

# University of Patanjali

Uttarakhand, Haridwar



## Department of Psychology

**M.A Psychology with specialization in Clinical Psychology  
(w. e. f. Academic Session: 2018-19)**

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**UNIVERSITY OF PATANJALI, UTTRAKHAND, HARIDWAR**

**NAME OF PROGRAM: M.A. PSYCHOLOGY WITH SPECIALIZATION IN CLINICAL PSYCHOLOGY**

The minimum duration of the programme will be two years (4 semesters).

(Academic Session: 2018-2019)

**1. Program Educational Objectives (PEOs):**

<b>PEO1</b>	<b>Promotion of holistic health with the knowledge of Clinical Psychology.</b>
<b>PEO2</b>	Application of scientific knowledge to understand and interpret psychological phenomena.
<b>PEO3</b>	Engagement in innovative and integrative thinking of psychotherapies.
<b>PEO4</b>	Apply psychological concepts and skills to career goals.
<b>PEO5</b>	Apply ethical standards to conduct and evaluate psychological science and practice.

**2. Program Outcomes (POs):**

<b>PO1</b>	Use scientific Knowledge to understand and interpret psychological phenomena.
<b>PO2</b>	Applications of Rational thinking approach in the solution of problems.
<b>PO3</b>	To promote the ability to work with <i>Manoyoga</i> (passion).
<b>PO4</b>	Use psychological principles to understand local, regional, national and international issues.
<b>PO5</b>	Apply psychological principles and theories to serve and improve one's community.

**3. Program Specific Outcomes (PSOs):**

<b>PSO1</b>	Students will be able to create Yogic-Psychological environment in different areas of life.
<b>PSO2</b>	Students of Psychology will be able to have unconditional positive regard and empathy towards others.
<b>PSO3</b>	Students will learn to work in a team and develop leadership qualities.
<b>PSO4</b>	Students will be able to conduct short empirical researches so that they develop an understanding about application of statistics and research methodologies.
<b>PSO5</b>	Students will be able to apply psychological principles and theories to serve and improve one's community.

### COURSE DETAILS

Course Code	Title of the Course	Course Objectives	Course Outcomes (COs)
MAP-101	Yoga Psychology	<ul style="list-style-type: none"> <li>To initiate the understanding of psychological knowledge within yoga and meditation linking with the idea of mental health and well-being.</li> <li>To deepen the practice of yoga and meditation systems and linking to applications in various contexts.</li> </ul>	<p>After completion of the course students will be able:</p> <p><b>CO1-</b> To achieve spiritual and mental wellbeing.</p> <p><b>CO2-</b> To promote ancient Indian Knowledge.</p> <p><b>CO3 -</b>To understand human behaviour as per Yogic Perspectives.</p>
MAP-102	Statistical Techniques and Experimental Designs	<ul style="list-style-type: none"> <li>To develop an understanding of various statistical techniques in terms of their Applications.</li> <li>To create understanding about different types of Design employed in Psychological Research.</li> </ul>	<p>After completion of the course, students will be able:</p> <p><b>CO1-</b> To collect, organize, interpret and analyze of psychological data in various fields of life.</p> <p><b>CO2-</b> To obtain scientific results by using different statistical methods.</p> <p><b>CO3-</b> To utilize statistical knowledge in various field of science and arts.</p>
MAP-103	Social Psychology	<ul style="list-style-type: none"> <li>To understand the use of social psychological perspectives to explore human experiences and behaviour within social situations or socio-historical context.</li> <li>To develop insight about the basic assumptions and scope of social psychological</li> </ul>	<p>After completion of the course, students will be able to:</p> <p><b>CO1-</b> Describe a broad social perspective towards social issues.</p> <p><b>CO2-</b> Present scientific solutions of social problems.</p> <p><b>CO3-</b> Explain intergroup</p>

		<p>perspectives.</p> <ul style="list-style-type: none"> <li>To explore the use of social psychological perspectives in addressing the issues and problems of the real world.</li> </ul>	relationship.
MAP-104	Biological Foundations of Behaviour	<ul style="list-style-type: none"> <li>To learn about biological foundations of behavior.</li> <li>To understand about physiology and importance of brain functions.</li> </ul>	<p>After completion of the course, students will be able to:</p> <p><b>CO1-</b> Describe causes of human behaviour as per biological perspectives.</p> <p><b>CO2-</b> Control and manage the physiological changes of one's own body.</p> <p><b>CO3-</b> Explain neurological understanding about human behaviour.</p>
MAP-105	Psychology Practicum	<ul style="list-style-type: none"> <li>The course aims to deliver practical and in-depth experience in accordance to the principles learnt in the theory courses covering the areas of verbal learning, memory, forgetting etc.</li> <li>To provide the students with the practical knowledge of conducting various experiments and Psychological Tests.</li> </ul>	<p>After completion of the course, students will be able to:</p> <p><b>CO1-</b> Describe the basic concepts of psychological testing.</p> <p><b>CO2-</b> Measure various psychological characteristics.</p> <p><b>CO3-</b> Compare individual differences.</p>
MAP-201	Research Methods	<ul style="list-style-type: none"> <li>To inform students about the basics of scientific research in applied psychology.</li> <li>To make them learn the statistical rigors in designing research and processing data.</li> </ul>	<p>After completion of the course, students will be able:</p> <p><b>CO1-</b> To conduct short empirical research.</p> <p><b>CO2-</b> To prepare and present scientific research report in various fields of life.</p>

			<b>CO3-</b> To prepare research reports.
MAP-202	Positive Psychology	<ul style="list-style-type: none"> <li>• To recognize what contributes/does not contribute to happiness.</li> <li>• To understand the right kind of vocation relationship and values in life that enhances one's well-being</li> <li>• To recognize the role of positive emotions and traits in enhancing happiness.</li> </ul>	<p>After completion of the course, students will be able:</p> <p><b>CO1-</b> To know and apply the true meaning of life.</p> <p><b>CO2-</b> To create happy and healthy ambiance.</p> <p><b>CO3-</b> Explain the importance of holistic wellbeing</p>
MAP-203	Cognitive Psychology	<ul style="list-style-type: none"> <li>• To learn about basic psychological processes through scientific experiments.</li> <li>• To understand various mental processes: Attention and consciousness, Memory processes, Reasoning and decision making.</li> </ul>	<p>After completion of the course, students will be able to:</p> <p><b>CO1-</b>Provide an in-depth understanding of some of the cognitive processes in terms of current theories, models and applications.</p> <p><b>CO2-</b>Help learners understand the importance of these cognitive processes in everyday life.</p> <p><b>CO3-</b>Become creative and decision oriented.</p>
MAP-204	Theories of Personality	<ul style="list-style-type: none"> <li>• To develop an understanding of the concept of individual difference.</li> <li>• To develop an appreciation of the biological and social impact on personality.</li> </ul>	<p>After completion of the course, students will be able to:</p> <p><b>CO1-</b> Achieve and maintain dignity of human behaviour.</p> <p><b>CO2-</b> Built organized personality.</p> <p><b>CO3-</b> Explain importance of</p>

			Indian virtues.
MAP-205	Practicum	<ul style="list-style-type: none"> <li>To provide a understanding of psychological tests having applications in clinical practice.</li> <li>Exposure to the general concepts of psychology through experimentation and testing.</li> </ul>	<p>After completion of the course, students will be able to:</p> <p><b>CO1-</b> Detect various mental diseases through psychological tests.</p> <p><b>CO2-</b>Provide scientific report of psychological qualities.</p> <p><b>CO3-</b>Compare individual differences.</p>
MAP-301	Health Psychology	<ul style="list-style-type: none"> <li>To familiarize with the concept of health psychology to live healthy life.</li> <li>To orient the students about management of stress.</li> </ul>	<p>After completion of the course, students will be able to:</p> <p><b>CO1-</b> Maintain a holistic approach of health.</p> <p><b>CO2-</b> Promote Indian psychologic views of health in the society.</p> <p><b>CO3-</b> Describe conceptual knowledge of behavioural health.</p>
MAP-302	Psychopathology	<ul style="list-style-type: none"> <li>To develop understanding of the various manifestations of psychopathology.</li> <li>To familiarize with DSM IV and ICD II to classificatory systems in the context of diagnosis of various psychiatric/psychological disorders.</li> </ul>	<p>After completion of the course, students will be able:</p> <p><b>CO1-</b>To understands nature, aetiology and prevention of mental health issues.</p> <p><b>CO2-</b>To develops skills for diagnosis and classification of mental disorders.</p> <p><b>CO3-</b>To prepare mental status examination.</p>
MAP-303	Clinical Psychology	<ul style="list-style-type: none"> <li>Tofamiliarize with the history and development</li> </ul>	After completion of the course,

		<p>of clinical psychology as a field in India and its evolving professional identity.</p> <ul style="list-style-type: none"> <li>• To orient students to major theoretical models which guide clinical psychological practice and research</li> <li>• To orient about clinical assessment process and its application in various domains.</li> </ul>	<p>students will be able:</p> <p><b>CO1-</b>To describe the basic concepts of clinical psychology.</p> <p><b>CO2-</b>To assist clinical psychologists and psychiatrists</p> <p><b>CO3-</b>To assess and prepare a treatment plan under clinical setting.</p>
MAP-304	Psychometry	<ul style="list-style-type: none"> <li>• To gain familiarity with Psychometry and psychological measurement.</li> <li>• Criteria of psychological test and the steps used in test construction.</li> </ul>	<p>After completion of the course, students will be able:</p> <p><b>CO1-</b>To create critical understanding of measurement issues and techniques in psychological inquiry.</p> <p><b>CO2-</b>To develop skills and competencies in test construction and standardization.</p> <p><b>CO3-</b>To learn the application and contextual interpretation of data from psychological measurement.</p>
MAP-305	Practicum	<ul style="list-style-type: none"> <li>• To provide an understanding of psychological tests having applications in clinical practice.</li> <li>• Exposure to the general concepts of psychology through experimentation and testing.</li> </ul>	<p>After completion of the course, students will be able to:</p> <p><b>CO1-</b> Demonstrate working knowledge of report writing and providing psychological consultancy in various setting.</p> <p><b>CO2-</b> Developing an appreciation of how psychological tests can be applied to real life settings.</p> <p><b>CO3-</b> Compare individual</p>



			differences.
MAP-401	Guidance and Counselling Psychology	<ul style="list-style-type: none"> <li>To gain the knowledge about guidance and counselling</li> <li>Importance of counselling in real life.</li> </ul>	<p>After completion of the course, students will be able:</p> <p><b>CO1-</b> To understands bio-psycho-social issues of human life as per psychological perspectives.</p> <p><b>CO2-</b> To assists clients under the supervision of clinical psychologists in various areas of life.</p> <p><b>CO3-</b> To provides counselling in school, college and university levels.</p>
MAP-402	Psychological Testing	<ul style="list-style-type: none"> <li>To gain familiarity with psychological testing and its nature and functions</li> <li>To create understanding about different types of testing.</li> </ul>	<p>After completion of the course, students will be able:</p> <p><b>CO1-</b> To administers psychological testing in various settings like school, hospitals and NGO.</p> <p><b>CO2-</b> To provide help in the assessment of mentally retarded and physically handicapped persons</p> <p><b>CO3-</b> To explain about various types of psychological testing.</p>
MAP-403	Therapeutic techniques	<ul style="list-style-type: none"> <li>To gain knowledge about different therapies</li> <li>To create understanding and awareness about the use of therapies in professional life.</li> </ul>	<p>After the completion of this course students will be able:</p> <p><b>CO1-</b> To apply psycho -therapeutic knowledge in practical life.</p> <p><b>CO2-</b> To assist psychotherapist</p>

			<p>and clinical psychologist.</p> <p><b>CO3-</b> To explain the basic utility of psychotherapies.</p>
MAP-404	Dissertation/Project work	<ul style="list-style-type: none"> <li>Assess the student's mastery of the factual information, the theoretical concepts, and the methodological approaches in his/her field.</li> </ul>	<p>After completion of the course, students will be able to:</p> <p><b>CO1-</b> Conduct original research including: Literature review and generation of hypothesis</p> <p><b>CO2-</b> Explain and apply an appropriate technique of research methodology and Statistical analysis of data.</p> <p><b>CO3-</b> Produce final dissertation outcomes of a high professional standard.</p>
MAP-405	Tour Report	<ul style="list-style-type: none"> <li>Deepen Social and practical knowledge.</li> <li>Develop critical thinking.</li> <li>Enhances perspectives</li> </ul>	<p>After completion of the course, students will be able to:</p> <p><b>CO1-</b> Collaborate with teachers, and integrate new perspectives with informal environments to enhance learning initiatives.</p> <p><b>CO2-</b> Apply skills, values and general knowledge in new settings.</p> <p><b>CO3-</b> Explore practical utility of the clinical tour.</p>