

University of Patanjali Uttarakhand, Haridwar



Department of Psychology

Syllabus for Master of Arts in Psychology
(w. e. f. Academic Session: 2021-22)

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UNIVERSITY OF PATANJALI, UTTRAKHAND, HARIDWAR

NAME OF PROGRAM: MASTER OF ARTS IN PSYCHOLOGY

The minimum duration of the program will be two years (4 semesters).
(Academic Session: 2021-2022)

1. Program Educational Objectives (PEOs)

PEO1	To impart the knowledge of Psychology by assimilating it with Yoga Vidya.
PEO2	Incorporating Indian healing methods with the western psychotherapies for the treatment of mental diseases & disorders.
PEO3	Adaptation of a creative, scientific and culturally appropriate approach of learning.
PEO4	Empowerment of Indigenous and Vedic concepts and practices related to health, well-being, treatment and therapy.
PEO5	To spread knowledge & role of Psychology in various areas of life.

2. Program Outcomes (POs) :

PO1	Application of traditional and scientific Knowledge to understand mind and interpret psychological phenomena.
PO2	Applications of rational and philosophical thinking approach in the solution of problems.
PO3	To promote the ability to work with <i>Manoyoga</i> (passion).
PO4	To make the learners competent by helping to acquire knowledge and skills to advance the field of mental health.
PO5	To enable the learners to be able to understand and diagnose various types of psychological problems.

3. Program Specific Outcomes (PSOs) :

PSO1	Analytical skills, interdisciplinary collaboration and contribution to the wide-ranging humanistic services to focus on preventive and curative approaches to stimulate positive mental health in society at various levels.
PSO2	Enabling the creation of specialized work-force trained to offer services in educational institutions, corporate, primary health cares settings etc.
PSO3	Students of Psychology will be able to provide unconditional positive regard, empathy and ethical behavior towards human beings.
PSO4	Analyze various contemporary trends in the field of psychology along with Indian yogic and meditative techniques.
PSO5	Students will be able to provide healthy, peaceful and yogic ambience in various work settings.

COURSE DETAILS

Course Code	Title of the Course	Course Objectives	Course Outcomes(COs)
MPs-CT-101	Cognition & Emotion	<p>The course entitled Cognition & Emotion has the following objectives:</p> <ul style="list-style-type: none"> • Introduce the basic psychological processes through scientific experiments. • Explain various mental processes: attention and consciousness, memory processes, reasoning and decision making. 	<p>After completion of the course, students will be able to:</p> <p>COs1- Explain perceptual and emotional processes.</p> <p>COs2- Apply holistic approach of Emotion along with decision making power.</p> <p>COs3- Describe Meta- cognitive knowledge and Meta cognitive regulations.</p>
MPs-CT-102	Approaches to Personality	<ul style="list-style-type: none"> • To develop an understanding of the concept of individual difference. • To develop an appreciation of the biological and social impact on personality. 	<p>After completion of the course, students will be able to:</p> <p>Cos 1- Describe holistic approach about personality along with its various dimensions.</p> <p>Cos 2- Explain about various important theories related to the personalities.</p> <p>Cos 3- Utilize social learning and cognitive concepts of personality in their lives.</p>
MPs-CT-103	Neuro Biological Psychology	<ul style="list-style-type: none"> • To learn about biological foundations of behavior. • To understand about physiology and importance of brain functions. 	<p>After completion of the course, students will be able to</p> <p>COs 1- Describe the Neuro- biological Perspective of Psychology.</p> <p>COs 2- Explain how human behavior is affected through neurology.</p> <p>COs 3- Apply neuro-psychological mechanism human</p>

			life.
MPs-CT-104	Science of Yoga: Principles & Applications	<ul style="list-style-type: none"> To initiate the understanding of psychological knowledge within yoga and meditation linking with the idea of mental health and well-being. To deepen the practice of yoga and meditation systems and linking to applications in various contexts. 	<p>After the completion of this course, students will be able to:</p> <p>COs 1- Experience the divine aspects of great Yogic Science.</p> <p>COs2- Describe interconnection between Yoga & Psychology.</p> <p>COs3- Apply yogic knowledge in the enhancement of personality.</p>
MPs-CP-105	Psychology Practical	<ul style="list-style-type: none"> The course aims to deliver practical and in-depth experience in accordance to the principles learnt in the theory courses covering the areas of verbal learning, memory, forgetting etc. To provide the students with the practical knowledge of conducting various experiments and Psychological Tests. 	<p>After completion of the course, students will be able to:</p> <p>COs1- Conduct test administration and interpretation of tests.</p> <p>COs2- Explain psychological characteristics of human beings</p>
MPs-GE-106	Hygiene, diet and Nutrition	<ul style="list-style-type: none"> Understand the concept of diet and the medical value of nutrition. Advise appropriate diet to different age groups. 	<p>After the completion of this course the student will be able to</p> <p>COs 1- Explain the basic concepts and components of food and nutrition</p> <p>COs 2- Gain expertise in the field of Hygiene, diet & Nutrition and its role in life.</p> <p>COs 3- Keep themselves healthy in all aspects</p>

MPs-GE-107	Introduction of	<ul style="list-style-type: none"> Understand the basic principles of Ayurveda. 	After completion of this course the students will be able to COs 1- Describe holistic approach of Ayurveda.
	Ayurveda	<ul style="list-style-type: none"> Have knowledge of different techniques used in Ayurveda to cure general ailments. Have basic knowledge of Panchkarma and useful domestic herbal remedies . 	COs 2- Apply and spread scientific use of ayurveda treatment. COs 3 – utilize basic knowledge of Panchkarma for keeping good health.
MPs-GE-108	Introduction to Physical Education	<ul style="list-style-type: none"> The module is prescribed in the course to inform the students about the role of Physical education on holistic health & development Provide knowledge of emerging trends in physical education. 	After completion of the course the students will be able to COs 1- Describe and understand the basic concepts of Physical Education. COs 2- Apply the knowledge of physical education for their physical development. COs 3- Explain emerging trends of physical education in current scenario.
MPs-AECC-101	Communicative English	<ul style="list-style-type: none"> Introduce the basic concepts of effective communication skills. Improve English communication of the students. 	After the completion of this course the students will be able to COs 1- Read and Write the English texts. COs 2 - Establish efficient social relations with different cultures.
MPs-CT-201	Research Methods	<ul style="list-style-type: none"> To inform students about the basics of scientific research in applied psychology. To make them learn the statistical rigours in designing research and processing data. 	After completion of the course, the students will be able to COs 1- Explain the basic concepts of research. COs 2 – Conduct various types of research in his career

			life. COs 3- Create and write scientific research report.
MPs-CT-202	Psychological Assessment	<ul style="list-style-type: none"> To gain familiarity with psychological testing and its nature and functions To create understanding about different types of testing. 	<p>After completion of the course, students will be able to:</p> <p>COs 1- Provide help in psychological assessment.</p> <p>COs 2- Provide help of Clinical Psychologists in Clinical Practice.</p> <p>COs 3- Assist in psychological testing in different fields of life.</p>
MPs-CT-203	Psychopathology	<ul style="list-style-type: none"> To develop understanding of the various manifestations of psychopathology. To familiarize with DSM IV and ICD II to classificatory systems in the context of diagnosis of various psychiatric/psychological disorders. 	<p>After completion of the course, students will be able to:</p> <p>COs 1 – Describe the basic concepts of mental health.</p> <p>COs 2- Spread awareness about mental health issues.</p> <p>COs 3- Identify the symptoms, causes and treatment of mental disorders.</p>
MPs-CT204	Social Psychology	<ul style="list-style-type: none"> To understand the use of social psychological perspectives to explore human experiences and behaviour within social situations. To develop insight about the basic assumptions and scope of social psychological perspectives. To explore the use of social psychological perspectives in addressing the issues and problems of the real world. 	<p>After completion of the course, the students will be able to</p> <p>COs 1- Describe various aspects of social psychology in different scenario.</p> <p>COs 2- Explain and analyze social structure of India in scientific way.</p> <p>COs 3 – Resolve various social issues of the society.</p>

MPs-CP-205	Psychology Practical	<ul style="list-style-type: none"> • To provide a understanding of psychological tests having applications in clinical practice. • Exposure to the general concepts of psychology through experimentation and testing. 	<p>After completion of the course, students will be able to:</p> <p>COs 1- Detect various mental diseases through psychological tests.</p> <p>COs 2- Provide scientific report of psychological qualities.</p> <p>COs 3- Conduct psychological testing in various areas of life.</p>
MPs-GE-206	Yoga, Health and Tourism	<ul style="list-style-type: none"> • To upgrade the knowledge of the latest trends in tourism particularly to the health tourism in the country. • Enable the students to define the trends, issues and challenges in the field of health tourism in India. 	<p>After completion of the course, the students will be able to</p> <p>COs 1- Explain about the aspects and importance of health tourism.</p> <p>COs 2- Aware of various government policies related to medical tourism.</p> <p>COs3 – Explain the basic concepts of health and medical tourism.</p>
MPs-GE-207	Principles of Vocal Music	<ul style="list-style-type: none"> • The course intends to upgrade the knowledge of vocal music. • Enable the students to understand the basic concepts of vocal music. 	<p>After completion of the course, the students will be able to</p> <p>COs 1-Describe the basic concepts of Vocal Music along with its applications.</p> <p>COs 2 - Explain the general principle of vocal music.</p> <p>COs - Lead their life meaningful and happy.</p>

MPs-GE-208	Aspects of Ancient Indian Culture	<ul style="list-style-type: none"> • To connect students with Indian culture, Institutions and religion. • Create a sense of national unity among the students. 	<p>After completion of the course, the students will be able to:</p> <p>COs 1- Adept in aspects of ancient Indian Culture.</p> <p>COs 2- Create a healthy environment by knowing the religious systems.</p> <p>COs3- Respect and spread awareness about Indian culture and religion.</p>
MPs-SECC-101	Basic Computer Applications	<ul style="list-style-type: none"> • The module is prescribed in the course to inform the students about the role of Computer Information systems in travel and trade. • The prescribed units enhance the skills of students especially when they will be attached for practical. 	<p>After completion of the course, the students will be able to</p> <p>COs 1- Describe the basic concepts of computer knowledge.</p> <p>COs 2- Apply computer knowledge in various organization sectors.</p> <p>COs 3- Improve their technical skills.</p>
MPs-CT-301	Clinical Psychology	<ul style="list-style-type: none"> • To familiarize with the history and development of clinical psychology as a field in India and its evolving professional identity. • To orient students to major theoretical models which guide clinical psychological practice and research • To orient about clinical assessment process and its application in various domains. • 	<p>After completion of he course, the students will be able to</p> <p>COs 1- Describe Holistic approach of clinical Psychology.</p> <p>COs 2 Adept with Professional setup of clinical psychology in India.</p> <p>COs 3- Provide assistance in clinical practices.</p>

MPs-CT-302	Statistical Techniques and Experimental Designs	<ul style="list-style-type: none"> • To develop an understanding of various statistical techniques in terms of their Applications • To create understanding about different types of Design employed in Psychological Research 	<p>After completion of the course, the students will be able to</p> <p>COs 1- Gain expertise in the application and usage of various useful statistical techniques.</p> <p>COs 2- Familiar with the use of current software used in this field.</p> <p>COs 3- Utilize statistical knowledge in the field of research, health and business</p>
MPs-DSE-303	Positive Psychology	<ul style="list-style-type: none"> • To recognize what contributes/does not contribute to happiness. • To understand the right kind of vocation relationship and values in life that enhances one's well-being • To recognize the role of positive emotions and traits in enhancing happiness. 	<p>After completion of the course, the students will be able to</p> <p>COSs 1- Gain expertise in the field of role of positivity for psychological well –being.</p> <p>COs 2 - Adept in the interconnectivity between thoughts, emotion and mental health and physical health.</p> <p>COs 3- Apply positive health perspectives of life.</p>
MPs-DSE-304	Human Resource Management	<ul style="list-style-type: none"> • To gain knowledge about Human Resource Management. • To create understanding and awareness about the psychological well- being in Organization. 	<p>After completion of the course, the students will be able to</p> <p>COs 1- Explain about the concept of Human resource and its management especially in organizational setup.</p> <p>COs 2- Gain knowledge of future startup.</p> <p>COs 3- Apply obtained knowledge in the field of human resource development.</p>

MPs-DSE-305	Psychometry	<ul style="list-style-type: none"> • To gain familiarity with Psychometry and psychological measurement. • To make students know about criteria of psychological test and the steps used in test construction. 	<p>After completion of the course, students will be able to:</p> <p>COs 1- Describe the various aspects of Psychometry along with its applications.</p> <p>COs 2- Apply obtained knowledge in various settings like counseling and guidance.</p> <p>COs 3- Construct psychological tools.</p>
MPs-DSE-306	Yoga Ayurveda and Mental health	<ul style="list-style-type: none"> • Understand the basic principles of yoga and Ayurveda. • Have knowledge of different techniques used in yoga and Ayurveda for mental illness treatment and management. • Have basic knowledge of herbal remedies. 	<p>After completion of the course, the students will be able to</p> <p>COs 1- Apply the knowledge of yoga and ayurveda, to overcome the problems of daily life.</p> <p>COs 2 - Provide solution for mental diseases from the root.</p> <p>COs 3- Spread awareness about herbal medicine and its utility.</p>
MPs-CP-307	Case Study	<ul style="list-style-type: none"> • Skills development in problem solving. Analytical tools, quantitative and/or qualitative depending on the case. • For engaging students in research and reflective discussion. • The students will work towards identifying their own theoretical frameworks • The students will learn how to make treatment recommendations, formulate a treatment plan and establish a treatment contract. 	<p>After completion of the course, the students will be able to</p> <p>COs 1 - Gain expertise in taking the case history, MSE, along with Follow up & other required elements with skilful approach.</p> <p>COs 2- Provide scientific treatment recommendations of various physical and mental problems.</p> <p>COs 3- Assist clinical psychologists and health care expert.</p>

MPs-AECC-102	Environmental Science	<ul style="list-style-type: none"> • To upgrade the knowledge of the latest trends in Environment. • Familiarize the students with various environmental issues & bring awareness regarding conservation of Natural resources and importance of an Eco-friendly lifestyle. 	<p>After completion of the course, the students will be able to</p> <p>COs 1- Gain expertise in the holistic approach of Environmental Science.</p> <p>COs 2- Aware of various environmental policies.</p> <p>COs 3- Provide help in the formation of eco-friendly atmosphere.</p>
MPs-CT-401	Counselling Psychology	<ul style="list-style-type: none"> • To gain the knowledge about guidance and counseling • To know about importance of counseling in real life. 	<p>After completion of the course, the students will be able to</p> <p>COs 1- Adept in understanding about Counselling along with practical importance & experience.</p> <p>COs 2 – Describe and explain the moral values of behaviour very well.</p> <p>COs 3- Apply counseling skills education, research, health, business, career and social areas of life.</p>
MPs-CT-402	Psychotherapy	<ul style="list-style-type: none"> • To provide knowledge about different therapies • To create understanding and awareness about the use of therapies in professional life. 	<p>After completion of the course, the students will be able to</p> <p>COs 1- Explain and analyze the basic concepts & application of various psycho therapies techniques.</p> <p>COs 2- Able to solve practical problems appropriately.</p> <p>COs 3- Utilize psychotherapeutic skills in health sectors.</p>

MPs-DSE-403	Health Psychology	<ul style="list-style-type: none"> • To familiarize students with the concept of health psychology to live healthy life. • To orient the students about management of stress. 	<p>After completion of the course, the student will be able to</p> <p>COs 1- Adept in the knowledge of psycho-somatic & soma to -psychic approach of psychology and its relation with health.</p> <p>COs 2- Manage stress effectively.</p> <p>COs3- Provide help in health sectors.</p>
MPs-DSE-404	Indigenous Techniques in Psychotherapy	<ul style="list-style-type: none"> • To provide knowledge about different Indian therapies • To create understanding and awareness about the use of therapies in professional life. 	<p>After completion of the course, the students will be able to</p> <p>COs 1- Gain expertise in the Indigenous approach of psychotherapy along with its various applications.</p> <p>COs 2- Make their life successful by accepting the truth of Indian knowledge.</p> <p>COSs 3- Spread and create psycho-yogic changes in the field of health.</p>
MPs-DSE-405	Therapeutic Techniques	<ul style="list-style-type: none"> • To gain knowledge about different therapies • To create understanding and awareness about the use of therapies in professional life. 	<p>After completion of the course, the students will be able to</p> <p>COs 1- Describe different approaches of therapeutic techniques.</p> <p>COs 2- Utilize western knowledge of psychotherapies.</p> <p>COs 3- Apply psychotherapeutic knowledge in the betterment of life.</p>

MPs-DSE-406	Stress Management	<ul style="list-style-type: none"> • To gain knowledge about Stress Management. • To create understanding and awareness about the therapeutic approaches to Stress Management. 	<p>After completion of the course, the students will be able to</p> <p>COs 1- Gain expertise in the understanding of stress and its management.</p> <p>COs 2- Organize stress management workshops in various government and public institutions.</p> <p>COs 3 – Apply stress management skills in various areas of life.</p>
MPs-CP-407	Dissertation/ Project Work/ Field Training	<ul style="list-style-type: none"> • Assess the student’s mastery level of the factual information and the theoretical concepts, and the methodological approaches. 	<p>After the completion of this course students will be able to:</p> <p>COs 1- Conduct original research including: Literature review and generation of hypothesis</p> <p>COs 2- Apply an appropriate techniques of research methodology.</p> <p>COs 3 – Analyze Statistical data with report writing skill.</p>

MPs-SECC-102	Basic Sanskrit	<ul style="list-style-type: none"> • Read and understand the colloquial words of Sanskrit. • Communicate and comprehend Sanskrit to the best of their ability. • Write in Sanskrit and have some idea about grammar. 	<p>After completion of the course, the students will be able to</p> <p>COs 1- Describe the basic understanding and aspects of Sanskrit language along with grammatical aspects.</p> <p>COs 2 – Communicate in Sanskrit language.</p> <p>COs 3 - Promote Sanskrit language in current scenario.</p>
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