Personality. In Cornelissen, Matthijs (Ed.) *Consciousness and Its Transformation.* Pondicherry: SAICE.
2	A.S.Dalal (Ed.). (2004).Living Within – The Yoga Approach to Psychological Health and Growth, Selections from the Works of Sri Aurobindo and the Mother. Sri Aurobindo Ashram, Pondicherry.
	Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]
1	http://www.ipi.org.in/texts/ip2/ip2-4.1-.php
2	https://www.khanacademy.org/test-prep/mcat/behavior/theories-personality/e/theories-of-personality
	Course Designed By: Prof N. Annalakshmi

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	P08	P09	PO10
CO1	S	S	S	M	M	S	M	M	M	M
CO2	S	S	M	S	S	M	S	S	S	S
CO3	M	S	S	M	M	S	S	M	M	M
CO4	M	M	S	S	S	M	M	S	S	S
CO5	M	M	S	S	S	S	S	M	M	M

 *S-Strong; M-Medium; L-Low

Course code	17PSYBC08	HUMAN RESOURCE MANAGEMENT	L	T	P	C
Core			4			4
Pre-requisite		Basics in Human Relations	Syllabus Version		2021-22	

Course Objectives:

The main objectives of this course are to:
1. To enable students to understand the various concepts in HR management.
2. To help students analyse, plan and identify the various approaches for the management of human resources.
3. To enable students to understand the process of HR management.
4. To understand the concepts of incentives, plans and benefits.
5. To help students develop skills required for HR management at application level.

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	To enable the understanding of the concepts of HRM	K1
2	To understand the testing and selections process of Human Resources	K2
3	To familiarize with appraisal process; develop skills needed for training and career planning	K3
4	To enhance the knowledge on employee compensation; financial incentives, plans and benefits	K4
5	To familiarize recent trends and practices in managing human resources	K4

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	Key Human Resources Concepts	12 hours

Strategic Role of Human Resources and the HR Scorecard: Nature of HRM, Scope of HRM, Systems Approach to HRM, Traditional HR vs. Strategic HR, HRM in the new Millennium
HRM Human Resources Planning: Process of Human Resource Planning, Responsibility for HRP, Effective Human Resource Planning.

Unit:2	Determining, Attracting And Selecting Human Resources	12 hours

Job Analysis: Uses of Job Analysis, Process of Job Analysis, Methods of Collecting Job Analysis, Job Description, Job Specification, Role Analysis
Job design and Quality of Work Life: Techniques for Designing Jobs
Recruiting Human Resources: Sources of Recruitment, Methods of Recruitment, Recruitment – Indian Experiences
Employee Testing and Selection: Types of Tests, Tests as Selection Tools
Interviewing Candidates: Types of Interview, Interview Process, Reference Checks

Unit:3	Developing Human Resources	12 hours

Appraising and Managing Performance: Performance Appraisal Process, Methods of Performance Appraisal, 360 degree Feedback System, Problems with Performance Appraisal
Training and Developing Employees: Need for Training, Systematic Approach to Training, Types of Training, Training Methods, Evaluation of Training
Career and Succession Planning: Concept of Career, Career Stages, Career Planning, Career Development, Succession Planning

Unit:4	Rewarding Human Resources	12 hours

Employee Compensation,: Objectives of Compensation Planning, Compensation of Pay Structure, Factors Influencing Compensation Levels

Financial Incentives and Employees Benefits and Services: Statutory and Non-statutory benefits, Incentive Plans, Individual Incentives, Group and Team Based Incentive Plans, Fringe Benefits, Establishing Strategic Pay plans

Unit:5	Recent Trends And Practices In Managing Human Resources	12 hours

Participation and Empowerment: Forms of Participation, Alternative Approaches to Participation, Prospects of Empowerment

International Human Resources Management: Pressures of Globalization, Cultural Differences and HRM, International Recruitment Policy, International Selection Criteria, International Training and Development, International Compensation.

Unit:6	Contemporary Issues	2 hours

Expert lectures, online seminars - webinars

	Total Lecture hours	62 hours

Text Book(s)

1	Rao V.S.P "Human Resources Management: Text and Cases", Second Edition, Excel Books New Delhi 2007
2	Gary Dessler, "Human Resources management", Tenth Edition, P\Pearson-Prentice Hall, New Delhi, 2005

Reference Books

1	David A DeCenzp and Stephen P Robbins, "Personnel and/Human Resource Management", Third Edition, New Delhi 2004
2	Raymond J. Stone, "Human Resources Management", John Wiley & Sons, New York 2005

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://swayam.gov.in/nd1_noc19_mg51/preview
2	https://www.digitalhrtech.com/human-resource-basics/

Course Designed By: Prof. A. Velayudhan

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S	S	S	S	M	S	M	S	S	S
CO2	M	S	S	M	S	M	S	M	S	M
CO3	S	S	M	S	M	S	M	S	S	M
CO4	S	S	M	S	S	S	S	S	S	S
CO5	M	M	S	S	S	S	S	S	M	M

*S-Strong; M-Medium; L-Low

Course code	17PSYBC09	BIO PSYCHOLOGY	L	T	P	C
Core			4			4
Pre-requisite		Basics in Physiological Psychology	Syllabus Version		2021-22	

Course Objectives:

The main objectives of this course are to:

1. To explain the historical foundation and research methods in biopsychology.
2. To discuss the brain, end the functions of the nervous system
3. To understand the major endocrine glands and physiology behind sensory system.
4. To teach the state of states of consciousness, motivation and emotion.
5. To describe the physiology behind sensory systems

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	Understand the process of neurons send and receive signals, visualizing the living human brain	K2
2	Analyze the functional anatomy and organization of human brain	K4
3	Evaluate the mechanisms of hormone function and visual system	K5
4	Understand the physiology behind sensory systems	K2
5	Evaluate the neural mechanism of reward, punishment and emotion	K5

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	Introduction to Neuron and Nervous System	12 hours

Bio Psychology- Historical Foundations- Neuron- Anatomy- functions- Synapse-Neural conduction and Synaptic Transmission

Research Methods in Biopsychology- Methods of visualizing human brain- CT- MRI- PET- fMRI- Recording human psycho physiological activity- muscle tension- eye movement- skin conductance- cardiovascular activity- Invasive physiological research methods- stereotaxic surgery- lesion methods- electrical stimulation- Pharmacological methods.

Unit:2	Brain and its functions	12 hours

Nervous system- Classification- anatomy of ANS- functions of ANS- Reflex plan of the central Nervous System.

Parts of Brain- Functions of the major parts of the brain- Functional anatomy of the cerebral cortex- supporting and nourishing tissues in the CNS Functional organization of the brain- neocortex-reticular and projection systems- limbic system- hypothalamus- Cerebral metabolism- CNS- circulation- Blood Brain- Barrier- neuro secretion.

Unit:3	Endocrine Glands	12 hours

Characteristics- Major endocrine gland-hormone characteristics- mechanisms of hormone functions- Physiology behind Vision and audition.

Unit:4	Physiology behind sensory systems	12 hours

Physiology behind Somatosensory system- touch and pain- chemical senses- Smell and taste- olfactory system- gustatory system.

Unit:5	State of Consciousness, Motivation and Emotion	12 hours

States of Consciousness- physiological and psychological states- sleep and activation- attention and vigilance- meditation.
Physiology behind Motivation- hypothalamic centers- regulation of thirst- hunger and sex drives - neural mechanism of reward and punishment - Neural mechanism in Emotion.

Unit:6	Contemporary Issues	2 hours

Expert lectures, online seminars – webinars

	Total Lecture hours	62 hours

Text Book(s)

1 Leukel, F. (2002).Introduction to Physiological Psychology 3rd edition, New Delhi: CBS Publishers and Distributors Private Limited.

Reference Books

1 Pinel, J. P.J. (2014). BioPsychology, 9th Edition, New Jersey: Pearson

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]
https://www.mooc-list.com/course/psychology-biopsychology-virtual-euniversity
https://www.mooc-list.com/course/introduction-psychology-biological-psychology-futurelearn

Course Designed By: Dr.R.Nithya

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	M	S	S	S	M	S	M	M	S	S
CO2	S	S	S	S	M	M	S	M	M	S
CO3	S	S	S	S	M	S	M	S	S	M
CO4	S	S	S	S	M	S	S	S	S	M
CO5	M	S	S	S	M	S	S	S	M	M

*S-Strong; M-Medium; L-Low

Course code	17PSYBC10	PERSPECTIVES IN COUNSELLING PSYCHOLOGY	L	T	P	C
Core			4		-	4
Pre-requisite		Basics in Counselling Psychology	Syllabus Version		2021-22	

Course Objectives:

The main objectives of this course are to:
1. Formulate a comprehensive view of the profession of counselling.
2. Prepare the students for professional counselling.
3. Apply skills and knowledge of counselling in various settings.
4. Understand the theories of counselling
5. Familiarize the evaluation of counselling

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	Identify the attitudes and roles of a professional counsellor, and understand the stages of counselling	K1
2	Develop family and school counselling and formulate vocational Counselling.	K5
3	Understand the structure of Counselling	K2
4	Analyze the methods in individual and group counselling	K5
5	Understand the need for counselling to improve the quality of life	K2

K1 - Remember; **K2** - Undestand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	Origin and Scope of Counseling and Structure of Counselling	12 hours

Origin and Scope of Counseling Meaning and Definition of Counseling - Meaning of Advice, Direction and Guidance - Aims and Objectives of Counseling - Elements of Counseling - Levels of Counseling - Helping Relationship - Types of Counseling - Directive and Non-Directive methods of Counseling - Peer Counseling.

Structure of Counseling Preparation for Counseling - Counseling Relationships - The Content and Process of Counseling - Steps in Counseling Process - Counseling Interactions - Factors affecting the Counseling Process - Skills needed for the Counselor - Effective Counselor - Qualities of a Good Counselor - Types of Counselor - Factors of Counselee.

Unit:2	Early Theories of Counseling and Contemporary Theories of Counseling	12 hours

Early Theories of Counseling Psychoanalytic Theory - Adlerian Theory - Gestalt Theory - Behaviorstic Theory - Cognitive Behaviorstic Theory - Humanistic and Existential Theories - Transpersonal Theories - Person Centered Theory - Social and Cultural Theories.

Contemporary Theories of Counseling Reality Theory - Feminine Theory - Transactional Analysis - Eclectic Theory - Post Modem Theory - Multicultural and Integrated Theories.

Unit:3	Individual Counselling and Group Counselling	12 hours

Individual Counseling Meaning and Definition of Individual Counseling - Nature of Individual Counseling - Process of Individual Counseling - Benefits of Individual Counseling - Grief Counseling - Counseling for Stressful Life Events.

Group Counseling Meaning and Definition of Group Counseling - Nature of Group Counseling - The Fields of Group Counseling - Limitations and Assumption of Group Counseling - Value of Group Counseling.

Unit:4	School Counselling and Vocational Counselling	12 hours

School Counseling Meaning and Definition of School Counseling - Nature of School Counseling - Counseling the Elementary School Students - Counseling the High School Students - Counseling the College Students - Roll of Teacher in Counseling - Duties and Functions of School Counselor - Counseling and School Curriculum.

Vocational Counseling Meaning and Definition of Vocational Counseling - Nature of Vocational Counseling - Theories of Vocational Counseling - Process of Vocational Counseling - Vocational Counseling and Vocational Guidance - Features of Vocational Counseling and Vocational Guidance - Rehabilitation and Supportive Counseling.

Unit:5	Counseling in Specific Areas and Reviews in Counselling	12 hours

Counseling in Specific Areas The Nature and Purpose of Family Counseling - Counseling Children and Parents - Marriage Counseling - Premarital Counseling - Marital Enrichment Program - Counseling the Women - Counseling the Weaker Section - Counseling the Drug Addicts - Counseling the Delinquent.

Reviews of Counseling Nature and Purpose of Counseling Evaluation - Monitoring the Effectiveness of Counseling - Approaches to Evaluation -Problems of Evaluation - Problem of Assessing the Change - Types of Evaluation - Techniques of Evaluation - Usefulness of Counseling Evaluation - Controlling Extraneous Variables.

Unit:6	Contemporary Issues	2 hours

Expert lectures, online seminars - webinars

	Total Lecture hours	62 hours

Text Book(s)

1	Gibson .R.L., and Mitchell .M.H. (2006). Introduction to Counseling and Guidance New Delhi: Prentice-Hall
2	Narayana Rao .S (2002). Counseling and Guidance New Delhi: Tata McGraw-Hill Publishing Co. Ltd.

Reference Books

1	Gerald Corey (2013). Theory and Practice of Counseling and Psychotherapy USA: Brooks

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://www.alliant.edu/blog/difference-between-clinical-and-counseling-psychology
2	https://cpa.ca/sections/counsellingpsychology/counsellingdefinition/

Course Designed By: Dr.K.V.Krishna

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S	M	M	S	S	S	S	S	S	S
CO3	M	M	S	M	M	M	M	M	M	M
CO3	S	S	S	M	M	S	M	S	S	S
CO4	M	S	S	S	S	M	S	M	M	M
CO5	M	M	S	M	M	S	M	S	S	S

-Strong; M-Medium; L-Low

Course code	17PSYBC11	**EXPERIMENTAL PSYCHOLOGY II**	**L**	**T**	**P**	**C**
Core			**4**			**4**
Pre-requisite		Basics in Psychology	**Syllabus Version**			**2021-22**

Course Objectives:

The main objectives of this course are to:
1. To enable students to understand the experimental approach in scientific investigation.
2. To develop the structured report writing skill of the experiments.
3. To enable students to identify and apply appropriate experimental tests according to the requirements.
4. To familiarize the students with the procedures in conducting experiments and psychological tests.
5. To enhance the skills needed for conducting experiments and psychological tests.

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	To become proficient in measuring social dimensions of human behaviour	K5
2	To become proficient in measuring personality tests	K4
3	To become proficient in measuring human resource related tests in organisation settings	K4
4	To become proficient in measuring memory and learning aspects of human behaviour	K5
5	To become proficient in measuring tests related to counselling psychology	K3

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	**Experiments Related To Advanced Social Psychology**	**12 hours**

1. Sociometry
2. Communication Experiment
3. Leadership Questionnaire
4. Choice Dilemma Experiment
5. Prisoner''s Dilemma Experiment .

Unit:2	**Experiments Related To Personality Research**	**12 hours**

1 Eysenck Personality Questionnaire
2. Cattell's 16 PF
3. Myers and Briggs Type Indicator
4.Jungian Functional Types
5.Thematic Apperception Test

Unit:3	**Experiments Related To Human Resource Management**	**12 hours**

1. Job Satisfaction Questionnaire
2. Emotional Intelligence Questionnaire
3. Job Involvement Scale
4. Occupational Health and Stress Questionnaire
5. Personal Value Questionnaire

Unit:4	Experiments Related To Bio Psychology	12 hours
1. Human Information Processing Survey		
2. PGI Memory scale		
3. Behaviour Orientation Scale		
4. Human Maze Learning		
5.Taylor Manifest Anxiety Scale		

Unit:5	Experiments Related To Counselling Psychology	12 hours
1. Multicultural Counseling		
2.REBT Counseling		
3.Anecdotal Reports		
4.Holland Vocational Personality Inventory		
5.Recreation and Leisure.		
This list is suggestive - A minimum of 15 experiments/exercises must be completed		

Unit:6	Contemporary Issues	2 hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	62 hours

Text Book(s)

1	Anastasi and Urbina, Psychological testing, New Delhi, PHI learning Pvt. Ltd. 7th edition, 2010

Reference Books

1	Rajamanickam, Experimental Psychology, Vol 1 & Vol 2, New Delhi: concept publishing company, 2005.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://www.bestmastersinpsychology.com/faq/what-is-experimental-psychology/
2.	https://www.ucl.ac.uk/pals/research/experimental-psychology/

Course Designed By: Prof. A Velayudhan

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	S	S	S	M	M	M	S	S	S	M
CO2	S	M	S	S	S	M	M	S	M	M
CO3	S	M	M	S	M	M	M	M	M	S
CO4	M	S	S	S	S	S	S	M	M	S
CO5	M	S	S	S	S	M	S	S	S	M

*S-Strong; M-Medium; L-Low

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Third Semester

Course code	17PSYBC12	PSYCHOPATHOLOGY	L	T	P	C
Core			4			4
Pre-requisite	Basics in Abnormal Psychology		Syllabus Version		2021-22	

Course Objectives:

The main objectives of this course are to:
1. To understand the contribution of psychological, biological, and sociocultural factors
2. To integrate theoretical and empirical research findings in understating mental disorders
3. To describe the etiology and treatment of psychological disorders
4. Understand the use of diagnostic tools, including the DSM and ICD
5. Learn multiple perspectives in evaluating and interpreting mental disorders.

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	Understand the major psychological disorders and be able to identify as per the diagnostic manual	K2
2	To analysis the role of neurobiology, psychological, and social context in the evaluation of mental disorders	K4
3	Apply the contemporary theories and research related to causes and treatments of psychological disorders	K3
4	Apply the principles of diagnosis and treatment to a case study	K3
5	Remember the ethical and legal issues relevant to the provision of mental health services	K1

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	Mental Disorder, Classification, Assessment and Organic Mental Disorders	12 hours

Meaning and Definition of Mental Disorder - Models of Mental Disorders - Introduction to diagnostic classification system and functions: DSM V and ICD 10 - limitation of current classification systems - Theoretical approaches to causes and treatment of psychopathology: Biological, Psychodynamic, Behavioral, Cognitive, Humanistic-Existential, and Social Cultural approaches - Assessment of Psychopathology: Basic element in assessment - Clinical interviews - Clinical observations - Psychological tests - Treatment decision - Organic mental disorders: Delirium, Dementia and Amnestic disorders.

Unit:2	Disorders of Childhood and Adolescence	12 hours

Neurodevelopmental Disorders: Autism Spectrum Disorder-Specific Learning Disorders - Intellectual Disability - organic retardation Syndromes.
Attention-Deficit/Hyperactivity Disorder Disruptive - Impulse-control - Oppositional Defiant Disorder and Conduct Disorder. Anxiety and Depression in Children and Adolescents: Separation Anxiety Disorder - Childhood Depression and Bipolar Disorder.
Feeding and Eating Disorders of Infancy and Early Childhood - Tic Disorders - Elimination Disorders

Unit:3	Anxiety, Trauma, Stress -Related and Somatoform Disorders	12 hours

Generalized Anxiety Disorder -Phobias - Social Anxiety Disorder - Panic Disorder - Obsessive Compulsive Disorder - Acute and Posttraumatic Stress Disorders - Dissociative Disorders:

Dissociative Fugue- Dissociative Identity Disorder - Dissociative Amnesia- Derealization/ Depersonalization Disorder. **Somatoform Disorders**: Factitious Disorder - Conversion Disorder- Somatic Symptom Disorder - Illness Anxiety Disorder.

Unit:4	Disorders of Adult Personality, Gender, and Behaviour	12 hours

Personality Disorders: Odd - Dramatic - Anxious Personality Disorders - Gender Dysphoria - Homosexuality - Paraphilic Disorders: Fetishistic -Transvestic - Exhibitionistic - Voyeuristic - Frotteuristic - Pedophilic - Sexual Masochism - Sexual Sadism Disorder. Eating Disorders: Anorexia Nervosa - Bulimia Nervosa - Binge-Eating Disorder - Sleep Disorders.
Substance Use and Addictive Disorders: Alcohol- Depressants - Stimulants - Hallucinogens, Cannabis, and Combinations of Substances –Gambling Disorders

Unit:5	Mood Disorders, Schizophrenia and Other Psychotic Disorders	12 hours

Depressive Disorder -Major Depressive Disorder - Bipolar Disorders: Bipolar I and II - Theoretical Perspectives - Dysthymic Disorder (Persistent Depressive Disorder) - Cyclothymic Disorders. Schizophrenia- Clinical Features - Positive and Negative Symptoms - Subtypes of Schizophrenia- Other Psychotic Disorder: Schizoaffective Disorder - Schizophreniform Disorder - Delusional Disorder - Brief Psychotic Disorder.

Unit:6	Contemporary Issues	2 hours
	Expert lectures, online seminars - webinars	
	Total Lecture hours	**62 hours**

Text Book(s)

1	Comer, R. J. (2015). Abnormal Psychology. (9th Ed.). New York, NY: Macmillan
2	Butcher, J. N., Hooley, J. M., & Mineka, S. M. (2015). Abnormal psychology. (16th Ed.). New York, NY: Pearson Higher Ed.

Reference Books

1	Craighead, W. E., Miklowitz, D. J., & Craighead, L. W. (2013). Psychopathology: History, diagnosis, and empirical foundations (3rd Ed.). Hoboken, NJ: John Wiley & Sons.
2	American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (DSM-5). Washington, DC:American Psychiatric Pub.
3	ICD-10. (2007). The ICD-10 Classification of Mental and Behavioral Disorders: Clinical Descriptions and Diagnostic Guidelines, Geneva, World Health Organization, AITBS Publishers in India

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://www.coursera.org/browse/health/psychology
2	https://www.edx.org/course/introduction-to-clinical-psychology
	Course Designed By: Dr M. Vinoth Kumar

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	S	M	S	M	M	M	M	M	M	M
CO3	M	M	M	S	S	S	S	S	M	S
CO3	M	S	S	M	S	M	S	M	S	M
CO4	M	S	M	S	M	S	M	S	S	S
CO5	S	M	S	M	S	M	S	M	M	M

*S-Strong; M-Medium; L-Low

Course code	17PSYBC13	PSYCHODIAGNOSTICS	L	T	P	C
Core			4			4
Pre-requisite		Basis in Abnormal Psychology	Syllabus Version		2021-22	

Course Objectives:

The main objectives of this course are to:
1. To enable students to understand the classification systems and the rating scales.
2. To develop the understanding of clinical examination of patients.
3. To enable students to identify and analyse various signs and symptoms useful for diagnosis.
4. To familiarize the students with the psychological testing in child cases and personality assessments.
5. To enhance the skills needed for assessment, case report writing and ethics in clinical psychology.

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	To help students understand the history and current classification systems and the rating scales	K1
2	To develop the interview skills and case history taking.	K3
3	To familiarize various signs and symptoms helpful for diagnosis.	K2
4	To enable students to familiarize with the psychological testing in child psychiatry and self report personality inventories.	K4
5	To enhance the skills in analysing intelligence testing, neuropsychological testing, case report and ethics.	K4

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	Classification And Rating Scales	12 hours

Classification: History - Current Classification Systems. Reliability of Present Psychiatric Classification. Advantages - Disadvantages. **ICD-10** - History of Development. Features of ICD-10. Classification of Mental and Behavioral Disorders. **DSM-5** - History - Features - Diagnostic Categories.

Brief Instruments for Treatment Planning, Monitoring and Outcome Assessment: Symptom Checklist-90-R, Brief Symptom Inventory (BSI), The Beck Depression Inventory, State Trait Anxiety Inventory. **Psychiatric Rating Scales**: Characteristics -Some Rating Scales - Brief Psychiatric Rating Scale, Hamilton Anxiety Rating Scale, Hamilton Rating Scale for Depression, Yale-Brown Obsessive-Compulsive Scale, Scale for Assessment of Negative Symptoms, Scale for Assessment of Positive Symptoms, Social and Occupational Functioning Assessment Scale, Global Assessment of Relational Functioning.

Unit:2	Clinical Examination Of The Patient	12 hours

Basics of Interviewing. Rapport, Transference and CounterTransference. **Specific Interview Techniques** - Types of Questions, Reflection, Facilitation, Silence, Confrontation, Clarification, Interpretation, Summation, Explanation, Transition, Self Revelation, Positive Reinforcement, Reassurance, Advice. Interviewing Psychotic Patients. Factors of Compliance. Burnout. **Specific Issues**: Fees, Confidentiality, Supervision, Missed Appointment and Length of Sessions, Arrangement of Seating and Office, Notes Taking, Follow-up Interviews. **Interviewing Variations** - Depressed Patients, Aggressive Patients, Interview of Relatives.
The Case History: Objective of Case History**.** Identifying Data, Chief Complaints, History of

Present Illness, Past Illness, Personal History (Anamnesis) - Prenatal and Perinatal, Early Childhood, Middle Childhood, Late Childhood, Adulthood, Sexual History, Family History, Fantasy and Dreams. **Mental Status Examination**: General Description, Mood and Affectivity, Speech Characteristics, Perception, Thought Content and Mental Trends, Mini Mental Status Examination (MMSE), Sensorium and Cognition, Impulsivity, Judgment and Insight, Reliability

Unit:3	Signs and Symptoms	12 hours

Definition of Signs and Symptoms -.**Consciousness** – Disturbances in Consciousness, Disturbance in Attention, Disturbance in Suggestibility. **Emotions** – Mood, Affect, Other Emotions, Physiological Disturbances associated with Mood. **Disturbances in Motor Behavior (conation).Thinking** – General Disturbance in Form or Process of Thinking, Specific Disturbances in Form of Thought, Specific Disturbance in Content of Thought.
Speech – Disturbance in Speech, Aphasic Disturbance. **Perception** – Disturbances of Perception, Disturbances associated with Cognitive Disorder and Medical Conditions, Disturbances associated with Conversion and Dissociative Phenomena. **Memory** – Disturbance of Memory, Levels of Memory. **Intelligence** – Information and Vocabulary, Abstraction. **Insight** – Complete Denial (Grade 1) to True Emotional Insight (Grade 6). **Judgment** - Critical Judgment, Automatic Judgment, Impaired Judgment.

Unit:4	Assessment,Examination,Psychological Testing In Child Cases And Personality Assessment	12 hours

Assessment, Examination and Psychological Testing in Child Psychiatry: Clinical Interviews. Structured and Semi Structured Interviews. Rating Scales. Child Psychiatric Evaluation. Mental Status Examination for Children. Neuropsychiatric Assessment. Behavioral Indexes of Brain Damage in Children. Developmental, Psychological and Educational Testing.
Self Report Personality Inventories: MMPI – MCMI - CPI. **Projective Techniques**: Nature of Projective Techniques. Classification of Projective Tests. Thematic Apperception Test – Administration, Scoring and Interpretation. Rorschach – Administration, Scoring, Structural Summary and Interpretation. Evaluation of Projective Techniques.

Unit:5	Intelligence And Neuropsychological Assessment, Case Report, Ethics In Clinical Psychology	12 hours

Intelligence Testing: Standford-Binet Intelligence Scale – Wechsler Intelligence Scales. **Neuropsychological Testing**: Assessment of Reasoning, Concept Formation and Problem Solving, Memory, Orientation, Perceptual and Psychomotor Performance, Language, Attention and Concentration. **Neuropsychological Test Batteries**: Luria-Nebraska Neuropsychological Test Battery – Halstead Reitan Battery of Neuropsychological Testing. **Cognitive Screening Tools and Neuropsychological Tests in India.**
Case Report: Case History - Report on MSE - Further Diagnostic Studies – Summary of Findings – Diagnosis – Prognosis – Psychodynamic Formulation and Defense Mechanisms – Treatment Plan. **Ethics in Clinical Psychology**: Utilitarian Theory. Autonomy Theory. Ethical Principles: Justice and Respect, Patient Therapist Sexual Relations, Informed Consent, Surrogate Decision Making, Involuntary Treatment, Confidentiality.

Unit:6	Contemporary Issues	2 hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	**62 hours**

	Text Book(s)
1	Henry Kellerman & Anthony Burry(2007). *Handbook of Psychodiagnostic Testing: Analysis of Personality in the Psychological Report*(4th ed.) Springer publication
2	Diagnostic And Statistical Manual Of Mental Disorders 5Ed Dsm-5 (PB 2013)
3	ICD-10-CM 2020: The Complete Official Codebook
4	Elisabeth Sherman & Marianne Hrabok (2020). *A Compendium of Neuropsychological Tests: Fundamentals of Neuropsychological Assessment and Test Reviews for Clinical Practice* (4th ed.) Oxford University press.
	Reference Books
1	Jason Schnittker(2017). *The Diagnostic System – Why the Classification of Psychiatric Disorders Is Necessary, Difficult, and Never Settled.*Columbia University press, New York.
2	Kaplan and Sadock(2017). *Comprehensive Textbook of Psychiatry* (10th ed.)wolterskluwer publication**.**
3	James N. Butcher (2009). *Clinical Personality Assessment: History, Evolution, Contemporary Models, and Practical Applications.* Print publication.
	Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]
1	https://www.lexico.com/definition/psychodiagnostics
2	https://psycnet.apa.org/record/2006-12079-001
	Course Designed By: Prof. N. Annalakshmi

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	S	S	S	M	M	M	M	M	M	M
CO2	S	M	S	S	S	S	M	S	M	S
CO3	S	M	M	S	M	M	M	S	M	S
CO4	M	S	S	M	S	S	M	S	S	M
CO5	M	S	S	S	S	M	S	M	S	M

-Strong; M-Medium; L-Low

Course code	17PSYBC14	PSYCHOTHERAPEUTICS	L	T	P	C
Core			4			4
Pre-requisite		Basics in Abnormal Psychology	Syllabus Version		2021-22	

Course Objectives:

The main objectives of this course are to:
1. Demonstrate knowledge in designing psychological interventions.
2. Understand the applications of psychotherapy
3. Remember the context of effective treatment
4. Understand the types of therapies
5. Prepare the students qualify for professional psychotherapeutic counselling

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	Evaluate counselling and its implication	K6
2	Illustrate the psychodynamic theories involved in counselling	K4
3	Analyze the significance of Existential and Humanistic approaches in counselling	K5
4	Appraise the various techniques in behavioral therapies	K6
5	Understand the contemporary approaches of psychotherapy	K3

K1 - Remember; **K2** - Undestand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	Contexts of Effective Treatment and Overview of Background	12 hours

Development of Theories of Counseling and Psychotherapy- understanding theories of Counseling and Psychotherapy, Characteristics of Successful clients –Therapeutic Alliance- Guidelines- Clinician skills, Training and Experience- Personal and Professional Characteristics of Effective clinician- -impact of setting on the treatment process- ethical guidelines and standards- role induction- skill development on questioning and interviewing

Overviews of background-focused treatment systems - The role of therapist- transference- counter transference- and disclosure

Unit:2	Classic Psychoanalysis and Post and Neo Freudians	12 hours

Important theoretical concepts- treatment using psychoanalysis- application and use of Freudian psychoanalysis- evaluation Brief Psychodynamic theory- important theoretical concepts- treatment using Brief Psychodynamic theory(BPT)- Specific Models of BPT- Application and use of BPT-evaluation Individual Psychology- Important theoretical concepts - treatment using individual psychology- application and current use- evaluation- Skill development, Analytical Psychology-

Important theoretical concepts - treatment using individual psychology- application and current use- evaluation- Skill development, Ego psychologists- Object relation theorists- Self psychology

Unit:3	Psychotherapies emphasizing emotions and sensations	12 hours

Existential Psychotherapy- Important theoretical concepts - treatment using individual psychology- application and current use- evaluation- Skill development, Gestalt Therapy- Important theoretical concepts - treatment using individual psychology- application and current use- evaluation- Skill development

Narrative therapy- development- therapeutic alliance- strategies, Solution focused brief therapy- Important theoretical concepts - treatment using individual psychology- application and current use- evaluation, Feminist therapy- development- therapeutic alliance- relational power- strategies

skill development –Mapping		
Unit:4	**Thought focused and Action Focused Therapies**	**12 hours**
The Development of Rational Emotive Behaviour Therapy (REBT)- Important theoretical concepts- format of sessions- treatment- application of REBT- Evaluation. Cognitive Therapy- Development- Important theoretical concepts- Treatment- application and current use- evaluation- Skill development Behavior Therapy and Cognitive Behavioral Therapy Development of Social Learning theory- Treatment- goals- strategies- Ineterventions- Goal setting Donald Meichenbaum Cognitive behavior modification- Dialectical Behaviour Therapy- Acceptance and Commitment therapy- Mindfulness based cognitive therapy Application- Evaluation- Skill development		
Unit:5	**Treatment Approaches**	**12 hours**
Family Therapies- Adlerian Family Therapy- Multigenerational Family Therapy- Structural Family Therapy – Family Therapies that focus on emotions- Family therapies that focus on thoughts and Actions- Post Modern Approaches to Family Therapy- Integrative Models of family Systems Theory- Application of family Therapy- evaluation- skill development Reality Therapy- development- theoretical concepts- treatment- application and current use- evaluation		
Unit:6	**Contemporary Issues**	**2 hours**
Expert lectures, online seminars - webinars		
	Total Lecture hours	**62 hours**

Text Book(s)

1	Seligman. L., & Reichenberg. L. W. (2014). Theories of Counselling and Psychotherapy, New Delhi: Prentice Hall of India.

Reference Books

1	Corey., G. (2009) Counselling and Psychotherapy theory and Practice New Delhi: Cengagae rning.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://www.coursera.org/lecture/positive-psychiatry/psychotherapies-QucyU
2	https://www.nhsinform.scot/tests-and-treatments/counselling-and-therapies/psychotherapy

Course Designed By: Dr K.V Krishna

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	M	M	S	M	S	S	M	M	S	S
CO3	M	M	M	S	M	M	S	S	M	M
CO3	S	M	S	S	S	M	S	M	S	S
CO4	S	S	M	M	M	S	M	S	S	M
CO5	S	S	S	S	M	M	S	S	S	S

*S-Strong; M-Medium; L-Low

Course code	17PSYBC15	ORGANISATION DEVELOPMENT (OD)	L	T	P	C
Core			4			4
Pre-requisite		Basics in Psychology	Syllabus Version		2021-22	

Course Objectives:

The main objectives of this course are to:

1. To enable students to understand the nature of Organisation Development.
2. To help students to understand various theories and models of Organisation Development
3. To understand OD intervention and team building processes
4. To enable students to familiarize with training models in Organisation Development.
5. To develop skills required for training and interventions.

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	To enable the understanding of the various fields in Organisation Development	K1
2	To understand the theories and models of Organisation development and management	K2
3	To familiarize various OD intervention processes and team building processes	K3
4	To enhance the knowledge on comprehensive OD interventions and structural interventions	K4
5	To familiarize with T-group training model in Organisation Development	K4

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	The Nature of Organization Development	12 hours

Overview of the Field of Organization Development: Laboratory Training, Survey Research and Feedback, Action Research, Socio-technical and Socio-clinical approaches
Values and Assumptions and Beliefs in OD: OD Values and Assumptions, Implications of OD and Assumptions

Unit:2	Theory and Management of OD	12 hours

Foundations of Organization Development: Models and Theories of Planned Change, Systems Theory, Participation and Empowerment, Teams and Teamwork,
Managing the OD Process: Diagnosis, Action Component – OD Interventions

Unit:3	Team, Intergroup and Third-Party Peacemaking Interventions	12 hours

Overview of OD Interventions: Classifying OD Interventions
Team Interventions: Teams and Work Groups, Broad Team-Building Interventions, Process Consultation Interventions

Unit:4	Comprehensive OD Interventions And Structural Interventions	12 hours

Survey Feedback, Grid Organization Development, Schein Cultural System, Trans-organizational Development
Structural Interventions: MBO, Quality Circles, TQM, High Performance Work Systems

Unit:5	T-Group Training	12 hours

T-Groups, Behaviour Modeling, Life and Career Planning. Coaching and Mentoring Future and Organizational Development		
Unit:6	**Contemporary Issues**	**2 hours**
Expert lectures, online seminars - webinars		
	Total Lecture hours	**62 hours**

Text Book(s)

1	French, W.L and Bell, Jr C.H. and Vohra V. Organization Development, Pearson Education, 2006
2	Donald L Anderson. Organization Development, Sage South Asia Edition, Second edition, 2012.

Reference Books

1	Schien, Organizational Psychology, Tata McGraw Hill, New Delhi, 2005

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://swayam.gov.in/nd1_noc20_mg16/preview
2	https://www.digitalhrtech.com/organizational-development/

Course Designed By: Prof. A. Velayudhan

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	S	S	S	M	M	M	M	M	S	S
CO2	S	S	M	S	S	S	M	M	M	M
CO3	M	S	S	M	M	M	M	S	M	M
CO4	M	M	S	S	S	M	S	M	S	S
CO5	M	M	S	S	S	M	S	S	S	S

*S-Strong; M-Medium; L-Low

Course code	17PSYBC16	Experimental Psychology - III	L	T	P	C
Core					4	4
Pre-requisite		**Basics in Psychology**	**Syllabus Version**		2021 - 2022	

Course Objectives:

The main objective of this course are to:

To provide students with practical exposure to assess, apply and interpret various Mental health, Depression, Psychotherapies and Organizational stress.

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	To asses and interpret the mental health of an individual.	K2
2	To assess the various Personality and Intelligence pattern of an individual.	K4
3	To apply the various psychotherapies for Mental illnesses.	K3
4	To evaluate the relationship between employee and management	K5
5	To analyze the interpersonal relationship skill of an individual	K4

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	Psychopathology and Mental Hygiene	12 hours

1. Mental Health Questionnaire
2. Bell's Adjustment Inventory
3. Beck's Depression Inventory
4. Maudsley Obsessional Compulsive Inventory
5. Clinical Case Study

Unit:2	Psycho diagnostics	12 hours

1. Minnesota Multiphase Personality Inventory
2. Scale for the Assessment of Positive Symptoms
3. Bender Gestalt Test
4 Wechsler's Intelligence Scale for Children
5. Luria-Nebraska Neuropsychological Test Battery

Unit:3	Psychotherapeutics	12 hours

1. Cognitive Emotive Regulation Questionnaire
2. Job Anxiety Scale
3. Jacobson's Progressive Relaxation Therapy
4. Assertiveness Questionnaire
5. Irrational Beliefs Test (IBT)

Unit:4	Organization Development(OD)	12 hours

1. Johari Window Exercise
2. Fundamental Interpersonal Relations Orientation – Behaviour (FIRO – B)
3. Team Effectiveness Questionnaire
4. Organizational Role Stress Scale
5. Organizational Culture: OCTAPACE Profile

	• This list is suggestive
	• A minimum of 10 experiments/exercises must be completed

Unit:5	Contemporary Issues	2 hours
Expert lectures, online seminars - webinars		

		Total Lecture hours	**62 hours**

Text Book(s)

1	Postman and Egan, J. P. (1985): Experimental Psychology, New Delhi: Kalyani Publications

Reference Books

1	David Andrewes, "Neuro Psychology: from theory to practice", Psychology Press Ltd. UK, 2001
2	Parameshwaran, E. G., &Ravichandra, R., "Experimental Psychology", Neelkamal Publication Pvt. Ltd, Hyderabad, 2001.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://swayam.gov.in/nd1_noc20_hs45/preview

Course Designed By: Prof. A. Velayudhan

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	M	S	S	S	M	S	M	M	S	M
CO3	S	S	S	S	M	S	S	S	M	S
CO3	S	S	S	S	M	M	M	S	S	S
CO4	S	S	S	S	M	M	S	M	M	S
CO5	M	S	S	S	M	M	S	S	M	M

*S-Strong; M-Medium; L-Low

BHARATHIAR UNIVERSITY, COIMBATORE – 641 046
DEPARTMENT OF PSYCHOLOGY

M.Sc., APPLIED PSYCHOLOGY
SEMESTER PATTERN (CBCS)
(For the Students admitted during the Academic year 2021-2022 and onwards)

CORE COURSE – XVII
PSYBC13 – PROJECT WORK
OR
PSYBC13 CLINICAL/INDUSTRAIL PRACTICUM REPORT
(Candidates are required to choose strictly only one these two during the full fourth semester)

MAXIMUM MARKS: 200 (Project Report 150 + Viva Voce 50)

1. The objective of the Project work/ Clinical Practicum is to further their knowledge in Psychology and Psycho-diagnostics under the direct supervision of a Psychologist in Clinical/Organizational setting.

2 A Candidate undertaking Project work/Clinical Practicum should be equipped with the theoretical knowledge in the discipline and practical skills in Psycho-diagnostics including administration and interpretation of cognitive and personality tests involving objective and projective material.

3. During the Project work/Clinical Practicum the candidate may be permitted, under supervision, to participate in the diagnostic testing and to attend clinical/organizational conference where in the cases are diagnosed and treatment/management plan   mooted and progress in treatment/training discussed. The candidate may be guided to pursue ten case studies in detail.

4. Besides, the candidates may be required to collect information regarding the following:
   • The history of the organization, the mission statement of the organization, personality sketch of the pioneers in the organization, historical development of the department of Psychology in the organization.
   • The demands and expectations of the role of the Psychologist.
   • The privileges of the Psychiatrist/Mangers/Psychologists in the hospital and Personnel in the Hospital.
   • The functional domain and demarcations of Psychologist Vs Psychiatrists
   • The organizational chart of the Organization and the status of team.
   • The test privileges available at the Hospital/Industry. The test approved for administration in the clinical setting by the team, procedures followed in administering the tests in diagnosis and management and follow up of the use of various test, if any.
   • The therapeutic privileges available at the Hospital/Industry especially, those approved by the clinical team to provide psychotherapies/counseling and group therapies.
   • The details about the hospital routines, mainly about the admission procedures, document maintained, regular clinical/organizational conference, meetings and the follow-up of the cases in detail.

6. The Project work/Clinical Practicum after the completion of the practice,, the report should be submitted to the Department of Psychology, Bharathiar University on or before 30th April of the year in which the candidates did the Practicum,. The Report should adequately reflect the exposure to the training and experience gained by the candidates during the Practicum.

In case a candidate could not submit the report within the date specified he/she may be granted extension of time for three months at one time for submitting their report.

The students can do a **Project Work** under the guidance of a Faculty.

OR

The students can do the **Clinical /Industrial Practicum** in reputed Institutions under the guidance of a Psychologist or HR Personnel

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6. Guides for the Project work OR Clinical/Industrial Practicum will be allotted as per the candidates' preference.

7. The candidates are required to maintain a work diary for three months' Clinical/Industrial Practicum. The candidates should submit fortnightly report along with copy of log book endorsed by field supervisor by emailThe candidates should mandatorily visit the Department on two pre-decided dates to present their progress to their assigned supervisor. The students are required to report to the concerned guide at the department after completing 70 working days of Clinical/Industrial Practicum by 3rd week of March.

8. Further the candidates are required to maintain attendance at the department after completing the practicum till the date of viva voce examination. The candidates should submit the Clinical/Industrial Practicum Report within 20days (inclusive of holidays) after completion of the clinical/industrial practicum.

8. Submission of Clinical/Industrial Practicum: The norms for evaluation for Clinical Practicum Report/ Industrial Practicum Report are given as below:

1. Introduction, Objectives, Work carried
   Out by the candidate   =   30 marks
2. Case Studies   =   70 marks
3. Summary and Conclusion   =   20 marks
4. Attendance   =   30 marks
                                               ----
                                               150 marks

          Practicum report   =   150 marks
          Viva voce   =   50 marks
          Total   =   200 marks

9. The Objective of the Project Work is mainly to give an exposure to the students on Research Methodology and application of Psychological Principles.
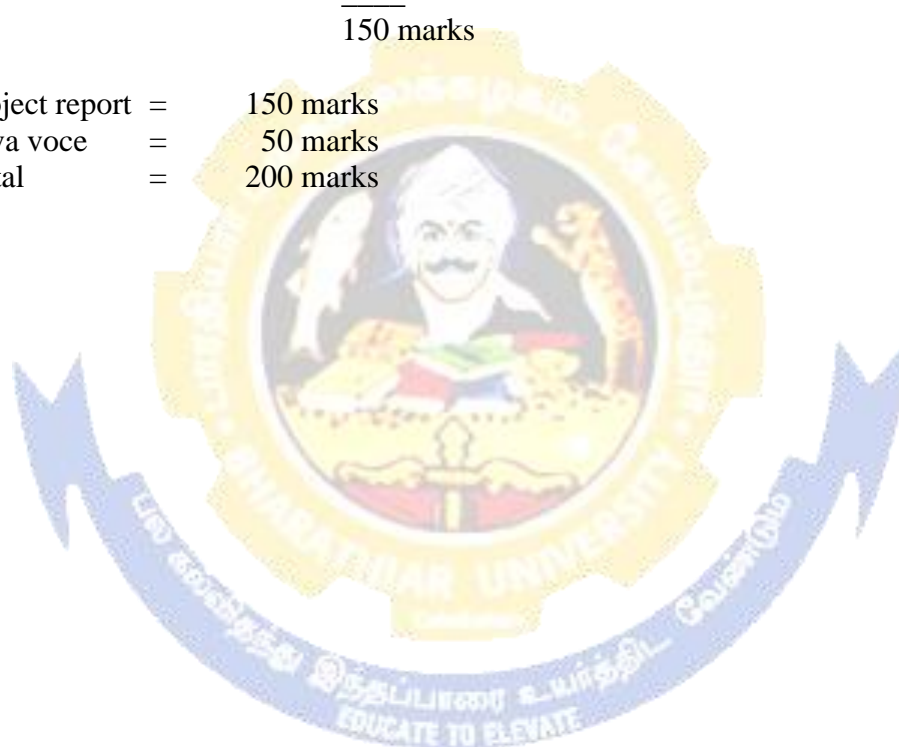
The Project work may be a survey (fact findings or exploratory nature). Construction or Standardization of a test, collection of clinical case studies, a Problem solving assignment, Verification of existing or established theory and any other assignment as approved by the respective faculty guide.

The norms for evaluation for Project Report are given as below:

1. Introduction   30 marks
2. Review of Literature   20 marks
3. Methodology   30 marks
4. Results and Discussion   50 marks
5. Summary and Conclusion   10 marks
6. References   10 marks
                           ____
                           150 marks

Project report =   150 marks
Viva voce   =   50 marks
Total   =   200 marks

Elective Courses

Course code		CYBER PSYCHOLOGY	L	T	P	C
Elective			**4**			**4**
Pre-requisite	**Basics in Psychology**		**Syllabus Version**	**2021-22**		

Course Objectives:

The main objectives of this course are to:
1. To understand the nature of Cyber Psychology
2. To describe the nature of the individual in cyberspace
3. To analyze the nature of relationship in Cyber space
4. Understand the effect of group dynamics in cyber space
5. Describe the research methods in cyber psychology

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	To analyze the applications of Cyber Psychology	K5
2	Understanding personality types in Cyber Space	K3
3	To describe transference among people online	K1
4	Understand the social psychology of online groups	K3
5	Remember the ethics in cyber space research	K1

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	The Nature of Cyber Psychology	12 hours

Cyber-Psychology – Definition – Human Computer Interface – Cyberspace as a Psychological Space – Psychology in Cyberspace - Basic Psychological Features of Cyberspace - Networks as Mind and Self – Model of Cyber Psychology - The Online Disinhibition Effect.
Psychology of Avatars and Graphical Space - Two Paths of Virtual Reality - The Facts of Dreaming in Cyberspace - Black Hole of Cyberspace - Online Lingo - Internet Demographics - Cyberspace Humor - Coping with Spam.

Unit:2	The Nature of Individual in Cyberspace	12 hours

Identity Management in Cyberspace - Personality types in Cyberspace - Unique Roles in Cyberspace - Transference to Computers and Cyberspace - Addiction to Computers and Cyberspace - Regressive behavior in Cyberspace - Online Gender - Switching - Adolescents in Cyberspace.
Wizards: The Heart of an Online Community - On being a "god" - Y2K and Apocalyptic Thinking - Integrating Online and Offline Living - An Online Psycho - Educational Program.

Unit:3	The Nature of Relationships in Cyberspace	12 hours

In-person versus Cyberspace Relationships - Transient and Long Term Online Relationships -The psychology of Text Relationships - Hypotheses about Online Text Relationships - E-mail Communication and Relationships – Transference among People Online.
How to Resolve Conflict Online – Cyberspace Romances – Subtlety in Multimedia Chat - Media: Games, Entertainment, and Education - The Future: The Ultimate Human-Computer Interface.

Unit:4	The Nature of Group Dynamics in Cyberspace	12 hours

Social psychology of Online Groups - Developmental stages of Mailing Lists - Making Virtual Communities work - Unique Groups in Cyberspace - Decision Making Methods for E-mail

Groups - Changes in Group Boundaries and Dynamics.

Group Games using Avatars-Geezer Brigade: Studying an Online Group- Managing Deviant Behavior in Online Groups – Online Photo-Sharing Communities - Establishing a Cyberpsychological Niche and Equilibrium.

Unit:5	The Nature of Flow Experience andResearch Methods in Cyber psychology	12 hours

Flow as a Psychological Construct – Flow in Empirical Research – Studies related to Cyberspace – Flow in Diverse Cyberspace related Activities – Optimal Expedience and Psychological Addiction – Cross cultural studies

Publishing online - Case studies of digital life forms - One of Us: Participant observation research - Steps in studying an online group - Ethics in cyberspace research - Studying full cyberspace immersion.

Unit:6	Contemporary Issues	2 hours

Expert lectures, online seminars - webinars

	Total Lecture hours	62 hours

Text Book(s)

1	Kent L. Norman. (2008). Cyber Psychology: An Introduction to Human-Computer Interaction, University of Maryland, College Park.

Reference Books

1	John. Sular. (2004). Psychology of Cyberspace Rider University, Lawrenceville, NJ 08648609-895-5430
2	Ravindra Thakur. (2017). Cyber Psychology, New Delhi, Global Vision Publishing House

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	http://cyberpsychology.org/cyberpsychology/

2. https://online.king.edu/news/cyberpsychology/

Course Designed By: Prof. A. Velayudhan

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	S	M	S	M	M	S	M	M	S	M
CO3	M	S	M	M	S	S	M	S	S	M
CO3	S	M	S	M	S	M	S	S	S	M
CO4	S	S	M	S	M	M	M	S	M	M
CO5	S	M	S	M	S	M	S	M	S	S

*S-Strong; M-Medium; L-Low

Course code	17PSYBEG01	SPORTS PSYCHOLOGY	L	T	P	C
Elective			**4**			**4**
Pre-requisite		**Basis in Psychology**	**Syllabus Version**		**2021-22**	

Course Objectives:

The main objectives of this course are to:
1. To understand the theoretical foundation and the effectiveness of psychologist role with clients in sports, exercises and performance psychology.
2. Understanding Athletic behaviors
3. To describe the relation with cognitive psychology and sports psychology
4. To describe the social psychology of sports
5. Understanding to apply sports psychological phenomenon

Expected Course Outcomes:

	On the successful completion of the course, student will be able to:	
1	Understand the theoretical foundation of the mental processes that influence human performance in athletic settings.	K2
2	Develop and apply health, physical activity, and psychological principles in the sports	K3
3	Evaluate the effectiveness of cognitive psychology in sports	K5
4	Identify and apply psychological techniques to enhance the performance in sports	K4
5	Evaluate the needs of athletes and plan psychotherapies based on this evaluation.	K5

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** – Create

Unit:1	Mental Side of Sport	12 hours

The Mental Side of Sport: Introduction to Sports Psychology- Factors influencing the mental demands of a given sport- sports and exercise psychology as an academic discipline- history of sport and exercise psychology- Research methods in sports and exercise psychology- what do sport Psychologist do.

Unit:2	Exploring Athletic Behaviour: Key Concepts	12 hours

Exploring Athletic behavior- Key concepts: Motivation and Goal setting- anxiety in Sport Performance- Concentration in Sports Performance- Self- Confidence- Peak Performance and Expertise.

Unit:3	Cognitive Psychology and Sports	12 hours

Cognitive Psychology and Sport- Cognitive Style and Sport- Attention Style and performance- Imagery and Sport Performance- Attribution of self and others- Arousal, Stress and Anxiety.
Theories: Implicit Theories- Self- Determination Theory- Expectancy Value- Motivational Theory- Goal Theory- Attributions Theory.

Unit:4	Sports in Context: Social Psychology of Sports	12 hours
	Sport in Context: The social psychology of sports: Social Facilitation – Social loafing – Team Dynamics – Group Process – Casual Attribution in Sports – Violence and Aggression in Sports.	

Unit:5	Applying Sport Psychological Phenomena	12 hours

Applying Sport Psychological Phenomena: Mental Skill Training- Self Talk- Mental Imagery- Relaxation Training- Calming the Physiology- Performance- inhibition due to personality- factors- Burn out and injuries – Substance Abuse- Aggression- Character Development- Youth Sport.

Unit:6	Contemporary Issues	2 hours

Expert lectures, online seminars – webinars

	Total Lecture hours	62 hours

Text Book(s)

1	Aidan P. Moran (2004). Sport and Exercise Psychology, A Critical Introduction, Rout ledge.

Reference Books

1	John Kremer and Deirdre Scully(2017) Psychology in Sport. Taylor and Francis Publishers
2	Robert Weinberg and Daniel Gould (2006). Foundations of Sport and Exercise Psychology (4th Eds) Human Kinetics Publishers

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://www.udemy.com/course/fully-accredited-professional-sports-psychology-diploma/

Course Designed By: Dr.R.Nithya

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	M	S	S	S	M	M	M	M	S	M
CO3	S	S	S	S	M	S	M	S	S	M
CO3	S	S	S	S	M	M	M	S	S	S
CO4	S	S	S	S	M	M	M	S	S	S
CO5	M	S	S	S	M	M	S	M	S	S

*S-Strong; M-Medium; L-Low

Course code		INTEGRAL PSYCHOLOGY	L	T	P	C
Elective			**4**			**4**
Pre-requisite	**Basis In Psychology**	**Syllabus Version**		2021-2022		

Course Objectives:

The main objectives of this course are to:
1. To understand consciousness and reality
2. To describe outer being and outer mind
3. To describe Purusha and Prakriti
4. Understanding techniques controlling disturbance of mind
5. Remember techniques for growth and mastery

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	List out the levels of consciousness	K1
2	Understand the inner being and subminimal self	K3
3	Discover the psychology of faith	K3
4	Remember techniques to control anger, feelings of inferiority	K1
5	Apply dynamic meditation and self-observation for growth	K4

K1 - Remember; **K2** - Undestand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1		**Consciousness the Reality**	**12 hours**

Consciousness the reality. The Manifold Being. The Surface Being and the Inner Being. Levels of Consciousness: Conscience, Subconscient, Superconscient. Gradations of higher consciousness.

Unit:2		**Outer Being and Outer Mind**	**12 hours**

Outer Being: Outer Mind, Outer Vital Being and Outer Physical Being. Inner Being; the Subliminal Self. The Psychic Being & psychic entity. Psychical phenomena

Unit:3		**Purusha and Prakriti**	**12 hours**

Purusha and Prakriti: Soul and Nature - The Gunas of Prakriti: The three modes of Nature - Self, Ego and Individuality - Liberation and transformation. The Psychology of Faith.

Unit:4	**Techniques to Control Disturbance of Mind, Vital and Physical**	**12 hours**

Dealing with disturbance of Mind (Anxiety, obsessions and compulsions), disturbance of Vital (Boredom, Lack of energy, Depression, Anger, Feelings of inferiority, Sensitiveness) and disturbance of physical consciousness: Will, discipline and endurance, Faith and suggestion.

Unit:5		**Techniques for Growth and Mastery**	**12 hours**

Stepping back - Becoming aware of 'oneself' – Self-observation – Visualization – Mastery through attitude – Identification – Using life as a mirror – Widening of consciousness – Dynamic meditation – Exercising static power – Awakening inner consciousness – Drawing upon helpful forces.

Unit:6	Contemporary Issues	2 hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	**62 hours**

Text Book(s)

1	Dalal, A.S. (1987). Living Within – The yoga approach to psychological health and growth: Selections from the works of Sri Aurobindo and The Mother. Pondicherry: Sri Aurobindo Ashram.

Reference Books

1	Dalal, A.S. (2001). A Greater Psychology – An introduction to the psychological thought of Sri Aurobindo. NY: Jeremy P.Tarcher& Putnam.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://www.tandfonline.com/doi/abs/10.1080/19349637.2012.737685

2. https://www.integralpsychology.org/about-integral-psychology.html

Course Designed By: Prof. N. Annalakshmi

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	M	M	S	M	M	M	M	M	S	M
CO3	M	S	M	M	S	M	M	M	S	M
CO3	S	M	S	M	S	S	S	S	M	M
CO4	S	M	M	S	S	S	M	S	M	M
CO5	S	M	S	M	S	M	S	M	S	S

*S-Strong; M-Medium; L-Low

Course code	17PSYBGE02	POSITIVE PSYCHOLOGY	L	T	P	C
Elective			4			4
Pre-requisite		Basics in Psychology	Syllabus Version		2021-22	

Course Objectives:

The main objectives of this course are to:
1. Outline the nature and importance of Positive Psychology
2. Understand the perspectives of Positive Psychology
3. Recognize the importance of Prosocial behavior
4. Understand the importance of positive cognitive states and processes
5. Enhance personal growth and development

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	Identify positive emotions that affects happiness in everyday life	K1
2	Predict Positive Traits, Motives and Self –efficacy	K2
3	Identify and classify Hope, flow, wisdom and courage	K1
4	Recognize and appraise the neurobiology of Optimism and Emotional Intelligence	K1
5	Understand the nature of good work and gainful employment	K2

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	The Nature and Assessment of Positive Psychology	12 hours

Definition of Positive Psychology. Western Perspectives on Positive Psychology. Eastern Perspectives on Positive Psychology. Classifications and Measures of Human Strengths and Positive Outcomes.

Unit:2	Positive Emotional States and Process	12 hours

The Principles of Pleasure: Understanding Positive Affect, Positive Emotions, Happiness, and Well-Being.
Making the Most of Emotional Experience: Emotional-Focused Coping, Emotional Intelligence, Socioemotional Selectivity, and Emotional Storytelling.

Unit:3	Positive Cognitive States and Processes	12 hours

Seeing Future through Self-Efficacy – Optimism and Hope. Two Universal Virtues – Wisdom and Courage.
In Search of Optimal Experiences- Mindfulness, Flow, and Spirituality.

Unit:4	Prosocial Behaviour and Changing Human Behavior	12 hours

Empathy and Egotism-Portals to Altruism, Gratitude, and Forgiveness. Attachment, Love, and Flourishing Relationships.
Changing Human Behavior: Balanced conceptualizations of Mental Health and Behavior. Interceding to prevent the Bad and Enhance the Good.

Unit:5	Positive Environment and Positive Psychology in Contexts	12 hours
Positive Schooling. Good Work – The Psychology of Gainful Employment. The Me/We Balance – Building Better Communities. Positive Psychology in Context – Developing Strengths and Living Well in a Cultural Context, Living well at Every Stage of Life			
Unit:6	Contemporary Issues	2 hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	62 hours

Text Book(s)

1	Synder, G. R. & Lopez, S. J. (2008). "Positive Psychology". Sage Publication.

Reference Books

1	Carr, A. (2008). Positive Psychology. The Science of Happiness and Human Strategies.Routledge Publications.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://www.psychologytoday.com/us/basics/positive-psychology
2	https://www.goodtherapy.org/learn-about-therapy/types/positive-psychology
Course Designed By: Dr K.V Krishna	

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	S	M	M	S	S	S	S	M	S	M
CO3	S	S	S	M	M	M	M	S	M	S
CO3	S	S	S	S	S	S	S	S	M	M
CO4	M	S	M	S	S	S	M	S	M	S
CO5	M	M	S	S	M	S	S	S	M	S

*S-Strong; M-Medium; L-Low

Course code	17PSYBGE03	CONSUMER BEHAVIOR	L	T	P	C
Elective			4		-	4
Pre-requisite		Basics in Marketing Psychology	Syllabus Version		2021-22	

Course Objectives:

The main objectives of this course are to:

1. Understand the applications of Consumer Behavior
2. Familiarize the concepts of marketing segmentation and consumer diversity
3. Discus the principal factors that influence consumers as individuals and decision makers with an application to the buying decision process.
4. Understand the impact of marketing on consumer behavior
5. Demonstrate methods to improve customer satisfaction

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	Identify factors that influence consumer behavior	K1
2	Describe the target market and determine the positioning strategy according to consumer characteristics and behaviour	K1
3	Understand the essence of how consumers make decisions and be able to assess the relevant implications for marketing practitioners.	K2
4	Analyze how involvement influences consumer purchases	K4
5	Analyze the major stages which consumers usually go through when making a consumption	K4

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	Consumer Behavior, Motivation and Personality	12 hours

Consumer Behaviour: Nature and scope of Consumer Behaviour, Consumer Research and Marketing Segmentation
Consumer Motivation: Motivation as Psychological Force, Types and Theories of Motivation, Measurement of Motives
Personality and Consumer Behaviour: Theories of Personality, Personality and Understanding Consumer Diversity, Brand Personality, Self- and Self-Image

Unit:2	Perception, Learning and Attitudes	12 hours

Consumer Perception: Elements of Perception, Dynamics of Perception, Consumer Imagery
Consumer Learning: Elements of Consumer Learning, Behavioral Learning Theories, Cognitive Learning Theory, Measures of Consumer Learning
Consumer Attitude Formation and Change: Meaning of Attitudes, Structural Models of Attitudes, Attitude Formation, Strategies of Attitude Change

Unit:3	Communication Process and Group Influences	12 hours

Communication and Consumer Behaviour: Components of Communication, Communication Process, Designing Persuasive Communication, Marketing Communication and Ethics
Reference Groups and Family Influence: Understanding the Power of Reference Groups, Consumer Related Reference Groups, Celebrity and other Reference Groups, Family Concept, Socialization of Family Members, Function of Family, Family Life Cycle

Unit:4	**Leadership and Diffusion of Innovation Process**	12 hours
Consumer Influence and the Diffusion of Innovations: Opinion Leadership, Opinion Leadership Process, Measurement of Opinion Leadership, Interpersonal Flow of Communication Diffusion of Innovation: Diffusion Process, Adoption Process, Profile of Consumer Innovator		
Unit:5	**Consumer Decision Making Process**	12 hours
Decision Making Process, Levels of Consumer Decision Making Process, Models of Consumers, Four views of Consumer Decision Making, Model of Consumer Decision Making		
Unit:6	**Contemporary Issues**	2 hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	62 hours

Text Book(s)

1	Schiffman, L.G., Kanuk, LL (2007). Consumer Behaviour, Prentice-Hall of India, Pvt Ltd, New Delhi,

Reference Books

1	Loudon, D. ,(2004) Consumer Behaviour, Concepts and Applications, Albert Biutta, McGraw Hill,

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://www.demandjump.com/blog/the-importance-of-consumer-behavior-in-marketing
2	https://www.brandwatch.com/blog/how-understand-influence-consumer-behavior/

Course Designed By: Dr K.V Krishna

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	M	M	M	S	S	S	M	M	M	M
CO3	M	M	M	S	S	M	M	S	S	S
CO3	M	M	M	S	S	S	S	M	M	S
CO4	S	M	S	M	S	S	M	S	S	S
CO5	M	S	S	M	M	S	M	S	S	M

*S-Strong; M-Medium; L-Low

Course code		EDUCATIONAL PSYCHOLOGY	L	T	P	C
Elective			4			4
Pre-requisite		Basics in Psychology	Syllabus Version		2021-22	

Course Objectives:

The main objectives of this course are to:
1. Understand the importance of Educational Psychology
2. To describe the research methods in Educational Psychology
3. To understand the theories of cognitive development
4. Explain the concepts of language and intelligence
5. To understand special education

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	Describe the origin and nature of mental health care in the welfare system	K1
2	Analyze the Psychological conceptions of the environment	K4
3	Apply Community-based health promotion methods	K3
4	Understand diagnosis, prescribing and implementing	K2
5	Discover the Choices in Evaluation and participatory evaluation as an integrated process	K3

K1 - Remember; **K2** - Undestand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	Exploring Educational Psychology	12 hours

Exploring Educational Psychology: Historical Background- Teaching: Art and Science- Effective Teaching: Professional knowledge and Skills-Goal Setting and Instructional planning Skills-Classroom Management Skills-Motivational Skills-Technological Skills.

Research in Educational Psychology: The Scientific Research Approach – Research Methods- Programme Evaluation Research-Research Challenges.

Unit:2	Cognitive Development: Piaget's theory and Vygotsky's Theory	12 hours

Cognitive Development: Piaget's theory: Cognitive Processes-Piagetian Stages-Evaluating Piaget's Theory: Contributions and Criticisms.
Vygotsky's Theory-Assumptions- Zone of Proximal Development-Scaffolding- Language and Thought.
The Brain: Development of neuron and Brain Region- Development of Brain in Childhood and Adolescents

Unit:3	Language Developments and Intelligence	12 hours

Language Development: Language-Morphology-Syntax- Semantics-How Language Develops- Biological and Environmental Influence. Memory: Encoding-Storage-Retrieval and Forgetting.
Intelligence: Intelligence Tests- Theories of Multiple Intelligence-Information- Processing Approach –Segler' View – Metacognition – Good Information Processing Model

Unit:4	Learning and Motivation	12 hours

Learning: Behavioral Approach to Learning-Classical Conditioning- Operant Conditioning. Increasing Desirable Behaviors- Decreasing Undesirable Behavior. Bandura's Social Cognitive Theory-Observational Learning.

Motivation: Perspectives on Motivation- Extrinsic and Intrinsic Motivation- Pother cognitive Process-Anxiety and Achievement-Social Motives.

Teaching Techniques: Description-Demonstration- Lecture Method- Discussion Method- Dramatization-Explanation- Aptitude Treatment Interaction –Mastery Learning –Teaching through Multimedia

Unit:5	Special Education	12 hours

Hard-to-reach, Low Achieving Students: Discouraged Students- Uninterested and Alienated Students- Dealing with Problem Behaviors: Management Strategies- Dealing with Aggression – Classroom and School Based Programs.
Children With Disabilities: Sensory Disorders- Physical disorders-Mental Retardation-Speech and Language Disorders- Learning Disabilities- Attention Deficit Hyperactivity Disorder-Emotional and Behavioral Disorders.
Slow Learners- Autism Spectrum Disorders. Children Who Are Gifted: Characteristics, Life Course of the Gifted- Educating Gifted Child

Unit:6	Contemporary Issues	2 hours

Expert lectures, online seminars - webinars

	Total Lecture hours	62 hours

Text Book(s)

1	Santrock, J. W. (2006) Educational Psychology, 2nd Edition, New Delhi, Tata McGraw Hill.

Reference Books

1	Spirnthall, N. A., Sprinthall, R. C. and Oja, S. N. (1994) Educational Psychology, 6th Edition, New York, McGraw Hill.
2	Robinson, S. (2009) Foundation of Educational Psychology, 2nd Edition, New Delhi, Ane Books Pvt. Ltd.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://johnparankimalil.wordpress.com/2012/03/09/meaning-nature-and-scope-of-educational-

2. https://www.apa.org/action/science/teaching-learning

Course Designed By: Dr.K.V Krishna

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	S	M	M	S	M	M	M	M	M	M
CO3	M	S	S	M	M	S	S	M	S	S
CO3	M	M	S	M	S	S	S	M	S	M
CO4	S	S	S	M	S	S	M	S	M	S
CO5	S	M	S	M	S	S	M	M	M	M

*S-Strong; M-Medium; L-Low

Course code		APPLIED STATISTICS AND PSYCHOLOGICAL TEST CONSTRUCTION	L	T	P	C
Elective			4			4
Pre-requisite		Basics in Psychological Statistics	Syllabus Version		2021-22	

Course Objectives:

The main objectives of this course are to:

1. Understand Central tendency, Variability, Correlation and Regression
2. Learn to calculate Student t Test, ANOVA (one way, two-way), Non-parametric statistics
3. Nature of test construction
4. Describe realbility and validity
5. Understand Norms and Test Scales, and Response Set in Test Scores

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	Recognize the nature and applications of applied statistics	K1
2	Understand the computation of non-parametric statistics	K2
3	Remember the steps in test construction	K1
4	Describe the standard error of measurement and index of realbility	K1
5	Illustrate the Meaning of Norm-Referencing and Criterion-Referencing. and steps in developing norms	K3

K1 - Remember; **K2** - Undestand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	Central tendency, Variability, Correlation and Regression	12 hours

Nature and Scope of Applied Statistics. Basic concepts – Random Samples, Variables and Constant. Measures of Central Tendency – Mode, Median, Arithmetic Mean, Effects of Score Transformation. Variability – Range, Semi-Interquartile Range, Variance and Standard Deviation. Score Transformation and Effects of Variability. Comparing means of two distributions. Correlational Analysis – Matter of Direction, Matter of Degree. Meaning of Correlation. Methods.

Unit:2	Student t Test, ANOVA (one way, two-way), Non-parametric statistics	12 hours

One tail test, two tail test. Student 't' – Application and Purpose, Assumptions, Calculation, Interpretation. Large sample t test. Test of Significance of difference in proportions. ANOVA – Application and Purpose, Assumptions, Calculation of One-way ANOVA and Two-way ANOVA. Interpreting interaction in Two-way ANOVA. Honestly Significant Difference.
Non-parametric tests – Assumptions. Chi-Square. Mann Whitney U Test. Kruskal-Wallis one-way analysis of variance by ranks. Wilcoxon test. Comparison of Parametric and Non-parametric test

Unit:3	Test Construction (Introduction, Item Writing and Item Analysis)	12 hours

Test Construction: Meaning of Test in Psychology. Classification of Test. Characteristics of a Good Test. General Steps in Test Construction.
Item Writing: Meaning and Types of Items. Essay type and Objective type tests. General guidelines for Item Writing. General Method for scoring Objective Tests. Meaning and Purpose. Power Tests. Item Difficulty. Optimal Difficulty Value for a Reliable Test. Index of Discrimination. Item Response Theory. Distractor Analysis. Speed Tests. Factors affecting the

Index of Difficulty and the Index of Discrimination. Power of Item Analysis. The Item Characteristics Curve.

Unit:4	Reliability and Validity	12 hours

Reliability – Meaning. Methods. Satisfactory size for reliability. Standard Error of Measurement. Factors influencing Reliability of Test Scores. Improving reliability of test scores. Estimation of True Scores. Index of reliability. Validity- Meaning. Types. Convergent Validation and Divergent Validation. Statistical Methods for calculating validity. Factors influencing validity. Relation between reliability and validity

Unit:5	Norms and Test Scales, and Response Set in Test Scores	12 hours

Norms and Test Scales – Meaning of Norm-Referencing and Criterion-Referencing. Steps in Developing Norms. Types of Norms and Test Scales – Age Equivalent Norms, Grade – Equivalent Norms, Percentile Norms, Standard Score Norms.Response Set – Meaning. Types of Response Set. Implications of Response Set. Methods to eliminate Response Sets.

Unit:6	Contemporary Issues	2 hours

Expert lectures, online seminars - webinars

	Total Lecture hours	62 hours

Text Book(s)

1	Singh, A.K. (1997). Tests, Measurements and Research Methods in Behavioral Sciences. Patna: Bharati Bhawan

Reference Books

1	Minium, E.W., King, B.M. & Bear, G. (1993). Statistical Reasoning in Psychology and Education. (3rdEdn). Singapore: John Wiley & Sons.
2	Anastasi, A. & Urbina, S. (2003). Psychological Testing. (7thEdn). New Delhi: Prentice Hall of India.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://www.statisticshowto.com/construct-validity/
2.	https://online.stat.psu.edu/stat502/lesson/1/1.2

Course Designed By: Prof. N.Annalakshmi

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	S	M	M	S	M	M	M	M	M	M
CO3	M	S	S	M	M	M	S	M	M	S
CO3	M	M	S	M	S	S	M	M	S	M
CO4	S	S	S	M	S	S	S	M	S	S
CO5	S	M	S	M	S	S	M	S	S	M

*S-Strong; M-Medium; L-Low

Course code		COMMUNITY PSYCHOLOGY	L	T	P	C
Elective			4			4
Pre-requisite		**Basis in Psychology**	**Syllabus Version**		**2021-22**	

Course Objectives:

The main objectives of this course are to:

1. To understand the influence and current issues in community mental health
2. Describe the project-based research model
3. Explain the basic concepts in prevention
4. Describe the Impetus for diagnosis
5. Understand the ethics in community intervention

Expected Course Outcomes:		
On the successful completion of the course, student will be able to:		
1	Describe the origin and nature of mental health care in the welfare system	K1
2	Analyze the Psychological conceptions of the environment	K4
3	Apply Community-based health promotion methods	K3
4	Understand diagnosis, prescribing and implementing	K2
5	Discover the Choices in Evaluation and participatory evaluation as an integrated process	K3
K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create		

Unit:1		**Community Psychology**	**12 hours**

Origin of Mental Health care in the welfare system, Community Mental health, Influence of Applied Social Psychology and the War on Poverty, Current issues in Community Mental Health, Interdisciplinary Community Psychology
Psychological conceptions of the environment - Social environmental influences on behavior, Perceived social climates, Social roles, Social capital, Socio-Physical Environment

Unit:2	**Approach to research Participatory action approaches to research**.	**12 hours**

Community development context of research: What is Community Development – Research and Community Development – Building Research relationships in a community development context **Project-based research model**: Diagnose, Prescribe, Implement, Evaluate – Participatory flexibility, Where are you in project cycle.

Unit:3		**Prevention**	**12 hours**

 Basic concepts in prevention, Secondary prevention, Primary mental health project, Limitations of Secondary prevention in mental health, Universal and primary prevention. Prevention through stepwise risk reduction, School as a locus of prevention, Community-based health promotion, Self-help group: Growth of Self-Help Groups, Types of Self-Help Groups, The Nature of Self-Help Groups, Dynamics of Self-Help Groups, Self-Help and the Model of a Family, How Self-Help Groups Work, Starting Self-Help Groups

Unit:4		**Diagnosing**	**12 hours**

Impetus for diagnosis, Structure for a Diagnostic Process – The core group, Problems,

Opportunities, and Issues, Needs Assessment, Asset Mapping, Needs and Resources
Prescribing: A planning approach, Program prescriptions.
Implementing: Research as Action, Community Research, Target Research

Unit:5	Evaluation	12 hours

Choices in Evaluation, Participatory evaluation from the beginning, participatory evaluation as an integrated process Beyond Information: Art of Paying attention, Role Models for Research as a Daily Practice, Information management and information technology Writing proposals, Ethics in Community Intervention

Unit:6	Contemporary Issues	2 hours

Expert lectures, online seminars - webinars

	Total Lecture hours	62 hours

Text Book(s)

1	Randy Stoecker. (2005). Research Methods for Community Change Project-Based Approach Second Edition

Reference Books

1	Murray Levine, Douglas D.Perkins, David V.Perkins. (2005). Principles of Community Psychology: Perspectives and Applications. Oxford: Oxford University Press

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://www.scra27.org/what-we-do/what-community-psychology/
2	https://www.apa.org/about/division/div27

Course Designed By: Prof. N. Annalakshmi

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	S	S	M	S	S	S	M	M	M	S
CO3	M	M	S	M	M	M	M	M	S	S
CO3	M	S	S	M	S	S	M	M	M	M
CO4	S	M	S	M	S	S	M	S	S	S
CO5	S	M	S	M	S	S	M	M	M	M

*S-Strong; M-Medium; L-Low

Supportive Course

Course code		PROBABILISTIC ORIENTATION FOR PERSONALITY DEVELOPMENT	L	T	P	C
Supportive			27	3	-	2
Pre-requisite		**Basis in Psychology**	**Syllabus Version**		2021 - 2022	

Course Objectives:

The main objectives of this course are to:

1. To understand the Psychological Foundation of Human Being
2. Describe the Basic premise of Probabilistic Orientation
3. Explain Insight into Bias, Healthy Skepticism.
4. Describe Unconditional Acceptance and Appreciation of chance
5. Understand Intervention Studies on adolescents and young adults

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	List the construct of Probabilistic Orientation	K1
2	Describe the assessment of Probabilistic orientation	K1
3	Analyze the applications of Probabilistic orientation	K5
4	Outline the Seven Factors of Probabilistic Orientation	K4
5	Illustrate the Effect of Probabilistic Orientation Broadcast Intervention	K3

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** – Create

Unit:1	**Psychological Foundation of Human Being**	**05 hours**

Psychological Foundation of Human Being: Thinking, Motivation, and Personality. Interrelation between thinking, motivation and personality. Personal Construct Psychology. The construct of Probabilistic Orientation (PO)

Unit:2	**Basic premise of Probabilistic Orientation**	**05 hours**

Basic premise of Probabilistic Orientation – Origin of universe - Big Bang Theory and Evolution of Nature - Seven Factors of Probabilistic Orientation – Assessing Probabilistic Orientation.

Unit:3	**PO Exercises I**	**05 hours**

Unbounded Expectancy, Sensing Unlimited Possibilities, Insight into Bias, Healthy Skepticism.

Unit:4	**PO Exercises II**	**05 hours**

Unconditional Acceptance, Appreciation of chance and Awareness of Predictability.

Unit:5	**Research studies on PO**	**05 hours**

Intervention Studies on adolescents and young adults –Effect of Probabilistic Orientation Broadcast Intervention- Study on efficacy of PO therapy.

Unit:6	**Contemporary Issues**	**2 hours**

Expert lectures, online seminars – webinars

A MINIMUM OF 2 PRACTICAL NEEDS TO BE DONE BY THE CANDIDATE AND THE

	RECORD OF WORK HAS TO BE SUBMITTED BASED ON THE ABOVE SYLLABUS		
		Total Lecture hours	**27 hours**

Text Book(s)

1	Narayanan,S. and Annalakshmi,N. The Probabilistic Orientation (2001). In Matthijs Cornelissen.(Etd). Consciousness and its Transformation. Pondicherry: SAICE.

Reference Books

1	Annalakshmi, N. (2003) Integral psychotherapeutic intervention with adolescent students and adult cancer patients. Unpublished Doctoral Dissertation submitted to the Bharathiar University, Coimbatore
2	Annalakshmi, N. (2004). Intervention for cancer patients through integral psychotherapy. In K.Joshi and M. Cornelisen (Eds.). *History of science, philosophy and culture in Indian civilization, C*h.35, Vol.XI, Part 3, p 444-460. Delhi: Project of History of Indian Science, Philosophy and Culture
3	Thomas, C.V., (2005). The Efficacy of the Probabilistic Orientation Counseling (POC) among the Novices. Unpublished PhD thesis submitted to Bharathiar University, Coimbatore.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1	https://ieeexplore.ieee.org/document/4655521
2	https://arxiv.org/abs/2006.09740

Course Designed By: Dr. N.Annalakshmi

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	M	S	S	S	M	S	M	M	M	S
CO3	S	S	S	S	M	S	M	M	S	S
CO3	S	S	S	S	M	S	M	M	M	M
CO4	S	S	S	S	M	S	M	S	S	S
CO5	M	S	S	S	M	S	M	M	M	M

*S-Strong; M-Medium; L-Low

Course code	GS05	TRANSACTIONAL ANALYSIS	L	T	P	C
Supportive			27	3		2
Pre-requisite		**Basis in Psychology**	**Syllabus Version**		2021 - 2022	

Course Objectives:

The main objectives of this course are to:

1. To teach students with an in-depth understanding of application of Transactional Analysis in health profession.
2. Understand the key concepts of transactional analysis
3. Describe the meaning of Game analysis
4. Understand the techniques of script analysis
5. Help students understand the analysis of relationships

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	Understand and solve relationship problems of clients	K2
2	Gain an insight into type of personalities	K1
3	Analyze the reason which creates people tick	K4
4	Apply the therapy to improve relationship	K3
5	Re-evaluate the personal goals and life goals of clients	K5

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** – Create

Unit:1		**Transactional Analysis Key Concepts**	**05 hours**

What is Transactional Analysis- Analysis of Ego states- What makes Transactional Analysis to be T.A.?

Unit:2		**Transactional Analysis Proper**	**05 hours**

Transactional Analysis Proper: The Analysis of Transactions- The Analysis of Strokes- The Contents of Communication.

Unit:3		**Game Analysis**	**05 hours**

Games Analysis - Games that are played

Unit:4		**Script Analysis**	**05 hours**

Script Analysis - - Life Management and History of the Person

Unit:5		**The Analysis of Relationships**	**05 hours**

The Analysis of Relationships - Person to person- Analysis of Organizations- Person to Person In-Group.

Unit:6		**Contemporary Issues**	**2 hours**

Expert lectures, online seminars – webinars

A MINIMUM OF 2 PRACTICAL NEEDS TO BE DONE BY THE CANDIDATE AND THE RECORD OF WORK HAS TO BE SUBMITTED BASED ON THE ABOVE SYLLABUS

	Total Lecture hours	**27 hours**

Text Book(s)	
1	ERIC BERNE (1961). Transactional Analysis in Psychotherapy, New York: Ballantive.
2	IAN STEWART (1989. Transactional Analysis Counselling in Action , New Delhi: Sage.
Reference Books	
1	GOULDING, R AND M.GOULDING (1975). The Power is in the Patient, San Francisco : TA Publication
2	SCHIFF, J et.al.(1987). T.A. Today: A New Introduction to Transactional Analysis, Nottingham: Life Space.
3	THOMAS, A HARRIS (1967). I'M O.K.- YOU'RE O.K.., New York: Harper and Row.
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]	
1	https://hearttoheartindia.com/advanced-certificate-course-ta/
Course Designed By: Dr.R.Nithya	

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	M	S	S	S	M	M	M	M	M	S
CO3	S	S	S	S	M	S	M	M	M	M
CO3	S	S	S	S	M	S	S	S	S	S
CO4	S	S	S	S	M	S	S	S	S	M
CO5	M	S	S	S	M	S	M	S	S	S

*S-Strong; M-Medium; L-Low

Course code	GS30	INTRODUCTION TO PSYCHOLOGY	L	T	P	C
Supportive			27	3		2
Pre-requisite		Basis in Psychology	Syllabus Version	2021-22		

Course Objectives:

The main objectives of this course are to:
1. To understand the nature of Psychology
2. Learn the role of the nervous system, endocrine systems and consciousness
3. Understand the basic anatomy and functions of sensation and perception
4. Describe the cognition and problem-solving strategies
5. Know the fundamental principles and features of personality and motivation

Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1	To understand different models of human behavior based on science	K2
2	To analysis major components of biological systems studied in psychology	K4
3	Evaluate the methods to improve memory and problem solving	K5
4	Design, conduct, or evaluate basic psychological techniques to improve personality	K6
5	Apply psychological principles to everyday life	K3

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

Unit:1	The Nature and Scope of Psychology	5 hours

The Nature and scope of Psychology- Consciousness and Behavior- Methods and Fields

Unit:2	Biological Bases of Human Behaviour	5 hours

Biological Bases of Human Behaviour - Heredity and Environment- The role of sensory processes and Human Behavior

Unit:3	Attention, Perception and Learning	5 hours

Attention, Perception and Learning - Selective Attention- Sorting out the World- Division of Attention- Perception: Visual, form and Movement- Learning Principles- Memory and Forgetting.

Unit:4	Intelligence and Creativity	5 hours

Intelligence and Creativity - Intelligence- IQ- Measuring Intelligence- Mental Retardation- Gifted- Creativity- Problem Solving

Unit:5	Personality and Motivation	5 hours

Personality and Motivation - Theories of Personality- Assessment and its Development- Human Motivation- Needs- Understanding Emotions

Unit:6	Contemporary Issues	2 hours

Expert lectures, online seminars - webinars

	Total Lecture hours	27 hours

Text Book(s)

1	Robert. A. Baron and GirishwarMisra, "Psychology", 5th edition, Pearson India, 2016.

Reference Books
1	Clifford Morgan, Richard King, John Weisz, and John Schopler, "Introduction to Psychology", 7th edition, McGraw Hill Education, 2017.
2	Tara L. Kuther, "The Psychology Major's Handbook", 5th edition, SAGE Publications, 2019.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]	
1	https://www.coursera.org/learn/introduction-psychology
2 .	https://www.edx.org/course/introduction-to-psychology
Course Designed By: Dr. M. Vinothkumar	

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	P010
CO1	S	M	S	M	M	S	M	M	M	S
CO3	M	S	M	M	S	M	M	M	M	M
CO3	S	M	S	M	S	M	M	M	S	M
CO4	S	S	M	S	M	M	S	S	M	S
CO5	S	M	S	M	S	S	M	S	S	M

*S-Strong; M-Medium; L-Low
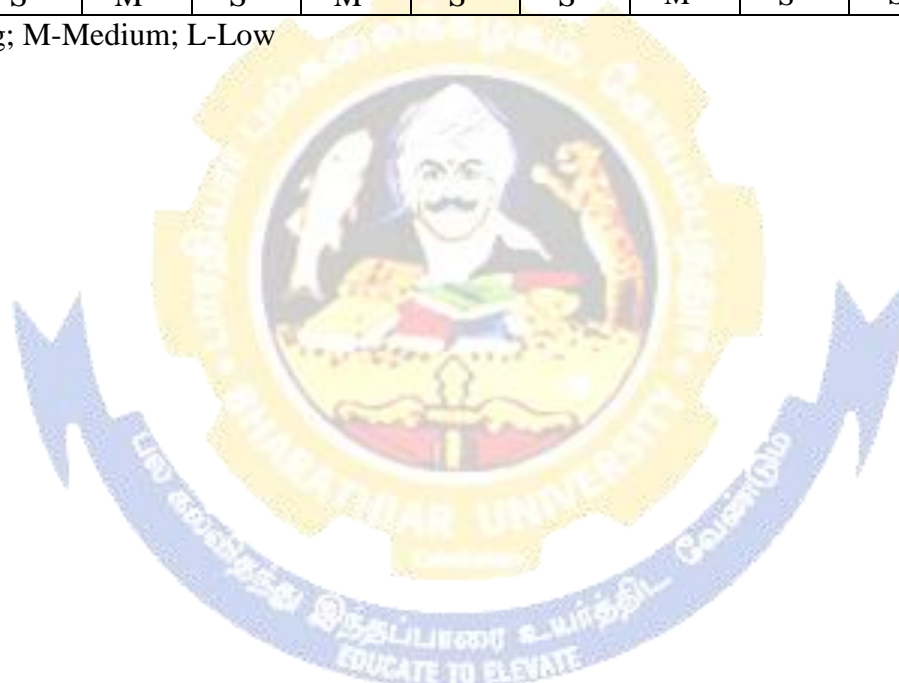
Value

Added

Course

VALUE ADDED COURSE

LIFE SPAN PSYCHOLOGY	
Name of the Department	Psychology
Name of the Faculty Member i/c With Complete Address with Phone and e-mail	
Inter / Intra Department Course	Intra Department Course
Duration of the Course	
Eligibility	
Number of Candidates to be Admitted	
Registration Procedure	
Job Opportunities:	
This course helps in understanding behavior from birth to end of life. The stages of development are important and by studying them one can predict behavior better. It has implications in counselling field.	
The objectives of the Course are:	
The main objectives of this course are to:	
1	Understand the stages of development
2	Remember the behavior patterns in developmental stages
3	Outline the hazards of development in each stage
4	Understand the need for developmental tasks
5	Understand the theories of development
Course Content	Lecture / Practical / Project / Internship

Module 1	Introduction- Issues in studying Life Span Psychology- Introduction to Prenatal Development	1hour 50mts
Module 2	Characteristics- Developmental Tasks- Environmental influences- Hazards of Prenatal Environment	1hour 50mts
Module 3	Infancy and Toddlerhood- Characteristics- Piaget's Development theory- Developmental tasks	1hour 50mts
Module 4	Erikson's theory of Infant and Toddler Personality- Hazards of Infancy and Toddlerhood	1hour 50mts
Module 5	Early childhood and late childhood – Characteristics- Developmental tasks of early childhood	1hour 50mts
Module 6	Body and brain growth- Motor Development- Vygotsky's sociocultural theory- language development- hazards of early childhood	1hour 50mts
Module 7	Puberty- Characteristics- Developmental Tasks- Hazards of Puberty	1hour 50mts
Module 8	Introduction to Adolescence- Characteristics- Developmental tasks- Eriksson theory: Identity VS identity confusion. Hazards	1hour 50mts
Module 9	Adulthood- Characteristics- Developmental Tasks- Family cycle	1hour 50mts
Module 10	Career development- Life expectancy- Retirement and leisure- Hazards	1hour 50mts

	Book(s) for Study
1	Laura E. Berk, (2004) Development through the Life Span, New Delhi; Pearson Education

	Book(s) for reference
1	Hurlock E.B. (1980) Developmental Psychology: A Life Span Approach, New Delhi; Tata Mc Graw Hill

	Related Online Contents
1	**https://www.edx.org/course/introduction-to-developmental-psychology**
2	**https://www.coursera.org/courses?query=developmental%20psychology**

Job Oriented Certificate Course

JOB ORIENTED COURSE

BEHAVIOR MODIFICATION	
Name of the Department	Psychology
Name of the Faculty Member i/c With Complete Address with Phone and e-mail	
Inter / Intra Department Course	Intra Department Course
Duration of the Course	
Eligibility	
Number of Candidates to be Admitted	
Registration Procedure	

Job Opportunities:

    This paper deals with interventions for behavior change. It has job openings for clinical psychologist who by using these therapies can bring about behavior modification.

The objectives of the Course are:	
The main objectives of this course are to:	
1	Understand the nature and historical perspectives of behavior modification
2	Describe the areas of applications of behavior modification
3	State the principles of reinforcement
4	Understand the techniques of behavior modification
5	Describe the techniques of chronic illness interventions
Course Content	Lecture / Practical / Project / Internship

Module 1	Introduction to Behavior Modification- Meaning - Characteristics- Historical Perspectives of Behavior modification	1hour 50mts
Module 2	Areas of Application Community- Business – Industry - Self management	1hour 50mts
Module 3	Reinforcement- Principles- Factors influencing effectiveness of reinforcement	1hour 50mts
Module 4	Extinction- Punishment- Discrimination and Generalization- Shaping and modeling	1hour 50mts
Module 5	Systematic Desensitization process- applications- JPMR applications	1hour 50mts
Module 6	Aversive Techniques- REBT- Token Economy	1hour 50mts
Module 7	Management of Anxiety and Stress- Obesity management techniques	1hour 50mts
Module 8	Phobia- Cognitive behavior modification	1hour 50mts
Module 9	Cognitive Restructuring- Life style management	1hour 50mts
Module 10	Chronic illness interventions- risk factor modification	1hour 50mts

Book(s) for Study

1	Wolpe. J(1972). The practice of behavior Therapy: NJ: Pearson Prentice hall

Book(s) for reference

1	Martin G. Pear, J (2007). Behavior Modification: What (8th Edition) Upper Saddle River, NJ: Pearson Percentile Hall.

Related Online Contents

1	https://www.betterhelp.com/advice/behavior/what-is-behavior-modification-psychology-definition-techniques-applications/
2	https://operationmeditation.com/discover/8-useful-behavior-modification-techniques-for-adults/

Annexure

M.Sc., Applied Psychology

Syllabus
(With effect from 2021-2022 onwards)

Program Code:

DEPARTMENT OF PSYCHOLOGY
Bharathiar University
(A State University, Accredited with "A" Grade by NAAC and
13th Rank among Indian Universities by MHRD-NIRF)
Coimbatore 641 046
INDIA

BHARATHIAR UNIVERSITY: : COIMBATORE 641046
DEPARTMENT OF PSYCHOLOGY

MISSION

- To be innovative, inclusive and committed to excellence in teaching, research and knowledge transfer and to serve the social, cultural and economic needs of the nation".

- To innovate and offer educational programmes in psychology with synergist interaction with the industry and society.

- To impart knowledge and skills to students equipping them to be ready to face the emerging challenges to the knowledge area.

- To provide equal opportunity to women students and prepare them to be equal partners in meeting the scientific and technological demands of the nation.

- To contribute to the advancement to knowledge through applied psychological research.

- To prepare the students to work for societal transformation with commitment to justice and equality.

- To inculcate among students a global vision with skills of international competence.