

# Allahabad State University

## **Semester Courses for Post Graduation in Psychology**

There shall be 4 semesters and each semester will have 4 theory papers of 100 marks each and one practical/ dissertation/ field work of 100 marks. In this manner, 500 marks will be allocated to each semester. The total marks will be 2000. The course structure is as follows:

### **Semester I**

1. Cognitive Processes : I
2. Motivation and Affective Processes
3. Physiological bases of behavior
4. Theories of Personality
5. Practical's : Lab. Experiment : Design experiments to measure cognitive processes and motivation and affective processes.

### **Semester II**

1. Cognitive Processes II
2. Advances in Social Psychology
3. Advanced Research Methods
4. Environmental Psychology
5. Practicals : Field work.

### **Semester III**

The following course are being offered and students will be required to select any four papers :

1. Health Psychology
2. Clinical Psychology
3. Organizational Behavior

## **Allahabad State University**

4. Applied Social Psychology
5. Gender Issues
6. Indian Psychology

Practicals : Dissertation in any area of specialization.

### **Semester IV**

The following courses are being offered and students will be required to select any four papers :

1. Stress Management
2. Counselling
3. Human change and Community Development
4. Human Resource Management
5. Yoga Studies

Practicals : Dissertation in any area of specialization.

# Allahabad State University

Master's Degree in Psychology

Semester : 1

Paper : 1

Course title : Cognitive Process -1

Unit 1. Cognitive Approach : Origin and Current Status of Cognitive Psychology.

Unit 2. Attentional Processes : Selective Attention and its theories. Divided attention and resource allocation, Biological basis.

Unit 3. Perceptual Processes : Bottom-up and Top-Down Approaches : Pattern recognition : Picture perception.

Unit 4. Memory : Models of memory : Structural and levels of processing models. Tulving's Episodic, and Procedural models : Mcclelland's PDP approach : Short-term Memory : Accuracy-Interference, Context and Encoding Specificity. Mood and Memory ; Autobiographical Memory : Flash bulb memories. Memory for action. Eye-witness Testimony. Memory Improvement.

Unit 5. Geeral Knowledge : Semantic Memory : nature. Methodology and structure. Feature comparison Model and Network models : Concept Formation : Well defined Concepts-Features and Rules : Empirical determinants, and selection strategies, Ill-defined concepts (Natural Categories): resembles:

## **Allahabad State University**

Scheme in relation to memory selection, abstraction, interpretation and integration; Metacognition.

### **Recommended Readings :**

1. Galotti, K.M. (1999). Cognitive Psychology in and outside laboratory, Mumbai : Thomson Asia.
2. Matlin, Margaret W. (1995). Cognition (3 ed.). Prism Books Pvt. Ltd., Bull emple Road, Basavasigudi, Banglore.
3. Snodgrass, Jone Gray et. Al. (1985), Human Experimental psychology, New York; Oxford University Press.

## **Allahabad State University**

Master's Degree in Psychology

Semester : I

Paper : 2

Course title : Motivational and Affective Processes

Unit 1 : Basic Motivational Concepts : Instincts, needs, Drives, Arousal, Incentives, Biological and social motives, Extrinsic and Intrinsic Motivation.

Unit 2 : Approaches to the study of Motivation : Psycho-analytical, Ethological, S-R, Humanistic, Attributional and Indigenous Indian Approaches to Motivation.

Unit 3 : Emotion : Concept, Bodily Changes and Non-verbal expression, Biological Foundations of Emotion.

Unit 4 : Theories of Emotion : Darwinian-Evolutionary theories, Body-Reaction Theories, Neo-Jasmsian Theory, Cognitive and Neuro-physiological, Rasa Theories.

Unit 5 : Emotional Intelligence : Concept, Domains, Measurement and Applications.

### **Recommended Readings :**

1. Beck, R.C. (1983). Motivation : Theories and Principles. Prentice Hall.
2. Weiner, B. (1994). Human Motivation
3. Strongman, K.T. (1987). The Psychology of Emotion. New York: Wiley and sons.
4. Edwards, D.C. (1999). Motivation and emotion. New Delhi: Sage.

## **Allahabad State University**

Master's Degree in Psychology

Semester: 1

Paper:3

Course title: Neurophysiologic Bases of Human Behavior

Unit 1: Nature of physiological Psychology

- Biological roots
- Methods

Unit 2: Structure and function of cells of the Nervous System.

- Cells of the Nervous System
- Communication within a neuron
- Communication between neurons

Unit 3: Structure of the Nervous System

- Cerebral cortex: anatomical and functional subdivisions
- Limbic system, basal ganglia, hippocampus, hypothalamus, and diencephalon
- Brain stem
- Cerebellum
- Spinal cord
- Autonomic nervous system

Unit 4: Neurophysiological structures underlying Learning and Memory and emotional behavior.

- Learning and synaptic plasticity: Long-term potentiation, NMDA receptors, mechanism of synaptic plasticity

## **Allahabad State University**

- Relational learning: Anteograde amnesia, anatomy anterograde amnesia
- Emotions as response patterns: The role of the amygdale in fear Anger, and aggression.

Unit 5: Neurophysiological of Cognitive Impairment.

### **Recommended Readings:**

1. Kalat, James w. (8<sup>th</sup>.ed.). Biological Psychology, Singapore Thomson Wassworth.
2. Kolb, B. and wishaw, I.Q. Fundamentals of Human Neuro-psychology (fifth edition).
3. Gazzaniga, M., Ivery, r.B. and Mangun, G.R. Cognitive Neuroscience: The Biology of Mind (Third Edition). New York: W.W. Norton.
4. Levinthal, C.F. (1975). Introduction to Physiological Psychology.
5. Beatty, J. (2001). The human brain: essentials of behavioral neuroscience. Thousand Oaks: Sage Publication.

## **Allahabad State University**

Master's Degree in Psychology

Semester: 1

Paper:4

Course title: Personality and Psychology of Self

Unit 1: Theories of personality: Psychodynamic: Freud, Carl Jung and Neo-Freudians.

Unit 2: Emphasis on personality Traits: Allport, Cattell, Eysenck, Big-Five Model.

Unit 3: Phenomenological and Cognitive Theories: Carl Rogers, Kelly, Bandura and Walters Michael.

Unit 4: Self: Nature, Structure and Perspectives (William James, Mead and Cooley), Social Identity; Self and Information Processing. Self and Culture.

Unit 5: Self regulation: Self-efficacy, Self Esteem, self presentation and self motives.

### **Recommended Readings:**

1. Hall, C. and Lindzey, G. (2003). Theories of Personality. New York: Wiley & Sons.
2. Hijielle, L.A. & Ziegler, D.J. (1999) Personality Theories, New York: McGraw-hill.
3. Baumeister, Roy. F. (Eds.) (1999). The Self in Social Psychology. U.K. Psychology Press.
4. Eysenck, H.J. (2008). Structure of personality, New Delhi: Srishti Book Distributions.



# Allahabad State University

Master's Degree in Psychology

Semester: 1

Paper:5

Course title: Practical

Lab work: There will be four practical based on each of the four theories taught during semester one.

## **Allahabad State University**

Master's Degree in Psychology

Semester: 2

Paper: 1

Course title: Cognitive Process-2

Unit 1: Language Comprehension : Spoken language :  
Speech perception, Constituent structure.  
Transformational grammar, factors affecting  
comprehension; Reading: Perceptual processes and  
theories of word recognition. Discovering meaning,  
inference in Reading; Metacomprehension.

Unit2: Language production: Speaking: Selecting the  
context; errors in speaking; Gestures and context;  
Writing: comparison between speaking and writing;  
Cognitive tasks involved in writing; Bilingualis:  
Advantages and disadvantages; Code switching and  
second language proficiency.

Unit 3: Problem Solving: Classification of problem; Newell  
and simon's theory; Problem-solving approaches;  
Means-end heuristics-and the analogy approach and  
other strategies; Class-room Problem solving.

Unit 4: Creativity : Nature and measurement; Factors  
affecting creativity.

Unit 5: Logical reasoning and Decision Making: Types and  
errors in reasoning processes: deductive & inductive  
hypotheses testing and conditional reasoning;  
Theories of thought processes. Decision making

## **Allahabad State University**

Algorithms, and heuristics-representativeness, availability anchoring and adjustment; The Framing effect and overconfidence in decisions.

### **Recommended Readings**

1. Galotti, K.M. (1990). Cognitive psychology in and outside laboratory, Mumbai: Thomson Asia.
2. Matlin, Margaret W. (1995). Cognition (III ed.). Prism Books Pvt. Ltd., Bangalore.
3. Reed, Stephen K. (1998). Cognition Theory and application (III ed.). Pacific Grove, California: Brooks/cole Publishing Company.
4. Hewes, mary B. (1990). The psychology of human cognition, New York: Pergamon Press.
5. Snodgrass, Berger and Haydon (1985). Human experimental Psychology, New Delhi: Oxford University press.

# **Allahabad State University**

Master's Degree in Psychology

Semester: 2

Paper:2

Course title: Advances in social Psychology

## **Unit 1: Nature and scope of Social Psychology**

Social psychology: History and scope; Social psychology in India

Major theoretical approaches in social psychology: role theory, learning theory, cognitive theory

## **Unit II: Language, communication & culture**

Nature of language: sharing of meanings; Social aspects of language: paralanguage, speech style & social markers of language; Non-verbal communication-the unspoken language  
Contact between cultures: ethno-linguistic vitality, bilingualism and second language acquisition.

## **Unit III: The Social Nature of Self & Identity**

Self & identity; development of social self; Sex and gender: gender as crucial aspect of identity, gender stereotypes Self concept,

Self awareness Self perception; Self esteem, Self discrepancy; Self presentation.

## **Unit IV: Social Cognition and Attitudes**

Historical background of social cognition research; Impression formation and Cognitive algebra

## **Allahabad State University**

Concept of schema-types of schema; Development of schema salience and vividness; Inconsistent information and schema change

Errors in inferences: heuristics, fallacies and biases.

Attitudes \_ Formation; Attitudes and behaviors, reasoned Action Theory.

Attitude change – Two routes to persuasion; Resisting social influence; reactance

### **Unit V: Group Processes and Minority influence**

Interaction in group – group decision making, groupthink, group polarization,

Social exchange – Co- operation and competition; justice and fairness in social exchange

Majority and Minority Influence; Social Impact Theory and Conversion Model

**Books:** 1. Baron, R A. Byrne, D (2002). Social Psychology (9<sup>th</sup> Edition). Singapore: Pearson Education Pvt Ltd. Singapore.

2. Brehm, S 7 Kassin, SM. (1990). Social Psychology. Boston: Houston & Muffin Co.

# Allahabad State University

Master's Degree in Psychology

Semester: 2

Paper:3

Course title: Advanced Research Methods

## **Unit 1: Introduction to Behavioural Research**

Goal of behavioural research; Characteristics of scientific approach; The role of theory in science; Research hypothesis; A priori predictions and post hoc explanations; Conceptual and operational definitions, Strategies of behavioural research.

## **Unit 2: experimental research-Laboratory Experiments**

Lab Experiments: Designs: pre-post, randomized groups, randomized block, repeated measure, factorial designs; Single subject design: Withdrawal (ABA) and reversal designs

## **Unit 3: Experimental Research- Quasi Experiments**

Quasi experiments: Non-equivalent control group designs, time series designs; Problems of reliability and validity of the experiments; ways to control and manipulate variables; Ethical problems in experimental research

## **Unit 4: Survey Research and Sampling**

Nature of survey research and sampling; Designs of survey research: Longitudinal, cross-sectional and cohort designs; Sampling strategies: Probability and non-probability sampling techniques: Random, stratified, cluster, quota and snowball sampling

N/13/19  
20/6

## **Allahabad State University**

### **Unit 5: Methods of Data Collection**

Nature and types of observation, participant observation; process and steps in development of questionnaire; Nature and types of interview, preparing interview schedule

#### **Reading List**

1. Breakwell, Hammond, Schaw and Smith (2007).  
Research Methods in Psychology (Paperback)
2. Broota (2002). Experimental Designs in Behavioural research
3. Singh, A.K. (1994). Research Methods in Psychology, Sociology and Education (Hindi and English)
4. Tripathi. L.B. (2000). Research Methodology (Hindi)
5. Hoff, M.A. & Vaughan, G.M. (2005). Social Psychology. (4<sup>th</sup> Edition). Edinburgh Gate: Pearson Education Pvt. Ltd.
6. Myers, D.G. (2006) Social Psychology (8<sup>th</sup> Edition – Indian). New Delhi: Tata Mc Graw-Hill Publishing Company.

*Naha*  
*30/6*

## Allahabad State University

Master's Degree in Psychology

Semester: 2

Paper:4

Course title: Environmental Psychology

### **Environmental Psychology**

**Unit 1:** Environmental Psychology: Nature and Salient Features, Historical Development, Environment-Behavior Theories.

**Unit 2:** Research Methodology: Environmental Psychology & Data collection techniques, ethical consideration and Adequacy of Environmental Research.

**Unit 3:** Environmental Cognition : Theories of Environmental Cognition. Substantive Areas of Environmental Cognition, Cognitive Mapping.

**Unit 4:** Values, Beliefs and Attitudes about the Environment, Perceived Environmental Quality.

**Unit 5:** Environmental Stress : Natural Disaster, Technological Catastrophe. Noise Pollution and Behavior, Air Pollution and Behavior.

### **Recommended Readings**

1. Bell, P.A., Greene, T.C., Fisher, J.D. & Baun, A, (2003) Environmental Psychology, U.K. : Thomson, Wadsworth.
2. Stockols, D. & Altman, I. (1987) Handbook of Environmental Psychology 9Vol. I & II). New York : John Wiley & Sort.
3. Bechtel, R.B. (1997) Environmental & Behavior New Delhi : Sage Publication.



# Allahabad State University

Master's Degree in Psychology

Semester: 3

Paper: 1

Course title: Health Psychology

## Health Psychology

**Unit 1:** Health Psychology : Nature and Development of Health Psychology, Models of Health, Approaches to health Psychology, role of Health Psychology.

**Unit 2:** Systems of Body : Cardiovascular System, Immune System. Endocrine System : Physiology and dysfunctions causing chronic diseases.

**Unit 3:** Health Behavior : Behavioral Pathogens and Behavioural Immunogens, barriers to Health Promotion, Modification of Health Behavior : Cognitive Behavioral Change and Self-Monitoring.

**Unit 4:** Chronic and Terminal Illnesses : Diabetes, cancer, AIDS, Arthritis : Etiology, Symptoms and Psychological Correlates.

**Unit 5:** Management of Chronic Illness : Coping with chronic diseases, interventions for Psychological issues after chronic illness, Issues related to chronic illnesses at different stages of life.

## Recommended Reading

1. Taylor, S.E. (2008). Health Psychology, New Delhi : Tata Mc Graw Hill.
2. Straub, R.O. (2007). Health Psychology, New York : Worth Publication.

**Allahabad State University**

3. Sutton, S., Baum, A. & Johnson, M. (2004). Handbook of Health Psychology, New Delhi : Sage.
4. Synder, C.R. & Lopez. S.I. (2002). Handbook of Positive Psychology, Oxford University Press.

11379  
3/2/16

# Allahabad State University

Master's Degree in Psychology

Semester: 3

Paper:2

**Course title: Clinical Psychology**

## **Course Objectives:**

This introductory course aims to introduce student to the field of clinical psychology and its practice in India. Different models regarding the causation of mental illness and dysfunctional behaviours will be presented and the contribution of these approaches to the pathogenesis of a wide range of mental and behavioural disorders will be presented. An additional objective is to discuss the different classification schemes and the multiple assessment procedures used. Frontier areas in clinical psychology will be discussed. Student will be required to practice some of the basic procedures taught in clinical setting.

## **Unit I: Introduction**

- ❖ Field of clinical psychology
- ❖ Clinical psychology in India: History, current status and professional issues

## **Unit II: Models of Clinical Psychology I**

- ❖ Psychodynamic model (Freud and Adler)
- ❖ Behavior model
- ❖ Phenomenological Model

20/6

# Allahabad State University

## Unit III: Models of Clinical Psychology II

- ❖ Cognitive model
- ❖ Biological model
- ❖ Other models: Systems model, MMPI model

## Unit IV: Clinical Assessment Procedures

- ❖ Signs and symptoms of mental disorders
- ❖ Current classifications schemes (ICD-10, DSM-IV-TR)
- ❖ History Taking and Mental Status Examination
- ❖ Clinical Interview
- ❖ Testing

NB79  
2016

## Allahabad State University

Master's Degree in Psychology

Semester: 3

Paper:3

Course title: Organizational Psychology

**Unit I:** Introduction : An overview of the field of organizational studies. Organizational Psychology; Issues and research methods; Scope; Foundations of organizational behavior.

**Unit II:** Motivational basis of organizational behavior: McClelland's Need theory, Herzberg's X and Y theory. Some contemporary theories of motivation, Application; Job satisfaction.

**Unit III:** Communication and Decision making: communication process, direction, barriers in communication effectiveness, decision making, rationality, organizational decision making, factors affecting decision making.

**Unit IV:** Leadership, Power and Politics : The nature of organizational leadership, contemporary models of leadership: Power; types and basis; organizational politics: Causes and consequences of Political Behavior.

**Unit V:** Organizational conflict, Change and Effectiveness : Conflict Process, Managing Conflict; Organizational Change, Managing organizational change; concept of organizational effectiveness.

## Allahabad State University

### Recommended Readings

1. Robbins, S.P., Judge, T.A. & Saughi, S. (2009). Organizational Behavior : Pearson, Edcu.
2. Schein, E.H. (1972). Organizational Psychology, Englewood Cliffs, N.J. Prentice Hall.
3. Katz, D. & Kahn, r.I. (1978). The Social Psychology of Organizations, New York : John Wiley.
4. Schultz, D. & Shultz, S.E. (2004). Psychology and Work Today (8<sup>th</sup> Edition) Delhi : Pearson Education.
5. Katz, D & Kahn, R.I. (1978). The Social Psychology of Organizations. New York: John Wiley.

*Nisha*  

---

*3016*

# **Allahabad State University**

Master's Degree in Psychology

Semester: 3

Paper:4

Course title: Applied Social Psychology

## **Unit I: Introduction to Applied Social Psychology**

Basic and Applied Social Psychology.

Historical Perspectives of Applied Social Psychology

## **Unit II: Poverty and Deprivation**

Poverty: conceptualizing and Measurement of poverty;  
Explaining and attributing causes to poverty, Deprivation  
and social disadvantage

Social Psychology of Unemployment

## **Unit III: Inequality and Social Justice**

Theories of distributive justice and applications

Retribution and Revenge

Applications of Social Psychology in justice system

## **Unit IV: Social Identity and Intergroup Relations**

Identity and Social categorization theories

Major theories of intergroup relations and intergroup  
conflicts Applications of theories for resolution of intergroup  
conflicts

## **Unit V: Human and Social Development**

Meaning and measures of Human and So Developments;  
Intervention programmers

## Allahabad State University

### Books:

1. Schneider, F.W., Gruman, J., A., & Coutts, L.M.(Eds) (2005. Applied Social Psychology. London: Sage Publications.
2. Pandey, j. (Ed.). (2004). Psychology in India Revisited. Vol. 3, New Delhi: Sage
3. Mishra, G. (1991). Applied social Psychology in India, Sage
4. Mohanty A.K. & Misra, G. (Eds)(2000). Psychology of Poverty & disadvantage New Delhi: Sage.
5. Brown. R.& Gartner, S. (2003) Blackwell Handbook of Social Psychology:  
Intergroup Processes. Oxford, U.K.: Blackwell Publishing.

*NB*  
*80/6*



## **Allahabad State University**

Master's Degree in Psychology

Semester: 3

Paper:5

Course title: Applied Social Psychology

**Unit I:** Define Gender, Biological theories of Gender, Social Science theories of Gender, Psychology of Gender, Gender and Media.

**Unit II:** Gender and Health, Work and Family.

**Unit III:** Gender, Stereotyping, Race and Ethnicity.

**Unit IV:** Stress, coping, Cognitive abilities and Mental Disorders.

**Unit V:** Gender and Emotion, Education, Schooling and personality.

**Unit VI:** Examine Gender and Social Issues in India and Internationally, Socio-Economic Status.

### **Recommended Readings:**

Brannon, L. (2017). Gender Psychological Perspective. (7<sup>th</sup> Edition)

Lips, H.M. (2008). Sex and Gender: An Introduction (6<sup>th</sup> edition). Toronto: McGraw Hill.

Nisha  
30/6

## Allahabad State University

Master's Degree in Psychology

Semester: 3

Paper:6

Course title: Applied Social Psychology

**Unit I:** History of Indian Psychology.

**Unit II:** Psychology and Indian Paradigms.

**Unit III:** development of Self, Transcendental self in Indian psychology.

**Unit IV:** Concept of Cognition and levels of Consciousness.

Master's Degree in Psychology

Semester: 4

Paper: 4

Course title: Community Development and Social Change

**Unit V :** Development of modern Indian Psychology and Research.

### Recommended Readings:

1. Rao, K.R., Pranjpe, A.C., and Dalal, A.K.(2008) Handbook of Indian Psychology.(Cambridge University Press India Pvt. Limited).
2. Sinha, D. (2015) Psychology for India, Sage Publication. Master's Degree in Psychology

M/13/19  
30/6

## Allahabad State University

Master's Degree in Psychology

Semester: 4

Paper: 1

Course title: Stress Management

**Unit I :** Counseling Approaches and perspectives on practice:

- ❖ Person-centred,
- ❖ Existential framework
- ❖ Cognitive-behavioural paradigm
- ❖ Life skills helping model
- ❖ Feminist approaches to counseling
- ❖ Transpersonal perspectives
- ❖ Master's Degree in Psychology
- ❖ Semester: 3
- ❖ Paper:6
- ❖ Course title: Applied Social Psychology

**Unit II :** Client analysis

- ❖ Case-study
- ❖ Mental status examination
- ❖ Psychological tests

**Unit III :** **Stages of counseling**

- ❖ The relating stage
- ❖ The understanding stage
- ❖ The changing stage

**Unit IV :** **Specific counseling skills**

- ❖ Basic features of a helping relationship : empathy, warmth, genuine, concreteness, immediacy and confrontation

## **Allahabad State University**

- ❖ Understanding the internal frame of reference, showing attention and interest, paraphrasing and reflecting feelings, asking questions, monitoring, offering challenges and feedback, managing resistance, facilitating problem solving.

### **Unit V : Context of Counseling**

- ❖ Counselling of children and young people
- ❖ Working with parents
- ❖ Counselling of young adults
- ❖ Workplace counseling

### **References**

1. Blackham, G.J. (1977). Counseling : Theory, process and practice. Belmont : Wadsworth.
2. Ivey, A.E., D'Andrea, M.J., & Ivey, M.B. (2012). Theories of counseling and psychotherapy : Los Angeles : Sage.
3. Murgatroyd, S. (1985). Counselling and helping. London : British Psychological Society and Methuen.
4. Nelson-Jones, R. (2005). Introduction to counseling skills: Texts and activities. London : Sage.
5. Pietrofesa, J.J., Hoffman, A., Splete, H.H., & Pinto, D.V. (1978). Counseling : Theory, research and practice. Chicago : Rand McNally.

*Nishu*  
*2016*

## Allahabad State University

Master's Degree in Psychology

Semester : 4

Paper: 2

Course title : Counseling and Helping Skills

**Unit I:** Counseling : The Art and Science of Helping, Goals of Counseling.

**Unit II:** Counselling Process : Counselling Relationship. Counselling Interview.

**Unit III:** Theories and Techniques : Cognitive Behavioural and Indian Approaches. Humanistic and Phenomenological.

**Unit IV:** Counselling Application : Group. Family and Child Counselling. Crisis Intervention.

**Unit V:** Counselling for Special Population : HIV/AIDS Counselling, Geriatric Counselling, Counselling for Chronic Diseases.

### Recommended Readings

1. Locke, D.C., Myers, J.E. & Herrr, E.L. (Eds.) (2001). Handbook of Counseling. New York : Sage Publications
2. Feltham, C. & Horton (Second Edition) (2006). The Sage Handbook of Counseling and Psychotherapy. New York : Sage.
3. John Mcleod (2007), Counseling Skill, New Delhi : Rawat Publication.
4. David Capuzzi. Douglas R. Gross (1999). Counseling & Psychotherapy, Theories & Interventions, Newiebsy, Prentice Hall.

## Allahabad State University

Master's Degree in Psychology

Semester : 4

Paper: 3

Course title : Human Resource Management

**Unit-I** : Human Resource Management : Overview, Scope. The dynamic environment of human resource management. Role of Hawthorne Studies.

**Unit-II** : Human Resource Planning and Recruitment : Establishing role prescriptions, job analysis, designing and changing organizations; Personnel selection; validation models and non-test techniques, psychological testing.

**Unit-III** : Performance Appraisal and Career Development: Judgmental appraisal, objective measures of productivity and profit, career appraisal, Career development: Planning. Stages, Career self management and evaluation.

**Unit-IV** : Stress in workforce, Job satisfaction and work environment.

**Unit-V** : Personnel training and Management Development : Goals, establishing training needs, Methods and approaches in training. Management development techniques: Human relations and Sensitivity training. leadership training, Creativity training and Role motivation training.

### Recommended Readings

1. Miner, J.B. (1969). Personnel Psychology, Macmillan Press.
2. Schultz, D. & Shultz. S.E. (2004). Psychology and work Today (8<sup>th</sup> Edition), Selhi : Pearson Education.
3. De Lenzo, D.A. & Robbiers, S.P. (1996). Human Resource Management, New York : John Wiley & Sons.

## **Allahabad State University**

Master's Degree in Psychology

Semester : 4

Paper: 4

Course title : Community Development and Social Change

**Unit-I** : Concepts, Values and Theories in community development and Social change.

**Unit-II** : Processes of Social change, first order change, second-order change.

**Unit-III** : Empowerment, Social Justice, Human Diversity, Individual wellness, Citizen Participation.

**Unit-IV** : Collaborations and Community Strengths.

**Unit-V** : Empirical Grounding program evaluation and development.

### **Recommended Readings:**

1. Rappoport, D. (1997). Community Psychology: Values, Research and Action. (New York:Holt, Rinehart and Winston).
2. Sarason, S.B. (1974). The psychological sense of community: prospects for a community psychology. (San Francisco:Jossey-Buss).
3. Levine, M.,Perkins, D.D., and Perkins D.V. (2005). Principles of Community Psychology: Prospects and Application (3<sup>rd</sup> Edition). New York: Oxford University Press.

## **Allahabad State University**

Master's Degree in Psychology

Semester : 4

Paper: 5

Course title : Psychology of Yoga

**Unit-1** : Introduction to yoga and its streams, Yoga its origin, meaning, definition and misconception. Jnana yoga, Karma yoga, Bhakti yoga, Raja yoga, karma yoga.

**Unit 2** : Relaxation Techniques and, Meditation, Physical and Breathing exercises, Different aasanas, Om meditation, Cyclic meditation, IRT, QRT and DRT.

**Unit 3** : Yoga and stress Management, Yoga and Health.

**Unit 4** : Yoga and Personality Development, teachings of Vivekanand and Its application.

**Unit 5** : Yoga for Memory and I.Q. developent.

**Unit 6** : Yoga for Creativity and Emotion.

### **Recommended Reading :**

1. Iyenger, B.K.S., (1940). Light on Patanjali Yoga. (New York, Schocken Books).
2. Nagendra, H.R., (2002). Yoga its basis and application (Swami Vivekanand yoga prakashan Banglore).
3. Radhakrishanan, S., (1971). Indian Philosophy (vol, 1 and 2) (George Allen and Unwin London).