SEMESTER IV

COURSE DETAILS – 1
SUBJECT NAME – STATISTICAL TECHNIQUES AND EXPERIMENTAL DESIGNS
SUBJECT CODE – MPs-CT-401

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

Course Objectives:

- To develop an understanding of various statistical techniques in terms of their Applications
- To create understanding about different types of Design employed in Psychological Research

Course Outcomes (COs):

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

- COs 1-Gain expertise in the application and usage of various useful statistical techniques.
- COs 2-Familiar with the use of current software used in this field.
- COs 3-Utilize statistical knowledge in the field of research, health and business.

	Block-1: Measures of Central Tendency and Variability
Unit 1:	Introduction to Measures of Central Tendency
Unit 2:	Measures of Variability
Unit 3:	Coefficient of Variation and Percentiles
Unit 4:	Frequency Distributions and Applications

Block-2: Test of Statistical Significance	
Unit 1:	Introduction to Statistical Significance
Unit 2:	Parametric vs. Non-Parametric Tests
Unit 3:	Parametric Test: t-test
Unit 4:	Non-Parametric Tests

Block-3: Correlation	
Unit 1:	Introduction to Correlation
Unit 2:	Product Moment Correlation (Ungrouped Data)
Unit 3:	Rank Difference Correlation (Spearman's Rank Correlation)
Unit 4:	Special Correlations – Biserial and Point Biserial

Block-4: Normal Distribution and Factor Analysis	
Unit 1:	Normal Distribution and the Normal Probability Curve (NPC)
Unit 2:	Factor Analysis – Introduction and Assumptions
Unit 3:	Methods of Factor Analysis
Unit 4:	Rotation and Interpretation in Factor Analysis

Block-5: SPSS and Experimental Design	
Unit 1:	Introduction to SPSS and Related Tools for Research
Unit 2:	Introduction to Experimental Design
Unit 3:	Analysis of Variance (ANOVA)
Unit 4:	Performing ANOVA in SPSS

Note:

1.   Students can use simple calculator (Without Programming/Nonscientific) during the Examination.

2.   Statistical Tables will be provided during the Examination.

Reference Books:

3.   Haslam, S.A., & Mcarty, C. (2003). Research Methods and Statstics in Psychology. London: Sage Publication.

4.   Siegal, S. (1994). Non-Parametric Statistics for Behavioural Sciences. New York: McGraw Hill.

5.   Guilford, P. (1975). Fundamental Statistics in Psychology and Education. New York: Mc Graw Hill

Text Books:

6.   Gareett, H.E. (2005). Statistics in Psychology and Education. New Delhi. Paragon International Publishers.

COURSE DETAILS – 2
SUBJECT NAME – PSYCHOTHERAPY
SUBJECT CODE – MPs-CT-402

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

Course Objectives:

- To provide knowledge about different therapies
- To create understanding and awareness about the use of therapies in professional life.

Course Outcomes (COs):

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

- COs 1- Explain and analyze the basic concepts & application of various psycho therapies techniques.
- COs 2- Able to solve practical problems appropriately.
- COs 3- Utilize psychotherapeutic skills in health sectors.

	Block-1: Psychotherapies
Unit 1:	Concept of Psychotherapy
Unit 2:	Roles and Responsibilities of the Therapist
Unit 3:	The Client and Therapist Relationship
Unit 4:	Ethical Issues in Psychotherapy

	Block-2: Psychodynamic Therapy
Unit 1:	Freudian Psychoanalysis
Unit 2:	Alfred Adler
Unit 3:	Erik Erikson

	Block-3: Behaviour Therapy
Unit 1:	Guided Exposure, Systematic Desensitization
Unit 2:	Aversion Therapy, Assertion Training
Unit 3:	Modelling, Biofeedback

	Block-4: Cognitive Behaviour Therapy
Unit 1:	Beck's Cognitive Therapy
Unit 2:	Rational Emotive Behavior Therapy (REBT)
Unit 3:	Michenbaum's Cognitive Behavioral Therapy

	Block-5: Humanistic Therapies
Unit 1:	Person-Centered Therapy (Carl Rogers)
Unit 2:	Existential Therapy
Unit 3:	Transactional Analysis (TA)
Unit 4:	Interpersonal Relationship Therapy, Marital and Family Therapy

Reference Books:

1. G. Corey (2001). Theory and Practice of Counselling and Psychotherapy. Belmont CA: Brooks Cole.

2. S. Culari (1998). Foundations of Clinical Psychology. New York: Allyn and Bacon.

3. T. Plante (2005). Contemporary Clinical Psychology, New York: John Wiley and Sons.

4. R. Erskine (1988) Integrative Psychotherapy in Action, New York: Sage Publicatiions

5. A Bandura (1969). Principle of Behaviour Modification. New York: Holt Rinehard and Winston.

6. G.D. Rastogi (1991). Psychopathology and Treatment. New Delhi: Wiley Eastern Ltd.

7. M.B. Ghorpade and V.B. Kumar (1988). Introduction to Modern Psychotherapy. New Delhi: Himalaya Publishing House.

COURSE DETAILS – 3
SUBJECT NAME – INDIGENOUS TECHNIQUES IN PSYCHOTHERAPY
SUBJECT CODE – MPs-DSE-403

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

Course Objectives:

- To provide knowledge about different Indian therapies
- To create understanding and awareness about the use of therapies in professional life.

Course Outcomes (COs):

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

- COs 1- Gain expertise in the Indigenous approach of psychotherapy along with its various applications.
- COs 2- Make their life successful by accepting the truth of Indian knowledge
- COs 3- Spread and create psycho-yogic changes in the field of health.

	Block-1: Eastern Assumptions of Mental Disorder
Unit 1:	Introduction - Eastern Assumptions of Mental Disorder
Unit 2:	Historical Background of Mental Disorders in India
Unit 3:	**Significance & Importance of Indian Mental Disorders in the Present Scenario**

	Block-2: Mental Disorder & Concept of Diagnosis
Unit 1:	Yogic Assumption of Mind and Mental Disorder
Unit 2:	Causes of Mental Disorder in Yoga Shastra
Unit 3:	Taap-Traya (Three Causes of Suffering), Types of Mental Disorders in Yoga Shastra

	Block-3: Psychotherapy in Yogasastra
Unit 1:	Characteristics of Yoga Psychotherapist, **Techniques of Psychotherapy in Atherveda, Athervani, Angirasi, Daiveya Manusyai**
Unit 2:	Psychotherapy in Ram Charitra Manas & Bhagavad Gita
Unit 3:	Psychotherapy in Yoga Darshan

	Block-4: Yoga Psychotherapy in Psychological Context
Unit 1:	**Yoga Psychotherapy - Classification Based on Psychological Approaches:**
Unit 2:	**Psychodynamic Approaches in Yoga Psychotherapy:**
Unit 3:	Homa Therapy: Concept & Applications

	Block-5: Management of Mental Disorder Through Music Therapy
Unit 1:	Meaning & Application of Music Therapy
Unit 2:	Healing of Tridosha Through Music Therapy
Unit 3:	Effect of Om Chanting & Gayatri Mantra

Reference Books:

1.   Taimni, I. K. (1961). The science of yoga. Adyar, India: The Theosophical Society of India.

2.   Feuerstein, G. (2002). The yoga tradition: Its history, literature, philosophy and practice. Delhi, India: Bhavana Books and Prints.

Text Books:

3.   Sinha, J.N. (1969) Indian epistemology of perception. Sinha Publishing House.

4.   Dalal, A.S. (2004) A greater psychology, Pondicherry: Sri Aurbindo ashram Press.

COURSE DETAILS – 4
SUBJECT NAME – TELEPSYCHOLOGY AND DIGITAL MENTAL HEALTH
SUBJECT CODE – MPs-DSE-404

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

Course Objectives:

- To understand the foundational concepts of telepsychology and digital mental health.
- To develop practical skills in implementing telepsychological interventions.

Course Outcomes (COs):

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

- COs 1- Apply the key concepts of telepsychology and digital mental health.
- COs 2- Evaluate the ethical, legal, and practical considerations of telepsychology.
- COs 3- Implement digital tools and platforms for remote mental health assessments and interventions.

	Block-1: Introduction to Telepsychology and Digital Mental Health
Unit 1:	Overview of Telepsychology, Digital Mental Health Tools
Unit 2:	Technology in Mental Health Assessment
Unit 3:	Telepsychology for Different Populations

	Block-2: Applications of Telepsychology in Clinical Practice
Unit 1:	Remote Therapy and Counseling
Unit 2:	Telepsychology for Crisis Intervention
Unit 3:	Group Therapy in a Digital Space, Telepsychology in Family and Couples Therapy

	Block-3: Ethical, Legal, and Practical Considerations
Unit 1:	Ethical Guidelines in Telepsychology
Unit 2:	Legal Framework for Telepsychology
Unit 3:	Practical Issues in Implementing Telepsychology
Unit 4:	Telepsychology in Specialized Areas of Therapy

	Block-4: Future Directions and Challenges in Telepsychology
Unit 1:	The Future of Telepsychology, Challenges to Telepsychology
Unit 2:	Integrating Telepsychology with Public Health Initiatives
Unit 3:	Long-Term Impact and Sustainability of Telepsychology

Reference Books:

1. Wampold, B., & Kazdin, A. E. (Eds.). (2021). *Telepsychology and telehealth: A guide to best practices.* American Psychological Association.

2. Luxton, D. D. (2015). *Digital mental health: A guide for practice.* Springer.

3. Street, R. L., Jr., Milne, D. W., & Cappella, M. S. (Eds.). (2019). *Handbook of eHealth evaluation: An evidence-based approach.* University of California Press.

Textbooks:

4. Darkins, A. W., & Cary, M. E. E. (2015). *Telemedicine and telehealth: Principles, policies, and practice.* Springer.

5. Hofmann, S. G., & Persons, J. B. (2020). *Digital mental health: Cognitive behavioral therapy and beyond.* Springer.

COURSE DETAILS – 5
SUBJECT NAME – STRESS MANAGEMENT
SUBJECT CODE – MPs-DSE-405

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

Course Objectives:

- To gain knowledge about Stress Management.
- To create understanding and awareness about the therapeutic approaches to Stress Management.

Course Outcomes (COs):

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

- COs 1- Gain expertise in the understanding of stress and its management..
- COs 2- Organize stress management workshops in various government and public institutions.
- COs 3- Apply stress management skills in various areas of life.

	Block-1: Organizational Stress
Unit 1:	Meaning of Stress, Individual Factors Influencing Job Stress, Different Perspectives of Stress
Unit 2:	Symptoms of Stress, Conflict - Concept and Types of Conflict
Unit 3:	Stages and Sources of Conflict, Approaches to Conflict Resolution

	Block-2: Causes of Job Stress
Unit 1:	Personal Characteristics, Organizational Structure and Change
Unit 2:	Properties of Work and Work Setting, Job Role, Machine Pacing, and Shift Work
Unit 3:	Coping with Stress – Types of Coping Strategies

	Block-3: Consequences of Job Stress
Unit 1:	Job Behavior, Job Satisfaction
Unit 2:	Performance, Absenteeism
Unit 3:	Health Strains – Physical and Psychological Symptoms

	Block-4: Stress Management Interventions
Unit 1:	Individual-Centered Approaches
Unit 2:	Organization-Centered Approaches

	Block-5: Therapeutic Approaches to Stress Management
Unit 1:	Counseling, Hypno-Suggestive Therapy, Hypnosis
Unit 2:	Self-Talk, Music Therapy

Reference Books:

1.   Pestonjee, D.M. (1992). Stress and Coping. New Delhi, ND: Sage Publications.

2.   Davis, K. (1981). Human Behaviour at Work: Organizational Behaviour. New Delhi, ND: Tata McGraw Hill.

3.   Pestonjee, D.M. (1991). Motivation and Job Satisfaction. New Delhi, ND: Macmillan India Ltd.

Text Books:

4.   Gosh, P.K.,&Ghorpade, M.B (1991). Industrial and Organizational Psychology. New Delhi, ND: Himalaya Publishing House.

5.   Srivastava ,A.K. (1999). Management of Occupational Stress: Theory and Practice. New Delhi, ND: Gyan Publishing House.

COURSE DETAILS – 6
SUBJECT NAME – DISSERTATION/PROJECT WORK/FIELD TRAINING
SUBJECT CODE – MPs-CP-406

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

Course objectives:

- Assess the student's mastery level of the factual information and the theoretical concepts, and the methodological approaches.

Course Outcomes (COs):

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

- COs 1- Conduct original research including: Literature review and generation of hypothesis
- COs 2- Apply an appropriate techniques of research methodology.
- COs 3 – Analyze Statistical data with report writing skill.

The students securing a minimum of 70% marks in total in I, II and III Semester examination (Subject to clearing all the theory and practical papers) will have an opportunity to select a Dissertation Work (100 Marks) in lieu of only 4th paper of IV semester. The student opting for Dissertation will select a topic related to his/her group of specialization (Clinical Psychology) with the help of supervisor (one of the faculty member) and later on submit an application along with relevant information through the supervisor to the Head of the Department within 30 days from the declaration of the result of III semester. The students securing less than 60% marks in total I, II, and III will have prepare project report. The dissertation in typed form (two copies) following APA manual between seventy-five to hundred pages shall be submitted on or before 30th April to the Head of the Department along with Supervisor certificate.

Division of Marks:

Report Writing: 70 Marks

Viva Voce: 30 Marks

Total: 100 Marks

COURSE DETAILS – 7
SUBJECT NAME – BASIC SANSKRIT
SUBJECT CODE – MPs-SECC-102

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

Course Objectives:

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in Sanskrit and have some idea about grammar.

Course Outcomes (COs):

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

- COs 1- Describe the basic understanding and aspects of Sanskrit language along with grammatical aspects.
- COs 2 – Communicate in Sanskrit language.
- COs 3 - Promote Sanskrit language in current scenario.

	Block-1: संस्कृत भाषापरिचय
Unit 1:	संस्कृत भाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्त्व और योग एवं संस्कृत का अन्तःसम्बन्ध।
Unit 2:	माहेश्वरसूत्र। संस्कृतवर्णमाला, स्वर, व्यंजन वर्णज्ञान सहितरोमन लिपि में लेखन एवं पठन।
Unit 3:	वर्णों के उच्चारणस्थान और प्रयत्न ज्ञान।प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान।
Unit 4:	वाक्याङ्ग, कारक, विभक्ति (सुप् और तिङ्), लिङ्ग ,वचन, पुरुष, लकार। अव्यय परिचय और संस्कृत संख्याएं (एक से सौ तक)।

	Block-2: शब्दरूपपरिचय
Unit 1:	अजन्त:- शब्दरूप- राम, हरि, गुरु, रमा, पुस्तक,शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित
Unit 2:	हलन्त: – जगत्, भगवत्, राजन् शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित
Unit 3:	सर्वनाम शब्दरूप- अस्मद्,युष्मद्, तत् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), एतद् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), यद् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), किम् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में) शब्

	Block-3: वाक्य निर्माण संधि व क्रियापदपरिचय (वाक्यरचनाअनुवादश्च)
Unit 1:	सन्धि कि परिभाषा व प्रकार (अच्, हल्, एवं विसर्ग) सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास ।
Unit 2:	हल् (व्यञ्जन) (श्चुत्व ष्टुत्व, चर्, जश्, अनुस्वार, परसवर्ण, अनुनासिक, षत्व, णत्व) एवं विसर्ग (सत्व, रत्व, उत्व(ओत्व)लोपसन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास ।
Unit 3:	भू, पठ् , लिख्, गम्, कृ, (लट्, लृट्, लोट्, लङ् , विधिलिङ्मात्रम्)

	Block-4: पातञ्जलयोगसूत्रम् (– समाधिपादः (१-२५सूत्राणि
Unit 1:	योग सूत्रस्मरण (मूलपाठ)
Unit 2:	योग सूत्र व्याख्या
Unit 3:	योग सूत्र निबंधात्मक प्रश्न

निर्धारित ग्रंथ

1.   व्याकरणचन्द्रोदय (१) – डा०आचर्यासाध्वीदेवप्रिया, दिव्य प्रकाशन , हरिद्वारम्

2.   योगदर्शन – स्वामिरामदेव, दिव्य प्रकाशन, हरिद्वारम्

संदर्भ ग्रंथाः

3. सरल-कठिनसंस्कृतम्- प्रो. तिरुमल पि. कुलकर्णी

4. Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004

5. Kala MR : A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011

6. DEVAVANIPRAVESIKA- : Robert p. Goldman: MLBD-NEWDELHI.

COURSE DETAILS – 7
SUBJECT NAME – DISSERTATION/PROJECT WORK/FIELD TRAINING
SUBJECT CODE – MPs-CP-407

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

The students securing a minimum of 70% marks in total in I, II and III Semester examination (Subject to clearing all the theory and practical papers) will have an opportunity to select a Dissertation Work (100 Marks) in lieu of only 4th paper of IV semester. The student opting for Dissertation will select a topic related to his/her group of specialization (Clinical Psychology) with the help of supervisor (one of the faculty member) and later on submit an application along with relevant information through the supervisor to the Head of the Department within 30 days from the declaration of the result of III semester. The students securing less than 60% marks in total I, II, and III will have prepare project report. The dissertation in typed form (two copies) following APA manual between seventy-five to hundred pages shall be submitted on or before 30th April to the Head of the Department along with Supervisor certificate.