

Semester V			
Core: VIII	Counselling Types and Skills		
Code: 17UPSC52	Hrs/Week: 4	Hrs/Sem: 60	Credits: 4

Objectives

- To acquaint the students with the nature and process of counselling.
- To create an awareness about theories and techniques of counselling.
- To enable them to understand different fields of application of counselling.

UNIT – I

Introduction

Counselling: Definition, Purpose and goals of counselling, Ethics in Counselling

UNIT - II

Theories of Counseling

Person Centered Counseling, Cognitive Counselling, Behavioural Counselling.

UNIT - III

Types of Counselling /

Group Counselling, Counseling Families, Child Counseling, Counseling The Delinquent, Premarital Counseling, Marriage Counseling, counselling Drug Addicts, Crisis Intervention Counseling, Career Counseling.

UNIT - IV

Counseling Process

Stages of the Counseling Process: Basic skills for Counseling, communication and relationship skills.

UNIT - V

Major theories of Counselling

Person Centered Counselling

Gestalt Counselling

Cognitive Counselling

References:

1. Antony, D. John (1995). Skills of Counselling Micro Skill Model, Dindigul, Anugraha publication.
2. Antony, D. John (2009). Principles of practices of Counselling, Dindigul, Anugraha publications.
3. Burnard, P (2004) Counselling Skills Training, New Delhi – Viva Books.

SemesterV			
Core Practical VCounselling Skills- Practicals			
Code:17UPSCR5	Hrs/Week:4	Hrs/Sem: 60	Credits:4

Basic Skills – introduction of micro skills – 13 steps – code of conduct of a counsellor.

1. Welcoming the client and make the client comfortable with a small talk .
2. Observation of the body language of the client.
3. Attending the client Physically.
4. The client tells the story.
5. Reflecting the content of what the client said.
6. Reflect the a) feeling of the client b) Allow the client to speak sufficiently on the feeling c) Facilitate the client to release strong negative feelings.
7. Pin pointing the problem.
8. Personalising the client's deficiency.
9. Finding alternative frame of reference.
10. Employing problem solving techniques, behavioral strategies.
11. Insights
 - a) Encouraging the client to change what can be changed.
 - b) The client accepting gracefully what cannot be changed.
 - c) Preparing the client for the worst.
 - d) Preparing the client to be happy with whatever decision he/she has made.
12. Defining and operationalising the goal.
13. Making of contracts and evaluate.

Semester VI			
Core Practical VI		MENTAL STATUS ASSESSMENT TOOLS	
Code: 17UPSCR6	Hrs/Week: 5	Hrs/Sem: 75	Credits: 5

Introduction to Mental Status Examination – Theoretical foundations and applications

Appearance, Attitude and Behaviour

Mood and Affect Speech

Thought Process and thought Content

Perceptions, Cognition, Insights and Judgments

Semester IV			
SBE		Inner child Healing	
Code:17UPSS41	Hrs/Week:2	Hrs/Sem: 30	Credits:2

Objectives

- To understand the various issues in the students inner child journey
- To overcome the issues related to the inner child

Unit_I

An introduction to inner child journey.

Unit-II

The impact of early childhood.

Unit -III

Inner child work

Unit -IV

Dumping the negative garbage.

Unit-V

Positive belief system.

Reference:

Healing the Inner Child, Compiled by Sundar Wilson OFM Cap.,
Anugraha Publication, Dindigul

Self Study Course (Optional)		Semester - III	
Code : 17UPSSS1		Colour Psychology	
Hrs/week :		Hrs/Sem:	Credits : 2

Objectives:

- To know about various colours and its meaning
- To understand about Psychological functions of colours

UNIT – I

Introduction to Colour Psychology .

UNIT – II

Understanding the meaning of various colours in colour psychology

UNIT – III

Non verbal communication of colours

UNIT – IV

Positive and Negative traits of the colours

UNIT – V

Effect of the colours

Self Study Course (Compulsory)		Semester V Stress Management	
Code: 17UPSSS3	Hrs/Week:	Hrs/Sem:	Credits:2

Objectives

- To understand how intelligence, aptitude and achievement are related
- To understand the psychological concepts relating to adjustment
- To understand the concept of stress and techniques to cope with stress

Unit 1. Introduction: Nature of stress; Different perspectives on stress - Stress as response, stress as stimulus, stress as transaction. Types of stress- frustration, conflict, change, pressure.

Unit 2. Responding to stress: Emotional response, physiological response, behavioural response. Factor influencing stress tolerance – social support, hardiness, optimism and conscientiousness.

Unit3. Potential effects of stress: Impaired task performance, disruption of cognitive functioning, burnout; psychological problems and disorders, physical illness.

Unit 4. Nature and characteristics of coping: Different views of coping – psychodynamic, transactional, internal and external resource perspective. Common coping strategies and patterns; giving up, striking out at others, indulging and blaming self, defensive coping; appraisal focused, problem focused, emotion focused coping.

Unit5.Managing stress: Methods - yoga, meditation, relaxation techniques, problem focused and emotion focused approaches

Recommended Books:

1. Weiten, W., Dunn, D. S., & Hammer, E. Y. (2012). Psychology applied to modern life: Adjustment in 21st century (10th ed.). Belmont, CA: Wadsworth, Cengage Learning.
2. Lazarus, R.S. (1980). Patterns of adjustment, New Delhi: McGraw-Hill.
3. Martin, L.G.; Osborne, G. (1989). Psychology: Adjustment and everyday living. N.J.: Prentice-Hall, Englewood Cliffs.
4. Lazarus, R. S. & Folkman, S. (1984). Stress, appraisal and coping. New York, NY: Springer Publishing.
5. Aldwin, C. M. & Werner, E. E. (2004). Stress, coping and development: An integrative perspective. New York: Guilford.
6. Parameshwaran, E.G. & Beena, C (2002). Invitation to Psychology. Neelkamal Publication Pvt Ltd.
7. Sarason & Sarason (1982). Frontiers of Behaviour. Harper & Row. New York.

SEMESTER- V			
Common Core VII Psychology and Micro Biology for Health Care			
Code: 18UBCC51	Hrs/Week: 6	Hrs/Sem: 90	Credit: 4

Vision:

To familiarize the concepts of psychological aspects in health.

Mission:

To understand the complex interactions of biological, psychological, social factors of human health and disease.

Course Outcome

CO. NO	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the nature of psychology and microbiology	1	Re
CO-2	understand the importance of human system	1	Re
CO-3	to gain knowledge about the acute stressors.	2	Un
CO-4	analyze the various problems in menstrual cycle	5	An
CO-5	to develop a proper lifestyle	3	Cr
CO-6	understand about sleep related disorders	6	Un
CO-7	create an indepth knowledge about the health risk factors	2	Un
CO-8	evaluate the concept of health care.	4	Ev

SEMESTER- V			
Common Core VII Psychology and Micro Biology for Health Care			
Code: 18UBCC51	Hrs/Week: 6	Hrs/Sem: 90	Credit: 4

Unit I Introduction

Introduction to Microbiology - The History and Contributions of Microbiology (Antony Van Leeuwenhoek, Joseph Lister, Pasteur, Robert Koch,) Classification of microorganisms (Bacteria, fungi, virus), Applied fields of Microbiology.

Psychology as a science -Schools of Psychology, Various fields in psychology, Nature and Scope of Psychology.

Unit II Psychoneuroimmunology

Introduction and historical overview of Immune system, Basic Immunology- Specific immune mechanisms and functions – Immunomediators: [Immune-specific (e.g., cytokines); Non-immune-specific (e.g., aging, sleep)], Neuroimmunology- Lymphocyte neurohormonal receptors. Human stressor - Laboratory acute stressor effects on immunity.

Unit III Psycho physiological disorders

Personality disposition. CHD, Asthmatics, Allergy, Eczema, Hiding, Rheumatoid Arthritis, Peptic Ulcer, Diabetes and menstrual disorders.

Unit IV Life -style factors

Keeping the motor running -Neurobiological process that govern exercise, related psychological effects. Nutrition, eating -related process, overweight and obesity -making changes -Healthy foods-public health-Sleep, Sleep Disorders, accidents at work and at home.

Unit V Dealing with illness

Recognizing illness symptoms and what needs to be done- recognizing warning and health risks - illness perceptions and beliefs- Relation between patients and the health provider- obtaining health care.

Text books

1. Cacioppo, J.T., Tassinary, L.G., &Berntson, G.G (2007). *Handbook of Psychophysiology*(3rd edition). Cambridge, UK: Cambridge University Press.
2. 5Taylor,S.E.(2014). *Health Psychology*. McGraw-Hill Education.

Books for Reference

1. Marks, D. F., Murray, M., Evans, B., & Estacio, E.V. (2006). *Health Psychology India*; Sage Publication.
2. Sarafino, E.P. (1999). *Health Psychology*. John Wiley & Sons Inc.
- 3.HymieAnisman ,(2016) *Health Psychology*. Sage publication Ltd.

SEMESTER III			
Allied III - Psychological Statistics - I			
Code:18UPSA31	Hrs/Week:4	Hrs/Sem: 60	Credit: 3

Unit I: Introduction

Meaning and definition of statistics – origin, growth and characteristics – applications in psychology and limitations. Primary and Secondary Data: Differences and data collection methods

Unit II: Data Classification & Frequency Distribution

Classification and Tabulation: Objectives – types of classification – formation of continuous frequency distribution – uses of tabulation – parts of a table – types of tables – simple and complex tables – general purpose and special purpose tables; Diagrammatic and graphic Representation: General rules for construction– uses –Types - limitations of diagrams and graphs.

Unit III: Probability and Its Applications

Definition – Computation of probability – Set theory: Set, Subset, Equal sets, Proper subset, Empty set – Complement of set, Union, intersection, disjoint and universal set – Theorems of probability

Unit IV: Descriptive Statistics

Averages: Concepts– requisites of a good average –mean, median and mode –merits and demerits – numerical computations; Dispersion: Concepts – types of measures– merits and demerits – numerical computations.

Unit V: Sampling and Theoretical Distributions

Concept of population and sample – census – requisites of a sample - Random & Non Random sampling methods– sampling and non-sampling errors; Poisson and normal distributions – Skewness and kurtosis

Textbooks

1. Verma, J. P., &Ghufran, M. (2012). Statistics for Psychology: A comprehensive text. Tata McGraw Hill Education, New Delhi.
2. Garrett, H.E. (1979)Statistics in Psychology and Education, 9th Indian Reprint, Bombay, wakils, Feffer and Simons Pvt. Ltd.

Books for Reference

1. Gupta, S.P. (2006)Statistical Methods, New Delhi: Sultan Chand and Sons.
2. Howell, D.C. (2002) Statistical Methods for Psychology, 5th edition, Australia Duxbury Publishers.
3. Howell, D.C. (2002) Statistical Methods of Psychology. 5th edition. Australia, Duxbury Publishers.
4. Minium, E.W., King B.M. and Bear. G. Statistical Reasoning in Psychology and Education N.Y: john wiley& sons, end 2001.
5. Gravetter F.J. and Wallnay L.B. Essentials of statistics for the Bahavioural Sciences. N.Y. West Publishing com., 1995.

SEMESTER IV			
Allied IV - Psychological Statistics - II			
Subject Code:18UPSA41	Hrs/Week: 4	Hrs/Sem: 60	Credit: 4

Unit I: Inferential Statistics: Parametric and Non Parametric Tests

Parametric and Non-parametric tests: Meaning – Rules of using – Chi-square and contingency coefficients: Meaning and assumptions – numerical computations - Correlation and Regression: Meaning– correlation and regression coefficients – numerical computations.

Unit II: Analysis of Variance

One-way analysis of variance, Two-way analysis of variance.

Unit III: Testing of Hypothesis

Testing of hypothesis – Meaning - Types, Type 1 & 2 errors, level of significance, one tailed and two tailed tests, t test, z test, test of significance

Unit IV: Inference Estimation

Introduction – Theory of estimation – point estimation, interval estimation – Confidence interval – Factors affecting confidence interval – Confidence intervals for mean, population mean and proportion

Unit: Research Design in Psychology

Types – Design – Principles of design – Methods of research – Experimental design

Textbooks

1. Verma, J. P., &Ghufran, M. (2012). Statistics for Psychology: A comprehensive text. Tata McGraw Hill Education, New Delhi.
2. Garrett, H.E. (1979)Statistics in Psychology and Education, 9th Indian Reprint, Bombay, wakils, Feffer and Simons Pvt. Ltd.

Books for Reference

1. Gupta, S.P. (2006) Statistical Methods, New Delhi: Sultan Chand and Sons.
- Howell, D.C. (2002)Statistical Methods for Psychology, 5th edition, Australia Duxbury Publishers.
2. Howell, D.C. (2002) Statistical Methods of Psychology. 5th edition. Australia, Duxbury Publishers.
3. Minium, E.W., King B.M. and Bear. G. Statistical Reasoning in Psychology and Education, N.Y: john wiley& sons, end 2001.
4. Gravetter F.J. and Wallnay L.B. Essentials of Statistics for the Bahavional Sciences N.Y. West Publishing com., 1995.

SEMESTER V			
Core:IX Counselling Psychology			
Code:18UPSC53	Hrs/Week:5	Hrs/Sem: 60	Credit:4

Vision:

To acquaint the students with the nature and process of counselling.

Mission:

To elaborate on the different fields and application of counselling.

Course Outcome:

CO.No	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	explain the process of counselling and the Ethics in counselling.	5	Un
CO-2	analyse the counselling process and its various stages.	5	An
CO-3	understand the concepts and theories in counselling.	5	Un
CO-4	know the meaning, person centered counselling and behavioural counselling.	5	Un
CO-5	use the theories of counselling in a practical way.	5	Ap
CO-6	understand the concept applications of counselling.	5	Cr
CO-7	evaluate the knowledge on counselling skills.	3,4	Ev
CO-8	analyze the various crisis in counselling.	5	An

SEMESTER V			
Core:IX		Counselling Psychology	
Code:18UPSC53	Hrs/Week:5	Hrs/Sem: 60	Credit:4

Unit I Introduction

Counselling: Definition, process and goals.- Guidance and counselling – Need for counselling – Emergence and growth of Guidance and Counselling – Status of Guidance ND Counselling Movement in India.

Unit II Counselling Approaches and Practices

Directive or authoritarian approach – Relevance of Psychoanalysis – Non Directive approach: Humanistic-Existential approach – Roger's Self Theory – Behaviouristic approach: Reciprocal inhibition, Behaviour modification – Eclectic approaches.

Unit III Counselling Processes

Preparation for counselling – Counselling relationship – Content and process of counselling, counselling interactions, Counsellor-counselee relationship, factors affecting counselling process – Effective counsellor's skills: Characteristics and attitudes; Counselling Interview – Nature and significant features, setting and types of counselling interview, appropriate use of communication and interviewing techniques, degree of lead, silence, relationship techniques, sharing of experiences, resistance.

Unit IV Counselling Issues

Professional preparation and training for counselling: Counselling preparation and professional issues, academic preparation, practical skills, selection and training of counsellors, preparation of counsellors; Ethics in Counselling: Codes of professional ethics, Common ethical violations by Mental Health Professionals.

Unit V Psychological Testing and Diagnosis

Tools and techniques used in counselling and guidance: Testing and Non testing devices, Tools used in assisting individuals towards self-discovery; Test interpretation in counselling, Issues of diagnosis in counselling – Limitations.

Text books

1. Gibson & Mitchell (2003). *Introduction to Counselling and Guidance*. VI Edition. Pearson Education.
2. Nelson-Jones, R. (2011). *Theory and Practice of Counselling and Therapy*. V Edition. Sage Publications, New Delhi.
3. Rao S. Narayanan (1992). *Counselling and Guidance. II Edition*, Tata McGraw-Hill Publications.

Books for Reference

1. Parischa, Prem (1976). *Guidance and Counselling in Indian Education*.
2. Baron, R.A. & Byrne, D. *Social Psychology (9th ed)*. Delhi :Pearson Education 2000.

SEMESTER - VI			
Core XII		Industrial Psychology	
Code : 18UPSC63	Hrs / Week: 5	Hrs / Sem.: 75	Credit: 4

Vision:

To inculcate the basic knowledge about industrial psychology.

Mission:

To develop students to fit into the industrial background of their native town.

Course Outcome:

CO.No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the aspects of positive psychology	1	Re
CO-2	compare and understand the various aspects of positive psychology	1	Un
CO-3	apply knowledge about handling others in daily life in a positive way	1, 2 , 8	Ap
CO-4	analyze the need of knowledge of positivity	1 , 8	An
CO-5	evaluate the means of developing an understanding about positive social interaction	1, 2 , 8	Ev
CO-6	create new theories and concepts of positive psychology	1 , 8	Cr
CO-7	create a society devoid of negativity	1, 2 , 8	Cr
CO-8	develop a better understanding about people through positive psychology	1, 2 , 8	Cr

SEMESTER - VI			
Core XII		Industrial Psychology	
Code : 18UPSC63	Hrs / Week: 5	Hrs / Sem.: 75	Credit: 4

Unit I Introduction to Industrial Psychology

Introduction to Industrial Psychology. Definitions & Scope. Scientific Management, Human Relations Schools and Hawthorne Experiments

Unit II Leadership

Nature. Leadership styles. Leadership traits. Leadership Behaviours. Subordinate contingencies. Environmental contingencies. Theories of leadership: Path goal theory, Normative Decision theory. Visionary leadership. Charismatic leadership. Transformational leadership. Transactional leadership. Leadership grids.

Unit III Individual in Workplace

Motivation and Job Satisfaction. Stress Management. Organisational Culture. Leadership and Group Dynamics

Unit IV Work Environment and Engineering Psychology

Work Environment and Engineering Psychology, Fatigue, Boredom, Accidents and Safety Job Analysis. Recruitment and Selection: Reliability and Validity of Recruitment Tests

Unit V Training and Development

Training and Development. Types of training. Coaching. Instructional design. Organizational learning. Management training Models of Development.

Text Book

1. *Advanced Industrial Psychology*. Sharma R.N. (2004) Atlantic Publications, Delhi.

Books for Reference

1. *Industrial Psychology*. Narendar Singh McGrawHill Publishers, New Delhi.
2. *Organisational Behaviour* (14TH ED) Robbins P., Judge A. & Vohra N. Pearsons publication, Delhi. 2012

SEMESTER IV			
Skill based Elective		Sports Psychology	
Course Code: 21UPSS41	Hrs/Week:2	Hrs/Sem: 30	Credit: 2

Objectives:

To introduce the students to the field of Sports Psychology

To develop an understanding about the various aspects and components of this developing field.

Course outcome:

CO. No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the basic concepts and principles of sports psychology	2	Un
CO-2	apply the concepts learnt in personality development	2,3	Ap
CO-3	analyse how psychology is applied in the field of sports	1,2	An
CO-4	analyze the various emotions associated with sports	2,5	An
CO-5	evaluate the social factors that influence sportsmanship	2,5	Ev
CO-6	create new expertise and skill development programs essential for sports	2,4,7	Cr
CO-7	develop a scientific approach towards sports	1,2	Cr
CO-8	develop a knowledge that makes them true researchers and solve society's problem	1,2,7	Cr

SEMESTER IV			
Core skill based		Sports Psychology	
Course Code: 21UPSS41	Hrs/Week:2	Hrs/Sem: 30	Credit: 2

Unit I Introduction

Definition – Brief history – Personality characteristics and sporting behaviour – Trait theories – Narrow band theories of personality - Attentional style – Situational and interactional approaches.

Unit II Personality development & attitude to sports

Personality development: Psychodynamic approach to personality development – Social learning theory – Applying social learning theory to sport – Gender and sport

Attitudes: Nature of attitudes – Measuring attitudes – Attitude formation to sports – Attitude to competition – Attitudes to sports and sporting behaviour.

Unit III Aggression, arousal, anxiety and sporting performance

Aggression: Definition – Link between aggression and performance – Individual difference in sporting aggression – Situational factors affecting aggression – Reduction of aggression

Arousal and anxiety: Definitions – Factors inducing anxiety and stress – Relationship between arousal and performance – Relationship between anxiety and performance – Stress management

Unit IV Social factors and Motivation in sports

Social factors: Groups and teams – Social facilitation – Negative effects of team membership – Leadership

Motivation: Definition – Types – Self efficacy – Counterfactual thinking – Pathological motivation and sports.

Unit V Skill acquisition and expertise

Definitions – Classifying abilities and skills – Stages of skill acquisition – The information processing approach to skills – Memory – Theories of motor learning – Expert performance – Enhancing skill and expertise: Role of practice.

Text book

1. Jarvis, M. (2006). *Sports Psychology – A Student's Handbook*. Routledge Taylor & Francis Group, London & New York.

Reference books

1. Webster S. *Sport Psychology: An A Level Guide for Teachers and Students*. Jan Roscoe

Publications,1999.

2. Cox, R.H. *Sport Psychology: Concepts and Applications* McGraw–Hill Humanities

3. Jarvis, M. *Sports Psychology*. London & New York: Routledge Taylor & Francis Group, 1999.

SEMESTER III	
Self-Study Course	Human Rights
Course Code:21UPSSS1	Credit:2

Objectives:

To make every student aware of the various human rights present in our nation.
To provide the basic knowledge of all the human rights so as to make their lives even more safe and secure.

Course Outcome:

CO. No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the basic concepts and principles of Human Rights	8	Re
CO-2	compare and contrast the various impacts of laws on women and children	8	Un
CO-3	apply knowledge about conceptual human rights in daily life	8	Ap
CO-4	analyze the need of knowledge of Human Rights in daily life	8	An
CO-5	evaluate the means of developing an understanding about the various laws for women	8	Ev
CO-6	create new laws and awareness about the laws among people	8	Cr
CO-7	create a flawless society	8	Cr
CO-8	create a nation with law abiding citizens	8	Cr

SEMESTER III	
Self-Study Course	Human Rights
Course Code:21UPSSS1	Credit:2

Unit I Conceptual Background of Human Rights and Duties

- (i) Rights: inherent, inalienable, universal, indivisible
- (ii) Values: Dignity, liberty, equality, justice, unity in diversity
- (iii) Need for balance between Rights and Duties, Freedom and Responsibility

Unit II Philosophical and Historical Perspectives

- (i) Theories of human rights
- (ii) History of human rights civilization
- (iii) Human rights movements

Unit III Human Rights and Duties in India

- (i) Evolution: Independence movement, making of the Constitution
- (ii) Indian Constitution: Fundamental Rights - Fundamental duties –
- (iii) Enforcement and protection mechanism of human rights in India: Judiciary - National Human Rights Commission and other Commissions and Committees - Non-governmental organizations - Information Media–Education

Unit IV Child Protection

Understanding & Identifying Child Sexual Abuse – Need for prevention – Preventive approaches in the education setting – POCSO Act – Need for Child Protection in schools

Unit V Policies and Protection of Women

Legislations for Protection of Women's Rights - National Policy for Empowerment of Women - Government schemes meant for welfare of women in India - Suggested steps for violence prevention - Suggested areas for future research on women

Books for References:

1. Begum, S.M., ed., *Human Rights in India: Issues and Perspectives* .New Delhi: APH PublishingCo., 2000.
2. National Council for Teacher Education, *Human Rights and National Values: Self-Learning Module, volumes I-III* .New Delhi, 1996.

3. UNICEF, *The Child and the Law* .New Delhi: UNICEF, 1994.
4. Sibnath Deb &AparnaMukerjee.*Impact of Sexual Abuse on Mental Health of Children*. New Delhi, India:Concept Publishing Company,2009.
5. Agarwal, H.O., *Implementation of Human Rights Covenants with Special Reference to India*.Allahabad: KitabMahal, 1983.