

Syllabus
M.A./M.Sc.
Applied Psychology
University
of
Calcutta
2018

Orientation of courses in four semesters for M.A./M.Sc. in Applied Psychology

1st Semester		Marks	Credit
APSY 101	Applied Cognitive Psychology	50	4
APSY 102	Personality Theories And Their Application	50	4
APSY 103	Applied Social Psychology And Social Problems	50	4
APSY 104	Practical On Cognitive Functioning	50	4
APSY 105	Practical On Personality Testing And Applied Social Psychology	50	4
		150 (theoretical) + 100 (practical) = 250	12 (theoretical) + 8 (practical) = 20

2nd Semester

APSY 201	Research Methodology	50	4
APSY 202	Psychometry And Statistics	50	4
APSY 203	Problems Of Development And Pathologies Across Life Span	50	4
APSY 204	Practical On Research Methodology, Statistical Techniques & Computer Application	50	4
APSY 205	Practical On Assessment At Various Levels Of Development	50	4
		150 (theoretical) + 100 (practical) = 250	12 (theoretical) + 8 (practical) = 20

3rd Semester

Elective A: Clinical & Forensic Psychology

APSY 301A	Clinical Psychology	50	4
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Syllabus- Applied Psychology, C.U., 2018

APSY 302A	Mental Status Examination, Testing & Report Writing	50	4
APSY 303A	Practical On Clinical Psychology And Testing	50	4
OR			
Elective B: Organizational & Environmental Psychology			
APSY 301B	Industrial Psychology	50	4
APSY 302B	Organizational Psychology	50	4
APSY 303B	Practical On Industrial And Organizational Psychology	50	4
OR			
Elective C: Stress Management & Counselling Psychology			
APSY 301C	Stress Management And Counselling Techniques	50	4
APSY 302C	Counselling In School And Education	50	4
APSY 303C	Practical On Stress Management And Counselling In School And Education	50	4
OR			
Elective D: Organizational Development & Human Resource Management			
APSY 301D	Organizational Development	50	4
APSY 302D	Quality Of Work Life	50	4
APSY 303D	Practical On Organizational Development & Quality Of Work Life	50	4
CBCCA	Choice Based Credit Course A	50	4
CBCCB	Choice Based Credit Course B	50	4
		200 (theoretical) + 50 (practical) = 250	16 (theoretical) + 4 (practical) = 20

4th Semester

Elective A: Clinical & Forensic Psychology

APSY 401A	Forensic And Correctional Psychology	50	4
APSY 402A	Psychotherapy	50	4
APSY 403A	Practical On Testing & Therapy In Clinical And Forensic Psychology	50	4

OR

Elective B: Organizational & Environmental Psychology

APSY 401B	Management From Behavioural Perspective	50	4
APSY 402B	Environmental Psychology	50	4
APSY 403B	Practical On Management From Behavioural Perspective & Environmental Psychology	50	4

OR

Elective C: Stress Management & Counselling Psychology

APSY 401C	Community And Health Psychology	50	4
APSY 402C	Stress Management In Workplace	50	4
APSY 403C	Practical On Community Psychology, Health Psychology And Stress Management In Workplace	50	4

OR

Elective D: Organizational Development & Human Resource Management

APSY 401D	Human Resource Planning And Development	50	4
APSY 402D	Human Resource Management	50	4
APSY 403D	Practical On Human Resource Planning And Development And Human Resource Management	50	4
APSY 404	Dissertation Part I	50	4
APSY 405	Dissertation Part II	50	4

100 (theoretical) + 50
(practical) + 100

8 (theoretical) + 4
(practical) + 8

(dissertation) = 250 (dissertation) = 20

600 (theoretical) + 300 48 (theoretical) + 24
(practical) + 100 (practical) + 8
(dissertation) = 1000 (dissertation) = 80

Detailed Syllabus for two years M.A./M.Sc Course in Applied Psychology,
CU – 2018

First Semester

APSY 101: Applied Cognitive Psychology- 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Introduction:

- a) Historical linkage with schools of psychology. Interdisciplinary nature of cognitive psychology. Methods of studying cognitive psychology. Application of cognitive psychology in different fields.
- b) Indian approach to cognition
- c) Information Processing Approach, Parallel distributed processing, Top down and bottom up processing.

2. Consciousness, Attention and Perception:

- a) Consciousness –
 - i) Consciousness as a scientific construct. Cognitive psychology and consciousness.
 - ii) Function and structure of Consciousness.
 - iii) Modern theories of Consciousness. Indian approaches to consciousness.
- b) Attention –
 - i) Selective and divided attention
 - ii) Signal detection and vigilance
 - iii) Automatic processing
- c) Perception –
 - i) Pattern recognition
 - ii) Top down and bottom up approaches in understanding perception, Theories of Gestalt School , Osgood, Gibson , Network-feedback model , Bayesian approach
- d) Neuro-physiological correlates of consciousness, attention and visual perception

3. Learning, memory and language:
 - a) Memory
 - i) Models of memory: Atkinson-Shiffrin and Baddeley-Hitch
 - ii) Executive processing. Frontal lobe connection. Frontal damage and frontal hypothesis
 - iii) Biochemical basis of learning and memory
 - iv) Application of memory in different fields.
 - b) Language
 - i) Speech perception
 - ii) Brain and language
4. Thinking and creativity:
 - a) Thinking
 - i) Concept formation
 - ii) Reasoning and decision making – its application
 - b) Creativity
 - i) Creative process -- Stages and Factors
 - ii) Biological basis of creativity
 - iii) Investment theory of creativity
 - iv) Enhancement of creativity
5. Intelligence and emotion:
 - a) Intelligence
 - i) Cognitive Approaches to intelligence
 - ii) Anatomical and neural substratum on intelligence
 - b) Emotion
 - i) Basic emotions
 - ii) Cognitive approaches in emotion
 - iii) Relation of emotion with attention , perception , memory , thinking
 - c) Application of cognitive approaches to intelligence and emotion in different fields
 - d) Emotional Intelligence

Recommended Readings:

- 1 Allport, F. H. (1955). *Theories of perception and the concept of structure*. Wiley.
- 2 Anderson, J.R. (2000). *Cognitive Psychology and its implication*. 5th edition. Worth Publishers.
- 3 Bjork, E. L. & Bjork, R. A. (Eds.) (1996). *Handbook of perception and cognition*. Academic Press.

- 4 Cohen, G., Kiss, G. and Le Voi, M (1993). *Memory. Current issues*. Open Univ.
- 5 Dember, W. N. & Warm, J. S (1975). *Psychology of Perception*. Holt.
- 6 Goleman, D. (1984). *Emotional Intelligence*. Bantam.
- 7 Helson, H. and Bevan, W. (1969). *Contemporary approaches to psychology*. D. Van Nostrand.
- 8 Kellogg, R. T. (2002). *Cognitive psychology*. Sage.
- 9 Kolb. B., and Whishaw, I.Q. (1995). *Fundamentals of human neuropsychology*. Freeman.
- 10 Maier, C. (1970) *Problem Solving and Creativity*. Brooks Cole.
- 11 Matlin, M.W. (1995). *Cognition*. Prism.
- 12 Minda, P.J. (1988). *The Psychology of Thinking: Reasoning, Decision-Making and Problem-Solving*. Sage.
- 13 Parkin, A. J. (2013). *Essential Cognitive Psychology*. T & F India.
- 14 Resinck, L. B (1976). *The nature of Intelligence* .Wiley.
- 15 Robinson-Reigler, B. & Robinson-Reigler, G. (2011). *Cognitive Psychology: Applying the Science of the Mind*. 3rd Ed. Pearson.
- 16 Runco, M.A. and Printzker, S.R (Eds) (1999). *Encyclopedia of creativity*. Vol. 1 & 2. Academic Press.
- 17 Smith, E. E. & Kosslyn, S. M. (2007). *Cognitive psychology: Mind and Brain*. Pearson.
- 18 Solso, R. L. (1998). *Cognitive Psychology*. Allyn and Bacon.
- 19 Sternberg, R. J. (Ed.) (1994). *Thinking and Problem Solving*. Academic Press.
- 20 Sternberg, R. J. (1999). *Handbook of creativity*. Cambridge University Press.
- 21 Strongman, K. T. (1987). *The Psychology of Emotion*. Wiley.
- 22 Tulving, E. and Craik, F.I.M. (2000). *The Oxford Handbook of Memory*. Oxford Univ. Press.
- 23 Wrobel, S. (1994). *Concept Formation and Knowledge Revision*. Springer Science & Business Media. B.V.

APSY 102: Personality Theories and Their Application - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Introduction to personality theories. Application of personality theories in different fields of Applied Psychology.
2. Psychoanalytic and Neo Freudian approaches and their application –
 - a) Freud
 - b) Adler
 - c) Jung
 - d) Horney
3. Interpersonal, Developmental and Humanistic approaches to personality and their application-
 - a) Erikson
 - b) Maslow
 - c) Rogers
4. Behavioral and Social learning approaches and their application –
 - a) Skinner
 - b) Bandura
5. Trait Theories and their application –
 - a) Allport
 - b) Cattell
 - c) Costa and Mc Crae

Recommended Readings:

1. Allport, G.W. (1962). *Personality: A Psychological Interpretation*. Constable & Co.
2. Allport, G.W. (1968). *The Person in Psychology: Selected Essays*. Beacon Press.
3. Carver, C. S., & Scheier, M. F. (2012). *Perspectives on Personality* (7th ed.). Pearson Academic.
4. Cattell, R.B. (Ed.) (1970). *Handbook of Modern Personality Theory*. Aldine.
5. Cervone, D., & Pervin, L. A. (2016). *Personality: Theory and Research* (13th ed.). John Wiley & Sons.
6. Eysenck, E. (1966). *Dimensions of Personality*. Routledge.
7. Feist, J., & Feist, G. J. (2012). *Theories of Personality* (8th ed.). New York: McGraw-Hill.
8. Freidman, H.S. and Schustack, M. W. (2004). *Personality*. New Delhi: Pearson.
9. Geiwitz, P.J. (1969). *Non-Freudian Personality Theories*. Hutchinson.

10. Hall, C.S., Lindzey, G. & Campbell, J. B. (2007). *Theories of Personality (4th edition)*. Wiley.
11. McCrae, R. R., & Costa, Jr., P. T. (2005). *Personality in Adulthood: A Five-Factor Theory Perspective* (2nd ed.). New York: Guilford Publications.
12. Pervin, L. A. & John, O. P. (1997). *Personality: Theory and Research*. John Wiley & sons: New York.
13. Ryckman, R.M. (1999). *Theories of Personality (7th edition)*. Wadsworth
14. Schultz, D. P. & Schultz, S. E. (2013). *Theories of Personality*. Cengage.
15. Wiggins, J. S. (Ed.). (1996). *The Five-Factor Model of Personality: Theoretical Perspectives*. New York: Guilford Publications.

APSY 103: Applied Social Psychology and Social Problems- 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Social Behaviour and Social Relations:
 - a) Prosocial and Aggressive Behaviour: Nature and Bio-psycho-social causes with theoretical explanations. Promoting prosocial behaviour and controlling aggression
 - b) Interpersonal Attraction: nature, determinants and theoretical approaches
2. Self and Communication
 - a) The self in a social world: self-concept, self-esteem, perceived self-control, self serving bias and self presentation
 - b) Communication: types of communication, barriers in communication
3. Social Problems
 - a) Gender Discrimination and violence against women
 - b) Human rights of children, women and disabled
 - c) Mass media - effect on social behaviour
 - d) Casteism, Communalism, Terrorism- causes and consequences
4. Problems of Population and Globalization

- a) Causes and Consequences of population explosion in India, community awareness programme for population control
- b) Globalization and its psychosocial effects
- c) Causes and consequences of unemployment

5. Environmental issues

- a) Stress and health hazards in relation to crowding, density, territoriality, privacy and personal space
- b) Causes and psychosocial consequences of urbanization, problems of urban development and intervention strategies
- c) Environmental protection

Recommended Readings:

1. Ahuja, R. (1992). *Social problems in India*. Nice.
2. Ahuja, R. (2014). *Social Problems in India*. 3rd Edition. Rawat Publication.
3. Baron, R. A., Byrne, D. and Branscombe, N.R. (2007). *Social Psychology*, 11th Edition. Pearson. Practice Hall.
4. Baumeister, R. F. and Bushman, B.J. (2017). *Social Psychology and Human Nature*. 3rd Edition. Cengage Learning India.
5. Bechtel, R. B. (1997). *Environment and Behaviour – An introduction*. Sage Publications.
6. Bell, P. K., Fisher, J. D., Baum, A. and Greenu, T. C., (1990). *Environmental Psychology*, 3rd Edition, Holt-Rinehart and Winston Inc.
7. Berko, R. M., Wolvin, A.D. and Wolvin, D. R. (2004). *Communicating – A career and Social Focus*. Houghton Mifflin Company, Boston, New York. (9th Edition).
8. Bhattacharya, S. (2008). *Environmental Psychology*. Global Vision Publishing.
9. Brickman, L & Rag, D.J. (1997). *Handbook of social research*, Sage.
10. Cassidy, T. (1997). *Environmental Psychology – Behaviour and experience in context*. Psychology Press. UK.
11. Chadha, N. K. (2012). *Social Psychology*. Macmillan Publishes India Limited. Delhi.
12. Chakraborty, D. (1999). *Atrocities on Indian women*. APH Publication.
13. Crisp, R.J. and Turner, R.N. (2017). *Essential Social Psychology*. 3rd Edition. Sage Publications India Pvt. Ltd.
14. Dill, K.E. (Ed). (2013). *The Oxford Handbook of Media Psychology*. Oxford Library of Psychology.

15. Fawcett, B. et.al. (1996). *Violence and Gender relations*. Sage.
16. Feagin, J.R. and Feagin, C.B. (1997). *Social problems: A Critical Power-Conflict Perspective*. 5th Edition. Prentice Hall. New Jersey.
17. Giles, D. (2010). *Psychology of the media*. Palgrane, macmillan.
18. Gupta, K. R. (Ed) (2004). *Global Terrorism*. 1st Edition. Atlantic.
19. Madan, G.R. (1995). *Indian Social Problems*. V.1. Allied Publishers.
20. Misra, G. (2010) *Psychology in India* (4 volumes). ICSSR.
21. Misra, G. and Baron, R. A. (2014). *Psychology; Indian Subcontinent*, 5th Edition. Pearson.
22. Myers, D. G. (2005). *Social Psychology*, 8th edition. McGraw Hill.
23. Myers, D. G., Sahajpal, P.D. and Behera, P. (2012). *Social Psychology*. 10th edition (Special Indian Edition). McGraw Hill education (India) Private Limited. New Delhi.
24. Oskamp, S. & Schultz, P.W. (1998). *Applied Social Psychology*. Prentice.
25. Renzetti, C. M. (2011). *Sourcebook on Violence against women*. Sage Publication.
26. Strasburger, V. C. and Wilson, B.J. (2002). *Children, Adolescents and the Media*. Sage Publications. New Delhi.
27. Thiara, R.K. and Gill, A.K. (Eds). (2010). *Violence against women in south Asian Communities: Issues for Policy and practice*. Jessica Kingsley Publishers. London.
28. Withey, S. B. and Abeles, R.P. (2013). (Eds). *Television and Social Behaviour: Beyond Violence and Children*. A Rapist of the Committee on Television and Social Behaviour. Social Science Research Council. Rontledge Library Editions: Television. Routledge.
29. Wood, J. V., Tesser, A. D Holmes, J. G. (2008). (Eds). *The Self and Social Relationships*. Psychology Press; Taylor and Francis Grony. New York and Hove.
30. York, M. R. (2011). *Gender Attitudes and Violence against women*. LFB Scholarly Publishing LLC.

APSY 104: Practical On Cognitive Functioning - 50 Marks; 4 Credit Points

1. Administration, Scoring and Interpretation of following Intelligence Tests:

- a) Raven's Progressive Matrices
- b) Wechsler Adult Intelligence Scale
- c) Wechsler Intelligence Scale for Children / Malin's Intelligence Scale for Indian Children

2. Experiments on the following domains of Cognitive Functioning:

- a) Selectivity of attention

- b) Learning / Memory
- c) Creative thinking
- d) Pattern recognition
- e) Emotions
- f) Signal detection

Recommended Readings: Books to be selected from the References as mentioned in APsy 101.

APSY 105: Practical on Personality Testing and Applied Social Psychology - 50 Marks; 4 Credit Points

1. Personality and Aptitude Testing- Administration, Scoring and Interpretation of
 - a) Neo 5 factor Inventory
 - b) MMPI
 - c) Aptitude Test
2. Experiments OR testing in the following domains of Applied Social Psychology:
 - a) Gender Stereotype / Gender discrimination
 - b) Personal space
 - c) Privacy functions
 - d) Mass media
 - e) Aggression
 - f) Communication

Recommended Readings: Books to be selected from the References as mentioned in APsy 102, APsy 103

Second Semester

APSY 201: Research Methodology - 50 Marks; 4 Credit Points; 50 Lecture Hours

1.
 - a) Characteristics and purposes of research in Applied Psychology. Importance of ethical issues in applied psychological research.
 - b) Types of research: Non-experimental research, Laboratory experiments, Field experiments and field studies, Survey studies and Epidemiological studies.
2. Problem and hypothesis:

- a) Research problem, variables and sampling:
 - i) Fundamental concepts of underlying research problem, selection and formulation of the problem,
 - ii) Variables: concepts, constructs types and operational definition of variables
 - b) Hypothesis:
 - i) Nature and criteria of hypothesis
 - ii) Hypothesis in relation to fact, theory and law
 - iii) Problem of confirming hypothesis.
 - c) Sampling techniques: Types, purposes and techniques of sampling
3. (a) Experimental Control: Objectives of experimental control, types of controlling techniques
- (b) Research Designs:
 - i) Basic principles of experimental and quasi-experimental research.
 - ii) Matched group design, randomized group design, factorial design, ex-post facto design, single subject design.
4. Qualitative research:
 - a) Concept of qualitative research. Difference between qualitative and quantitative research
 - b) Methods of qualitative research.
 - c) Sampling for qualitative research.
 - d) Reliability and validity issues of qualitative research.
5. Steps for writing research proposal. Reporting research for journal articles and dissertation.

Recommended Readings:

1. Broota, K.D. (2006). *Experimental Design*. New Age Publishers.
2. Clark, V. L. P. & Ivankova, N. V. (2016). *Mixed methods research. A guide to the field*. Sage.
3. Creswell, J.W (1998). *Qualitative enquiry and research design*. N.D. Sage.
4. Dilkinson, T.S. & Bhandekar, P.L. (1984). *Methodology and techniques of social research*. Himalaya Publishers, Mumbai.
5. Foreman, N. & Gillen, R. (1997). *Handbook of special research paradigms and methodologies, Vol – I*. Psychology Press.
6. Gavin, H. (2008). *Understanding research methods and statistics in psychology*. Sage.
7. Guilford, J.P. (1975). *Psychometric methods*. Tata McGraw Hill.
8. Kerlinger, F.N. (1973). *Foundation of behavioral research*. Holt.

9. Kothari, C.R. (1995). *Research methodology: Methods and Techniques*. Wishwa Prakashan, New Delhi.
10. Lichtman, M. (2014). *Qualitative research for the social sciences*. Sage.
11. McBride, D. M. (2016). *The process of research in psychology*. Sage.
12. Martens, D.M. (1998). *Research Methods in education and psychology*. Sage.
13. Mason, J. (2000). *Qualitative researching*. Sage.
14. McGuigan, F.J. (1978). *Experimental psychology: Methods of Research*. 7th ed. Pearson.
15. Mukherjee, P.N. (ed.) (2000). *Methodology in social research. Dilemmas and perspectives*. Sage.
16. Richards, L. & Morse, J. M. (2013). *Qualitative methods*. Sage.
17. Singh, A.K. (1997). *Tests, measurements and research methods in behavioral science*. N. D. Bharati Bhawan.
18. Wolcott, H.F. (1994). *Transforming qualitative data*. Sage.

APSY 202: Psychometry and Statistics - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Fundamental concepts of measurement:
 - a) Need for measurement in Applied Psychology
 - b) Quantification of sensory experiences – classical and modern psychophysical scaling techniques.
2. Steps in test development.
 - a) Theories of test scores: Relation of score reliability and validity to item statistics.
 - b) Homogeneity and heterogeneity of tests;
 - c) Discrimination theories.
3. Assessment techniques:
 - a) Tests
 - b) Inventories and Questionnaires
 - c) Rating scale
 - d) Interview schedule
4. Data analysis (concepts and uses):
 - a) Descriptive Statistics,
 - b) Partial and multiple correlation
 - c) Multivariate regression equation
 - d) Analysis of variances and co-variances
 - e) Cluster and Discriminant analysis
 - f) Multidimensional scaling

5. Non-parametric statistics. Types and use in experimental and non-experimental research.

Recommended Readings:

1. Anastasi. A. (1976). *Psychological testing*. Macmillan.
2. Fischer. G.H. & Molenaar, I.W. (eds) (1995). *Rosch Models Foundation. Recent development and application*. Springer Verlag. NY.
3. Fruchter, B. (1954). *Introduction to Factor analysis*, Van Nostrand. (Indian edition 1967).
4. Gregory, R.J. (2017). *Psychological Testing: History, Principles and Applications*. 7th Edition. Noida. Pearson.
5. Grimm, L. G. & Yarnold, P. R. (1995). *Reading and understanding multivariate statistics*. APA.
6. Guilford, J.P. (1975). *Psychometric methods*. Tata McGraw Hill.
7. Gullickson, H. & Menick, S. (1960). *Psychological scaling , theory & applications*, Wiley.
8. Harman, H. H. (1962). *Modern Factor analysis*, Chicago University Press.
9. Haslam, S. A. & McGarty, C. (2003). *Research methods and statistics in psychology*. Sage.
10. Klecka, W.R. (1990). *Discriminant Analysis*. Sage.
11. Liebrand, W.B.G. (1998). *Computer modeling in social process*. Sage.
12. Nunnally, J.C. (1978). *Psychometric theory*. McGraw Hill.

APSY 203: Problems of Development and Pathologies Across Life Span - 50 Marks; 4 Credit Points; 50 Lecture Hours

- 1 Introduction to developmental problems and pathologies:
 - a) Approaches to study of development: Psychoanalytical, Behavioral and Cognitive
 - b) Factors in genesis of problems and pathologies: Heredity and neuropsychological factors, Role of family, teachers and peers, Role of demographic factors.
 - c) Application of knowledge of developmental problems in various fields
- 2 Infancy, childhood and adolescence:
 - a. Attachment styles. Impact on the infant
 - b. Identification of developmental delays and mental retardation. Autism Spectrum disorders, Attention Deficit Hyperactivity disorders, Specific learning disorders: Intervention and training
 - c. Adolescence: Identity crisis and its resolution. Concern with career and job choice. Issues of Gender identity and sexual orientation. Conduct problems.

- Identification of early signs of Personality disorders. Intervention strategies.
- d. Socially disadvantaged children, Psychological characteristics and rehabilitation programs.
3. Problems related to anger and violence:
- a) Problems of anger management in childhood and adolescence
 - b) Violence:
 - i) Types and causes of violence against children and adolescents.
 - ii) Impact of violence on children.
 - iii) Child protection and rehabilitation.
4. Problems of adulthood:
- a) Work stress
 - b) Interpersonal communication-Marital discord
 - c) Parenting of special children, single parent
 - d) Single parenting
5. Problems associated with aging:
- a) Changes and problems associated with aging
 - b) Identification and management of Dementia
 - c) Death and dying. Problems of attaining meaning of life. Euthanasia.
 - d) Role of spirituality and holistic approach to wellness

Recommended Readings:

1. Agochiya, D. (2010). *Life Competencies for Adolescents: Training Manual for Facilitators, Teachers and Parents*. Sage. New Delhi.
2. Ahuja, R. (1992). *Social problems in India*. Nice.
3. Ahuja, R. (2014). *Social Problems in India*. 3rd Edition. Rawat Publication.
4. Brown, R.T. & Reynolds, C.R. (1986). *Psychological Perspectives on Childhood Exceptionality: A Handbook*. Wiley Interscience Publication: New York.
5. Cassidy, J. and Philip, R.S. (Eds.) (2008). *Handbook of Attachment, 2nd Edition: Theory, Research and Clinical Applications*. Guilford Press. New York.
6. Cornish, J. (2017). *The Dementia Handbook: How to Provide Dementia Care at Home*. Create Space Independent Publishing Platform.
7. Das. S.B. (2017). *Death, Time and Other: Ethics at the Limit of Metaphysics*. Aakar Books. Delhi.

8. Kulkarni, S.K. (2016). *The Art of Ageing: Planning for a Comfortable Old Age*. Indus Source Books. Delhi.
9. Levine, L.E. and Mansch, J. (2014). *Child Development: An Active Learning Approach*. 2nd Edition. Sage. New Delhi.
10. Messer, D. & Millar, S. (1999). *Exploring Developmental Psychology*. Hodder
11. Mills, R. & Duck, S. (1999). *The Developmental Psychology of Personal Relationships*. Wiley.
12. Moshman, D., Glover, J.A. & Bruning, R.H. (1987). *Developmental Psychology*. Little, Brown & Co.
13. Muir, D. & Slater, A. (2000). *Infant Development: The Essential Readings*. Blackwell.
14. Richard, M.D. and Furman, F. (2018). *Defeating Dementia: What You Can Do to Prevent Alzheimer's and Other Forms of Dementia*. Revell.
15. Rudolph, H. & Schoffer,. (2006). *Key Concepts in Developmental Psychology*. Sage Publication: London.
16. Smith, P.K., Cowie, H. and Blades, M. (2011). *Understanding Children's Development*. 5th Edition. Wiley.
17. Thakur, M.E., Blazer, D.G. and Steffens, D.C. (Eds) (2014). *Clinical Manual of Geriatric Psychiatry*. American Psychiatric Publishing. Inc.
18. Valsiner, J. (2000). *Culture and Human Development*. Sage.
19. Van Hasselt, V.B., Strain, P.S. & Hersen, M. (1988). *Handbook of Developmental and Physical Disabilities*. Pergamon General Psychology Press: Oxford.

APSY 204: Practical on Research Methodology, Statistical Techniques & Computer Applications - 50 Marks; 4 Credit Points

1. Hypothesis testing problems on statistical techniques:
 - (a) Non-parametric test
 - (i) Significance of difference between two related and independent samples
 - (ii) Significance of difference between more than two related and independent samples
 - (b) Parametric test- Multivariate analysis, multiple correlation, multiple regression,

- analysis of variances and covariances
- 2. Factor analysis
- 3. Construction / Adaptation of a psychological test.
- 4. Use of computer – Familiarity with any statistical package used in the field of psychological research
- 5. Application of qualitative analysis

Recommended Readings: Books to be selected from the References as mentioned in APSY 201, APSY 202

APSY 205: Practical on Assessment at Various Levels of Development - 50 Marks; 4 Credit Points

- 1. Administration, scoring and interpretation of
 - a) Thematic Apperception Test (TAT) and Children Apperception Test (CAT)
 - b) Rorschach Test
 - c) Bender Gestalt Test (BGT) (Both child and adult)
 - d) Developmental Screening Test (DST)
 - e) State Trait Anger Expression Inventory (STAXI)

Recommended Readings: Books to be selected from the References as mentioned in APSY 203.

Third Semester

Elective A: Clinical & Forensic Psychology

APSY 301A: Clinical Psychology - 50 Marks; 4 Credit Points; 50 Lecture Hours

- 1. Introduction to Clinical Psychology:
 - i. Nature and Scope
 - ii. Methods used in Clinical research
 - iii. Classification of Disorders and need for classification
 - iv. Major etiological factors

- 2. Neuro-developmental Disorders, Neuro-Cognitive Disorders, Substance Related and Addictive Disorders: Symptomatology, Epidemiology, Etiology and Psychopathology, Diagnosis and Differential Diagnosis, Treatment options and

Prognosis

- I. Neuro-developmental Disorders
 - a) Intellectual Disabilities
 - b) Autism Spectrum Disorders
 - c) Attention Deficit/ Hyperactivity Disorder
 - d) Specific Learning Disorder
- II. Neuro-Cognitive Disorders
 - a) Delirium
 - b) Major Neuro-Cognitive Disorders
 - c) Mild Neuro-Cognitive Disorders
- III. Substance Related and Addictive Disorders
 - a) Alcohol Related Disorders
 - b) Cannabis Related Disorders
 - c) Tobacco Related Disorders
 - d) Gambling Disorder
3. Schizophrenia Spectrum and other Psychotic Disorders, Bipolar and Related Disorders and Depressive Disorders: Symptomatology, Epidemiology, Etiology and Psychopathology, Diagnosis and Differential Diagnosis, Treatment options and Prognosis
- IV. Schizophrenia Spectrum and other Psychotic Disorders
 - a) Delusional Disorder
 - b) Schizophrenia
 - c) Schizoaffective Disorder

- d) Catatonia
- V. Bipolar and Related Disorders
 - a) Bipolar I Disorder
 - b) Bipolar II Disorder
 - c) Cyclothymic Disorder
- VI. Depressive Disorders
 - a) Major Depressive Disorder
 - b) Persistent Depressive Disorder (Dysthymia)
- 4. Anxiety Disorders, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder, Dissociative Disorder, Somatic Symptom and Related Disorders: Symptomatology, Epidemiology, Etiology and Psychopathology, Diagnosis and Differential Diagnosis, Treatment options and Prognosis
- VII. Anxiety Disorders and Obsessive Compulsive Disorder
 - a) Specific Phobia
 - b) Social Anxiety Disorder (Social Phobia)
 - c) Panic Disorder
 - d) Agoraphobia
 - e) Generalized Anxiety Disorder
 - f) Obsessive Compulsive Disorder
- VIII. Post Traumatic Stress Disorder
- IX. Dissociative Disorder, Somatic Symptom and Related Disorders
 - a) Dissociative Identity Disorder
 - b) Somatic Symptom Disorder
 - c) Conversion Disorder

5. Sexual Dysfunctions and Gender Dysphoria, Disruptive, Impulse-control and Conduct Disorders, Personality Disorders: Symptomatology, Epidemiology, Etiology and Psychopathology, Diagnosis and Differential Diagnosis, Treatment options and Prognosis

- X. Sexual Dysfunctions and Gender Dysphoria
- XI. Disruptive, Impulse-control and Conduct Disorders
 - a) Oppositional Defiant Disorder
 - b) Intermittent Explosive Disorder
 - c) Conduct Disorder
- XII. Personality Disorders
 - a) Concept of Clusters
 - b) Schizoid Personality Disorder
 - c) Borderline Personality Disorder
 - d) Antisocial Personality Disorder
 - e) Obsessive-Compulsive Personality Disorder

Recommended Readings:

1. Andrade, C. (2000). *Advances in Psychiatry*. Oxford Univ Press.
2. Barnhill, J.W. (2013). *DSM-5 (@) Clinical Cases*, 1st Edition, American Psychiatric Association Publishing.
3. Berman, P. S. (1997). *Case conceptualization and treatment planning*. Sage.
4. Black, D. W. and Andreasen, N.C. (2017). *Introductory Textbook of Psychiatry, DSM-5 Edition*, CBS Publishers & Distributors.
5. Butcher, J.N., Hooley, J.M., Mineka, S. and Dwivedi, C.B. (2014). *Abnormal Psychology*, 16th Edition, Pearson.
6. Cohen, D. J. & Volkman, F. R. (1997). *Handbook of autism and Pervasive developmental disorder*. Wiley.
7. Comer, R. J. (1998). *Abnormal Psychology*. WH Freeman and Company.
8. *Dagnostic and Statistical Manual (Fifth Edition), DSM-5tm*, (2013). American Psychiatric Association.

9. Gelder, M., Gath, D., Mayou, R. & Cowen, P (1996). *Oxford Textbook of Psychiatry*. Oxford Univ Press.
10. Goldberger, L., & Brezenitz, S. (1982). *Handbook of Stress. Theoretical and Clinical Aspect*. The Free Press. New York.
11. Hamilton, M. (1976). *Fish's Clinical Psychopathology*. Year Book Medical Publishers, Incorporated.
12. International Statistical Classification of Diseases and Related Health Problems 10th Revision, ICD-10. (1992). World Health Organization.
13. Kaplan, H. & Sadock, B. (1997). *Comprehensive Textbook of Psychiatry*. Williams & Wilkins.
14. Kendall, P.C., & Butcher, J. N. (Eds). (1982). *Handbook of research methods in clinical psychology*. Wiley. New York.
15. Lazarus, R. S. & Folkman, S. (1984). *Stress, Appraisal and Coping*. Springer.
16. Makenna, P. J. (1997). *Schizophrenia & related syndromes*. Psychology Press.
17. Matson, J. L. & Mulick, J. A. (eds). (1991). *Handbook of Mental Retardation*. Pergamon Press.
18. Mondal, J. (2009). *Mental Health, Mental Disorders and Psychotherapy*. Sova Book agency.
19. Newton, T., Finman, S. & Handy, J. (1995). *Managing Stress*. Sage.
20. Pestonjee, D. M. (1992). *Stress and Coping. An Indian Experience*. Sage.
21. Pomerantz, A.M. (2017). *Clinical Psychology: Science, Practice and Culture: DSM-5 Update, 4th Edition*, Sage Publications.
22. Quinn, P. O. (1997). *Attention of Deficit Disorder*. Brunner/ Mazel.
23. Sidis, B. (2017). *The Foundation of Normal and Abnormal Psychology*, Forgotten Books Publishing.
24. Watson, R.I. (1983). *The clinical methods in Psychology*. John Wiley & Sons, New York.
25. Wolman, B.B. (1965). *Handbook of Clinical Psychology*. McGraw Hill.

APSY 302A: Mental Status Examination, Testing & Report Writing - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Introduction to clinical examination and psychological testing. Utility in clinical and forensic psychology
2. History taking and mental status examination: Observation and Interview techniques, Diagnosis and differential diagnosis, case formulation and clinical report writing

3. Assessment of cognitive and neuropsychological functions:
 - a) Developmental Screening Test (DST), Vineland Social Maturity Scale (VSMS)
 - b) Raven's Progressive Matrices (RPM) (Standard Progressive Matrices (SPM) and Advanced Progressive Matrices (APM))
 - c) Binet Kamat Test of Intelligence (BKT), Wechsler Adult Intelligence Scale (WAIS), Wechsler Intelligence Scale for Children (WISC)
 - d) Bender Gestalt Test (BGT), PGI- Battery of Brain Dysfunction (PGI-BBD)

4. Assessment of personality and diagnostic indicators of different psychiatric disorders:
 - a) Childhood Autism Rating Scale (CARS), Indian Scale for Assessment of Autism (ISAA), Development Psychopathology Checklist (DPCL)
 - b) Eysenck Personality Questionnaire (EPQ), Neo-Five Factor Inventory (NFFI), Minnesota Multiphasic Personality Inventory (MMPI), Millon's Clinical Multi-Axial Inventory (MCMI), Draw a Person Test (DAP)
 - c) Rorschach Test, Thematic Apperception Test (TAT), Children Apperception Test (CAT)
 - d) Assessment of Depression, Anxiety and Aggression

5. Psychophysiological Measures: Galvanic Skin Response, Electroencephalograph, Electromyograph, Electrocardiograph, Polygraph

Recommended Readings:

1. Anastasi, A. (1988). *Psychological Testing*. 6th ed. NY. Macmillan.
2. Atkinson, R. (1998). *The Life Story Interview*. Sage.
3. Bellak, L. (1986). *The TAT, CAT and SAT in Clinical Use*. 4th Edition. NY. Grune & Stratton.
4. Cassy, P. and Kelly, B. (2015). *Fish's Clinical Psychopathology*, 3rd Edition. RCPsych Publications.
5. Exner, J.E. (1982). *The Rorschach: A Comprehensive System*. Wiley.

6. Exner, J.E. (1983). *Rorschach Assessment*. Wiley & Sons.
7. Eysenck, H.J. (ed.). (1960). *Experiments in Personality, Psychodiagnostics and Psychodynamics*. Kegan Paul.
8. Goodenough, F. (1926). *Measurement of Intelligence by Drawings*. NY. World Book.
9. Grath- Marnat, G. (1990). *Handbook of Psychological Assessment*. 2nd ed. NY. Wiley.
10. Hamilton, M. (1976). *Fish's Clinical Psychopathology*. Year Book Medical Publishers, Incorporated.
11. Hersen, M. & Thomas, J.C. (ed.) (2007). *Handbook of Clinical Interviewing with Children*. Sage.
12. Holt, R.R. (1978). *Methods in Clinical Psychology*. Plenum Press.
13. Kevin, W. (1994). *Neuropsychology: A Clinical Approach*. Churchill Livingstone.
14. Lezak, M.D. (1983). *Neuropsychological Assessment*. NY. Oxford Univ. Press.
15. Mishra, R. et al. (1996). *Rorschach Test*. Sage.
16. Murray, H.A. (1971). *The Thematic Apperception Test Manual*. NY. Harvard Univ. Press.
17. Rapaport, D., Gill, M. & Schaffer, (1970). *Diagnostic Psychological Testing*. London Univ. of London Press.
18. Sadock, B.J. & Sadock, V.A. (2000), *Kaplan and Sadock's Comprehensive Textbook of Psychiatry*. Williams & Wilkins.
19. Strub, R.L. and Black, L.W. (2003). *The Mental Status Examination in Neurology*, 4th edition. F.A. Davis Company.

APSY 303A: Practical on Clinical Psychology and Testing - 50 Marks; 4 Credit Points

1. To conduct Pre therapeutic interview, Mental status Examination, Recording of case history and Case formulation on

- 3 cases of major Psychiatric Disorder/Personality Disorder
- 2 cases of Mental Retardation/Developmental Disability
- 1 case of Neurological Disorder/substance dependence/convict

2. To select and apply Projective, Self-report, Psychophysiological and Neuro psychological tests as required for assessment of

- 3 cases of major Psychiatric Disorder/Personality Disorder
- 2 cases of Mental Retardation/Developmental Disability
- 1 case of Neurological Disorder /substance dependence/convict

3. To formulate psychopathology, final diagnosis and develop tentative intervention programme for

- 3 cases of major Psychiatric Disorder/Personality Disorder
- 2 cases of Mental Retardation/Developmental Disability
- 1 case of Neurological Disorder/substance dependence/convict

Recommended Readings: Books to be selected from the References as mentioned in APSY 301A, APSY 302A.

Elective B: Organizational & Environmental Psychology

APSY 301B: Industrial Psychology - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Brief history of Industrial Psychology
2. Selection and Recruitment
 - a) Job analysis
 - b) Assessment and Selection techniques
 - c) Productive and Counterproductive work behaviour
 - d) Job involvement and Organizational commitment
3. Training and Performance Appraisal
 - a) Approaches to training
 - b) Phases of training
 - c) Performance appraisal programme
 - d) Counselling , Evaluation and Follow-up
4. Human Engineering , Safety and Health
 - a) Concept of Human Engineering
 - b) Cognitive Ergonomics
 - c) Work-Space Design
 - d) Accident and Safety measures
5. Consumer Behaviour and Marketing Strategy
 - a) Analysis of Consumer Behaviour
 - b) Impact of advertisement on consumer behaviour
 - c) Brand image, Brand loyalty and Brand personality
 - d) Models of Consumer Behaviour

Recommended Readings:

1. Aaker, D.A. (1996). *Advertising management*. Prentice Hall.
2. Aamodt, M.G. (2012). *Industrial/Organizational Psychology*. 7th Edition. Wadsworth Publishing.
3. Borman, W.C., Ilgen, D.R., & Klimoski, R.J. (Eds). (2003). *Handbook of Psychology: Industrial and Organizational Psychology*. Vol.12. Jaico Publication.
4. Chaston, I. (2000). *New Marketing Strategies*. Sage.
5. Dunnette, M.D. & Hough, L.M. (1998). *Handbook of industrial and organizational psychology*. Vol. 1, 2. Jaico Publication.
6. Dutta, S. (1994). *Advertising today*. Profile pub. Rupa. Calcutta.
7. Gilmer, B.V.H. (1966). *Industrial Psychology*, McGraw Hill & Kogakushu.
8. Kahneman, D. (2011). *Thinking, Fast and Slow*. Farrar, Straus and Giroux.
9. Kotler, P. & Keller, K.V. (2005). *Marketing in Management*. Prentice Hall.
10. Malhotra, R. K. and ors. (1997). *Marketing Management*. Rawat Publication.
11. Murphy, K.R. & Cleveland, J. (eds). (1995). *Understanding Performance Appraisal*. Sage.
12. Narayan, B. (1998). *Advertising Management*. APH Publication.
13. Peter, J.P. & Olson, J.C. (1999). *Consumer behaviour and marketing strategy*. McGraw Hill.
14. Schiffman, L.G. & Kanule, L.L. (1998). *Consumer Behaviour*. Prentice Hall.
15. Schmidt, N. & Chan, D. (1998). *Personnel selection*. Sage.
16. Scultz, D.P. & Scultz, S.E. (2007). *A History of Modern Psychology*. 9th Edition. Wadsworth Publishing.
17. Stanton, W.G. et al. (1994). *Fundamentals of marketing*. 10th edition. McGraw Hill.
18. Truxillo, D.M., Bauer, T.N. & Erdogan, B. (2016). *Psychology and Work*. Routledge.
19. Wakhlm, A. (1999). *Managing from the heart*. Sage.

20. Wayne. F. Casio & Herman Aguinis. (2004). *Applied Psychology in Human Resource Management*. Prentice Hall.

APSY 302B: Organizational Psychology - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Groups in Organization
 - a) Formal and Informal group
 - b) Group Dynamics
 - c) Team versus Group
 - d) Total Quality Management
2. Communication, conflict and decision making
 - a) Definition and Types of communication
 - b) Barriers to communication
 - c) Conflict-resolution techniques, causes and consequences
 - d) Decision making
 - e) Johari Window, Transactional Analysis
3. Leadership
 - a) Meaning of Leadership
 - b) Leadership Styles
 - c) Theories of Leadership
 - d) Role of Leadership in organizational development
4. Organizational Culture and Organizational Development
 - a) Nature of Organizational Culture
 - b) Creating , Sustaining and Changing Culture
 - c) Organizational Socialization , Multiculturalism and Diversity Management
 - d) Entrepreneurship development
 - e) Innovation
 - f) Knowledge management
5. Organizational and Occupational Stress
 - a) Concept and definition
 - b) Theories of Occupational Stress
 - c) Types of stress and Sources of Job stress
 - d) Management of stress and Employee Counselling

Recommended Readings:

1. Agarwal, R.D. (1994). *Organization and management*. New Delhi. Tata McGraw Hill.

2. Ancona, D.G. (2004). *Managing for the Future: Organizational Behaviour and Processes*. Cengage Learning.
3. Anderson, L. D. (2013). *Organizational Development*. 2nd edition. Sage.
4. Andrews, P.H. & Herschel, R.T. (1997). *Organizational communication*.
5. Byrne, Z. (2014). *Understanding Employee Engagement: Theory, Research and Practice*. Routledge.
6. Chmiel, N. (2008). *An Introduction to Work and Organizational Psychology: A European Perspective*. John Wiley & Sons.
7. Conyne, K. R. (2014). *Group Work Leadership*. Sage.
8. Cooper, C.L., Dewe, P. & O'driscoli, MP. (2001). *Organizational Stress*. Sage.
9. Dahiya, D.S. (1997). *Communication process in organization*. Rawat Publication.
10. Duck, S. (1998). *Human Relationships*. 3rd edition. Sage.
11. Hall, R.H. (1997). *Organization: Structure*. Prentice Hall.
12. Hollway, W. (1997). *Work Psychology and Organizational Behaviour: Managing the Individual at Work*. Sage.
13. Jaklin, F. & Linda, L.P. (2000). *The New Handbook of Organizational Communication*. Sage.
14. Kumar, A. (2000). *Organizational behaviour*. Anmol Publication.
15. Landy, J. F. & Conte, M. J. (2010). *Work In The 21st Century: An Introduction to the Industrial and Organizational Psychology*. 2nd edition. Black Well Publishing Ltd. U.K.
16. Lencioni, P. (2012). *The Advantage: Why Organizational Health Trumps Everything Else in Business*. Jossey-Bass.
17. Leonard, S. H., Lewis, R., Freedman, M. & Passmore, J. (2013). *The Wiley-Blackwell Handbook of the Psychology of Leadership, Change, and Organizational Development*. Wiley-Blackwell.
18. Levy, P. (2016). *Industrial/Organizational Psychology*. Worth Publisher.
19. Mauch, J.G. (Ed.) (1997). *Handbook of organizations*. Vol. 1, 2. Rawat Publication.
20. Moorhead, G. & Griffin, R. (Eds.) (1999). *Organizational behavior*. 5th edition.

Delhi. AITBS Pub.

21. Oades, L.G., Steger, M.F., Fave, A.D. & Passmore, J. (2016). *The Wiley Blackwell Handbook of the Psychology of Positivity and Strengths-Based Approaches at Work*. John Willey and Sons Ltd.
22. Robbins, S.P. (1994). *Organizational behavior, concepts, controversies and applications*. 6th ed. Prentice Hall.
23. Robinson, A.G. & Schroeder, D.M. (2014). *The Idea-Driven Organization: Unlocking the power in Bottom-Up Ideas*. Berrett-Koehler Publishers.
24. Sarma, V.V. (1997). *Organizational behaviour*. Anmol Publication.
25. Sayeed, O.B. (2001). *Organizational commitment and conflict*. Sage.
26. Strati, A. (2000). *Theory and method of organizational studies*. Sage.
27. Triandis, H.C., Dunnette, M.D. & Hough, L.M. (Eds). (1998). *Handbook of industrial and organizational Psychology*. Vol. 1–4. Jaico Pub. House.
28. Wakhlm, A. (1999). *Managing from the heart*. Sage.

APSY 303B: Practical On Industrial And Organizational Psychology - 50 Marks; 4 Credit Points

1. To record the influence of psychological, physiological and behavioural aspects of the individual through ergonomic data in simulated condition.
2. To study the advertisement effectiveness of a group of ads.
3. To administer a test battery meant for personnel selection.
4. To study the leadership style as perceived by the employees of an organization by applying a suitable test
5. To assess the level of occupational stress and application of intervention strategies of stress management.
6. To study the safety programme of an industry and identify the probable aspects of inadequacies.
7. To apply psycho-diagnostic tests for mental health problems (preferably employed) and to suggest intervention measures.
8. Field / Industry or Organization placement and preparation and presentation of

report (Theme based on Module Nos. XIII & XIV)

Recommended Readings: Books to be selected from APSY 301B, 302B

Elective C: Stress Management & Counselling Psychology

APSY 301C: Stress Management And Counselling Techniques - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Scientific Foundations

- a) Definition
- b) Indian and Western Concept of Stress
- c) Theoretical models of Stress

2. Stress; Physiological Arousal and Behaviour Change

- a) Sources of stress (neuro-endocrinology, personality, environment, intrapersonal and interpersonal sources of stress)
- b) Consequences of stress
- c) Stressful Behaviour and Health Status- somatic and anxiety problems

3. Life Situations and Perception of Stress

- a) Stress among children and adolescence
- b) Family stressors and interventions
- c) Stress among the elderly
- d) Stress among trauma victims

4. Stress and Coping

- a) Concepts and theoretical perspectives of coping
- b) Personal coping resources
- c) Coping styles and strategies

d) Coping with adjustive demands

5. Assessment of Stress, Management and Counselling Techniques

- a) Assessment of stress and coping
- b) Behavioural techniques of management
- c) Health promoting and health damaging lifestyles
- d) Cognitive Behavioural techniques of management
- e) Social Skills Training
- f) Indigenous techniques

Recommended Readings:

1. Bramer, L.M. and Shostrom, E.L. (1982). *Therapeutic Psychology. Fundamentals of Counselling and Psychotherapy*. New Jersey Prentice Hall.
2. Chen, D. D. (2017). *Stress Management and Prevention: Applications to Daily Life*, Taylor and Francis, 3rd Edition.
3. Conrad, C.D. (2011). *The Handbook of Stress: Neuropsychological Effects on the Brain*. Wiley-Blackwell.
4. Davis, D. (1997). *Counselling in psychological services*. Open Univ. Press.
5. Dryden, W. (1994). *Developing the practice of counselling*. Sage.
6. Garfield, S.L. (Ed) 1980. *Psychotherapy: An Eclectic Approach*. New York, John Wiley and Sons.
7. Gelso, S. and Fretz, B. (2001). *Counselling Psychology: Practices, Issues and Intervention* (India Edition). Cengage Learning.
8. Goldberger, L. & Brezenitz, S. (1982). *Handbook of stress: Theoretical and Clinical Approaches*. NY Free Press.
9. Greenberg J. S., (2009). *Comprehensive Stress Management*, 10th Ed. Tata McGraw-Hill Publications.
10. Hodges, S. (2003). *Counselling adults with learning disabilities*. Palgranemacmillan.
11. Horn, S. & Munajo, M. (1997). *Theory Research and Intervention*. Open Univ Press.
12. Kar, C. (2013). *Exceptional Children: Their Psychology and Education*. Sterling Publishes Pvt. Ltd.
13. Kurtz, L. F (1997). *Self Help and Support Groups*. Sage.

14. Lazarus, R. S. and Folkman, S. (1984). *Stress Appraisal and Coping*. Springer. N Y.
15. Lines, D. (2006). *Brief Counselling in Schools: Working with Young People from 11 to 18*. (2nd Edition). Sage Publication. New Delhi.
16. Lovallo, W.R. (2004). *Stress and Health: Biological and Psychological Interactions (Behavioral Medicine and Health Psychology)*, 2nd Edition. Sage Publications.
17. Mishra, G. (1999). *Psychological Perspective of Stress and Health*. Concept.
18. Palmer S., (2015). *The Beginners Guide to Counselling and Psychotherapy*, 2nd edition. Sage Publications.
19. Palmer, S. and Dryden, W. (2010). *Counselling for Stress Problems*. Sage. New Delhi.
20. Pestonjee, D. M. (1992). *Stress and Coping*. Sage.
21. Rosenthal, H. (1993). *Encyclopedia of counselling*. Accelerated Development.
22. Scott, M., Stradling, S.G. & Dryden, W. (1995). *Developing cognitive behavioural counselling*. Sage.
23. Wolberg, L.R. (1988). *The techniques of psychotherapy* (4th Ed) Part 1 & 2. New York, Grune and Stralton.

APSY 302C: Counselling in School and Education - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Theoretical approaches of counselling
 - a) Counselling psychology in the context of education and school
 - b) Theories and techniques of counselling: psychodynamic, humanistic, cognitive and behavioural approaches
2. Psychological assessment
 - a) Introduction to psychological assessment in formal and informal education system
 - b) Case history taking
 - c) Mental status examination
 - d) Assessment of cognitive functions- Standard Progressive Matrices (SPM), Wechsler Adult Intelligence Scale (WAIS), Wechsler Intelligence Scale for Children (WISC)
 - e) Assessment of personality and mental health- Projective (Thematic Apperception Test (TAT), Children Apperception Test (CAT), Rorschach Test, Draw a Person Test (DAP)), Non-Projective (16 Personality Factor (16PF), Neo Five Factor Inventory (NFFI), State Trait Anxiety Inventory (STAI), Beck Depression Inventory (BDI) and General Health Questionnaire (GHQ))
 - f) Assessment of interest and aptitude

3. Curriculum planning, teaching and evaluation
 - a) Concept and procedure for curriculum development
 - b) Planning of intra-curricular and co-curricular activities
 - c) Effective teaching methods in classroom
 - i) Lecture
 - ii) Decision
 - d) Use of educational technology
 - e) Evaluation methods and types
4. Counselling techniques
 - a) Strategies of counselling
 - b) Counselling in different areas.
 - i) Career counselling
 - ii) Time management and Life Skills training
 - iii) Management of test anxiety and academic stress
 - iv) Social skills training
 - v) Teacher-Student-Parent-Peer communication
5. Education and Counselling for special children
 - a) Exceptional / Creative Children
 - b) Children with intellectual disability
 - c) Children with learning disability
 - d) Attention Deficit Hyperactivity Disorder
 - e) Project integrated education for the disabled

Recommended Readings:

1. Hodges, S. (2003). *Counselling adults with learning disabilities*. Palgranemacmillan.
2. Hornby, G., Hall, C. and Hall, E. (Eds.) (2003). *Counselling Pupils in School*. Rontledge-Falmer. Taylor and Francis Group. London and New York.
3. Kar, C. (2013). *Exceptional Children: Their Psychology and Education*. Sterling Publishes Pvt. Ltd.
4. Lines, D. (2006). *Brief Counselling in Schools: Working with Young People from 11 to 18*.(2nd Edition). Sage Publication. New Delhi.
5. Merrel, K.W., Ervin, R.A. and Peacock, G.G. (2012). *School Psychology for the 21st Century: Foundations and Practices*. 2nd Edition. The Guilford Press. New York.
6. Pierce, G. R. et al. (1996). *Handbook of social support groups*. Plenum Books.

7. Seligman, L. (1994). *Developmental career counselling*. Sage.
8. Sinha, A. K. (1997). *Human Health and Environment*. Vol- 1, 2. APH Pub CO.
9. Studer, J.R. (2015). *The Essential School Counsellor in a Changing Society*. Sage.
10. Weist, M.D., Lever, N. A., Bradshaw, C.P. and Owers, J.S. (2014). (Eds). *Handbook of School Mental Health: Research, Training Practice and Policy*. (2nd Edition). Springer.
11. Woolfolk, A. (2018). *Educational Psychology*. 13th Edition. Adapted By Shivani Vij. Pearson. Delhi.
12. Woolfolk, A., Misra, G. and Jha, A.K. (2012). *Fundamentals of Educational Psychology*. 11th Ed. Pearson.

APSY 303C: Practical on Stress Management and Counselling in School and Education - 50 Marks; 4 Credit Points

1. Assessment
 - a. Assessment of cognitive functioning
 - b. Assessment of learning disability.
 - c. Assessment of test anxiety
 - d. Assessment of Academic stress
 - e. Assessment of Coping
 - f. Assessment of personality and mental health (projective and non-projective tests)
2. Intervention
 - a. Relaxation techniques
 - b. Art and Music therapy
 - c. Planning of curricular and extra-curricular activities

Recommended Readings: Books to be selected from the References as mentioned in APSY 301C, APSY 302C

Elective D: Organizational Development & Human Resource Management

APSY 301D: Organizational Development - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Organizational Development
 - a) Concept and historical background
 - b) Necessity of organizational development.
 - c) Globalization

- d) Techniques of organizational development
- 2. Organizational Culture
 - a) Definition and functions of culture
 - b) Creating, sustaining and changing culture
 - c) Organizational Socialization and Diversity Management
 - d) Entrepreneurship Development
- 3. Communication and Conflict
 - a) Definition, types and barriers of communication
 - b) Remedy of organizational communication problems
 - c) Conflict- Definition, causes and types
 - d) Techniques of conflict management
- 4. Groups in organization
 - a) Formal and informal groups
 - b) Group verses team
 - c) Team building- necessity and techniques
 - d) Total Quality Management
- 5. Leadership
 - a) Definition and Meaning of leadership
 - b) Theories of leadership
 - c) Styles of leadership
 - d) Role of leadership of organizational development

Recommended Readings:

1. Anderson, L.D. (2013). *Organizational Development*. 2nd Edition. Sage.
2. Bowditch, J.L. and Buono, A.F. (1994). *A premier on organizational behavior*. New York. Wiley.
3. Bruke, W.W. (1992). *Organizational Development*. Boston, Little Brown.
4. Conyne, K. R. (2014). *Group Work Leadership*. Sage.
5. Francis, H., Holbeche, L. & Reddington, M. (2012). *People and Organizational Development: A new agenda for Organization*. 1st Edition. CIPD - Kogan Page.
6. Gupta, C.S. (2009). *Advanced Human Resource Management*. Ane Books Pvt. Ltd.
7. Hanson, G.P. and Burnard, L. (Eds). (1995). *Answer to the most frequently asked questions about organization development*. Sage.

8. Landy, J.F. & Conte, M.J. (2010). *Work in the 21st Century: An Introduction to the Industrial and Organizational Psychology*. 2nd Edition. Blackwell Publishing Ltd. U.K.
9. Luthans, F. (2010). *Organizational Behaviour*, 12th edition. McGraw-Hill Education.
10. Judge, M.C., Holbecke, L. & Becker, W. (2012). *Organizational Development: A Practitioner's Guide for OD and HR*. Wiley Publisher.
11. Parker, B. (1998). *Globalization and Business Practice*. Sage.
12. Parku, M. (1999). *Organizational Culture and Identity*. Sage.
13. Ramnarayan, S., Rao, T.V. and Singh, K. (eds). (1998). *Organizational Development: Interventions and strategies*. Sage.
14. Rao, H.S.R., Sinha, D. and Wilpert, B. (eds). (1999). *Management and cultural values: The Indigenizations in Asia*. Sage.
15. Schein, R.H. (1985). *Organizational culture and leadership*. San Francisco. Jossey–Boss.
16. Sinha, J.B.P. (2000). *Patterns of Work Culture: Cases and Strategies for culture building*. Sage.
17. Smither, R.D. & others (1996). *Organizational Development*. Harper Collins.

APSY 302D: Quality of Work Life - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Quality of work life
 - a) Concept
 - b) Determinants
 - c) Evaluating and increasing quality of work life
2. Job analysis
 - a) Job satisfaction and dissatisfaction
 - b) Attitude towards work and organization
 - c) Job involvement and commitment
3. Person- Organization fit approach
 - a) Personality traits and behaviour in organization
 - b) Behaviour modification
 - c) Organizational counselling and development
 - d) Use of psychological tests Performance Appraisal
4. Work Motivation and Quality of Work life.
 - a) Concept
 - b) Relationship between work motivation and QWL
 - c) Theories of work motivation

5. Stress at work place
 - a) Concept and sources of occupational stress
 - b) Models of organizational stress
 - c) Management of stress and coping

Recommended Readings:

1. Arnold, J., Robertson, I.T., and Cooper, C.L. (1996). *Work Psychology*. McMillan India Ltd., Delhi.
2. Bedeian, A.G. (1980). *Organizations: Theory and Analysis*. Illinois, Dryden Press.
3. Cartwright, S. and Cooper, C.W. (1997). *Managing work place stress*. Sage.
4. Carroll, M. and Walton, M. (Eds.) (1977). *Handbook of Counseling in Organization*. Sage.
5. Cooper, C.L., Dewe, P. and O'Driscoll, M.P. (2001). *Organizational stress*. Sage.
6. Duck, S. (1998). *Human Relationships. 3rd edition*. Sage.
7. Gilmer, B.V.H. (1966). *Industrial Psychology*. McGraw Hill and Kogakusha.
8. Goldstein, I.L. (1986). *Training in organizations: Need assessment, development and evaluation*. Calif., Brooks /Cole.
9. Herriot, P. (ed) (1987). *Assessment and selection in organizations*. Chichester: John Wiley.
10. Hollway, W. (1997). *Work Psychology and Organizational Behaviour: Managing the Individual at Work*. Sage.
11. McCormick, E.J. and Ilgen, D. (1984). *Industrial Psychology*. Prentice Hall of India. New Delhi.
12. Miner, J. P. (1992). *Industrial Organizational Psychology*. N.Y. McGraw Hill.
13. Newstrom, J.W. and Davis, K. (Eds). (1998). *Organizational behavior: Human behavior at work*. 10th ed. Tata-McGraw Hill.
14. Pestonjee, D.M. (1999). *Stress and Coping*. Sage.
15. Sinha, J.B.P. (2000). *Pattern of work culture*. Sage.
16. Sinha, J.B.P. (1995). *The cultural context of leadership*. New Delhi, Sage.
17. Smith, P.B. and Peterson, M.F. (1988). *Leadership: Organization and culture*. London. Sage.
18. Wakhlm, A. (1999). *Managing from the Heart*. Sage.

**APSY 303D: Practical on Organizational Development & Quality of Work Life - 50 Marks;
4 Credit Points**

1. To evaluate the communication skills of middle-level managers
2. To study the leadership style as perceived by the employees of an organization by applying a suitable questionnaire.
3. To measure the work motivation of the employees of an organization
4. To study the stress generating factors of an organization and coping style
6. To assess the Quality of Work Life (QWL) of the employees of an industrial organization
7. To assess the Quality of Life (QOL) of the executives and workers of an organization.
8. To study the adjustment pattern and psychological well-being of employees by using suitable test and analyze its effect on job behavior
9. Field / Institutional visit and preparation and presentation of report (theme to be selected from Module Nos. XIII & XIV).

Recommended Readings: Reference to be included from APSY 301D, APSY 302D

CBCC A: CHOICE BASED CREDIT COURSE A – Total marks 50; 4 credit points, 50 lecture hours

CBCC B: CHOICE BASED CREDIT COURSE B - Total marks 50; 4 credit points, 50 lecture hours

[DETAILS OF CBCC: ANNEXURE I, p.22]

Fourth Semester

Elective A: Clinical & Forensic Psychology

APSY 401A: Forensic and Correctional Psychology - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Introduction to Forensic Psychology
 - a) The Forensic Psychology: an overview and ethical issues

- b) Correctional Psychology
 - c) Role of Forensic and Correctional Psychologists
2. Crime and Criminal Victimization
- a) Concept and definition of crime
 - b) Factors associated with crime and patterns of crime
 - c) Major theories of crime and criminality
 - d) Psychological effects of criminal victimizations
3. Psychology and Law
- a) Relevant Policies and Acts
 - b) Legal issues in evidence- Consent, expert opinion, eye witness recall
 - c) Legal rights of offenders and victims
4. Forensic Mental Health and Assessment
- a) Assessing CR and Plea of Insanity
 - b) Forensic Mental Status Examination and assessment
 - c) Lie Detection and Imaging techniques
5. Treatment and Rehabilitation in correctional facilities.
- a) Institutional Correction & Community supervision-probation, parole and after care
 - b) Therapy in correctional settings - Crisis Intervention, Individual and Family counselling

Recommended Readings:

1. Arrigo B. A. (2000). *Introduction to Forensic Psychology- Issues and Controversies in Crime and Justice*. Academic Press, San Diego.
2. Bartol, C.R. & Bartol, A.M. (2015) (Eds). *Introduction to Forensic Psychology: Research and Applications*. 4th ed. Sage Publications, Washington DC.
3. Bartol, C.R. & Bartol, A.M. (2012). *Current Perspectives in Forensic Psychology and Criminal Behaviour*. 3rd ed. Sage Publications, Washington DC.
4. Bose, S. (2000). *Victimology*. Indian Journal of Criminology and Criminalistics. Jan- March, 1-21.
5. Daniel, G. (1992). *Handbook of Criminology*. Rand Mc. Nally College Publishing Co. Chicago.
6. Davis, R.C. et al. (1997). *Victims of Crime*. Sage Publication.
7. Gudjonsson, G. H. & Haward, L.R.C. (1998). *Forensic Psychology: A guide to practice*. Routledge , London.
8. Heilbrun, K., Marczyk, G.R. and Dematteo, D. (2002). *Forensic Mental Health Assessment: A casebook*, Oxford University Press.
9. Mc. Guire, M., Margat, R. & Reiwier, R (Eds.) (2012). *The Oxford Handbook of Criminology*. Oxford University Press.
10. Russell, E.W. (2012). *The Scientific Foundation of Neuropsychological Assessment*. Elsevier. London.
11. Saferstein, R. (1998). *Criminalistics: An Introduction to Forensic Science*. 6th Edition, Prentice Hall
12. Soothill, K., Rogers, P. & Dolan, M (Eds.) (2008). *Handbook of Forensic Mental Health*. William Publishing, USA.

APSY 402A: Psychotherapy - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Introduction to Psychotherapy:
 - a) Objectives and Principles of Psychotherapy
 - b) Types of Psychotherapies
 - c) Ethical and cultural issues in Psychotherapy; record keeping
 - d) Stress, Burnout and personal growth of the therapist
2. Psychodynamic Psychotherapies: Techniques, Stages, Effectiveness, Limitations, Indications and Contraindications

- a) Psychoanalysis
 - b) Short Term Psychodynamic Psychotherapies
3. Behaviour and Cognitive Behaviour Therapies: Techniques, Stages, Effectiveness, Limitations, Indications and Contraindications
- a) Behaviour Therapy
 - b) Cognitive Behaviour Therapy
 - c) Third Wave Behaviour Therapies: Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, Mindfulness Based Cognitive Therapy
 - d) Rational Emotive Behaviour Therapy
4. Client Centred, Existential and Gestalt Therapy: Techniques, Stages, Effectiveness, Limitations, Indications and Contraindications
5. Play Therapy, Art and Music Therapy, Indigenous therapies
6. Group Therapy, Psychodrama and Role Playing, Family Therapy and Couples Therapy

Recommended Readings:

1. Alonso, A., Swiller, H.I. (Eds.) (1993). *Group Therapy in clinical practice*. Washington DC. APA Press.
2. Archer, J & McCarthy, C.J. (2007). *Theories of Counseling and Psychotherapy*.
3. Beck, A.T., Rush, A.J., Shaw, B.F., Emery, G. (1979). *Cognitive therapy of depression*. NY. Guilford Press.
4. Berg, K.I. & Jaya, A. (1993). *Different and Sane: Family therapy with Asian American Families*. J. of Marital Family therapy, 1, 31-38.

5. Beutler, L.E., & Angel, D (1991). *Predictors of differential response to cognitive experimental and self-directed psychotherapeutic procedures*. J. Consult. Clinic. Psychol., 59, 333-340.
6. Brown, D. & Pedder, J. (1991). *Introduction to Psychotherapy: An outline of Psychodynamic principles and practice*. London, Routledge.
7. Dryden, W. (2007). *Handbook of Individual psychotherapy*. Sage.
8. Franks, C.M. (Ed). (1969). *Behaviour Therapy*. Mc Graw Hill.
9. Goldstein, W.N. (1998). *A prisoner for beginning*. Brunner/ Mazel.
10. Harris R., (2007) *The Happiness Trap: Stop Struggling, Start Living*, Exisle Publishing, 1st edition.
11. Hayes S. C., Strosahl K.D. and Wilson K. G., (2003). *Acceptance and Commitment Therapy: An Experiential Approach to Behaviour Change*, The Guilford Press.
12. Lambert, M.J. (1971). Bergin & Garfield's *Handbook of psychotherapy and behaviour change*. Wiley
13. Meninger, K. (1958). *Theory of psychoanalytic technique*. NY. Harper & Row.
14. Palmer S., (2015). *The Beginners Guide to Counselling and Psychotherapy*, Sage Publications, 2nd edition.
15. Patterson, C.H. & Wabkins, C. E. (1996). *Theories of psychotherapy*. Harper & Collins
16. Pederson L. and Pederson C., (2017). *The Expanded Dialectical Behaviour Therapy Skills Training Manual, 2nd Edition: DBT for Self-Help and Individual & Group Treatment Settings*, PESI Publishing & Media; 2nd Spi edition.
17. Rimm, D.C. and Masters, J.C. (1974). *Behaviour Therapy: Techniques and Empirical Findings*. Geniza.
18. Sharf, R. S. (1999). *Theories of psychotherapy*. Brooks/Cole.
19. Simon, R. et al. (1999). *The art of psychotherapy*. Wiley.
20. Suinn, R.N. (1990). *Anxiety Management Training: A behaviour therapy*. NY. Plenum.
21. Veeraraghavan, V. (1985). *A textbook of psychotherapy*. Sterling Press.

22. Wells, A. (2012). *Cognitive therapy of Anxiety Disorders: A practical guide*. Wiley.
23. Wolman, B.B. (1976). *The Therapist's Handbook*. Van Nostrand.
24. Wolman, B.B. (Ed). (1978). *Handbook of treatment of mental disorders in childhood and adolescence*. Prentice Hall.

APSY 403A: Practical on Testing & Therapy in Clinical and Forensic Psychology - 50 Marks; 4 Credit Points

1. To conduct psychological assessment and report actual therapeutic intervention for the following types of cases:

- 2 cases of major Psychiatric Disorder/Personality Disorder
- 2 cases of Mental Retardation/Developmental Disability
- 1 case of Neurological Disorder

2. To prepare a plan for intervention with a juvenile delinquent case and suggest intervention procedure

Recommended Readings: Books to be selected from the References as mentioned in APSY 401 and APSY 402

Elective B: Organizational & Environmental Psychology

APSY 401B: Management from Behavioural Perspective - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Management and Administration
 - a) Evolution of management thought
 - b) Management Philosophy
 - c) Modern and Post Modern management
 - d) Indian Management Ethos
2. Modern Techniques of Management
 - a) Management by objectives
 - b) KAIZEN
 - c) SWOT Analysis
 - d) Talent Management

3. Organizational Structure and Function
 - a) Types of structure
 - b) Delegation and Authority
 - c) Span of management
 - d) Centralization and Decentralization, Departmentation
4. Human Resource Management
 - a) Organizational and Individual needs
 - b) People- organization relationship
 - c) Training to manage human resource
 - d) International human Resource Management
5. Industrial Relation
 - a) Concept
 - b) IR in India
 - c) Approaches to IR
 - d) TU in India

Recommended Readings:

1. Altman, Y., Bournois, F. & Boje, D.M. (2008). *Managerial Psychology*. Sage.
2. Anderson, L.D. (2013). *Organizational Development*. 2nd Edition. Sage.
3. Balzac, S.R. (2014). *Organizational Psychology for Managers (Management for professionals)*. Springer.
4. Cascio, W.F. & Aguinis, H. (2010). *Applied Psychology in Human Resource Management*. 7th Edition. Pearson.
5. Gomez-Mejija, R.L., Balkin, B.D & Cardy, L.R. (2012). *Managing Human Resources*. 7th Edition. Pearson.
6. Harris, M. (2000). *Human Resource Management*. 2nd Edition. The Dryden Press.
7. Leavitt, H.J., Pondy, L.R. & Boje, D.M. (1988). *Readings in Managerial Psychology*. University of Chicago Press.
8. Ones, D.Z., Anderson, N., Sinangil, H.K. & Viswesvaran, C. (2017). *The Handbook of Industrial, Work, and Organizational Psychology*. Sage.
9. Paschen, M. & Dihsmäie, E. (2014). *The Psychology of Human Leadership*.

Springer-Verlag Berlin Heidelberg.

10. Rao, P.S.V. (2011). *Human Resource Management*. 3rd Edition. Excel Books.
11. Shefrin, H. (2016). *Behavioural Risk Management: Managing the Psychology That Drives Decisions and Influences Operational Risk*. Palgrave Macmillan. US.
12. Tayeb, H.M. (2005). *International Human Resource Management*. Oxford University Press.

APSY 402B: Environmental Psychology - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Introduction to Environmental Psychology
 - a) Origin of environmental psychology
 - b) Interdisciplinary orientation
 - c) Basic principles of environmental psychology
 - d) Characteristics of environmental psychology
2. Natural and Built-up environment
 - a) Human being and geographical environment.
 - b) Weather and man
 - c) Environmental perception and cognition
 - d) Urban, suburban and rural
3. Different aspects of environment
 - a) Density, Crowding, Privacy, Personal Space and Territoriality.
 - b) Place identity and Neighbourhood Relationship.
 - c) Natural disasters, toxic hazards and pollution.
 - d) Environmental Quality
4. Relationship between man and different settings.
 - a) Educational institution and work environment.
 - b) Hospital and rehabilitation centres.
 - c) Prison and Correctional home
 - d) Residential and Recreational settings.
5. Psycho-educational aspects Of Environmental Protection
 - a) Environmental Education and Laws of environmental protection.
 - b) Disaster Management
 - c) Social Forestry and Ecological Aesthetics
 - d) Managing scarce resources.

Recommended Readings:

1. Baer, D.M. & Pinkston, E.M. (1997). *Environment and Behaviour*. Westview press.
2. Bechtel, R. B. (1997). *Environment and Behaviour – An introduction*. Sage Publications.
3. Bell, P. K., Fisher, J. D., Baum, A. and Greenu, T. C., (1990). *Environmental Psychology*, 3rd Edition, Holt-Rinehart and Winston Inc.
4. Bhattacharya, S. (2008). *Environmental Psychology*. Global Vision Publishing.
5. Cassidy, T. (1997). *Environmental Psychology – Behaviour and experience in context*. Psychology Press. UK.
6. Clayton, S.D. (2012). *The Oxford Handbook of Environmental and Conservation Psychology*. OUP USA.
7. Malhotra, N.K. (2007). *Environmental Psychology: Principles and Practices*. Sumit Enterprises.
8. Milton, K. (2002). *Loving Nature: Towards an Ecology of Emotion*. Routledge.
9. Moors, R.H. (1986). *Human Concept: Environmental Determinants of Behaviour*. John Willey & Sons.
10. Nagar, D. (2006). *Environmental Psychology*. Concept Publishing Co.
11. Nickerson, R.S. (2003). *Psychology and Environment Change*. Lawrence Erlbaum Associates.
12. Saari, C. (2002). *The Environment: Its Role in Psychosocial Functioning and Psychotherapy*. Princeton University Press.
13. Staudenmayer, H. (1998). *Environmental illness: Myth and Reality*. Lewis Pub. NY.
14. Stokols, D. & Altman, I. (1987). *Handbook of Environmental Psychology*. Vols. I & II, A. Wiley Interscience Publication, John Wiley & Sons.
15. Walsh, W.B., Craik, K.H. & Price, R.H. (2000). *Person-Environment Psychology: New Directions and Perspectives*. 2nd Edition. Lawrence Erlbaum Associates.
16. Winter, D.D.N. & Koger, S.M. (2004). *The Psychology of Environmental Problems*. 2nd Edition. Lawrence Erlbaum Associates.

APSY 403B: Practical on Management from Behavioural Perspective & Environmental Psychology - 50 Marks; 4 Credit Points

1. To study the organizational climate of a manufacturing and service organization
2. To develop the organizational culture profile in a given organization
3. To conduct group discussion on organizational issues to infer about participant characteristics
4. To identify mental health variables of individuals by studying two built-up environments

5. Case study on motivation, communication, conflict and leadership
6. To assess personal potentialities, intellectual knowledge, personality, motivation and other skills of employees of an organization
7. Field/ Institutional visit and preparation and presentation of report (based on theme --- Module Nos. XVI & XVII).

Recommended Readings: Books to be selected from APSY 401B and APSY 402B

Elective C: Stress Management & Counselling Psychology

APSY 401C: Community And Health Psychology - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Community Psychology:
 - a) Definition and concepts
 - b) Perspectives
 - c) Core values
 - d) Current trends and social implications

2. Community Research and Epidemiological Studies
 - a) Aims of Community research
 - b) Methods of Community Psychology research: Quantitative and qualitative.
 - c) Community health and epidemiological studies

3. Health Psychology
 - a) Concepts and models of health
 - b) Health seeking behaviour
 - c) Adhering to medical advice: Factors and theories
 - d) Improving adherence

4. Community mental health : Prevention and promotion

- a) Key concepts
- b) Current and future applications
- c) National Health policies and programmes

5. Sources and management of health problems

- a) Chronic illness
- b) Obesity
- c) Smoking and alcohol use
- d) Communicable diseases

Recommended Readings:

1. Abraham, C., Conner, M. & Jones, F. & O'Connor, D. (2016). *Health Psychology*. 2nd edition. Routledge.
2. Athreya, V.B. (2000). *Literacy and empowerment*. Sage.
3. Bhattacharyya, S.K. (2000). *Juvenile justice. An Indian scenario*. Regency Pub. ND.
4. Caltabiano, M.L. & Ricciardelli, L.A. (2013). (Eds.). *Applied Topics in Health Psychology*. Wiley-Blackwell.
5. Cariappa, M. & Geeta, D. (1997). *How to help your disabled child*. UBSPD.
6. Chatterjee, M. (1998). *Environment and Health in developing countries*. APH Publication.
7. Dalton, J.H., Elias, M. J. et al. (2007). *Community Psychology, Linking Individuals & Communities* Wadsworth, Thomson Learning US.
8. Davar, B. (2001). *Mental health from a gender perspective*. Sage.
9. Devi, L. (1998). *Health, nutrition and early childhood education*. Anmol Pub.
10. Friedman, H. S. (1998). *Encyclopedia of mental health*. Academic Press.
11. Friedman, H.S. (2011). *The Oxford Handbook of Health Psychology*. Oxford

University Press.

12. Gelles, R.J. (1997). *Intimate violence in families*. Sage.
13. Kapur, M. (1995). *Mental health of Indian Children*. Sage
14. Marks D.F. (2002). *The health psychology reader*. Sage
15. Moritsugu, J., Vera, E., Wong, F.Y. & Duffy, K.G. (2014). *Community Psychology*. Routledge.
16. Nelson, G., Kloos, B. & Ornelas, J. (2014). *Community Psychology and Community Mental Health: Toward Transformative Change*. Oxford University Press.
17. Ragin, D.F. (2013). *Health Psychology: An Interdisciplinary Approach to Health*. Routledge.
18. Rajan, S.I. et al. (1999). *India's elderly: burden or challenge*. Sage.
19. Rappaport, J. & Seidman, E. (2000). (Eds.) *Handbook of Community Psychology*. Springer-Science + Business Media, LLC.
20. Robin, D.M. & Martin, L.R. (2007). *Health Psychology*. Pearson.
21. Sanderson, C.A. (2012). *Health Psychology*. Wiley.
22. Scott, V. C. & Wolfe, S. M. (2015). *Community Psychology: Foundations for Practice*. Sage Publication.
23. Sharma, S.R. (2000). *Distance Education*. Omson Pub.
24. Straub, R.O. (2014). *Health Psychology: A Biopsychosocial Approach*. 4th Edition. Worth Publishers.
25. Taylor, S.E. (1999) *Health Psychology*. McGraw Hill.
26. Vaidyanath, A. & Nair, P.C.G. (2001). *Elementary education in rural India*. Sage.
27. Wilson, B.A. & Mc Lellan, D.L. (Eds.). (1997). *Rehabilitation studies handbook*. Cambridge Univ. Press.

APSY 402C: Stress Management in Workplace - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Stress in workplace
 - a) Concept of Work Stress

- b) Person-environment fit Approach
 - c) Job Demands-Control Model, Cybernetics
 - d) Effort-Reward Imbalance Theory
2. Stress and Coping
- a) Holistic Model of Stress and Coping
 - b) Work-Family Balance
 - c) Coping styles
 - d) Stress Management techniques and well-being
3. Work place Stress Related Symptoms and Disorder
- a) Job-Related Burnout.
 - b) Workplace Stress related diseases
 - c) Absenteeism
 - d) Alcohol and illicit drug use in workplace
4. Work place Stress Intervention
- a) Job Intervention-Domains.
 - b) Intervention concerning Tasks & Work Environment.
 - c) Role Clarity and Social Relationship
 - d) Effectiveness of Organization Based Intervention
 - e) Counselling for career advancement
5. Employee Assistant Programme
- a) Strength
 - b) Challenges
 - c) Evaluation
 - d) Future Roles

Recommended Readings:

1. Agarwal, R. (2001). *Stress in Life and at Work*. Response Books
2. Allen, D. (2015). *Getting Things Done: The Art of Stress-free Productivity*. Revised Edition. USA. Penguin Books.
3. Anisman, H. (2014). *An Introduction to Stress & Health*. Sage.
4. Dewe, P.J., O'Driscoll, M. P. & Cooper, C.L. (2010). *Coping with Work Stress: A Review and Critique*. Wiley- Blackwell.
5. Fink, G. (2000). *Encyclopedia of Stress Vol. – 1,2,3* Academic Press
6. Ghanekar, A, Bhivpathaki, D, Nagendra, H. R. (2018). *Managing Stress: Best Practice*. First Edition. USA. Everest Publishing House.
7. Goldberger, L and Breznitz, S. (1993). *Handbook of stress, Theoretical and Clinical Aspects*. Second edition. United State. Sage Publication.
8. Kimberly, V., Oxington, C. (2005). *Psychology of Stress*. Nova.
9. Linden, W. (2018). *Managing Stress*. Sage.
10. Maravelas, A. (2005). *How To Reduce Workplace Conflict And Stress: How Leaders And Their Employees Can Protect Their Sanity And Productivity From Tension And Turf Wars*. First Edition. USA. Career press.
11. Nijmeh, R. (2013). *Stress Busters (Stress Management Techniques): How to use stress to your advantage, beat burnout, and accomplish anything – on your terms*. Canada. Coachzing Publishing.
12. Pestonjee, D.M, Pande, S. (2013). *Stress and Work: Perspectives on Understanding and Managing Stress*. India. Sage Publication.
13. Quick, J.C. and Telrik, L.E. (2014). *Handbook of occupational health Psychology*. Second Revised Edition. Washington DC. American Psychological Association.
14. Rice, V. H. (Eds.). (2000). *Handbook of Stress, Coping, and Health*. Sage.
15. Soderback, I. (Eds.). (2015). *International Handbook of Occupational Therapy Interventions*. 2nd Edition. Springer.
16. Stranks, J. (2005). *Stress at Work Management and Prevention*. Routledge.
17. Weinberg, A., Sutherland, V.J., Cooper, C. (2016). *Organizational Stress Management: A Strategic Approach*. United Kingdom. Palgrave Macmillan.
18. Wong, P.T.P, Wong, LC.J. (2005). *Handbook of Multicultural Perspective on stress and coping (International and Cultural Psychology)*. Canada. Springer Publisher.

APSY 403C: Practical on Community Psychology, Health Psychology and Stress Management in Workplace - 50 Marks; 4 Credit Points

1. Assessment

- i. Assessment of burnout
 - ii. Assessment of organizational role stress
 - iii. Assessment of absenteeism
 - iv. Assessment of obesity and eating disorder
-
2. Prevention and intervention
 - i. Development of awareness programme for community
 - ii. Effect on/improving work environment.
 - iii. Improving adherence to medical advice

Recommended Readings: Books to be selected from the References as mentioned in APsy 401C and APsy 402C

Elective D: Organizational Development & Human Resource Management

APSY 401D: Human Resource Planning and Development - 50 Marks; 4 Credit Points; 50 Lecture Hours

1. Foundations of Human Resource Development
 - a) Concept
 - b) Organizational and individual need
 - c) Impact of organizational change and Evaluation
2. Human Resources Planning
 - a) Necessity for human resource planning
 - b) Policies and practices to attract, retain and develop resourceful employee
 - c) Socialization and orientation to work
3. Selection and Recruitment
 - a) Concept
 - b) In house vs external recruitment
 - c) Selection process and green recruitment
4. Developing Human Resource
 - a) Learning and development
 - b) Barriers
 - c) Mentoring and developing competence

5. Employee Assistance Programme

- a) Employee counselling
- b) Wellness services
- c) Development of human resources

Recommended Readings:

1. Beardwell, I. & Holden, L. (1996). *Human Resource Management*. India. McMillan.
2. Dale, B. et.al. (1997). *Managing Quality and Human Resources*. Blackwell.
3. Devi, L. (Eds.). (1998). *Human Resource Management*. ISD. Anmol Pub. Pvt. Ltd.
4. Gomez-Mejia, R. L., Balkin, B.D. & Cardy, L.R. (2012). *Managing Human Resources*. 7th edition. Pearson.
5. Harris, M. (2000). *Human Resource Management*. 2nd edition. The Dryden Press.
6. Leonard, S. H., Lewis, R., Freedman, M. & Passmore, J. (2013). *The Wiley-Blackwell Handbook of the Psychology of Leadership, Change, and Organisational Development*. Wiley-Blackwell.
7. Luthans, F. (2010). *Organisational Behaviour*. 12th edition. Asia. Mc. Graw Hill Education.
8. Narayan, B. (1998). *Human Resource Management*. New Delhi. ABH Publishing Corporation.
9. Pettigrew, A. & Fenton, E. (Eds.). (2001). *The Innovating Organisation*. Sage.
10. Rao, P.S.V. (2011). *Human Resource Management*. 3rd edition. Excel books.
11. Singh, K. (2013). *Organisational Behaviour*. 2nd edition. Pearson Education.
12. Tayeb, H. M. (2005). *International Human Resource Management*. Oxford University press.

Hours

1. Management Activity
 - a) Concept of HRM
 - b) People organizational relationship
 - c) The psychological contract- individual expectations and organizations expectation
2. Managerial Effectiveness
 - a) Concept
 - b) Theory X, theory Y, Theory Z
 - c) Managerial grid
3. Training to manage human resources
 - a) Necessity for training
 - b) Individual needs and organizational needs
 - c) Training methods, processes and evaluation
4. Management Development Programme
 - a) Input process and development
 - b) Performance Appraisal Technique
 - c) Total Quality Management
5. Industrial Relation
 - a) Concept and approaches to industrial relation
 - b) Industrial relation in India, TU in India
 - c) Management of industrial democracy

Recommended Readings:

1. Aswathappa, K. (2010). *Human Resource Management*. Tata McGraw Hill Education. 6th Edition.
2. Beardwell, I. & Holden, L. (1998). *Human Resource Management*. McMillan.
3. Beaumont, P.B. (1993). *Human resource management: Key concepts and skills*. Sage.
4. Bratton, J. & Gold, J. (2017). *Human Resource Management*. Pal Grave Publisher.
5. Brewster, C., Hegewisch, A., Hoden, L. and Lockhart, T. (eds). (1992). *European human resource development guide*. Academic Press, London.
6. Cascio, W.F. and Aguinis, Herman. *Applied Psychology in Human Resource Management*. Prentice Hall of India, New Delhi 2008.
7. Dessler, G. (2006). *Human Resource Management*, Pearson Education, New Delhi.

8. Janakiraman. (2006). *Total Quality Management- Text and Cases*. PHI Publisher.1st Edition.
9. Kanungo, R.N. (1998). *Entrepreneurship and innovation: model for development*. Sage.
10. Lee, M. (2003). *HRD in a Complex World*. Routledge.
11. Luthans, F. (2010). *Organizational Behaviour*. Mc Graw Hill Education. Asia, 12th Edition.
12. Lyton, R. & Pareek, U. (eds).(2000). *Training for organizational transformation, Part-II and I*. Sage.
13. Lyton, R. and Pareek, U. (eds). (2000). *Training for organizational transformation, Part-II and I*. Sage.
14. Mabey, C., Skinner, D. and Cark, T. (Eds). (1998). *Experiencing human resource management*. Sage.
15. Mamoria, C.B.; Mamoria, S and Gaonkar, S.V. (2008). *Dynamics of Industrial Relations*. Himalaya Publisher.
16. Manimala, M.J. (1999). *Entrepreneurial policies and strategies. The Innovator's choice*. Sage.
17. McGoldrick, J., Stewart, J. & Watson, S. (2002). *Understanding Human Resource Development: A Research-Based Approach*. Routledge.
18. Meyer, G.D. and Heppard, K.A. (eds). (2000). *Entrepreneurship as strategy*. Sage.
19. Monappa, A. (1985). *Industrial Relations*, Tata McGraw Hill.
20. Mondy, R.W. and Noe. R.M. (1996). *Human Resource Management*. Pearson Education.
21. Mullins, L.J. (1998). *Management and organizational behavior*. Wheeler. Allahabad.
22. Narayan, B. (1998). *Human resource management*. APH Publishing.
23. Narayan, B. (1998). *Total quality management*. APH Publishing.
24. Pestonjee, D. M. (Ed). (1997). *Studies in organizational role stress and coping*. Rawat Publication.
25. Ramaswamy, E.A. (2000). *Managing Human Resource*, Oxford University Press.
26. Report of the National Commission on Labour. Govt. of India.
27. Salamon, M. (1992). *Industrial relations*. Prentice Hall. New Jersey.
28. Singh, K. (2013). *Organizational Behaviour*. Pearson Education 2nd Edition.
29. Woodall, J., Lee, M. & Stewart, J. (2004). *New Frontiers in HRD*. Routledge

APSY 403D: Practical on Human Resource Planning and Development and Human Resource Management - 50 Marks; 4 Credit Points

1. To evaluate the performance of workers regarding promotion in an organization.
3. To study the training need for different levels of working groups of an organization.
4. Case studies on motivation, communication, conflict, leadership style and quality of work life
5. To administer a Test Battery for selecting employees for the new job.
6. To apply psychodiagnostic tests on Clinical cases (preferably employed) and to suggest intervention measures.

Recommended Readings: Books to be selected from the References as mentioned in APSY 401D and APSY 402D

For All Elective Courses

APSY 404: Dissertation Part I (Concept, Review and Plan Of Study) - 50 Marks; 4 Credit Points

APSY 405: Dissertation Part II (Research Findings and Report Presentation) - 50 Marks; 4 Credit Points

Problems to be selected from the field relevant to specialization.

CBCC offered by Applied Psychology

Fundamentals of Applied Psychology

1. Introduction to psychology:
 - a) Nature and historical development of psychology. Application of psychology in various fields.
 - b) Brief concept of major cognitive and affective functions: Attention, Perception, Learning, Memory, Intelligence, Emotion, Motivation.
 - c) Personality: Concept and brief overview of selected theories (Freud – topographical and structural model, Skinner - reinforcement, Maslow – need

hierarchy, Erikson – psychosocial development).

2. Elements of social psychology:

- a) Groups: Types, Structure and functions. Group Leadership – Types.
- b) Attitude: Concept and components.
- c) Prosocial behavior: Concept and Factors.
- d) Aggression: Concept and expression - types and direction of aggression. Frustration aggression hypothesis. Social learning of aggression.

3. Life Span Perspective

- a) Stages of Development. Factors of Development - Genetic, biological and environmental factors.
- b) Childhood and Adolescence: Cognitive development – Piaget’s view. Social development.
- c) Adulthood: Work life and relationships.
- d) Problems of old age. Issues of death and dying - Kübler-Ross model.

4. Application of psychology in clinical field and stress management:

- a) Clinical features of Intellectual Disability, Autism Spectrum Disorder, ADHD and Conduct disorder.
- b) Clinical features of Schizophrenia, Bipolar disorder, Major depressive disorder, Generalized Anxiety disorder, OCD, Conversion, Gender Dysphoria.
- c) Concept of stress. Sources of stress. Responses to stress. Coping with stress.
- d) Counselling: Basic principles and steps of counseling. Types of counseling.

5. Application of psychology in organizational and environmental settings :

- a) Recruitment, Selection and Training
- b) Motivation and job satisfaction
- c) Communication and conflict
- d) Natural and built up environment.

Recommended Readings:

1. Baron, R. A., Byrne, D. and Branscombe, N.R. (2007). *Social Psychology*, 11th Edition. Pearson. Practice Hall .
2. Bell, P. K., Fisher, J. D., Baum, A. and Greenu, T. C., (1990). *Environmental Psychology*, 3rd Edition, Holt-Rinehart and Winston Inc.
3. Black, D. W. and Andreasen, N.C. (2017). *Introductory Textbook of Psychiatry*, DSM-5 Edition, CBS Publishers & Distributors.
4. Bramer, L.M. and Shostrom, E.L. (1982). *Therapeutic Psychology. Fundamentals of Counselling and Psychotherapy*. New Jersey Prentice Hall.
5. Butcher, J.N., Hooley, J.M., Mineka, S. and Dwivedi, C.B. (2014). *Abnormal Psychology*, 16th Edition, Pearson.
6. Feldman, R.S. and Babu, N. (2018). *Development across the Lifespan*. Noida. Pearson.
7. Gelso, S. and Fretz, B. (2001). *Counselling Psychology: Practices, Issues and Intervention* (India Edition). Cengage Learning.
8. Hurlock, E.B. (2017). *Child Development*. 6th edition. McGraw Hill Education;
9. Hurlock, E.B. (2017). *Developmental Psychology: A Life - Span Approach* . 5th edition, McGraw Hill Education;
10. Luthans, F. (2010). *Organizational Behaviour*, 12th edition. McGraw-Hill Education.
11. Matlin, M.W (1995) *Cognition*. Prism.
12. Myers, D. G. (2005). *Social Psychology*, 8th edition. McGraw Hill.
13. Papalia D., Olds, S. and Feldman, R. (2008). *Human Development*. 11th Edition, McGraw-Hill Humanities/Social Sciences/Languages publishing.
14. Santrock, J.W. (1997) *Life-span Development*, Brown & Benchmark Publishers
15. Santrock, J.W. (2007) *Child Development*, McGraw-Hill Publishers.
16. Solso, R. L (1998) *Cognitive Psychology*. Allyn and Bacon.