Eligibility
Candidates for admission to the First Year of the Five year integrated M.Sc. Clinical Psychology Degree Programme shall be required to have passed in Higher Secondary Course examinations (HSC) (10+2 level) or equivalent thereto with a minimum of 50% marks under academic stream.

Master Programme
A Master’s Programme consists of a set of core courses and common course on language, Computer Civics, etc.
Core courses are basic courses required for each programme. The number and distribution of credits for core courses will be decided by the respective faculties.
Common courses, suggested by the respective departments, may be distributed in the first four semesters.
A Course is divided into five units to enable the students to achieve modular and progressive learning.

Semesters
- Odd Semester: July to November (90 working days)
- Even Semester: December to April (90 working days)

Credits
The term credit is used to describe the quantum of syllabus for various programmes in terms of hours of study. It indicates differential weightage given according to the contents and duration of the courses in the Curriculum design.

The minimum credit requirement for a Five years Master’s Programme shall be 225.
The core courses shall carry 155 credits, Common courses shall carry 50 credits and the optional courses shall carry 20 credits.

Courses
A course carrying one credit for lectures, will have instruction of one period per week during the semester. If four hours of lecture is necessary in each week for that course then 4 credits will be the weightage. Thus normally, in each of the courses, credits will be assigned on the basis of the Lectures / Tutorials / Laboratory work and other form of learning in a 15 week schedule.

i) One credit for each lecture period per week.
ii) One credit for every three periods of laboratory or practical work per week.
Grading System

The term Grading System indicates a 10 point scale of evaluation of the performance of students in terms of marks, grade points, letter grade and class.

Duration

The duration for completion of a Five Years Master’s programme in any subject is Ten Semesters.

Structure and Programme

The Five year Integrated Master’s Programme will consist of:

i) Core courses and common course which are compulsory for all students,

ii) Optional courses which students can choose from amongst the courses offered by the other Departments of other faculties. (Arts, Education and Indian Language)

Attendance

Every teaching faculty handling a course shall be responsible for the maintenance of Attendance Register for candidates who have registered for the course.

Each student should earn 80% attendance in the courses of the particular semester failing which he or she will not be permitted to sit for the end – semester examination.

However, it shall be open to the authorities to grant exemption to a candidate who has failed to obtain the prescribed 80% attendance for valid reasons on payment of a condonation fee and such exemptions should not under any circumstances be granted for attendance below 70%.

Examination

There will be two sessional assessments and one End – Semester examination during each semester.

Sessional Test –I will be held after 35 working days and Sessional Test–II will be held after 70 working days.

Sessional Test–I will be a combination of a variety of tools such as class test, assignment and paper presentation that would be suitable to the course. This requires an element of openness. The students are to be informed in advance about the nature of assessment and the producers. However the tests are compulsory. Test–I may be for one hour duration. The pattern of question paper will be decided by the respectively faculty.

Sessional Test–II will be conducted with a variety of assessment tools. It will also have an element openness. The students are to be informed in advance about the nature of assessment and the procedures. However the tests are compulsory. Test–II may be for two hours duration. The pattern of question paper will be decided by respective Faculty.

There will be one End Semester Examination of three hours duration in each course.

The End Semester Examination will cover all the syllabus of the course for 75% of marks.

Evaluation will be done on a continuous basis. Evaluation may be by Objectives Type Questions, Quiz, Short Answers, Essays or a combination of these, but at the End Semester it has to be a Written Examination.

The performance of students in each course is evaluated in terms of percentage of marks (PM) with a provision for conversion to Grade Point (GP). The sum total performance in each semester will be rated by GPA while the continuous performance from the 2nd Semester onwards will be marked by (OGPA).

Marks and Grading

A student cannot repeat the assessment Sessional Test II. However, if for any compulsive reason the student could not attend the test the prerogative of arranging special test lies with the teacher in consultation with the Head of the Department.

A minimum of 50% marks in each course is prescribed for a pass. A students has to secure 50% minimum in the End Semester Examination.
If a candidate who has not secured a minimum of 50% of marks in a course shall be deemed to have failed in that course.

The student can repeat the End Semester Examination when it is offered next in the subsequent Odd/Even Semesters till the regulations are in force. However, a candidate cannot move to the next semester if he/she has more than six papers as arrears at any point of time.

A candidate who has secured a minimum of 50 marks in all courses prescribed in the programme and earned a minimum of the credits will be considered to have passed the masters programme.

Grading

A ten point rating scale is used for the evaluation of the performance of the student to provide latter grade for each course and overall grade for the master’s programme.

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The successful candidate are classified as follows.

I-Class 60% marks and above in overall percentage of marks (OPM).

II-Class 50-59% marks in overall percentage of marks.

Candidate who obtain 75% and above but below 91% of marks (OPM) shall be deemed to have passed the examination in FIRST CLASS (Distinction) provided he/she passes all the course prescribed for the programme at the first appearance.

The candidates passing with First class will be ranked next of those with distinction on the basis of CGPA scored in Part III core. Allied and optional courses of study from I semester to X Semesters.

Candidates who obtain First Classes with Distinction shall be deemed to have passed the examinations provided he/she passess all the papers prescribed for the programmes at the First Appearance.
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<tr>
<td>VI 34</td>
<td>ICPC 62</td>
<td>2. Positive Psychology –II</td>
<td>Core</td>
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<tr>
<td>VI 35</td>
<td>ICPC 63</td>
<td>3. Psychopathology-II</td>
<td>Core</td>
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<td>VI 36</td>
<td>ICPC 64</td>
<td>4. Forensic Psychology</td>
<td>Core</td>
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<tr>
<td>VI 37</td>
<td>ICPC 65</td>
<td>5. Experimental Psychology - Practical I</td>
<td>Core</td>
</tr>
<tr>
<td>VI 38</td>
<td>IVEC 66</td>
<td>6. Value Education</td>
<td>Core</td>
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<tr>
<td>VII 39</td>
<td>ICPC 71</td>
<td>1. Neuro Psychology (Psychiatry)</td>
<td>Core</td>
</tr>
<tr>
<td>VII 40</td>
<td>ICPC 72</td>
<td>2. Psycho Diagnostics</td>
<td>Core</td>
</tr>
<tr>
<td>VII 41</td>
<td>ICPC 73</td>
<td>3. Health Psychology-I</td>
<td>Core</td>
</tr>
<tr>
<td>VII 42</td>
<td>ICPC 74</td>
<td>4. Research Methodology</td>
<td>Core</td>
</tr>
<tr>
<td>VII 43</td>
<td></td>
<td>5. Elective Course</td>
<td>Elective</td>
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<tr>
<td>VIII 44</td>
<td>ICPC 81</td>
<td>1. Gerontology</td>
<td>Core</td>
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<td>VIII 45</td>
<td>ICPC 82</td>
<td>2. Health Psychology II</td>
<td>Core</td>
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<td>VIII 46</td>
<td>ICPC 83</td>
<td>3. Psychotherapeutics</td>
<td>Core</td>
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<tr>
<td>VIII 47</td>
<td>ICPC 84</td>
<td>4. Experimental Psychology - Practical II</td>
<td>Core</td>
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<td>VIII 48</td>
<td></td>
<td>5. Elective Course</td>
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<td>IX 49</td>
<td>ICPC 91</td>
<td>1. Hospital Management (Business Administration)</td>
<td>Core</td>
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<td>IX 50</td>
<td>ICPC 92</td>
<td>2. Counselling Psychology</td>
<td>Core</td>
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<td>IX 51</td>
<td>ICPC 93</td>
<td>3. Rehabilitation Psychology</td>
<td>Core</td>
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<td>IX 52</td>
<td>ICPC 94</td>
<td>4. Mental Health &amp; Psychoterapy</td>
<td>Core</td>
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<td>IX 53</td>
<td>ISSC 95</td>
<td>5. Soft Skills</td>
<td>Core</td>
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<tr>
<td>IX 54</td>
<td></td>
<td>6. Elective Course</td>
<td>Elective</td>
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<tr>
<td>X 55</td>
<td>ICPC 101</td>
<td>1. Modern Clinical Psychology</td>
<td>Core</td>
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<tr>
<td>X 56</td>
<td>ICPC 102</td>
<td>2. Case Studies</td>
<td>Core</td>
</tr>
<tr>
<td>X 57</td>
<td>ICPC 103</td>
<td>3 Experimental Psychology - Practical III</td>
<td>Core</td>
</tr>
<tr>
<td>X 58</td>
<td>ICPC 104</td>
<td>4. Project and Viva-voce</td>
<td>Core</td>
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<tr>
<td>X 59</td>
<td></td>
<td>6. Elective Course</td>
<td>Elective</td>
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</tbody>
</table>
IENC 12  English: English Through Literature I: Prose

Objective:

To develop the communicative competence of learners in the English Language through training them in the skills of listening, speaking, reading and writing.

Unit I
Bonnie Chamberlain “The Face of Judas Iscariot”
Swami Vivekananda “Speech at World Parliament of Religion”

Unit II
Stephen Leacock “My Financial Career”
Bhimrao Ambedkar “Speech on 4th November 1948 in the Constituent Assembly”

Unit III
Robert Lynd “On Forgetting”
Nirad C. Chaudhuri “Indian Crowds”

Unit IV
A. G. Gardiner “All about a Dog”
Ruskin Bond “My Eccentric Guests”

Unit V
Martin Luther King (Jr.) “I Have a Dream”
Khushwant Singh “The Portrait of a Lady”

Text Book:

ICPC 13 : GENERAL PSYCHOLOGY- I

Objectives

The students must know

- the meaning, definition, history, scope and methods of psychology
- the structure and functions of brain and nervous system
- central and peripheral nervous systems and structure and function of the eye
- structure and function of the auditory and other senses
- the processes of perception and consciousness

Unit-I : Introduction

Define Psychology – Modern Approaches to Psychology – Cultural Diversity: Discrimination in Psychology – Previous approaches – learning from history – careers in psychology – Research areas in Psychology – Applying exploring Study Skills.

Unit–II : Brain


Unit–III : Nervous system


Vision


Unit–IV : Hearing and other senses


Basic Perceptual Processes


Unit–V : Influences on Perception


Consciousness, Sleep and Dreams

The continuum of consciousness – Rhythms of Seeping and waking – The word of dreams – Applying / exploring: Sleep problems and treatments.

Text Books


Reference Books


ICPC 14 : LIFESPAN PSYCHOLOGY- I

Major Objectives

The students must know

- the different approaches of human development and various methods to study human development,
- the biological foundation behind the development,
- the principles and pattern of physical, intellectual, social and personality development in early childhood.
- the principles and pattern of physical, intellectual, social and personality development in middle childhood.
- the principles and pattern of physical, intellectual, social and personality development in adolescence.

Unit–I : Human Development

Unit–II : Conception to Birth

Conceiving new life – Heredity and Environment – Prenatal development – Birth process.


Unit–III : Early Childhood


Unit–IV : Middle Childhood

Aspects of Physical development – Healthy and safety – Cognitive development – Language and literacy – Child in school – Psychosocial development- Child in family – Child in peer group – Mental health.

Unit–V : Adolescence


Text Books

Reference Books

IESC 15 : ENVIRONMENTAL AWARENESS

OBJECTIVES
After undergoing the course, the student can understand
• the environment as a system
• the various damages done to the environment
• the importance of environmental resources
• the change in the global climate
• the ways of sustainable development

Unit: I THE ENVIRONMENTAL SYSTEM
(1.1) The Services Provided by the Environmental System
(1.2) Ecosystems: Food Chains, Food Webs, Ecological Pyramids
(1.3) Biochemical Cycles: Hydrological Cycle, Carbon Cycle

Unit: II ENVIRONMENTAL DAMAGE- POLLUTION
Sources and impact of
(2.1) Air Pollution
(2.2) Water Pollution
(2.3) Land Pollution
(2.4) Municipal Solid Waste
(2.5) Noise Pollution
Unit: III RESOURCE DEPLETION

(3.1) Importance of Forests: Causes and Consequences of Deforestation
(3.2) Bio Diversity: Meaning and Importance-Reasons and Consequences of Biodiversity Decline
(3.3) Consequences of Overdrawing Water Resources

Unit: IV GLOBAL CLIMATE CHANGE

(4.1) The Science of Climate Change-The Green House Effect
(4.2) Sources and Impact of Climate Change
(4.3) Coping with Climate Change

Unit: V SUSTAINABLE DEVELOPMENT

(5.1) Concepts and Definition of Sustainable Development (Brundtland Commission Definition)
(5.2) Poverty, Population Growth and Environmental Damage
(5.3) Policies for Sustainable Development

Text Book:

References:

ALLIED–I ICPA 16: MEDICAL SOCIOLOGY

Objectives
To enable the students to become familiar with the relationship between health and social environment to make them understand the role of health professionals in health care delivery.

Unit–I
Medical Sociology – Nature and Scope, Relationship between medicine and sociology; Social epidemiology, Development of epidemiological measures, age, sex, race and social class.

Unit–II
The interaction of mind, body and society – Stress – Psycho physiological medicine, Social factors and stress, Socio demographic variables in the process of seeking medical care.

Unit–III
The sick role – Illness as deviance, functional approach to deviance, the sick role, labeling theory.

Unit–IV
The physician in a changing society – nursing – Past, present and future trends, other health practioners, the hospital as a social institution, health care: a right or a privilege.

Unit–V
Medical social services in hospital – Medical social work in pediatrics, skin and STD (sexually transmitted Disease). Psychiatry and Tuberculosis divisions: Health policy of government of India.

Text Book
2) Giriraj Gupta. The social and Cultural context medicine in India, New Delhi: Vikas publishing House Ltd., 1981.

References:
5) Ommen, T.K Doctors and Nurses. New Delhi: Macmillam, co., 1978

ITAC 21 Tamil–I  IHIC 21 Hindi–I   IFRC 21 French–I
IENC 22 English Through Literature II: Poetry

Objective:
To ensure and enhance:
 the ability of the learner to comprehend and appreciate poems in English
 the competence of the learner in using English language, and
 the interest of the learner in human values and perceptions

Unit I
1. William Shakespeare “Sonnet 29”
2. William Blake “A Poison Tree”
3. Robert Bridges “A Red, Red Rose”

Unit II
4. PB Shelley “Ozymandias”
5. Alfred Tennyson “The Brook”
6. Hillaire Bellock “Matilda”

Unit III
7. Robert Frost “Stopping by Woods on a Snowy Evening”
8. Walt Whitman “O Captain, My Captain”
9. Sylvia Plath “Mirror”

Unit IV
10. Toru Dutt “The Lotus”
11. A. K. Ramanujan “A River”
12. Keki N. Daruwala “Pestilence in Nineteenth Century Calcutta”

Unit V
13. Gabriel Okara “Once Upon a Time”
15. Robert Finch “Peacock and Nightingale”

Text Book:
ICPC 23 General Psychology–II

Objectives

The students must know

- different types of motives and emotions
- different types of learning
- various types of memory and forgetting
- the meaning and measurement of intelligence
- various personality theories and assessment

Unit–I : Motivation


Emotion


Unit–II

Learning Classical Conditioning


Operant Conditioning and Cognitive Learning


Unit–III : Memory


- Remembering and Forgetting: Ways to remember – How memory is organized – Lasting memories – Reasons for forgetting the Biological Base of memory – Mnemonics: Memorizations methods.

Unit–IV Intelligence :

- Approaches to defining intelligence – Measuring intelligence – Widely used 1Q tests – Distribution of 1Q scores – Problems with 1Q test- Cultural Diversity 1Q tests and immigration – The Naature – Nature Question – Applying Exploring: Intervention programs.

Thought and Language

- Concepts – Forming concepts – Solving problems – Thinking creatively – Language Basic rules – Acquiring language – Language stages – Language and thought – Applying exploring Do animals have Language?

Unit–V : Personality


Text Books


2) Publishing Company.
ICPC 24 Life Span Psychology–II

Major Objectives
The students must know
- physical and psychosocial development of young adulthood
- the biological foundation behind the development,
- the principles and pattern of physical, intellectual, social and personality development in early childhood.
- the principles and pattern of physical, intellectual, social and personality development in middle childhood.
- the principles and pattern of physical, intellectual, social and personality development in adolescence.

Unit–I : Young Adulthood

Middle Adulthood

Unit–II : Physical and Cognitive Development

Middle Adulthood

Unit–III : Psychosocial Development
Change at midlife: Classic theoretical approaches – The self at midlife – Changes in relationships- Consensual relationships- Relationship with maturing children – Other Kinship ties.

Unit–IV : Late Adulthood

Unit–V: Death & Bereavement
The many faces of death – Psychological issues – Special losses – Medical, Legal and ethical issues – Finding meaning and purpose in life and death.

Text Books

Reference Books
ICPC 25 Bio-Psychology-I

Objectives

The students must know

- the meaning, functional neuro-anatomy and neuro-physiology
- the evolutionary development of nervous system
- the processes of perception
- gender, stages of sleep and dream
- meanings, theories and types of emotion and language development

Unit-I : Biological Foundations of Behaviour

Introduction: Meaning of Biological Psychology – Viewpoints to explore Biology of Behaviour – Approaches the brain and behaviour – Levels of Analysis.


Unit-II : Neurophysiology

Conduction, Transmission, and the Integration of Neural Signals

Electrical signals are the vocabulary of the Nervous System -The sequence of transmission process at chemical synapses – Neurons and synapses combine to make circuits gross Electrical Activity of the Human Brain.

Unit-III

The Chemical Base of Behaviour: Neurotransmitters and Neuropharmacology.

Many chemical neurotransmitters have been identified -Neurotransmitter system from a complex array in the brain -Research on Drugs range from molecular processes to effects on transmission -Drugs that affect the brain can be divided into functional classes -Drug abuse is pervasive.

Unit-IV

Hormones and the Brain: Hormones act in a great variety of ways throughout the body -Hormones act on a wide variety of cellular mechanisms -Each endocrine gland secretes specific hormones –Hormones affect behaviour in many different ways – Hormonal and Neural system interact to produce integrated responses.

Unit-V


Text Books


Allied–II ICPA 26 Health Policies & Programmes

Major Objectives

The students must know

- historical review of origin of various branches of public health
- health policies and Planning
- organization and evaluation of health policies
- health care services
- government and non-government health programmes
Unit–I : Health Situation

  Historical review of origin of various branches of public health, health services in India, Indicators of Health Morbidity & Mortality. Health in the context of development and Five Year plan. Health care organizations in India. Health care delivery systems; Governmental/NGO, Primary Health care – Health for all concept.

Unit–II : Health policy and Planning

  Planning Process: Decision making, qualitative and quantitative decisions, Policies Strategies, budget: Health planning in India, National Health policy, goals, objectives and target setting, assessment of health situation, Resource analysis, priorities, design of programme.

Unit–III : Organization and Evaluation


Unit–IV : Health Care Service

  Preventive, Promotive and curative services: Approaches in health care service: Risk and Epidemiological Health care services for Mother & Children, industrial workers, Health legislation and Social welfare.

Unit–V : Health Programmes


Reference Books
1) Dutt P. R. Rural Health Service in India, Primary Health Services (H.E.P, 1965).
3) Park J.E., Park K, preventive and social Medicine (Jabalpur Bannersidas Bhanor and company Ltd., 1995).

Objective:
To enhance the conversational competence of the learner by introducing to him to dramas in English

Unit I
Stanley Houghton“The Dear Departed”
Kenneth Sawyer Goodman“The Game of Chess”

Unit II
A. A. Milne “The Princess and the Woodcutter”
Anton Chekhov “A Marriage Proposal”

Unit III
Arnold Bennett “The Stepmother”
Arthur Miller “Grandpa and the Statue”

Unit IV
William Shakespeare *King Lear* (Act I, Scene i)
William Shakespeare *Julius Caesar* (Act III, Scene ii)

Unit V
Frances Goodrich & Albert Hackett *The Diary of Anne Frank* (Act I)
Betty Keller “Tea Party”

Text Book:


ICPC 33 Bio-Psychology-II

Objectives

The students must know
- the meaning, functional neuro-anatomy and neuro-physiology
- the evolutionary development of nervous system
- the processes of perception
- gender, stages of sleep and dream
- meanings, theories and types of emotion and language development

Unit–I
General principles of Sensory processing, Touch and Pain


Hearing, Vestibular Perception, Testing and Smell


Unit–II
Vision


Motor Control and Plasticity

The Behavioural View – The Control system View – The Neuroscience View – Movement Control – Extrapyramidal Systems

Sensory Receptor organs Detect energy substances -what type of stimulus was that? – sensory processing begins in receptor cells -Sensory information processing is selective and analytical.

Unit–III
Sexual Behaviour

Reproductive behaviour can be divided into four stage -The neural circuitry of the brain regulates reproductive behaviour – Pheromones guide reproductive behaviour in many species – The hallmark of human sexual behaviour is diversity.

Sexual differentiation
The sex of an individual is determined early in life – How should we define gender – by genes, gonads, genitals or the brain – Gonadal hormones direct sexual differentiation of the brain and behaviour – Social influence affect sexual differentiation of the nervous system – Do early gonadal hormones masculinize human behaviour in adulthood.

Unit–IV

Homeostasis: Active Regulation of internal states - Homeostasis maintains internal states within a critical range.

Temperature, Food and Energy regulation.

Importance of body temperature is a critical condition for all Biological process – Some animals generate heat; Others must obtain heat from the environment – Which behaviours can adjust body temperature – The brain monitors and regulates body temperature.

Nutrient regulation requires the anticipation of future need – Insulin is crucial for the regulation of body metabolism - The Hypothalamus coordinates multiple systems that control hunger – obesity is difficult to treat – Experience protects from toxins in food – Eating disorder are life – threatening.

Biological Rythms, Sleep, and Dreaming

Many animals show daily rythms in activity and physiological measures – An endogenous circadian clock is located in the hypothalamus – Many biological events display rythms shorter than a day – Animals use circannual rythms to anticipate seasonal change.Human sleep exhibits different stages – The sleep of different species provides clues about the evolution sleep – Our sleep patterns change across the life span – Manipulating sleep reveals an underlying structure – What are the biological functions of sleep? – At least four interacting neural system underlie sleep – Sleep disorder can be serious, even life-threatening.

Unit–V

Learning and memory: Biological perspectives

Many kinds of brain damage can impair memory – There are several kinds of memory and learning – Memory has temporal stage: short, intermediate, and long – Different region of the brain process different aspects of memory – Brain image provides insights about region involved in different kinds of memories – Comparative approaches yield insights about the evaluation of learning and memory – Learning and memory change throughout life.

Text Books


ICPC 34 Nutrition & Behaviour

Major Objectives

The students should know

- the importance of food and Role of nutrients.
- the impact of nutrition on development stages
- the impact of nutrition on brain and the significance of nutrition of nutrition counseling.
- the problems of malnutrition and eating disorders
- role of Nutrition in various diseases.

Unit–I : Nutrition

Nutrition – History – Concepts – Role of nutrition in maintaining health Classification of foods – Role of food and its medicinal value – Food versus non –food- Sacred versus profane
foods – Food Faddism – Nutrients – CHO , Protein, Fat, Vitamins and minerals – Functions –
Classification - Dietary sources - Digestion and absorption.

Unit–II : Nutrition in pregnancy and Lactation
Nutrition for Children, Adolescents and Adults: Nutritional requirements – food habits and eating practices.

Unit–III : Nutrition on Brain Development
Normal cellular growth of the brain – Effects of mal nutrition – Role of nutrition on brain.

Unit–IV : Malnutrition and eating disorder
Unit–V : Nutrition in various Diseases
Introduction to therapeutic diets Dietary management for Gastro intestinal diseases, Diabetes mellitus, Renal diseases, Cardiac diseases, Malignancy, Hyper tension and HIV.

Text Books
1) B. Srilakshmi, Dietetics (Second Edition) New Age International (p) Ltd.
2) M. Swaminathan, M. Advanced Text –Book on food & Nutrition Vol-I and Vol-II Published by The Bangalore printing & publishing Co. Ltd.
3) Sue Rodwell Williams Basic Nutrition and Diet Therapy 11th Edition 2001 Published by Haa court (India) Private Limited.

ICPC 35 : SOCIAL PSYCHOLOGY - I

Major Objectives
The students must know
▪ model for social behaviour and methods of social psychology
▪ the social self, Influence of Groups and Culture on the Self
▪ the impression formation attribution processes
▪ issues on prejudice and discrimination
▪ formation and functions of attitude.

Unit–I : Understanding social behavior

Unit–II : The social self
Self-concept – Self-Knowledge: How We Know the Self? - The Influence of Groups and Culture on the Self - Self-Esteem: Evaluating the Self - Internal Influences on Self-Esteem - Self-Awareness - Self-knowledge and Self-Awareness - The Cost and Ironic Effects of Self-
control - Managing Self-Presentations - Self-Esteem and Impression Management - Self-Monitoring and Impression Management - Self-Presentation and Manipulative Strategies - Self-Handicapping - The Impression We Make on Others.

Unit–III : Social perception


Unit–IV : Attitudes


Unit–V : Prejudice and discrimination

   The Dynamics of Prejudice, Stereotypes, and Discrimination - The Persistence and Recurrence of Prejudice and Stereotypes - Personality and Prejudice: Authoritarianism and Gender - The Authoritarian Personality - Gender and Prejudice - The Social Roots of Prejudice - Modern Racism - Changing Social Norms - The Cognitive Roots of Prejudice - Identify with the In-Group The Role of Language in Maintaining Bias - Illusory Correlations - From Illusory Correlations to Negative Stereotypes via - The Confirmation Bias - The Out-Group Homogeneity Bias - The Difference Between Prejudice and Non-prejudiced Individuals - Reducing Prejudice - Contact Between Groups - Personalizing Out-Group Members - Reducing the Expression of Prejudice Through Social Norms

Text Books


Reference Books

Input-output devices - Data storage devices - Software - The definition - The role of software housekeeping.

Unit-II
The computer internals - Typical PC configuration - Booting - Virus - Anti-Virus, vaccine
- Versions of software.
Operation system - Definition - Classification - Basics of MSDOS - Introduction to windows operating system - Features of windows OS - Desktop and desktop icons - Starting programs - Browsing and managing windows explorer - Setting - Taskbars and creating shortcuts

Unit-III
Fundamentals of HTML, TCPMP and E-Commerce.

Unit-IV
Issues involved in Website Management - Addressing - Designing Websites with front page.

Unit-V
Using Multi Media; Multimedia Interface, Planning and Development of Multimedia Projects.

Text Books
2) Ron White, How Computers Work, BPB.
3) Christian Crumlish - The ABCs of the Internet

References
3) Stephen Nelson - Field Guide to the Internet
4) James Meade, David Growder, Rhonda Growder- Microsoft DHTML.
6) Ned Sneel - The Internet Strater Kit in 24 hoursTechmedia, 1998.
Community Health – Issues and Problems

Unit V
Health Programmes – Nutrition – CDC – Sanitation and Rural Development.

Reference Books
1) Rural Health Care System Centre for Environmental planning and Technology Ahmedabad 1981.
2) Rural Health, policies strategies and problems – A critical Appraisal by S Srinivasan
Objective:

To develop the communicative competence of learners in the English Language through training them in the skills of listening, speaking, reading and writing.

Unit I
1. O'Henry “After Twenty Years”
2. Ernest Hemingway “A Day’s Wait”

Unit II
1. Flora Annie Steel “Valiant Vicky”
2. Oscar Wilde “The Selfish Giant”

Unit III
2. ShashiDeshpande “I Want”

Unit IV
1. Leo Tolstoy “Where Love is God is”
2. Somerset Maugham “The Ant and the Grasshopper”

Unit V
1. Chinua Achebe “Marriage is a Private Affair”
2. Bessie Head “Heaven is not Closed”

Text Book:

ICPC 43 SOCIAL PSYCHOLOGY – II

Major Objectives
The students must know.
- persuasion and attitude change
- conformity, compliance and obedience
- the group processes
- roots of interpersonal attraction and close relationships
- interpersonal aggression and altruism.

Unit-I : Persuasion and Attitude Change

Unit–II : Conformity, Compliance and Obedience
Conformity: Informational and Normative Social Influence - Social Norms: The Key to Conformity - Classic Studies in Conformity - Factors That Affect Conformity - Minority
Influence - Compliance: Responding to a Direct Request - Foot-in-the-Door Technique - Door-in-the-Face Technique - Low-Ball Technique - Obedience - Milgram's Experiments on Obedience - Predicted Behavior and Results in the Milgram Experiment - Situational Determinants of Obedience - The Role of Gender in Obedience - Disobedience - Breaking with Authority - Reassessing the Legitimacy of the Authority.

Unit–III : Group Processes


Unit–IV : Close Relationships


Unit–V

Interpersonal aggression


Altruism


Text Books


Reference Books

ICPC 44 : COGNITIVE PSYCHOLOGY-I

Objectives
The students should know
I) History, Methods and Paradigms of Cognitive Psychology
ii) the Anatomy and Imaging technique of Brain
iii) various approaches of Perception and Attention
iv) the comprehensive perspective of memory and its different stages
v) the implication of Amnesia

Unit-I
Cognitive Psychology: History, Methods, and paradigms: Structuralism-Functionalism-Behaviorism –
Gestalt Psychology- The study of Individual Differences – The “Cognitive Revolution” and the Birth of Cognitive Science-General Points
Research Methods in Cognitive Psychology: Experiments and Quasi-Experiments-Naturalistic Observation-Controlled Observation and Clinical Interviews-Introspection-Investigations of Neural Underpinnings-General Points
Paradigms of Cognitive Psychology: The Information-Processing Approach- The connectionist Approach – The Evolutionary Approach-The Ecological Approach-General Points
THE BRAIN: An overview of Structure and Function: Structure of the Brain-The Hindbrain and Midbrain-The forebrain
Localization of Function: Faculty Psychology and Phrenology- Studies of Aphasia and Other Mapping Techniques
Lateralization of Function: Studies of Split-Brained Patients
Brain-Imaging Techniques: CAT (CT) Scans-Magnetic Resonance Imaging (MRI)-Positron Emission Tomography (PET)-Functional Magnetic Resonance Imaging (fMRI)
Other Brain-Recording Techniques: Electroencephalography (EEG)-Event-Related Potential (ERP)-Transcranial Magnetic Stimulation (TMS)

UNIT II
Perception: Recognizing Pattern and Objects Gestalt Approaches to perception:

UNIT -III
Attention: Deploying Cognitive Resources-Selective Attention-Bottleneck Theories-Spotlight Approaches-Schema Theory- Inattentional Blindness-
Neural Underpinnings of Attention: Networks of Visual Attention-Event-Related Potentials and Selective Attention
Automaticity and the Effects of Practice: The Stroop Task-Automatic Versus Attentional (Controlled) Processing-Feature Integration Theory-Attentional Capture
Divided Attention: Dual-Task Performance-The Attention Hypothesis of Automatization-Divided Attention outside the Laboratory: Cell phone Usage While Driving

UNIT-IV
Working Memory: Forming and Using New Memory Traces-Traditional Approaches of the Study of memory-Sensory Memory-Iconic Memory-Echoic Memory-Short-Term Memory-Capacity and Coding-Retention Duration and Forgetting-Retrieval of Information
Working Memory: Executive Functioning-Neurological Studies of Memory Processes
Retrieving Memories From Long-Term Storage: Aspects of Long-Term Memory:
Capacity-Coding-Retention Duration and Forgetting- Retrieval of Information-The Use of Mnemonics-Other Retrieval Principles- The Testing Effect.
Subdivisions of Long-Term Memory: Semantic Versus Episodic Memory-Implicit Versus Explicit Memory-Declarative Versus Procedural Memory
The Levels of Processing View: The Reconstructive Nature of Memory- Autobiographical Memory-Flashbulb Memories-Eyewitness Memory-The Recovered/False Memory Debate

UNIT –V

TEXT BOOK.

REFERENCE BOOKS.

ICPC 45 : PSYCHOLOGICAL STATISTICS

Major Objectives
The students must know
- the principles of counting, measuring and forming frequency distribution.
- the meaning and computation of the measures of central tendency and the measures of variability.
- the meaning, computation and interpretation of correlation.
- the probability and mathematical distribution statistical estimations and inferences and significance of differences.
- the central features and applications of chi-square and analysis of variance.

Unit–I : Introduction

Unit–II : Descriptive Statistics
Meaning and Application of Measures of Central Tendancy – mean – median – mode.

Unit–III
Meaning and Application of Measures of Variability – Range – Standard Deviation – Quartile Deviation (semi inter quartile range) – Mean Deviation.

Unit–IV : Correlation
Meaning of Correlation and its types – pearson product moment correlation – rank order correlation – Applications of measures of relationship –

Unit–V
Normal curve – properties of normal curve – deviations from the normality – skewness - kurtosis

Unit–IV :Difference between the means
Difference between the means – ‘t’ ratio – its applications – one way analysis of variance (ANOVA) – Concept of two way analysis of variance – repeated measures – analysis of covariance (ANCOVA)

Unit–V : Chi square, Para Metric and experimental design
Meaning and definition of Chi - square - and its applications (histogram – frequency polygon – bar diagram).

Text Books


Reference Book


ICPC 46 : THEORIES OF PERSONALITY

Objectives

The students should know

i) the details of various psychodynamic approaches

ii) the sociological perspective of personality theories

iii) the significance of Field theory

iv) the concepts of factor theory as well as different learning theories

v) the framework of Rogers humanistic model and nature of theoretical synthesis versus multiplicity

Unit I


Unit II


Unit III

Unit IV

Cattell’s factor theory - theory of personality – nature of personality – a structure of traits –
development of personality – social context - characteristic research and research methods-
related formulations - current status and evaluation. Stimulus -Response theory –
reinforcement theory of Dollard and Miller – dynamics of personality - characteristic research
and research methods – related formulations – current status and evaluation – Skinner’s
operant reinforcement theory – some general considerations – dynamic of personality -
characteristic research and research methods – current status of evaluation.

Unit V

Rogers’ self theory – representative view of the self and the ego – self theory - personality
-characteristic research and research methods- current status of evaluation – existential
psychology – structure of existence - Being-Beyond the world – dynamics and development of
existence - characteristic research and research methods- daseinsanalysis of dreams -
current status of evaluation –Personality theory in perspective – Comparison of theories of
Personality – some reflections on current personality theory – theoretical synthesis versus –
theoretical multiplicity.

Text Book:
Calvin S.Hall, Gardner Lindzey 1970, Theories of Personality, Second edition, New York,
John wiley & sons INC.,

References:
Adler G. 1948, Studies in analytical psychology , New York , Norton,

ICPC 47 : PSYCHOLOGY OF ADJUSTMENT

Unit–I : The Dynamics of Adjustment

Adjusting to Modern Life

The Psychology of Adjustment: Meaning of Psychology - Meaning of Adjustment. The
Roots of Happiness: Factors unimportant for subjective wellbeing-
Factors somewhat important for subjective wellbeing. Factors that are very Important-
Improving Academic Performance.

Stress and its Effects

The Nature of Stress: Stress is an Everyday Event. Stress lies in the Eye of the
Beholder- Stress may be embedded in the environment - Stress may be self imposed - Stress
is influenced by Culture: Major Types of Stress: Frustration - Conflict - Change - Pressure.
Responding to Stress: Emotional responses - Physiological responses - Behavioural
responses. The Potential effects of stress: Impaired Task Performance - Disruption of
Cognitive Functioning - Burnout - Posttraumatic Stress Disorders - Psychological Problems
and Disorders - Physical illness - Positive Effects. Factors Influencing Stress Tolerance:
Social support - Hardiness- Optimism. Monitoring One’s stress.

Coping Processes

The Concept of Coping. Common Coping Patterns of Limited value: Giving up- striking
out at others- Indulging yourself - Blaming yourself - Using defensive Coping. the Nature of
constructive coping. Appraisal focused constructive coping: Elli’s Rational thinking - Humor
as a stress reducer - Positive reinterpretation. Problem focused constructive coping: Using
systematic problem solving - Seeking Help- Using time more effectively - Improving self
control. Emotion focused constructive coping: Enhancing emotional intelligence - Releasing
pent up emotions - Managing hostility and forgiving others- Meditating - Using relaxation
procedures. Achieving self control.

Unit–II

The Self

Social Thinking
Forming impressions of others: Key sources of information - Snap judgments versus systematic judgments - Attributions - Perceiver expectations - Cognitive distortions.

Interpersonal Communication.

Unit–III
Friendship and Love

Marriage and Intimate Relationships

Unit–IV Developmental Transitions
Gender and Behaviour
Gender stereotypes. Gender similarities and differences: Cognitive abilities - Personality traits and social behaviour - Psychological disorders - Putting gender differences in perspective. Biological origins of gender differences: Evolutionary explanations - Brain organization - Hormonal influences. Environmental origins of gender differences: Processes in gender role socialization - Sources of gender role socialization. Gender Roles: Role expectations for males - Problems with the male role - Role expectations for females - Problems with the female role - Sexism. Gender in the past and in the future: Causes of gender role changes - Alternatives to traditional gender roles - Gender free society. Bridging the gender gap in communication: The clash of two cultures - Instrumental and expressive styles - Common mixed gender communication problems - Toward a shared language.

Unit–V

Development and Expression of Sexuality


Psychology and Physical Health

Stress, personality and illness: Personality, emotions and Heart disease - Stress and cancer - Stress and other diseases - Stress and immune functioning. Habits, lifestyles and health: Smoking - Drinking - Overeating - Poor nutrition - Lack of exercise - Behaviour and AIDS. Reactions to illness: The decision to seek treatment - The sick role - Communicating with health providers - Adherence to medical advice.

Text Books


ICPC 51 : COGNITIVE PSYCHOLOGY-II

Objectives
The students should know
i) the importance of codes in memory
ii) the significance of Mental Imagery
iii) the details of language and Cognition
iv) the essentials of thinking and the implication of model of decision making
v) the principles of cognitive development regarding piagetian and non-piagetian approaches as well as Cultural perspective respectively
UNIT-I

Codes in Long – Term Memory: The Dual – Coding Hypothesis- The Relational-Organizational Hypothesis
Empirical Investigations of Imagery: Mental Rotation of Image – Scanning Images
Neuropsychological Findings: Spatial Cognition

UNIT –II

Language: The Structure of Language-Phonology-Syntax-Semantics-Pragmatics- Language Comprehension and Production. Speech Perception-Speech Errors in Production-Sentence Comprehension-Comprehending Text Passages- Story Grammars-Gricean Maxims of Conversation

UNIT –III

Blocks to Problem Solving: Mental Set –Using Incomplete or Incorrect Representations – Lack of Problem – Specific Knowledge or Expertise-Expert Systems-Critical Thinking. Reasoning and Decision Making:

UNIT-IV

Cognitive Development Through Adolescence:

UNIT – V

Cognition in Cross-Cultural Perspective: Examples of Studies of Cross – Cultural cognition.

Cross-Cultural Studies of Perception – Picture Perception – Visual Illusions


Effect of Schooling and Literacy: Situated Cognition in Everyday Settings:

TEXT BOOK.


REFERENCE BOOKS.


ICPC 52: PSYCHIATRY

Objectives
The students should know
i) Classification and Symptoms of Illness
ii) the importance of Aetiology in Psychiatry
iii) Classification of Anexity and OCD’s
iv) the significance of Problems related to Sexuality and gender identity
v) the conceptual details of treatment and Psychiatric Services.

Unit- I


Classification and diagnosis – Concept of mental illness – criticisms of classification – organizing principles of contemporary classifications – Reliability and validity – current psychiatric classifications – current and future in psychiatric classification.

Unit- II


Unit –III


Unit –IV


Unit –V


Text Book:

References:
Benjamin H (1966),the Transsexual Phenomenon, Julian press, New York NY.
Gath (2000) Families with a mentally retarded member and their needs, in MG gelder JJ Lopez-ibon,JJR and NC,Andresen,eds, the new oxford.
ICPC 53 : INDIAN PSYCHOLOGY

Major Objectives
The students must know
- the Indian and Western approaches to human behaviour,
- the characteristics, states and functions of consciousness.
- the concept, nature, and types of yoga and samadhi.
- the doctrines of various Indian philosophers,
- the essentials of meditative life, Pranic healing and Reiki.

Unit–I  Introduction
Psychology: Indian approach - Western approach - Unsolved problems of western psychology - Limitations of western psychology - Meaning of life.

Unit–II : Indian thoughts of consciousness
Name of Indian Psychology - Consciousness its nature and states - Fusion and expansion of consciousness - Release of consciousness.

Unit–III : Yoga Psychology
Life and yoga - Types of yoga - Paths of yoga - Pathanjali, Astanga, Kata - Nature of mind according to vedanta and yoga - Desire : significance and elimination - Nature of samadhi.

Unit–IV : Contemporary Views
Doctrines of: Ramana Maharishi (Self inquiry) - J. Krishnamurthy - Aurobindo - Rajneesh.

Unit–V : Application
Integration of personality and inner poise - Essentials of meditative life - Concentration and meditation - Mystic worship - Chanting - Formless meditation - Transcendental meditation - Pranic healing - Reiki.

Text Books

Reference Book

ICPC : 54 PSYCHOPATHOLOGY - I

Major Objectives
The students must know
- the meaning and historical background of abnormal of behaviour.
- the theoretical perspectives of abnormal behaviour,
- the physical, psychological and social factors of various mental disorders.
- the causes and types of anxiety disorders and sexual disorders,
- the nature of various personality disorders and sexual treatment.

Unit–I : Abnormal Psychology
Abnormal behaviour - Meaning of abnormal behaviour - The epidemiology of maladaptive behaviour - Seeking help for abnormal behaviour - Research in abnormal psychology.

The Historical Background

The historical views of abnormal behaviour - Psychological and organic views of abnormal behaviour - The stage is set.

Unit II: Theoretical Perspective on Maladaptive Behaviour

The role of theory in abnormal psychology - The biological perspective - The psycho dynamic perspective - Behavioural perspective - The cognitive perspective - The humanistic - Existential perspective - The community - Cultural perspective - An integrative approach.

Classification and Assessment

Categories of maladaptive behaviour - The basis of classification.

Unit III: Psychological Factors and Physical Symptoms

Psychological, Social and bodily interactions - Psychophysiological disorder - Somatoform disorder - Factitious disorders and malingering.

Unit IV: Anxiety Disorders

Generalised anxiety disorder - Panic disorder - Obsessive - compulsive disorder - Interpreting and treating anxiety disorders.

Sexual Variations and Disorders


Unit V: Personality Disorders

Classifying personality disorders - Odd or Eccentric behaviour - Dramatic, emotional or erratic behaviour - Anxious or fearful behaviour - Treatment of personality disorder - The outlook for the personality disorder classification.

Text Book


Reference Books


ICPC : 55 POSITIVE PSYCHOLOGY – I

Objectives

The students should know

i) western and eastern perspectives on positive psychology
ii) the significance of Positive outcomes
iii) Positive Psychology in relation to the Cultural Context
iv) the significance of developmental focus on Positive Psychology
Unit –I
Western perspectives on Positive Psychology – Greek Mythology – Western Civilization –
History of Hope in Western civilization - Industrial revolution –
Eastern Perspectives on Positive Psychology – perspective – Confucianism –Taoism- 
– Harmony-Finial Thoughts.

Unit –II

Unit -III

Unit -IV

Unit -V

TextBook:

Reference Books:
ICPC : 56 INSTITUTIONAL APPROACHES TO DISABILITY

Major Objectives
The students must know
- emergence of organizational/institution approach to rehabilitation.
- scope and role of a Psychologist in the rehabilitation.
- institutional network for rehabilitation service organization.
- employment and development of professional services.
- organization environment interface.

Unit–I
Approaches to rehabilitation: the emergence of organizational/institution approach to rehabilitation. Approaches: Early ideas of rehabilitation – the medical approach, socio-cultural / social work approach, psycho-cultural approach.

Unit–II
Scope and role of a Psychologist in the rehabilitation of the disabled. Role of Psychology in rehabilitation – expanding role of Psychology.

Unit–III
Institutional network for rehabilitation service organization: nature and components, kinds of organization – Government sector, NGOS, Government support, legislation, grant, etc.

Unit–IV
Employment and development of professional services – Specialization organization and environment – Organization culture and climate – leadership communication skills, human recourse management and development – team building.

Unit–V

Text Book:

ICPC : 61 CYBER BULLYING

Objectives
The Student Must Know
i) the Nature definition and the Conceptual frame of Cyber Psychology
ii) the importance of Ensuring safe Cyper-Space
iii) the nature of Cyber jurisprudence
iv) the implications of Positive School Enviroment
v) the significance of impairment of Rights

Unit I
Unit II

Unit III

Unit IV

Unit V

Text Book:

References:

ICPC: 62 POSITIVE PSYCHOLOGY – II

Objectives
The Student Must Know
i) the nature definition and History of Positive Psychology.
ii) the Significance of Positive Cognitive State
iii) Theories of Wisdom
iv) the important of Mindfullness
v) the important aspects of Prosocial Behaviour
Unit I
Making the most of emotional experiences: emotion – focused coping, emotional intelligence, socio emotional selectivity and emotional storytelling – emotion- focused coping: discovering the adaptive potential of emotional approach – Hurricane survivor – emotional intelligence learning skills.

Case of Maria – socioemotional selectivity: focusing in later life on positive emotions and emotion – related goals emotional storytelling – the Pennebaker Paradigm as a means of processing intense negative emotions - emotional story telling – personal mini experiments – life enhancement strategies – emotional balancing act.

Unit II

Unit III

Becoming and being courageous – take on courage – courage research – the measurement of courage – wisdom and courage in daily life – courage be learned – life enhancement strategies – the value of Wisdom and Courage.

Unit IV

Unit V


Textbook:

Reference Books:
ICPC : 63 PSYCHOPATHOLOGY- II

Major Objectives

The students must know
- the nature, treatment strategies of various mood disorders.
- the characteristics and types of schizophrenic disorders.
- the etiological factors of cognitive impairment,
- the physiological and psychological symptoms related to various substance abuse disorders.
- the application of various behavioural therapeutic techniques.

Unit–I : Mood Disorders
Depression – Depressive disorders - Theoretical perspectives on depression - Treatment of depression - Bipolar disorders - Suicide.

Unit–II : Schizophrenic Disorder

Schizophrenic Disorders: Psychological researchers. Treatment and outcome - Attention, cognition and the schizophrenic process - Therapeutic approaches - Long - Term outcome studies.

Unit–III : Cognitive Impairment Disorders

Substance - Related disorders : Substance - Use disorders - Substance - Induced disorders - Alcohol - Related disorders - Other drugs - Cocaine - Substance dependence and social policy.

Unit–IV : Childhood Disorders
Disorders of childhood and adolescence - The scope of the problem - Disruptive behaviour - Internalizing disorders - Eating disorder - Therapy for children and adolescents.

Unit–V : Therapies and their outcomes

Society's response to maladaptive behaviour: Types of prevention - Sites of prevention - The challenge of prevention - Treatment in the community - Legal aspects of treatment and prevention.

Text Book

Reference Books


Objectives

The students must know
- nature, definition and history of forensic psychology
- approaches to forensic assessment
- clinical issues in forensic assessment
- forensic assessment for high-risk occupations
- civil forensic psychology

Unit I
Scene Setting

Place Settings

Unit II
The Legal Setting

Ideological Context

Unit III
Political Context
Key Concepts - Political Analysis - Punitive Public Sentiment Drive Sentencing Policy - Crime Trends - Concept of Risk - Risk Assessment - New Punitiveness

Theory

Researching
Key Concepts - Research - Thinking about a Research Project - Importance to choose Appropriate Methods - Epistemology and Ontology - Different ways of Knowing - Research on Rape - Difficulties of Research Project - The Essential Stages of Research.

Unit IV
Victims
Key Concepts – The Victims-Type of Victims- Those who fear Crime the most at Risk-The Impact of Victim-Victims services and Policies-Victimology important of Forensic Psychologists-Victimology Important Pre-Trial- Victimology important Post Trial-Victim an Artificial Divide

Profiling Offenders
Key Concepts –Beginning of Offender Profile-Underlying Theories-Profession Advanced-Techniques are involved in the Provision of Behavioral Investigative Advice (BIA) -The Product BIAs Provide- The Essential Elements to be Included in a Report-Cope with our feelings when we Work as a BIA

Assessment

Unit -V
Treatment and Rehabilitation

Report Writing:
Key Concepts-Writing Reports-Legislation and Guidance-Share our Reports with Offenders – Other View on Reports-Balance between the Personal and Professional Dialectic

Re-Imagining Forensic Psychology:
Key Concepts – Assessing the Status of Forensic Psychology-Forensic Psychology as a Discipline-The Utility of Forensic Psychology-Future Prospects for Forensic Psychology.

Textbook

Reference Books


ICPC : 65 EXPERIMENTAL PSYCHOLOGY PRACTICAL-I
Candidates are required to perform at least 15 experiments from the list given below and prepare a record which the same should be submitted at the time of practical examinations duly signed by the course teacher and with a bonafide certificate from the Head of the Department.

Objectives
The students must know
i. how to use the general principles and aim of Psychology – to verify certain problems in experimental situations.
ii. the method of giving instruction to the subjects and to conduct the experiment.
iii. to collect the data, interpret them using suitable statistical techniques.
iv. how the human behavior is made to manifested in the experimental situations – and how it can be experimentally studied.
v. to make generalization from data and to point out their implications

2. Visual Activity
   1. Span of Attention
   2. Step maze
   3. Transfer of Training
   4. Habit Interference
   5. Level of Aspiration
   6. Alexander Passalong Test
   7. Modified Alpha Examination Form 9
   8. Ravans A PM
   9. Creativity Attitude Survey
   10. Concept formation
   11. Thustones Interest Schedule
   12. Sociometry (Social Distance)
   13. P Scale
   14. Radicalsism – Conservatism Scale
   15. Religious Attitude Scale
   16. Test Anxiety Scale
   17. Subjective Wellbeing.

IVEC 66 VALUE EDUCATION
Objective: To teach the students the purpose of life and to instil in them a moral concern for the society.

Unit - I
   1. Value education – Meaning – Nature and Purpose
   2. Importance of Value Education

Unit – II
   1. Basic Features of Rational Ethics
   2. Moral Consciousness and Conscience
   3. Love – the Ultimate Moral Norm

Unit – III
   2. God, Religion and Morality

Unit – IV
   1. Social Ethics: Value of Life and Human Beings
   2. Liberty, Equality and Fraternity

Unit – V
   1. Ethical Issues Today: Religious Ethics, Family Ethics
2. Political Ethics - Business Ethics
3. Ethics and Culture.

References:

**ICPC : 71 NEURO PSYCHOLOGY**

**MAJOR OBJECTIVES**

The students must know
- the historical background and modern trend in neuro psychology.
- the nature of basic anatomy of the brain and its functions.
- the structure and functions of frontal, Temporal, and Parietal lobes.
- the anatomical features of occipital lobes and hemispheric asymmetry.
- the general neuro psychological syndromes.

**Unit–I : History of Neuropsychology**

Ancient civilization – Classical Greece The ventricular localization hypothesis - Search for the cerebral organ - Faculty psychology and discrete localization - Lesion studies of the 19th century -The cortical map marks - Modern neuro psychology.

**Basic Anatomy of the Brain**

Anatomical terms of relationship - The covering of the brain - The cerebrospinal fluid system - gross topography of the brain - The cerebral cortex - The brain stem - The internal structure of the hemispheres - Blood supply of the brain - The internal carotid arterial system - The vertebralbasilar arterial system venous drainage - The cerebral arterial circle.

**Unit–II : Elements of Neurology**

Methods of investigation - Common neurological disorders - Disruption of higher cerebral functions

The Frontal Lobes

Anatomy and functional organization - The frontal lobe controversy - The frontal lobe syndrome - Psychosurgery - The frontal lobes and personality - Cognitive changes with modified leucotomy - Frontal lobe syndrome: One or many.

**Unit–III : The Temporal Lobes**

Integrative functions of the temporal lobe - Anatomical features - Complex partial seizures (temporal lobe epilepsy) - Electrical stimulation of the temporal lobe Temporal lesions and cognitive change.

The Parietal Lobes

Anatomical features - Sensory and perceptual disturbances - Disorders of spatial orientation - Constructional apraxia - Spatial dyslexia and dyscalculia - Spatial disorders: general comments - Unilateral Spatial Neglect (USN) - Disorders of the body schema – The Getstmann syndrome - The parietal lobes and Short Term memory (STM) postural arm drift.

**Unit–IV: The Occipital lobes**


**Hemispheric Asymmetry of Function**

The concept of cerebral dominance - Unilateral lesion studies - Hemispherectomy - Cerebral commissurotomy - Agenesis of the corpus callosum - Functional asymmetry in normal subjects - Dominance revisited.

**Unit–V: The Inner brain**

The Diencephalon
Neuropsychological Assessment

General considerations - The Neuropsychological syndrome.

Text Book

Reference Books
4) Keaseth, M. Hilman & Edward Valesten, Clinmical Neuropsychology.

ICPC: 72 PSYCHO DIAGNOSTICS

Objectives
The students must know
- the essential features of diagnostic criteria of mental disorders.
- the assessment of intelligence and personality tests.
- the development and administration of psychiatric rating scales for depression and anxiety.
- the use of various screening tests to identify the substance abuse disorder.
- the measurements of mental health and adjustment.

Unit-I: Introduction


Unit-II: Psychiatric Diagnostic Criteria

Brief Psychiatric Rating Scale – Design and development – Instruction case examples – BPRS benchmarks – Scoring – Significance of Profiling by contrast – Functions – Advantages of BPRS.

Unit-III: Assessment of Depression


Unit-IV: Screening Test for Substance Abuse Disorder
Michigan Alcoholism Screening test (MAST). Description and Scoring – Alcoholism Dependence scale(ADS) – Description and Scoring – Severity of Alcohol Dependence Questionnaire (SADQ) – Description and Scoring.

Unit-V: Assessment of Mental Health and Adjustment

Psycho Physiological Assessment: Demonstration of bodily assessment by Bio Feedback Galvanic Skin Response (GSR).

Text Books

Reference Books

ICPC 73 : HEALTH PSYCHOLOGY – I

Objectives
The students must know
- To understand the meaning, background and foundation of health psychology.
- To understand the stress and its factors effects towards health.
- To understand the behaviour and health promotion.
- To understand the components of neuron obesity, eating behaviour and sexual behaviour.
- To understand effect of substance use and abuse.

Unit–I


Unit–II

Unit–III
health: non stage theories – health belief model theory of planned behaviour – prototype /
williness theory – health and unhealthy behaviour – insomnia – mental handicap.

Unit–IV
Obesity, eating and sex behaviour:- Components of health diet – diets and disease-
some basic factors on obesity – intervention to reduce chlostral:- Exercise – isotonic –
isometrics – isokinetics - aerobics - mind and body model – Anorexia Nervosa – bulimia – sex
problem.

Unit–V
Impact of substance use and abuse harmful habit – Etiology of habits – mechanism
d of drug action – Psycho active drugs – Model of addiction - effects of alcohol use and abuse –
Risk factors related health.

Text Book
2) Health psychology by Philips Rice 1998 – Brooke / Cole publishing co-New york.

Reference Books


ICPC 74 : RESEARCH METHODOLOGY

Objectives
The students should know
▪ the nature, meaning and types of research and problem
▪ formulation and testing of hypotheses, the types of experimental variables and the
methods of control.
▪ the different research designs and sampling designs
▪ the various methods of data collection, interpretation and writing the report
▪ meaning and types of correlation and the tests of significance.

Unit–I
Meaning of research – Objectives of research – Motivation in research – Types of
research – Research approaches – Significance of research – Research methods versus
methodology – Research and Scientific method – Importance of knowing how research is
done – Research process – Criteria of good research – Problems encountered by researchers
in India.

The Problem: Meaning of a problem – Ways in which a problem is manifested – The
solvable problem – Degree of probability – A working principle for the experiment –
Unsolvable problems – Vicious circularity – Some additional consideration of problems.

Unit–II
Hypotheses: Meaning of hypothesis – Basic concept concerning testing of hypotheses –
Procedure for hypothesis testing – Flow diagram for hypothesis testing – Meaning the power
of a hypotheses test – Test of hypotheses.

The Experiment Variables and Methods of Control: The independent variable – The
dependent variable – Types of empirical relationships in psychology – The nature of
experimental control.

Unit–III
Research Design: Meaning of research design – Need for research design – Features of
a good design – Important concepts relating to design – Different research designs – Basic
principles of experimental design.
Sampling Design: Census and sample survey – Implications of a sample design – Steps in sampling design – Criteria for selecting a sampling procedure from an infinite universe – Complex random sampling design.

Unit – IV
Methods of Data Collection: Collection of primary data: Collection of data through questionnaires and schedules – Some other methods of data collection: Case study method.

Unit – V

Text Books

Reference Books

PERSONALITY DEVELOPMENT (Elective)

Objectives
The students can understand
i) the meaning of personality
ii) physical and intellectual determinants of personality development
iii) emotional and social determinants of personality development
iv) aspirations, achievement and gender as a determinants of personality
v) educational and family determinants of personality development

Unit – I
An approach to personality – Psychology and individuality – Personality – Character – Temperament – Insights from the past.

Unit – II
Personality Determinants:
Physical determinants – Traditional beliefs about bodies effects – Body Build – Attractiveness – Homeostasis – Physical changes – Body Control – Accidents – Physical defects – Health conditions.

Intellectual Determinants:
Intellectual development – Conditions influencing intellectual capacities – Deviant intelligence – Major areas of adjustment affected by intelligence.

Unit – III
Emotional Determinants:

Social Determinants:

Unit – IV
Aspirations and Achievements:
Aspirations – Level of aspiration – Achievements – Meaning of Success and failure – Age of achievement.

Gender Orientations:
Effects of Sexuality on Personality Interest in sexuality – Attitudes towards sexuality –
Attitudes towards own sex – Attitudes towards sex differences – Sex appropriateness – Sex
roles – Sexual behaviour.
Unit – V

Educational Determinants:
Attitudes towards education – Readiness for School – Early school experiences –
Emotional climate of school or College – Teacher attitudes and behaviour – Academic

Family Determinants:
Pre dominating influence of family – Influence of family on personality development –
Emotional climate of the home – Ordinal Position – Size of family – Family composition –
Family roles – Deviant family patens.

Text Books:

Reference Books
1) Atkinson and Joes, J.W. Rajnor, O. (19). Personality, Motivation and Achievement
Company.

ICPC 81 : GERENTOLOGY

Objectives
The students should know
i) the history of gerontology
ii) the Scientific study of Aged as well as the theories in Gerontology
iii) the significance of Sexuality in Old age.
iv) the implication of Psychological and Motor performance among Aged
v) the impact of Retirement and Leisure on Aging

Unit I:
Introduction - Distinctions among terms – A demographic profile of the aged – history of
Gerontology – Increasing interest in the aged – growth of gerontology – current status of
research in gerontology – future of gerontology.

Unit II:
The Scientific study of the aged: the functions of research and the research process –
function of research: explanation and prediction – research process – the importance of
observation in the research process- importance of values in the research process.
Scientific study of the aged : – life periods- theories in gerontology – limitations of the life-
period approach – theories of Geronotology- Personality theory- role theory-
Phenomenological theory.

Unit III
Sexuality in old age – literature on the sexuality of the aged – importance of sexuality –
factors that contribute to sexual expression – sexual problems in old age – treating sexual
problems of the aged – sexual liberation of the aged.

Unit IV


Environment: Home and Community – Definition of environment – environment of the aged – Age segregation and age integration.

Unit V


Education – Educational attainment of the aged – influence of educational attainment on the aged – adult education – incorporating gerontological information into education.

Text Book:


References:

Braverley E. Virginia 1975 “Shenanigans and skullduggery in the marketplace” geriatrics 30(9): 137-150.


ICPC 82 : HEALTH PSYCHOLOGY-II

Objectives

The students must know

• To understand the chronic illness and its responsible factors.
• To understand HIV and AIDS – Epidemiological causes – Current trends.
• To understand the pain – adult components – managing pain.
• To understand life threatening illness - health care – aging patient.
• To understand life span – interventions therapies.

Unit –I


Unit –II

HIV / AIDS – Brief history – Epidemiology – current trends – symptoms and different stage of AIDS – Physiological factor in progression – Psycho social factor in progression – psycho social intervention age and gender – Culture and ethnic - coping with AIDS.

Unit –III


Unit –IV


Unit –V

Life span and health care intervention, Therapies and career perspectives: Mythology of aging – different health care system - Rehabilitation service - hospitalization – community care – preventive programmes – Complementary and alternative medicine -
message therapy – milieu therapy – counseling – Play therapy – Short time - Cognitive -
behavioural and pharmaco therapy - perspective of profession in health psychology –
educational and support services – Family therapy – insight oriented therapy – Relaxation
Bio feed back etc.

Text Books
2) Health psychology by Philips Rice 1998 – Brooke / Cole publishing co-New york.

Reference Books


ICPC 83 : PSYCHOTHERAPEUTICS

Major Objectives
The student must know
- the meaning and procedure of psychotherapy,
- the basic ingredients of psychotherapy,
- the various approaches used for re- educative purpose.
- the use of Freudian and Neo Freudian theories as re-constructive therapies.
- certain special therapies used in learning disabilities.

Unit–I : Scope, Types and Principles of Psychotherapy
Meaning of psychotherapy - Definition - Limitations of medical model - Psychotherapy
Vs Psychoanalysis -Varieties of psychotherapy - Significant variables that influence
psychotherapy.

Unit–II : Basic Ingredients of Psychotherapy
Differentiation of psychotherapy - Psychotherapeutic relationships - Effectiveness of
psychotherapy. Therapeutic improvement in relation to goals, treatment phases and
therapists personality - The measurement of therapeutic progress supportive therapy.
Indications -Guidance tension control - Milieu therapy Externalization of interests - Creative
arts therapies -Reassurance - Presuge suggestion - Pressure and coercion - Persuasion -
Confession and ventilation - Somatic therapies - Psychoactive drugs - Electronarcosis and
electro sleep - Psycho surgery - Inspirational group therapy.

Unit–III : Re-educative therapy
Behaviour therapy - Cognitive behaviour therapy -Behavioural medicine - Behavioural
prostheses - Practice of behaviour therapy - Behaviour therapy Vs. Psychoanalysis
criticisms.

Cognitive learning - Therapeutic counselling -Directive approaches relationship therapy
and attitude therapy - Re-educative group therapy - Philosophical and religious approaches.

Unit–IV : Re-constructive therapy
Freudian psychoanalysis - Klenian psychoanalysis -ego analysis - Neo and non-Freudian
psychoanalysis -Individual psychology - Analytical psychology Therapeutic modification of
Sandor Ferenczi - Will therapy -Active psychoanalysis of Wilhalm Stekel – Dynamic cultural
school of psychoanalysis - Existinsial analysis - Object relations approaches - TA models of
psychotherapy -Analytic group therapy.

Unit–V: Other therapies
Emotive release (Bodic therapies) - Guided imagery -Eriksonian psychotherapy - Life
spring - Trans normal approaches - Other electric methods.Indian Therapies: Yoga,
Meditation, Positive Behaviour Therapy.

Text Book

Reference Books
ICPC 84 : EXPERIMENTAL PSYCHOLOGY PRACTICAL-II

Candidates are required to perform at least 15 experiments from the list given below and prepare a record which the same should be submitted at the time of practical examinations duly signed by the course teacher and with a bonafide certificate from the Head of the Department.

Objectives

The students must know

i. how to use the general principles and aim of Psychology – to verify certain problems in experimental situations.

ii. the method of giving instruction to the subjects and to conduct the experiment.

iii. to collect the data, interpret them using suitable statistical techniques.

iv. how the human behavior is made to manifested in the experimental situations – and how it can be experimentally studied.

v. to make generalization from data and to point out their implications

1) Taylor's Manifest Anxiety Scale.
2) Brief Psychiatric Rating Scale (BPRS)
3) Spielberger's State and trait Inventory (STAI)
4) Beck's Depression Inventory (BDI)
5) Rethus Assertiveness Questionnaire
6) Intelligence Test : WAIS/ Bhatia's Performance Test
7) Wechsler's memory Scale (WMS)
8) Stress Symptom Check list
9) Type A/B Personality Test (Jenkins Activity survey)
10) Neurological Test: Luria Nebraska Battery of Test
11) Mental Health Questionnaire
12) Emotional Maturity Scale
13) Study Skill Questionnaire
14) Counselling Skills Inventory
15) Problem Solving
16) Kinesthetic Sensitivity
17) Minnestora Counselling Inventory
18) Maslowian Need Inventory (MAS)
19) Kundu Neurotic Personality Inventory (KNPI)
20) Multiphasic Personality Questionaire

HEALTH PSYCHOLOGY - (ELECTIVE)

Objectives

The students can gain knowledge about

i. the meaning of health psychology

ii. sources and coping mechanism of stress

iii. AIDS and heart problems

iv. pain and related illness

v. intervention strategies and research techniques

Unit – I Introduction
Definition – foundation of health psychology – Growing Partnership in health care –
Meaning of decease – Bio medical and Psychological foundation of health & illness. Social –
Ecological theories of health and illness.

Unit – II Stress Model
Symptoms – Sources and coping – Substance abuse I: Kicking harmful habits-
Substance abuse II: Use and misuse of alcohol; Eating behaviour: healthy and unhealthy
habits.

Unit – III The AIDS pandemic
A behavioural disease- Heart health: Silent killers and the hurry sickness -Insomnia
- Mental handicap – Obesity – Sexual behaviour.

Unit – IV Pain
The problem of pain: Head aches and low back pain - Chronic illness: Cancer and
Arthritis - Aging and health: myths, realities and actions.

Unit – V Interventions
Interventions: Cognitive, Behavioural, Pharmacotherapy and Positive Behaviour
Therapy
Research techniques in health psychology- Experimental, Clinical and
Epidemiological strategies

Text Books:
Publishers.

Reference Books:

ICPC 91: HOSPITAL MANAGEMENT

Major Objectives
The students must know
- that hospital as an organization, and management of health services organizations,
- the compensation management and management of hospital waste.
- the health administration and personnel recruitment,
- the use of behavioural information systems in the management of human service
  organization,
- the health care and the safety precautions to laboratory personal.

Unit–I : The Hospital as an Organization
Complexity of hospitals - Historical development of hospitals - Hospital organization -
New models - The administrator - The medical staff.
Strategic Management in Health Services Organisations: Effect of environment of
health practitioners -Strategic management of human resources - Structure for human
resources management - Organizational change, Transformational leadership, and
leadership development - Human resources process systems - Compensation management -
Labour relations - Outcomes - New development in hospital management - Human
resources implications - Integration of strategic and human resources planning -
Enhancement of employee productivity.
The Health Care: Changing health care environment - Changing regulatory
environment - Promotion of services -Structural innovation - Cost of service.

Unit–II : Compensation Management
Strategic planning and compensation - Job analysis - Job evaluation - Job pricing -
Incentive compensation programs.
Hospital Waste: A Scenario
Careful with the cure - Hospital waste: A deadly menace to public health.

Unit-III: Health Administration
The uniqueness of health administration Administrative and organisational theory
The behavioural approach to management - Three types of output - Administrative
accountability in the health system - Implications for practice.
Recruitment: New recruiting needs - The recruitment process - Recruitment planning -
Recruiting sources and methods.

Unit-IV: Behavioural System
Professionals in health services organisations - Definition of professional -
Organisational forms used by health professionals - Resolution of conflict.

The History of Hospital and Human Resources Information Systems:
Information systems - A model of human resources information systems.
Management in Human Service Organisations: Definition of management service
management and maintenance management - The relationship between service and
maintenance management - The strategy of management - The trade-off mechanism -
Human service organisation and its resources.

Unit-V: Health Care Laboratory Personnel
Fitness for employment - Special situation - Disaster services.
Safety Precautions in a Clinical Laboratory: Introduction - Specimens dealt with in
a cytogenetic laboratory - The potential risks - The collection, packaging and transport of
specimens - Reception of specimens - Processing the specimens - General precautions -
Disposal of contaminated waste - Safety precautions to be taken when handling chemicals
and reagents - Safety precautions to be taken with equipments.

Text Book
Sharma, S.K'cherry. Management Executives Handbook - Series/009 Hospital
Reference Book
Grant, C. Hospital Management New York: Churchill Livingstone. Longman Group

ICPC 92: COUNSELLING PSYCHOLOGY

Major Objectives
The Students must know,
- the concepts, working, foundations and the therapeutic relationship of counselling.
- the various approaches (insight, action-oriented) to counselling,
- the theories, skills, assessment and diagnostic process of counselling.
- different counselling procedures.
- counselling to diverse population and the ethical issues involved in counselling.

Unit-I: Counselling and its Working
Need to be a counsellor - Characteristics of a counsellor - Definitions of counselling -
The working of therapeutic counselling.
Foundations of Counselling: Basics of History and Research: The identity of
counselling - History of therapeutic counselling - Licensing and regulation in counselling -
Research foundations of counselling - Research for the counsellor - Becoming informed
consumer of research.
Settings for Counselling: Commonality among counsellors - A day in the life - The
value of flexible specialty.
The Therapeutic Relationship: Qualities of counselling relationship - Perspectives on
helping relationships - Counsellor as relationship specialists - Conflict resolution in
relationship - Practical dimensions of the therapeutic relationship - Creating a relationship
in the initial interview - Reciprocal influence.

Unit-II: Insight-Oriented Approaches
Introduction to theory construction - Psychoanalytic counselling - Client-centered
counselling - Existential counseling - Gestalt counseling - Honorable mentions.
Action-Oriented Approaches: Behavioural counselling - Rational emotive behaviour counselling - Strategic counselling - Honourable mentions.

Unit–III: Integrating Theory and Counselling Skills
A Personal journey - Movement toward integration - Grabbing truth by the tail - A personal theory - Stages in developing personal theory - Procedure followed so far - Pivotal counselling skills.


Unit–IV: Group Counselling
Survey of groups - Some considerations in the use of group modalities - Counteracting potential limitations - Advantages of group work - Basic assumptions about groups - Group process stages - Cues for intervention - Specialized skills of group work.

Marital family and Sex counselling: Family versus individual counselling - Family counselling theories - Power in relationships - Symptoms as solutions - Case example of family counselling in action - Interpreting symptoms as metaphors - Diagnostic questions - Reframing - Directives - Ethical issues in family counselling - Sex counselling.

Career Counselling: The functions of work - Roles of counselling - Theories of career development - Career education - Career decision making - Trends and issues in career counselling.

Addictions Counselling: Symptoms of addiction - Drug use and drug abuse - Our drug culture - Counsellors knowing of drugs - Effects of drug abuse - Adolescent drug use - Prevention - Abuse in special populations - Principles for counselling the Chemically dependent.

Unit–V: Counselling Diverse Populations
Multiculturalism - Influence of biases - Identity issues - Preferred clients - Counselling and gender - Counselling ethnic minorities - Counselling the aged - Counselling lesbian women and gay men - Counselling clients who are physically challenged.

Ethical and legal Issues: Professional codes - Our divided loyalties - Areas of ethical difficulty - Making ethical decisions - Legal issues in counselling.

Text Book

Reference Books

ICPC 93: REHABILITATION PSYCHOLOGY

Objectives
The students should know
- meaning, definition and methods of rehabilitation psychology
- definition of disability and impairment
- various models of rehabilitation
- work setting government schemes and policies
- screening and diagnosis of disability and research

Unit–I
Rehabilitation Psychology: Definition, historical perspective, scope and methods - Functions of Rehabilitation psychology
Psychological approach to rehabilitation: Assessment, diagnosis, treatment and certification– Role of psychologist in disabilities rehabilitation– Understanding psychological needs of caregivers and working with families of persons with disabilities.

Unit–II

Concept and definition of disability– Concept of impairment, activity, participation – Nature and needs of persons with disabilities.

Personality development of persons with disabilities– Lifespan development of person with disabilities – Personality traits and coping styles.

Unit–III


Unit–IV

Work setting of rehabilitation psychologists – Designing training programmes for rehabilitation psychologists – Training needs analysis, implementation of training programmes.


Unit–V

Use of psychological tests in screening, diagnosis and assessment of persons with disabilities –Ethical issues in psychological; assessment.

Research problems in disability rehabilitation – Research design – Recent trends in research in rehabilitation psychology.

Text Books


Reference Books


ICPC 94 : MENTAL HEALTH AND PSYCHOTHERAPY

Objectives
The students must know
i)the nature definition and the Concepts of Mental Health
ii)approaches of Assessment
iii)the classification and the implications of anxiety
iv)the illegal and Ethical implications of Mental Health.

Unit I

Core concepts in Mental Health – First things first – Mental Health Issues – A working definition of Mental Health – This work in Practice – Earlier Times – Comment – More recent times – Studying the Mind – The need for Psychopathology – knowing that someone is mentally ill– defining mental ill health – Classifying mental illness – Treating mental ill health.

Normalising the abnormal – abnormality and Mental Health – Abnormality – Abnormality and statistical infrequency – Abnormality and moral standards –Abnormality and expected behaviour – Abnormality and suffering or dysfunction - extremism and abnormality – Abnormality and models of mental health – mental health treatments – the biopsychosocial approach to mental health.
Unit II


Depression – Anehdona – the sings of depression – A psychoanalytic take on depression – Cognitive take on depression – sociological take on depression – Biological take on depression – Before treatment starts – treating depression.

Unit III


Schizophrenia – the positive symptoms of schizophrenia – The negative symptoms of schizophrenia - schizophrenia’s world- schizophrenia and violence – the psychosis issue – really crazy – theoretical explanations of schizophrenia – Biological explanations – dopamine theory of schizophrenia – social/social explanations anti-psychiatric explanations – cognitive and perceptual explanations – treating schizophrenia – drug treatments.

Unit IV

Understanding bipolar disorder and the personality disorders – bipolar disorder – the mood spectrum – mania – bipolar symptoms – treatments – personality disorders – causes of the personality disorders – types of personality disorder – interventions-


Unit V

Legal and ethical issues – current mental health law – mental health act – ethical issues and mental health.


Text Book

1) Normal Claring bull,(2011),Mental Health in Conselling and Psychotherapy,Exeter EX1 1HB:Learning Matters Ltd.

Reference Books:


ISSC 95 : SOFT SKILLS

Objective: To train the students in soft skills such as personality development, effective listening, interpersonal communication, public speaking, and writing skills which are essential for their employability.

Unit I: Personality Development
COUNSELLING PSYCHOLOGY [ELECTIVE]

OBJECTIVES

The Students will come to know
i) the role of counselling as a service oriented profession
ii) the various theoretical bases of counselling
iii) the uses and interpretations of various kind of psychological tests used in counselling
iv) the various kinds of problems where counselling can be useful
i) the role of counsellors and the required training

Unit-I
Introduction

Emergence and Growth of Counselling Psychology
Factors contributing to the emergence of counseling - Moral and Philosophical issues - Economic changes and challenges - Educational aspects - Mental
measurement - Mental hygiene movement - Progress in Psychotherapy - Social theories.


Counselling and Related Fields

Definitions of counselling - Psychotherapy Counselling and psychotherapy - Related fields - Advising -Guidedance - Clinical Psychology - Counselling as Hygiology - Counselling as a helping relationship -Counselling as a solution to human problems.

Developmental characteristics of Youth, Common Concerns and Special problems.


Unit-II

Counselling - Expectations and Goals

Expectations of different individual - Counselling goals - Achievement of positive mental health - Resolution pf problems - Improving personal effectiveness -Counselling to help change - Decision making as a goal of counseling - Modification of behaviour as a goal.

Approaches to Counselling

The directive or authoritarian approach (psychoanalytic) - Relevance of psychoanalysis to counseling - Humanistic approach - Rojer's self theory -Development of self-concept - The counseling process -Experiencing of responsibility - Essential conditions for personality change - Stages in the counseling process -Behaviouristic approach to counselling - Resiprocal inhibition technique - Behaviour Modification The existential point of view - The Minnesota Point View -Nature of Counseling - How Counseling is effected - The eclectic approach.

Counselling Process

Preparation for Counselling - Readings Pre-counseling Interview - Case history - Process of counselling - Reasons for making an appointment -Referral - Anxiety - The first interview - Reassurance -Winning confidence - Advising - Counselling relationship - Ambiguity - Responsibility - Counselling - Content and process - Physical setting - Privacy - Value, belief and Attitude change - Value orientations - Acceptance - Understanding -Ralport - Communications and empathy -Attentiveness - Counselling relationship - Counselling process - Steps in the counseling process - Counselling interactions - Limiting counselling relations - Pressures towards extended relationships - Factors contributing to control of relationship - Endings, interruptions and follow-up - Preparing for ending - Variables affecting the counselling process - Counsellor variables - Counsellor's skills - Portrait of an effective counselor - Counsellee factors.

Unit-III

Psychological Testing and Diagnosis


Counselling Interview

Group Counselling Introduction
Case for group counselling - Emerging field of group counselling - Structuring groups - Limitations and assumptions of group counselling - Mechanics of group counselling - Types of groups - Group counselling - its value - The process of group counselling - Individual and group counselling similarities - Differences between Individual and group counselling.

Unit-IV
Counselling in the Educational Setting
Educational Counselling
Counselling the elementary school child - Counselling at high school - Counselling at college - The role of teachers in counselling - Educational counselling and curriculum - Counselling and home - Evaluation programmes of educational counselling - Limitations Inherent in evaluation.

Vocational Counselling
Theories of vocational development - The process of vocational counselling - Exploration and contract setting - The state of critical decision - Distinction between Vocational counselling and vocational guidance.

Special Areas in Counselling
Family group consultation - Counselling families - Counselling with families concerning children - Counselling with parents - counselling the delinquent - "Counselling reluctant clients - Marriage counselling - Pre-marital counselling - Structuring - Counselling women.

Evaluation of Counselling
Problems of evaluation - Approaches to evaluation - Survey approach - Case study approach - Experiments approach - Problems of measuring change - Usefulness of counselling - Criteria for evaluation - Internal and External Criteria - Objective Vs Subjective criteria - Control of extraneous variance - Studies of counselling effectiveness in educational settings - Counselling with elementary school children - Wisconsin secondary - School counselling study - Minnesota College students counseling study.

Unit-V
Professional Preparation and Training for Counselling Introduction
Counsellor preparation and professional issues - Academic preparation - Practical skills - Ethical standards - Legal considerations - Selection and training of counsellors - Conception of a professional worker - Preparation of counsellors - Important issues - The Counsellor Prerequisites - Specialists or General Counsellors.

Modern Trends in Counselling
Counselling and psychotherapy - Trends in counselling - Role of a counsellor - Career guidance - The model of Counselling - The three-dimensional Model - Values in counselling.

The Status of the Counselling Movement in India.
Counselling movement in modern times - Counselling movement after independence - The role of the Government of India and universities - Present status of counselling.

Text Book

Reference Books

ICPC 101 : MODERN CLINICAL PSYCHOLOGY

Objectives
The students should know
1) the tradition and development of Clinical Psychology
2) the conceptual frame of Normality and the role Clinical Psychologist
3) the importance of Psychological testing
4) the models of Psychotherapy
5) Evaluation and researches with reference to Psychotherapy

Unit-I

Unit-II
Concepts of Normality and Pathology-Psychopathology in Historical Perspective-The “Medical Model” of Mental Illness-A Concept of Psychological Health and Abnormality-Forms of Mental Disorder Psychiatric Nomenclature-Toward a Unitary Concept of Mental Health and Mental Illness-Model of Mental Health Intervention-Prospect and Retrospect-Five Models of Mental Health-Some Cautionary Comments-Models of Intervention and Psychiatric Ideologies-The Role and Contribution of the Clinical Psychologist.

Unit-III
Psychological Testing-General Principles-Testing in Clinical Practice, Research and Training – What is Psychological Test-Three Strategies of Personality Test Development –Criteria for Judging Tests-Should this Patient be Tested-Choice of Test-Determinants of Test Performance

Unit-IV
What is Psychotherapy-The Talking Cure-General Condition of Psychotherapy – Difference Among Therapeutic Approaches-The Process of Psychotherapy General Model-One model of Psychotherapy-Starting Psychotherapy-From Understanding to Action-Termination Psychotherapy
Unit-V

Text Books
Sheldon J.Korchin Modern Clinical Psychology:2004 Chennai CBS Publishers & Distributors Pvt. Ltd

Reference Book

ICPC 102: CASE STUDIES

Each student is to submit a report consisting of 10 clinical case studies which will be evaluated for 60 marks and the viva - voce is for 40 marks making a total of 100 marks.

Both evaluation and viva - voce will be done internally by two internal examiners of the department as appointed by the Head of the Department.

ICPC 103: EXPERIMENTAL PSYCHOLOGY PRACTICAL-III

Candidates are required to perform at least 15 experiments from the list given below and prepare a record which the same should be submitted at the time of practical examinations duly signed by the course teacher and with a bonafide certificate from the Head of the Department.

Objectives

The students must know
i. how to use the general principles and aim of Psychology – to verify certain problems in experimental situations.
ii. the method of giving instruction to the subjects and to conduct the experiment.
iii. to collect the data, interpret them using suitable statistical techniques.
iv. how the human behavior is made to manifested in the experimental situations – and how it can be experimentally studied.
v. to make generalization from data and to point out their implications

1. Eysenck Personality Questionnaire(EPQ)
2. Cornell Index
3. Extent of Illusion: Method of Average Error
4. Determination of AL by constant Method
5. Determination of DC by minimal changes
6. Marital Adjustment Inventory
7. Family Environmental Scale
8. General Health Questionnaire
9. Mini mental state Examination
10. Semi-Structured Interview Schedule
11. Beck’s Anxiety Scale
12. Cognitive Distortion Cheek list
13. DAT
14. Stress Scale
15. Emotional Intelligence Scale
16. Alcohol Dependence Scale
17. Yale Brown obsessive-Compulsive Scale
18. Ego State Inventory

ICPC 104: PROJECT AND VIVA-VOCE

Project work will have 100 marks and the thesis will be evaluated for 60 marks and the viva-voce is for 40 marks. Both evaluation and viva-voce will be done internally by two internal examiners of the department as appointed by the Head of the Department.

STRESS MANAGEMENT (ELECTIVE)

Objectives
The students will know
i. the nature and sources of stress
ii. to identify the physiological, psychological and personality factors of stress.
iii. stress and psycho-somatic illness
iv. job stress and related factors
v. stress coping strategies

Unit-I Introduction
Definition- Nature of stress- Alaram and adaptation- illness and immunology. The Psychology of Stress- Stress prone Personalities - Measurement of Stress- Social Readjustment Rating Scale- Stress symptom check list- Healthy coping at work- Completing your own diagram- Resources.

Unit -II Causes
Physiological arousal- flight or fight response- Activation of the fight or flight response. Situational Stresses- Frustration- Burnout- Cultural differences. Personality factors- locus of control and stress- Type A personality- The Disease prone personality.

Unit –III Stress Disorders
Acute Stress Disorder- Post Traumatic stress disorder- Stress and psychosomatic illness- Prevalence of psychosomatic illness.

Unit -IV: Work Stress
Work Stress - Individual vulnerability- organizational stressors, Job satisfaction and anxiety- off the job stressors- Stressful events and conditions at work events- Conditions. Personal stress management – Planning- Life changing Philosophy- Philosophical and intellectual exercises- more active coping strategies- Positive Therapy.

Unit – V Coping
Coping with stress by attacking the problem- Relaxation- Exercise- Inoculation- social support- Distraction- Belief as coping Strategies.


Text Books:

Reference Books:

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