SEMESTER II

COURSE DETAILS – 1
SUBJECT NAME – COUNSELING PSYCHOLOGY
SUBJECT CODE – MPs-CT-201

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

Course Objectives:

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

Course Outcomes (COs):

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

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

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

	Block-2: Expectations and Goals of Counseling
Unit 1:	Goals and Expectations of Counseling

Unit 2:	The Process of Counseling
Unit 3:	Basic Counseling Skills
Unit 4:	Role and Functions of the Counselor

	Block-3: The Counselling Interview
Unit 1:	History Taking
Unit 2:	Interviewing (Characteristics, Types, Techniques)
Unit 3:	Developing Case Histories
Unit 4:	Working with Other Professionals

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

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

REFERENCE BOOKS

1. C.J. Gelso and B.R. Fretz (1995). Counseling Psychology. Bangalore: Prism Books Pvt. Ltd.

2. A. David (2004). Guidance and Counseling. New Delhi: Common Wealth Publishers.

3. S. Gladding (2009), Counseling: A Comprehensive Profession, New Delhi: Pearson Eduation.

4. T.S. Sodi and S.P. Suri (2006). Guidance and Counseling. New Delhi: Tata McGraw Hill.

5. S.N. Rao (2002). Counseling and Guidance, New Delhi : McGraw Hill

6. Amarnath Rai and Madhu Asthana (2006). Guidance and Counselling. Varanasi: Motilal Banarasidas.

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COURSE DETAILS – 2
SUBJECT NAME – PSYCHOPATHOLOGY
SUBJECT CODE – MPs-CT-202

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

Course Objectives:

- To develop understanding of the various manifestations of psychopathology.
- To familiarize with DSM IV and ICD II to classificatory systems in the context of diagnosis of various psychiatric/psychological disorders.

Course Outcomes (COs):

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

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

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

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

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

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

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

REFERENCE BOOKS

1. Buss, A.H. (1999). Psychopathology. New York: John Wiley and Sons.

2. Lamm, A. (1997). Introduction to Psychopathology. New York : Sage Publications

3.   Davison, G.C., & Neals, J.M. (1996). Abnormal Psychology. New York: John Wiley and Sons.

4.   Mohanty, G.B. (1998). Text Book of abnormal Psychology. New Delhi: Kalyani Publishers.

TEXT BOOKS

5.   Singh, A.K. (2004). Modern Abnormal Psychology. Varanasi: Motilal and Banarashidas.

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

COURSE DETAILS – 3
SUBJECT NAME – PSYCHOMETRY
SUBJECT CODE – MPs-CT-203

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

Course Objectives:

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

Course Outcomes:

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

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

Block-1: Foundations of Psychometric	
Unit 1:	Basics of Measurement Theory

Unit 2:	Speed vs. Power Test
Unit 3:	History of Psychological Testing

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

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

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

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

REFERENCE BOOKS

1.   Guilford, J. P. (1989). Psychometric Methods, New Jersey: John Wiley and Sons.

2.   C. Jackson (2003). Understanding Psychological Testing, Mumbai: Jaico Publishings House.

3.   Nunnaly, J. C. (1978). Psychometric Theory. New York: McGraw Hill.

4.   Chandha, N. K. (1996). Theory and Practice of Psychometry. New Delhi: New Age international Publishers.

TEXT BOOKS

5.   Chadha, N. K. (2009). Applied Psychometry. New Delhi: Sage Publications.

6.   Singh, A.K. (1997). Tests, Measurement, Research Methods in Behavioural Sciences Patna: Bharati Bhawan.

COURSE DETAILS – 4
SUBJECT NAME – HEALTH PSYCHOLOGY
SUBJECT CODE – MPs-CT-204

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

Course Objectives:

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

Course Outcomes (COs):

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

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

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

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

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

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

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

REFERENCE BOOKS

1. Dimatteo, M.R. & Martin, L.R. (2010). Health Psychology. New Delhi: Dorling Kindersley Pvt. Ltd

2. Baum, A., R.J. Gatchel, R. J. & Krantz, D.S (1997). An Introduction to Health Psychology. New York: McGraw Hill.

3.   Baum, A., Revenson, T.A & Singer, J.E. (2001). Handbook of Health Psychology. New Jersey: Lawrence Erlbaum.

4.   Taylor, S.E. (1994). Health Psychology. New York: Random House.

TEXT BOOKS

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

COURSE DETAILS – 5
SUBJECT NAME – PRACTICUM II
SUBJECT CODE – MPs-CT-205

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

Course Objectives:

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

Course Outcomes (COs):

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

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

List of Practicum:

Any five of the following:¬

1.   Defense Mechanism

2.   Emotional Maturity Scale

3.   Attribution Style

4.   Adjustment Inventory

5.   Mental Health Scale/Inventory

6.   Muller Lyer

7.   Two Hand Coordination

8.   Maze learning

9.   Aggression Scale

10.   Judging Emotions by Photographs

COURSE DETAILS – 6
SUBJECT NAME – YOGA, HEALTH AND TOURISM (Elective)
SUBJECT CODE – MPs-GE-206

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

Course Objectives:

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

Course Outcomes (COs):

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

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

	Block-1: Basic meaning of the word 'yoga', aims & objectives, introduction to tourism
Unit 1:	Meaning & Philosophy of Yoga, Aims & Objectives of Yoga
Unit 2:	Introduction to Tourism, Types of Tourism, Tourism Products & Concepts
Unit 3:	Tourism Elements & Components, Peace & Wellness Tourism

	Block-2: health and medical tourism
Unit 1:	Meaning, Nature, and Scope of Health and Medical Tourism, Health and Medical Tourism Products
Unit 2:	Health and Medical Tourism Markets at a Global Level
Unit 3:	Advantages and Disadvantages for India in the Global Medical Tourism Market

	Block-3: health and medical tourism in india
Unit 1:	Introduction to Health and Medical Tourism in India, Role of the Private Sector in Health and Medical Tourism
Unit 2:	Traditional Health Care System in India, Government Incentives for Health and Medical Tourism in India

	Block-4: health tourism centres in india
Unit 1:	Health Tourism Resources in Haridwar & Rishikesh, Patanjali Health Tourism Institutions
Unit 2:	Health & Medical Tourism in Kerala
Unit 3:	Health & Medical Tourism in Tamil Nadu

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

TEXTBOOKS

1.   P.V. Kane: History of Dharmashatra Vol. I & II

2.   P.H. Prabhu: Hindu Social Organization

3.   Jai Shankar Mishra: Prachin Bharat Ka Samajik Itihas

4.   R.B. Pandey: Hindu Sanskar

COURSE DETAILS – 7
SUBJECT NAME – PRINCIPLES OF VOCAL MUSIC
SUBJECT CODE – MPs-GE-207 (Elective)

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

Course Objectives:

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

Course Outcomes (COs):

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

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

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

	Block-2: The Origins of Sangeet and Sound
Unit 1:	Alankars and Swarlipi Paddhati of Vishnu Narayan Bhatkhande & Vishnu Digambar Palushkar

Unit 2:	Relation Between Life and Music
Unit 3:	Swastivachan Mantras, Patriotic Songs, Arya Samaj Bhajans, and Tansen

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

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

REFERENCE BOOK

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

COURSE DETAILS – 8
SUBJECT NAME – ASPECTS OF ANCIENT INDIAN CULTURE
SUBJECT CODE – MPs-GE-208 (Elective)

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

Course Objectives:

- To connect students with Indian culture, Institutions and religion.
- Create a sense of national unity among the students.

Course Outcomes (COs):

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

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

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

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

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

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

	Block-5: Religious system

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

Books Recommended:

1. P.V. Kane: History of Dharmashatra Vol. I & II

2. P.H. Prabhu: Hindu Social Organization

3. Jai Shankar Mishra: Prachin Bharat Ka Samajik Itihas

4. R.B. Pandey: Hindu Sanskar

COURSE DETAILS – 9
SUBJECT NAME – COMPUTER APPLICATIONS
SUBJECT CODE – MPs-SECC-101

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

Course Objectives:

- The module is prescribed in the course to inform the students about the role of Computer Information systems in travel and trade.
- The prescribed units enhance the skills of students especially when they will be attached for practical.

Course Outcomes (COs):

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

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

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

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

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

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

REFERENCE BOOKS:

1. Leon Alexis and Mathews Leon: lntroduction to Computers, Vikas Publishing House Pvt Ltd. New Delhi

2. Bhatnagar S C and Ramani K V: Computers and information management. A Primer for Practicing Managers, New Delhi, Prentice Hall of India Pvt. Ltd.

3. Bansundara, S: Computer Today.

4. Goel Ritender and D N Kakkar: Computer Application in Management, New Age International Publishers, New Delhi.