University of Patanjali

M.A. Psychology with specialisation in Clinical Psychology

Open and Distance Learning Program

(w.e.f. Academic Session 2025-2026)

Programme Project Report

University of Patanjali

University of Patanjali (UOP), located near the serene Himalayan foothills in the city of Haridwar, Uttarakhand is named after the great Indian sage Maharshi Patanjali (c. 900 BC), who first compiled numerous writings on Yoga in the form of aphorisms. The University was established through Act No. 4/2006 of Uttarakhand State Legislature published in the State Gazette on 05.04.2006 and is sponsored by Patanjali Yogpeeth Trust (PYP). It is a member of the Association of Indian Universities. University's commitment to excellence extends to its research arm, the Patanjali Research Foundation, renowned for its pioneering research in Ayurveda and Yoga. Collaborations with national and international institutions offer students unparalleled opportunities for engagement in sponsored projects and internships, paving the way for successful placements in esteemed organizations and entrepreneurial ventures including the Patanjali family institutions. University of Patanjali is a prestigious university accredited with an NAAC A+ grade, recognized for its excellence in academics, research, and student support, ensuring high-quality education and global standards. The University has drawn up a plant to explore the potential of self-learning materials defined within the broad framework of the blended mode of education.

Aims and Objectives of the University

The university aims to establish and explore a comprehensive scientific foundation for the wisdom imparted by ancient Indian sages while conducting systematic research based on scientific principles to reinforce its relevance in the modern world. It is dedicated to providing education that fosters employment opportunities and a self-sustaining lifestyle, ensuring holistic growth for students. Additionally, the institution actively engages in studies related to Yoga, Ayurveda, and similar disciplines, contributing to the revival and global recognition of Indian culture.

1. **Vision of the University**

- To decipher amenable solutions to the global challenges by integrating ancient vedic wisdom and contemporary scientific research with the spirit of global integration.

- Ancient Indian culture embodies eternal, universal human values, therefore the goal is to create healthy, moral and competent citizen with the aim of restoring the Indian cultural heritage and tradition of knowledge to make India a global leader, yet again.

2. **Mission of the University**

The university is committed to establishing Yoga, Ayurveda, and Sanskrit as the core of education while integrating ancient Vedic knowledge with contemporary science. It strives to promote a harmonious lifestyle by blending scientific advancements with spiritual wisdom, ensuring a balanced and holistic approach to learning. Additionally, the institution is dedicated to the preservation and promotion of ancient knowledge and culture, fostering a deep appreciation for India's rich heritage.

Overview of the M.A. Psychology with specialisation in Clinical Psychology

The M.A. Psychology with Specialization in Clinical Psychology is a postgraduate programme designed to provide in-depth knowledge of psychological theories, assessment techniques, and therapeutic interventions for mental health conditions. This programme equips students with advanced skills in psychological evaluation, counselling, and psychotherapy, preparing them to work in hospitals, mental health clinics, rehabilitation centers, and private practice. It integrates scientific research with practical training, focusing on areas such as psychopathology, cognitive-behavioral therapy (CBT), psychotherapy, and neuropsychology. Graduates can pursue careers as clinical psychologists, counsellors, researchers, or academicians, contributing to the field of mental health and well-being.

Scope and Career Opportunities of the Programme

The M.A. Psychology with Specialization in Clinical Psychology offers vast career opportunities in the growing field of mental health. Graduates can work as clinical psychologists, counselling psychologists, psychotherapists, neuropsychologists, and mental

health counsellors in hospitals, rehabilitation centers, private clinics, corporate wellness programmes, and educational institutions. The programme also provides a strong foundation for research, teaching, and advanced studies in psychology and psychotherapy. With increasing awareness of mental health, professionals in this field are in high demand, making it a rewarding career choice with opportunities in both public and private sectors.

Programme Educational Objectives

- Provide students with a deep understanding of clinical psychology and therapeutic interventions.
- Train students in psychological assessments, diagnostic techniques, and treatment plans.
- Instil ethical principles, cultural sensitivity, and professional integrity in clinical settings.
- Bridge psychological theories with real-world applications in counselling, therapy, and mental health interventions.
- Bridge philosophy and practice by applying ancient yogic and philosophical principles to modern-day challenges in personal and social life.
- Encourage scientific inquiry and research in clinical psychology, contributing to advancements in mental health care.
- Equip graduates with the skills to work effectively in hospitals, counseling centers, and private practice.
- Develop professionals capable of addressing diverse psychological issues in different cultural and social contexts.
- Train students to contribute to mental health awareness, advocacy, and community well-being initiatives.

Programme Outcomes

The students will be able to:

PO1: Develop a comprehensive understanding of clinical psychology, including theories, assessment techniques, and therapeutic intervention.

PO2: Apply psychological principles to assess, diagnose, and treat mental health disorders using evidence-based practices.

PO3: Demonstrate proficiency in conducting psychological evaluations, administering tests, and interpreting results for effective treatment planning.

PO4: Utilize psychotherapy techniques, including Cognitive Behavioral Therapy (CBT), psychoanalysis, and humanistic approaches, to address psychological distress.

PO5: Uphold ethical standards and demonstrate cultural sensitivity while working with diverse individuals and communities

PO6: Conduct independent research in clinical psychology, contributing to the scientific understanding of mental health and therapeutic techniques.

PO7: Integrate psychological, biological, and social perspectives to provide holistic mental health care.

PO8: Work effectively in multidisciplinary teams in hospitals, mental health clinics, rehabilitation centers, and corporate wellness programmes.

PO9: Engage in lifelong learning and professional development to stay updated with advancements in clinical psychology and psychotherapy.

PO10: Promote mental health awareness and advocate for psychological well-being at individual, community, and societal levels.

Relevance of the Programme with HEI's mission and Goals

The relevance of M.A. Psychology with Specialization in Clinical Psychology programme at University of Patanjali, Haridwar (Uttarakhand) mentioned below:

- Building great human being by theoretically and practically introducing them to spirituality humanity, socialism and nationality through the optimal intellect of ancient sages and scientifically universe philosophical vision combined with many western and modern philosophers.

- Creating authentic scholars in ancient and modern knowledge so that they by their genuine destination and work could determine the direction and condition of their personal life as well as the society and ultimately the country.

- Creating physically, mentally, intellectually and spiritually elevated characters and personalities.

- "*sā vidyā yā vimuktaye*" vindicating this statement creating such citizens who getting fulfilled with their ultimate strength and qualities could purge diseases, misery, impoverishment, hunger, fear and all sorts of ignorance and scarcities from their lives as well as from the nation.

- Extricating themselves from all sorts of belligerence, negativities and corruption, the student could align themselves with all the divinities necessary for the formation of divine nation as well as divine world.

- Creating a sense of the enormity of *brahmacarya, gṛhasta, vānaprastha* and *sanyāsa* among the students so that the feeling of harmony, co-existence and brotherhood achieves prestige and spread across the globe.

Target Learners

M.A. Psychology with Specialization in Clinical Psychology under open and distance is designed for:

- ✓ Working Professionals
- ✓ Career Advancers
- ✓ Teaching and Non-teaching staff working in different academic and non-academic institutions
- ✓ Students who pursue any other regular programmes
- ✓ Non-traditional students
- ✓ Lifelong learners
- ✓ International Students
- ✓ House wives

Skill Development & Competency Acquisition

After completing the programme through Open and Distance Learning (ODl) mode, the students will be able to acquiring specific skills and competencies. This ODL programme can effectively cater to the needs of learners seeking to develop these skills:

- **Self-directed learning** – Cultivate independent research and analytical skills essential for understanding psychological theories, case studies, and clinical applications.

- **Psychological assessment and diagnosis** – Develop proficiency in administering, scoring, and interpreting psychological tests for diagnosing mental health disorders.

- **Time management and flexibility –** The ODL mode allows students to manage their academic pursuits alongside personal and professional commitments effectively.

- **Enhanced communication skills** – Gain expertise in active listening, empathy, and therapeutic communication for effective counselling and psychotherapy.

- **Global accessibility** – The programme provides an opportunity for students worldwide to access specialized knowledge in clinical psychology, laying the way for further studies or professional certifications.

Instructional Design

Curriculum Design: The learning resources for the M.A. Psychology with Specialization in Clinical Psychology are developed by faculty members with extensive expertise in their respective domains. They have a deep understanding of clinical psychology, psychotherapy, and mental health sciences, combined with knowledge of neuroscience, behavioral therapy, and evidence-based psychological interventions. This ensures a well-rounded and integrative approach to psychology education, integrating classical psychological theories with contemporary research and clinical practices to prepare students for real-world mental health challenges.

Mode of Instruction: The programme employs a blended learning approach, incorporating, virtual classes, video lectures, power point presentations, personal contact programmes and Self-Learning Materials (SLMs) in both digital and printed formats, ensuring easy accessibility for students. Additionally, learners receive academic support from the institute's experienced faculty through dedicated email communication, chat groups, regular online interactions, etc.

Learning Resources: The programme provides comprehensive printed and digital study materials, ensuring students have access to well-structured content for effective learning. Practical demonstration videos and interactive learning modules further enhance understanding by offering visual and hands-on experiences. Additionally, guest lectures and live training sessions conducted by experts provide deeper insights into the subject. Personal Contact Programmes (PCP) facilitate in-depth practical training and mentorship, allowing students to refine their techniques under expert guidance. Furthermore, research-based assignments and

case studies encourage analytical thinking and the application of theoretical knowledge in real-world scenarios.

Practical Training: The M.A. Psychology with specialization in Clinical Psychology programmes incorporate hands-on training to ensure students develop practical expertise in psychological assessment, counselling, and therapeutic interventions. Supervised practicum sessions focus on psychological testing, case history analysis, counselling techniques, and psychotherapy approaches, enabling students to apply theoretical knowledge in real-world scenarios. Additionally, clinical internships and field visits to hospitals, mental health clinics, and rehabilitation centers provide direct exposure to professional settings, allowing students to observe and engage in mental health diagnosis, therapeutic sessions, and client interactions under expert supervision.

Medium: The learning material for M.A. Psychology with specialization in Clinical Psychology programme will be in Hindi and English both languages. Learners have the option to choose study material in either English or Hindi and can use their preferred language to answer questions in the examination.

Programme Structure & Curriculum

The programme follows a semester-based format, ensuring a structured and progressive learning experience. Each semester includes core courses, practical training, and electives, offering a balanced approach to theoretical knowledge and hands-on application. The programme follows a credit-based system, requiring a minimum of 80 credits for completion. Credits are distributed among theoretical subjects, practical sessions, and research projects to ensure a comprehensive learning experience. Practical training is an integral part of the curriculum, providing students with hands-on exposure to psychological assessment and therapeutic techniques. The structured approach integrates scientific research, psychological assessment, and holistic health perspectives, preparing students for advanced studies and professional careers in psychology.

SEMESTER-WISE SYLLABUS

FIRST YEAR

	Course Code	Subject	Evaluation Scheme			Subject Total
			Credit	CA	SEE	
SEM I	MPs-CT-101	Clinical Psychology	4	30	70	100
	MPs-CT-102	Yoga Psychology	4	30	70	100
	MPs-CT-103	Cognition & Emotion	4	30	70	100
	MPs-CT-104	Personality: Assessment and Development	4	30	70	100
	MPs-CT-105	Practicum I	4	30	70	100
	Elective (Choose anyone) MPs-GE-106/ MPs-GE-107/ MPs-GE-108	Hygiene, diet and nutrition / Introduction of Ayurveda/ Introduction to Physical Education	4	30	70	100
	MPs-AECC-101	Communicative English	2*	20	30	50*
TOTAL			24 + 2*	200	450	600 + 50*

	Course Code	Subject	Evaluation Scheme			Subject Total
			Credit	CA	SEE	
SEM II	MPs-CT-201	Counseling Psychology	4	30	70	100
	MPs-CT-202	Psychopathology	4	30	70	100
	MPs-CT-203	Psychometry	4	30	70	100
	MPs-CT-204	Health Psychology	4	30	70	100
	MPs-CT-205	Practicum II	4	30	70	100
	Elective (Choose anyone) MPs-GE-206/MPs-GE-207/ MPs-GE-208	Yoga health and tourism/ Principles of Vocal Music/Aspects of Ancient Indian Culture	4	30	70	100
	MPs-SECC-101	Computer Applications	2*	20	30	50*
TOTAL			24 + 2*	200	450	600 + 50*

SECOND YEAR

SEM III	Course Code	Subject	Evaluation Scheme			Subject Total
			Credit	CA	SEE	

	MPs-CT-301	Research Methods in Clinical Psychology	4	30	70	100
	MPs-CT-302	Neuro-Biological Psychology	4	30	70	100
	Selection of any Two DSE paper					
	MPs-DSE-303	Social Psychology	4	30	70	100
	MPs-DSE-304	Human Resource Management	4	30	70	100
	MPs-DSE-305	Positive Psychology	4	30	70	100
	MPs-DSE-306	Yoga Ayurveda and mental health	4	30	70	100
	MPs-CP-307	Case Study	4	30	70	100
	MPs-AECC-102	Environmental Science	2*	20	30	50*
TOTAL			**20 + 2***	**140**	**380**	**500 + 50***

SEM IV	Course Code	Subject	Evaluation Scheme			Subject Total
			Credit	CA	SEE	
	MPs-CT-401	Statistical Techniques and Experimental Designs	4	30	70	100
	MPs-CT-402	Psychotherapy	4	30	70	100
	Selection of any Two DSE paper					
	MPs-DSE-403	Indigenous Techniques in Psychotherapy	4	30	70	100
	MPs-DSE-404	Therapeutic Techniques	4	30	70	100
	MPs-DSE-405	Telepsychology and Digital Mental Health	4	30	70	100
	MPs-DSE-406	Stress management	4	30	70	100
	MPs-CP-407	Dissertation/Project Work/Field Training	4	30	70	100
	MPs-SECC-102	Basic Sanskrit	2*	20	30	50*
TOTAL			**20 + 2***	**170**	**380**	**500 + 50***

Note: *These credits and numbers are virtual as the papers are of qualifying nature

CA - Continuous Assessment; **SEE** - Semester End Examination

CT: Core theory   **CP**: Core Practical   **DSE**: Discipline Specific Elective

GE: Generic Elective   **AECC**: Ability Enhancement Compulsory Course

SECC: Skill Enhancement Compulsory Course

Detailed Syllabus: It is available as Annexure-I

Assessment Methods

Examinations: The M.A. Psychology with Specialization in Clinical Psychology programme employs a structured examination system to assess students' theoretical and practical knowledge. The **Semester-End Examination (SEE)** is a comprehensive written test conducted at the end of each semester. It evaluates students' conceptual clarity and theoretical understanding of core subjects, practical applications, and research methodology. This examination contributes 70% to the overall course evaluation. In addition to the SEE, **Continuous Assessment (CA)** is conducted periodically through mid-term tests, quizzes, and short written assessments to track students' progress. These internal assessments account for 30% of the total evaluation.

Practical Assessments: Since Psychology and Clinical Psychology are application-based disciplines, hands-on evaluation is a crucial part of student assessment. The Practicum and Clinical Training components assess students on their ability to apply psychological theories, conduct assessments, and implement therapeutic interventions. Faculty and external examiners evaluate students based on their proficiency in psychological testing, case history taking, mental health diagnosis, counselling techniques, and psychotherapy approaches. These assessments include role-playing exercises, supervised case studies, psychological assessments, therapy demonstrations, mentor feedback, and fieldwork exposure to ensure that students develop the necessary competencies for professional practice in general psychology and clinical settings.

Research & Project Work: As part of the curriculum, students must undertake research to enhance their analytical and academic skills. The Dissertation/Thesis is a compulsory research project in the final semester, requiring students to conduct original studies on topics related to yoga therapy, philosophy, or applied yoga sciences. The dissertation is evaluated based on research methodology, data analysis, findings, and presentation, with a viva-voce examination conducted by internal and external examiners. Additionally, Assignments & Case Studies form an integral part of continuous assessment, where students submit essays, research papers, and case analyses to demonstrate critical thinking and application-based learning.

Faculty & Infrastructure

Faculty Resources: The M.A. Psychology with Specialization in Clinical Psychology programme is supported by a team of highly experienced faculty members specializing in

clinical psychology, psychotherapy, neuropsychology, and mental health sciences. These experts possess extensive theoretical knowledge and practical experience, ensuring a comprehensive education that integrates classical psychological theories with modern scientific research and evidence-based therapeutic approaches. Additionally, dedicated mentors provide personalized guidance during practicum, case studies, research projects, and clinical training, ensuring students receive hands-on experience in psychological assessments, counselling techniques, and mental health interventions. This structured faculty support system equips students with both theoretical proficiency and practical expertise, preparing them for successful careers in mental health counselling, clinical practice, research, and academia.

Infrastructure Support: The University of Patanjali offers a robust infrastructure designed to support Open and Distance Learning (ODL) programmes, ensuring accessibility and high-quality education for students beyond traditional classroom settings. The institution provides a comprehensive digital learning platform, equipped with video lectures, e-books, and interactive study materials, allowing students to engage in self-paced learning. A well-structured Learning Management System (LMS) enables smooth course delivery, online assessments, and real-time interaction with faculty members. To enhance practical training, the university organizes virtual workshops, live case discussions, and simulation-based demonstrations, where students can develop counselling, assessment, and therapy skills under expert supervision. The digital library grants access to a vast repository of research papers, journals, and multimedia resources, facilitating academic research and continuous learning.

Admission Process

Eligibility Criteria

Candidates who have completed a bachelor's degree in a relevant subject with at least 40% marks from a recognized university are eligible to apply.

Application Process

- Interested candidates can obtain the application form from the university's official website or admission office.
- The form must be filled out with accurate details and submitted along with the required documents, such as academic certificates, identity proof, and passport-sized photographs.
- An application fee, as prescribed by the university, must be paid during submission.

Fees

The fee for the programme is **Rs 50,000/-**

Requirement of the laboratory support and Library Resources:

Laboratory is not required as part of this curriculum and the digital library provides access to a vast repository of academic research and continuous learning.

Cost estimate of the programme and the provisions

For the design, development delivery and maintenance of the programme the fund will be as per the budget allocated by the University in Annual Budget session.

Quality assurance mechanism

The University of Patanjali ensures quality in its M.A. Psychology with specialisation in Clinical Psychology (ODL) programme through a structured curriculum aligned with UGC-DEB guidelines, integrating theory, practice, and research. A Learning Management System (LMS) supports digital learning, while Personal Contact Programmes (PCPs), virtual workshops, and mentorship sessions enhance practical training. The curriculum is regularly revised to meet learner needs, with faculty members contributing expertise. Industry-experienced mentors and facilitators provide practical insights, and regular orientation programmes keep faculty updated on the latest tools and techniques. A continuous evaluation system, including internal assessments, exams, and structured feedback from students and facilitators, ensures academic rigor. Faculty analyse feedback to improve Self-Learning Materials (SLMs), counselling sessions, and administration, maintaining a high-quality, learner-centric education experience.

Syllabus of ODL COURSE

M.A. PSYCHOLOGY

(with specialization in Clinical Psychology)

SEMESTER I

COURSE DETAILS – 1

SUBJECT NAME – CLINICAL PSYCHOLOGY

SUBJECT CODE – MPs-CT-101

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- 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.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1-Describe Holistic approach of clinical Psychology.
- COs 2- Adept with Professional setup of clinical psychology in India.
- COs 3- Provide assistance in clinical practices.

Block-1:	Introduction to Clinical Psychology:
Unit 1:	**History of Clinical Psychology**: Tracing the origins and evolution of clinical psychology as a field, from early psychological practices to modern approaches.
Unit 2:	**Role of World Wars in Shaping Clinical Psychology**: How the two World Wars impacted the development of clinical psychology, including advances in mental health treatment and the rise of psychotherapy.

Unit 3:	**The Task and Work Settings of a Clinical Psychologist**: The various duties and responsibilities of clinical psychologists in different environments like hospitals, clinics, private practice, etc.
Unit 4:	**Related Professional Psychology Sub-fields**: An exploration of the various branches of psychology related to clinical psychology, such as counseling psychology, forensic psychology, and neuropsychology.

Block-2:	**Theories and Models in Clinical Psychology**
Unit 1:	**Psychoanalytic Approach**: Introduction to Freud's theory and its influence on clinical psychology, focusing on the unconscious mind and defense mechanisms.
Unit 2:	**Behavioral Approach**: A focus on observable behavior, learning principles (e.g., classical and operant conditioning), and techniques used to modify behavior.
Unit 3:	**Humanistic Approach**: An exploration of humanistic psychology, emphasizing personal growth, self-actualization, and the importance of empathy and unconditional positive regard.
Unit 4:	**Attempt at Integration: Bio-Psycho-Social Model**: Understanding mental health through the lens of biological, psychological, and social factors, integrating multiple perspectives for comprehensive treatment.

Block-3:	**Assessment and Evaluation**
Unit 1:	**Clinical Interview**: Techniques for gathering information from clients through structured or unstructured interviews to assess mental health.
Unit 2:	**Mental Status Examination**: A systematic assessment of a client's cognitive, emotional, and psychological functioning.
Unit 3:	**Case History**: Collecting detailed information about the client's life, family, history, and previous mental health treatments.
Unit 4:	**Diagnostic Impression**: Forming an initial clinical judgment based on assessment data to identify potential psychological conditions.
Unit 5:	**Psychological Testing**: Introduction to standardized tests and tools used to evaluate cognitive abilities, personality traits, and mental health disorders.

Block-4:	**Clinical Interventions and Treatments**
Unit 1:	**Psychotherapy Types**: An overview of various therapy approaches, including: o **Cognitive Behavioral Therapy (CBT)**: Techniques for challenging and changing negative thought patterns.

	o **Psychodynamic Therapy**: Exploration of unconscious processes and past experiences to understand current behavior. o Other therapy models like **Humanistic Therapy**, **Interpersonal Therapy**, etc.
Unit 2:	**Ethical Considerations in Clinical Practice**: Understanding the ethical issues faced by clinical psychologists, including confidentiality, informed consent, and boundaries.
Unit 3:	**Short-Term and Intermittent Long-Term Therapy Models**: Brief interventions aimed at resolving specific issues. Therapy that is provided intermittently but over a long period to address chronic or complex issues.
Unit 4:	Cognitive behaviour and social skills training model, the therapeutic contracting Programme (Heinseen, levendusky and Hunter, 1995)

Block-5:	**Clinical Settings**
Unit 1:	**Hospitals, Clinics, and Private Practices**: The various settings in which clinical psychologists work, each with its own demands and challenges.
Unit 2:	**Collaborations with Other Healthcare Professionals**: The importance of teamwork and interdisciplinary approaches in providing comprehensive care to clients.
Unit 3:	**The Profession of Clinical Psychology in India**: **4.1 Rehabilitation Council of India (RCI)**: Overview of regulatory bodies that oversee the practice of clinical psychology in India. **4.2 RINPAS (Ranchi Institute of Neuro-Psychiatry & Allied Sciences), NIMHANS (National Institute of Mental Health and Neurosciences), IBHAS (Institute of Behavioral Health & Allied Sciences), NIEPID (National Institute for the Empowerment of Persons with Intellectual Disabilities)**: Key institutions that provide training, research, and services related to clinical psychology in India.

REFERENCE BOOKS

1. Llewelyn, S., Murphy, D. (Eds.) (2014). What is clinical psychology? Oxford UK: Oxford University Press.
2. Bellack, A. S., & Hersen, M. (1980). Introduction to clinical psychology. New York: Oxford University Press.
3. Korchin, S. J. (1986). Modern clinical psychology. Delhi: CRR Publishers and Distributors.
4. Ray, S. D. (1996). The practice of psychotherapy. New Delhi: New Age International.

TEXT BOOK

1. Veeraraghavan, V., & Singh, S. (2014). A textbook of Abnormal and Clinical Psychology. Mcgraw Hill Education (India) Private Limited.

SUBJECT NAME – YOGA PSYCHOLOGY

SUBJECT CODE – MPs-CT-102

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- 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.

Course Outcomes (COs):

After completion of the course, the students will be able:

- CO 1- To achieve spiritual and mental wellbeing.
- CO 2- To promote ancient Indian Knowledge.
- CO 3 -To understand human behaviour as per Yogic Perspectives.

Block-1:	Introduction to Yoga Psychology
Unit 1:	**Overview of Yoga and Yoga Psychology**: Historical Development of Yoga over the ages including a brief philosophical overview (Patanjali yoga), principles, and the relationship between body and mind.
Unit 2:	**Yoga and Mental Health**: The benefits of yoga for emotional balance, stress relief, and cognitive clarity.
Unit 3:	**Mind-Body Connection**: Understanding how yoga influences both psychological and physical well-being.

Block-2:	Core Principles of Yoga Psychology
Unit 1:	Vivekananda framework of Raja Yoga, Karma Yoga, Swami Ramdev and his ideas.
Unit 2:	**The Yoga Sutras and the Mind**: Key concepts such as **Yamas**, **Niyamas**, and the 8 Limbs of Yoga (Ashtanga Yoga).
Unit 3:	**Understanding the Mind**: Exploration of different aspects of the mind (Manas, Buddhi, Ahamkara, Chitta).
Unit 4:	**Fundamental text of Yoga Psychology** : Samadhi Paada- Concepts Svaroopa, Samsskara, Vasana, Viveka, Vairagya and Ishwar.

Block-3:	Practicum Applications of Yoga Psychology
Unit 1:	**Breath work and Meditation**: Techniques like **Pranayama** (breathing exercises) and meditation for relaxation and mental focus.
Unit 2:	**Yoga for Motivation and Self-Discipline**: How yoga psychology fosters self-motivation, discipline, and a positive mindset.
Unit 3:	**Mindfulness Practices**: Using mindfulness to enhance awareness, concentration, and emotional regulation.

Block-4:	Personal Growth and Transformation Through Yoga Psychology
Unit 1:	**Self-Realization and Transformation**: Yoga as a tool for personal development and spiritual growth
Unit 2:	**Overcoming Limiting Beliefs**: Using yoga to break through mental barriers and negative thought patterns.
Unit 3:	**Building a Holistic Approach to Life**: Incorporating yoga psychology into everyday life for mental, emotional, and physical well-being.

BOOKS RECOMMENDED

1. Taimni, I. K. (1961). The science of yoga. Adyar, India: The Theosophical Society of India.
2. Feuerstein, G. (2002). The yoga tradition: Its history, literature, philosophy and practice. Delhi, India Bhavana Books and Prints.
3. Jacobsen, K. A., Larson, G. J. (2005). Theory and practice of yoga: Essays in honour of Gerald James Larson. Leiden, Holland: Brill.
4. Vivekananda, S. (1982).Raja yoga or conquering the internal nature. Calcutta, India: Advaita Ashram.

COURSE DETAILS – 3

SUBJECT NAME – COGNITION & EMOTION

SUBJECT CODE – MPs-CT-103

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

The course will

- Introduce the basic Psychological processes through scientific experiments.

- Explain various mental processes: attention and consciousness, memory processes, reasoning and decision making.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1- Explain perceptual and emotional processes.
- COs 2- Apply holistic approach of Emotion along with decision making power.
  COs 3- Describe Meta- cognitive knowledge and Meta cognitive regulations

Block-1:	Attention and Perceptual Processes
Unit 1:	Introduction to Attention, Perceptual Processes, Attention Models
Unit 2:	Perceptual organization: Gestalt Principles: Proximity, Similarity, Continuity, Closure, and Connectedness. Role of attention in perceptual organization.
Unit 3:	Attentional Control and Cognitive Load, Attentional Disorders, Factors Affecting Attention
Unit 4:	Applications of Attention and Perception: Real-world examples: driving, sports, design, human-computer interaction.Implications for improving attentional control and perceptual accuracy.

Block-2:	Memory and Forgetting
Unit 1:	Memory processes: encoding, storage, retrieval, Types of memory (Sensory, STM and LTM), determinants of memory, and methods for enhancement of memory
Unit 2:	Forgetting: Concepts, Causes, and Theories

Block-3:	Emotion and Emotional Regulation
Unit 1:	Physiology of emotion,
Unit 2:	Types of emotion as per psychological and yogic perspective,
Unit 3:	Emotional intelligence, emotional regulation and controlling strategies of emotion

Block-4:	Thinking and Problem solving
Unit 1:	Thinking – Meaning and Types, Language and thinking
Unit 2:	Problem solving: types, strategies and obstacles.
Unit 3:	Meta-cognition: meta-cognitive knowledge and meta-cognitive regulations

Block-5:	Decision Making
Unit 1:	Nature, types and models
Unit 2:	Factors affecting decision making ability

REFERENCE BOOKS

1. M.R. D'Amato (1979). Experimental Psychology: Methodology, Psychophysics and learning. New Delhi: Tata McGraw Hill.
2. B.E. Goldstein (2002). Sanstation and Perception. USA: Wadsworth.
3. J.W. Kling and L.A. Riggs (1984). Woodworth and Schlosberg's Experimental Psychology. New Delhi: Khosla Publishing House.
4. R.L. Solso (2001). Congnitive Psychology, Singapore: Pearson Education.
5. A. Baddley (1997). Human Memory: Theory and Practice. New Yark: Psychology Press.

TEXT BOOKS

1. Suleiman, M. (2009). Ucchtar Samaj Manovigyan. New Delhi: Motilal Banarasi Das.
2. Singh, R.N. (2001). Modern Social Psychology. Agra: Vinod Pustak Mandir

COURSE DETAILS – 4

SUBJECT NAME – PERSONALITY: ASSESSMENT AND DEVELOPMENT

SUBJECT CODE – MPs-CT-104

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- To develop an understanding of the concept of individual difference.
- To develop an appreciation of the biological and social impact on personality.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1- Describe holistic approach about personality along with its various dimensions.
- COs 2- Explain about various important theories related to the personalities.
- COs 3- Utilize social learning and cognitive concepts of personality in their lives.

Block-1:	Concept and Definition of Personality
Unit 1:	Meaning and definition of Personality
Unit 2:	Views on self and Personality: Upanishad, Bhagavad Geeta and Gautam Buddhaji

Block-2:	Trait and type of Approaches
Unit 1:	Allport: structure, dynamic and growth of personality research and assessment, evaluation of Allport's theory,
Unit 2:	R. B. Cattell: structure, dynamic and development of personality, measurement of personality and research methods, evaluation of Cattell's theory. Five dimensional model of personality.

Block-3:	Social Learning and Cognitive theories
Unit 1:	Bandura's Theory: concept of reciprocal Determinism, self-system, motivation, modelling: learning by observation, measurement of research, Evaluation of Bandura's theory
Unit 2:	George Kelley: structure, dynamics and development, research and measurement of personality.

Block-4:	Personality Assessment Techniques with Clinical Practice
Unit 1:	Personality disorders: Diagnosis and treatment
Unit 2:	Projective tests (e.g., Rorschach, TAT)
Unit 3:	Structured interviews, Self-report inventories (e.g., MMPI, NEO-PI)
Unit 4:	Ethical considerations in personality assessment

REFERENCE BOOKS

1. .G.C. Hall, G. Lindzey and J.C. Campbell (1998). Theories of Personality. New York: John Wiley and Sons.

2. W. Mischel (1976). Introduction to Personality. New York: Holt Reinhart and Winston.

3. R.M. Rchman (2000). Theories of Personality. USA: Thomson Wadsworth.

4. R. Frager and J. Fadiman (1998). Personality and Personal Growth, New York : Longman.

TEXT BOOKS

1. R.B. Tripathi and R.N. Singh (2001). Psychology of Personality Varansi :Gangasran and Grand Sons.

2. Singh, A.K. and Singh, A. K (2010). The Psychology of personality. New Delhi: Motilal Banarasi Das.

COURSE DETAILS – 5

<div align="center">

SUBJECT NAME – PRACTICUM I

SUBJECT CODE – MPs-CT-105

</div>

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- The course aims to deliver Practicum 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 Practicum knowledge of conducting various experiments and Psychological Tests.

Course Outcomes (COs):

After completion of the course, students will be able to:

- COs1- Conduct test administration and interpretation of tests.
- COs2- Explain psychological characteristics of human beings

List of Practicums:

Any five of the following:¬

1. Marital Adjustment Inventory
2. Emotional Competency
3. Depth Perception
4. Eysenck Personality Inventory
5. Sixteen Personality Factors
6. Retroactive Interference
7. Reaction time
8. Division of attention
9. Mirror Drawing Apparatus
10. Effect of noise of attention

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COURSE DETAILS – 6

SUBJECT NAME – HYGIENE, DIET AND NUTRITION

</div>

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- Understand the concept of diet and the medical value of nutrition.
- Advise appropriate diet to different age groups.

Course Outcomes (COs):

After the completion of this course the student will be able to

- COs 1- Explain the basic concepts and components of food and nutrition.
- COs 2- Gain expertise in the field of Hygiene, diet & Nutrition and its role in life.
- COs 3- Keep themselves healthy in all aspects

Block-1:	Basic concepts and components of food and nutrition
Unit 1:	Definition of Nutrition, Basic Terminology,Human Nutritional Requirements
Unit 2:	Concept of Food and Its Functions- What is Food,Acceptance of Food, Functions of Food
Unit 3:	Components of Food and Their Classification-Macro Nutrients, Micro Nutrients, Water
Unit 4:	Nutrients and Their Sources, Functions, and Effects on the Body-Macronutrients, Micronutrients, Minerals, Water

Block-2:	Food Groups
Unit 1:	Cereals & Millets
Unit 2:	Pulses, Nuts, and Oilseeds
Unit 3:	Milk and Milk Products
Unit 4:	Vegetables and Fruits
Unit 5:	Fats, Oils, Sugar, and Jiggery

Block-3:	Food and Metabolism
Unit 1:	Energy: Basic Concepts, Energy Imbalance, Concept of Metabolism, Metabolism of Carbohydrates, Lipids, and Proteins
Unit 2:	Anabolism and Catabolism, Caloric Requirement

Unit 3:	Factors Affecting Energy Requirement and Expenditure, Factors Affecting BMR (Basal Metabolic Rate)

Block-4:	Yogic Concept of Diet & Nutrition
Unit 1:	Concept of Ahara (Diet) and Mitahara (Moderation)
Unit 2:	Classification of Yogic Diet According to Traditional Texts
Unit 3:	Pathya and Apathya in Yogic Diet
Unit 4:	Diet According to Prakriti (Body Constitution) - Vata, Pitta, and Kapha

Block-5:	Swasthavritta
Unit 1:	Meaning, Definition, Aims, and Aspects of Swasthavritta
Unit 2:	Three Pillars of Swasthavritta
Unit 3:	Dincharya (Daily Regimen) & Ratricharya (Night Regimen)
Unit 4:	**Ritucharya (Seasonal Regimen)**

TEXT BOOKS

1. Balkrishna, A.(2013) .Ayurveda Sidhant Rahasya. ,Divya Prakashan.
2. Balkrishna, A . (2016).Ayurveda Jadi-Buti Rahasya. Divya Prakashana .
3. Gaur, S.K.(2019). Ayurvediya Shareer Kriya Vigyan. Nath Pustak Bhandar.

REFERENCE BOOKS

1. Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
2. Dennis Thompson: The Ayurvedic Diet, New age books, New Delhi, 2001.

COURSE DETAILS – 7

SUBJECT NAME – INTRODUCTION TO AYURVEDA

SUBJECT CODE – MPs-GE-107 (Elective)

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- Understand the basic principles of Ayurveda.
- Have knowledge of different techniques used in Ayurveda to cure general ailments.

- Have basic knowledge of Panchkarma and useful domestic herbal remedies.

Course Outcomes (COs):

After the completion of this course the student will be able to

- COs 1- Describe holistic approach of Ayurveda.
- COs 2- Apply and spread scientific use of ayurveda treatment.
- COs 3- Utilize basic knowledge of Panchkarma for keeping good health

Block-1:	Introduction to Ayurveda in General
Unit 1:	General introduction to Ayurveda; Definition, aim, origin, history and propagation
Unit 2:	An overview of the primary Ayurvedic literature, such as the Sushruta Samhita and Charaka Samhita
Unit 3:	Ayurvedic conception of health and its use in prevention and promotion of health.
Unit 4:	Ayurvedic fundamentals: Prakruti & Manas, Pancha Mahabhuta, Trimala, Tridosha, and Saptadhatu

Block-2:	Fundamentals of Ayurveda
Unit 1:	Agni, Srotas, and Ama's concept The Ayurvedic concept of Dharniya and Adharniya Vega
Unit 2:	Dravya, Guna, Karma, Virya, Vipaka, and Prabhava are introduced. Health and Disease Factors
Unit 3:	Ayurvedic method of diagnosis and examination. Disease Types, Four Treatment Pillars, and Body-Mind Treatment Principles.
Unit 4:	Characteristics of Vaidya and Shishya.

Block-3:	Ahara and Panchkarma
Unit 1:	Concept of Upasthambha; Concept of Ahara, Aharapachana, Pathya&Apathya in Ayurveda
Unit 2:	Concept of Ojas in Ayurveda; Role of Ayurvedic diet in health and prevention
Unit 3:	Introduction to Panchkarma as ShodhanChikitsa with its three domain Poorvakarma (Snehan&Svedan), Pradhan karma (Vaman, Virechan, Vasti, Nasya, Raktamokshan) and Paschat karma (Pachan, Rasayan and Vazikaran).

TEXT BOOKS

1. Balkrishna, A.(2013) .Ayurveda Sidhant Rahasya. ,Divya Prakashan.
2. Balkrishna, A . (2016).Ayurveda Jadi-Buti Rahasya. Divya Prakashana .
3. Gaur, S.K.(2019). Ayurvediya Shareer Kriya Vigyan. Nath Pustak Bhandar.

REFERENCE BOOKS

1. Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
2. Dennis Thompson: The Ayurvedic Diet, New age books, New Delhi, 2001.

COURSE DETAILS – 8

SUBJECT NAME – INTRODUCTION TO PHYSICAL EDUCATION (Elective)

SUBJECT CODE – MPs-GE -108 (Elective)

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- 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.

Course Outcomes (COs):

After the completion of this course the student 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

Block-1:	Introduction to Physical Education
Unit 1:	Definition of Physical Education, Aim, and Objectives
Unit 2:	Principles of Physical Education
Unit 3:	Relationship of Physical Education with General Education
Unit 4:	Misconceptions Regarding Physical Education and Personality Development

Block-2:	Philosophical aspect of Physical Education
Unit 1:	Meaning of Philosophy, Role of Philosophy in Physical Education
Unit 2:	Different Philosophies Applied to Physical Education- Idealism. Pragmatis, Realism, Naturalism, Existentialism
Unit 3:	Need and Importance of Different Philosophies in Modern Physical Education Program.

Block-3:	Biological Concept of Physical Education
Unit 1:	Definition and Importance of Biological Principles, Growth and Development
Unit 2:	Heredity and environment, Somato types, Sex differences
Unit 3:	Use, Disuse and Over use, Chronological, physiological and anatomical ages

Block-4:	Emerging Trends in Physical Education
Unit 1:	Career opportunities in Physical Education and Sports:As a Physical Education teacher, Coach / trainee ,Gym instructor, Physiotherapist.Psychologist., Dietitian.,Sports administrator/manager, Rehabilitator Adventure SportsWater Sports
Unit 2:	Worldwide therapeutic acceptance of Yoga, Fast growing professional in sports.

REFERENCE BOOKS

1. Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad P.B. Publications.
2. Barrow Harold M., "Man and movements principles of Physical Education", 1978.
3. Ravanes R.S., "Foundation of Physical Education", Houghton Millin Co. Boston USA (1978)

COURSE DETAILS – 9

SUBJECT NAME – COMMUNICATIVE ENGLISH

SUBJECT CODE – MPs-AECC-101

CREDIT: 2	CA: 20	SEE: 30	MM: 50

Course Objectives:

The course will

- Introduce the basic concepts of effective communication skills.

- Improve English communication of the students.

Course Outcomes:

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.

Block-1:	Concept of Communication
Unit 1:	Communication definition and concept
Unit 2:	Process, Elements and steps/phase of Communication
Unit 3:	Means, Methods, Mode of Communication
Unit 4:	Verbal-oral-written Communication. Non-verbal-sign language, Body Language.

Block-2:	Flow and Barriers of Communication
Unit 1:	Flow of Communication: Formal/Informal.
Unit 2:	Barriers of Communication- Intrapersonal, interpersonal & organizational
Unit 3:	Recapitulation- Linguistic Communication, Patter of Communication, Group Discussion
Unit 4:	History of English Communication and print Media in India.

Block-3:	Grammar and Usage
Unit 1:	Noun, Pronoun, Verb
Unit 2:	Adjective, Preposition, Conjunction
Unit 3:	Rules (Translation, Punctuation, Capitalization and Abbreviation Rules)
Unit 4:	Subject-Verb Agreement Rules, Sentence Correction Rules

Block-4:	Literature
Unit 1:	Active and Passive Voice
Unit 2:	Direct and Indirect Speech, Suffixes and Prefixes
Unit 3:	Antonyms and synonyms, Homophones and Homonyms & Letter writing
Unit 4:	Literature Summary: Key Aspects of Ramanujan's Life and Work

REFERENCE BOOKS

1. Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead effectively, by Helio Fred Garcia, 2012
2. Pone Communicates, Few Connect:'What the Most Effective People Do Differently. Maxwell, 2010
3. Interviewing: A Programmed Approach to Effective Communication, by David Dans, Margaret T. Hearn, Max R. Uhlemann and Allen E. Ivey, 2010
4. Art and Science of Communication: Tools for Effective Communication in the place, by P. S. Perkins and Les Brown, 2008
5. Listening Effective Groups: The Art of Small Group Communication, by Randy Fujishin,

SEMESTER II

COURSE DETAILS – 1

SUBJECT NAME – COUNSELING PSYCHOLOGY

SUBJECT CODE – MPs-CT-201

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- To gain the knowledge about guidance and counseling
- To know about importance of counseling in real life.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1- Adept in understanding about Counselling along with Practicum importance & experience.
- COs 2- Describe and explain the moral values of behaviour very well.
- COs 3- Apply counselling skills education, research, health, business, career and social areas of life.

Block-1:	Counselling Psychology
Unit 1:	Nature of Counselling Psychology
Unit 2:	**The Counsellor as a Role Model**
Unit 3:	The Counsellor's Needs, Emotional Involvement, and Counsellor Limits in Practice
Unit 4:	Difference Between Counseling and Psychotherapy

Block-2:	Expectations and Goals of Counseling
Unit 1:	Goals and Expectations of Counseling
Unit 2:	The Process of Counseling
Unit 3:	Basic Counseling Skills
Unit 4:	Role and Functions of the Counselor

Block-3:	The Counselling Interview
Unit 1:	History Taking

Unit 2:	Interviewing (Characteristics, Types, Techniques)
Unit 3:	Developing Case Histories
Unit 4:	Working with Other Professionals

Block-4:	Areas of Counseling
Unit 1:	Educational Counseling
Unit 2:	Career Counseling
Unit 3:	Family and Marital Counseling
Unit 4:	Counseling in Community Centers

Block-5:	Ethics in Counseling
Unit 1:	Need for Ethical Standards
Unit 2:	Ethical Codes and Guidelines
Unit 3:	Rights of Clients
Unit 4:	Dimensions of Confidentiality

REFERENCE BOOKS

1. C.J. Gelso and B.R. Fretz (1995). Counseling Psychology. Bangalore: Prism Books Pvt. Ltd.
2. A. David (2004). Guidance and Counseling. New Delhi: Common Wealth Publishers.
3. S. Gladding (2009), Counseling: A Comprehensive Profession, New Delhi: Pearson Eduation.
4. T.S. Sodi and S.P. Suri (2006). Guidance and Counseling. New Delhi: Tata McGraw Hill.
5. S.N. Rao (2002). Counseling and Guidance, New Delhi : McGraw Hill
6. Amarnath Rai and Madhu Asthana (2006). Guidance and Counselling. Varanasi: Motilal Banarasidas.

COURSE DETAILS – 2

SUBJECT NAME – PSYCHOPATHOLOGY

SUBJECT CODE – MPs-CT-202

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- 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.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1-Describe the basic concepts of mental health.
- COs 2-Spread awareness about mental health issues.
- COs 3-Identify the symptoms, causes and treatment of mental disorders.

Block-1:	Models of Mental Illness
Unit 1:	Overview of DSM-5 (Diagnostic and Statistical Manual of Mental Disorders) and ICD-10 (International Classification of Diseases)
Unit 2:	Historical Views of Abnormal Behavior
Unit 3:	Defining Normality and Abnormality
Unit 4:	Factors Influencing Mental Illness and Theories

Block-2:	Brain & Behaviour
Unit 1:	Concept of Brain & Behaviour
Unit 2:	Nervous System - Brain: Structure & Functions
Unit 3:	Spinal Cord & Other Parts of the Brain
Unit 4:	Peripheral Nervous System (SNS & ANS)

Block-3:	Anxiety Disorders
Unit 1:	**The Nature of Anxiety and Autonomic Arousal**
Unit 2:	Generalized Anxiety Disorder (GAD)
Unit 3:	Panic Disorder, Phobia
Unit 4:	Obsessive-Compulsive Disorder (OCD)

Block-4:	Mood Disorders
Unit 1:	Introduction to Mood Disorders
Unit 2:	Depressive Disorders
Unit 3:	Bipolar Disorder
Unit 4:	Treatment and Management of Mood Disorders

Block-5:	Psychotic and Cognitive Disorders
Unit 1:	Schizophrenia
Unit 2:	Cognitive Disorders

REFERENCE BOOKS

1. Buss, A.H. (1999). Psychopathology. New York: John Wiley and Sons.
2. Lamm, A. (1997). Introduction to Psychopathology. New York : Sage Publications
3. Davison, G.C., & Neals, J.M. (1996). Abnormal Psychology. New York: John Wiley and Sons.
4. Mohanty, G.B. (1998). Text Book of abnormal Psychology. New Delhi: Kalyani Publishers.

TEXT BOOKS

1. Singh, A.K. (2004). Modern Abnormal Psychology. Varanasi: Motilal and Banarashidas.
2. Veeraraghavan, V., & Singh, S. (2014). A textbook of Abnormal and Clinical Psychology. Mcgraw Hill Education (India) Private Limited.

COURSE DETAILS – 3

SUBJECT NAME – PSYCHOMETRY

SUBJECT CODE – MPs-CT-203

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- To gain familiarity with Psychometry and psychological measurement.
- To make students know about criteria of psychological test and the steps used in test construction.

Course Outcomes:

After completion of the course, students will be able to:

- COs 1- Describe the various aspects of Psychometry along with its applications.
- COs 2- Apply obtained knowledge in various settings like counseling and guidance.
- COs 3- Construct psychological tools.

Block-1:	Foundations of Psychometric

Unit 1:	Basics of Measurement Theory
Unit 2:	Speed vs. Power Test
Unit 3:	History of Psychological Testing

Block-2:	Test Construction
Unit 1:	Item Writing and Method of Scoring
Unit 2:	Steps in Test Construction
Unit 3:	Item Analysis – Meaning and Purpose,Item Difficulty, Difficulty Value, and Index of Discrimination

Block-3:	Standardization of tests
Unit 1:	Types of norms,
Unit 2:	Specificity of norms

Block-4:	Reliability and Validity
Unit 1:	Reliability: Meaning and Methods, Factors Influencing Reliability
Unit 2:	Validity: Meaning and Types, Factors Influencing Validity of the Test

Block-5:	Application of Tests
Unit 1:	Applications of Psychological Testing in Education
Unit 2:	Applications of Psychological Testing in Counseling and Guidance
Unit 3:	Applications of Psychological Testing in Other Settings
Unit 4:	Ethical Issues in Psychological Testing

REFERENCE BOOKS

1. Guilford, J. P. (1989). Psychometric Methods, New Jersey: John Wiley and Sons.
2. C. Jackson (2003). Understanding Psychological Testing, Mumbai: Jaico Publishings House.
3. Nunnaly, J. C. (1978). Psychometric Theory. New York: McGraw Hill.
4. Chandha, N. K. (1996). Theory and Practice of Psychometry. New Delhi: New Age international Publishers.

TEXT BOOKS

5. Chadha, N. K. (2009). Applied Psychometry. New Delhi: Sage Publications.
6. Singh, A.K. (1997). Tests, Measurement, Research Methods in Behavioural Sciences Patna: Bharati Bhawan.

COURSE DETAILS – 4

SUBJECT NAME – HEALTH PSYCHOLOGY

SUBJECT CODE – MPs-CT-204

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- To familiarize students with the concept of health psychology to live healthy life.
- To orient the students about management of stress.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1- Adept in the knowledge of psycho-somatic & somato -psychic approach of psychology and its relation with health.
- COs 2- Manage stress effectively.
- COs 3- Provide help in health sectors.

Block-1:	Introduction to Health Psychology
Unit 1:	Definition of Health Psychology, Early Research Literature in Health Psychology
Unit 2:	Current Research Literature in Health Psychology
Unit 3:	Health Psychology in India

Block-2:	Being a Health Psychologist and the Mind-Body Connection,
Unit 1:	The Role of a Health Psychologist in India, Traditional View of the Mind-Body Connection
Unit 2:	Psychosomatic Medicine**, Behavioral Medicine**

Block-3:	Stress and Illness
Unit 1:	**Meaning and Sources of Stress**
Unit 2:	Psychoneuroimmunology: Stress, Mood, and Immune Functioning
Unit 3:	Social Support and Immune Functioning
Unit 4:	Stress and Cardiovascular Disorders: Hypertension and Coronary Heart Disease (CHD)

Block-4:	Coping with Stress
Unit 1:	Coping Process
Unit 2:	Problem Solving and Emotional Regulation
Unit 3:	Cognition and Coping
Unit 4:	Causal Attributions, Explanatory Styles, and Eastern Approaches

Block-5:	The Future of Health Psychology
Unit 1:	Key Focus Areas in Health Psychology
Unit 2:	Emerging Challenges and Solutions in Health Psychology

REFERENCE BOOKS

1. Dimatteo, M.R. & Martin, L.R. (2010). Health Psychology. New Delhi: Dorling Kindersley Pvt. Ltd
2. Baum, A., R.J. Gatchel, R. J. & Krantz, D.S (1997). An Introduction to Health Psychology. New York: McGraw Hill.
3. Baum, A., Revenson, T.A & Singer, J.E. (2001). Handbook of Health Psychology. New Jersey: Lawrence Erlbaum.
4. Taylor, S.E. (1994). Health Psychology. New York: Random House.

TEXT BOOKS

5. Khokhar, C.P. (2007). A Text Book of Stress Coping and Health Meerut: Shalab Publication.

COURSE DETAILS – 5

SUBJECT NAME – PRACTICUM II

SUBJECT CODE – MPs-CT-205

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- To give an understanding of psychological tests with clinical practice applications.
- Introduction to the general principles of psychology through experimentation and testing.

Course Outcomes (COs):

After completion of the course, students will be able to:

- COS 1-Detect different mental illnesses using psychological tests.
- COs 2- Present scientific report of psychological qualities.
- COs 3- Carry out psychological testing across all aspects of life.

List of Practicum:

- ➢ **Any five of the following:¬**
  1. Defense Mechanism
  2. Emotional Maturity Scale
  3. Attribution Style
  4. Adjustment Inventory
  5. Mental Health Scale/Inventory
  6. Muller Lyer
  7. Two Hand Coordination
  8. Maze learning
  9. Aggression Scale
  10. Judging Emotions by Photographs

COURSE DETAILS – 6

SUBJECT NAME – YOGA, HEALTH AND TOURISM (Elective)

SUBJECT CODE – MPs-GE-206

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- To upgrade the knowledge of the latest trends in tourism particularly the health tourism in the country.
- Enable the students to define the trends, issues and challenges in the field of health tourism in India.

Course Outcomes (COs):

After completion of the course, the students will be able to:

- COs 1- Explain about the aspects and importance of health tourism.
- COs 2- Aware of various government policies related to medical tourism.
- COs3- Explain the basic concepts of health and medical tourism.

Block-1:	Introduction of Ancient Indian Culture
Unit 1:	The main characteristics of Ancient Indian Culture: Vishwa- Bandhutva, Sarva Dharm-Sambhav, The wonderful amalgamation of materiality and spirituality
Unit 2:	Geographical and ethnic profile
Unit 3:	Vedic Literature: Vedas, Brahman Granth, Aranyak, Upanishad, Vedang and Sutra Sahitya

Block-2:	Political Ideas and Institutions
Unit 1:	Origin, nature and functions of State
Unit 2:	Theories of kingship
Unit 3:	Republics, Monarchy and its feudal transformations

Block-3:	Social Institutions
Unit 1:	Origin and development of Varna system, Ashram System- Antiquity of the Ashram and its importance
Unit 2:	Position of women- their abilities and limitations, proprietary rights and right to education

Block-4:	Educational Institutions
Unit 1:	Education and educational Institutions: Concept and Aims, Relation between Master and disciple, centre of learning- Taxilla, Nalanda and Vikramshila
Unit 2:	Sanskar: Spiritual and material life education
Unit 3:	Purusharth: Teaching of Karma

Block-5:	Religious System

Unit 1:	Vedic Religion: Rigvedic Religion: Worship system and its scientific interpretation, Religion of Later Vedic Period: Worship system, Spiritual development, invaluable treasure of spiritual thought
Unit 2:	Life and teaching of Jain
Unit 3:	Life and teaching of Buddha, Shavishm, Vaishnavism and other Religious system

TEXTBOOKS

1. P.V. Kane: History of Dharmashatra Vol. I & II
2. P.H. Prabhu: Hindu Social Organization
3. Jai Shankar Mishra: Prachin Bharat Ka Samajik Itihas
4. R.B. Pandey: Hindu Sanskar

COURSE DETAILS – 7

SUBJECT NAME – PRINCIPLES OF VOCAL MUSIC

SUBJECT CODE – MPs-GE-207 (Elective)

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- The course intends to upgrade the knowledge of vocal music..
- Enable the students to understand the basic concepts of vocal music.

Course Outcomes (COs):

After completion of the course, the students will be able to:

- COs 1- Describe the basic concepts of Vocal Music along with its applications.
- COs 2- Explain the general principle of vocal music.
- COs3- Lead their life meaningful and happy.

Block-1:	Basic Definitions in Indian Classical Music
Unit 1:	Sangeet, Dhwani , Nada , Swara , Saptak , Alankar, Laya , Sama, Taal , Vadi, Samvadi , Vivadi , Anuvadi, Aroh , Avroh , Pakad, Khayal , Sthai , Antra, Thaat & its Names , Raag, Alaap, Jaati , Bhajan, Lokgeet, Lakshan Geet , Thumri
Unit 2:	Parichay of Raag Bhairav

Block-2:	The Origins of Sangeet and Sound
Unit 1:	Alankars and Swarlipi Paddhati of Vishnu Narayan Bhatkhande & Vishnu Digambar Palushkar
Unit 2:	Relation Between Life and Music
Unit 3:	Swastivachan Mantras, Patriotic Songs, Arya Samaj Bhajans, and Tansen

Block-3:	Twelve Swaras in Saptak
Unit 1:	Practice of "Om" in Khadaj Swar
Unit 2:	Twenty Alankars According to Kramik Pustak Malika-I
Unit 3:	Practice of Chota Khyal in Raag Bhairav and Two Taan

Block-4:	Koolgeet and Yagya Prarthna
Unit 1:	Practice of Koolgeet and Yagya Prarthna
Unit 2:	Practice of Five Swastivachan Mantras, Practice of Patriotic Songs
Unit 3:	Practice of Arya Samaj Bhajans and Hori Song

REFERENCE BOOK

1. Hamady, J. The Art Of Singing. Hal Leonard Corporation.

COURSE DETAILS – 8

SUBJECT NAME – ASPECTS OF ANCIENT INDIAN CULTURE

SUBJECT CODE – MPs-GE-208 (Elective)

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- To connect students with Indian culture, Institutions and religion.

- Create a sense of national unity among the students.

Course Outcomes (COs):

After completion of the course, the students will be able to:

- COs 1- Adept in aspects of ancient Indian Culture.
- COs 2- Create a healthy environment by knowing the religious systems.
- COs3- Respect and spread awareness about Indian culture and religion.

Block-1:	Introduction of Ancient Indian Culture
Unit 1:	The main characteristics of Ancient Indian Culture: Vishwa- Bandhutva, Sarva Dharm-Sambhav, The wonderful amalgamation of materiality and spirituality
Unit 2:	Geographical and ethnic profile
Unit 3:	Vedic Literature: Vedas, Brahman Granth, Aranyak, Upanishad, Vedang and Sutra Sahitya

Block-2:	Political Ideas and Institutions
Unit 1:	Origin, nature and functions of State
Unit 2:	Theories of kingship
Unit 3:	Republics, Monarchy and its feudal transformations

Block-3:	Social Institutions
Unit 1:	Origin and development of Varna system, Ashram System- Antiquity of the Ashram and its importance
Unit 2:	Position of women- their abilities and limitations, proprietary rights and right to education

Block-4:	Educational Institutions
Unit 1:	Education and educational Institutions: Concept and Aims, Relation between Master and disciple, centre of learning- Taxilla, Nalanda and Vikramshila
Unit 2:	Sanskar: Spiritual and material life education
Unit 3:	Purusharth: Teaching of Karma

Block-5:	Religious system
Unit 1:	Vedic Religion: Rigvedic Religion: Worship system and its scientific interpretation, Religion of Later Vedic Period: Worship system, Spiritual development, invaluable treasure of spiritual thought
Unit 2:	Life and teaching of Jain
Unit 3:	Life and teaching of Buddha, Shavishm, Vaishnavism and other Religious system

Books Recommended:

1. P.V. Kane: History of Dharmashatra Vol. I & II
2. P.H. Prabhu: Hindu Social Organization
3. Jai Shankar Mishra: Prachin Bharat Ka Samajik Itihas
4. R.B. Pandey: Hindu Sanskar

COURSE DETAILS – 9

SUBJECT NAME – COMPUTER APPLICATIONS

SUBJECT CODE – MPs-SECC-101

CREDIT: 2	CA: 20	SEE: 30	MM: 50

Course Objectives:

- 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.

Course Outcomes (COs):

After completion of the course, the students will be able to:

- COs 1- Describe the basic concepts of computer knowledge.
- COs 2- Apply computer knowledge in various organization sectors.
- COs 3- Improve their technical skills.

Block-1:	Computer System
Unit 1:	**Introduction to Computers,** Characteristics of Computers
Unit 2:	Applications of Computers
Unit 3:	Different Units of a Computer: Central Processing, Memory, Storage

Block-2:	Windows & MS Office
Unit 1:	Windows Operating System
Unit 2:	MS Office: MS Word, MS Excel & MS PowerPoint

Block-3:	Network and Communication
Unit 1:	Networking: Concept and Types
Unit 2:	Devices Used in Networking
Unit 3:	Basic Communication Components, Types of Transmission

Block-4:	Internet and Hotel & Travel Software
Unit 1:	Internet: Concept and Uses, Email: Opening an Account
Unit 2:	Information and Communication Technology (ICT)
Unit 3:	Computer Reservation System (CRS): Different Packages Used in Travel & Tourism Industry

REFERENCE BOOKS:

1. Leon Alexis and Mathews Leon: lntroduction to Computers, Vikas Publishing House Pvt Ltd. New Delhi
2. Bhatnagar S C and Ramani K V: Computers and information management. A Primer for Practicing Managers, New Delhi, Prentice Hall of India Pvt. Ltd.
3. Bansundara, S: Computer Today.
4. Goel Ritender and D N Kakkar: Computer Application in Management, New Age International Publishers, New Delhi.

SEMESTER III

COURSE DETAILS – 1

SUBJECT NAME – RESEARCH METHODS IN CLINICAL PSYCHOLOGY

SUBJECT CODE – – MPs-CT-301

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- To gain the knowledge about guidance and counseling
- To know about importance of counseling in real life.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1- Adept in understanding about Counselling along with Practicum importance & experience.
- COs 2- Describe and explain the moral values of behaviour very well.
- COs 3- Apply counseling skills education, research, health, business, career and social areas of life.

Block-1:	Research Process
Unit 1:	Nature of Scientific Research, Research Problem
Unit 2:	Hypothesis
Unit 3:	Variables and Controlling Methods

Block-2:	Types of Research
Unit 1:	Descriptive Research
Unit 2:	Experimental Research
Unit 3:	Qualitative Research
Unit 4:	Ex-Post Facto Research

Block-3:	Sample and Sampling
Unit 1:	Meaning and Purpose of Sampling
Unit 2:	Types of Sampling

Unit 3:	Sampling Error, Factors Affecting Sampling Error

Block-4:	Methods of Data Collection
Unit 1:	Observation Method, Interview Method, Questionnaire Method
Unit 2:	Content Analysis, Case Study Method
Unit 3:	Grounded Theory

Block-5:	Report Writing
Unit 1:	Research proposal and Report Writing based on APA Style
Unit 2:	Ethical issues in Psychological research

Reference Books:

1. F.N. Kerlinger (1973). Foundation of Behavioural Research, Delhi: Surjeet Publications.
2. L.H. Kidder (1981). Research Methods in Social Science. Tokyo: Holt Saunders.
3. Mohsin: Research Methods in behavioural Sciences, New Delhi; Longman.

Text Books

4. K.D. Broota (1992). Experimental Design in Behavioural Research, New Delhi: Willey Eastern.
5. A.K. Gupta and R. Singh (2009). Research Methodology, New Delhi: Vayu Education of India.

COURSE DETAILS – 2

SUBJECT NAME – NEURO-BIOLOGICAL PSYCHOLOGY

SUBJECT CODE – MPs-CT-302

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- To learn about biological foundations of behavior.
- To understand about physiology and importance of brain functions.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1-Describe the Neuro- biological Perspective of Psychology.
- COs 2- Explain how human behavior is affected through neurology.
- COs 3- Apply neuro-psychological mechanism human life.

Block-1:	Nature of Biopsychology
Unit 1:	Meaning and Approaches of Biopsychology, Major Divisions of Biopsychology
Unit 2:	Methods of Study and Research in Biopsychology
Unit 3:	Sensory Systems, Neurons
Unit 4:	Synaptic Transmission, Neurotransmitters

Block-2:	Nervous System
Unit 1:	Central Nervous System
Unit 2:	Peripheral Nervous System
Unit 3:	Autonomic Nervous System
Unit 4:	Neuroplasticity

Block-3:	Biological Basis of Affecters and Effectors, Biological Basis of Behaviour
Unit 1:	Sensory Systems, Motor System and Effectors
Unit 2:	Endocrine System and Chromosomal Anomalies
Unit 3:	Ingestive Behavior: Hunger and Thirst, Biological Basis of Sleep

Block-4:	Recent Advances in Neurophysiology
Unit 1:	Hemispheric Specialization and Localization
Unit 2:	Invasive Methods in Neurophysiology
Unit 3:	Non-Invasive Methods in Neurophysiology

Reference Books:

1. F. Leukel. (1985). Introduction to Physiological Psychology. New Delhi: CBS Publishers and Distributors.
2. Morgan, C.T. (1965). Physiological Psychology. New York: McGraw Hill.
3. Kalat, J.W. (1995). Biological Psychology. (7th Ed.) Wadworth, Thomson Learning, Belmont, CA, USA.
4. Carlson, N.R. (1994). Physiological Psychology. (5th Ed), Boston: Allyn Baco

Text Books

5. Tiwari, G & Pal, R. (1985). Experimental Psychology: A Dynamic Approach. Agra: Vinod Pustak Mandir.
6. Tiwari, B.D. (2001). Modern Physiological Psychology. Varanasi: Motilal Banarasidas.

COURSE DETAILS – 3

SUBJECT NAME – SOCIAL PSYCHOLOGY

SUBJECT CODE – MPs-DSE-303

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- 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.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1-Describe various aspects of social psychology in different scenario.
- COs 2- Explain and analyse social structure of India in scientific way.
- COs 3- Resolve various social issues of the society.

Block-1:	Introduction to Social Psychology
Unit 1:	Scientific Nature of Social Psychology, History and Scope of Social Psychology
Unit 2:	Advances at the Boundaries
Unit 3:	Social Relationships and Well-Being

Block-2:	Methods of Social Psychology
Unit 1:	Systematic Observation
Unit 2:	Correlation: The Search for Relationships
Unit 3:	The Experimental Method
Unit 4:	Mediating Variables and Causality, Meta-Analysis

Block-3:	Aggression
Unit 1:	Theories of Aggression, Causes of Human Aggression
Unit 2:	Aggression in Different Settings
Unit 3:	Reduction of Bullying

Block-4:	Group and Social Influence
Unit 1:	Social Facilitation and Social Loafing
Unit 2:	Conformity: Influence of Groups and Norms, Emergence of Social Norms
Unit 3:	Compliance: Principles and Tactics

Block-5:	Social Issues in India
Unit 1:	Domestic Violence,Poverty
Unit 2:	Alcoholism, Migration, Practical Exposure

Reference Books:

1. Baron, R.A. & Byrne, D. (2000). Social Psychology: fourteenth edition, New Delhi: Prentice Hall of India Pvt. Ltd.
2. Myers, D. (2007.) Social Psychology. New Delhi: Cengage Learning.

Text Books

3. Singh, A.K. (2009). An outline of Social Psychology. New Delhi: Motilal Banarasi Das.
4. S. Mohamad (2009). Advanced Social Psychology. New Delhi: Motilal Banarasi Das.

COURSE DETAILS – 4

SUBJECT NAME – HUMAN RESOURCE MANAGEMENT

SUBJECT CODE – MPs-DSE-304

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- 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.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1-Describe various aspects of social psychology in different scenario.
- COs 2- Explain and analyse social structure of India in scientific way.
- COs 3- Resolve various social issues of the society.

Block-1:	Fundamentals of Human Resource Management
Unit 1:	Meaning, Scope, and Importance of HRM
Unit 2:	Assumptions and Characteristics of HRM
Unit 3:	Difference Between Personnel Management and HRM

Block-2:	Acquisition of Human Resources
Unit 1:	Human Resource Planning
Unit 2:	Job Analysis and Assessment
Unit 3:	Recruitment and Selection

Block-3:	Industrial Relations
Unit 1:	Nature and Objectives of Industrial Relations
Unit 2:	Importance and Approaches in Industrial Relations
Unit 3:	Strategy and Role of HRM in Industrial Relations

Block-4:	Performance Appraisal
Unit 1:	Performance Management System, Performance Appraisal Process
Unit 2:	Methods of Performance Appraisal
Unit 3:	Creating an Effective Personnel Management System

Block-5:	Job Satisfaction and Well-Being in Organizations
Unit 1:	Meaning, Nature, and Factors of Job Satisfaction
Unit 2:	Theories of Job Satisfaction,Importance of Job Satisfaction

Reference Books:

1. De Cenzo, D.A. & Robbins,S.P. (1999). Human Resource Management. New York,NY: John Wiley and Sons.
2. Varkkey, B. (2008) Human Resource Management. New Delhi, ND:Pearson Education.
3. Hersy, P. &Blanchard, K.H. (1995). Management of Organizational Behaviour: Utlizing Human Resources. New Delhi,ND: Prentice Hall of India Pvt. Ltd.
4. Dessler, G. (1998). Human Resource Management. New Delhi, ND:Prentice Hall of India Pvt. Ltd.

Text Books:

5. Sudha, G.S. (2008). Human Resource Management. Jaipur, Ramesh Book Depot.
6. Kaila, H.L. (2006). Industrial Organizational Psychology. New Delhi, ND:Kalpaz Publication.

COURSE DETAILS – 5

SUBJECT NAME – POSITIVE PSYCHOLOGY

SUBJECT CODE – MPs-DSE-305

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- 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.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1-Gain expertise in the field of role of positivity for psychological well –being.
- COs 2- Adept in the interconnectivity between thoughts, emotion and mental health and physical health.
- COs 3- Apply positive health perspectives of life

Block-1:	Introduction to Positive Psychology
Unit 1:	Concept of Positive Psychology
Unit 2:	Historical and Philosophical Traditions: Western Influence, Eastern Influences

Block-2:	Resilience
Unit 1:	Meaning and Definition of Resilience, Roots of Resilience Research
Unit 2:	Resilience Resources, Positive Youth Development
Unit 3:	Successful Aging and Resilience
Unit 4:	Strategies for Promoting Resilience in Children and Youth

Block-3:	Emotional Intelligence (EI)
Unit 1:	Salovey & Mayer's Ability Model of Emotional Intelligence
Unit 2:	Emotion-Focused Coping and Adaptive Potential of Emotional Approaches
Unit 3:	Life Enhancement Strategies through EI

Block-4:	Self-Efficacy
Unit 1:	Definition of Self-Efficacy
Unit 2:	Childhood Antecedents of Self-Efficacy,
Unit 3:	The Neurobiology of Self-Efficacy
Unit 4:	Self-Efficacy's Influence in Life Areas

Block-5:	Optimism
Unit 1:	Definition of Optimism, Childhood Antecedents of Learned Optimism
Unit 2:	The Neurobiology of Optimism and Pessimism,What Learned Optimism Predicts

Reference Books:

1. Snyder, C.R., & Lopez, S.J. (2002). Handbook of positive Psychology. New York: Oxford University.
2. David, S, A., Boniwell, I & Ayers, A.C. (2013). The oxford handbook of happiness. Oxford: Oxford University.

Text Books

3. Kumar, V., Archana, & Prakash, V. (2015). Positive Psychology-Application in work, health and well-being. Delhi& Chennai, India:Pearson.

COURSE DETAILS – 6

SUBJECT NAME – YOGA AYURVEDA AND MENTAL HEALTH

SUBJECT CODE – MPs-DSE-306

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- 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.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1-Apply the knowledge of yoga and Ayurveda, to overcome the problems of daily life.
- COs 2- Provide solution for mental diseases from the root
- COs 3- Spread awareness about herbal medicine and its utility.

Block-1:	Concept of Mental Health and Illness
Unit 1:	Health According to WHO, Yoga and Ayurveda Perspectives on Health
Unit 2:	Concept of Mental Health, Classifications of Mental Illness
Unit 3:	Diagnostic Manuals for Mental Disorders

Block-2:	General Introduction to Yoga
Unit 1:	Meaning and Definition of Yoga
Unit 2:	Yoga Practices for a Healthy Life
Unit 3:	Importance of Yoga in Therapy and Research
Unit 4:	Main Streams of Yoga and Their Effects

Block-3:	Concept of Mind and Mental Health with Reference to Patanjali Yog Darshan
Unit 1:	Concept of Chitta (Mind) and Its States, Chitta Bhoomi: Levels of Consciousness
Unit 2:	Chitta Vrittis and Their Types, Chitta Vritti Nirodhopaya (Abhyasa-Vairagya), Chitta Vikshep (Mental Obstacles), Chitta Prasadan (Purification of Mind), Om Chanting and Its Effects on Mental Health
Unit 3:	Importance of Ashtanga Yoga for Mental Health,Kleshas: Yogic Causes of Mental Illness, Measures for Klesha Elimination

Block-4:	General Introduction to Ayurveda
Unit 1:	Ayurveda: Meaning, Definition, and Purpose, Principles of Diagnosis and Testing in Ayurveda
Unit 2:	Concept, Types, and Functions of:Doshas (Vata, Pitta, Kapha),Dhatus (Tissues)Mala (Excretory Products, Indriyas (Senses), Agni (Digestive Fire), Prana (Life Force)
Unit 3:	Prakriti (Constitutional Types) and Related Mental Disorders
Unit 4:	Ayurvedic Panchakarma Therapy

Block-5:	Yoga and Ayurveda for Managing Mental Illness
Unit 1:	Concept of Yogic Counseling, Skills of Counseling in Yoga and Ayurveda
Unit 2:	Yoga and Ayurveda for Managing Mental Disorders, Overview and Therapeutic Benefits of Major Herbs

Reference Books:

1. Frawley, D. (1997). Ayurveda and the Mind: The Healing of Consciousness. Delhi, India: Motilal Banarsidass.

Text Books:

2. Ramdev, S. (2004). Yog Saadhna Evam Yog Chikitsa Rahasya. Haridwar, India: Divya Prakashan.
3. Ramdev, S. (2007). Pranayam Rahasya. Haridwar, India: Divya Prakashan. Balkrishna, A. (2017). A practical approach to the science of Ayurveda : A Comprehensive Guide for Healthy Living. Haridwar, India: Divya Prakashan..

SUBJECT NAME – CASE STUDY

SUBJECT CODE – MPs-CP-307

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objective:

- 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.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1 - Gain expertise in taking the case history, MSE, along with Follow up & other required elements with skilful approach.
- COs 2- Provide scientific treatment recommendations of various physical and mental problems.
- COs 3- Assist clinical psychologists and health care expert.

Guidelines:

Students have to prepare two case studies in clinical setting and will actually do counseling under supervision. They will present

- Their own particular difficulties with the client, as well as their own issues of transference and other personal issues that get triggered off in relation to client's issues.
- Administration of tests as per requirement.

COURSE DETAILS – 8

SUBJECT NAME – ENVIRONMENTAL SCIENCE

SUBJECT CODE – MPs-AECC-102

CREDIT: 2	CA: 20	SEE: 30	MM: 50

Course Objectives:

- 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.

Course Outcomes (COs):

After completion of the course, the students will be able to:

- COs 1- Gain expertise in the holistic approach of Environmental Science.
- COs 2- Aware of various environmental policies.
- COs 3- Provide help in the formation of eco-friendly atmosphear.

Block-1:	Introduction to Environmental Studies and Ecosystem
Unit 1:	Multidisciplinary Nature of Environmental Studies, **Scope and Importance**
Unit 2:	Ecosystem, Energy Flow in an Ecosystem
Unit 3:	Case Studies of Ecosystems

Block-2:	Natural Resources: Renewable & Non-renewable Resources
Unit 1:	Land Resources and Land Use Change, Land Degradation, Soil Erosion, and Desertification
Unit 2:	Deforestation: Causes and Impacts
Unit 3:	Water Resources, Energy Resources

Block-3:	Biodiversity & Conservation
Unit 1:	Levels of Biological Diversity, Bio geographic Zones of India
Unit 2:	Biodiversity Patterns and Global Hotspots, India as a Mega-Biodiversity Nation
Unit 3:	Endangered and Endemic Species of India, Threats to Biodiversity, Conservation of Biodiversity

Block-4:	Environmental Pollution, Policies & Practices
Unit 1:	Environmental Pollution, Air, Water, Soil, and Noise Pollution

Unit 2:	Nuclear Hazards and Human Health Risk, Solid Waste Management
Unit 3:	Environmental Policies & Practices, Human-Wildlife Conflicts and Tribal Rights

Text Books:

1. Bharucha, E. 2003, Textbook for Environmental Studies, University Grants Commission, New Delhi and Bharati Vidyapeeth Institute of Environmental Education and Research, Pune. 361.
2. Carson, Rachel. 1962. Silent Spring (Boston: Houghton Mifflin, 1962), Mariner Books, 2002.
3. Economy, Elizabeth. 2010. The River Runs Black: The Environmental Challenge to China's Future.

REFERENCE BOOKS:

4. Gleeson, B. and Low, N. (eds.) 1999. Global Ethics and Environment, London, Routledge
5. Heywood V.H. & Watson, R.T. 1995. Global Biodiversity Assessment. Cambridge University Press.

SEMESTER IV

COURSE DETAILS – 1

SUBJECT NAME – STATISTICAL TECHNIQUES AND EXPERIMENTAL DESIGNS

SUBJECT CODE – MPs-CT-401

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- 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

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1-Gain expertise in the application and usage of various useful statistical techniques.
- COs 2-Familiar with the use of current software used in this field.

- COs 3-Utilize statistical knowledge in the field of research, health and business.

Block-1:	Measures of Central Tendency and Variability
Unit 1:	Introduction to Measures of Central Tendency
Unit 2:	Measures of Variability
Unit 3:	Coefficient of Variation and Percentiles
Unit 4:	Frequency Distributions and Applications

Block-2:	Test of Statistical Significance
Unit 1:	Introduction to Statistical Significance
Unit 2:	Parametric vs. Non-Parametric Tests
Unit 3:	Parametric Test: t-test
Unit 4:	Non-Parametric Tests

Block-3:	Correlation
Unit 1:	Introduction to Correlation
Unit 2:	Product Moment Correlation (Ungrouped Data)
Unit 3:	Rank Difference Correlation (Spearman's Rank Correlation)
Unit 4:	Special Correlations – Biserial and Point Biserial

Block-4:	Normal Distribution and Factor Analysis
Unit 1:	Normal Distribution and the Normal Probability Curve (NPC)
Unit 2:	Factor Analysis – Introduction and Assumptions
Unit 3:	Methods of Factor Analysis
Unit 4:	Rotation and Interpretation in Factor Analysis

Block-5:	SPSS and Experimental Design
Unit 1:	Introduction to SPSS and Related Tools for Research
Unit 2:	Introduction to Experimental Design
Unit 3:	Analysis of Variance (ANOVA)
Unit 4:	Performing ANOVA in SPSS

Note:

1. Students can use simple calculator (Without Programming/Nonscientific) during the Examination.
2. Statistical Tables will be provided during the Examination.

Reference Books:

1. Haslam, S.A., & Mcarty, C. (2003). Research Methods and Statstics in Psychology. London: Sage Publication.
2. Siegal, S. (1994). Non-Parametric Statistics for Behavioural Sciences. New York: McGraw Hill.
3. Guilford, P. (1975). Fundamental Statistics in Psychology and Education. New York: Mc Graw Hill

Text Books:

4. Gareett, H.E. (2005). Statistics in Psychology and Education. New Delhi. Paragon International Publishers.

COURSE DETAILS – 2

SUBJECT NAME – PSYCHOTHERAPY

SUBJECT CODE – MPs-CT-402

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- To provide knowledge about different therapies
- To create understanding and awareness about the use of therapies in professional life.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1- Explain and analyze the basic concepts & application of various psycho therapies techniques.
- COs 2- Able to solve practical problems appropriately.
- COs 3- Utilize psychotherapeutic skills in health sectors.

Block-1:	Psychotherapies
Unit 1:	Concept of Psychotherapy
Unit 2:	Roles and Responsibilities of the Therapist
Unit 3:	The Client and Therapist Relationship
Unit 4:	Ethical Issues in Psychotherapy

Block-2:	Psychodynamic Therapy
Unit 1:	Freudian Psychoanalysis
Unit 2:	Alfred Adler
Unit 3:	Erik Erikson

Block-3:	Behaviour Therapy
Unit 1:	Guided Exposure, Systematic Desensitization
Unit 2:	Aversion Therapy, Assertion Training
Unit 3:	Modelling, Biofeedback

Block-4:	Cognitive Behaviour Therapy
Unit 1:	Beck's Cognitive Therapy
Unit 2:	Rational Emotive Behavior Therapy (REBT)
Unit 3:	Michenbaum's Cognitive Behavioral Therapy

Block-5:	Humanistic Therapies
Unit 1:	Person-Centered Therapy (Carl Rogers)
Unit 2:	Existential Therapy
Unit 3:	Transactional Analysis (TA)
Unit 4:	Interpersonal Relationship Therapy, Marital and Family Therapy

Reference Books:

1. G. Corey (2001). Theory and Practice of Counselling and Psychotherapy. Belmont CA: Brooks Cole.
2. S. Culari (1998). Foundations of Clinical Psychology. New York: Allyn and Bacon.

3. T. Plante (2005). Contemporary Clinical Psychology, New York: John Wiley and Sons.
4. R. Erskine (1988) Integrative Psychotherapy in Action, New York: Sage Publicatiions
5. A Bandura (1969). Principle of Behaviour Modification. New York: Holt Rinehard and Winston.
6. G.D. Rastogi (1991). Psychopathology and Treatment. New Delhi: Wiley Eastern Ltd.
7. M.B. Ghorpade and V.B. Kumar (1988). Introduction to Modern Psychotherapy. New Delhi: Himalaya Publishing House.

COURSE DETAILS – 3

SUBJECT NAME – INDIGENOUS TECHNIQUES IN PSYCHOTHERAPY

SUBJECT CODE – MPs-DSE-403

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- To provide knowledge about different Indian therapies
- To create understanding and awareness about the use of therapies in professional life.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1- Gain expertise in the Indigenous approach of psychotherapy along with its various applications.
- COs 2- Make their life successful by accepting the truth of Indian knowledge
- COs 3- Spread and create psycho-yogic changes in the field of health.

Block-1:	Eastern Assumptions of Mental Disorder
Unit 1:	Introduction - Eastern Assumptions of Mental Disorder
Unit 2:	Historical Background of Mental Disorders in India
Unit 3:	Significance & Importance of Indian Mental Disorders in the Present Scenario

Block-2:	Mental Disorder & Concept of Diagnosis
Unit 1:	Yogic Assumption of Mind and Mental Disorder
Unit 2:	Causes of Mental Disorder in Yoga Shastra
Unit 3:	Taap-Traya (Three Causes of Suffering), Types of Mental Disorders in Yoga Shastra

Block-3:	Psychotherapy in Yogasastra
Unit 1:	Characteristics of Yoga Psychotherapist, Techniques of Psychotherapy in Atherveda, Athervani, Angirasi, Daiveya Manusyai
Unit 2:	Psychotherapy in Ram Charitra Manas & Bhagavad Gita
Unit 3:	Psychotherapy in Yoga Darshan

Block-4:	Yoga Psychotherapy in Psychological Context
Unit 1:	Yoga Psychotherapy - Classification Based on Psychological Approaches:
Unit 2:	Psychodynamic Approaches in Yoga Psychotherapy:
Unit 3:	Homa Therapy: Concept & Applications

Block-5:	Management of Mental Disorder Through Music Therapy
Unit 1:	Meaning & Application of Music Therapy
Unit 2:	Healing of Tridosha Through Music Therapy
Unit 3:	Effect of Om Chanting & Gayatri Mantra

Reference Books:

1. Taimni, I. K. (1961). The science of yoga. Adyar, India: The Theosophical Society of India.
2. Feuerstein, G. (2002). The yoga tradition: Its history, literature, philosophy and practice. Delhi, India: Bhavana Books and Prints.

Text Books:

3. Sinha, J.N. (1969) Indian epistemology of perception. Sinha Publishing House.
4. Dalal, A.S. (2004) A greater psychology, Pondicherry: Sri Aurbindo ashram Press.

COURSE DETAILS – 3

SUBJECT NAME – THERAPEUTIC TECHNIQUES

SUBJECT CODE – MPs-DSE-404

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- To gain knowledge about different therapies
- To create understanding and awareness about the use of therapies in professional life..

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1- Describe different approaches of therapeutic techniques.
- COs 2- Utilize western knowledge of psychotherapies
- COs 3- Apply psychotherapeutic knowledge in the betterment of life.

Block-1:	Psychotherapies:
Unit 1:	Concept, Roles and responsibilities,
Unit 2:	The Client and therapist Relationship,
Unit 3:	Ethical issues.

Block-2:	Psychodynamic Therapy
Unit 1:	Freudian Psychoanalysis
Unit 2:	Alfred Adler and Erik Erikson

Block-3:	Behavior Therapy
Unit 1:	Guided Exposure, Systematic desensitization,
Unit 2:	Aversion Therapy, Assertion training
Unit 3:	Modeling, Biofeedback

Block-4:	Cognitive Behaviour Therapy
Unit 1:	Beck's Cognitive Therapy
Unit 2:	Rational emotive behavior Therapy
Unit 3:	Michenbaum's cognitive behaviour therapy

Block-5:	Humanistic Therapies
Unit 1:	Person centered therapy- Gestalt Therapy, existential therapy.
Unit 2:	Transactional therapy, Interpersonal Relationship Therapy- Marital and Family Systems Therapy

Reference Books:

1. G. Corey (2001). Theory and Practice of Counselling and Psychotherapy. Belmont CA: Brooks Cole.
2. S. Culari (1998). Foundations of Clinical Psychology. New York: Allyn and Bacon.
3. T. Plante (2005). Contemporary Clinical Psychology, New York: John Wiley and Sons.
4. R. Erskine (1988) Integrative Psychotherapy in Action, New York: Sage Publicatiions
5. M.B. Ghorpade and V.B. Kumar (1988). Introduction to Modern Psychotherapy. New Delhi: Himalaya Publishing House.
6. A Bandura (1969). Principle of Behaviour Modification. New York: Holt Rinehard and Winston.

Text Books:

7. G.D. Rastogi (1991). Psychopathology and Treatment. New Delhi: Wiley Eastern Ltd.

COURSE DETAILS – 4

SUBJECT NAME – TELEPSYCHOLOGY AND DIGITAL MENTAL HEALTH
SUBJECT CODE – MPs-DSE-405

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- To understand the foundational concepts of telepsychology and digital mental health.
- To develop practical skills in implementing telepsychological interventions.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1- Apply the key concepts of telepsychology and digital mental health.
- COs 2- Evaluate the ethical, legal, and practical considerations of telepsychology.
- COs 3- Implement digital tools and platforms for remote mental health assessments and interventions.

Block-1:	Introduction to Telepsychology and Digital Mental Health
Unit 1:	Overview of Telepsychology, Digital Mental Health Tools
Unit 2:	Technology in Mental Health Assessment
Unit 3:	Telepsychology for Different Populations

Block-2:	Applications of Telepsychology in Clinical Practice
Unit 1:	Remote Therapy and Counseling
Unit 2:	Telepsychology for Crisis Intervention
Unit 3:	Group Therapy in a Digital Space, Telepsychology in Family and Couples Therapy

Block-3:	Ethical, Legal, and Practical Considerations
Unit 1:	Ethical Guidelines in Telepsychology
Unit 2:	Legal Framework for Telepsychology
Unit 3:	Practical Issues in Implementing Telepsychology
Unit 4:	Telepsychology in Specialized Areas of Therapy

Block-4:	Future Directions and Challenges in Telepsychology
Unit 1:	The Future of Telepsychology, Challenges to Telepsychology
Unit 2:	Integrating Telepsychology with Public Health Initiatives
Unit 3:	Long-Term Impact and Sustainability of Telepsychology

Reference Books:

1. Wampold, B., & Kazdin, A. E. (Eds.). (2021). *Telepsychology and telehealth: A guide to best practices*. American Psychological Association.
2. Luxton, D. D. (2015). *Digital mental health: A guide for practice*. Springer.
3. Street, R. L., Jr., Milne, D. W., & Cappella, M. S. (Eds.). (2019). *Handbook of eHealth evaluation: An evidence-based approach*. University of California Press.

Textbooks:

4. Darkins, A. W., & Cary, M. E. E. (2015). *Telemedicine and telehealth: Principles, policies, and practice*. Springer.
5. Hofmann, S. G., & Persons, J. B. (2020). *Digital mental health: Cognitive behavioral therapy and beyond*. Springer.

COURSE DETAILS – 5

SUBJECT NAME – STRESS MANAGEMENT

SUBJECT CODE – MPs-DSE-406

CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course Objectives:

- To gain knowledge about Stress Management.
- To create understanding and awareness about the therapeutic approaches to Stress Management.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1- Gain expertise in the understanding of stress and its management..
- COs 2- Organize stress management workshops in various government and public institutions.
- COs 3- Apply stress management skills in various areas of life.

Block-1:	Organizational Stress
Unit 1:	Meaning of Stress, Individual Factors Influencing Job Stress, Different Perspectives of Stress
Unit 2:	Symptoms of Stress, Conflict - Concept and Types of Conflict
Unit 3:	Stages and Sources of Conflict, Approaches to Conflict Resolution

Block-2:	Causes of Job Stress
Unit 1:	Personal Characteristics, Organizational Structure and Change
Unit 2:	Properties of Work and Work Setting, Job Role, Machine Pacing, and Shift Work
Unit 3:	Coping with Stress – Types of Coping Strategies

Block-3:	Consequences of Job Stress
Unit 1:	Job Behavior, Job Satisfaction
Unit 2:	Performance, Absenteeism
Unit 3:	Health Strains – Physical and Psychological Symptoms

Block-4:	Stress Management Interventions
Unit 1:	Individual-Centered Approaches
Unit 2:	Organization-Centered Approaches

Block-5:	Therapeutic Approaches to Stress Management
Unit 1:	Counseling, Hypno-Suggestive Therapy, Hypnosis
Unit 2:	Self-Talk, Music Therapy

Reference Books:

1. 1.Pestonjee, D.M. (1992). Stress and Coping. New Delhi, ND: Sage Publications.
2. Davis, K. (1981). Human Behaviour at Work: Organizational Behaviour. New Delhi, ND: Tata McGraw Hill.
3. Pestonjee, D.M. (1991). Motivation and Job Satisfaction. New Delhi, ND: Macmillan India Ltd.

Text Books:

4. Gosh, P.K.,&Ghorpade, M.B (1991). Industrial and Organizational Psychology. New Delhi, ND: Himalaya Publishing House.
5. Srivastava ,A.K. (1999). Management of Occupational Stress: Theory and Practice. New Delhi, ND: Gyan Publishing House.

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COURSE DETAILS – 6

SUBJECT NAME – DISSERTATION/PROJECT WORK/FIELD

TRAINING

SUBJECT CODE – MPs-CP-407

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CREDIT: 4	CA: 30	SEE: 70	MM: 100

Course objectives:

- Assess the student's mastery level of the factual information and the theoretical concepts, and the methodological approaches.

Course Outcomes (COs):

After the completion of this course students will be able to:

- COs 1- Conduct original research including: Literature review and generation of hypothesis
- COs 2- Apply an appropriate techniques of research methodology.
- COs 3 – Analyze Statistical data with report writing skill.

The students securing a minimum of 70% marks in total in I, II and III Semester examination (Subject to clearing all the theory and practical papers) will have an opportunity to select a Dissertation Work (100 Marks) in lieu of only 4th paper of IV semester. The student opting for Dissertation will select a topic related to his/her group of specialization (Clinical Psychology) with the help of supervisor (one of the faculty member) and later on submit an

application along with relevant information through the supervisor to the Head of the Department within 30 days from the declaration of the result of III semester. The students securing less than 60% marks in total I, II, and III will have prepare project report. The dissertation in typed form (two copies) following APA manual between seventy-five to hundred pages shall be submitted on or before 30th April to the Head of the Department along with Supervisor certificate.

Division of Marks:

Report Writing :   70 Marks

Viva Voce   :   30 Marks

Total   :   100 Marks

COURSE DETAILS – 7

SUBJECT NAME – BASIC SANSKRIT

SUBJECT CODE – MPs-SECC-102

CREDIT: 2	CA: 20	SEE: 30	MM: 50

Course Objectives:

- 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.

Course Outcomes (COs):

After completion of the course, the students will be able to

- COs 1- Describe the basic understanding and aspects of Sanskrit language along with grammatical aspects.
- COs 2 – Communicate in Sanskrit language.
- COs 3 - Promote Sanskrit language in current scenario.

Block-1:	संस्कृत भाषापरिचय
Unit 1:	संस्कृत भाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्त्व और योग एवं संस्कृत का अन्तःसम्बन्ध।
Unit 2:	माहेश्वरसूत्र। संस्कृतवर्णमाला, स्वर, व्यंजन वर्णज्ञान सहितरोमन लिपि में लेखन एवं पठन।

Unit 3:	वर्णों के उच्चारणस्थान और प्रयत्न ज्ञान।प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान।
Unit 4:	वाक्याङ्ग, कारक, विभक्ति (सुप् और तिङ्), लिङ्ग ,वचन, पुरुष, लकार। अव्यय परिचय और संस्कृत संख्याएं (एक से सौ तक)☐

Block-2:	शब्दरूपपरिचय
Unit 1:	अजन्तः- शब्दरूप- राम, हरि, गुरु, रमा, पुस्तक,शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित
Unit 2:	हलन्त – :जगत्, भगवत्, राजन् शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित
Unit 3:	सर्वनाम शब्दरूप -अस्मद्,युष्मद्, तत्)स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में(, एतद्)स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में(, यद्)स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में(, किम्)स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग मेंशब् (

Block-3:	वाक्य निर्माण संधि व क्रियापदपरिचय (वाक्यरचनाअनुवादश्)
Unit 1:	सन्धि कि परिभाषा व प्रकार सन्धियों का ज्ञान एवं सन्धि विच्छेद का (एवं विसर्ग ,हल् ,अच्) अभ्यास ।
Unit 2:	हल् श्चुत्व ष्टुत्व) (व्यञ्जन), चर्, जश्, अनुस्वार, परसवर्ण, अनुनासिक, षत्व, णत्वएवं (सत्व) विसर्ग, रत्व, उत्व(ओत्व)लोपसन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास ।
Unit 3:	भू, पठ् , लिख्, गम्, कृ, (लट्, लृट्, लोट्, लङ् , विधिलिङ्लत्रम्)

Block-4:	पातञ्जलयोगसूत्रम् (२५सूत्राणि-१) समाधिपादः –
Unit 1:	योग सूत्रस्मरण) मूलपाठ (
Unit 2:	योग सूत्र व्याख्या
Unit 3:	योग सूत्र निबंधात्मक प्रश्न

निर्धारित ग्रंथ

1. व्याकरणचन्द्रोदय – (१)डा०आचर्यासाध्वीदेवप्रिया, दिव्य प्रकाशन , हरिद्वारम्
2. योगदर्शन स्वामिरामदेव –, दिव्य प्रकाशन, हरिद्वारम्

संदर्भ ग्रंथाः

3. सरलकुलकर्णी .तिरुमल पि .प्रो -कठिनसंस्कृतम्-
4. Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004

5. Kala MR : A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011

6. DEVAVANIPRAVESIKA- : Robert p. Goldman: MLBD-NEWDELHI.

COURSE DETAILS – 7

SUBJECT NAME – DISSERTATION/PROJECT WORK/FIELD TRAINING

SUBJECT CODE – MPs-CP-407

CREDIT: 4	CA: 30	SEE: 70	MM: 100

The students securing a minimum of 70% marks in total in I, II and III Semester examination (Subject to clearing all the theory and practical papers) will have an opportunity to select a Dissertation Work (100 Marks) in lieu of only 4th paper of IV semester. The student opting for Dissertation will select a topic related to his/her group of specialization (Clinical Psychology) with the help of supervisor (one of the faculty member) and later on submit an application along with relevant information through the supervisor to the Head of the Department within 30 days from the declaration of the result of III semester. The students securing less than 60% marks in total I, II, and III will have prepare project report. The dissertation in typed form (two copies) following APA manual between seventy-five to hundred pages shall be submitted on or before 30th April to the Head of the Department along with Supervisor certificate.