SCHEME OF STUDIES FOR
M.A. in Psychology
2-year/4-semester Master's Degree Programme (Framework As Per Scheme P)

MA Psychology Ist Sem

S No	Course Type	Course Co	Course Name	L	T	P	Cr ed	Internal (30)				External (		otal Marks
								Atter dane	Project/ T/ Rep Assignm nt	Practi	Theory	Practic	Theor	
1	CC - 1	MAPSY 101CC1	Foundation of Psychology	4	0	0	4	5	10	0	15	0	70	100
2	CC - 2	MAPSY 102CC2	Social Psychology	4	0	0	4	5	10	0	15	0	70	100
3	CC - 3	MAPSY 103CC3	Basic Research Methods and Statistics	4	0	0	4	5	10	0	15	0	70	100
4	PC - 1	MAPSY 101(PC1)	Practicum of Foundation of Psychology	0	0	8	4	5	10	15	0	70	0	100
5	PC - 2	MAPSY 102(PC2)	Practicum of Social Psychology	0	0	8	4	5	10	15	0	70	0	100
6	VAC	MAPSY VAC-1	Emotional Intelligence in Relationship Management	2	0	0	2	5	10	0	15	0	70	100
			Total	14	0	1	22	30	60	30	60	140	280	600

Total Credits: 22

HEAD
Department of Liberal Arts Humanities
Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Semester II

S. N	Course Type	Course Code	Course Name	L	T	P	Cres	Internal (30)				External (70)		
								Attendance	Project/ PPT/ Report/ Assignment	Practical	Theory	Practi	Theory	Total
1	CC - 4	MAPSY201TCC4	Cognitive Psychology	4	0	0	4	5	10	0	15	0	70	100
2	CC - 5	MAPSY 202TCC5	Psychological Testing and Psychometri	4	0	0	4	5	10	0	15	0	70	100
3	CC - 6	MAPSY 203CC6	Biopsychology	4	0	0	4	5	10	0	15	0	70	100
4	PC - 3	MAPSY201PCC4	Practicum of Cognitive Psychology	0	0	8	4	5	10	15	0	70	0	100
5	PC-4	MAPSY 202PCC5	Practicum of Psychological Testing and Psychometri	0	0	8	4	5	10	15	0	70	0	100
6	CHM	MAPSYCHM	CHM (constitutional Human and Moral Values)	2	0	0	2	5	10	0	15	0	70	100
Total				**1**	**0**	**16**	22	30	60	30	60	140	280	600

Total Credits: 22

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Semester III

S.	Course Type	Cours Code	Course Name	L	T	P	Cred	Internal (30)				External (70)		Total Marks
								Atten dance	Project PPT/ Report/ Assign t	Pra cti cal	The ory	Pr act ica l	Theo ry	
1	CC - 7	MAPSY 301ATCC / MAPSY 301BTCC / MAPSY 301CTCC	Psychotherapy Techniques an Treatment / Counselling Acro the Life Span Addressing Special Groups/ Human Resource Management – I	4	0	0	4	5	10	0	15	0	70	100
2	CC - 8	MAPSY 302ATCC / MAPSY 302BTCC / MAPSY 302CTCC	Rehabilitation Psychology / Advanced Skills and Process of Counselling & Psychother / Workplace Counselling	4	0	0	4	5	10	0	15	0	70	100
3	DEC - 1	MAPSY 303DEC-1	CBT & REBT: Basics & Applications	4	0	0	4	5	10	0	15	0	70	100
4	PC - 5	MAPSY 304APC / MAPSY 304BPC / MAPSY 304CPC	Practicum of Psychotherapy Techniques and Treatment / Practicum of Advanced Skill and Processes of Counselling Psychotherapy / Practicum of Human Resourc Management – I	0	0	8	4	5	10	15	0	70	0	100
5	PC -6	MAPSY 30	Summer Internship Report Presentation	0	0	8	4	5	10	15	0	70	0	100
6	OEC-1	MAPSY OEC-301	As per University Basket	2	0	0	2	5	10	0	15	0	70	100
Total				**14**	**0**	**16**	22	30	60	30	60	14 0	280	600

Total Credits: 22

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Semester IV

Course Type	Course Code	Course Name	L	T	P	Credits	Internal (30)				External (70)		Total Marks
							Attendance	Proje PPT/ Rep Assig ment	Practi	Theo	Practic	Theory	
DEC - 2	MAPSY 40 DEC-2	Internship		0	32	6	5	10	15	0	70	0	100
EEC	MAPSY 40 EEC-2	Field Work in Pract		0	32	4	5	10	15	0	70	0	100
DEC - 3	MAPSY 40 DEC-3	Research Project– IV(Report Submission)		0	24	12	5	10	15	0	70	0	100
				0	88	22	15	30	45	0	210	0	300

Total Credits: 22

Syllabus

Master of Arts in Psychology - 2 Years/ 4 Semesters with Specialization (Clinical Psychology / Counselling Psychology / Industrial – Organizational Psychology)

As Per the National Education Policy 2020

(Effective from Academic Year 2025-26)

Department of Liberal Arts and Humanities
Faculty of Arts and Social Sciences
SWAMI VIVEKANAND SUBHARTI UNIVERSITY

Ordinance No. _____

Master of Arts in Psychology - 2 Years/ 4 Semesters with Specialization (Clinical Psychology / Counselling Psychology / Industrial – Organizational Psychology)

2025-2026

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Ordinance No. V-21(A)

Master of Arts in Psychology - 2 Years/ 4 Semesters with Specialization (Clinical Psychology / Counselling Psychology / Industrial – Organizational Psychology)
As Per the National Education Policy 2020

1. This Ordinance may be called the **"Ordinance relating to MA in PsychologyTwo yearMaster Degree Programme"** in Psychology issued by UGC, New Delhi under national education policy 2020).
2. It shall come into force from session 2025-2026.

Program Educational Objectives (PEOs) of Masters in Psychology

1. **Specialized Knowledge:**Graduates will possess in-depth knowledge of psychological theories, research methods, and assessment techniques relevant to clinical practice.
2. **Professional Practice:**They will be equipped to practice as clinical psychologists, conducting assessments, diagnoses, and therapeutic interventions.
3. **Research Skills:**Graduates will be able to conduct research, analyze data, and contribute to the field's knowledge base.
4. **Ethical and Professional Conduct:**They will demonstrate ethical and professional conduct in all aspects of their work.
5. **Interdisciplinary Collaboration:**Graduates will be able to work effectively with other professionals in healthcare and related fields.

Program Outcomes (POs) of Masters in Psychology

1. **Scientific Knowledge:**Understanding the scientific basis of psychology and its application to clinical practice.
2. **Critical Thinking and Problem Solving:**Analyzing complex psychological issues, evaluating evidence, and developing appropriate interventions.
3. **Research Skills:**Designing, conducting, and interpreting research studies in clinical psychology.

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

4. **Communication Skills:** Effectively communicating psychological information to clients, colleagues, and the public.
5. **Professional and Ethical Conduct:** Adhering to ethical guidelines and professional standards in clinical practice.
6. **Clinical Skills:** Applying psychological assessment, diagnosis, and therapeutic techniques.
7. **Interpersonal Skills:** Building rapport with clients, collaborating with other professionals, and working effectively in teams.

HEAD
Department of Liberal Art & Hu...
Faculty of Art & Social Sc...
Swami Vivekanand Subharti Un...
MEERUT

SCHEME OF STUDIES FOR
M.A. in Psychology
2-year/4-semester Master's Degree Programme (Framework As Per Scheme P)

MA Psychology Ist Sem

S No	Course Type	Course Co	Course Name	L	T	P	Cr ed	Internal (30)				External (		otal Marks
								Atter danc	Project/ T/ Rep Assignm nt	Practi	Theory	Practic	Theo	
1	CC - 1	MAPSY 101CC1	Foundation of Psychology	4	0	0	4	5	10	0	15	0	70	100
2	CC - 2	MAPSY 102CC2	Social Psychology	4	0	0	4	5	10	0	15	0	70	100
3	CC - 3	MAPSY 103CC3	Basic Research Methods and Statistics	4	0	0	4	5	10	0	15	0	70	100
4	PC - 1	MAPSY 101(PC1)	Practicum of Foundation of Psychology	0	0	8	4	5	10	15	0	70	0	100
5	PC - 2	MAPSY 102(PC2)	Practicum of Social Psychology	0	0	8	4	5	10	15	0	70	0	100
6	VAC	MAPSY VAC-1	Emotional Intelligence in Relationship Management	2	0	0	2	5	10	0	15	0	70	100
			Total	14	0	1	22	30	60	30	60	140	280	600

Total Credits: 22

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Science
Swami Vivekanand Subharti University
MEERUT

Semester II

S. N	Course Type	Course Code	Course Name	L	T	P	Cres	Internal (30)				External (70)		
								Attendance	Project/ PPT/ Report/ Assignment	Practical	Theory	Practi	Theory	Total
1	CC - 4	MAPSY201TCC4	Cognitive Psychology	4	0	0	4	5	10	0	15	0	70	100
2	CC - 5	MAPSY 202TCC5	Psychological Testing and Psychometri	4	0	0	4	5	10	0	15	0	70	100
3	CC - 6	MAPSY 203CC6	Biopsychology	4	0	0	4	5	10	0	15	0	70	100
4	PC - 3	MAPSY201PCC4	Practicum of Cognitive Psychology	0	0	8	4	5	10	15	0	70	0	100
5	PC-4	MAPSY 202PCC5	Practicum of Psychological Testing and Psychometri	0	0	8	4	5	10	15	0	70	0	100
6	CHM	MAPSYCHM	CHM (constitutional Human and Moral Values)	2	0	0	2	5	10	0	15	0	70	100
Total				**1**	**0**	**16**	22	30	60	30	60	140	280	600

Total Credits: 22

HEAD
Department of Liberal Art & Humanities
Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Semester III

S.	Course Type	Cours Code	Course Name	L	T	P	Cred	Internal (30)				External (70)		Total Marks
								Atten dance	Project PPT/ Report/ Assign t	Pra cti cal	The ory	Pr act ica l	Theo ry	
1	CC - 7	MAPSY 301ATCC / MAPSY 301BTCC / MAPSY 301CTCC	Psychotherapy Techniques an Treatment / Counselling Acro the Life Span Addressing Special Groups/ Human Resource Management – 1	4	0	0	4	5	10	0	15	0	70	100
2	CC - 8	MAPSY 302ATCC / MAPSY 302BTCC / MAPSY 302CTCC	Rehabilitation Psychology / Advanced Skills and Process of Counselling & Psychother / Workplace Counselling	4	0	0	4	5	10	0	15	0	70	100
3	DEC - 1	MAPSY 303DEC-1	CBT & REBT: Basics & Applications	4	0	0	4	5	10	0	15	0	70	100
4	PC - 5	MAPSY 304APC / MAPSY 304BPC / MAPSY 304CPC	Practicum of Psychotherapy Techniques and Treatment / Practicum of Advanced Skill and Processes of Counselling Psychotherapy / Practicum of Human Resourc Management – 1	0	0	8	4	5	10	15	0	70	0	100
5	PC -6	MAPSY 30	Summer Internship Report Presentation	0	0	8	4	5	10	15	0	70	0	100
6	OEC-1	MAPSY OEC-301	As per University Basket	2	0	0	2	5	10	0	15	0	70	100
Total				**14**	**0**	**16**	22	30	60	30	60	14 0	280	600

Total Credits: 22

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Semester IV

Course Type	Course Code	Course Name	L	T	P	Credits	Internal (30)				External (70)		Total Marks
							Attendance	Proje PPT/ Rep Assig ment	Practi	Theo	Practic	Theory	
DEC - 2	MAPSY 40 DEC-2	Internship		0	32	6	5	10	15	0	70	0	100
EEC	MAPSY 40 EEC-2	Field Work in Pract		0	32	4	5	10	15	0	70	0	100
DEC - 3	MAPSY 40 DEC-3	Research Project– IV(Report Submission)		0	24	12	5	10	15	0	70	0	100
				0	88	22	15	30	45	0	210	0	300

Total Credits: 22

HEAD
Department of Liberal Art & Humanities
Faculty of ~~Art &~~ Social Sciences
Swami Vivekanand Subharti University
MEERUT

STRUCTURE OF CURRICULUM

HEAD
Department of Liberal Art & Humanities
Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

SEMESTER- I

Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**	Year: **First**	Semester: **First**
Paper Code: **MAPSY101CC1**	Paper Name: **Foundation of Psychology**	

Course Objective: The course aims to:

1: Understand the scientific nature of psychology, including its aims, assumptions, history, and current status as a science.

2: Gain knowledge of major psychological research methods, measurement tools, and sampling techniques used in scientific inquiry.

3: Learn to summarize, classify, and present psychological data using tables, frequency distributions, and graphical methods.

4: Develop competency in applying descriptive statistical techniques such as measures of central tendency, variability, and normal probability.

5: Understand fundamental inferential statistical concepts, including correlation, significance testing, and comparison of group means.

Course Outcomes: After completing this course student will be able to

1: Explain and appreciate psychology as a science with its assumptions, methodological foundations, and challenges.

2: Apply appropriate research methods, measurement scales, and sampling procedures in psychological investigations.

3: Organize and present data effectively using tabulation, graphs, and computerized chart-making tools.

4: Compute and interpret descriptive statistics and characteristics of the normal probability curve in psychological data analysis.

5: Use statistical techniques such as correlation and significance tests to analyze differences and relationships in psychological data.

Course Type: **CC-1 [CORE COURSE -1]**	Nature of course: **Theory**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	
Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 4-0-0**		

Unit	Topics	No. of Lectures
I	**Introduction to Psychology:** Meaning, nature, and goals of psychology, Psychology as the science of behaviour and mental processes, Psychology and its relationship with other disciplines (Biology, Education, Sociology, AI, Health Sciences), Branches of psychology: Cognitive, Social, Developmental, Clinical, Health, Industrial/Organizational, Applications of psychology in daily life, Limitations of psychology as a science	12
II	**Foundations of Psychology as a Science:** Psychology as a scientific discipline, Characteristics of scientific study: Objectivity, Systematic observation, Verification, Basic assumptions of science, Brief history and development of psychology, Schools of thought: Structuralism, Functionalism, Behaviourism, Gestalt, Psychoanalysis, Humanistic, Cognitive, Contemporary perspectives: Biological, Evolutionary, Cognitive, Socio-cultural, Positive psychology	12
III	**Sensation, Perception & Attention:** Sensation, Meaning and nature of sensation, Sensory thresholds: Absolute & Difference thresholds, Sensory processes (general overview — NOT biological), Perception, Meaning and nature, Principles of perceptual organization (Gestalt principles), Depth perception, constancies, errors, illusions, Attention, Meaning and types of attention, Determinants of attention	12

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

IV	**Learning & Memory:** Learning, Nature and meaning, Classical conditioning, Operant conditioning, Observational learning, Cognitive views of learning, Applications of learning principles in education and behaviour modification Memory, Stages: Encoding, Storage, Retrieval, Types: Sensory, Short-term, Long-term memory, Forgetting: Causes and theories,Techniques for improving memory	12
V	**Motivation, Emotion, Personality & Well-being:** Motivation, Meaning and nature, Biological motives (general meaning only, no biology), Social motives: Achievement, Affiliation, Power, Maslow's hierarchy of needs, Emotion, Nature of emotion, Theories of emotion: James–Lange, Cannon–Bard, Schachter–Singer, Emotional intelligence, Emotional regulation, Personality, Nature of personality, Major theories: Psychoanalytic, Humanistic, Trait (Big Five), Factors shaping personality (psychosocial), Adjustment and maladjustment (basic concept), Well-being & Stress, Meaning and sources of , tress, Stress reactions (physical, emotional, behavioural — general overview), Coping strategies, Positive psychology: Happiness, resilience, gratitude,Student mental health and well-being	12
	Total Lectures	60

Suggested Readings:

Indian Authors

1. **Introduction to Psychology** – *Morgan & King (Indian adaptation)*
2. **Psychology** – *Baron, Robert A.* (Indian edition available)
3. **Psychological Foundation of Education** – *S.K. Mangal*
4. **General Psychology** – *S.K. Mangal & Shubhra Mangal*

International Authors

1. **Psychology** – *Saundra Ciccarelli & J. Noland White*
2. **Psychology (Themes and Variations)** – *Wayne Weiten*
3. **Understanding Psychology** – *Charles G. Morris & Albert Maisto*

Suggestive Digital Platforms Web Links -

https://www.apa.org
https://www.simplypsychology.org
https://www.verywellmind.com
https://nimhans.ac.in
https://ncert.nic.in
https://openstax.org/subjects/social-sciences
https://www.coursera.org/

Suggested Continuous Evaluation Methods:

- Written Test (15 Marks)
- Assignment / Seminar (10 Marks)
- Attendance (5 Marks)

Suggested Equivalent Online Course:

- Coursera
- Swayam

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**		Year: **First**	Semester: **First**
Paper Code: **MAPSY 102CC2**	Paper Name: **Social Psychology**		

Course Objectives: the course aims to:

1. To introduce students to the fundamental concepts and scope of Social Psychology, including its history and research methods.
2. To develop an understanding of social cognition, including the role of schemas, heuristics, and potential errors in processing social information.
3. To explain social perception and attribution processes, highlighting the influence of nonverbal cues and common attribution errors.
4. To provide knowledge about attitudes, attitude formation, and attitude change, including determinants and relevant theories.
5. To explore interpersonal processes such as attraction and prosocial behaviour, including key theories and factors influencing social interactions.

Course Outcomes: the student will be able to

1. To understand individuals in the context of society, social phenomena, and processes
2. To evaluate the role of perception, cognition, and emotions, in social behaviour
3. To synthesize knowledge about attitudes, interpersonal attraction, and prosocial behaviour

Course Type: **CC**	Nature of course: **Theory**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	

Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 4-0-0**

Unit	Topics	No. of Lectures
I	**Introduction to Social Psychology:** Social Psychology – A brief history, Scope of Social Psychology, Research methods in Social Psychology, Ethics in Social Psychology	12
II	**Social Cognition:** Impact of schemas on social cognition: Attention, Encoding, Retrieval, Heuristic and automatic processing: Ways of reducing effort in social cognition, Potential sources of error in social cognition, Affect and cognition	12
III	**Social Perception and Attribution:** Role of nonverbal cues in social perception, Theories of attribution, Errors in attribution	12
IV	**Attitudes and Attitude Change:** Meaning and characteristics of attitudes, Attitude formation, Measurement of attitudes, Determinants of attitude change,Theories of attitude change	12
V	**Interpersonal Processes and Prosocial Behaviour:** Interpersonal attraction: Meaning, determinants, theories, Prosocial behaviour: Meaning, factors, theories	12
	TOTAL	60

Suggested Readings:

1. Branscombe, N.R., & Baron, R.A. (2017).Social Psychology (14thedition). USA: Pearson
2. Dalal, A.K. & Misra, G.(2001). (Eds.).Social Psychology.(Series: New Directions in Indian Psychology, Vol. 1). New Delhi: Sage.
3. Kassin, S., Fein, S., & Markus, H.R. (2016).Social Psychology.(10th edition). USA: Cengage.
4. Singh, A.K. (2015). Social Psychology. India: Prentice Hall of India.

Suggestive Digital Platforms Web Links -

HEAD
Department of Liberal Art & Human
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

American Psychological Association (APA) – https://www.apa.org Simply Psychology – Social Psychology Section – https://www.simplypsychology.org/social-psychology.html VeryWell Mind – Social Psychology – https://www.verywellmind.com/social-psychology-4157177 Society for Personality and Social Psychology (SPSP) – https://www.spsp.org MIT OpenCourseWare – Social Psychology – https://ocw.mit.edu/courses/psychology/
Suggested Continuous Evaluation Methods: • Written Test (15 Marks) • Assignment / Seminar (10 Marks) • Attendance (5 Marks)
Suggested Equivalent Online Course: • Coursera Swayam

HEAD
Department of Liberal Art & Humanities
Faculty of Arts & Social Science
Swami Vivekanand Subharti University
MEERUT

Program / Class: Masters in Psychology	**Year:** First	**Semester:** First
Paper Code: MAPSY103CC3	**Paper Name: Basic Research Methods and Statistics**	

Course Objective: The course aims to:

1. Understand the basics of research in psychology, including the scientific method, hypothesis formation, and ethics.
2. Identify and apply various research methods, such as experimental and observational techniques.
3. Analyze psychological data using statistical tools and interpret results to draw conclusions.
4. Understand the role and tools of statistics in research, focusing on measures of variability and their importance in data interpretation.

Course Outcomes: the student will be able to

1. Explain different types of research methods—experimental, correlational, survey, qualitative, and quantitative—and describe their characteristics, strengths, and limitations.
2. Design a basic psychological research study by formulating appropriate research problems, hypotheses, identifying variables, and applying suitable methods of control.
3. Select and apply appropriate methods of data collection such as observation, questionnaire, interview, and case study, and evaluate their advantages and disadvantages.
4. Compute and interpret descriptive statistics such as mean, median, mode, range, quartile deviation, and standard deviation, and present data using graphs.
5. Apply inferential statistical techniques including t-tests (independent & correlated) and correlation (Product Moment & Rank Difference) and interpret findings within psychological research.

Course Type: **CC**	Nature of course: **Theory**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	

Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 4-0-0**

Unit	Topics	No. of Lectures
I	**Research Methods:** Meaning and Types of Research: Experimental, Correlational and Survey research Meaning, characteristics and Types of Qualitative and Quantitative Research Steps of research	12
II	**Experimental Method:** Nature and characteristics experimental method; Research Problem, Meaning and types of hypothesis and variables, Control of variables	12
III	**Method of Data Collection:** Observation method: Meaning, types, Advantages and Disadvantages Questionnaire: Meaning, Types of questions, Advantages and Disadvantages Interview: Meaning, Types, Advantages and Disadvantages Case Study: Meaning, Advantages and Disadvantages	12
IV	**Psychological Statistics- 1** Introduction to statistics in psychology; Meaning of parametric and nonparametric statistics Measures of central Tendency: Mean, Median, Mode, Measures of Variability: Range, Quartile Deviation, Standard Deviations, Graphical Representation of Data	12
V	**Psychological Statistics-2 The** Normal Distribution: Meaning and characteristics of NPC and its Applications Significance of Statistics: t-test for independent and correlated groups Correlation: Types, Calculation and interpretation of Product moment and Rank difference correlations	12
	Total Lectures	60

Suggested Readings:

1. Garrett, H.E. (1966). Statistics in Psychology and Education. Paragon International. 2.

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Science
Swami Vivekanand Subharti University
MEERUT

2. Guilford, J.P. (1936). Psychometric Methods. London: McGraw Hill Publishing Company.
3. Howell, D.C. (2017). Fundamental statistics for the behavioural sciences (9Ed..USA:Cengage
4. Kerlinger, F.N. (1983).Foundations of Behavioral Research. New Delhi: Surjeet.
5. Suggestive Digital Platforms Web Links -
http://heecontent.upsdc.gov.in/Home.aspxhttps://www.uvm.edu/~statdhtx/methods8/http://www.egyankosh.ac.in/

Suggested Continuous Evaluation Methods:

- Written Test (15 Marks)
- Assignment / Seminar (10 Marks)
- Attendance (5 Marks)

Suggested Equivalent Online Course:

- Coursera
- Swayam

HEAD
Department of Liberal Arts & Humanities
Faculty of Art & Social Science
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**		Year: **First**	Semester: **First**
Paper Code: **MAPSY 101 PC1**	Paper Name: **Practicum of Foundation of Psychology**		

Course objective: the aim of the course is to

1. To introduce students to Psychology as a scientific discipline, including its nature, history, scope, and measurement techniques.
2. To develop an understanding of research methods in psychology, including descriptive, correlational, experimental, quantitative, qualitative, and mixed methods.
3. To equip students with skills to summarize and present psychological data using tables, graphs, and computer software.
4. To provide competence in descriptive and inferential statistics, including measures of central tendency, variability, normal distribution, correlation, and significance testing.
5. To promote ethical awareness and critical thinking in conducting and interpreting psychological research.

Course Outcomes: the student will be able to

1. Explain the scientific foundations of psychology and discuss its scope, methods, and limitations.
2. Design and conduct psychological research using appropriate methods and sampling techniques, while adhering to ethical standards.
3. Summarize, organize, and present data effectively using tabulation, frequency distributions, graphs, and charts.
4. Compute, interpret, and apply descriptive and inferential statistics for analyzing psychological data, including correlation and significance testing.
5. Critically evaluate research findings and understand the relationship between statistical results and psychological phenomena.

Course Type: **PC**	Nature of course: **Practical**	Credits:4
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	

Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 0-0-8**

Unit	Topics	No. of Lectures
I	**Practical 1: Descriptive Statistics and Graphical Representation**	20
II	**Practical 2: Correlation Analysis**	20
III	**Practical 3: Normal Probability Distribution and Assessment of Normality**	20
	Total Lectures	60

Suggested Tools for Psychology as a Science & Research Methods

1. Statistical Software

Reference Books

1. Coon, D., & Mitterer, J.O. – *Introduction to Psychology: Gateways to Mind and Behavior* (15th Edition), Cengage Learning, 2018.
2. Guilford, J.P., & Fruchter, B. – *Fundamentals of Statistics in Psychology and Education*, McGraw-Hill, 2015.

HEAD
Department of Behavioral Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

3. Kothari, C.R. – *Research Methodology: Methods and Techniques* (3rd Edition), New Age International, 2019.

PRACTICAL FILE / PORTFOLIO REQUIREMENT

- Practical records of at least 4–5 experiments related to research methods, measurement, and data analysis.
- Data summarization and graphical representation: tables, frequency distributions, and charts using SPSS/Excel/R.
- Descriptive and inferential statistical calculations: central tendency, variability, correlation, and significance testing.
- SPSS/JASP output sheets for all analyses performed.
- Organized practical file / portfolio including objectives, procedures, results, discussion, graphs, and references.

Suggested Continuous Evaluation Methods:

- PPT presentation of experiences of observed unit and research proposal (20 marks)
- Attendance (10 Marks)

HEAD
Department of Liberal Art & Humanities
Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**		Year: **First**
Paper Code: **MAPSY 102 PC2**	Paper Name: **Practicum of Social Psychology**	

The course aims to:

1. Develop understanding of basic concepts of social psychology, including social cognition, social perception, attitudes, and prosocial behaviour.
2. Enable students to apply social psychological principles through experiments, assessments, and real-life observations.
3. Enhance analytical skills in studying attribution, schemas, heuristics, and attitude formation.
4. Train students in administering, scoring, and interpreting social psychology tests and practical tools.
5. Promote ethical awareness in conducting social psychological research, data handling, and observation-based studies.

Course Outcomes: the student will be able to

1. Demonstrate understanding of key social psychology processes such as social cognition, perception, and attribution.
2. Conduct and analyse practical exercises related to attitudes, schemas, heuristics, nonverbal cues, and prosocial behaviours.
3. Measure and interpret socially relevant constructs using scales, experiments, and observational methods.
4. Identify cognitive biases and errors in social thinking and explain their impact on social behaviour.

Course Type: **PC**	Nature of course: **Practical**	Credits:4
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	

Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 0-0-8**

Unit	Topics	No. of Lectures
I	**Attitude Measurement Using Likert Scale**	15
II	**Attribution Style Assessment**	15
III	**Schema Influence on Social Perception**	15
IV	**Prosocial Behaviour and Helping Tendency Assessment**	15
	Total	60

Suggested Tools for Biopsychology practicals:

1. Likert Attitude Scales / Semantic Differential Scales
   – For measuring attitudes and attitude change.
2. Social Attribution Task Tools
   – Heider–Simmel Animation, Attribution Style Questionnaire.

Reference Books

HEAD
Department of Linguistics, Arts & Humanities
Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

1. Baron, R. A., Branscombe, N. R., & Byrne, D.
Social Psychology (14th Edition), Pearson.

2. Myers, D. G., & Twenge, J. M.
Social Psychology (13th Edition), McGraw-Hill.

Practical File / Portfolio Requirement

- Each student must submit a properly organized practical file containing:

1. Record of any 4 Social Psychology Practicals
   (e.g., attitude measurement, attribution task, social cognition task, prosocial behaviour task)
2. Data Sheets & Scoring Summary
   – Raw data, scoring tables, and interpretation of results for each practical.
3. Graphs / Tables / Charts
   – Presentation of results using bar graphs, pie charts, etc. (Excel / SPSS allowed)
4. Tools Used / Questionnaire Copies
   – Printed copies of Likert scales, attribution task sheets, observation checklists, etc.
5. Report Structure for Each Practical
   – Objective
   – Materials / Tools used
   – Procedure
   – Results
   – Interpretation
   – Discussion

HEAD
Department of Liberal Art & Humanities
Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**	Year: **First**	Semester: **First**
Paper Code: **MAPSYVAC - 1**	Paper Name: **Emotional Intelligence in Relationship Management**	

Course Objective: The primary objectives of this course are to enable students to:

1. To develop a conceptual understanding of Emotional Intelligence (EI) including its meaning, major models (Mayer–Salovey–Caruso, Goleman, Bar-On), and core components.
2. To explain the role of EI in emotional perception, expression, and regulation, along with a brief neuropsychological basis of emotions.
3. To understand how EI influences relationship management across personal, social, and professional contexts.
4. To introduce major EI assessment tools and the basic skills required to enhance EI through emotional awareness, mindfulness, empathy, and communication training.
5. To enable learners to apply EI principles in family, workplace, counselling, and community settings through case studies and experiential learning.

Course Outcomes: Students will be able to

1. Explain Emotional Intelligence and its major models, components, and emotional processes.
2. Analyze the role of EI in interpersonal relationships, communication, conflict resolution, and trust-building.
3. Use EI assessment tools and distinguish between self-report and performance-based EI measures.
4. Apply EI enhancement techniques such as emotional regulation, empathy-building, mindfulness, and assertive communication.
5. Demonstrate EI-based solutions to relationship challenges in family, workplace, counselling, community settings, and digital/virtual interactions.

Course Type: **VAC**	Nature of course: **Theory**	Credits: **2**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	
Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 2-0-0**		

Unit	Topics	No. of Lectures
I	Meaning and definition of Emotional Intelligence (EI): Major Models: Mayer–Salovey–Caruso Model, Goleman's Model, Bar-On Model, Core Components of EI: Self-awareness, Self-regulation, Motivation, Empathy, Social skills, EI in perception, expression, and regulation of emotions, Importance of EI for interpersonal effectiveness, Neuropsychological basis of emotions (brief)	7
II	EI in Relationship Management: Types of relationships: personal, professional, social, EI and interpersonal communication, Emotional regulation and conflict resolution, Empathy and trust-building in relationships, EI in teamwork, leadership, and collaboration, Cultural and gender variations in emotional behaviour, Application of EI skills in strengthening relationships	7
III	Tools for measuring Emotional Intelligence: MSCEIT, EQ-i 2.0, Schutte EI Scale, Self-report vs Performance-based tests, Relationship satisfaction & conflict scales, Skills training modules: Emotional awareness training, Mindfulness practices, Empathy-building exercises, Communication and assertiveness training	8
IV	EI in family relationships: parenting, marital relationships, caregiving, EI in workplace relationships: supervisor–employee relations, teamwork, EI in counselling & psychotherapy, EI in community and social harmony, Case studies: real-life relationship conflicts and EI-based solutions	8

HEAD
Department of Liberal Art & Humanities
Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Total Lectures	30

Suggested Readings:

1. Goleman, Daniel. *Emotional Intelligence: Why It Can Matter More Than IQ.*
2. Mayer, J.D., Salovey, P., & Caruso, D.R. *The Ability Model of Emotional Intelligence.*
3. Bar-On, Reuven.*The Handbook of Emotional Intelligence.*
4. Salovey, P., & Grewal, D.*The Science of Emotional Intelligence.*

Suggestive Digital Platforms (Web Resources)

1. American Psychological Association (APA) https://www.apa.org
2. Yale Center for Emotional Intelligence https://www.ycei.org
3. Greater Good Science Center (UC Berkeley) https://greatergood.berkeley.edu

Suggested Continuous Evaluation Methods:

- Written Test (15 Marks)
- Assignment / Seminar (10 Marks)
- Attendance (5 Marks)

Suggested Equivalent Online Course:

- Coursera
- Swayam

HEAD
Department of Humanities
Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

SEMESTER- II

2025-2026

HEAD
Department of Liberal Art & Humanities
School of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**	Year: **First**	Semester: **Second**
Paper Code: **MAPSY 201TCC4**	Paper Name: **Cognitive Psychology**	

Course Objective: This course aims to provide students

1. To provide an in-depth understanding of the fundamental cognitive processes underlying human thought and behavior.
2. To familiarize students with major theoretical perspectives, classic findings, and contemporary research in cognitive psychology.
3. To develop the ability to critically analyse cognitive mechanisms such as perception, attention, memory, language, problem-solving, and decision-making.
4. To enable students to apply cognitive principles to real-world settings, including education, mental health, and organizational behavior.
5. To build foundational skills for advanced research in cognitive science and neuropsychology.

Course Outcomes: the student will be able to

1. Demonstrate understanding of fundamental concepts and theories of cognitive psychology.
2. Analyse cognitive processes such as perception, attention, learning, memory, language, and reasoning.
3. Evaluate experimental research and methodological approaches used in studying cognition.
4. Apply cognitive concepts to practical issues such as learning, communication, decision-making, and problem-solving.
5. Develop scientific thinking and research skills necessary for cognitive assessment and investigations.

Course Type: **CC**	Nature of course: **Theory**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	
Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 4-0-0**		

Unit	Topics	No. of Lectures
I	**Introduction to Cognitive Psychology:** Nature, scope, and historical development of cognitive psychology, Cognitive revolution: Behaviorism to Cognitivism, Information processing models, Cognitive neuroscience: Brain–behaviour relationships, Research methods in cognitive psychology	12
II	**Attention, Perception, and Consciousness:** Nature and types of attention, Models of attention: Filter theory, attenuation theory, capacity theory, Divided and selective attention, Perceptual processes: Bottom-up and top-down processing, Pattern recognition and object perception, Consciousness: States, monitoring, control, automatic vs controlled processing	12
III	**Memory and Knowledge Representation:** Models of memory: Multi-store model, Working memory model, Levels of processing, Long-term memory: Declarative, procedural, semantic, episodic, Encoding, storage, retrieval processes, Forgetting: Interference, decay, retrieval failure, Metacognition and memory monitoring, Knowledge representation: Schemas, scripts, semantic networks, Expertise and cognitive schemas	12
IV	**Language, Thinking, and Problem-Solving:** Nature and structure of language, Theories of language acquisition, Speech perception and comprehension, Cognitive aspects of thought, Reasoning: Deductive, inductive, heuristic-based, Decision-making: Biases and heuristics, Problem-solving strategies: Algorithms, heuristics, insight, Creativity and cognitive processes	12

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

V	**Applied Cognitive Psychology & Current Trends:** Cognitive development across lifespan, Cognitive aging: Decline and compensation, Cognitive disorders (basic introduction): Dementia, ADHD, dyslexia, Human-computer interaction and cognitive ergonomics, Cognitive training, attention enhancement, mnemonics, AI, machine learning, and cognitive modelling, Emerging trends in cognitive psychology research	12
	Total Lectures	60

Suggested Readings

1. Sternberg, R. J., & Sternberg, K. – *Cognitive Psychology*
2. Eysenck, M. W., & Keane, M. T. – *Cognitive Psychology: A Student's Handbook*
3. Goldstein, E. B. – *Cognitive Psychology: Connecting Mind, Research, and Everyday Experience*

Suggestive Digital Platform Web Links-

- American Psychological Association (APA): https://www.apa.org
- Simply Psychology: https://www.simplypsychology.org

Suggested Continuous Evaluation Methods:

- Written Test (15 Marks)
- Assignment / Seminar (10 Marks)
- Attendance (5 Marks)

Suggested Equivalent Online Course:

- Coursera
- Swayam

HEAD
Department of Liberal Arts & Humanities
Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**	Year: **First**	Semester: **Second**
Paper Code: **MAPSY 202CC5**	Paper Name: **Psychological Testing and Psychometrics**	

Course Objective:

By the end of the course, students will be able to:

1. Understand the theoretical foundations and historical development of psychological testing and psychometrics.
2. Develop knowledge of psychometric properties such as reliability, validity, norms, and standardization.
3. Learn the process of test construction, administration, scoring, and interpretation.
4. Evaluate and select appropriate psychological tests for different psychological domains and populations.
5. Apply principles of psychometrics for research, assessment, and counselling practices.
6. Critically analyze ethical and cultural concerns in psychological testing.

Course Outcomes: The student will be able to

After completing this course, students will be able to:

1. Explain the foundations, scope, and applications of psychological testing and psychometrics.
2. Demonstrate understanding of key psychometric concepts—reliability, validity, norms, and standardization.
3. Construct basic psychological scales using standard test construction procedures.
4. Administer, score, and interpret major psychological tests in intelligence, personality, aptitude, and other areas.
5. Evaluate psychological tests for their appropriateness in research and applied settings.
6. Identify and apply ethical principles in assessment and testing practices.

Course Type: **CC**	Nature of course: **Theory**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	
Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 4-0-0**		

Unit	Topics	No. of Lectures
I	**Introduction to Psychological Testing and Psychometrics:** Nature and definition of psychological tests, History and development of psychological testing, Types of psychological tests: intelligence, personality, aptitude, achievement, interest, neuropsychological tests, Uses and applications in clinical, educational, organizational, and counselling settings Psychometrics: Meaning, scope, and relevance, Ethical, legal, and cultural issues in testing, Qualifications and responsibilities of test users	15
II	**Test Construction and Standardization:** Steps in test construction, Defining test purpose, content domain, and specifications, Item-writing rules for objective and subjective tests, Item analysis: item difficulty, discrimination index, distractor analysis, Standardization procedure, Norms: types (percentile, standard scores, age norms, grade norms, stanines, sten scores), Test manuals and documentation	15
III	**Psychometric Properties of Tests:** Reliability: types (test-retest, parallel forms, inter-rater, internal consistency), Factors affecting reliability, Validity: types (content, criterion-related, construct), Methods of validating tests, Relationship between reliability and validity, Errors in measurement, Item Response Theory (IRT) – basic introduction, Classical Test Theory (CTT)	15

HEAD
Department of Liberal Arts & Humanities
Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

IV	**Administration, Scoring, and Interpretation of Psychological Tests:** Test administration: individual vs. group testing, Scoring methods: manual scoring, computerized scoring, scaling techniques, Interpretation of test results: norms, standard scores, profiles, Report writing in psychological assessment, Case studies in testing, Practical considerations: rapport, environment, test anxiety, Cultural fairness and bias detection	15
	Total Lectures	60

Suggested Readings:

1. Anastasi, A., & Urbina, S. (2010). *Psychological Testing*. Pearson.
2. Kaplan, R. M., & Saccuzzo, D. P. (2013). *Psychological Testing: Principles, Applications, and Issues*. Cengage.
3. Gregory, R. J. (2015). *Psychological Testing: History, Principles, and Applications*. Pearson.
4. Cohen, R. J., Swerdlik, M. E., & Sturman, E. (2018). *Psychological Testing and Assessment: An Introduction to Tests and Measurement*. McGraw Hill.
5. Kline, P. (2015). *A Handbook of Test Construction*. Routledge.
6. Murphy, K. & Davidshofer, C. (2005). *Psychological Testing: Principles and Applications*. Pearson.
7. Freeman, F. S. *Theory and Practice of Psychological Testing*. Oxford & IBH.

Suggestive Digital Platforms Web Links -

- American Psychological Association (APA): https://www.apa.org
- International Test Commission (ITC): https://www.intestcom.org
- Buros Center for Testing: https://buros.org
- Educational Testing Service (ETS): https://www.ets.org
- PsyToolkit (sample tests and surveys): https://www.psytoolkit.org
- SimplyPsychology: https://www.simplypsychology.org

Suggested Continuous Evaluation Methods:

- Written Test (15 Marks)
- Assignment / Seminar (10 Marks)
- Attendance (5 Marks)

Suggested Equivalent Online Course:

- Coursera
- Swayam

Program / Class: **Masters in Psychology**	Year: **First**	Semester: **Second**
Paper Code: **MAPSY 203CC6**	Paper Name: **Biopsychology**	

Course Objective: The primary objectives of this course are to enable students to:

1. To introduce students to the scientific foundations of psychology and its major concepts, theories, and research methods.
2. To develop an understanding of the biological, cognitive, and social bases of behavior through scientific perspectives.
3. To train students in basic psychological research skills, including observation, hypothesis formation, experimentation, and data interpretation.
4. To enhance critical thinking and analytical skills by applying psychological principles to real-life human behaviour.

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

5. To promote ethical awareness and sensitivity in conducting and interpreting psychological research.

Course Outcomes: Students will be able to

1. Learning outcomes After completing this course, the student will be able to understand the nature, methods, and ethical issues of research in biopsychology understand the structure and functioning of the nervous system
2. Analyse the extent and limits of the relationship between biological systems and behaviour

Course Type: **Theory**	Nature of course: **Theory**	Credits: 4
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	
Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 4-0-0**		

Unit	Topics	No. of Lectures
I	**Introduction:** Nature and scope of biopsychology, biological methods of study, Behavioral methods of study, Ethical issues in research in biopsychology	12
II	**The Nervous system:** Neurons and Supporting Cells, Neural Conduction and Synaptic Transmission, Classifications of the nervous system on the basis of structure and functioning	12
III	**Central Nervous System:** Brain - Structure and functions, Spinal Cord - Structure and functions, Development of the brain,Damage to the brain and its effects on behavior	12
IV	**Sensations and perception:** Vision, Audition, Skin senses, Chemical senses, The motor system: Principles of sensory motor function, Sensory motor association cortex, Effectors: Muscles and Glands	12
V	**Applied Biopsychology:** Brain injury, trauma, and neuroplasticity, Psychosomatic disorders and brain–body connections, Biopsychology of health and illness, Neuropsychological assessment: Memory tests, Attention and executive functioning tests, Language and visuospatial assessments, Biopsychology in contemporary issues	12
	Total Lectures	60

Suggested Readings:

Gazzaniga, M & Grison, S. (2018). Psychology in your life.(3rd edition). USA: W.W. Norton.
Goldstein, E.B. & Brockmole, J.R. (2016).Sensation and Perception (10thedition). USA: Cengage.
Kalat, J.W. (2018). Biological Psychology (13thedition). USA: Cengage Learning
Pinel, J.P.J. & Barnes, S. (2017). Biopsychology (10 th edition). USA: Pearson.

Suggestive Digital Platforms Web Links -

1. https://www.apa.org
2. https://www.ncbi.nlm.nih.gov
3. https://www.simplypsychology.org
4. https://www.verywellmind.com

Suggested Continuous Evaluation Methods:

- Written Test (15 Marks)
- Assignment / Seminar (10 Marks)
- Attendance (5 Marks)

Suggested Equivalent Online Course:

- Coursera, Swayam

HEAD
Department of Library & Information Science
Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**		Year: **First**	Semester: **Second**
Paper Code: **MAPSY 201PCC4**	Paper Name: **Practical in Cognitive Psychology**		

Course Objectives: the course aims to:
By the end of this course, students will be able to:

1. Develop practical skills in psychological testing related to cognitive processes, personality, intelligence, aptitude, and neuropsychology.
2. Learn and apply experimental methods to study cognitive functions such as attention, perception, memory, reasoning, and decision-making.

Course Outcomes: After completing this practical course, students will be able to:

1. Administer, score, and interpret major psychological tests used in assessment and research.
2. Conduct cognitive experiments and analyse behavioural data.
3. Perform descriptive and inferential statistical analyses using statistical software.

Course Type: **CP**	Nature of course: **Practical**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	
Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 0-0-8**		

Unit	Topics	No. of Lectures
I	Attention Experiments	15
II	Perception Experiments	15
III	Memory Experiments	15
IV	Problem-solving & Decision-Making Tasks	15
	Total Lectures	60

Suggested Readings:

REFERENCE BOOKS

Gravetter & Wallnau – *Statistics for the Behavioral Sciences*
Howell, D. – *Statistical Methods for Psychology*
Kerlinger – *Foundations of Behavioral Research*
Cozby & Bates – *Methods in Behavioral Research*

RECOMMENDED WEBSITES

APA: https://www.apa.org
BUROS Testing Center: https://buros.org
International Test Commission (ITC): https://www.intestcom.org

PRACTICAL FILE / PORTFOLIO REQUIREMENT

Each student must submit:
Record of minimum 10 psychological tests
5 cognitive experiments
SPSS/JASP output sheets
Two psychometric assignments (item analysis + reliability)

Suggested Equivalent Online Course:

- Coursera
- Swayam

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**	Year: **First**	Semester: **Second**
Paper Code: **MAPSY 202PCC5**	Paper Name: **Practical in Psychological Testing and Psychometrics**	

Course Objectives: the course aims to:

1. To develop a foundational understanding of psychological testing and assessment.
2. To familiarize students with major methods and tools of intelligence testing and their applications.
3. To introduce key concepts and techniques of personality assessment, including objective and projective methods.
4. To provide knowledge of aptitude and interest inventories used in educational and vocational guidance.
5. To explain the purpose and use of educational and achievement tests in measuring academic performance.

Course Outcomes: After completing this practical course, students will be able to:

1. Explain the concepts, principles, and applications of intelligence tests in educational and applied settings.
2. Describe and evaluate personality assessment techniques used for psychological diagnosis and counseling.
3. Apply aptitude and interest inventories for career guidance and educational decision-making.
4. Interpret educational and achievement test scores for assessing learning outcomes and academic progress.
5. Demonstrate basic skills in selecting appropriate psychological tests for different assessment purposes.

Course Type: **CP**	Nature of course: **Practical**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	
Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 0-0-8**		

Unit	Topics	No. of Lectures
I	Intelligence testing	15
II	Personality assessment	15
III	Aptitude and interest inventories	15
IV	Educational and achievement tests	15
	Total Lectures	60

Suggested Readings:

REFERENCE BOOKS

Gravetter & Wallnau – *Statistics for the Behavioral Sciences*

Howell, D. – *Statistical Methods for Psychology*

RECOMMENDED WEBSITES

https://www.apa.org

https://buros.org

PRACTICAL FILE / PORTFOLIO REQUIREMENT

Each student must submit:Record of minimum 10 psychological tests

cognitive experiments, SPSS/JASP output sheets

Suggested Equivalent Online Course:

- Coursera,Swayam

HEAD
Department of Liberal Art & Humanities
Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**		Year: **First**	Semester: **Second**
Paper Code: **MAPSYCHM-1**	Paper Name: Constitutional Human and Moral Values		
Course Objective:			
Course Outcomes:			
Course Type:	Nature of course:		Credits: 2
Maximum Marks: **100 (25 + 75)**	Minimum Passing Marks: **10 + 30**		
Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 2-0-0**			

Unit	Topics	No. of Lectures
	As Per University Basket	

Suggested Continuous Evaluation Methods: 30 Marks
Semester-end practical examination: 70 Marks

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

SEMESTER- III

2025-2026

Department of Liberal Arts & Humanities
Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**	Year: **Second**	Semester: **Third**
Paper Code: **MAPSY 301ATCC**	Paper Name: **Psychotherapy Techniques and Treatments**	

Course Objective: The course is designed to:

1. Introduce the conceptual foundations of psychotherapy including its objectives, effectiveness, and ethical considerations in professional practice.
2. Familiarize students with classical and contemporary psychotherapeutic approaches such as psychoanalytic, behavioral, cognitive-behavioral, humanistic, existential, and indigenous methods.
3. Develop competence in the application of therapeutic techniquesto diverse psychological conditions, focusing on the therapeutic process and the client-therapist relationship.
4. Enhance the ability to critically evaluate and integrate various psychotherapeutic techniques to select the most suitable interventions for specific cases.

Course Outcomes: The student will be able to

1. Develop the basic concept of psychotherapeutic methods and techniques.
2. Develop the knowledge of different therapeutic techniques
3. Understand the applications of different psychotherapeutic approaches
4. Understand the recent trends in psychotherapy

Course Type: **CC7**	Nature of course: **Theory**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	

Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 4-0-0**

Unit	Topics	No. of Lectures
I	Introduction to Psychotherapy: Concept of psychotherapy, Objectives; Effectiveness of Psychotherapy; Ethical issues in psychotherapy; Therapeutic relationship: Nature, dimensions, and stages; Recent trends in psychotherapy; Types of psychotherapeutic intervention, Difference between psychotherapy and counselling	12
II	Psychoanalytic Approach: Key concept; Techniques of psychoanalytic approach; Application	12
III	Behaviouristic Approach and Cognitive Behavioural Approach: Basic principles; Different methods of behaviour therapy (ABA, Exposure therapy, REBT, Flooding, systematic desensitization); Cognitive Behavioural Therapy: concept, techniques; Application of the therapeutic approaches	12
IV	Humanistic and Existential therapies: Person-centred therapy, Gestalt therapy; Existential Therapies (Rollo May, Viktor Frankl, I.D. Yalom)	12
V	Other Therapeutic Approaches: Reality therapy; Family system therapy; Transactional analysis; Indian approaches to Psychotherapy: Yoga, Meditation, and Mindfulness-based intervention: methods, processes	12
	Total Lectures	60

Suggested Readings:

1. Corey, G. (2016). Theory and Practice of Counseling and Psychotherapy. USA: Cengage.
2. Corey, M.S. & Corey, G. (2015). Becoming a Helper (7th Edition). USA: Cengage.
3. Erford, B.T. (2014). 40 Techniques Every Counselor Should Know (2nd Edition). USA: Pearson.
4. Hackney, H.L. & Bernard, J.M. (2016). Professional Counseling: A Process Guide to Helping (8th Edition). USA: Pearson.

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

5. Reeves, A. (2018). An Introduction to Counselling and Psychotherapy: From Theory to Practice (2nd edition). UK: Sage.
6. Prochchaska, J.O. & Norcross, J.C. (2010) Systems of Psychotherapy. Cengage
7. Sharf S. Richard (2010), Theories of Psychotherapy and counselling: Concepts and Cases, 5th Edition. Linda Schreiber-Ganster, USA
8. Suggestive Digital Platforms Web Links -
   https://heccontent.upsdc.gov.in/Home.aspx
   https://www.apa.org
   https://egyankosh.ac.in

Suggested Continuous Evaluation Methods:

- Written Test (15 Marks)
- Assignment / Seminar (10 Marks)
- Attendance (5 Marks)

Suggested Equivalent Online Course:

- Coursera
- Swayam

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University

Program / Class: **Masters in Psychology**		Year: **Second**	Semester: **Third**
Paper Code: **MAPSY 301BTCC**	Paper Name: **Counselling Across the Lifespan Addressing Special Groups**		

Course Objective: The course aims to:

1. Develop knowledge of the psychological, emotional, and behavioral concerns across different stages of the human lifespan.
2. Familiarize students with counseling needs and interventions for children, adolescents, adults, elderly individuals, and socially disadvantaged groups.
3. Equip learners with skills to address counseling requirements of special groups including individuals with addiction, trauma, suicidal tendencies, and disabilities.
4. Introduce students to the principles and theories of career development and the use of technology in career counseling.

Course Outcomes: The student will be able to

1. understand academic, emotional, behavioural difficulties of children and adolescents
2. Acquaint with counselling needs in marriage, workplace and among elderly
3. Highlight counselling for people with addiction issues, attempted suicide, disabilities and trauma
4. delineate the theories of career development and technological advances in counselling

Course Type: **CC-7**	Nature of course: **Theory**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	

Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 4-0-0**

Unit	Topics	No. of Lectures
I	**Children and adolescents** Slow learners and talented/ exceptional, Children with learning disability and ADHD, Emotional and behavioural issues,Children with socially disadvantaged background and under achievers	12
II	**Counselling adults & elderly** Premarital and marital counselling: role conflict, sex and sexuality issues and relationship enrichment skills, Workplace counselling and multicultural career counselling, Women in career,Elderly: pre-retirement and retirement counselling, coping with loss of Spouse, health related issues, enhancing quality of life.	12
III	**Counselling special groups** Suicide prevention and management, Drug addicts and alcoholics, Trauma and sexual abuse counselling, Physical, psychological, vocational and social rehabilitation of persons with disabilities and mental retardation.	12
IV	**Theories of career development and use of technology** Overview of career development theories: Super's and Holland's theory, Career counselling: elementary and high school, The use of information technology in career guidance, Ethical issues in career counselling	12
V	**Other Therapeutic Approaches**: Reality therapy; Family system therapy; Transactional analysis; Indian approaches to Psychotherapy: Yoga, Meditation, and Mindfulness-based intervention: methods, processes	12
	Total Lectures	60

Suggested Readings:

1. Bor, R., Jo Bbner-Landy, Gilli, S., Brace, C. (2002). Counselling in Schools. Sage Publications Ltd

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

2. Clough, P; Pardeck, J., Yuen, F.(eds) (2005). Handbook of Emotional and Behavioural Difficulties. New Delhi, Sage Publications.
3. Geldard, K and Geldard, D (2004). Counselling Adolescents. Sage Publications, New Delhi
4. Gothard, B., Mignot, P., Offer, M., & Ruff. M. (2001). Career Guidance in Context. Sage.

Suggestive Digital Platforms Web Links -

https://heecontent.upsde.gov.in/Home.aspx
https://www.apa.org/
https://egyankosh.ac.in/

Suggested Continuous Evaluation Methods:

- Written Test (15 Marks)
- Assignment / Seminar (10 Marks)
- Attendance (5 Marks)

Suggested Equivalent Online Course:

- Coursera
- Swayam

HEAD
School of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**	Year: **Second**	Semester: **Third**
Paper Code: **MAPSY 301CTCC**	Paper Name: **Human Resource Management – I**	

The primary objectives of this course are to:

1. Introduce the foundational concepts and functions of Human Resource Management (HRM)
2. Develop understanding of Human Resource systems and career management processes
3. Enhance awareness of occupational safety, health, and employee well-being
4. Provide insights into Union-Management Relations and labor legislations
5. Prepare students for strategic and practical application of HRM in organizational settings

CourseOutcomes: the student will be able to

1. Acquaint with the concept and function of human resource management
2. learn the various human resource systems and programmes in an organization to achieve higher productivity
3. acquaint with knowledge of career planning and development, occupational safety, health and wellbeing and union-management relationship

Course Type: **CC-7**	Nature of course: **Theory**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	

Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 4-0-0**

Unit	Topics	No. of Lectures
I	**Introduction** to human resource management a. Concept and functions of HRM; concept of equal opportunity & diversity strategic management process b. HRM's role in creating competitive advantage and organizational excellence c. Strategic human resource management and its challenges d. HRM's strategic roles: execution and formulation role	15
II	**Recruitment, selection, careers and performance management system** a. Recruitment and selection process b. Career, career planning, career development and career management c. Career anchors, career stages, career concerns and career development cycle d. Performance management system, performance methods, performance issues, performance feedback and performance counseling	15
III	**Occupational safety, health and well-being** a. Purpose and importance of occupational safety and health b. Hazards to occupational safety and health c. Causes of occupational accidents, accident incident rates, accident cost and accident prevention d. Workplace health hazards: problems and remedies; employee assistance programme (EAP); health promotion and wellness programmes	15
IV	**Union management relations** a. Union management relations b. Role of trade union c. Collective bargaining, settlement of disputes, joint consultation and grievance handling procedures d. Labour legislation	15
	Total Lectures	60

Suggested Readings:

1. Anderson, N. Ones, D. S., Sinangil, H. K &Viswesvaran, C. (Eds.) (2005) Handbook of Industrial and Organizational Psychology: Personnel Psychology(Vol. 1). New Delhi: Sage Publications, New Delhi.
2. Armstrong, M. (2005). A Handbook of Human Resource Management Practice (9th ed.). New Delhi: Kogan Page India,
3. Aswathappa, K. (2010). Human Resource Management: Text and Cases (8th ed.). New Delhi Tata McGraw- Hill Education Private Limited.
4. Blanchard, P. N. &Thacker, J.W. (2007) Effective Training: Systems, Strategies, and Practices (2nd ed.). New Delhi: Pearson Education, Inc.

HEAD
Department of Arts & Humanities
Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
Meerut (UP)

Suggestive Digital Platforms Web Links - https://heecontent.upsdc.gov.in/Home.aspx https://www.apa.org/ https://egyankosh.ac.in/
Suggested Continuous Evaluation Methods: • Written Test (15 Marks) • Assignment / Seminar (10 Marks) • Attendance (5 Marks)
Suggested Equivalent Online Course: • Coursera • Swayam

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**	Year: **Second**	Semester: **Third**
Paper Code: **MAPSY 302ATCC**	Paper Name: **Rehabilitation Psychology**	

Course Objective: The course aims to:

1. Introduce the foundational concepts, nature, and scope of rehabilitation psychology, including the understanding of ability, disability, and recovery processes.
2. Familiarize students with the psychological, medical, and social models of rehabilitation, emphasizing the integration of symptom management with holistic recovery.
3. Develop awareness of the applications of rehabilitation in various contexts, such as addictions, abuse, physical disabilities, and chronic illnesses.
4. Equip students with knowledge of psychological approaches, including psychodynamic, behavioral, and cognitive-behavioral methods, for effective rehabilitation counseling.

Course Outcomes: the student will be able to

1. Understand the importance of rehabilitation in various conditions
2. Understand the importance of rehabilitation and recovery, rather than symptom reduction
3. Explore the various types and models of rehabilitation
4. Understand the different issues in rehabilitation

Course Type: **CC-8**	Nature of course: **Theory**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	

Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 4-0-0**

Unit	Topics	No. of Lectures
I	**Rehabilitation psychology:** overview and concepts a. Nature and scope of rehabilitation psychology b. Concepts of ability and disability c. Recovery, symptom control and rehabilitation d. Establishment of division 22 of APA, definition and scope.	15
II	**Importance and applications** a. Rehabilitation of addictions: drug and alcohol b. Rehabilitation after abuse and violence c. Palliative care and pain management: role of psychologists d. Rehabilitation of persons with physical disabilities: physical, psycho- social and vocational rehabilitation	15
III	**Psychological models and approaches to rehabilitation** a. Medical and neuropsychological model b. Biopsychosocial and social model c. Psychodynamic, behavioural approaches to rehabilitation counselling d. Cognitive- behavioural approaches to rehabilitation counselling	15
IV	**Issues in rehabilitation psychology** a. Parental care and support systems for persons with disabilities b. Assessment of persons with disabilities c. Assistive technology for enhancing functional capacities of persons with disabilities d. Legal issues in rehabilitation for persons with disabilities: overview of PWD act, RCI act, national trust act, United Nations convention on the rights of persons with disabilities.	15
	Total Lectures	60

Suggested Readings:

1. Chan, F., Berven, N.L., Thomas, K.R. (2004). Counselling Theories and Techniques for Rehabilitation Health Professionals. New York, NY: Springer Publishing Company
2. Falvo, D.R. (2013). Medical and psychosocial aspects of Chronic Illness and disability (5th ed.). Burlington, MA: Jones and Bartlett Learning
3. Frank, G.R., Rosenthal, M., Caplan, B. (2010). Handbook of Rehabilitation Psychology. American Psychological Association.

2025-2026

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Suggestive Digital Platforms Web Links - https://heecontent.upsdc.gov.in/Home.aspx https://www.apa.org/ https://egyankosh.ac.in/
Suggested Continuous Evaluation Methods: • Written Test (15 Marks) • Assignment / Seminar (10 Marks) • Attendance (5 Marks)
Suggested Equivalent Online Course: • Coursera • Swayam

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**	Year: **Second**	Semester: **Third**
Paper Code: **MAPSY 302BTCC**	Paper Name: **Advanced Skills & Processes of Counseling & Psychotherapy**	

Course Objective: The primary objectives of the course are to:

1. Develop professional counseling competencies by learning and applying basic and advanced skills in psychotherapy, including empathy, active listening, interpretation, and self-supervision.
2. Enhance self-awareness and professional growth by understanding the personal and professional challenges faced by counselors, including managing anxiety, self-disclosure, and handling countertransference.
3. Equip students with therapeutic process expertise in assessment, goal setting, contracting, session management, and handling client resistance effectively.

Course Outcomes: The student will be able to

1. Understand and use the basic and advanced skills for counselling and psychotherapy
2. Understand and use the therapeutic process and related aspects for counselling and psychotherapy

Course Type: **CC-8**	Nature of course: **Theory**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	

Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 4-0-0**

Unit	Topics	No. of Lectures
I	**Skills for counseling and psychotherapy** Basic skills: empathy, genuineness, unconditional positive regard, congruence, listening, paraphrasing, reflecting, summarizing, Advanced skills: interpretation, insight, transference interpretation, exploring projections, identifying failure of therapy, identifying working with burnout, self-supervision, confrontation, Characteristics of effective counselor/ therapists	12
II	**Issues faced by young therapist:** dealing with anxiety, being oneself, self-disclosure, avoiding perfectionism, honesty with limitations, understanding silence, demands from clients; understanding once own self and psychotherapy with self	12
III	**Therapeutic assessment, contracting and initiating therapy** Therapeutic assessment, history taking, and formulation, setting goals, Contracting and its implications: contracting for therapy and socialization, communicating ethical and professional rights responsibilities, violations of contract, Skills for opening and closing sessions, Initial contact and first session, crisis and support.	12
IV	**Process of counseling and psychotherapy** initial phase: psych- education, supportive psychotherapy, selecting techniques, Ice-breaking, exploration, loss framework, Dealing with resistance: techniques and applications, Transference and counter-transference	12
V	**Termination and follow-up and documentation** Termination: evaluating and sharing progress, issues in termination and resolution, Follow-up: systems and techniques, sustained changes,Documentation: therapists documentation, communication with other professionals and referrals,Legal implications: legalities with therapy and legal communication, documentation.	12
	Total Lectures	60

Suggested Readings:

1. Faiver, C., Eisengart, S., Colonna, S. (2003). The counselor intern's handbook. Pacific Grove, CA: Brooks/Cole Publishing Company.
2. Martin, D. G. (2011). Counseling and Therapy Skills. NY: Waveland Pr In.

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

3. Moursund, J., & Kenny, M. C. (2002). The Process of Counseling and Therapy (4th ed.). Upper Saddle River, New Jersey: Prentice Hall.

Suggestive Digital Platforms Web Links -

https://heecontent.upsdc.gov.in/Home.aspx
https://www.apa.org/
https://egyankosh.ac.in/

Suggested Continuous Evaluation Methods:

- Written Test (15 Marks)
- Assignment / Seminar (10 Marks)
- Attendance (5 Marks)

Suggested Equivalent Online Course:

- Coursera
- Swayam

HEAD
School of Liberal Art & Humanities
& Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**	Year: **Second**	Semester: **Third**
Paper Code: **MAPSY 302CTCC**	Paper Name: **Workplace Counselling**	

Course Objectives: The course aims to:

1. Develop an understanding of workplace counselling and its significance in enhancing employee well-being and organizational effectiveness.
2. Familiarize students with various models, approaches, and ethical considerations in workplace counselling practices.
3. Examine organizational influences on workplace counselling, including the role of organizational culture, systemic approaches, and employee assistance programs.
4. Analyze issues of sexual harassment at the workplace, its dynamics, consequences, and strategies for prevention.

Course Outcomes: the student will be able to

1. Acquaint with the relevance of workplace counseling
2. Familiarize with models of workplace counselling

Course Type: **CC-8**	Nature of course: **Theory**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	

Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 4-0-0**

Unit	Topics	No. of Lectures
I	**Understanding Work Place Counseling** Current Trends in Workplace Counseling , Models of Workplace Counseling, Ethical Issues in Workplace Counseling, Stress and Workplace Counseling, Work-Life Balance.	15
II	**Impact of organizations on work place counseling** Setting up counseling at workplace, Systemic approaches to organizations, Organizational culture and counselling, Employee assistance programs (EAP)	15
III	**Sexual harassment at workplace** Dynamics of sexual harassment: why it occurs? Types of sexual harassment, Impact of sexual harassment: emotional, physical and economic impact, Preventing sexual harassment	15
IV	**Conflict at the workplace** Nature of conflict, Causes of workplace conflict: intrapersonal and interpersonal, Violence at workplace, Strategies to manage workplace conflict	15
	Total Lectures	60

Suggested Readings:

1. Boland M. (2005). Sexual Harassment in the Workplace (1st ed.). Naperville, IL: Sphinx Publishing, Inc
2. Boland M.L. (2002). Sexual Harassment: Your Guide to Legal Action: What you should know and what you can do. Naperville, IL: Sphinx Publishing, Inc.
3. Collins, S.D.(2009).Managing conflict and workplace relationship(2nded.). Mason, OH: South Western Cengage Learning.

Suggestive Digital Platforms Web Links -

https://heecontent.upsdc.gov.in/Home.aspx
https://www.apa.org/
https://egyankosh.ac.in/

Suggested Continuous Evaluation Methods:

- Written Test (15 Marks)
- Assignment / Seminar (10 Marks)
- Attendance (5 Marks)

Suggested Equivalent Online Course:

- Coursera
- Swayam

2025-2026

HEAD
Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University

Program / Class: **Masters in Psychology**	Year: **Second**	Semester: **Third**
Paper Code: **MAPSY 303DEC-1**	Paper Name: **CBT and REBT: Basics and Applications**	

Course Objective: The course aims to:

1. Introduce students to the fundamental principles, models, and processes underlying CBT and REBT.
2. Equip students with skills to identify automatic thoughts, irrational beliefs, schemas, and core emotions.
3. Develop the ability to conduct assessment, case formulation, therapeutic intervention, and relapse prevention using CBT and REBT.
4. Foster critical thinking and professional skills for evidence-based psychotherapeutic practice.

Course Outcomes: the student will be able to

1. Understand CBT and REBT skills and techniques.
2. Understand possible applications of CBT and REBT.

Course Type: **DEC-1**	Nature of course: **Theory**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	
Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 4-0-0**		

Unit	Topics	No. of Lectures
I	**Cognitive Behavior Therapy**: Basic concepts a. Cognitive conceptualization, the cognitive model b. Schema-focused therapy c. Identifying automatic thoughts. d. Identifying core beliefs and emotions	15
II	**CBT process** a. Assessment and formulation. b. Therapeutic stages. c. Case formulations and common hurdles. d. Termination and relapse prevention.	15
III	**Rational emotive behavior therapy:** basic concepts and processes a. Irrational beliefs, activating events and consequent emotions b. Didactic techniques. c. Vivid methods. d. Behavioral homework.	15
IV	**CBT and REBT applications** a. Applications to disorders b. Applications when client is in emotional distress c. Applications for self-development d. Individual and group applications	15
	Total Lectures	60

Suggested Readings:

1. Beck, J. (2011). Cognitive Behavior Therapy: Basics and Beyond (2nd ed). NY: The Guilford Press.
2. Beck, A.T., Rush, A.I., Shaw, B.F. & Emery, G. (1979). Cognitive Therapy of Depression. NY: Guilford Press.
3. Corey, G. (2009). Theory and Practice of Counseling and Psychotherapy (8th ed.). Californa: Thomson Brooks.

Suggestive Digital Platforms Web Links -

https://heecontent.upsdc.gov.in/Home.aspx
https://www.apa.org/
https://egyankosh.ac.in/

Suggested Continuous Evaluation Methods:

- Written Test (15 Marks)
- Assignment / Seminar (10 Marks)
- Attendance (5 Marks)

Suggested Equivalent Online Course:

- Coursera
- Swayam

HEAD
Faculty of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**		Year: **Second**	Semester: **Third**
Paper Code: **MAPSY 304APC**	Paper Name: **Practicum of Psychotherapy Techniques and Treatment**		

Course Objective: The practicum aims to:

1. Provide hands-on training in core psychotherapeutic techniques and processes.
2. Develop the ability to establish and maintain a therapeutic relationship.
3. Enable students to apply different psychotherapy techniques with simulated or real case studies.
4. Train students in case conceptualization, diagnosis, and treatment planning.
5. Integrate Western and Indigenous approaches (Yoga, Meditation, and Mindfulness) in therapeutic practice

Course Outcomes: By the end of the practicum, students will be able to:

1. Demonstrate understanding of basic and advanced therapeutic skills.
2. Apply appropriate psychotherapeutic techniques to different case scenarios.
3. Conduct case formulation and treatment planning.
4. Analyze therapeutic progress and outcomes.
5. Maintain ethical standards and professionalism in therapy sessions.

Course Type: **PC- 5**	Nature of course: **Practical**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	

Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 0-0-8**

Unit	Topics	No. of Lectures
I	**Therapeutic Relationship and Process Skills:** Demonstration and role play on establishing rapport, active listening, empathy, congruence, and unconditional positive regard.	15
II	**Psychoanalytic and Psychodynamic Techniques** Preparation of a short psychodynamic case report.	15
III	**Behavioral and Cognitive-Behavioral Techniques** Designing a CBT case formulation and intervention plan.	15
IV	**Humanistic and Existential Techniques** Role play of person-centered therapy focusing on empathy and reflection.	15
	Total Lectures	60

Suggested Practicum Record Format: Each record should include:
Supervisor's Remarks

Suggested Readings:

1. Corey, G. (2016). *Theory and Practice of Counseling and Psychotherapy.* Cengage.
2. Erford, B. T. (2014). *40 Techniques Every Counselor Should Know.* Pearson.

Suggestive Digital Platforms Web Links -
https://heecontent.upsdc.gov.in/Home.aspx
https://www.apa.org/

Suggested Continuous Evaluation Methods:
Semester end practical examination: 70 marks

Suggested Equivalent Online Course:

- Coursera, Swayam

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**		Year: **Second**	Semester: **Third**
Paper Code: **MAPSY 304BPC**	Paper Name: **Practicum of Advanced Skills and Processes of Counselling & Psychotherapy**		

Course Objective:

1. To enable students to practically apply basic and advanced counseling and psychotherapy skills.
2. To develop competence in therapeutic processes, including assessment, contracting, session handling, dealing with resistance, and termination.
3. To provide hands-on experience through role-play, simulation, observation, self-reflection, and supervision

CourseOutcomes: By the end of the course, the student will be able to:

1. Demonstrate basic counseling skills (empathy, listening, paraphrasing, reflecting, summarizing) and advanced skills (interpretation, insight, confrontation, self-supervision).
2. Conduct therapeutic assessment, history taking, and initial session contracting effectively.
3. Handle real or simulated client interactions, including exploration, resistance, transference, and counter-transference.
4. Practice termination and follow-up strategies and maintain professional documentation.

Course Type: **PC-5**	Nature of course: **Practical**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	

Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 0-0-8**

Unit	Topics	No. of Lectures
I	Demonstration and practice of empathy, genuineness, unconditional positive regard, congruence	12
II	Exercises for handling anxiety, self-disclosure, perfectionism, honesty about limitations	12
III	Practicing history taking and case formulation	12
IV	Conducting initial sessions using psychoeducation and supportive techniques	12
V	Legal and ethical aspects of documentation	12
	Total Lectures	60

Suggested Readings:

1. Corey, G. (2012). *Theory and Practice of Counseling and Psychotherapy*. California: Brooks/Cole Publishing.
2. Martin, D.G. (2011). *Counseling and Therapy Skills*. NY: Waveland Press.

Suggestive Digital Platforms Web Links -

https://heecontent.upsdc.gov.in/Home.aspx
https://www.apa.org/
https://egyankosh.ac.in/

Suggested Continuous Evaluation Methods:
Internal evaluation: 30 marks
Semester end Practical examination: 70 marks.

Suggested Equivalent Online Course:

- Coursera
- Swayam

Dean
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**	Year: **Second**	Semester: **Third**
Paper Code: **MAPSY 304CPC**	Paper Name: **Practicum of Human Resource Management – I**	

Course Objective:

1. To understand the core concepts, strategic functions, and role of HRM in developing competitive advantage and organizational excellence.
2. To develop practical understanding of recruitment, selection, career development, and performance management in organizational settings.
3. To understand occupational hazards, safety programs, wellness initiatives, and methods to promote employee health in organizations.
4. To understand industrial relations, trade unions, collective bargaining, grievance handling, and relevant labour legislations.

Course Outcomes:

1. Explain the core concepts, strategic functions, and contemporary role of Human Resource Management (HRM) in achieving competitive advantage and organizational excellence.
2. Apply practical knowledge of recruitment, selection, career development, training, and performance management processes in real organizational contexts.
3. Identify occupational hazards and evaluate safety programs, wellness initiatives, and employee health promotion strategies within organizations.
4. Analyze industrial relations systems, the role of trade unions, collective bargaining processes, grievance handling mechanisms, and key labour legislations relevant to organizations.

Course Type: **PC-5**	Nature of course: **Practical**	Credits: **4**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	
Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 0-0-8**		

Unit	Topics	No. of Lectures
I	**Case Study:** Analyze an organization's HR structure and explain how HR contributes to its strategic goals.	15
II	**Job Description and Specification:** Design a sample *Job Description (JD)* and *Job Specification (JS)* for any organizational role.	15
III	**Workplace Hazard Identification:** Prepare a checklist identifying *physical, psychological, and ergonomic hazards* in a workplace or lab.	15
IV	**Role Play on Collective Bargaining:** Simulate a *collective bargaining negotiation* between management and union representatives.	15
	Total Lectures	60

Suggestive Digital Platforms Web Links -

https://heecontent.upsdc.gov.in/Home.aspx
https://www.apa.org/
https://egyankosh.ac.in/

Suggested Continuous Evaluation Methods:
Internal evaluation: 30 Marks
Semester end examination: 70 Marks

Suggested Equivalent Online Course:

- Coursera, Swayam

HEAD
Department of Liberal Art & Human Sciences
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**		Year: **Second**	Semester: **Third**
Paper Code: **MAPSY 305PC**	Paper Name: **Summer Internship Report Presentation**		

Course Objective: The course aims to:

1. Develop research competence in identifying and analyzing psychological issues in community and applied settings.
2. Familiarize students with systematic field-based research procedures, including problem identification, literature review, and proposal writing.
3. Enhance practical skills in planning and executing psychological research with appropriate methods and ethical considerations.
4. Strengthen critical and analytical thinking by integrating field observations with evidence-based research approaches.
5. Prepare students for independent research and dissertation writing in adherence to professional and APA guidelines.

Course Outcomes: The student will

1. Have a comprehensive understanding of carrying out research projects,
2. How to frame research objectives and questions,
3. Plan, decide and execute appropriate methods of research, and intended data analysis.

Course Type: **PC-6**	Nature of course: **Research**	Credits: 4
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	
Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 0-0-8**		

Unit	Topics
I	Based on the internship done for 45 days in respective field student will present the detailed report of all the work done during internship Report will be in APA 7 format

Suggested Readings:

1. Singh AK (2019) Tests, Measurement and Research Methods in Behavioral Sciences. Bharti Bhavan
2. Suggestive Digital Platforms Web Links -
   https://heecontent.upsdc.gov.in/Home.aspx
   https://www.apa.org/
   https://egyankosh.ac.in/

Suggested Continuous Evaluation Methods:

- PPT presentation of experiences of observed unit and research proposal (25 marks)
- Attendance (05 Marks)

HEAD
Department of Liberal Art & Humanities
Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**		Year: **Second**	Semester: **Third**
Paper Code: **MAPSYOEC-301**	Paper Name: Constitutional Human and Moral Values		
Course Objective:			
Course Outcomes:			
Course Type:	Nature of course:		Credits: 2
Maximum Marks: **100 (25 + 75)**	Minimum Passing Marks: **10 + 30**		
Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 2-0-0**			

Unit	Topics	No. of Lectures
	As Per University Basket	

Suggested Continuous Evaluation Methods: 30 Marks
Semester-end practical examination: 70 Marks

HEAD
Dept of Liberal Arts & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Semester- IV

2025-2026

Faculty of Arts & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**	Year: **Second**	Semester: **Fourth**
Paper Code: **MAPSY 401 DEC-2**	Paper Name: Internship	

Course Objective:

Clinical Psychology Internship

- To develop clinical assessment, diagnostic, and intervention skills under supervision.
- To understand ethical and professional practice in clinical settings.

Counseling Psychology Internship

- To develop counseling skills for individuals, groups, and special populations.
- To practice ethical decision-making and multicultural sensitivity in counseling.

Industrial/Organizational Psychology Internship

- To understand organizational behavior, human resource practices, and workplace interventions.
- To apply psychological principles in recruitment, training, and employee well-being.

Course Outcomes:

Clinical Psychology Internship

By the end of the internship, students will be able to:

1. Conduct clinical interviews and psychological assessments.
2. Administer and interpret standard psychological tests.
3. Develop case formulations and intervention plans.
4. Demonstrate ethical and professional behavior in clinical settings.

Counseling Psychology Internship

By the end of the internship, students will be able to:

1. Conduct client-centered counseling sessions.
2. Use structured counseling techniques and interventions.
3. Develop effective counseling plans for different age groups.
4. Maintain ethical standards and confidentiality.

Industrial/Organizational Psychology Internship

By the end of the internship, students will be able to:

1. Assist in HR functions like recruitment, selection, and performance appraisal.
2. Conduct employee surveys, job analysis, and training needs assessments.
3. Develop interventions to enhance productivity and workplace well-being.
4. Apply organizational behavior theories in real-world settings.

Course Type: DEC-2	Nature of course: **Theory**	Credits: 6
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	
Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 0-0-32**		

Unit	Topics
I	**Clinical Psychology Internship Core Activities:** **1.** Observation and Shadowing **2.** Assessment & Testing **3.** Intervention & Therapy **4.** Case Study Preparation **5.** Professional Skills **Counseling Psychology Internship Core Activities:** **1.** Observation & Practice: **2.** Assessment & Case Formulation **3.** Specialized Counseling Exposure **4.** Workshops & Psychoeducation **5.** Documentation **Industrial/Organizational Psychology Internship Core Activities:** **1.** Organizational Observation & Analysis **2.** Assessment & Testing **3.** HR Interventions

HEAD
Department of Liberal Arts
Faculty of Art & Social Science
Swami Vivekanand Subharti University
MEERUT

	4. Data Analysis & Reporting 5. Project Work
General Guidelines for All Streams 1. **Weekly Supervision:** Minimum 1 session per week with a qualified supervisor.	
Suggestive Digital Platforms Web Links - https://heecontent.upsdc.gov.in/Home.aspx https://www.apa.org/ https://egyankosh.ac.in/	
Suggested Continuous Evaluation Methods: • Project report submission (70) • Presentation and practical demonstration (30)	
Suggested Equivalent Online Course: • Coursera, Swayam	

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**	Year: **Second**	Semester: **Fourth**
Paper Code: **MAPSY 402EEC-2**	Paper Name: **Field work in practice**	

Course Objective: The course aims to:

1. Provide hands-on professional experience in real-life psychological settings.
2. Develop practical skills in assessment, intervention, and professional ethics.
3. Encourage application of theoretical knowledge to real-world cases and organizations.
4. Facilitate understanding of multidisciplinary teamwork and community-based practice.
5. Prepare students for professional roles through supervision and reflective learning.

Course Outcomes:

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

1. Apply theoretical knowledge to practical field situations.
2. Demonstrate competence in psychological assessment and intervention.
3. Maintain professional conduct, ethical standards, and confidentiality in practice.
4. Critically analyze and reflect on their field experiences.
5. Prepare comprehensive case reports, intervention plans, and evaluation summaries.

Course Type: EEC	Nature of course: **Theory**	Credits: 4
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	

Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 0-0-32**

Unit	Topics
I	**Structure of Field Work** Each student will undergo **supervised field training** in one or more settings depending on specialization: ***1. Clinical Psychology*** • Placement in hospitals, mental health clinics, rehabilitation centers, or psychiatric units. ***2. Counseling Psychology*** • Placement in counseling centers, NGOs, schools, community centers, or private practice setups. ***3. Industrial-Organizational Psychology*** • Placement in HR departments, corporate organizations, consultancy firms, or training institutes.
II	**Field Work Duration and Requirements** • **Minimum Hours:** 200 hours of field work over the semester. • **Supervision:** ○ Internal supervisor (faculty member). ○ External supervisor (field site professional). • **Documentation:** ○ Field work diary/logbook. ○ Case reports / project reports. ○ Reflective journal. • **Submission:** ○ A comprehensive **Field Work Report** to be submitted at semester end. ○ Viva-voce / presentation based on field experience.

Suggested Readings:

1. Suggestive Digital Platforms Web Links -
   https://heecontent.upsdc.gov.in/Home.aspx
   https://www.apa.org/ https://egyankosh.ac.in/

Suggested Equivalent Online Course:

- Coursera, Swayam

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

Program / Class: **Masters in Psychology**	Year: **Second**	Semester: **Fourth**
Paper Code: **MAPSY 403 DEC-3**	Paper Name: **Research Project – IV (Report Submission)**	

Course Objective: The Research Project aims to:

1. Provide hands-on experience in conducting independent psychological research.
2. Enable students to apply theoretical knowledge and research methodologies in real-world contexts.
3. Develop skills in data collection, analysis, interpretation, and report writing.
4. Foster critical thinking, ethical responsibility, and scientific communication in psychological inquiry.

Course Outcomes:

After completing this course, students will be able to:

1. Identify and formulate research problems relevant to their specialization (Clinical, Counseling, or I/O Psychology).
2. Design and conduct empirical research using appropriate methodologies.
3. Collect, analyze, and interpret quantitative or qualitative data.
4. Prepare and submit a comprehensive research report following APA or institutional guidelines.

Course Type: DEC-3	Nature of course: **Theory**	Credits: 12
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	

Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 0-0-24**

Unit	Topics
I	**Research Problem & Proposal Review** Identification of research topic, formulation of problem statement, objectives, hypotheses, and review of literature. Refinement of research proposal based on supervisor feedback.
II	**Methodology Finalization** Selection of research design, sampling methods, tools, and data collection procedures. Ensuring ethical compliance and institutional approval (if applicable).
III	**Data Collection & Analysis** Collection of primary data or secondary data (as per design), data entry, application of statistical or qualitative analysis techniques using SPSS / Excel / thematic analysis.
IV	**Interpretation & Discussion** Interpretation of results in light of previous studies, discussion of implications for theory and practice, limitations, and future research suggestions.
V	**Report Writing & Submission** Preparation of final report in APA (7th Edition) format: Abstract, Introduction, Method, Results, Discussion, References, and Appendices. Submission and Viva-Voce.

Suggested Readings:

1. Suggestive Digital Platforms Web Links -
   https://heccontent.upsdc.gov.in/Home.aspx
   https://www.apa.org/ https://egyankosh.ac.in/

Suggested Equivalent Online Course:

- Coursera
- Swayam

Program / Class: **Masters in Psychology**	Year: **Second**	Semester: **Fourth**
Paper Code: **MAPSY 403**	Paper Name: **Field work in practice**	

Course Objective: The course aims to:

6. Provide hands-on professional experience in real-life psychological settings.
7. Develop practical skills in assessment, intervention, and professional ethics.

HEAD
Faculty of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

8. Encourage application of theoretical knowledge to real-world cases and organizations.
9. Facilitate understanding of multidisciplinary teamwork and community-based practice.
10. Prepare students for professional roles through supervision and reflective learning.

Course Outcomes:

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

6. Apply theoretical knowledge to practical field situations.
7. Demonstrate competence in psychological assessment and intervention.
8. Maintain professional conduct, ethical standards, and confidentiality in practice.
9. Critically analyze and reflect on their field experiences.
10. Prepare comprehensive case reports, intervention plans, and evaluation summaries.

Course Type: **CC**	Nature of course: **Theory**	Credits: **8**
Maximum Marks: **100 (30 + 70)**	Minimum Passing Marks: **12 + 28**	
Total number of Lectures-Tutorial-Practical (in hours per week): **L-T-P: 0-0-32**		

Unit	Topics
I	**Structure of Field Work** Each student will undergo **supervised field training** in one or more settings depending on specialization: ***1. Clinical Psychology*** • Placement in hospitals, mental health clinics, rehabilitation centers, or psychiatric units. • Activities: ○ Observation of clinical interviews and therapy sessions. ○ Administration and interpretation of psychological tests. ○ Preparation of case histories and diagnostic formulations. ○ Participation in therapeutic interventions (under supervision). ○ Case discussions, ward rounds, and mental status examinations. ***2. Counseling Psychology*** • Placement in counseling centers, NGOs, schools, community centers, or private practice setups. • Activities: ○ Observation and practice of counseling sessions. ○ Assessment of emotional and behavioral issues. ○ Designing and implementing psychoeducational programs. ○ Report writing, case studies, and supervision meetings. ○ Ethical handling of clients and maintenance of records. ***3. Industrial-Organizational Psychology*** • Placement in HR departments, corporate organizations, consultancy firms, or training institutes. • Activities: ○ Conducting job analysis and employee satisfaction surveys. ○ Observation of recruitment, selection, and performance appraisal processes. ○ Designing and evaluating training programs. ○ Studying organizational climate and motivation patterns. Report preparation and presentation of findings.
II	**Field Work Duration and Requirements** • **Minimum Hours:** 200 hours of field work over the semester. • **Supervision:** ○ Internal supervisor (faculty member). ○ External supervisor (field site professional). • **Documentation:** ○ Field work diary/logbook. ○ Case reports / project reports.

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Sciences
Swami Vivekanand Subharti University
MEERUT

	○ Reflective journal. • **Submission:** ○ A comprehensive **Field Work Report** to be submitted at semester end. ○ Viva-voce / presentation based on field experience.
Suggested Readings: 2. Suggestive Digital Platforms Web Links - https://heecontent.upsdc.gov.in/Home.aspx https://www.apa.org/ https://egyankosh.ac.in/	
Suggested Equivalent Online Course: • Coursera • Swayam	

Prepared by
Dr Niyati Garg, Dr Mohini Mittal, and Dr Kiran Rani Panwar
Associate Professor & **Assistant Professor (Psychology)**
Department of Liberal Arts and Humanities
Faculty of Arts and Social Sciences

HEAD
Department of Liberal Art & Humanities
Faculty of Art & Social Science
Swami Vivekanand Subharti University
MEERUT