



Integral University, Lucknow

Effective from Session: 2019							
Course Code	HS594	Title of the Course	Educational Excursion-IV	L	T	P	C
Year	II	Semester	III	0	0	4	2
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	The course will help students to learn different type of parent child relationship and practical knowledge of case study.						

Course Outcomes	
CO1	To help student to practically uncover the parent child relationship style
CO2	Enhancing the understanding of the standard steps of case study and therapeutic modalities

No. of practical	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1		Parent Child Relationship Scale by N. S. Chauhan and Harish Sharma		CO1
2		Case Study of Mentally Retarded Child		CO2

Reference Books:	
1.	Hendrick, C. and Hendrick, S.S (Eds). Close Relationships- A Sourcebook, Sage Publications, Inc
2.	Hendrick, C. and Hendrick, S.S (Eds). Close Relationships- A Sourcebook, Sage Publications, Inc
3.	Josselson, R. (1996). The Space between Us: Exploring the Dimensions of Human Relationships. Sage Publications
e-Learning Source: Egyankosh, NCERT, ePathshala	

Course Articulation Matrix: (Mapping of COs with POs and PSOs)															
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1	3	3	2	1	3	3	3	2	1	2	2	3	2	2	1
CO2	2	3	3	2	2	2	1	3	2	1	3	2	2	3	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2019-2020							
Course Code	HS503	Title of the Course	Counseling Psychology: Process and Skills	L	T	P	C
Year	II	Semester	III	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To give an exposure to the current issues, concerns of counseling as a profession. To understand the various approaches to counseling and the techniques involved in them.						

Course Outcomes	
CO1	To understand the Counseling and Profession, and orientation of Approaches and Ethical Issues.
CO2	To develop the knowledge for psychology contents, process and skills and its goal.
CO3	To develop awareness towards techniques and transformations.
CO4	Students will become aware of therapeutic process and its implementations.
CO5	To develop insight towards mental health and handling the conditions with techniques and therapies.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	ORIENTATION	Counseling as a Profession, Approaches- Directive, Non directive, Eclectic and Integrated Approaches; Ethical Issues.	12	CO1
2	PROCESS AND SKILLS:	Process of Counseling, Goals and Necessary conditions, Counseling Skills- Listening, Relationships, Empathy, Non-Verbal Communication.	12	CO2
3	PSYCHOANALYTIC APPROACH TO COUNSELING	Underlying assumptions, Centrality of unconscious, Defenses, Techniques, Transference and Counter transference	12	CO3
4	EXISTENTIAL APPROACH TO COUNSELING	Underlying assumptions, Therapeutic Approach of Existential Counseling; Criticisms.	12	CO4
5	BEHAVIOURISTIC APPROACH TO COUNSELING:	Underlying assumptions, Techniques (Systematic Desensitization, Assertiveness and Social Skills Training, Modeling and Visualization).	12	CO5

Reference Books:	
Bohart, A.C. and Todd, J. (1998). Foundations of Clinical and Counseling Psychology, Harper Collins Publications • Gelso, C.J. and Pretz, B.R. (1995). Counseling Psychology, Bangalore, India, Prism Books Pvt. Ltd	
e-Learning Source:	
Counseling Psychology (apa.org)	
THEORIES OF COUNSELING AND PSYCHOTHERAPY (ebrary.net)	
(PDF) guidance and counseling theories ANTIDIUS NSIGA and Vaileth Mbassa - Academia.edu	

Course Articulation Matrix: (Mapping of COs with POs and PSOs)															
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1	3	2	1	1	2	2	3	2	2	2	2	3	2	2	3
CO2	2	3	2	3	2	3	2	2	2	2	2	1	2	2	2
CO3	3	3	3	1	3	1	3	3	3	3	3	2	3	1	2
CO4	3	2	2	2	1	2	2	2	2	2	1	2	1	2	1
CO5	1	3	2	2	2	3	2	1	3	1	2	3	2	3	1

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

 Dr. Md. Jasimuddin Khan Name & Sign of Program Coordinator	 Zebatun Sign & Seal of HoD
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Head
Humanities & Social Science
Integral University, Lucknow



Integral University, Lucknow

Effective from Session: 2019-2020

Course Code	HS505	Title of the Course	Counseling psychology: Process & Skill	L		T		P		C	
Year	II	Semester	III	3		1		0		4	
Pre-Requisite	Graduation	Co-requisite	None								
Course Objectives	To give an exposure to the current issues, concerns of counseling as a profession. To understand the various approaches to counseling and the techniques involved in them.										

Course Outcomes

CO1	To understand the Counseling and Profession, and orientation of Approaches and Ethical Issues.
CO2	To develop the knowledge for psychology contents, process and skills and its goal.
CO3	To develop awareness towards techniques and transformations.
CO4	Students will become aware of therapeutic process and its implementations.
CO5	To develop insight towards mental health and handling the conditions with techniques and therapies.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	ORIENTATION	Counseling as a Profession, Approaches- Directive, Non directive, Eclectic and Integrated Approaches; Ethical Issues.	12	Co1
2	PROCESS AND SKILLS:	Process of Counseling, Goals and Necessary conditions, Counseling Skills- Listening, Relationships, Empathy, Non-Verbal Communication.	12	Co2
3	PSYCHOANALYTIC APPROACH TO COUNSELING	Underlying assumptions, Centrality of unconscious, Defenses, Techniques, Transference and Counter transference	12	Co3
4	EXISTENTIAL APPROACH TO COUNSELING	Underlying assumptions, Therapeutic Approach of Existential Counseling; Criticisms.	12	Co4
5	BEHAVIOURISTIC APPROACH TO COUNSELING:	Underlying assumptions, Techniques (Systematic Desensitization, Assertiveness and Social Skills Training, Modeling and Visualization).	12	Co5

Reference Books:

Bohart, A.C. and Todd, J. (1998). Foundations of Clinical and Counseling Psychology, Harper Collins Publications • Gelso, C.J. and Pretz, B.R. (1995). Counseling Psychology, Bangalore, India, Prism Books Pvt. Ltd

e-Learning Source:

Counseling Psychology (apa.org)

THEORIES OF COUNSELING AND PSYCHOTHERAPY (ebruary.net)

(PDF) guidance and counseling theories | ANTIDIUS NSIGA and Vaileth Mbassa - Academia.edu

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO4	PSO5	PSO6	PSO7
CO1	3	2	1	1	2	2	3	2	2	2	3	2	5
CO2	2	4	2	3	2	3	2	2	5	2	1	2	2
CO3	3	3	3	1	3	4	3	3	3	3	2	3	5
CO4	3	2	2	2	5	2	2	2	2	1	2	5	2
CO5	5	3	2	2	5	3	5	4	3	2	3	2	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

M. J. Islam
Dr. Md. Jasimuddin
Name & Sign of Program Coordinator

Zeba Aqil
Head
Sign & Seal of HoD
Humanities & Social Science
Integral University, Lucknow



Integral University, Lucknow

Effective from Session: 2019-2020

Course Code	HS501	Title of the Course	Relationships Nature and Development	L	T	P	C
Year	II	Semester	III	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To provide students with a better understanding of the concept of self. To give an exposure to the students about the development of close relationships.						

Course Outcomes

CO1	Understand the relationship and theories of relationship
CO2	Understand the family relationship and romantic relationship
CO3	Understand the other family relationship.
CO4	Understand the theoretical models of relationships development.
CO5	Understand the development of close relationship.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	The Self	Interactions and Relationships, Relationship as accounts or narratives. Theories and Models of Relationships: Exchange, Interdependence, Equity and Investment.	12	CO1
2	Immediate Family Relationships	Parent- Child Relationship in - Infancy, Childhood, Adolescence and Adulthood; Romantic Love: meaning of romantic love, types of romantic love - Sternberg's Triangular Theory of love and Lee's Classification of love types; Marital Relationship, Divorce and Remarriage.	12	CO2
3	Other Family Relationships	Sibling Relationship, Grandparent - Grandchild Relationship, Friendship- Concept, Characteristics and Identification; Enmityship (or Enmity): Concept, Characteristics and Identification.	12	CO3
4	Model of Relationship Development	The Six- Stage Model; Relationship Initiation: Attention and Initial Attractions, Interaction and Exchange of Rewards.	12	CO4
5	Development of Close Relationships	Affiliation and Attachment, Self Disclosure, Trust, Intimacy and Commitment.	12	CO5

Reference Books:

- Hendrick, C. and Hendrick, S.S (Eds). Close Relationships- A Sourcebook, Sage Publications, Inc.
- Hinde, R.S (1997). Relations- A Dialectical Perspective Psychology. UK. Taylor and Francis .
- Duck, S. (1993). Social Context and Relationships. Sage Publications.
- Duck, S. (1994). Dynamics of Relationships. Sage Publications.
- Duck, S. (1995). Confronting Relationship Challenges. Sage Publications.
- Baron, R.A and Byrne, D. (1998). Social Psychology: Understanding Human Interaction. Prentice Hall of India, New Delhi.
- Berschied, E. and Regan, P. The Psychology of Interpersonal Relationships.

e-Learning Source:

<https://egyankosh.ac.in/handle/123456789/84928>

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1	2	1	2	1	2	2	3	1	2	2	3	2	1	2	2
CO2	2	2	1	2	2	2	2	2	3	2	3	2	2	2	2
CO3	1	3	2	3	2	2	1	1	1	1	1	2	2	2	3
CO4	2	2	2	2	2	2	2	2	1	2	2	2	3	2	3
CO5	2	1	2	1	1	2	1	2	2	2	2	2	2	2	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

M. Khan

Dr. Md. Jasimuddin Khan
Name & Sign of Program Coordinator

Zeba Anil

H. Anil
Sign & Seal of HoD
Science
Lucknow



Integral University, Lucknow

Effective from Session: 2019-20							
Course Code	HS502	Title of the Course	Clinical Psychology – Diagnosis and Assessment	L	T	P	C
Year	II	Semester	III	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	Non				
Course Objectives	1. To acquaint students with the history and current status of clinical psychology and its diagnosis and assessment. 2. To provide an exposure to the students about various personality assessment techniques.						

Course Outcomes	
CO1	To understand the importance of clinical psychology as a Mental Health Professions, its history and characteristics.
CO2	To get the knowledge about the significance of Diagnosis in Clinical Assessment and therapeutic Intervention.
CO3	To comprehend about the intellectual assessment techniques/tools used for clinical assessment.
CO4	To understand the various personality assessment techniques/tools used for clinical assessment.
CO5	To be familiar with the other forms of assessment; and different methods of Mental Status Examination.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction	Clinical Psychology as one of the Mental Health Professions; Developments in Clinical Psychology; Characteristics of Clinical Psychology.	12 hrs.	CO1
2	Diagnosis	Goals of Diagnosis; Reliability & validity of diagnosis; differential diagnosis; criticisms.	12 hrs.	CO2
3	Intellectual Assessment	Wechsler Scales; Stanford – Binet Intelligence Scale; 4th and 5th Edition Kaufman Scales; Interpretation of intelligence test scores.	12 hrs.	CO3
4	Personality Assessment	Types of Projective Tests: Rorschach Ink - Blot Test, Thematic Apperception Test; Approaches to objective personality scales; The Minnesota Multiphasic Personality Inventory.	12 hrs.	CO4
5	Other Forms of Assessment	Interview; Case Study; Mental Status Examination; Neuropsychological Assessment.	12 hrs.	CO5

Reference Books:

- Phares, J. E. (1988) Clinical Psychology : Concepts, Methods & Profession, The Dorsey Press.
- Nietzel, M. T. Bernstein, D. A. and Milch, R. (1994) Introduction to Clinical Psychology, Prentice- Hall Inc.
- Newmark, C. S. (1985). Major Psychological Assessment Instruments, Allyn and Bacon.
- David H. Barlow (2014). The Oxford Handbook of Clinical Psychology (Ed.), USA: Oxford University Press

e-Learning Source:

- <https://www.slideshare.net/Ammuz123/projective-techniques-80021387>
- <https://www.sciencedirect.com/topics/medicine-and-dentistry/wechsler-intelligence-scale>
- <https://www.thinkib.net/psychology/page/22454/validity-and-reliability>
- https://www.academia.edu/39019156/PDF_THE_PROJECTIVE_TECHNIQUES_OF_PERSONALITY_ASSESSMENT

Course Articulation Matrix: (Mapping of COs with POs and PSOs)															
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1	3	3	3	3	3	3	3	2	2	2	2	2	2	2	2
CO2	3	3	3	3	3	3	3	1	2	2	1	2	1	1	1
CO3	3	3	3	3	3	3	3	3	3	3	1	2	1	1	1
CO4	3	3	3	3	3	3	3	3	3	3	1	2	1	1	3
CO5	3	3	3	3	3	3	3	3	3	3	1	2	1	1	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

 Dr. Md. Jaseemuddin Khan Name & Sign of Program Coordinator	 Zeba Agil Sign & Seal of HoD
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Head
Humanities & Social Science
Integral University, Lucknow



Integral University, Lucknow

Effective from Session: 2019							
Course Code	HS505	Title of the Course	Basics of Organizational Behavior	L	T	P	C
Year	II	Semester	III	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To develop an understanding of structure and processes of the organization as a whole to develop a community based orientation towards mental health. • To understand the interaction of individual and groups within the organization and different attitudes and behavior resulting from organizational membership						

Course Outcomes	
CO1	Enable students to understand the concept of Organizational behavior, its history, models and theories
CO2	Enable them to know how motivation and performance are related, how personality and emotions work in an organization, and how power and politics work in an organization
CO3	Understanding the meaning of job attitude, job satisfaction and organizational commitment.
CO4	Understanding the concept of organizational citizenship behavior and innovative work, counterproductive behavior
CO5	Developing an understanding of emotional intelligence, effective communication and decision-making

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	INTRODUCTION TO ORGANIZATIONAL BEHAVIOR:	Its nature and scope, Historical background, Traditional and modern models of OB. Management theories of organizational behavior	12	CO1
2	BEHAVIOR IN ORGANIZATIONS :	Motivation and performance, role of human personality and emotions in organizations, power and politics, group processes in organizations, teams and their effectiveness.	12	CO2
3	JOB ATTITUDES:	Meaning of job attitude; Job satisfaction and Organizational Commitment.	12	CO3
4	PRODUCTIVE ORGANIZATIONAL BEHAVIORS:	Organizational citizenship behavior and innovative work behaviors. Counterproductive behavior in organizations: absenteeism, turnover, ineffective performance	12	CO4
5	ENHANCING ORGANIZATIONAL HEALTH AND WELL-BEING:	Role of Psychological capital, Emotional Intelligence, Effective communication and Decision-making.	12	CO5

Reference Books:

1. Robbins, S. P., & Judge, T. (2013). Organizational behavior (15th ed.). Boston: Pearson
2. Luthans, F. (1998). Organizational behavior. 12th edition. Boston, Mass: Irwin/McGraw- Hill. Pearson Education..
3. Furnham, A. (2005). The psychology of behaviour at work : the individual in the organization, 2nd ed., Psychology Press
4. Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.
5. Muchinsky, P. (2006). Psychology applied to work: An introduction to industrial and organizational psychology. 8th Edition, NC: Hypergraphic Press
6. Jex, S. M., and T. W. Britt. 2008. A scientist-practitioner approach: Organizational psychology. Hoboken, NJ: John Wiley.
7. Chadha, N.K. (2007). Organizational Behavior. Galgotia Publishers: New Delhi.

PO- PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PO7	PO8
CO1	3	2	2	2	2	2	2	1	2	2	1	2	2	3	3
CO2	3	3	1	1	3	2	3	2	1	1	2	3	3	3	2
CO3	3	3	2	2	3	3	2	2	1	1	2	3	3	3	3
CO4	3	3	2	2	3	3	3	1	2	2	1	3	3	3	3
CO5	3	2	2	2	3	2	3	1	2	1	1	3	3	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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