

**MASTER OF SCIENCE
IN
APPLIED PSYCHOLOGY**

**BoS Approved Draft Curriculum and Syllabus
(Applicable from the Academic Session 2021-22)**



**Maulana Abul Kalam Azad University of Technology, West Bengal
(Formerly West Bengal University of Technology)
Haringhata – 741249, Nadia, West Bengal, India**

VER 1.0



MAULANA ABUL KALAM AZAD UNIVERSITY OF TECHNOLOGY, WEST BENGAL
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SEMESTER WISE SYLLABUS

SEMESTER I

Sl No.	Course Code	Type	Course Title	Course Type	Hours/Credit			
					L	T	P	C
THEORY								
1	MSCAPY-101	Theory	Applied Cognitive Psychology	CC	4			4
2	MSCAPY-102	Theory	Personality Theories and Applications	CC	4			4
3	MSCAPY-103	Theory	Statistical Methods for Applied Psychology	CC	4			4
4	MSCAPY-104	Theory	Research Methods in Applied Psychology	CC	4			4
PRACTICAL								
6	MSCAPY-191	Practical A	Practical on Personality	CC			4	4
		Practical B	Practical on Statistical Packages (SPSS)				4	
Total					20			



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SEMESTER 1

CORE COURSE (CC) CREDIT - 4 (TOTAL HOURS - 40)

TITLE- APPLIED COGNITIVE PSYCHOLOGY

Course Code- MSCAPY 101

At the end of the course, the students will be able to:

CO No.	Course Outcomes	Bloom's Level	Assessment technique
CO-1	Define the basic principles of cognitive psychology and neuroscience	L1	Assessment through MCQ questions
CO-2	Explain the working principle of the various domains of cognitive psychology	L2	Assessment through LAQ
CO-3	Use the principles to explain human cognitive functioning and challenges	L3, L2	Assessment through Poster Making
CO-4	Compare and Contrast the different perspectives to make a coherent sense of behavior	L4	Assessment through Poster making

MODULE I: INTRODUCTION TO COGNITIVE AND NEUROPSYCHOLOGY (5 HOURS, 8 MARKS)

- Concept of Cognitive and Neuropsychology; historical perspectives of cognitive and neuropsychology
- The basics of neuroanatomy, cognitive psychology, and biological basis of behavior. The brain behaviour linkage, structure and functions of the brain.
- Methods of cognitive psychology. The relations and applications of cognitive and neuropsychology in neuroscience and computer science.
- Application of cognitive psychology in the management of neuro-degenerative diseases, and learning disability.

MODULE II: BASIC COGNITIVE PROCESSES (8 HOURS, 14 MARKS)

- Consciousness: the concept of conscious and the unconscious, correlates of consciousness and unconscious, models of consciousness
- Attention: Concept, factors, theories of attention; neuropsychological basis of attention
- Perception: Concept, factors, theories of perception; neuropsychological basis of perception; concept of pattern recognition
- Applying basic cognitive processes



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- Sleep and wakefulness
- Signal detection and vigilance

MODULE III: LEARNING, MEMORY, AND LANGUAGE COMPREHENSION (8 HOURS, 14 MARKS)

- Cognitive approaches of learning, biochemical basis of learning
- Language process, language acquisition, brain and language; Transformational grammar; cognitive tasks involved in reading, writing, and speaking;
- Classical and modern approaches to memory, short term memory, long term memory, working memory; Neurological basis of memory.
- Special types of memory – Flashbulb memory, eyewitness memory, tip of the tongue phenomena, autobiographical memory, False memories.

MODULE IV: INTELLIGENCE, EXECUTIVE FUNCTIONING, AND DECISION MAKING (8 HOURS, 14 MARKS)

- Concept and neuropsychological bases of Intelligence.
- Concept of Artificial Intelligence and its role in cognitive psychology.
- Cognitive theories of intelligence: Sternberg, Cattell, Vernon, Gardner.
- Executive functioning: concept, frontal control, frontal and pre-frontal functions,
- Decision Making: Heuristics & Biases, The Framing Effect, Overconfidence in Decisions.

MODULE V: THINKING, REASONING, PROBLEM SOLVING, AND CREATIVITY (5 HOURS, 8 MARKS)

- Higher order thinking and Problem solving: Definition, Types of Problems; Newell and Simon's Theory. Problem Solving Strategies; Factors that Influence Problem Solving; Impediments to Problem solving.
- Creativity: Nature, factors affecting, measuring, approaches to creativity; Biological bases of creativity; enhancing creativity
- Reasoning: Deductive reasoning and Inductive Reasoning; Types and Errors in Reasoning Process.



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MODULE VI: EMOTION AND EMOTIONAL INTELLIGENCE (6 HOURS, 12 MARKS)

- Cognitive Perspectives of emotion; Non-verbal Communication and emotion; biological bases of emotion.
- Emotional intelligence: concept, biological and psychological models; social cognition, executive control system, and emotional intelligence
- Applications of EI
 - In interpersonal relationships
 - In workplace

Suggested readings:

- Cognition 8th edition by Margaret Matlin, *John Wiley & Sons Inc.*
- Cognitive Psychology: A Student's Handbook 5th edition by Eysenck and Keane, *Psychology Press*
- Handbook of Cognition and Emotion, edited by Tim Dalgleish, *John Wiley & Sons Inc.*
- Cognitive Psychology 5th edition by Robert J. Sternberg, *Wadsworth Cengage Learning.*
- Cognitive Psychology: Mind and Brain by Smith & Kosslyn, *Pearson.*



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CORE COURSE (CC) CREDIT - 4 (TOTAL HOURS - 40)

TITLE- PERSONALITY THEORIES AND APPLICATIONS

Course Code- MSCAPY 102

At the end of the course, the students will be able to:

CO No.	Course Outcomes	Bloom's Level	Assessment technique
CO-1	Define Personality and its different facets	L1	Assessment through MCQ questions
CO-2	Explain the various perspectives of Personality in details	L2	Assessment through LAQ
CO-3	Use the principles to assess human behavior	L3, L2	Assessment through assignments and viva voce
CO-4	Compare and Contrast the different perspectives to make a coherent sense of behavior	L4	Assessment through Poster making

MODULE I: INTRODUCTION TO PERSONALITY STUDIES – A PEEP INTO THE HISTORY (3 HOURS, 6 MARKS)

- Psychology and the study of personality – From the time of the witch hunts to a more modern lens
- Nomothetic and Idiographic approach – incorporating both Eastern and Western Lens
- Evolution of the perspectives – from temperament and character to traits and types
- Application of personality studies in different fields of applied psychology – clinical and community psychology, Industrial and Organizational behaviour, health and stress management, counselling and rehabilitation.

MODULE II: PSYCHOANALYTIC AND PSYCHODYNAMIC THEORIES AND THEIR APPLICATIONS (10 HOURS, 16 MARKS)

- First Age psychodynamic theories – Freud and Classical Psychoanalysis, Adler, Jung, Girindrashekar Bose
- Neo Freudians – Horney, Fromm, Erikson
- Object Relations and Interpersonal approach – Klein, Winnicott, Sullivan



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MODULE III: TRAIT AND TYPE APPROACHES (10 HOURS, 16 MARKS)

- Cattell's 16 personality factors
- Allport's approach of Dispositions
- Costa and McCrae's Five Factor Concept
- Eysenck's Typological approach
- Ashton and Lee's HEXACO model

MODULE IV: BEHAVIOURAL THEORIES (5 HOURS, 8 MARKS)

Approaches of

- B. F. Skinner
- Albert Bandura
- Dollard and Miller

MODULE V: HUMANISTIC AND EXISTENTIAL THEORIES (6 HOURS, 12 MARKS)

- Humanistic approaches – Maslow and Rogers
- Existential perspectives – Viktor Frankl, Rollo May, Irvin Yalom
- Social Investment Approach
- Narrative Identity Approach

MODULE VI: ASSESSMENT OF PERSONALITY – TECHNIQUES AND MEASURING DEVICES (6 HOURS, 12 MARKS)

- Non-Projective Techniques – Observation, Interview, Paper pencil tests (NEO 5, SSCT, EPQ, TCI)
- Projective Techniques – Rorschach Inkblot Test, Thematic Apperception Test, Draw a Person Test

Suggested Readings:

- A History of Personality Psychology: Theory, Science, and Research from Hellenism to the Twenty-first Century by Frank Dumont, *Cambridge*
- Theories of Personality, 8th edition, by Feist & Feist, *McGraw Hill*
- Making sense of People: Decoding the Mysteries of Personality by Samuel Barondes, *Pearson*
- Personality Psychology: Domains of Knowledge about Human Nature, 4th edition, by Larsen and Buss, *McGraw Hill*



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CORE COURSE (CC) CREDIT - 4 CONTACT HOURS -40

TITLE- STATISTICAL METHODS FOR APPLIED PSYCHOLOGY

Course Code- MSCAPY 103

At the end of the course, the students will be able to:

CO No.	Course Outcomes	Bloom's Level	Assessment technique
CO-1	Define Statistics and its different types	L1	Assessment through MCQ questions
CO-2	Explain the methods of generating and testing hypotheses	L2	Assessment through LAQ
CO-3	Use the statistics to confirm or disprove hypotheses	L3, L2	Assessment through assignments and LAQ
CO-4	Compare and Contrast the different statistical approaches to choose the best approach in any situation	L4	Assessment through assignments

MODULE I: INTRODUCTION TO DATA ANALYSIS (5 HOURS, 8 MARKS)

- Meaning of Statistic and Statistics
- Methods of representing data (line graph, bar diagrams, pie charts, histograms, scatter plots, box plots)
- Statistical models and approaches, parametric and non-parametric
- Types of statistics: descriptive, inferential, predictive.

MODULE II: CENTRAL TENDENCY AND VARIABILITY (6 HOURS, 12 MARKS)

- Centrality and the Normal Probability Curve
- Measurement of central tendency – Mean, Median, Mode
- Measurement of variability – Range, Average Deviation, Standard Deviation, Quartile Deviation, Variance

MODULE III: DESCRIPTIVE STATISTICS (8 HOURS, 14 MARKS)

- Correlation analysis
 - Pearson bi-variate r
 - Spearman's rho
 - Biserial & Point biserial
 - Tetrachoric & Yule's Phi
- Partial correlation
- Multiple correlation



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- Using correlation in research settings

MODULE IV: INFERENCE AND PREDICTIVE STATISTICS (8 HOURS, 14 MARKS)

- Methods of hypothesis testing
- Student's t
- ANOVA – one-way, two-way, repeated measures, multivariate
- Regression analysis – linear, multiple
- Using inferential and predictive statistics, concept of effect sizes,

MODULE V: NONPARAMETRIC STATISTICS (8 HOURS, 14 MARKS)

- Chi square
- Mann-Whitney U test
- Median Test
- Kruskal Wallis Test

MODULE VI: USING STATISTICAL PROCEDURES THROUGH SOFTWARES (5 HOURS, 8 MARKS)

Learning to use the applications of

- SPSS
- Python
- R software

Suggested Readings:

- Statistics for psychologists by Brian S. Everitt, *Lawrence publishers*
- Intermediate Statistics for Dummies by Deborah Rumsey, *Wiley Publishing, Inc*
- Statistics in Psychology and education by Henry E. Garrett, *Paragon international publishers*
- The art of statistics learning from data by David Spiegelhalter, *Pelican books*
- Statistics for social sciences by Asthana and Bhushan, *Phi learning*
- Statistics without tears: An introduction for non-mathematicians by Derek Rowntree, *Penguin*
- Statistics in psychology and education by SK Mangal, *Phi learning*



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CORE COURSE (CC) CREDIT - 4 CONTACT HOURS -40

TITLE- RESEARCH METHODS IN APPLIED PSYCHOLOGY

COURSE CODE- MSCAPY 104

At the end of the course, the students will be able to:

CO No.	Course Outcomes	Bloom's Level	Assessment technique
CO-1	Define the different approaches to research	L1	Assessment through MCQ questions
CO-2	Explain the methods of conducting research	L2	Assessment through LAQ
CO-3	Use appropriate research methods to undertake assignments and projects	L3, L2	Assessment through assignments
CO-4	Compare and Contrast the different research methods to choose the best approach according to the research problem	L4	Assessment through assignments

MODULE I: INTRODUCTION TO RESEARCH (5 HOURS, 8 MARKS)

- Psychological research: exploratory, descriptive and explanatory;
- Characteristics of a good scientific research
- Process of research
- Ethics in psychological research
- Biases in psychological research

MODULE II: SAMPLING TECHNIQUES (6 HOURS, 12 MARKS)

- Meaning and need for sampling
- Probability sampling techniques
- Non-probability sampling techniques
- Setting criteria for sampling

MODULE III: RESEARCH DESIGNS (8 HOURS, 14 MARKS)

- Meaning, nature and factors of a research design
- Experimental research design: randomized, matched group, factorial
- Quasi-experimental research design – time series, longitudinal, cross-sectional, one group pre-test post-test.
- Single subject research designs



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MODULE IV: UNDERSTANDING THE STEPS IN TEST CONSTRUCTION (8 HOURS, 14 MARKS)

- Need for construction of tests. Basic approaches in test construction
- Item analysis
- Analysis of reliability of a test
- Analysing the Validity of a test
- Establishing the Norms of the test
- Preparing and publishing the manual

MODULE V: QUALITATIVE RESEARCH (8 HOURS, 14 MARKS)

- Meaning of qualitative research. Difference between qualitative and quantitative research.
- Concepts and approaches in qualitative research – phenomenology, ethnography, grounded theory, narrative analysis
- Process of qualitative research

MODULE VI: METHODS OF COLLECTING AND ANALYSING QUALITATIVE DATA (5 HOURS, 8 MARKS)

- Methods of collecting data – observation, interviewing, life history narrative, archival analysis, diaries, photographs, films, documentary evidence, conversations and recordings
- Methods of analysis – content analysis, thematic analysis, discourse analysis, axial and focused coding techniques.

Suggested Readings:

- Research methodology: Methods and techniques by Kothari and Garg, *New age international publishers*.
- Tests, measurements and research methods and behavioural sciences by AK Singh, *Bharti Bhawan Publisher*.
- Introduction to Research methods in Psychology by Dennis Howitt and Duncan Cramer, *Pearson*
- Qualitative research methods in psychology: combining the core approaches by Nollaig Frost, *McGraw Hill*
- Psychological Testing by Anastasi & Urbina, *Macmillan*
- Foundations of Behavioural Research by Fred N. Kerlinger, *Surjeet Publications*.



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CORE COURSE (CC) CREDIT –2+2CONTACT HOURS -40+40

COURSE CODE- MSCAPY 191

PRACTICAL I (CORE) – CREDIT 2 (PRACTICAL ON PERSONALITY)

- Non-projective tests – EPQ-R, HEXACO, TCI
- Projective Tests – RIBT, TAT

PRACTICAL II (CORE) – CREDIT 2 (PRACTICAL ON STATISTICAL PACKAGES)

- Understanding and demonstrating the working knowledge of Statistical Packages for Social Sciences (SPSS) software



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SEMESTER II

Sl No.	Course Code	TYPE	Course Title	Course Type	Hours/Credit			
					L	T	P	C
THEORY								
1	MSCAPY-201	Theory	Psychology and society	CC	4			4
2	MSCAPY-202	Theory	Psychology of development	CC	4			4
3	MSCAPY-203	Theory	Biological Foundations of Behavior	CC	4			4
4	MSCAPY-204	Theory	Psychology for Happiness and Positivity	CC	4			4
SESSIONAL								
5	MSCAPY-281	Sessional	Applied Social Psychology Project A. Media and Psyche or B. Ethnographic analysis	SEC			4	2
6	MSCAPY-282	Sessional	Project on wellbeing	SEC			4	2
PRACTICAL								
7	MSCAPY-291	Practical I	Practical on social psychology	CC			4	2
8	MSCAPY-292	Practical II	Practical on Relaxation procedures	CC			4	2
Total					24			



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SEMESTER 2

CORE COURSE (CC) CREDIT - 4 CONTACT HOURS -40

TITLE- APPLYING PSYCHOLOGY IN THE SOCIETY

COURSE CODE- MSCAPY 201

At the end of the course, the students will be able to:

CO No.	Course Outcomes	Bloom's Level	Assessment technique
CO-1	Define the different social concepts	L1	Assessment through MCQ questions
CO-2	Explain the evolving nature of social relationships	L2	Assessment through LAQ
CO-3	Use appropriate social methods to undertake assignments and projects	L3, L2	Assessment through assignments
CO-4	Compare and Contrast the different social concepts to make a coherent sense of the changing times	L4	Assessment through assignments

MODULE I: INTRODUCTION TO SOCIAL PSYCHOLOGY

- Society, psyche and behaviour.
- Impact of social relations on individuals.
- Evolution of human behaviour in a changing world.

MODULE II: SOCIAL THINKING

- The concept of self: Self-esteem, self-control, presenting the self, self-serving bias
- Social cognition and Person Perception
- Attitudes and the light it sheds on the self

MODULE III: SOCIAL INFLUENCE

- Groups and the influence it has on people; Conformity, compliance, and obedience
- Culture and gender
- Role of religion, family, work, peer on social behaviour; Crowd and mob

MODULE IV: SOCIAL RELATIONS

- Prosocial behaviours and Altruism.
- Aggression: Theories, types, how it develops, how it can be reduced.
- Stereotypes, marginalization, prejudice, discrimination, intolerance.
- Interpersonal attraction and intimacy.



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MODULE V: SOCIAL PSYCHOLOGY IN PRACTICE

- Social determinants of clinical psychopathology
- Globalization and consumerism
- Political and environmental propaganda
- Body Language and Behavioural Analysis

Suggested reading:

- Exploring Social Psychology, 6th edition by David Myers, *Mc Graw Hill*
- Social Psychology by Sanderson, *Wiley & Sons*
- Social Psychology and Human Nature by Baumeister & Bushman, *Thomson Wadsworth*
- People Watching: The Desmond Morris Guide to Body Language by Desmond Morris, *RHUK*
- Cross Cultural Psychology: Contemporary Themes and Perspectives by Kenneth D. Keith, *Wiley-Blackwell*
- Social Psychology, 12th edition by Taylor, Peplau, & Sears, *Pearson*



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CORE COURSE (CC) CREDIT - 4 CONTACT HOURS -40

TITLE- DEVELOPMENT ACROSS THE LIFESPAN

COURSE CODE- MSCAPY 202

At the end of the course, the students will be able to:

CO No.	Course Outcomes	Bloom's Level	Assessment technique
CO-1	Define the different levels and stages of prenatal and postnatal human development	L1	Assessment through MCQ questions
CO-2	Explain the different principles surrounding the domains of development	L2	Assessment through LAQ
CO-3	Use appropriate models to understand the developmental context of real-life examples	L3, L2	Assessment through assignments
CO-4	Compare and Contrast the different developmental models to make a coherent sense of the different stages of life of individuals	L4	Assessment through assignments

MODULE I: INTRODUCTION TO DEVELOPMENT

- Basic terms related to development and factors of development
- Approaches to study of development: Psychoanalytical, Behavioral and Cognitive
- Research methods in developmental study
- Application of knowledge of developmental problems in various fields

MODULE II: PRENATAL, PERINATAL AND POSTNATAL DEVELOPMENT

- Brief understanding of prenatal, perinatal & postnatal development
- Hazards, deviation & their implications
- Attachment styles. Impact on the infant

MODULE III: PHYSICAL AND SPEECH DEVELOPMENT

- Development of gross and fine motor skills
- Stages in the development of speech
- Factors affecting speech and physical development
- Challenges in physical and speech development



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MODULE IV: COGNITIVE DEVELOPMENT

- Piaget's concept of cognitive development
- Vygotsky's socio-cultural theory of development
- Siegler's model of strategy choice
- Applying the models into practice

MODULE V: SOCIAL, EMOTIONAL, AND MORAL DEVELOPMENT

- Social development across lifespan, sex-role identification, social roles and responsibilities, problems in the old age
- Development of positive and negative emotions, factors affecting emotional development, emotional regulation across age groups, emotional problems across age groups
- Moral development approaches (Piaget, Kohlberg, Greene's Moral cognition, Haidt's Moral foundations concept), moral competence approach, utilitarianism.
- Hazards in the domains of social, emotional, and moral development.

MODULE VI: PERSONALITY DEVELOPMENT

- Development of the self and personality – factors in the process
- Stages of development – Freud's psychosexual stages, Erikson's psychosocial stages, May's existential approach.
- Formation and development of identity, sexuality, actualization across lifespan, issues in old age.
- Hazards in personality development across lifespan
- Applications in clinical psychology field

Suggested readings: -

- Developmental Psychology: childhood and adolescence, 8th edition by Shaffer & Kipp, *Wadsworth*
- Discovering the Lifespan, 2nd edition by Robert Feldman, *Pearson*
- Life-span Development, 13th edition by John Santrock, *Mc Graw Hill*
- Life-span Human Development, 6th edition by Sigelman & Rider, *Wadsworth*



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CORE COURSE (CC) CREDIT - 4 CONTACT HOURS -40

TITLE- BIOLOGICAL FOUNDATIONS OF BEHAVIOUR

COURSE CODE- MSCAPY 203

At the end of the course, the students will be able to:

CO No.	Course Outcomes	Bloom's Level	Assessment technique
CO-1	Define the structure and functions of the nervous system	L1	Assessment through MCQ questions
CO-2	Explain the the process of neural development and the role of plasticity in development and recovery of function.	L2	Assessment through LAQ
CO-3	Use the understanding of nervous system to recognize brain systems mediating sexual and reproductive behaviour, emotions, learning, memory, and consciousness.	L3, L2	Assessment through assignments
CO-4	Compare and Contrast the different biological models and methods to make sense of different human conditions	L4	Assessment through assignments

MODULE I: BASIC FEATURES OF THE NERVOUS SYSTEM

- Structure of neurons, types, functions, Neural conduction, Neurotransmitters
- Basic features of nervous system, Meninges, Ventricular system, Cerebrospinal fluid, Blood brain barrier,
- Peripheral nervous system: Cranial Nerves, Spinal Nerves, Autonomous nervous system.

MODULE II: THE STRUCTURE AND FUNCTIONING OF CENTRAL NERVOUS SYSTEM

- Major structures and functions of the Spinal Cord and the Brain: Fore brain, Mid brain, Hind brain,
- Cerebral cortex- frontal, temporal, parietal and occipital lobes.
- Assessing the lobe functions

MODULE III: BIOPSYCHOLOGY OF COGNITIVE FUNCTIONS

- Learning: Nature of learning, kinds of learning, Synaptic plasticity
- Memory: Types of memory, Neurological basis of memory, Brain damage and dysfunction of memory
- Language: Lateralization, Speech production, Comprehension, disorder of readings and writing.



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MODULE IV: BIOPSYCHOLOGY OF AROUSAL AND EMOTION

- Physiological correlations of Arousal: consciousness and sleep, Factors affecting consciousness.
- Sleep: Stages of sleep, brain mechanisms of sleep and dreaming, physiological mechanisms of sleep and waking, disorders of sleep, Physiological correlates of emotions, anxiety and aggressive behaviour.
- Physiological correlates of emotions, anxiety and aggressive behaviour.

MODULE V: BIOPSYCHOLOGY OF STRESS

- Stress – Physiology of Stress and related diseases (Headache, Cardiovascular diseases, Hypertension, Diabetes, Asthma, Rheumatoid Arthritis).
- Stress related Psychological Disorders (anxiety disorders and Depression)

MODULE VI: METHODS IN BIOPSYCHOLOGY

Scanning techniques

- X-ray
- CT scan
- PET scan
- SPECT scan
- MRI
- fMRI
- Bio feedback technique

Suggested Readings: -

- Clinical Neuropsychology, 4th edition by Kenneth Heilman, *Oxford University Press*
- Foundations of Physiological Psychology, 6th edition by Neil Carlson, *Pearson*
- Fundamentals of Human Neuropsychology, 5th edition by Kolb and Wishaw, *Worth*
- Handbook of Functional Neuroimaging of Cognition, 2nd edition by Cabeza & Kingstone
- Introduction to Neuropsychology, 2nd edition by J. Beaumont, *The Guilford Press*



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Main Campus: NH 12, Haringhata, Post Office - Simhat, Police Station – Haringhata, Pin - 741249
City Campus: BF-142, Sector -I, Salt Lake, Kolkata -700 064

CORE COURSE (CC) CREDIT - 4 CONTACT HOURS -40

TITLE- PSYCHOLOGY FOR HAPPINESS AND POSITIVITY

COURSE CODE- MSCAPY 204

At the end of the course, the students will be able to:

CO No.	Course Outcomes	Bloom's Level	Assessment technique
CO-1	Define what positive psychology is about	L1	Assessment through MCQ questions
CO-2	Explain the the process of flow and other positive experiences	L2	Assessment through LAQ
CO-3	Use the understanding of positive psychology across major domains of life	L3, L2	Assessment through assignments
CO-4	Compare and Contrast the different approaches to make sense of recent global changes	L4	Assessment through assignments

MODULE I: INTRODUCTION TO POSITIVE PSYCHOLOGY

- Nature of positive psychology
- Positive experiences and states (happiness, gratitude, compassion, resilience)
- Well-being, hope and life satisfaction

MODULE II: MAJOR APPROACHES

- PERMA approach
- Concept of flow and engagement
- Diener's tripartite theory
- Ryff's six factor model
- Eastern approaches

MODULE III: POSITIVE PSYCHOLOGY AND WORK LIFE

- Understanding the world of work and diverse workforce
- Positive work environment for individuals and organizations
- Positive work life balance
- Building psychological capital (positive team culture, positive relationships, harnessing character strengths)
- Training to boost resilience

MODULE IV: MEANING IN LIFE

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BOS APPROVED DATED 22 APRIL 2022



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- Meaning making process in daily life – bridging positive and nihilistic existentialism
- Paradox of choice
- Meaning of happiness
- Sources of meaning making in life

MODULE V: PSYCHOLOGY OF SPECIFIC CONFLICTS AND PEACE EFFORTS

- War Ethics and Geneva Convention
- Role of organizations in promoting Peace; accounts and challenges
- Life, peace and culture
- Role of Peace education
- Collaboration
- Humility and social values in promoting peace in individual and social living.

MODULE VI: RECENT TRENDS IN POSITIVE PSYCHOLOGY RESEARCH

- Lyubormisky's Happiness Pie
- Dweck's Growth Mindset
- Dolan's Action change theory
- Fredrickson's Broaden and Build approach

Suggested Readings: -

- Beyond Positive Thinking by Robert Anthony
- Finding Flow by Mihaly Csikszentmihalyi
- Handbook of Positive Psychology by Snyder and Lopez, *Oxford University Press*
- Learned Optimism by Martin Seligman
- Positive Psychology: The science of happiness and human strengths by Alan Carr
- Happiness by Design by Paul Dolan



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SKILL ENHANCEMENT COURSE (SEC) CREDIT -2 CONTACT HOURS -40

TITLE- APPLIED SOCIAL PSYCHOLOGY PROJECT

COURSE CODE- MSCAPY 281

At the end of the course, the students will be able to:

CO No.	Course Outcomes	Bloom's Level	Assessment technique
CO-3	Use the understanding of social psychology carry out fieldwork	L3, L2	Assessment through assignments
CO-4	Compare and Contrast the different approaches to make sense of collected data	L4	Assessment through assignments

Project work to be done on any one of the following

- Project related to the role of Media (print, video, social media) on Human behaviour
- Project based study of any social context via the method of Ethnography

SKILL ENHANCEMENT COURSE (SEC) CREDIT - 2 CONTACT HOURS -40

TITLE- PROJECT ON WELLBEING

COURSE CODE- MSCAPY 282

At the end of the course, the students will be able to:

CO No.	Course Outcomes	Bloom's Level	Assessment technique
CO-3	Use the understanding of positive psychology carry out fieldwork	L3, L2	Assessment through assignments
CO-4	Compare and Contrast the different approaches to make sense of collected data	L4	Assessment through assignments

Project work to be done on studying the level of resilience and psychological well-being of caregivers who have been dealing with a specific group of psychological or physical disorders.



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CORE COURSE (CC) CREDIT –2CONTACT HOURS -40

TITLE- PRACTICAL ON SOCIAL PSYCHOLOGY

COURSE CODE- MSCAPY 291

- Practical on studying group effect on problem solving
- Practical on studying cohesiveness in a social group

CORE COURSE (CC) CREDIT –2CONTACT HOURS -40

TITLE- PRACTICAL ON RELAXATION PROCEDURES

COURSE CODE- MSCAPY 292

Understanding and demonstrating the working knowledge of different relaxation techniques like

- JPMR, Guided Imagery
- Mindfulness