

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS
OF
MASTER OF ARTS (PSYCHOLOGY)
(Semester: I)

(Credit Based Continuous Evaluation Grading System)

Session: 2026-27



The Heritage Institution

KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)

MASTER OF ARTS (PSYCHOLOGY)

Session: 2026-27

PROGRAM SPECIFIC OUTCOMES

Upon successful completion of this course, students will be able to:

- PSO1:** develop deep rooted knowledge about the subject in which they will learn about the theory and practical
- PSO2:** develop global perceptive of nature and scope of psychology and to understand the interconnections of psychology with other disciplines.
- PSO3:** inculcate the ability to apply the skills of psychology in personal as well as professional life.
- PSO4:** develop an insight into ones' own and others' thoughts and activities and apply effective strategies for self-management and self-improvement.
- PSO5:** understand and appreciate the global diversity of cultures, values, belief systems and the common principles that guide all humanity and are expressed in biological, social and cognitive aspects of behavior.
- PSO6:** choose, administer, and interpret scores of tests commonly used in the practice of psychology and will also be able to demonstrate the use of therapeutic techniques.
- PSO7:** initiate research on psychological problems and issues and offer an advanced understanding of the subject matter
- PSO8:** prepare the students to work in the social service industry (NGOs) and to grant a firm foundation in the field as either a clinical, industrial or research practitioner.
- PSO9:** earn a higher degree or an advanced certification to become a professional psychologist.
- PSO10:** communicate complex psychological knowledge, both orally and in writing, with awareness of the latest field knowledge.

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF TWO-YEAR DEGREE PROGRAMME

MASTER OF ARTS (PSYCHOLOGY) SEMESTER I

Session: 2026-27

Semester I								
Course Code	Course Type	Course Name	Hours/ week	Credits L-T-P	Marks			
					Total	Ext.		CA
						L	P	
MSYL-1441	C	Experimental Psychology	4	4-0-0	100	70	-	30
MSYL- 1442	C	Social Psychology	4	4-0-0	100	70	-	30
MSYL- 1443	C	Statistical Techniques in Psychology	4	4-0-0	100	70	-	30
MSYL-1444	C	Perceptual Processes	4	4-0-0	100	70	-	30
MSYL-1445	C	Theories and Systems of Psychology	4	4-0-0	100	70	-	30
MSYL-1446	C	Group Dynamics	2	2-0-0	50	35	-	15
MSYP-1447	C	Practicals	4	0-0-2	50	-	35	15
MSYL-1378	VAC	Universal Human Values-II: Universal Harmony	3	3-0-0	100	70	-	30
Student can opt any one of the following Inter-disciplinary compulsory courses	IDE		4	4-0-0	100	70	30	-
				24 (Without Value-added paper) 27 (With Value-added paper)				
IDEC- 1101				Effective Communication Skills				
IDEM- 1362				Basic Fundamentals of Music (Vocal)				
IDEI- 1124				Basics of Computer Applications				
IDEW- 1275				Indian Heritage: Contribution to the world				

C- Compulsory Subject E –Elective I- Inter-disciplinary VAC- Value added Course S-Skill enhancement

ID is an optional inter-disciplinary subject. Credits of ID courses will not be added to SGP

Value Added Paper:

Special Note: Those students admitted to Post Graduate programmes who have not studied compulsory value-added paper of Universal Human Values in under graduate programme, will have to study this paper in this semester.

Session: 2026-27
MASTER OF ARTS (PSYCHOLOGY)
SEMESTER-I

Course Title: Experimental Psychology

Course Code: MSYL-1441

(Theory)

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: develop a deep understanding and broad knowledge of the general theoretical and scientific principles of Learning.

CO2: acquire in-depth knowledge in the psychological concepts of memory and forgetting.

CO3: in-depth knowledge regarding the concepts of Thinking and Reasoning.

CO4: understand and analyze the concepts of Problem- Solving and Concept Formation.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-I

Course Title: Experimental Psychology

Course Code: MSYL-1441

L-T-P: 4-0-0

Time: 3 Hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Learning: Nature and Theories (Pavlov, Hull, Skinner, Bandura and Tolman)

Introduction to Verbal Learning: Methods, Materials and Organizational Processes

UNIT-II

Memory: Nature, Methods and Materials of Memory. Models of Memory (Atkinson–Shiffrin Model, Waugh and Norman’s Model of Primary and Secondary Memory).

Forgetting: Concept, Nature, Factors and theories with experimental Evidences: Interference: Proactive and Retroactive interference; Decay Theory.

UNIT-III

Thinking: Nature, Tools and Theories of Thinking (Hypothesis Testing, Gestalt, Piaget and Information Processing)

Reasoning: Inductive and Deductive Reasoning

UNIT-IV

Problem Solving: Nature, Stages and Theories of Problem Solving (Gestalt, Theory of Associations and information processing approach).

Concept formation: Nature, Rules and Strategies, Factors affecting Concept Learning.

Readings:

1. Carlson, N. R. (2007). Foundations of Physiological Psychology. New Delhi: Pearson Education.
2. D. Amato, M. R. (1970). Experimental Psychology: Methodology, Psychophysics & Learning. New York: McGraw Hill Co.
3. Ellis, H. C. (1978). Fundamentals of Human Learning, Memory and Cognition. New York: Brown Publishers.
4. Hergenhahn, B. L. (1997). Theories of Learning. United States of America: Prentice Hall.
5. Leukal, F. L. (1968). Introduction to Physiological Psychology. Japan: Toppan Company Ltd.
6. Levinthal, C. F. (2003). Introduction to physiological Psychology. United States of America: Prentice Hall.
7. Liberman, D. A. (2000). Learning Behavior and Cognition. Stirling: Wadsworth.
8. Mazur, J.E. (1986). Learning and Behaviour. Englewood Cliffs: Prentice Hall.
9. Pinel, J. P. J. (2007). Biopsychology. New Delhi: Pearson Education.
10. Terry, W.S. (2003). Learning and Memory. Boston: A and B.
11. Woodworth, R. S. & Schlosberg, H. (1971). Experimental Psychology (Revised Indian Edition). New York: Holt, Rinehart & Winston INC.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-I

Course Title: Social Psychology

Course Code: MSYL-1442

(Theory)

COURSE OUTCOMES

Upon completion of this course, the student should be able to:

CO1: understand and analyze the major theories, concepts, empirical findings, methods and techniques used in social psychology

CO2: apply psychological theories and empirical research in explaining Pro-social and Aggressive behavior.

CO3: create an understanding of the concept and theoretical framework of Attitude.

CO4: understand the forces that create group differences in the patterns of social behavior and also to create respect for the behavior of other people.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-I

Course Title: Social Psychology

Course Code: MSYL-1442

(Theory)

L-T-P: 4-0-0

Time: 3 Hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Social Psychology: Concept, Nature and Scope.

Group Processes: Conformity, compliance and obedience.

Interpersonal Attraction: Nature and Factors

UNIT-II

Pro-Social Behavior: Concept, nature, determinants, Theoretical Explanations of Pro-Social Behavior (Evolutionary, Social Learning, Empathy-Altruism, Negative-State Relief).

Aggression: Determinants, Theories (Instinct Theory, Drive Theory, Anderson's Modern Theory), Prevention and Control of aggression.

UNIT-III

Attitude: Concept, Nature and formation, Measurement of Attitudes (Scales-Thurston, Likert, Semantic and Differential), Theories (Cognitive Dissonance, Balance, Contiguity).

Stereotypes, Prejudice and Discrimination.

UNIT-IV

Self-Perception, Person Perception and Social Perception: Concept and Nature, Non-verbal communication

Social Cognition: Schemas and Prototypes; Heuristics.

Attribution: Concept, Causes, Theories: Jones and Devis; Kelley; Attribution biases and errors, Models of Information Integration.

Readings:

1. Baron, R. A., Branscombe, N. R., Byrne, D. & Bhardwaj, G. (2012). Social Psychology. New Delhi: Pearson Education.
2. Friedenberg, J. & Silverman, G. (2012). Cognition Science. Los Angeles, CA: Sage Publications, Inc.
3. Lindzey, G. & Aronsen, E. (1975). The Handbook of Social Psychology. New Delhi: American Publishing Co.
4. Raven, B. H. & Rubin, H. L. (1983). Social Psychology. New York: John Willy Sons.
5. Shaver, K. G. (1987). Principles of Social Psychology. London: Lawrence Erlabanum Associates, Publisher.
6. Shaw, K. E. & Constanzo, P. R. (1976). Theories of Social Psychology. New York: Mc Hill & Co.
7. Sinha, D. (1981). Socialization of the Indian. New Delhi: Concept Publishing Co.
8. Taylor, G.E., Peplau, L.A., & Sears, D. O. (2006). Social Psychology. Delhi: Pearson.
9. Worchel, S., Cooper, J. & Goethals, R. (2000). Social Psychology. United States of America: Thomson.

Session: 2026-27
MASTER OF ARTS (PSYCHOLOGY) SEMESTER-I

Course Title: Statistical Techniques in Psychology
Course Code: MSYL-1443

(Theory)

COURSE OUTCOMES

Upon completion of this course, the student should be able to:

CO1: define and identify basic concepts in Statistics and apply the test of Significance.

CO2: develop the ability to apply the concepts and procedures of Correlational Analysis.

CO3: develop the ability to apply the concepts and procedures of Regression Analysis.

CO4: To understand the logic and application of Factor Analysis.

Session: 2026-27
MASTER OF ARTS (PSYCHOLOGY) SEMESTER-I

Course Title: Statistical Techniques in Psychology
Course Code: MSYL-1443

(Theory)

L-T-P: 4-0-0

Time: 3 Hours

Max. Marks: 100
Theory Marks: 70
CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

(Non-scientific calculators can be used for calculation by the students)

UNIT-I

Statistics: Introduction to Parametric Vs Non-Parametric, Scales of Measurement

Tests of Significance: t-test, z-test, chi-square test, Wilcoxon's T-test

UNIT-II

Simple Correlation: Nature and Types, Pearson's Product Moment Method, Spearman's Rank Order Correlation

Special Correlation: Biserial, Point-biserial, Tetrachoric and Phi-coefficient Methods

UNIT-III

Correlation: Partial and Multiple Correlation (Three Variables)

Regression: Simple and Multiple Regression (Three Variables)

UNIT- IV

Factor Analysis: Nature and Basic Assumptions, Principal Axis, Principal Component and Centroid Methods, Problems of Factor Analysis, Rotation

(For Continuous Assessment only: - CP-I and CP-II will be based on SPSS)

Readings:

1. Fruchter, B. (1967). Introduction to Factor Analysis. New Delhi:East West Press.
2. Garrett. H. E. (1973). Statistics in Psychology and Education. New York:Denis Mckey Co.
3. Guilford, J. P. & Fruchter, B. (1978). Fundamental Statistics in Psychology and Education. New York: McGraw Hill.
4. Guilford, J. P. (1954). Psychometric Methods. New York: McGraw Hill Series.
5. Siegal, S. (1971). Non Parametric Statistics. New York: McGraw Hill.
6. Winer, B. J. (1971) Statistical Principles in Experimental Designs. New York: McGraw Hill Ltd.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-I

Course Title: Perceptual Processes

Course Code: MSYL-1444

(Theory)

COURSE OUTCOMES

Upon successful completion of this course, students will be able to:

CO1: learn the history and methods used in the study of Psychophysics.

CO2: Develop an understanding of the physiology of Visual Perception.

CO3: analyze how sensory information is perceived and processed and how perceptual information helps in making sense of the world around us.

CO4: develop an in-depth knowledge of Spatial Perception, Constancy phenomena and Illusions.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-I

Course Title: Perceptual Processes

Course Code: MSYL-1444

(Theory)

L-T-P: 4-0-0

Time: 3 Hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four)

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Psychophysics: Concept and Nature

Psychophysical Methods: Method of Limits, Method of Constant Stimuli and Method of Average Error, Signal Detection Theory and its Applications

UNIT-II

Eye: Structure and Functions of Eye with Special Reference to Structure of Retina

Fundamental Perceptual Phenomena: Introduction to Scotopic and Photopic Vision, Dark and Light Adaptation

UNIT-III

Perception I: Perception of Form, Shape and Movement

UNIT-IV

Perception II: Perception of Space, Spatial cues, Constancy Phenomena and Illusions.

Readings:

1. D. Amato, M. R. (1970). Experimental Psychology: Methodology, Psychophysics & Learning. New York: McGraw Hill Co.
2. Levin, H.W. (2000). Fundamentals of Sensation and Perception. New York: Oxford University.
3. Rajamanickam, M. (2002). Modern Psychophysical and Scaling Methods and Experimentation. New Delhi: Concept Publishing Company.
4. Schiffman, H. R. (1982). Sensation and Perception. United States of America: Wiley & Sons.
5. Sekuler, R & Blake, R. (1994). Perception. New York: McGraw Hill Co.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-I

Course Title: Theories and Systems of Psychology

Course Code: MSYL-1445

(Theory)

COURSE OUTCOMES

At the end of this course student will be able to

CO1: know about the historical development of Psychology as a Science.

CO2: gain knowledge about the schools of Structuralism, Functionalism, and Psychoanalysis.

CO3: expand insight about schools of Behaviorism and Humanistic.

CO4: Gain knowledge about the schools of Gestalt and Cognitive.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-I

Course Title: Theories and Systems of Psychology

Course Code: MSYL-1445

(Theory)

L-T-P: 4-0-0

Time: 3 Hours

Max. Marks: 100

Theory Marks: 70

CA: 30

UNIT-I

Emergence of Psychology as a Science.
Structuralism

UNIT-II

Functionalism
Psychoanalysis

UNIT-III

Behaviourism
Humanistic

UNIT-IV

Gestalt
Cognitive

Readings:

1. Benjamin, B. W. (1979). Contemporary Theories and Systems in Psychology. Delhi: Freeman Book Co.
2. Chaplin, J. P. & Krawiec, T. S. (1979). Systems and Theories of Psychology. New York: Rhinehart Winston.
3. Hergenhahn, B. R. (2001). An Introduction to the History of Psychology (4th Eds). Unites States of America: Wadsworth Thompson Learning.
4. Marx, M. H. & Hillix, C. (1988). Systems and Theories in Psychology. New York: Mcgraw Hill.
5. Mohanty, A. K., & Misra, G. (2002). Perspectives on Indigenous Psychology (Eds.). New Delhi: Concept Publishing Company.
6. Shultz, D.P. (2003). History of Psychology (4th Eds.). New York: Pearson Education.
7. Singh, A.K. (1991). The Comprehensive History of Psychology. Delhi: Motilal Banarsidass Publishers Pvt. Ltd.
8. Sinha, J. (1986). Indian Psychology (Vol. 1). Delhi: Motilal Banarsidass Publishers Pvt. Ltd.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-I

Course Title: Group Dynamics

Course Code: MSYL-1446

(Theory)

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: explain the major theories of group development and describe the interpersonal and intrapersonal reactions within the context of the group.

CO2: describe methods for identifying group problems and develop appropriate strategies for their resolution

CO3: analyze different types of leadership styles

CO4: develop an understanding of the concept of Power, Politics and Workplace Harrasment.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-I

Course Title: Group Dynamics

Course Code: MSYL-1446

(Theory)

LTP: 2:0:0

Time: 3 Hours

Max. Marks: 50

Theory Marks: 35

CA: 15

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 7 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Groups: Concept, Formation and Development, Theoretical Approaches to the Study of Groups (Lewin; Behavioral and Cognitive Approach)

UNIT-II

Major Group Processes: Social Facilitation, Social Loafing, individuation, Coordination and fairness in Groups, Decision Making Processes in Groups

UNIT-III

Leadership: Concept, Types and Theories of Leadership (Fiedler, Vroom and Yetton, Trait and Behavioral Approach)

UNIT-IV

Power: Concept, Sources of Power, Power Tactics, Power and Politics, Harassment at Work Places.

Readings:

1. Baron, R. A. & Byrne, D. (2006). Social Psychology: Understanding Human Interaction. New Delhi: Prentice Hall of India.
2. Baron, R. A., Branscombe, N. R., Byrne, D. & Bhardwaj, G. (2012). Social Psychology. New Delhi: Pearson Education.
3. Raven, B. H. & Rubin, H. L. (1983). Social Psychology. New York: John Wiley Sons.
4. Shaw, K. E. & Constanzo, P. R. (1976). Theories of Social Psychology. New York: Mc Hill & Co.
5. Shaw, M. E. (1976). Group Dynamics: The Psychology of Small Group Behaviour. New Delhi: McGraw-Hill Book Company.
6. Worchel, S. & Cooper, J. (1988). Understanding Social Psychology. Chicago: The Dorsey Press.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-I

Course Title: Practicals

Course Code: MSYP-1447

(Practical)

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: update the students regarding the various tools used in psychological assessment.

CO2: administer psychological tools and apparatus for measuring perception, learning, memory and social issues.

CO3: write an elaborative report about the conduction and results of the experiment.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-I

Course Title: Practicals
Course Code: MSYP-1447

(Practical)

LTP: 0:0:2

Max. Marks: 50
Practical Marks: 35
CA: 15

Instructions for the Practical Examination:

Students are supposed to perform five practicals out of six as mentioned in the syllabus. Practical examination will be of 3 hours duration. Examiner will conduct the practical examination. The students will perform one practical in the exam carrying 35 marks. Evaluation of the practical would be done on the basis of:

1. Write-up of file book (10 Marks).
2. Performance and viva-voce (25 Marks) relating to the practicals.

In case students have not completed 5 practicals, the examiner will deduct marks at the rate of 5 for each left practical out of total evaluation of the student.

Practicals

1. Perception
2. Learning
3. Interpersonal Attraction
4. Memory
5. Intelligence
6. Attribution/ Prosocial behaviour

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS
OF
MASTER OF ARTS (PSYCHOLOGY)
(Semester: II)

(Credit Based Continuous Evaluation Grading System)

Session: 2026-27



The Heritage Institution

KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)

MASTER OF ARTS (PSYCHOLOGY)

Session: 2026-27

PROGRAM SPECIFIC OUTCOMES

Upon successful completion of this course, students will be able to:

PSO1: develop deep rooted knowledge about the subject in which they will learn about the theory and practical

PSO2: develop global perceptive of nature and scope of psychology and to understand the interconnections of psychology with other disciplines.

PSO3: inculcate the ability to apply the skills of psychology in personal as well as professional life.

PSO4: develop an insight into ones' own and others' thoughts and activities and apply effective strategies for self-management and self-improvement.

PSO5: understand and appreciate the global diversity of cultures, values, belief systems and the common principles that guide all humanity and are expressed in biological, social and cognitive aspects of behavior.

PSO6: choose, administer, and interpret scores of tests commonly used in the practice of psychology and will also be able to demonstrate the use of therapeutic techniques.

PSO7: initiate research on psychological problems and issues and offer an advanced understanding of the subject matter

PSO8: prepare the students to work in the social service industry (NGOs) and to grant a firm foundation in the field as either a clinical, industrial or research practitioner.

PSO9: earn a higher degree or an advanced certification to become a professional psychologist.

PSO10: communicate complex psychological knowledge, both orally and in writing, with awareness of the latest field knowledge.

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF TWO-YEAR DEGREE PROGRAMME

MASTER OF ARTS (PSYCHOLOGY) SEMESTER II

Session: 2026-27

Semester II									
Course Code	Course Type	Course Name	Hours/ week	Credits L-T-P	Marks				Exami nation time (in Hours)
					Total	Ext.		CA	
						L	P		
MSYL-2441	C	Approaches to Personality	4	4-0-0	100	70	-	30	3
MSYL-2442	C	Motivation and Emotions	4	4-0-0	100	70	-	30	3
MSYL-2443	C	Experimental Designs in Psychology	4	4-0-0	100	70	-	30	3
MSYL-2444	C	Physiological Psychology	4	4-0-0	100	70	-	30	3
MSYL-2445	C	Abnormal Psychology	4	4-0-0	100	70	-	30	3
MSYP-2446	C	Practicals	4	0-0-2	50	-	35	15	3
VACD-2161	VAC	Drug Abuse: Problem, Management and Prevention (Value added Paper)	2	2-0-0	50	35	-	15	3
				22 (Without Value-added paper)					
				24 (With Value-added paper)					

C- Compulsory Subject E –Elective IC- Inter-disciplinary VAC- Value added Course S-Skill enhancement

Note:

- All Papers are Compulsory.
- All the students are required to complete Field Work for 3 weeks during summer vacation after the completion of end semester examination of 2nd Semester. All the Students will prepare a report based on their field work and submit the report 30 days before the start of the End Semester Examination of the 3rd Semester.

Value Added Paper:

Special Note: Those students admitted to Post Graduate programmes who have not studied compulsory value-added paper of Drug Abuse: Problem, Management and Prevention in under graduate programme, will have to study this paper in this semester.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-II

Course Code: Approaches to Personality

Course Code: MSYL-2441

(Theory)

COURSE OUTCOMES

Upon successful completion of this course, students will be able to:

CO1: develop understanding of the basic approaches towards personality developed by the majorschools

CO2: demonstrate an understanding of the major theories in personality developed according to Cognitive and Social Learning Approach.

CO3: demonstrate an understanding of the Trait Approaches to personality.

CO4: discussing the contemporary theories of personality, assessment technique and treatment principles.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-II

Course Code: Approaches to Personality

Course Code: MSYL-2441

(Theory)

L-T-P: 4-0-0

Time: 3 Hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Psychodynamic Approach: Psychoanalytic Theory (Sigmund Freud)

Neo-Freudian Psychoanalysis: Carl Jung, Alfred Adler and Karen Horney

Life Span Approach: Erik Erikson

UNIT-II

Cognitive Approach: George Kelly

Social Learning Approaches: Miller and Dollard, Bandura

UNIT-III

Trait Approaches: Hans Eysenck, Raymond Cattell, Gordon Allport and Big Five.

UNIT-IV

Mini Contemporary Theories: Julian Rotter, Marvin Zuckerman and E.P. Seligman.

Readings:

1. Burger, J.M. (2000). Personality (5th Ed.). Belmont: Wadsworth and Thompson Ltd.
2. Hall, L.A. & Lindsey, G. (1978). Theories of Personality. New Delhi: Wiley Eastern Ltd.
3. Hijelle, D. A. & D. J. (1985). Personality Theories: Basic Assumptions, Research and Applications. New Delhi: McGraw Hill International Book Company.
4. Mischel, W. (1986). Introduction to Personality. London: Holt, Rhinehart and Winston Inc.
5. Pervin, L. A. & John, O. P. (1997). Personality Theory and Research. New York: John Wiley & Sons.
6. Phares, J. E. (1984). Introductions to Personality. Ohio: Charlis E. Merrill Publishing Company.
7. Shultz, D. P. & Shultz, S. E. (2001). Theories of Personality. Belmont: Wadsworth Thompson Learning.
8. Sigelman, C. K. & Rider, E. A. (2003). Life Span: Human Development. USA: Thomson Wadsworth.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-II

Course Title: Motivation and Emotions

Course Code: MSYL-2442

(Theory)

COURSE OUTCOMES

Upon successful completion of this course, students will be able to:

CO1: Explain the concept, measurement, and major theories of motivation.

CO2: Describe the neurophysiological basis of hunger, thirst, and sleep.

CO3: Understand the concept, classification, and major theories of emotions.

CO4: Analyze the physiological and neuropsychological bases of emotions.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-II

Course Title: Motivation and Emotions

Course Code: MSYL-2442

(Theory)

L-T-P: 4-0-0

Time: 3 Hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Motivation: Concept and Meaning of Motivation, Characteristics of Motivation, Classification of Motives

Measurement of Motivation: Psychometric methods (self-report inventories and rating scales), Projective Methods (TAT)

Theories of Motivation: Psychoanalytic (Freud) and Drive (Hull, Spence and Miller and Mowrer), Achievement Motivation Theory (McClelland and Atkinson), Humanistic (Maslow)

UNIT-II

Neuro-physiological Basis of Hunger: Hunger Motivation, Hypothalamic regulation of hunger, Eating Disorders

Neuro-physiological Basis of Thirst: Thirst Motivation, Regulation of body fluids, Hypothalamic mechanisms of thirst

Neuro-physiological Basis of Sleep: Nature and functions of sleep, Circadian rhythms, Stages of sleep (REM and NREM), Neural and hormonal regulation of sleep, Sleep Disorders.

UNIT-III

Concept, Characteristics and Classifications of emotions

Theories of emotions: James Lange, Cannon-Bard, Papez-Maclean, Lindley Activation Theory, Schachter and Singer, Lazarus, Arnold, Weiner Attribution Theory.

UNIT-IV

Physiological correlates of emotions and Neuropsychological basis of emotions

Readings:

1. Arnold, M. B. (1968). The Nature of Emotion. Penguin Books Ltd, England.
2. Atkinson, J. W. & D. Birch, (1978). An Introduction to Motivation. New York: Van Nostrand Company.
3. Atkinson, R. C. (1999). Stevens Handbook of Experimental Psychology. Canada: John Wiley & Sons.
4. Bolles, R. C. (1975). Theory of Motivation. New York: Harper & Row.

5. Cofer, C. N. & Appley, M.H. (1964). *Motivation: Theory and Research*. New York: John Wiley & Sons, Inc.
6. Geen, R., Beathy, W & Arkin, R. M. (1984). *Human Motivation: Physiological Behavioural and Social Approaches*. Boston: Allyn & Bacon, Inc .
7. Weiner, B. (1992). *Human Motivation, Metaphors, Theories and Research*. New Delhi: Sage Publications.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-II

Course Title: Experimental Designs in Psychology

Course Code: MSYL-2443

(Theory)

COURSE OUTCOMES

At the end of this course student will be able to

CO1: understand different types of research methodologies and will be able to use them in research projects.

CO2: understand various experimental designs, including selection and layout of plots, data analysis and data interpretation.

CO3: understand the basic principles of ANOVA, its application and procedure.

CO4: understand the basic principles, application and procedure of Multiple Comparison Tests and ANOVA.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-II

Course Title: Experimental Designs in Psychology

Course Code: MSYL-2443

(Theory)

L-T-P: 4-0-0

Time: 3 Hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

(Non-scientific calculators can be used for calculation by the students)

UNIT-I

Nature of Research, Principles of experimental designs

Homogeneity of variance: Bartlett test, Hartley test, Cochran test, Levene test

ANOVA: Nature and Assumptions

UNIT-II

Designs: Single Subject Design, Randomized Group and Randomized Block Designs.

UNIT-III

Factorial Designs: Two way and Three way ANOVA

UNIT-IV

Multiple Comparison Tests: Duncan and Newman-Keuls Tests

ANCOVA: ANCOVA of Randomized Group Design

Readings:

1. Broota, K. D. (1990). Experimental Designs in Behaviour Research. New Delhi: Willey Eastern Ltd.
2. Coolican, H. (1995). Introduction to Research Methods and Statistics in Psychology. London: Hodder & Stoughton.
3. Edwards, A. L. (1972). Experimental Designs in Psychological Research. New York: Holt Rinehard and Winston Ltd.
4. Kerlinger, F. N. (1964). Foundations of Behavioural Research. New York: Holt, Rinehart & Winston Ltd.
5. McGuigan, F. J. (1990). Experimental Psychology: Methods of Research. New Delhi: Prentice Hall Private Ltd.
6. Richardson, P., Goodwin, A & Vine, E. (2011). Research Methods and Designs in Psychology. London: Learning Matters Ltd.
7. Singh, A. K. (1986). Tests, Measurements and Research Methods in Behavior Sciences. New Delhi: Tata McGraw Hill Co.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-II

Course Title: Physiological Psychology

Course Code: MSYL-2444

(Theory)

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: acquire basic knowledge about the structure of nervous system.

CO2: develop an understanding of the structure and function of Central Nervous System.

CO3: describe and understand the interaction of different parts of the nervous system with higher cognitive functions.

CO4: develop an understanding of the Physiological basis of Learning and Memory.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-II

Course Title: Physiological Psychology

Course Code: MSYL-2444

(Theory)

L-T-P: 4-0-0

Time: 3 Hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Classification of Nervous System, Structure and functions of Neurons and synapse. Theories of Synaptic transmission (Electrical and Chemical)

UNIT-II

Structure and functions of central Nervous System- Limbic System, Hypothalamus, Cerebral Cortex and its lobes

Structure and functions of Autonomic Nervous System

UNIT-III

Research Techniques in Physiological Psychology— Histological Procedures, Study of Living Brain, Stereotaxic Surgery, Electrical Stimulation and Brain Activity Recording Techniques and Chemical Techniques

UNIT-IV

Physiological Basis of Learning: Contributions of Lashley and Hebb, Split-Brain Approach, **Physiological Basis of Memory:** Biochemical basis of Memory, Two-phase Hypothesis of Memory.

Readings:

1. Carlson, N. R. (2007). Foundations of Physiological Psychology. New Delhi: Pearson Educ
2. Leukal, F. L. (1968). Introduction to physiological psychology, Japan: Toppan Company Lt
3. Levinthal, C. F. (2003). Introduction to physiological Psychology. United States of America Prentice Hall
4. Pinel, J. P. J. (2007). Biopsychology. New Delhi: Pearson Education.

5. Thompson, R. (1967). *Foundations of Physiological Psychology*. New York: Harper & Row Publishers.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-II

Course Title: Abnormal Psychology

Course Code: MSYL-2445

(Theory)

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: explain the concept and history of abnormal psychology and the multiple causes of abnormal behavior as viewed from a number of different theoretical perspectives.

CO2: acquaint students with Anxiety disorder, Phobia, OCD, Mood, Somatoform and Dissociative disorders

CO3: understand different types of Personality disorders and Addictions.

CO4: Develop an understanding of Schizophrenia, Sexual Abuse and Disorders of Childhood.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-II

Course Title: Abnormal Psychology

Course Code: MSYL-2445

(Theory)

L-T-P: 4-0-0

Time: 3 Hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instruction for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Abnormal Psychology: Concept and History, Myths and Misconceptions, Criteria of Abnormality

Classification of Mental Disorders: DSM-5-TR and ICD 11

Causes of Mental Disorders: Biological, Psycho-social and Socio-cultural

Models or view points for abnormal behavior: Biological, Psychodynamic, Behavioural, Interpersonal, Cognitive and Socio-cultural viewpoints

UNIT-II

Generalized Anxiety Disorders: Clinical picture, Causes and Treatment

Phobias: Clinical picture, Causes and Treatment

Obsessive-compulsive Disorders: Clinical picture, Causes and Treatment

(Selfitis' and Cyberchondria)

Mood, Somatoform and Dissociative disorders: Clinical picture, Causes and Treatment

UNIT-III

Personality Disorders: Clinical picture, Causes and Treatment

Categories – Paranoid, Schizoid, Schizotypal, Histrionic, Narcissistic, Antisocial, Borderline, Avoidant, Dependent, Obsessive compulsive & Provisional Category

Addiction-Substance and Alcohol, and behavioural addictions: Clinical picture, Causes and Treatment

UNIT-IV

Schizophrenia: Types, Clinical picture, Causes and Treatment

Disorders of Childhood: ADHD, Autism, Conduct disorders, Oppositional Defiant Disorder, Enuresis, Encopresis, Sleepwalking and Tics - Clinical picture, Causes and Treatment

Sexual Abuse: Childhood sexual abuse, Pedophilic disorder, Incest, Rape. Treatment

Readings:

1. Alloy, L. B., Riskind, J. H. & Manso, M. J. (2006). Abnormal Psychology. New Delhi: Tata McGraw Hill Publishing Company.
2. Carson, R. C., Butcher, J. N. & Mineka, S. (2003). Abnormal Psychology and Modern Life, New York: Harper Collins.
3. Davison, G. C. & Neale, J. M. (1998). Abnormal Psychology. New York: John Wiley and Sons.
4. Sarason, I. G. & Sarason, B. R. (1996). Abnormal Psychology. New Delhi: Prentice Hall of India.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-II

Course Title: Practicals
Course Code: MSYP-2446

(Practical)

COURSE OUTCOMES

At the end of this course student will be able to

CO1: update the students regarding the various tools used in psychological assessment.

CO2: administer psychological tools and apparatus for measuring thinking, problem solving and personality.

CO3: write an elaborative report about the conduction and results of the experiment.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-II

Course Title: Practicals
Course Code: MSYP-2446

(Practical)

LTP: 0:0:2

Time: 3 Hours

Max. Marks: 50

Practical Marks: 35

CA: 15

Instructions for the Practical Examination:

Students are supposed to perform five practicals out of five as mentioned in the syllabus. Practical examination will be of 3 hours duration. Examiner will conduct the practical examination. The students will perform one practical in the exam carrying 35 marks. Evaluation of the practical would be done on the basis of:

1. Write-up of file book (10 Marks),
2. performance and viva-voce (25 Marks) relating to the practicals.

In case students have not completed 5 practicals, the examiner will deduct marks at the rate of 5 for each left practical out of total evaluation of the student.

Practicals

1. Problem Solving
2. Thinking
3. Personality
4. Motivation
5. P.G.I. Battery of Brain Dysfunction
6. Thematic Apperception Test

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS
OF
MASTER OF ARTS (PSYCHOLOGY)
(Semester: III)

(Credit Based Continuous Evaluation Grading System)

Session: 2026-27



The Heritage Institution

KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)

MASTER OF ARTS (PSYCHOLOGY)

Session: 2026-27

PROGRAM SPECIFIC OUTCOMES

Upon successful completion of this course, students will be able to:

PSO1: develop deep rooted knowledge about the subject in which they will learn about the theory and practical

PSO2: develop global perceptive of nature and scope of psychology and to understand the interconnections of psychology with other disciplines.

PSO3: inculcate the ability to apply the skills of psychology in personal as well as professional life.

PSO4: develop an insight into ones' own and others' thoughts and activities and apply effective strategies for self-management and self-improvement.

PSO5: understand and appreciate the global diversity of cultures, values, belief systems and the common principles that guide all humanity and are expressed in biological, social and cognitive aspects of behavior.

PSO6: choose, administer, and interpret scores of tests commonly used in the practice of psychology and will also be able to demonstrate the use of therapeutic techniques.

PSO7: initiate research on psychological problems and issues and offer an advanced understanding of the subject matter

PSO8: prepare the students to work in the social service industry (NGOs) and to grant a firm foundation in the field as either a clinical, industrial or research practitioner.

PSO9: earn a higher degree or an advanced certification to become a professional psychologist.

PSO10: communicate complex psychological knowledge, both orally and in writing, with awareness of the latest field knowledge.

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF TWO-YEAR DEGREE PROGRAMME

MASTER OF ARTS (PSYCHOLOGY) SEMESTER III

Session: 2026-27

Semester III									
Course Code	Course Type	Course Name	Hours /week	Credits L-T-P	Marks				Examination time (in Hours)
					Total	Ext.		CA	
						L	P		
MSYL-3441	C	Psychometrics	4	4-0-0	100	70	-	30	3
MSYL-3442	C	Psychological Assessment	4	4-0-0	100	70	-	30	3
MSYL-3443 (OPT-II)	E	Counselling Psychology	4	4-0-0	100	70	-	30	3
MSYL-3444 (OPT-III)	E	Clinical Psychology	4	4-0-0	100	70	-	30	3
MSYL-3445 (OPT-IV)	E	Psychology of Exceptional Children	4	4-0-0	100	70	-	30	3
MSYP-3446	C	Practicals	4	0-0-2	50	-	35	15	3
MSYF-3447	F	Field Work	4	0-0-2	50	-	50	-	3
	IC	Students can opt any ID paper. The ID course opted in Semester I cannot be opted in Semester III	4	4-0-0	100	70		30	3
				24					
IDEC- 3101				Effective Communication Skills					
IDEM- 3362				Basic Fundamentals of Music (Vocal)					
IDEI- 3124				Basics of Computer Applications					
IDEW-3275				Indian Heritage: Contribution to the world					

Any three of the following options:

S.NO.	PAPER TITLE
OPT – I	Industrial and Organizational Psychology
OPT – II	Counseling Psychology
OPT – III	Clinical Psychology
OPT – IV	Psychology of Exceptional Children
OPT – V	Cognitive Psychology

Note: Papers MSYL 3441, MSYL 3442, MSYP-3446 & MSYP 3447 are Compulsory.

C- Compulsory Subject E –Elective IC- Inter-disciplinary VAC- Value added Course S-Skill enhancement

In addition to the Compulsory Papers, the students will be required to select three optional papers each of 100 marks.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Psychometrics

Course Code: MSYL-3441

COURSE OUTCOMES

Upon successful completion of this course, students will be able to:

CO1: understand the theory and technique of psychological measurement.

CO2: focus on construction and validation of assessment instruments.

CO3: understand the concept of Reliability and Validity.

CO4: Understand the concept of Response Set and Norms.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Psychometrics

Course Code: MSYL-3441

L-T-P: 4-0-0

Time: 3 hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setter:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Tests: Nature and types of Psychological tests. Classical Theory of Test Scores; Item Response Theory.

UNIT-II

Test standardization and steps of test construction - Item writing, Item Analysis - Item difficulty and Item Discrimination.

UNIT-III

Reliability: - Nature and types. Factors influencing reliability of test. Applications and of reliability in psychological testing.

Validity: - Nature and types. Factors influencing validity of test. Relationship between validity and reliability.

UNIT-IV

Response set in test scores: Meaning, Types and Methods to eliminate response sets.

Norms: - Meaning, Development and types of Norms.

Readings:

1. Anastasi, A. (2002). Psychological Testing. New York: MacMillan Publishing Company.
2. Chadha, N.K.(2009). Applied Psychometry. Sage Publication, India Pvt. Ltd., New Delhi.
3. Cronbach,L.J. (1970). Essentials of Psychological Testing. Harper & Row International Company, London.

4. Freeman, F.S. (1971). Theory and Practice of Psychological Testing. Oxford & IBH Publishing Co., Delhi.
5. Guilford, J.P (1971). Psychometric Methods. Tata McGraw Hill Publishing Co., New Delhi.
6. Jackson, C. (2003). Understanding Psychological Testing. Mumbai: Jaicob Pub. House.
7. Kline, T.J.B. (2005). Psychological Testing. New Delhi: Vistaar Publication.
8. Nunnally, J.C. (1978). Psychometric Theory. Tata McGraw.
9. Singh, A.K. (2008). Tests, Measurements and Research Methods in Behavioural Sciences, New Delhi.
10. Cohen, R. J., Swerdlik, M. E., & Sturman, E. D. (2022). *Psychological testing and assessment: An introduction to tests and measurement* (10th ed.). McGraw-Hill Education.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Psychological Assessment

Course Code: MSYL-3442

COURSE OUTCOMES

Upon successful completion of this course, students will be able to:

CO1: have familiarity with various psychometric and projective tests for personality.

CO2: introduction, administration and understanding of various tests of Intelligence

CO3: have familiarity with various tests of Interest and Aptitude Testing

CO4: introduction, administration and understanding of tests of Creativity.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Psychological Assessment

Course Code: MSYL-3442

L-T-P: 4-0-0

Time: 3 hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Assessment of Personality: Psychometric Tests (MMPI, CPI, EPI Cattell's 16PF, NEO FiveFactor Inventory) Projective Tests: Rorschach, Holtzman and Cassell's Inkblot Technique, TAT.

UNIT-II

Assessment of Intelligence: Stanford-Binet Scales, Wechsler Scales, Cattell's Culture Fair Intelligence Test, Raven's Tests, Bhatia Battery of Intelligence, Jalota's Mental Ability Test.

UNIT-III

Interest: Strong Interest Inventories, Kuder Occupational Interest Survey

Aptitude Testing: Differential Aptitude Test Battery, General Aptitude Tests Battery

UNIT-IV

Creativity: Torrance Test of Creative Thinking, Projective Tests of Creative Thinking

Verbal Techniques: Word Association Test, Sentence Completion Test, Figure Drawing Tests

Role of Artificial Intelligence (AI) in Psychological Testing: Introduction, Uses, Limitations and Ethical Issues

Readings:

1. Anastasi,A.(2002). Psychological Testing. Pearson Education Ltd., New Delhi.
2. Chadha,N. (2009). Applied Psychometry. Sage Publication, India Pvt.Ltd., New Delhi.
3. Cohen, R. J., Swerdlik, M. E., & Sturman, E. D. (2022). *Psychological testing and assessment: An introduction to tests and measurement* (10th ed.). McGraw-Hill Education.
4. Cronbach,L.J. (1970). Essentials of Psychological Testing. Harper & Row InternationalCompany, London.
5. Dubber, M. D., Pasquale, F., & Das, S. (Eds.). (2020). *The Oxford handbook of ethics of AI*. Oxford University Press.
6. Freeman,F.S. (1971). Theory and Practice of Psychological testing. Oxford and IBH Publishing Co., New Delhi.
7. Guilford J.P. (1971). Psychometric Methods. Tata McGraw Hill Publishing Co., NewDelhi.
8. Luxton, D. D. (Ed.). (2016). *Artificial intelligence in behavioral and mental health care*. Academic Press.
9. Nunnally, J. C. (1978). Psychometric Theory. Tata McGraw Hill Publishing Co., New Delhi.
10. Singh, A.K. (2008). Tests, Measurements and Research Methods in Behavioural Sciences, New Delhi.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Counselling Psychology

Course Code: MSYL-3443 (OPT-II)

(Theory)

COURSE OUTCOMES

Upon successful completion of this course, students will be able to:

CO1: help students understand the concept, process, skills and ethical considerations essential to practice counselling

CO2: make students familiar with main theoretical approaches to Counseling

CO3: make students familiar with Cognitive, Rational Emotive approaches to Counseling

CO4: have an understanding of the Eastern Approaches to Counseling

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Counselling Psychology

Course Code: MSYL-3443 (OPT-II)

(Theory)

L-T-P: 4-0-0

Time: 3 hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 16 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Introduction: Concept and Goals, Counselling Process, Ethical Issues in Counselling

UNIT-II

Theoretical Approaches: Psychoanalytic Approach, Behaviouristic Approach, Client Centered Approach and Gestalt Approach.

UNIT-III

Theoretical Approaches: Cognitive Approach, Cognitive Behavior Approach, Rational Emotive Approach, and Transactional Analysis.

UNIT-IV

Eastern Approaches: Yoga, Meditation, Mindfulness, Counseling in Indian Settings

Readings:

1. Adler, R.B., Rosenfeld, L., & Proctor, R.F. (2007). *Interplay: The Process of Interpersonal Communication*. New York: Oxford.
2. Brown, J.A. & Pate, R.H. (1983). *Being a Counsellor: Directions and Challenges*. Brooks/Cole Publishing Company, USA.
3. Barbara Douglas, Ray Woolfe, Sheelagh Strawbridge, & Victoria Galbraith (2016). *The Handbook of Counselling Psychology*, 4th Edition, Sage Publication.
4. Corey, G. (2025). *Theory and practice of counseling and psychotherapy* (11th ed.). Cengage Learning.
5. Douglass, R.G., & David, C. (2007). *Counselling and Psychotherapy*. New Delhi: Pearson Education.
6. Herr, E.L. & Crammer, S.H. (1998). *Career Guidance & Counselling and Psychotherapy*, 8th Edition, Wadsworth, USA.

7. Kotler, J.A. & Brown, R.W. (2000). Introduction to Therapeutic Counselling Process. 4th Edition Brooks/Cole Publishing Company, USA.
8. Nystul, M.S. (2001). Introduction to Counselling. New Mexico State University: Allyn and Bacon.
9. Orlans, V., & Scoyoc, S.V. (2009). Short Introduction to Counselling Psychology. New York: Sage Publishers Ltd.
10. Patterson, L.E. & Welfel, E.R. (2000). The Counselling Process. Wadsworth, USA.
11. Shertzer, B. & Stone, C. (1976). Fundamentals of Guidance. Third Edition Houghton Mifflin Company, USA

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Clinical Psychology
Course Code: MSYL-3444 (OPT-III)
(Theory)

COURSE OUTCOMES

At the end of this course student will be able to:

CO1: understand history and emergence of clinical psychology and Forensic Psychology

CO2: familiar with diagnostic techniques used in clinical settings.

CO3: in-depth understanding of the various assessment techniques and issues related with those assessment techniques.

CO4: apply psychological theories and empirical research in explaining behaviour of individuals

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Clinical Psychology
Course Code: MSYL-3444 (OPT-III)
(Theory)

L-T-P: 4-0-0

Time: 3 hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Clinical Psychology: Nature, Scope and History of Clinical Psychology (Indian & Western), Relationship of Clinical Psychology with Psychiatry, Clinical Neuropsychology, Counselling Psychology, School Psychology and Social Work.

Cultural and Ethical issues in Clinical Psychology (Indian Context.)

Introduction to Forensic Psychology.

UNIT-II

Psycho-diagnosis: Concept, Objectives of Psycho-diagnosis.

Techniques of Assessment: General Issues, Techniques of Assessment: Clinical Interviews (History, Pedigree-chart, MSE, Structured Clinical Interview, Clinical Diagnostic Interview

UNIT-III

Personality: Brief Introduction to Objective Measures (Cattell's 16PF and NEO Five Factor Inventory), and Projective Measures (Rorschach Inkblot Test & TAT), Behavioral, Intellectual and Neuropsychological Assessment and Psycho-physiological Measure.

UNIT-IV

Therapies: Physical (ECT, Hakomi, Core energetic, Bioenergetic analysis), Chemical (Antipsychotics, Antidepressants, Anti-Cycling Agents, Hypnoanxiolytics), Psychotherapies (Cognitive Behaviour Therapy, Humanistic Therapy- Transactional Analysis, Person-centered therapy, Existential, Group (Principle and benefits) & Family (Systematic Family, Strategic, Transgenerational and Psycho-education).

Readings

1. Bellack A.S. & Hersen M. (1980). Introduction to Clinical Psychology. Oxford University Press, New York.
2. Bacon, J.N. & Mineka, S. (2000). Abnormal Psychology and Modern Life. Allyn & Bacon, Boston, USA.
3. Carson, R.C. & Butcher, J.N. & Mineka, S. (2004). Abnormal Psychology & Modern Life (10th Ed.) NY: Longman.
4. Davidson, G.C. and Neale, J.M. (1996). Abnormal Psychology. New York: John Wiley & Sons Inc.
5. Hecker, J.E. & Thorpe, G.L. (2005). Introduction to Clinical Psychology, Science, Practice and Ethics, Pearson Education, Delhi.
6. Korchin, S.J. (1976). Modern Clinical Psychology: Principles of Intervention in the Clinic and Community Basic Books Publishers New York.
7. Mittler, P. (1970). The Psychological Assessment of Mental and Physical Handicaps.
8. Phares, E.J. (1981). Clinical Psychology: Concepts, Methods & Profession, Dorsey Press, USA.
9. Wolman, B.F. (1965). Handbook of Clinical Psychology McGraw - Hill Book Company, New York.
10. Pomerantz, A.M. (2008). Clinical Psychology. Sage Publication: New Delhi
11. Suzuki, L. A., Paniagua, F. A., Alexander, C. M., & Jackson, Y. (Eds.). (2022). *Handbook of multicultural assessment: Clinical, psychological, and educational applications* (4th ed.). Jossey-Bass.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Cognitive Psychology

Course Code: OPT-V

(Theory)

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: understand and analyze the major theories, concepts, empirical findings under attention.

CO2: analyze the basic process and models which empirically validate the process involved in memorizing the information.

CO3: apply the theoretical facts for enhancing one's reasoning and decision making and use it in day to day life.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Cognitive Psychology

Course Code: OPT-V

(Theory)

LTP:4-0-0

Time: 3 hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Cognitive Psychology: Nature, paradigms and current status of cognitive psychology

UNIT-II

Attention: Information processing approach to attention.

Theories of Attention: bottleneck theory, attenuation and Late Selection Theories
Automaticity models (Automatic V/s Controlled Processing and Feature Integration Approaches).

UNIT-III

Memory: - Models of memory - Multistore, Working - memory, Levels of processing and Network models.

Ways of organization of memory stores

UNIT-IV

Decision Making

Reasoning: Inductive and Deductive Reasoning

Readings:

1. Atkinson, R.C. (1999). Stevens Hand Book of Experimental Psychology, John Wiley & Sons, Canada.
2. Ellis, H.C. (1978). Fundamentals of Human Learning Memory and Cognition, New York, Brown Publishers.
3. Friedenberg, J. & Silverman, G. (2012). Cognitive Science: An Introduction to the study of Mind. Sage Publications: New Delhi.
4. Galotti, K.M. (2005). Cognitive Psychology. Thomson Asia Pvt.Ltd., Singapore.

5. Mayer, R.E. (1981). *The Promise of Cognitive Psychology* Freeman and Co., New York.
6. Solso, R. L. (2004). *Cognitive Psychology*. Pearson Education Pvt. Ltd., Delhi.
7. Taylor, I. (1999). *Active Psychology*, Pearson Education Ltd., England.
8. Wessels, M.G. (1982). *Cognitive Psychology*, Harper & Row Publishers, New York.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Psychology of Exceptional Children

Course Code: MSYL-3445 (OPT-IV)

(Theory)

COURSE OUTCOMES

At the end of this course student will be able to

CO1: understand the concept of exception children and distinguish between impairment, disability and handicap.

CO2: analyze different sensory and motor disabilities.

CO3: understand the concept of Cognitive differences.

CO4: apply the theoretical and practical understanding of the various cognitive, speech and learning disabilities among children.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Psychology of Exceptional Children

Course Code: MSYL-3445 (OPT-IV)

(Theory)

LTP:4-0-0

Time: 3 hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Exceptional Children: Concept and introduction to Categorization, Impairment, Disability, Handicap and its Prevention.

Rights of Persons with Disabilities (RPwD) Act, 2016: Overview, Categories of Disabilities, Rights and Provisions

UNIT-II

Children with Sensory and Motor Disabilities: Visual and Hearing Impairments, Degrees of Impairment, Developmental Characteristics; Educational and Vocational Implications. Orthopedically Handicapped (Cerebral Palsy, Deformity due to injury)

UNIT-III

Children with Cognitive difference: Mental Disability: Types, Causes, Objectives of Education

Gifted Children: Characteristics, Identification, Educational Intervention.

UNIT - IV

Speech Defectives: Types, Causes and Intervention.

Learning Disorders: Reading Disorders, Writing Disorders & Arithmetic Disorders.

Readings:

1. Dennis and Dennis (1976). *The Intellectually Gifted*, Academic Press, Inc.
2. Hallahan, D. P., Kauffman, J. M., & Pullen, P. C. (2024). *Exceptional learners: An introduction to special education* (15th ed.). Pearson.
3. Kirk S. (1970). *Educating the Exceptional Child*, Oxford and J B H Publishing, Co.
4. Klykylo, W. M. and Jerald, K. (2005). *Clinical Child Psychology*. John Wiley and Sons.
5. Mash, E. J.(2002). *Abnormal Child Psychology*, Wadsworth Thomson Learning, Australia.
6. Rothstein, J. H. (1971). *Mental Retardation, Readings and Resources*, 2nd Edition, Holt, Rinehart & Winston, Ind.
7. Swanson, L. H. and Watson, B. L. (1982). *Educational and Psychological Assessment of Exceptional Children, Theories, Strategies and Application*, The C. V. Mosby Company, London.
8. Sehafar, R. (1977). *Projective Testing and Psychoanalysis*. New York: International Universities Press.
9. Pfeiffer, S.I. (2008). *Psycho-educational Theory, Research and Best Practices*. Springer: USA.
10. Wigelor, A.K., & Garner, W.R. (1982). *Ability Testing: Uses, Consequences and Controversies*. Washington, D.C.: National Academic Press.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Industrial and Organizational Psychology

Course Code: OPT-I

(Theory)

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: understanding various organizational designs and the communication techniques essential in the organizational settings.

CO2: practical implications of different models and theories of leadership and decision making in the organization.

CO3: in-depth understanding of numerous concepts like organizational climate, organizational change and the ways in which these changes can be directed in the effectiveness of the organization.

CO4: learning practical implications of the organizational techniques which are important for organizational cohesiveness

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Industrial and Organizational Psychology

Course Code: (OPT-I)

(Theory)

L-T-P: 4-0-0

Time: 3 Hours

Max. Marks:100

Theory Marks: 70

CA:30

Note: Instructions for the Paper Setters

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Development, Scope, problems and methods. Industrial and organizational psychology as a Career and an academic discipline.

UNIT-II

The need, significance, determinants, methods and applications of job analysis.

UNIT-III

Models of personnel selection, uses of psychological tests in personnel selection, objectives, methods and psychological principles of training. Evaluation of training and socialization.

UNIT-IV

The human factors and psychological approach to job design. Physical working conditions and employee health and safety.

Readings:

1. Davis, K. (1981). Human Behaviour at Work. New Delhi: Tata McGraw Hill.
2. Dunnette, M. D. (1976). Handbook of Industrial and Organisational Psychology(Eds.). Chicago: Rand McNally.
3. Gibson, J. L., Ivancevich, J. M. and Bohnnally, J.H. (1976). Organisations: Structure, Processes, Behaviour. Dollars Business Publications.
4. Hersey, R. E. and Blanchard, T. (1977). The Management of Organisational Behaviour. New Delhi: Prentice Hall.
5. Hodgetts, R. M. (1990). Modern Human Relations at work. New York: The Dryden Press.
6. Luthans, F. (1986). Organisational Behaviour. New York: McGraw Hill. McShane, S. L. and Von Glinio,
7. Robbins, S.P. (1992). Organisational Behaviour. New Delhi: Prentice Hall.
8. Siegel, L. and Lane, I. M. (1987). Personnel & Organisational Psychology. Illionis: Irwin.
9. Sinha, J. P. B. (2008). Culture and Organizational Behavior. New Delhi: Sage Publications.
10. Spector, P. E. (2003). Industrial and Organizational Psychology. New York: John Wiley & Sons.
11. Vecchio, R. P. (1995). Organizational Behaviour (3rd Ed.). Fortworth: The Dryden Press.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Practicals
Course Code: MSYP-3446

(Practical)

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: update the students regarding the various tools used in psychological assessment.

CO2: administer psychological tools and apparatus for measuring personality, emotions and interest

CO3: write an elaborative report about the conduction and results of the experiment.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Practicals
Course Code: MSYP-3446

(Practical)

LTP: 0-0-2

Time : 3 H o u r s

Marks: 50

Practical Marks: 35

CA: 15

Instructions for the Practical Examination:

Students are supposed to perform five practicals out of six as mentioned in the syllabus. Practical examination will be of 3 hours duration. Examiner will conduct the practical examination. The students will perform one practical in the exam carrying 35 marks. Evaluation of the practical would be done on the basis of-

1. Write-up of file book (10 Marks),
2. Performance and viva-voce (25Marks) relating to the practicals.

In case students have not completed 5 practicals, the examiner will deduct marks at the rate of 5 for each left practical out of total evaluation of the student.

Practicals

1. Projective Test- I
2. Projective Test- II
3. Interest
4. Emotions
5. Depression
6. Anxiety

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER -III

Course Title: Field Work

Course Code: MSYF-3447

COURSE OUTCOMES

Upon successful completion of this course, students will be able to:

CO1: develop understanding of the concepts, principles, and overarching themes in psychology.

CO2: demonstrate an understanding of the working knowledge of psychology's content domains.

CO3: describe applications of psychology.

Session 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-III

Course Title: Field Work

Course Code: MSYF-3447

Total Marks: 50

Instructions for evaluation:

All the Students will prepare a report based on their field work and will submit the report 10 days before the start of the End Semester Examination of the 3rd Semester. Faculty of Department will evaluate the field work report and assign the marks out of 50.

All the Students are required to complete 3 weeks field work in Industry/ Medical Colleges/ Hospitals/ Psychiatric Nursing Homes/ De-addiction Centres/ Orphanage Homes/ Pingalwara / Old Age Homes etc. during Summer Vacation.

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS
OF
MASTER OF ARTS (PSYCHOLOGY)
(Semester: IV)

(Credit Based Continuous Evaluation Grading System)

Session: 2026-27



The Heritage Institution

KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)

MASTER OF ARTS (PSYCHOLOGY)

Session: 2026-27

PROGRAM SPECIFIC OUTCOMES

Upon successful completion of this course, students will be able to:

PSO1: develop deep rooted knowledge about the subject in which they will learn about the theory and practical

PSO2: develop global perceptive of nature and scope of psychology and to understand the interconnections of psychology with other disciplines.

PSO3: inculcate the ability to apply the skills of psychology in personal as well as professional life.

PSO4: develop an insight into ones' own and others' thoughts and activities and apply effective strategies for self-management and self-improvement.

PSO5: understand and appreciate the global diversity of cultures, values, belief systems and the common principles that guide all humanity and are expressed in biological, social and cognitive aspects of behavior.

PSO6: choose, administer, and interpret scores of tests commonly used in the practice of psychology and will also be able to demonstrate the use of therapeutic techniques.

PSO7: initiate research on psychological problems and issues and offer an advanced understanding of the subject matter

PSO8: prepare the students to work in the social service industry (NGOs) and to grant a firm foundation in the field as either a clinical, industrial or research practitioner.

PSO9: earn a higher degree or an advanced certification to become a professional psychologist.

PSO10: communicate complex psychological knowledge, both orally and in writing, with awareness of the latest field knowledge.

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF TWO-YEAR DEGREE PROGRAMME

MASTER OF ARTS (PSYCHOLOGY) SEMESTER IV

Session: 2026-27

Semester IV									
Course Code	Course Type	Course Name	Hou rs/w eek	Credits L-T-P	Marks				Exami nation time (in Hours)
					Total	Ext.		CA	
						L	P		
MSYL-4441	C	Research Methodology	4	4-0-0	100	70	-	30	3
MSYL-4442	C	Indigenous Psychology	4	4-0-0	100	70	-	30	3
MSYL-4443 (OPT-I)	E	Health Psychology	4	4-0-0	100	70	-	30	3
MSYL-4444 (OPT-II)	E	Positive Psychology	4	4-0-0	100	70	-	30	3
MSYL-4445 (OPT-III)	E	Life Span Developmental Psychology	4	4-0-0	100	70	-	30	3
MSYP-4446	C	Practicals	4	0-0-2	50	-	35	15	3
				22					

C- Compulsory Subject E –Elective I- Inter-disciplinary VAC- Value added Course S-Skill

Note: All Papers are Compulsory.

Any three of the following options:

S.NO.	PAPER TITLE
OPT – I	Health Psychology
OPT – II	Positive Psychology
OPT – III	Life Span Developmental Psychology
OPT – IV	Applied Psychology
OPT – V	Intelligence and Creativity
OPT – VI	Educational Psychology

Note: Papers MSYL 4441, MSYL 4442 & MSYP 4446 are Compulsory. In addition to the compulsory papers, the students will be required to select three optional papers each of 100 marks.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Research Methodology

Course Code: MSYL-4441

(Theory)

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: develop a deep understanding and broad knowledge of the research techniques and types of research methods used in the field of psychology.

CO2: acquire in-depth knowledge about the concept of sampling and Cross-cultural research.

CO3: Thorough understanding of Qualitative research.

CO4: develop an understanding of the method of Interview and Sociometry

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Research Methodology

Course Code: MSYL-4441

(Theory)

LTP: 4-0-0

Time: 3 hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Scientific Research: Meaning, Stages in Research, Types of Research:

Experimental and Descriptive methods; Longitudinal, Cross Sectional Research and

Cross sequential Research: Nature, Uses, Advantages and limitations.

UNIT-II

Sampling: Concept and Types. Problems of Sampling.

Cross Cultural Research: Types, Problems of Sampling and Measurement.

UNIT-III

Qualitative Research: Nature, Principles, and limitations of Qualitative Research, Comparison of Qualitative and Non Qualitative Research. Participant observation. Ethical Issues.

UNIT-IV

Sociometry: Concept, Method of analysis.

Interview: Nature and types of Interview.

Readings:

1. Elines, D. G., Kantowitz, B. B. & Roediger, H. L. (1989). *Research Methods in Psychology*. New York: West Publishing Company.
2. Kerlinger, F. M. (1973). *Foundations of Behavioural Research*. New York: Holt, Rhinehart & Winston, Inc.
3. Kopala, M. & Suzuki, L. A. (1999). *Using Qualitative Methods in Psychology*. New Delhi: Sage Publications.
4. McBurney, D. H. & White T. L. (2004). *Research Methods*. USA: Thomson, Wadsworth.
5. Myers, J. I. (1974). *Fundamentals of Experimental Design*. New York: W.H. Freeman & Co.
6. Overall, J. E. & Klett, O. J. (1972). *Applied Multivariate Analysis*. New York: McGraw Hill.
7. Shaugnessy, J. J. & Zechneister, E. B. (1997). *Research Methods in Psychology*. New York: The McGraw Hill Companies, Inc.
8. Triandis, H. C. & Berry, J. W. (1980). *Handbook of Cross - Cultural Psychology*. Boston: Bacon Inc.
9. Willig, C. (2001). *Introducing Qualitative Research in Psychology*. Buckingham: Open University Press.
10. Willig, C. (2001). *Introducing Qualitative Research in Psychology. Adventures in Theory and Methods*. USA: Open University Press.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Indigenous Psychology

Course Code: MSYL-4442

(Theory)

COURSE OUTCOMES

Upon successful completion of this course, students will be able to:

CO1: Explain the historical development, scope, and key concepts of Indigenous Psychology in the Indian context.

CO2: Analyze Indian conceptions of perception, personality, and self, and compare them with contemporary psychological perspectives.

CO3: Evaluate Indian theories of knowledge, intelligence, and cognition and their relevance to understanding human behavior.

CO4: Examine Indian perspectives on stress, emotions, and mental health and apply these concepts to psychological well-being and practice.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Indigenous Psychology

Course Code: MSYL-4442

(Theory)

LTP: 4-0-0

Time: 3 Hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the following Sections (A-D). each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Unit-I

Introduction to Indigenous Psychology, History of Psychology in India

Unit-II

Indian Conceptions of Perception, Personality and Self

Unit-III

Indian Conceptions of Knowledge, Intelligence and Cognition

Unit-IV

Indian Conceptions of Stress, emotions and mental health

Readings:

1. Kow, H. S. R. & Sinha, S. (1997). *Asian Perspectives on Psychology*. New Delhi: Sage Publications.
2. Misra, G. & Mohanty, A. K. (2001). *Perspectives on Indigenous Psychology*. New Delhi: Sage Publications.
3. Paranjpe, A. C. (1981). *Self and Identity in Modern Psychology and Indian Thought*. New York: Plenum Press.
4. Pandey, J. (2001). *Psychology in India Revisited: Developments in the Discipline* (Vols. 1, 2 & 3). New Delhi: Sage Publications.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Health Psychology
Course Code: MSYL-4443 (OPT-I)
(Theory)

COURSE OUTCOMES

Upon successful completion of this course, students will be able to:

CO1: To develop an understanding about the nature and significance of emerging areas of health psychology.

CO2: To introduce the students to types of stressors, their consequences, and ways for managing stress.

CO3: To impart knowledge about causes and intervention for some prevalent stress related disorders.

CO4: To develop an understanding about how stress can be managed.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Health Psychology

Course Code: MSYL-4443 (OPT-I)

(Theory)

LTP: 4-0-0

Time: 3 hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Introduction to Health Psychology: Definition, Nature, Scope & History. Rights of Persons with Disabilities, 2016.

Models of Health: Health Belief Models, Bio-psychosocial, Lazarus and Folkman's Transactional Model

Eastern Approaches: Body-Mind-spirit model and Indigenous approaches

UNIT-II

Stress & Coping: Nature, Types of Stress, Causes & Consequences of stress; Coping: Nature and Types

UNIT-III

Stress & Diseases: Cardiovascular Diseases. Covid- 19, AIDS/HIV, Diabetes, Smoking, Cancer, & Pain.

UNIT-IV

Management of Stress: Yoga, Meditation, Diaphragmatic Breathing, Progressive Muscular Relaxation, Biofeedback, Music therapy, Nutrition & Physical Exercise.

Readings:

1. Brannon, L. & Feist, J. (2000). Health Psychology: An introduction to Behaviour & Health. Wadsworth: Thomson Learning.

2. Carson, R.C. & Butcher, J.N. (2000). Abnormal Psychology and Modern life. USA: Harper Collins Publishers.
3. Friedman, D.M.N. (1989). Health Psychology. New York: Prentice Hall.
4. Marks, D. F. ,Murray, M. , Evans, B., Willig, C., Woodal, C. & Sykes, C. M. (2008). Health Psychology, Theory, Research & Practice. New Delhi: Sage Publications.
5. Misra G. (1999). Psychological Perspectives on Stress and Health. Delhi: Concept Publishing.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Positive Psychology
Course Code: MSYL-4444 (OPT-II)
(Theory)

COURSE OUTCOMES

At the end of this course student will be able to:

CO1: To gain knowledge about trace the development of positive psychology as an independent discipline with its multidimensional perspective.

CO2: To study various positive emotional and cognitive states and processes

CO3: To introduce the various theoretical approaches to understand positive cognitive state and processes.

CO4: To understand what is mental health and its importance.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Positive Psychology

Course Code: MSYL-4444 (OPT-II)

(Theory)

LTP: 4-0-0

Time: 3 hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Positive Psychology: Nature, Classification and measures of human strengths (Gallup's Clifton Strength Finder, The VIA Classification of Strengths, The Search Institute's 40 Developmental Assets).

Resilience (Concept, Sources and Strategies).

UNIT-II

Positive emotional states and processes: Positive Affect (Broaden and Build Theory, Effect of Positive Emotions on Health, Psychological and Social Resources), Happiness and well-being (Relationship, Determinants of Subjective Well-Being), Emotional Intelligence (Concept Goleman, Salovey and Mayer Theory, and Strategies).

UNIT-III

Positive cognitive states and processes: Self efficacy (Concept, Bandura's Model, Development, Effect and Strategies), Optimism (Concept, Theories: Martin Seligman, and Michael Scheier and Charles Carver, Strategies) and Hope (Concept, Effect, Strategies), Mindfulness (Concept, Effect and Strategies), Flow (Concept, Csikszentmihalyi's Flow State Model, Strategies).

UNIT-IV

Empathy, Gratitude and Forgiveness (Concept and Strategies). **Complete mental health and its conceptualizations:** Keyes's model and four front approach.

Readings:

1. Carr, A. (2004). Positive Psychology: The Science of Happiness and Human Strengths. New York: Brunner – Routledge.
2. Crompton, W. C. (2005). An Introduction to Positive Psychology Singapore: Thomson Publications.
3. Singh, R. (2007). Psychology of Well Being. New Delhi: Global Vision Publishing House.
4. Snyder, C. R. & Lopez, S. J. (2008). Positive Psychology New Delhi: Sage Publications.

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Life Span Developmental Psychology
Course Code: MSYL-4445 (OPT-III)
(Theory)

Course Outcomes

CO1: Explain principles of human development and compare major theoretical perspectives.

CO2: Evaluate prenatal stages and apply concepts to infancy's physical, cognitive, and socio-emotional growth.

CO3: Analyze developmental changes in childhood and critically examine adolescent identity and social challenges.

CO4: Assess adulthood roles and evaluate aging theories to design strategies for adjustment and well-being.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Life Span Developmental Psychology

**Course Code: MSYL-4445 (OPT-III)
(Theory)**

LTP: 4-0-0

Time: 3 Hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the following Sections (A-D). each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Unit-I

Life Span Development and Theoretical Perspectives

Life Span Development: Approach and its characteristics; Principles of Human development Process of heredity, Genetic Abnormalities, Genetic counselling. Problems and methods of studying human development.

Theoretical Perspectives: Freud, Erickson, Piaget, Bruner. Skinner, Bandura, Rogers and Maslow.

Unit-II

Pre-Natal Development and Infancy

Pre-Natal Development: Stages, Factors and Hazards of pre-natal development.

Infancy: Physical development, Perceptual development, Cognitive development. The development of relationship and attachment behaviour.

Unit-III

Childhood (Early and Late) and Adolescence

Early Childhood: Physical and motor development, Social development, emotional and Moral development, play behaviour and its role in development.

Late Childhood: Physical development and its implications, Cognitive development, moral development and socialization.

Adolescence: Physical and physiological development, cognitive development, Moral development, Social relationships, identity crisis and Alienation.

Unit-IV

Adulthood and Aging

Adulthood: Stages of adulthood, Role of marriage and work for males and females, Parenthood.

Aging: Theories of aging, Physical Changes, Cognitive Changes, Adjustment in aging, Social relations.

References:

1. Bandura, A. (1977). *Social learning theory*. Prentice Hall.
2. Boyd, D., & Bee, H. (2025). *Lifespan development* (9th ed., Global Edition). Pearson.
3. Bruner, J. S. (1966). *Toward a theory of instruction*. Harvard University Press.
4. Erikson, E. H. (1963). *Childhood and society* (2nd ed.). W. W. Norton & Company.
5. Freud, S. (1961). *The ego and the id*. W. W. Norton & Company.
6. Maslow, A. H. (1954). *Motivation and personality*. Harper & Row.
7. Piaget, J. (1972). *The psychology of the child*. Basic Books.
8. Santrock, J. W. (2025). *A topical approach to lifespan development* (11th ed.). McGraw Hill.
9. Skinner, B. F. (1953). *Science and human behavior*. Macmillan

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Applied Psychology

Course Code: OPT-IV

(Theory)

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: To provide an understanding about the application of psychological principles to solve problems of the human experience and its application in Legal System.

CO2: To gain an understanding about the application of principles of psychology in understanding Environment.

CO3: To train the students in understanding how psychological principles can be applied in the field of work.

CO4: To introduce the concept of Community Psychology.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Applied Psychology

Course Code: OPT-IV

(Theory)

LTP: 4-0-0

Time: 3 hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Unit I

Psychology and Legal system: Social Influence and Legal system (Police Interrogation, Line ups & Media Coverage) Social Cognition (Eyewitness Testimony, Emotions, Time and Intervening Information, Memory), Role of Stereotypes and Prejudice in Legal System

Unit II

Psychology and Environment: Concept and Types of environment, Pollution (Air, Water, Noise, Chemical) Personal Space, Density and Crowding, Psychological Interventions for Environmental Management.

Unit III

Psychology and Organizations: Concept and Nature, Work Environment, Job Satisfaction (Antecedents & Consequences, Interpersonal Processes in Organizations, Communication and Group Decision making

Unit IV

Community Psychology: Concept, Origin, Values and Approaches, Sense of Community (Life in the city and Internet as a community & source of help, Diversity vs Prejudice and Stigmatization, Change in community

Readings:

1. Baron, R. A. & Byrne, D. (2006) Social Psychology, Understanding, Human Interaction, Prentice Hall of India, New Delhi.
2. Jain, U. (1987) The Psychological Consequences of Crowding, Sage Publications Pvt. Ltd., New Delhi.
3. Worchel, S., Cooper, J. & Coethals, G. R. (1988) Understanding Social Psychology. The Dorsey Press, Chicago.
4. Raven, B. H. & Rubin, H. L (1983) Social Psychology, John Wiley Sons, New York.

Session: 2026-27

MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Intelligence and Creativity

Course Code: (OPT-V)

(Theory)

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: explain the major theories of intelligence and creativity.

CO2: To understand various correlates of creativity.

CO3: To understand main theoretical perspectives of intelligence and creativity.

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MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Intelligence and Creativity

**Course Code: (OPT-V)
(Theory)**

LTP: 4-0-0

Time: 3 hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Nature. Factor Analysis Based Theories of Intelligence: Spearman, Thurstone, Cattell and Guilford.

UNIT-II

Theories of Intelligence: Piaget, Sternberg, Jensen and Gardner. Emotional Intelligence

UNIT-III

Creativity: Nature, Views of Torrance, Getzels and Guilford.

UNIT-IV

Correlates of Creativity: Relationship with Intelligence and Personality. Social Psychology of Creativity

Readings:

1. Anderson, M. (1992). Intelligence and Development. USA: A Cognitive Theory. Blackwell Ltd.
2. Barron, F. (1969). Creative Person and Creative Process. New York: Holt Rinehart and Winston.
3. Brody, E. B. and Brody, N. (1976). Intelligence: Nature Determinants and Consequences. New York: Academic Press.
4. Getzels, J.W. and Jackson, P.W. (1962). Creativity and Intelligence New York: John Wiley & Sons, Inc.
5. Sternberg, R. J. (1982). Handbook of Human Intelligence. Cambridge: Cambridge University Press.

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MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Educational Psychology

Course Code: (OPT-VI)

(Theory)

COURSE OUTCOMES

Upon successful completion of this course, students will be able to:

CO1: To develop understanding of the basic nature and objectives of educational psychology.

CO2: To demonstrate an understanding of the major theoretical perspectives in educational psychology.

CO3: To discuss how various theoretical concepts can be applied to improve learning

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MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Educational Psychology

Course Code: (OPT-VI)

(Theory)

Time: 3 hours

Max. Marks: 100

Theory Marks: 70

CA: 30

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 14 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

Introduction: Nature and objectives of Educational Psychology.

Conceptual and Theoretical Perspectives in Educational Psychology:

Behaviouristic Theories, Social Learning Theories (Modeling and Observational learning Self-efficacy,

Classroom implications); Piaget and Neo-Piagetian Theories and their applications in teaching; Bruner, Vygotsky's Cognitive Psychology and Information Processing Models, Cognitive Styles and Learning Strategies; Learning Styles; Humanistic Approaches to Education.

Schooling and Cognition; Gender Differences/Issues in the classroom.

UNIT-II

Motivation and Learning: Relationship between motivation, Learning and Performance. Types: extrinsic and intrinsic motivation. Theories: Need Theories (Murray, Maslow & Need for Achievement).

UNIT-III

Expectancy Theories (Goal Setting, Self Efficacy, Attribution and Locus of Control)

UNIT-IV

Educational Assessment: Measurement and Evaluation (Norm-referenced and Criterion-referenced tests.)

Test Scores- Meaning, Types of Interpretation.

Standardized test – Meaning, Types and Interpretation; Reliability and Validity

Readings:

1. Chintamanikar (1992). Exceptional Children-Their Psychology and Education. New Delhi: Sterling Publishers.
2. Dececco, J.F. and Grawsford, W. (1977). The Psychology of Learning and Instruction. New Delhi: Prentice Hall.
3. Hilgard, B.R. (1948). Theories of Learning. New York: Apple art.
4. Kakkar, S. B. (2001). Educational Psychology. New Delhi: Prentice Hall of India.
5. Kirk, S. A., Gallagher, J. and Nicholas, J. A. (1997). Educating Exceptional Children. New York: Houghton Mifflin Company.
6. Klausmeir, H.H. and Ripple, R.E. (1971). Learning and Human Liabilities. New York: Harper and Row.
7. Mangal, S. K. (2002). Advanced Educational Psychology. New Delhi: Prentice Hall of India.
8. Parson, R.D., Hinson, S. L., Brown, D.S. (2001). Educational Psychology: A Practitioner Researcher model of Teaching. Wadsworth: Thomson Learning.
9. Slavin, R.E. (2018). Educational Psychology: Theory and Practice (12th Ed.). Chicago: Pearson
10. Woolfolk, A.B. (1987). Educational Psychology. Englewood Cliffs: Prentice Hall

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MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Practicals

Course Code: MSYP-4446

(Practical)

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: update the students regarding the various tools used in psychological assessment.

CO2: administer psychological tools and apparatus for measuring creativity, intelligence and stress.

CO3: write an elaborative report about the conduction and results of the experiment.

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MASTER OF ARTS (PSYCHOLOGY) SEMESTER-IV

Course Title: Practicals

Course Code: MSYP-4446

(Practical)

Time: 3 h r s

LTP: 0-0-2

Max. Marks: 50

Practical Marks: 35

CA: 15

Instructions for the Practical Examination:

Students are supposed to perform five practicals out of six as mentioned in the syllabus. Practical examination will be of 3 hours duration. Examiner will conduct the practical examination. The students will perform one practical in the exam carrying 35 marks. Evaluation of the practical would be done on the basis of-

1. write-up of file book (10 Marks),
2. performance and viva-voce (25Marks) relating to the practicals.

In case students have not completed 5 practicals, the examiner will deduct marks at the rate of 5 for each left practical out of total evaluation of the student.

Practicals

1. Creativity
2. Aptitude
3. Leadership
4. Stress-Resilience
5. Intelligence
6. Mental Health