

## Department of Psychology

Master of Arts in Psychology (Introduced in 1984)

Two Years Programme

Faculty of Humanities

Programme code: 1110

M.A. in Psychology is a two-year programme and was established in the year 1984 via face-to-face mode.

PROGRAM OUTCOME	
PO1	<b>Understanding the Field of Psychology:</b> In-depth knowledge of psychological theories, and an understanding of how people think, act and feel together which strengthen the implementation of psychological processes such as testing, assessments, & research.
PO2	<b>Effective Communication:</b> Understanding the behaviour, emotions and expression of opinions while interacting with people enhances the communication among individuals and groups and society as a whole.
PO3	<b>Instructional leadership:</b> Promoting professional development with guidance from the academic faculty with respect to various pedagogies as well as learning from supervisors during the internships/ fieldwork.
PO4	<b>Problem analysis:</b> Applying the principles of psychology to discover, analyse and implement solutions, especially in the area of research, and creating a better theoretical background.
PO5	<b>Designing curriculum:</b> Creating content that enables learning and develops a better understanding of the subject matter. Inculcating various strategies to assess and analyse the content.
PO6	<b>Administrative and Managerial skill:</b> Learning skills of organisation, planning and time management and keeping up with documentation of various clients.
PO7	<b>Research:</b> Develop critical thinking skills, learning how to set smaller goals by breaking down the research process and achieving long-term ones.
PO9	<b>Commitment to society:</b> Contributing to the mental well-being of individuals and creating mental health awareness in the community, contributing to the decreasing stigma of open dialogue on mental health issues and seeking professional help.
PO10	<b>Inclusive practitioner:</b> To inculcate empathy and understanding in students, taking an unbiased approach towards everyone including but not limited to LGBTQIA+community, children with difficulties etc. and providing a safe space for all.
PROGRAM SPECIFIC OUTCOME	

PSO1	The program will focus on strengthening core subject knowledge in Psychological Theory
PSO2	Semester I, focuses on Core courses which include understanding of Cognitive Psychology, Psychometry, Psychological Research, as well as Personality theory.
PSO3	Semester II, focuses on understanding of Neurocognition, Applications of Statistics, Applied Social Psychology and Positive Psychology, which are important for mastery of Psychology.
PSO4	Ethics of the profession needs to be understood by students of Psychology and that too is a Program objective in all Semesters.
PSO5	The applications of the knowledge of Psychology are reflected in strongly emerging cutting-edge areas in interdisciplinary research, and to increase employability in the job market, & also offer scope for consultancy to trained Psychologists.
PSO6	<b>Industrial Psychology</b> -Working on various live projects and acquiring the knowledge of the corporate business world, mentored and guided by both university faculty and HR Professionals.
PSO7	Implementation of scholarly insights for the development of new processes in organisations and in human resources practices.
PSO8	Learning core HR skills like planning strategic thinking, and business management prepare the students for professional careers.
PSO9	<b>Clinical Psychology</b> In Semesters III and IV, the PSOs will focus entirely on the application of Clinical Psychology. The students develop a solid theoretical understanding of disorders, assessments, and interventions.
PSO10	Fieldwork/internships provide students with first-hand experience and skill-based learning through observations, undertaking assessments/sessions under the supervision of a psychologist.
PSO11	They undertake research work in order to develop and inculcate research acumen in order to develop new ways of conducting interventions, spread awareness regarding mental health & explore mental health concerns of different populations.

PSO12	<p><b>Counselling Psychology</b></p> <p>In Semester III and IV, the PSOs include Internals, and assessments to enhance hard skills required in counselling practice. Understanding of various issues in psychology, learning theory and developing critical thinking skills in classroom interactions.</p>
PSO13	<p>A hands-on approach during fieldwork/internships will give them an idea of how to apply counselling skills and therapy techniques.</p>
PSO14	<p>Research provides evidence for the range of issues and how to improve the existing knowledge base, students can inculcate this learning on how to plan, conduct and defend their research for their future prospects.</p>

## COURSE OUTCOME

### Semester I

Course code	Course Title	Course Objectives
110001	Cognitive Psychology	<ol style="list-style-type: none"> <li>1. The student will become familiar with the various domains in Cognitive Psychology</li> <li>2. Students will understand various models and theories of Cognitive Psychology.</li> <li>3. Understand where cognitive psychology belongs in the larger domain of psychology.</li> <li>4. Students will learn to appreciate the interface between neuroscience and behaviour.</li> <li>5. Knowledge of Cognitive Psychology is a USP of Psychology Majors and gives an edge in the job market.</li> </ol>

110002	Research Method	<ol style="list-style-type: none"> <li>1. Students will understand the basics of research methods.</li> <li>2. Will learn advantages and disadvantages of different methods of research.</li> <li>3. Will develop research initiating skills</li> <li>4. Will be enabled to work on research projects and report the same.</li> <li>5. Students will be able to conduct research independently.</li> <li>6. Knowledge of Research Methodology, both Qualitative and Quantitative, is a major strength of Psychology Majors in the Social Sciences domain.</li> <li>7. It gives an edge where research is a major job requirement. It also encourages independent consultancies.</li> </ol>
110003	Psychological Testing	<ol style="list-style-type: none"> <li>1. Students will learn the scientific approach to assessment of individual differences.</li> <li>2. They will develop competence in Test construction in scientific manner and taking appropriate decisions based on test scores</li> <li>3. They will understand measurement concepts, types of assessments, and purposes of various types of assessment tools</li> <li>4. They will develop an understanding of the reliability, validity, and use of various assessment measures.</li> <li>5. Knowledge of Psychological Testing is available solely with Psychology Majors and gives them an edge in both consultancy as well as employability.</li> </ol>

110201	Theories of Personality	<ol style="list-style-type: none"> <li>1. Students will understand the different theories of personality</li> <li>2. Will critically evaluate the different theories.</li> <li>3. Will be oriented to applications of this knowledge.</li> <li>4. This course will be offered in CBCS and many other disciplines too may be drawn to it.</li> </ol>
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110201	Psychological Testing Practicals	<ol style="list-style-type: none"> <li>1. Students will understand the need for psychological assessment.</li> <li>2. They will become familiar with the different areas of psychological assessment.</li> <li>3. They will understand administration, scoring and interpretation of psychological tests.</li> <li>4. They will develop skills for using different psychological tests.</li> <li>5. Practicals training is a must in Psychology and this will strengthen the students ` theoretical knowledge of Testing acquired in the Testing course.</li> </ol>
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**Semester II**

210501	Neurocognition	<ol style="list-style-type: none"> <li>1. To develop a better understanding of the overlapping field of cognitive neuroscience, neuropsychology and cognitive psychology, and understand how cognitive psychology connects to the real world.</li> <li>2. Develop a good understanding of the fundamental relationship between the</li> </ol>
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		<p>brain and Behaviour.</p> <ol style="list-style-type: none"> <li>3. Neuropsychology and Neurocognition are the new cutting-edge areas of the science of behaviour; studying this course will give all Masters's students an edge in the job market.</li> <li>4. After choosing specialisations, they can individually apply this knowledge to their field</li> <li>5. area of expertise, eg. Neuromarketing, Forensic Psychology, Neuropsychology,</li> </ol>
210502	Applications of Statistics in Psychology	<ol style="list-style-type: none"> <li>1. Understanding the application of quantitative methods is important from a research viewpoint that is an integral part of the M. A. Psychology program.</li> <li>2. This will enhance their understanding and skill of carrying out independent research.</li> <li>3. Immediate increase in employability is a proven outcome, since quantitative strengths are a must in the world of work today.</li> </ol>
210503	Applied Social Psychology	<ol style="list-style-type: none"> <li>1. To develop a better understanding of the field of social psychology as applied to problems of daily life.</li> <li>2. Understanding the application of social psychology is important in the context of working in the social and developmental sector, and leads to job placements.</li> </ol>
210504	Positive Psychology	<ol style="list-style-type: none"> <li>1. Understanding the application of Positive Psychology is important in current times</li> <li>2. This is a new emerging field with multiple applications.</li> <li>3. This will be offered as a CBCS course and will have many takers from other disciplines.</li> </ol>

210505	Psychological Practical - Experiments	<ol style="list-style-type: none"> <li>1. Designing, conducting and interpreting of results of psychology experiments is a core skill for a Psychology student.</li> <li>2. It will also help in developing the skills of developing computer programs for the conduction of psychological experiments.</li> <li>3. Job placements, as well as teaching opportunities, are likely to increase with this skill set.</li> </ol>
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<b>Semester III - Industrial / Organisational Psychology</b>		
310521	Organisational Behavior and Consumer Behaviour	<ol style="list-style-type: none"> <li>1. This course aims to help the students develop a better understanding of the basic elements of organisational behaviour and its application in the industry.</li> <li>2. To make students understand &amp; appreciate the concepts of consumer behaviour, advertising, branding and marketing.</li> <li>3. It is also designed to give students an understanding of good leadership roles and gain insight into their patterns, beliefs and attitudes.</li> <li>4. It includes the theory of communication and interpersonal transactions with its implications.</li> </ol>
310522	Human Resource Processes and Industrial Relations	<ol style="list-style-type: none"> <li>1. The goal of this course is to help the students develop a better understanding of the human resource processes in the workplace.</li> <li>2. The objective is to equip the students with the knowledge of different HR strategies and to increase the understanding of HR analytics.</li> <li>3. The aim of this course is to acquaint students to the variety of HR software used in the daily working of the</li> </ol>

		<p>organisation.</p> <p>4. The aim of this course is to help students understand industrial relations and labour laws.</p>
310523	Talent Management and Competency Mapping	<ol style="list-style-type: none"> <li>1. Define talent management and discuss the process of linking talent management to organisational strategy and other HR practices.</li> <li>2. Examine the process for identifying high potential talent and developing a pipeline of talent to serve organisational present and future needs.</li> <li>3. Examine the processes for talent development and succession planning.</li> <li>4. To acquaint the students with the concept of competence and competency at work</li> <li>5. To learn the various steps, methods and application of competency</li> <li>6. To develop the understanding of the assessment centre approach.</li> </ol>
310524	Orientation to Practicum in Industrial Psychology	<ol style="list-style-type: none"> <li>1. To expose the students in a different industrial setting as well as to give them experiential knowledge in Industrial and Organisational Psychology.</li> <li>2. To facilitate independent testing, analysing, diagnosing as well as report writing.</li> <li>3. This skill set is unique and in high demand, and the detailed and intensive practicum exposure ensures job placement.</li> </ol>



310525	Research proposal	<ol style="list-style-type: none"> <li>1. Choosing a topic of interest within the industrial domain requires exhaustive reading</li> <li>2. Formulation of an appropriate research design translates learning from MA I to practice in MA II.</li> <li>3. Ethical guidelines have to be adhered to and will be examined by the ethics committee of the Department while screening and evaluating a proposal.</li> </ol>
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### Semester III - Clinical Psychology

310511	Psycho Pathology Adult and Geriatric	<ol style="list-style-type: none"> <li>1. To develop a better understanding of the field of adult and geriatric Psychopathology.</li> <li>2. Students will develop a basic understanding of current trends and changing issues in adult and geriatric psychopathology. With a rapidly greying population this offers high flexibility and employability.</li> </ol>
310512	Psycho Diagnostics Cognitive Functions	<ol style="list-style-type: none"> <li>1. Students will acquaint themselves with the theoretical constructs behind Psycho-diagnostic testing of Cognition.</li> <li>2. Learning the process of Cognitive assessment in theory and practice will greatly improve employability, and scope for consultancy for Psychologists.</li> <li>3. Neuro-rehabilitation is a rapidly growing field with a greying population and high accident and injury rates among the youth.</li> </ol>

310513	Psycho Diagnostics Personality and emotions	<ol style="list-style-type: none"> <li>1. To make the students acquainted with the theoretical constructs behind Psycho-diagnostic testing of Personality.</li> <li>2. Students will learn fine points of latest assessments of personality and how to deconstruct the score patterns.</li> <li>3. Tremendous employability is generated with this skill, and students can go for higher studies, or be involved in consultancy work.</li> </ol>
310514	Orientation to Practicum in Clinical Psychology	<ol style="list-style-type: none"> <li>1. To expose the students in different Clinical settings as well as to give them experiential knowledge in Clinical Psychology.</li> <li>2. To facilitate independent testing, analysing, diagnosing as well as report writing. This skill set is unique and in high demand, and the detailed and intensive practicum exposure ensures job placement.</li> </ol>

310515	Research Proposal	<ol style="list-style-type: none"> <li>1. Choosing a topic of interest within the clinical domain requires exhaustive reading</li> <li>2. Formulation of an appropriate research design translates learning from MA I to practice in MA II.</li> <li>3. Ethical guidelines have to be adhered to, and will be examined by the ethics committee of the Department while screening and evaluating proposals.</li> </ol>
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### Semester III- Counselling Psychology

310531	Psychology of Adjustment	<ol style="list-style-type: none"> <li>1. To understand the concept of mental health</li> <li>2. To explain various maladaptive behaviours across life span.</li> <li>3. To understand various causes and effects of specific problems.</li> <li>4. To develop outreach programmes for the community The course is extremely applied and hands-on and will ensure employment.</li> </ol>
310532	Assessment in Counselling Psychology	<ol style="list-style-type: none"> <li>1. The student will be able to select an assessment prior to counselling</li> <li>2. Carry out basic behavioural assessment</li> <li>3. Discuss assessment for various populations- infant, child and adolescent, adult and geriatric, differently abled groups</li> <li>4. Conduct personality, creativity, interest, aptitude and learning disability assessment</li> </ol>
310533	Intervention Strategies	<ol style="list-style-type: none"> <li>1. The student will be able to explain concept of counselling and its</li> </ol>

		<p>applications</p> <ol style="list-style-type: none"> <li>2. Choose basic counselling skills and strategies</li> <li>3. the of process, techniques and application of Behavioural and Cognitive Therapies</li> </ol>
310534	Orientation to Practicum in Counselling Psychology	<ol style="list-style-type: none"> <li>1. To integrate theory into practice through the process of action, reflection and praxis</li> <li>2. To provide for practising competencies developed throughout the postgraduate program.</li> <li>3. To explain the role of professional counsellor pertaining to various issues and various settings.</li> <li>4. To underline the importance and formats of history taking and mental status examination.</li> <li>5. To describe the counselling process in the field.</li> <li>6. To develop counselling interventions.</li> </ol>
310535	Research Proposal	<ol style="list-style-type: none"> <li>1. Choosing a topic of interest within the clinical domain requires exhaustive reading.</li> <li>2. Formulation of an appropriate research design translates learning from MA I to practice in MA II.</li> <li>3. Ethical guidelines have to be adhered to, and will be examined by the ethics committee of the Department while screening and evaluating proposals.</li> </ol>

### **Semester IV - Industrial / Organisational Psychology**

410521	Organisational Development and Change Management	<ol style="list-style-type: none"> <li>1. To acquaint the student with the nature, foundations and the overview of Organisational Development</li> <li>2. To understand the Values, ethics and assumptions of Organisational</li> </ol>
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		<p>Development</p> <ol style="list-style-type: none"> <li>3. To enable the students to understand and manage change in organisations</li> <li>4. To help students understand the process and the interventions of Organisational Development</li> </ol>
410522	Employee and Workplace Counselling	<ol style="list-style-type: none"> <li>1. The goal of the course is to help students understand different counselling techniques.</li> <li>2. To know the difference between Counselling, Consultation, and Coaching.</li> <li>3. To learn therapies and apply them during counselling.</li> </ol>
410523	Field-based practicum	<ol style="list-style-type: none"> <li>1. To expose the students in a different industrial setting as well as to give them experiential knowledge in Industrial and Organisational Psychology.</li> <li>2. To facilitate independent testing, analysing, diagnosing as well as Internship report writing.</li> <li>3. This skill set is unique and in high demand, and the detailed and intensive practicum exposure ensures job placement.</li> </ol>
410524	Internship	<ol style="list-style-type: none"> <li>1. To expose the students to different work settings.</li> <li>2. To enable them to undertake independent work in the –real world</li> <li>3. To sensitise students to different therapeutic methods.</li> </ol>
410525	Research Dissertation	<ol style="list-style-type: none"> <li>1. The student will be able to plan, conduct and defend research independently</li> </ol> <p>Introduction &amp; review of literature:</p> <ul style="list-style-type: none"> <li>- Method</li> <li>- Results &amp; discussion</li> <li>- Conclusion</li> <li>- Limitations</li> </ul>

		<ul style="list-style-type: none"> <li>- Recommendations.</li> <li>- References</li> <li>- Appendix</li> </ul>
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### Semester IV - Clinical Psychology

410511	Psychopathology Child and Adolescent	<ol style="list-style-type: none"> <li>1. To develop a better understanding of the field of child and adolescent psychopathology.</li> <li>2. To bring about basic understanding of current trends and changing issues in child and adolescent psychopathology</li> <li>3. To learn about specific disorders such as pervasive, internalising and miscellaneous disorders that impact the child population</li> </ol>
410512	Psychotherapy and Counselling	<ol style="list-style-type: none"> <li>1. To enable the students to learn about different therapeutic approaches.</li> <li>2. To comprehend the role and skills of counsellor and ethical issues in counselling.</li> <li>3. To develop skills to help clients of different age groups.</li> <li>4. To develop understanding of Indian and multicultural approaches to counselling.</li> </ol>
410513	Field based practicum	<ol style="list-style-type: none"> <li>1. To expose the students to different clinical settings and developing skills for Case history taking / conduction of Clinical Interviews.</li> <li>2. To enable them to undertaken independent testing and assessment as well as psychological test report writing</li> <li>3. To sensitise students to different</li> </ol>

		<p>therapeutic methods by observing and conducting therapy sessions with clinical populations.</p> <p>4. To create and administer different therapeutic intervention techniques on different client cases</p>
410514	Internship	<p>1. To expose the students to different work settings.</p> <p>2. To enable them to undertaken independent work in the –real worldll</p> <p>3. To sensitise students to different therapeutic methods.</p> <p>4. To discuss cases with mental health professionals like Psychiatrists, Psychologists and Counsellors</p>
410515	Research Dissertation	<p>1. To facilitate students to conduct research independently</p> <p>2. To learn skills of using SPSS on real data, collecting data and writing dissertations using the APA style.</p> <p>3. To apply knowledge of using specific research methods.</p>

### Semester IV- Counselling Psychology

410531	Orientation to Special Areas in Counselling	<p>1. The student will be able to explain the application of psychology in modern everyday life</p> <p>2. To discuss various issues faced by special population, including children, women and the LGBT community</p> <p>3. To work with workplace issues and career development</p> <p>4. To explain the concept of trauma and bereavement</p>
410532	Counselling	<p>1. The student will be able to critically</p>

	Approaches	<p>evaluate various therapeutic approaches</p> <ol style="list-style-type: none"> <li>2. To explain the process, techniques and application of various therapeutic approaches</li> </ol>
410533	Counselling Field based practicum	<ol style="list-style-type: none"> <li>1. Learning to take case history, assessments and intervention sessions.</li> <li>2. Discussing with the supervisor/mentor in a group or individually.</li> <li>3. Using combinations of the learned therapeutic technique for every case.</li> <li>4. Planning a Minimum of five sessions of counselling intervention</li> <li>5. Developing detailed reports on field work cases</li> </ol>
410534	Internship	<ol style="list-style-type: none"> <li>1. To expose the students to different work settings.</li> <li>2. To enable them to undertake independent work in the real world.</li> <li>3. To sensitise students to different therapeutic methods.</li> </ol>
410535	Counselling Research Project / Dissertation	<ol style="list-style-type: none"> <li>1. The student will be able to plan, conduct and defend research independently Guideline for defence</li> <li>2. To learn skills of using SPSS on real data, collecting data and writing dissertations using the APA style.</li> <li>3. To apply knowledge of using specific research methods.</li> </ol>