Vidya Prasarak Mandal's
B. N. Bandodkar College of Science (Autonomous), Thane
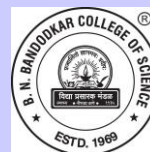
Syllabus for

Programme Code: BPCP
Programme : Master of Science
Specific Programme : Clinical Psychology

[M.Sc. Clinical Psychology]

Level 6.5

CHOICE BASED GRADING SYSTEM

Revised under NEP

From academic year 2024-25

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B. N. Bandodkar College of Science, (AUTONOMOUS)-Thane											
Master program in Clinical Psychology											
Year (2 Yrs)	LEVEL	SEMESTER	Major				Research Methodology	On Job Training / Field project	Research project	Cum Credits	Degrees
			Mandatory		Electives anyone						
I	**6.0**	SEM-I	**3*4 + 2 = 14**		Credits 4		**Credits 4**	NA	NA	22	PG Diploma in Clinical Psychology (After 3 Yrs. degree UG)
			Course 1	Credits 4	Course 1= Credits 4						
			Course 2	Credits 4	**OR**						
			Course 3	Credits 4	Course 2 = Credits 4						
			Course 4	Credits 2							
		SEM-II	Course 1	Credits 4	Course 1 = Credits 4		NA	**Credits 4**	NA	**22**	
			Course 2	Credits 4	**OR**						
			Course 3	Credits 4	Course 2 = Credits 4						
			Course 4	Credits 2							
Cum Cr.for 1 Yr. PG Diploma			**28**		8		4	4		44	
II	**6.5**	SEM- III	Course 1	Credits 4	Course 1	Credits 4	NA	NA	**Credits 4**	22	Master program in Clinical psychology (After 3 Yrs. degree UG)
			Course 2	Credits 4	**OR**						
			Course 3	Credits 4	Course 2	Credits 4					
			Course 4	Credits 2							
		SEM IV	Course 1	Credits 4	Course 1	Credits 4	NA	NA	**Credits 6**	22	
			Course 2	Credits 4	**OR**						
			Course 3	Credits 4	Course 2	Credits 4					
Cum Cr. for integrated 1 Yr. PG Degree			**26**		**8**				**10**	**44**	
Cum Cr. for 2 Yr. PG Degree			**44**		**16**		**4**	**4**	**10**	**88**	

Programme Specific outcome(PSo):

- ➢ To define and describe major concepts, theoretical models, perspectives, and historical trends in clinical psychology.   L1

- ➢ To explain the etiology, signs, symptoms, and clinical course of various mental health disorders using recognized international classification systems.   L2

- ➢ To administer and interpret a range of psychological assessments and diagnostic data to inform case conceptualization and evidence-based treatment planning in diverse client populations.   L3

- ➢ To analyze and critique existing research in cognitive and clinical psychology, breaking down studies into their component parts to understand methodologies and findings.   L4

- ➢ To evaluate the efficacy and ethical dimensions of various psychotherapeutic interventions and support their decision-making process for specific client cases.   L5

- ➢ To design and develop an original research proposal, dissertation, evidence-based psychosocial intervention program tailored to specific mental health needs based on empirical research.   L6

Sr. No.	Heading	Particulars
1	**Title of Course Specific Programme**	**M.Sc. Clinical Psychology Semester III and IV**
3	**Passing marks**	40%
4	**No. of Years/Semesters**	**One year/Two semester**
5	**Level**	**6.5**
6	**Pattern**	**Semester**
7	**Credits**	**22 per semester**
8	**Status**	**Revised**
9	**To be implemented from Academic year**	**2024-2025**
	• Cum cr. For integrated 1 Yr. PG degree (After 4 yrs. UG degree) • PG Diploma in Clinical Psychology (After 3 Yrs. degree UG) • Master program in Clinical psychology (After 3 Yrs. degree UG)	

Assessment: Weightage for assessments (in percentage)

Type of Course	Formative Assessment / IA	Summative Assessment
Theory	40 %	60 %
Practical	-	100 %
Project	-	100%
Experimental learning	-	100 %
Internship	-	100 %

V.P. M's B. N. BANDODKAR COLLEGE OF SCIENCE (Autonomous)

Department of Human Science & Clinical Psychology

M.Sc. Clinical Psychology

SEMESTER III and IV SYLLABUS

For AY 2024-25

Course Code	Semester III	No. of lectures	Credits
Course Code	**Mandatory Papers**	**No. of lectures**	**Credits**
24BPCP3T01	Psychopathology	60	4
24BPCP3T02	Clinical testing & assessment	60	4
24BPCP3T03	Personality Psychology	60	4
24BPCP3P01	Practical based on 24BPCP3T02	60	2
	Elective paper (Any one)		
24BPCP3T04	Psychology of crime and violence	30	2
24BPCP3P02	Practical based on 24BPCP3T04	60	2
24BPCP3T05	Psychology of education & learning	30	2
24BPCP3P03	Practical based on 24BPCP3T05	60	2
24BPCP3RP5	**Research Project-I based on Clinical Psychology**	60	4
	Total		22
	Semester IV		
Course Code	**Mandatory Papers**	**No. of lectures**	**Credits**
24BPCP4T01	Psychotherapy	60	4
24BPCP4T02	Rehabilitation psychology	60	4
24BPCP4T03	Child psychology	60	4
	Elective paper		
24BPCP4T04	Psychology of health & Yoga	30	2
24BPCP4P01	Practical based on 24BPCP4T04	60	2
24BPCP4T05	Sports & exercise psychology	30	2
24BPCP4P02	Practical based on 24BPCP4T05	60	2
24BPCP4RP5	**Research Project-II based on Clinical Psychology**	90	6
	Total		22

SEMESTER III

Course code 24BPCP3T01	Course title Psychopathology	Credits 4	No. of lectures

COURSE OUTCOMES: After completing this course, students will be able to –

- Analyze the causal and risk factors for psychological disorders. L4
- Classify psychological disorders as per DSM criteria. L2
- Discuss different perspectives, treatment plans, and the statistical data of mental illnesses in clinical settings. L6
- Assess clients based on symptoms and diagnostic criteria. L5
  Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	3	1	0	0	0	1
CO2	3	0	0	0	0	1
CO3	2	1	0	0	0	1
CO4	2	1	0	0	1	1

Unit 1	**Causes and Risk factors for Abnormalities:** Biological, Sociocultural, Humanistic-Existential, Family Perspectives **Anxiety disorders:** Panic Disorder, Agoraphobia, Specific Phobia, Social Anxiety, Generalized Anxiety and Other Anxiety Disorders **Obsessive and Compulsive related disorders:** Obsessive Compulsive Disorder, Body Dysmorphic Disorder, Hoarding Disorder, Hair Pulling and Excoriation disorder **Somatoform and Dissociative Disorders;** Somatic Symptom disorder, Illness Anxiety Disorder, Conversion Disorder, Dissociative Identity Disorder, Dissociative Amnesia, Depersonalization/ Derealization Disorder	**20**
Unit 2	**Feeding and Eating Disorders:** Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, Avoidant Restrictive Food Intake Disorder, Rumination Disorder **Gender Dysphoria's, Sexual Dysfunctions & paraphillias** Gender Dysphoria in children, Gender Dysphoria in Adolescents and Adults, Delayed Ejaculation, Erectile Disorder, Female orgasmic Disorder, Female Sexual Interest/arousal disorder, Genito-pelvic pain/penetration disorder	**20**
Unit 3	**Substance related disorders:** Alcohol Related Disorders, Drug Abuse and Dependence **Spectrum and other Psychotic Disorders:** Schizophrenia Disorder, Schizoaffective Disorder, Schizophreniform Disorder, Delusional and Shared Psychotic Disorder, Brief Psychotic and Other psychotic Disorder and Catatonia **Mood Disorders:** Major Depression and Bipolar Disorder, Dysthymia and Cyclothymia	**20**

Reference books

1. Boland, R. Verdiun, M. and Ruiz, P. (Ed.). (2021). *Kaplan & Sadock, Synopsis of Psychiatry.* 12th ed. Wolters Kluwer India Pvt Ltd.

2. Butcher J., Mineka H. (2017). *Abnormal Psychology*. 16th ed. Pearson

3. *Diagnostic Statistical Manual of Mental Disorders–V*. American Psychiatric Association

4. Sadock, B. J., & Sadock, V. A. (2015). *Kaplan and Sadock's synopsis of psychiatry*. 11th ed. PA, USA: Lipincott, Williams and Wilkins.

5. Richard, D. and Huprich S. (Ed.). (2008). *Clinical Psychology. Assessment, Treatment, and Research.* Elsevier Science.

6. Sharma, R. (2004). *Abnormal Psychology*. Atlantic Publishers & Distributors (P) Limited

7. Sarason I. and Sarason, B. (2005). *Abnormal Psychology. The Problem of Maladaptive Behavior*. Pearson/Prentice   Hall.

Course code 24BPCP3T02	Course title Clinical testing and assessment	Credits 4	No. of lectures

COURSE OUTCOMES: After completing this course, students will be able to -
- Explain nature, ethics, uses of psychometric testing and development. L2
- Evaluate the psychometric properties of various well known psychological testing. L5
- Plan use of testing as per the requirement. L3
- Compare between various tests based on their nature and usefulness. L5

Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	3	1	0	0	0	1
CO2	2	0	0	0	0	1
CO3	3	1	1	0	0	1
CO4	2	1	0	0	0	1

Unit 1	**The nature and uses of psychological tests-** Definitions, types of tests. Influence of the examiner, background and motivation of the examinee. Constructing test items, initial questions in test. Testing the items. **Introduction to the clinical assessment**: Evaluation, Clinical judgment, Role of clinician, Phases in clinical assessment, Ethical Practices of Assessment, Assessment Interview and Behavioral assessment	**20**
Unit 2	**Clinical scales**: Minnesota Multiphasic Personality Inventory, Millon Clinical Multiaxial Inventory, Beck Depression Inventory, Autism Scale, Maudsley Personality Inventory, WHODAS **Projective tests**: Rorschach Test, Thematic Apperception Test, Children Apperception Test: Development, Reliability, validity, Assets and Limitations	**20**
Unit 3	**Intelligence Scales**: Wechsler Adult Intelligence Scale, Wechsler Intelligence Scale for Children, BKT, General Intelligence Scale for College Students **Anxiety Scales:** State Trait Anxiety Scale, Anxiety, Depression & Stress Scale (ADSS)	**20**

Reference books
1. Gregory, r. (2008) *Psychological Testing. History, Principles, and Applications.* Pearson education.
2. Borsboom, D. (2005). *Measuring the mind: Conceptual issues in contemporary psychometrics*. UK: Cambridge University Press.
3. Goldfinger, K, (2018). *Psychological Testing in Everyday Life. History, Science, Practice*. Sage Publications.
4. Urbina, S. (2014). *Essentials of Psychological Testing*. Wiley.
5. Cooper C. (2019). *Psychological testing: Theory and Practice.* Routledge.
6. Gary Groth-Marnat, A. Jordan Wright. (2016). *Handbook of Psychological Assessment. 6thEdition.* Wiley.
7. Kaplan, R. M., & Saccuzzo, D. P. (2005). *Psychological testing: principles, applications and issues* (6th ed.). US: Thomson-Wadsworth, Cenage Leading India Pvt Ltd.

Course code 24BPCP3T03	Course title Personality Psychology	Credits 4	No. of lectures

COURSE OUTCOMES: After completing this course, students will be able to -
- Analyze personality theories from different eras and development of personalities. L4
- Classify personality disorders as per DSM criteria. L2
- Decide treatment plans for specific personality disorders. L5
- Explain causes and risk factors of personality development. L2

Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	3	1	0	0	0	0
CO2	3	1	0	0	0	1
CO3	3	1	0	0	0	1
CO4	3	0	0	0	1	1

Unit 1	**Introduction:** Meaning & definitions of Personality**,** Eastern Approaches to Personality, Views on Self & Personality, Factors affecting Personality- Hereditary, Environmental factors, biological, psychological. **Theories of personality:** Psychodynamic and Neo- Freudian theories**,** Trait theories of Cattell, Eysenck, and Alport**,** Behavioral theories**,** Cognitive Behavioral Theories, Humanistic approach, The social-cultural theories	**20**
Unit 2	**Personality disorders** **Cluster A Personality Disorders:** Paranoid Personality Disorder, Schizoid Personality Disorder, Schizotypal Personality Disorder **Cluster B Personality Disorders:** Antisocial Personality Disorder, Borderline Personality Disorder, Histrionic Personality Disorder, Narcissistic Personality Disorder **Antisocial Personality Disorder and Psychopathy**	**20**
Unit 3	**Cluster C Personality Disorders:** Avoidant Personality Disorder, Dependent Personality Disorder, Obsessive Compulsive Personality Disorder **Treatments and Outcomes for Personality Disorders:** Techniques for specific Personality Disorders	**20**

Reference Books

1. Butcher J., Mineka H. (2017) *Abnormal Psychology*. 16th ed. Pearson
2. Cornelissen, R. M. M., Misra, G., & Varma, S. (Eds.) (2011). *Foundations of Indian psychology—Theories and concepts* (Vol. 1). New Delhi, India: Pearson.
3. *Diagnostic Statistical Manual of Mental Disorders*–V. American Psychiatric Association.
4. Schultz, D., Schultz, S. *Theories of Personality*. 9th Edt. Wadsworth Cenage Learning

5. Rao, K. R. & Paranjpe, A. (2016) *Psychology in the Indian Tradition*. Springer
6. Rykman, R. (1993). *Theories of Personality*. Brooks/Cole.
7. Paranjpe A. (2002) *Self and Identity in Modern Psychology and Indian Thought*. Kluwer Academic Publishers.

Course code 24BPCP3P01	Course title Practical based on 24BPCP3T02	Credits 2

COURSE OUTCOMES: After completing this course, students will be able to -
- Make use of psychological tests along with scoring and interpretation. L3
- Select tests as per the requirement. L3
- Summarize tests, its usage, and interpretation. L2
- Formulate reports based on the test conduction and its scores. L5
  Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	3	2	1	0	0	1
CO2	2	1	0	0	0	1
CO3	3	1	0	0	0	1
CO4	2	2	1	0	0	1

1) Maudsley Personality Inventory

2) WHODAS 2.0

3) Rorschach Test

4) BKT

5) General Intelligence Scale for College Students

6) State Trait Anxiety Scale, Anxiety

7) Depression & Stress Scale (ADSS)

8) DASS 21

9) Perceived Stress Scale

10) Vineland Social Maturity Scale

Elective Papers

Elective paper 1

Course code 24BPCP3T04	Course title Psychology of crime and Violence	Credits 2	No. of lectures

COURSE Outcomes: After completing this course, students will be able to -
- Analyse different perspectives on violent behavior. L4
- Evaluate causes and the disorders associated with crime. L5
- Apply theories explaining the violence and aggression. L3
- Summarize treatments and therapies used for prisoners. L2

Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	3	1	0	0	0	0
CO2	3	1	0	0	0	1
CO3	3	2	0	0	0	1
CO4	3	2	0	0	0	1

Unit 1	**Causal aspects of criminal behaviors:** Understanding criminal behavior, Mental Disorder and Crime, Criminal responsibility**,** Familial and parental influence **Violent Crimes:** Nature and extent of violent offending, Community violence, Family violence, School violence, Multiple homicide.	**15**
Unit 2	**Sexual crimes:** Scenarios of homicide**,** Confrontational homicide**,** Sexual crimes: Rape**,** Pedophilia and Sexual offences, theoretical approaches to understanding sexual offences **Psychological therapies for prisoners and other offenders:** Prison as a therapeutic community**,** Sex offender therapy in prison**,** The Aggression Training Program (ART)**,** Restorative Justice, Crime prevention, Rehabilitation and reintegration	**15**

Reference books
1. Howitt D. (2018) *Introduction to Forensic and criminal Psychology* 6th ed. Pearson
2. Jones D. (2008) *Psychology of criminal and violent behavior*. Willan Publishing
3. Khader M. (2019) *Crime and Behavior. An introduction to criminal and forensicpsychology.* World Scientific Publishing
4. Durrant R. (2018) An Introduction to Criminal Psychology, 2nd ed. Routledge
5. Bhadra, P. and Sahni, S. (Ed.). (2021). Criminal Psychology and the Criminal Justice System in India and Beyond. Springer Nature Singapore
6. Miller, L. (2012). *Criminal Psychology Nature, Nurture, Culture: a Textbook and Practical Reference Guide for Students and Working Professionals in the Fields of Law Enforcement, Criminal Justice, Mental Health, and Forensic Psychology*. Charles C. Thomas
7. Nagle, Y. and Srivastava, G. (Ed.). (2014). Handbook of Forensic Psychology. AuthorHouse U

Course code 24BPCP3P02	Practical based on 24BPCP3T04	Credits 2

COURSE Outcomes: After completing this course, students will be able to –
- Apply theoretical knowledge in practical issues. L3
- Discuss the understanding of criminal behavior. L6
- Test for aggression and related behaviours. L4
- Summarize work and experience of people working with criminals. L2

Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	3	1	0	0	0	1
CO2	2	1	0	0	1	1
CO3	1	2	0	0	1	1
CO4	1	1	0	0	0	0

→ Describe cognitive deficits of criminals for cases given.
→ Complete short course from open learning platform like SWAYAM-NPTEL
→ Interview a criminology expert and write a report.
→ Tests/scales to measure aggressive behaviors, crime & violent behavior.

Elective paper 2

Course code 24BPCP3T05	Course title Psychology of education & learning	Credits 2	No. of lectures

COURSE OUTCOMES: After completing this course, students will be able to -
- Explain the process of teaching and learning through theoretical frames in educational psychology. L2
- Define various concepts of educational psychology. L1
- Summarize nature and theories of learning. L2
- Identify methods of teaching, learning for special needs children. L3

Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	3	1	0	0	0	1
CO2	3	1	0	0	0	0
CO3	3	1	0	0	0	1
CO4	2	1	1	0	0	1

Unit I	**Educational psychology-**relevance of psychology to education. **Understanding learning** Learner as an active discoverer of knowledge Learner as a social constructor of knowledge Learner as an information processor Learner as inner transformer of knowledge	15
Unit II	**Nature & theories of learning:** Learning and maturation, Learning and imprinting, types of learning, Factors affecting learning, Theories of learning. Teaching models. **Educating special children** Meaning & definition of special education. Nature & characteristics of special education. Nature and characteristics of Learning Disabled. Educational Provisions for the learning disabled.	15

Reference Books

1. Carr, D. (2005). Making sense of education: *An introduction to the philosophy and theory of education and teaching.* London: Routledge.
2. Mangal, S. K. (2007). *Educating Exceptional Children. An Introduction to Special Education.* New Delhi. PHI Learning
3. Mangal, S.K. (2011) *Advance Educational Psychology*. 2nd edt. New Delhi. PHI Learning
4. Gauvain, M., & Cole, M. (1997). *Readings on development of children*. New York: W.H. Freeman & Co.
5. Hall, C., & Hall, E. (2003). *Human relations in education*. London: Routledge.
6. Rao, S. N. (2002). *Educational Psychology*. New Age International (P) Limited

Course code 24BPCP3P03	Practical based on 24BPCP3T05	Credits 2

COURSE Outcomes: After completing this course, students will be able to –

- Apply theoretical knowledge for practical issues. L3
- Classify teaching process and learner's psychology. L4
- Construct interview questions and report. L3
- Compare challenges faced by special educators and general educators. L2
  Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	2	1	0	0	0	1
CO2	2	0	0	0	1	1
CO3	2	1	1	0	0	1
CO4	2	1	0	0	0	0

→ Visit special school and conduct a session for them
→ Complete short course from open learning platform like SWAYAM-NPTEL
→ Make chart for various teaching-learning model
→ Conduct in-depth interview of a special educator and write a report.

Course code 24BPCP3RP5	Course title Research Project-I based on clinical Psychology	Credits4

COURSE OUTCOMES: After completing this course, students will be able to -
- Make use of theorical knowledge of research methods learnt. L3
- Discover their area of interest and gain expertise in topic chosen. L4
- Construct a research proposal to be approved and work upon. L3
- Outline the research design and methodology to be used for conducting research project. L2

Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	2	3	1	0	0	0
CO2	1	2	0	0	1	0
CO3	1	2	2	0	1	1
CO4	1	3	1	0	0	1

→ Students are required to take up a topic from the broad discipline of Psychology and conduct a research project by collecting samples from rural / urban areas and writing a thesis based on it.

→ In this semester students are expected to submit Research Proposal and finish **Introduction**, **Review of Literature chapters, and Data Collection**. They will be assessed based on these and its presentation.

SEMESTER IV

Course code 24BPCP4T01	Course title Psychotherapy	Credits4	No. of lectures

COURSE OUTCOME: After completing this course, students will be able to -

- Explain the role, characteristics, skills required by a psychotherapist. L2
- Classify various therapeutic approaches used for treatment. L4
- Compare different psychotherapies and techniques used. L5
- Analyze therapy dynamics and its importance in group setting. L4

Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	3	0	0	0	1	1
CO2	3	1	0	0	0	1
CO3	3	1	0	0	0	1
CO4	2	0	0	0	0	1

Unit 1	**The therapist**: Personal characteristics of effective counsellors, Counsellor's values, Issues faced by thetherapist. Therapy for the therapist **Therapeutic Process and skills:** Therapeutic alliance, Ethical guidelines, Questioning and Interviewing, Listening Skills, Communication skills, Understandingskills, Termination.	**20**
Unit 2	**Therapeutic approaches (A):** Psychodynamic approach, Behavior therapies, Cognitive-behavioral therapies, Gestalt Therapy, Existential therapies- logotherapy, Person-centered therapy Eclectic Approach	**20**
Unit 3	**Therapeutic approaches (B)**: Systems theory, Post-modern theories- Solution Focused therapy, NarrativeTherapy, Family systems therapy, Dialectical Behavior Therapy, Motivational Interviewing	**20**

Reference books

1. Archer, J., McCarthy, C. J. (2008). *Theories of Counseling and Psychotherapy:contemporary applications.* Pearson Merrill Prentice Hall
2. Corey G. (2013). *Theory and Practice of Counselling and Psychotherapy*. 9th ed.. Brooks/Cole Cengage learning.
3. Seligman L., Reichenberg L. (2015). *Theories of Counselling and Psychotherapy*. 4thEd. Pearson.
4. Trull T. Pristein M. (2013). *Clinical Psychology*. 8th ed. Wadsworth Cengage learning
5. Richard Nelson-Jones, (2005). *Practical Counselling and helping skills*. 5th ed. SLEPound
6. Richard, D. and Huprich S. (Ed.). (2008). *Clinical Psychology. Assessment, Treatment, and Research.* Elsevier Science.
7. Sriram S. (Ed.). (2016). *Counselling in India. Reflections on the Process*. Springer Nature Singapore
8. Desai, G., et.al. (2024). Psychotherapy in India Past, Present and Future. Jaypee Brothers Medical Publishers Pvt Limited

Course code 24BPCP4T02	Course title Rehabilitation psychology		Credits 4	No. of lectures

COURSE OUTCOMES: After completing this course, students will be able to -
- Explain concepts and theories of rehabilitation. L2
- Plan assessment and rehabilitation for various disabilities. L3
- Discuss rehabilitation within community. L5
- Summarize legal and ethical aspects involved with rehabilitation. L3
  Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	3	0	0	0	1	0
CO2	2	0	0	0	1	2
CO3	3	0	0	0	0	1
CO4	2	0	0	0	0	1

		No. of lectures
Unit 1	**Introduction to Rehabilitation:** Definition, scope, types, role and functions of rehabilitation psychologist. **Concepts and theory**: Concept of impairment, disability and handicap, models of disability, ways of coping with disability, concept of quality of life and its domains. **Health Policies and Legal Issues:** Legal issues in rehabilitation for persons with disabilities: overview of PWD act, RCI act, national trust act, United Nations convention on the rights of persons with disabilities. Mental Health Care Act 2017	**20**
Unit 2	**Assessment of persons with disability and Counselling** Rehabilitation of addiction, Rehabilitation after abuse and violence, Palliative care and pain management- role of psychologists, Rehabilitation of persons with physical disabilities: physical, psycho- social and vocational rehabilitation	**20**
Unit 3	**Community-Based Rehabilitation**: Definition of CBR, Goals & Objectives, Role of community in CBR. The Link between Health-Related Rehabilitation and CBR Initiatives- Skill development, Self-employment, social Protection, wage employment.	**20**

Reference books

1. Fong Chan, Norman L., Berven Kenneth, R. Thomas (2015). *Counselling Theories and Techniques for Rehabilitation and Mental Health Professionals*, *2nd ed.* Springer Publishing Co Inc

2. Falvo D., Holland Beverly (2017). *Medical and Psychosocial Aspects of Chronic Illness and Disability*, *6th ed*. Jones & Bartlett Learning

3. Makki D., Riggar T.F. (2003). *Handbook of Rehabilitation Counseling. (Edt.)* Springer Publishing Co Inc

4. Gielen, Fish, & Draguns. (2004). *Handbook of culture, therapy, and healing. Mahwah*, NJ: Erlbaum.

5. Community-based Rehabilitation-CBR Guidelines by WHO (2017.

6. Musoke, G. & Geiser P. (2013). *Linking CBR, disability and rehabilitation. Disability, CBR and Inclusive Developmen.t* Editorial Support Team Bangalore, India

7. *Rehabilitation; Interregional Programme for Disabled People.* United Nations Development Programme

Course code 24BPCP4T03	Course title Child Psychology	Credits 4	No. of lectures

COURSE OUTCOMES: After completing this course, students will be able to –
- Explain the biological, psychological, emotional, and social development of children. L2
- Classify various developmental disorders as per DSM V. L4
- Distinguish between different behavioral disorders and treatment used. L4
- Summarize recent research advances in the field of developmental psychology. L2

Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	3	0	0	0	0	0
CO2	3	1	0	0	0	0
CO3	3	1	0	0	0	1
CO4	2	1	1	0	0	1

Unit 1	**Development of child's brain and behavior**: Anatomical development of child's brain, Abnormal brain development and behavior Theories of child development- Psychosexual, psychosocial, cognitive, social learning, moral development **Research advances and implications for practice in education and clinical applications**: Early childhood development and education, Specific learning disorders, Sexual Identity issues	20
Unit 2	**Life span and Developmental Disorders: (*as per DSM-V)** Autism Spectrum disorder, Specific learning disorder, Intellectual disabilities, Developmental coordination Disorder, Separation Anxiety Disorder.	20
Unit 3	**Behavioral disorders: (*as per DSM-V)** Attention Deficit Hyperactivity Disorder**,** Conduct disorder**,** Oppositional Defiant Disorder **Intervention Techniques for children:** Parenting programs, Systemic and Family Approaches, Social training, Anger management, Play therapy, Physical intervention, Social awareness.	20

Reference books
1. Renninger K., Sigel I., Damon W., and Lerner R.. (2006). *Handbook of childpsychology*. 6th edt. Hoboken, N.J. : John Wiley & Sons
2. *Diagnostic Statistical Manual of Mental Disorders –V*, American PsychiatricAssociation
3. Butcher J., Mineka H. (2017). *Abnormal Psychology*. 16th ed. Pearson
4. Sharma R., Sharma R. (2006). *Child Psychology*. Atlantic Publishers & distributors
5. Berk L. (2013). *Child Development.* 9th ed. Pearson Australia.
6. Trull T. Pristein M. (2013). *Clinical Psychology*. 8th ed. Wadsworth Cengage learning
7. Sadock, B. J., & Sadock, V. A. (2015). *Kaplan and Sadock's synopsis of psychiatry*. 11th ed. PA, USA: Lipincott, Williams and Wilkins.

8. Mangal, S. 92019). Child Psychology and Development. Sterling Publishers Pvt. Limited
9. Kapur, M. Mental health of Indian Children. (1995). Sage Publications.
10. Kapur, M. (2011). Counselling children with psychological problems. Dorling Kindersley.

Elective Paper 1

Course code 24BPCP4T04	Course title Psychology of Health & Yoga	Credits 2	No. of lectures

COURSE OUTCOMES: - After completing this course, students will be able to –
- Define the field of health psychology and yoga as a way of life. L1
- Categorize stress related disorders and ways of prevention and cure. L4
- Identify various maladaptive and adaptive health behaviors. L3
- Discuss the role of yoga in improving and treating mental health. L6

Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	3	0	0	1	1	0
CO2	3	0	0	0	0	0
CO3	2	0	0	0	0	1
CO4	3	0	0	0	0	1

Unit I	**An introduction to health Psychology:** Health psychology: Definition, need and importance of health psychology; aims and goals of health psychology **Health behaviours:** Role of behavioural factors in disease and disorder Changing health behaviours: the health belief model, the theory of planned behaviour **Yoga – Introduction** Origins of yoga; Definitions and meanings of yoga. Historical development of yoga over the ages including a brief philosophical overview.	15
Unit II	**Stress and lifestyle disorders:** Meaning of stress, stress and changes in behaviour, stress-illness link, Stress Management: Meaning and definition; Changing thoughts, behaviour, and physiological responses **Yoga and health: The idea of 'sva-Astha'** The assumptions of development and personhood/self, motivation, cognition, emotion and action in yoga **Health promotion through yoga** Yoga for specific lifestyle disorders: Asthma, sleeplessness, diabetes, BP and cardiac heart diseases	15

Reference books

1. Iyengar, B. K. S. (1976). *Light on yoga.* London: UNWIN Paperbacks.
2. Rama, R. R. (2006). *Journey to the real Self. Vijinigiri, India: Yoga Consciousness Trust*.
3. Satyananda S, Swami. (2002). *Asana, pranayama, mudra, bandha.* Munger, India: Yoga Publications Trust.
4. Ogden J. (2007). *Health Psychology*. A text book. 4th ed. McGraw Hill
5. Tayor S. (2006). *Health Psychology*. McGraw Hill

6. Agarwal, S. (2018). Yoga in Health and Disease Medical Benefits of Yoga. CreateSpace Independent Publishing Platform
7. Rao, R. (20170. Foundations of Yoga Psychology. Springer Nature Singapore
8. Vivekananda. R. (2006). Practical Yoga Psychology. Yoga Publications Trust

Course code 24BPCP4P01	Practical based on 24BPCP4T04	Credits 2

COURSE Outcomes: After completing this course, students will be able to –
- Apply theoretical knowledge in practical issues. L3
- Summarize the discipline of health and yoga psychology. L2
- Construct a systematic interview and write report on it. L6
- Demonstrate advantages of yoga in improving lifestyle. L2
  Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	2	0	0	0	0	0
CO2	3	0	0	0	0	0
CO3	2	2	1	0	1	0
CO4	1	1	0	0	1	1

→ Conduct a small survey of people doing yoga
→ Interview at least one yoga teacher and write a report.
→ Visit to yoga school or centre and submit report
→ Interview one health psychologist and write a report.

Elective paper 2

Course code 24BPCP4T05	Course title Sports & Exercise Psychology	Credits 2	No. of lectures

COURSE OBJECTIVE: - After completing this course, students will be able to -
- Summarize the meaning, scope and need of sports psychology. L2
- Evaluate links between motivation and sport, and personality and sport. L5
- Explain key aims and concerns of exercise psychology with respect to physical activity. L2
- Identify the psychology of sports persons and effect of their individual aspects on the game. L3

Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	3	0	0	0	0	0
CO2	3	0	0	0	1	0
CO3	3	1	0	0	0	0
CO4	2	0	0	0	1	1

Unit I	**Introduction** Sport psychology in India. Sport psychology and its scope. Relationship between sport and physical education **Physical Activity** Effects of physical activity to prevent chronic diseases. Effects of physical activity on health-related quality of life, anxiety and depression. Determinants of physical activity and barriers to exercise	15
Unit II	**Motivation and sport** Humanistic perspectives on motivation. Achievement motivation. Cognitive approaches to motivation. **Negative and harmful effects of being active** Body Image and exercise. Social physique anxiety and exercise. Negative affect and exercise.	15

Reference Books

1. Berger, B. G., Pargman, D., & Weinberg, R. S. (2007). *Foundations of exercise psychology*. (2nd ed.). Morgantown, W.V.: Fitness Information Technology, pp.301-303.
2. Jain, R. (2005). *Sport psychology*. New Delhi, India: Khel Shatiya Kendra.
3. Sandhu, G. S. (1992). *Psychology in sports-A contemporary perspective*. New Delhi, India: Friends Publication.
4. Thatcher, J., Day, M., & Rahman, R. (2011). *Sport and exercise psychology*. United Kingdom: Learning Matters.

Course code 24BPCP4P02	Practical based on 24BPCP4T05	Credits 2

COURSE Outcomes: After completing this course, students will be able to –
- Apply theoretical knowledge in practical issues. L3
- Organize a session/seminar to motivate sports persons. L3
- Discuss techniques used by sports psychologist. L6
- Survey people with sports background or activity in sports. L4

  Grading will be as 3: High (>60%), 2: Moderate (40%-60%), 1: Low (<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	2	0	0	0	0	1
CO2	1	1	0	0	0	1
CO3	1	1	1	0	0	1
CO4	0	1	1	0	1	1

→ Interview any sports psychologist or someone specialized in sports psychology.

→ Present a case of sports person (what motivation techniques were used, if a psychologist was required etc.)

→ Complete a short course on open platforms like SWAYAM-NPTEL, Coursera etc.

Course code	Course title	Credits
24BPCP4RP5	**Research Project -II based on Clinical Psychology**	**6**

COURSE OUTCOMES: After completing this course, students will be able to –
- Compile the literature studied and data gathered through sampling. L6
- Interpret the data using statistical tools for analysis. L5
- Construct a rich and elaborate research report in the form of dissertation. L6
- Explain the research and its results through presentation. L2

Grading will be as 3: High(>60%), 2: Moderate(40%-60%), 1: Low(<40%), 0: No mapping

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	1	3	2	0	0	1
CO2	1	2	3	0	0	1
CO3	1	3	2	0	1	1
CO4	1	2	2	0	1	1

→ Students are required to continue work on the topic finalized in semester III.

→ In this semester students are expected to finish scoring, analysis, discussion & Conclusion. They should submit black book (thesis).

→ Additionally, students are required to attend/present a research paper at Conference and have one publication/participation in RM Workshop.

Examination Pattern

Internal	Theory	Practical
40 marks	60 marks	100 marks

	SEMESTER – III	Course imparts Employability (EM), Entrepreneurship (EN), Skill Development (SD)			Course integrates with Professional Ethics (PE), Gender Equity (GE), Human Value (HV), Environmental Sustainability (ES)			
Course Code	**Major Course Title**	**EM**	**EN**	**SD**	**PE**	**GE**	**HV**	**ES**
24BPCP3T01	Psychopathology	✓	--	--	--	--	--	--
24BPCP3T02	Clinical testing & assessment	✓	--	√	✓	--	--	--
24BPCP3T03	Personality Psychology	--	--	--	--	--	--	--
24BPCP3P01	Practical based on 24BPCP3T02	--	--	✓	--	--	--	--
Optional Electives Semester 3								
24BPCP3T04	Psychology of crime and violence	--	--	√	√	--	✓	--
24BPCP3P02	Practical based on 24BPCP3T04	--	--	--	✓	-	-	-
24BPCP3T05	Psychology of education & learning	--	--	--	-	-	-	-
24BPCP3P03	Practical based on 24BPCP3T05	--	--	--	✓	-	-	-
Research Project								
24BPCP3RP5	**Research Project-I based on Clinical Psychology**	--	--	✓	√	-	-	-

	SEMESTER – IV	Course imparts Employability (EM), Entrepreneurship (EN), Skill Development (SD)			Course integrates with Professional Ethics (PE), Gender Equity (GE), Human Value (HV), Environmental Sustainability (ES)			
Course Code	**Major Course Title**	**EM**	**EN**	**SD**	**PE**	**GE**	**HV**	**ES**
24BPCP4T01	Psychotherapy	✓	--	✓	✓	--	✓	--
24BPCP4T02	Rehabilitation psychology	✓	--	√	✓	--	✓	--
24BPCP4T03	Child psychology	--	--	--	--	--	--	--
Optional Electives Semester 4								
24BPCP4T04	Psychology of health & Yoga	--	--	--	√	--	✓	--
24BPCP4P01	Practical based on 24BPCP4T04	--	--	--	--	--	--	--
24BPCP4T05	Sports & exercise psychology	--	--	--	--	--	--	--

24BPCP4P02	Practical based on 24BPCP4T05	--	--	--	--	--	--	--
Research Project								
24BPCP4RP5	**Research Project-II based on Clinical Psychology**	--	--	✓	--	--	--	--