

## SEMESTER- I

### **MDC-1: Psychology of Mental Health and Well-being**

#### Course Outcomes

After the completion of the course, the student will be able to:

**CO1:** Understand the status of mental health problem in India and the world.

**CO2:** Identify people suffering from most common mental health problems.

**CO3:** Understand and enhance positive mental health and well-being.

**CO4:** Reach out to people during the time of distress and help.

MJC-3 : Psychology of Mental Health and Well-being (T)		ESE-70 CIA-30
(3 credits) Full Marks: 100		
Unit	Topics to be covered	No. of Lectures
1	<b>Introduction</b> 1.1 Concept, importance and issues of mental health in India and the globe. 1.2 Mental health issues in adolescence and young adults. 1.3 Prevalence of mental health disorders across the globe.	06
2	<b>General Psychological Problems</b> 2.1 Types of Psychological Disorders- psychoneurosis and psychosis 2.2 Anxiety: Causes, Signs and Symptoms. 2.3 Depression: Causes, Signs and Symptoms, Suicide.	12
3	<b>Mental Health Practice and Care</b> 3.1 Introduction to Counselling, guidance, therapy. 3.2 Peer mentoring: concept and skills.	06
4	<b>Reaching out and providing initial help</b> 4.1 Recognizing the signs that someone may need support 4.2 Knowing what to do and what not to do when a person reaches out for help	06
<b>Total</b>		<b>30</b>

#### **Suggested Readings:**

- Arun Kumar Singh. *Asamanya Manovigyaan*. (2006). Motilal Banarasidas Publications.
- Butcher, Hooly, Mineka, S. & Dwivedi (2017). *Abnormal Psychology*. New Delhi: Pearson.
- Ciccarelli, White & Misra (2023). *Psychology*. 6<sup>th</sup> edition. New Delhi: Pearson.
- Muir-Cochrane, E., Barkway, P. & Nizette, D (2018). *Pocketbook of Mental Health* (3rd Edition) Elsevier.
- *World Mental Health Report*, WHO. (2022)

*AD*  
06/12/24

*ED*  
06/12/24

*Sinh*  
06/12/24

*M. U.*  
6.12.24  
**Head**  
Univ. Dept. of Psychology,  
L.N.M.U., Darbhanga

## SEMESTER- II

### **MDC-2: Sports Psychology**

#### Course Outcomes

After the completion of the course, the student will be able to:

- CO1:** Apply the basic concepts of psychology in the field of sports.
- CO2:** Understand the basics of sport psychology.
- CO3:** Understand the application of various psychological underpinnings in sports.
- CO4:** Reflect and realize upon the quintessentially of lifestyle in wellness.

<b>MDC-2 : Sports Psychology</b>		<b>ESE-70</b>
<b>(3 credits)</b>		<b>CIA-30</b>
<b>Full Marks -100</b>		
<b>Unit</b>	<b>Topics to be covered</b>	<b>No. of Lectures</b>
<b>1</b>	<b>Introduction</b> 1.1 Meaning, Importance and Scope of Sports Psychology. 1.2 Sports and Youths. 1.3 Sports and 21 <sup>st</sup> Century Skills.	<b>05</b>
<b>2</b>	<b>Psychological Underpinnings in Sports-I: Fundamentals of:</b> 2.1 Personality 2.2 Motivation 2.3 Learning	<b>10</b>
<b>3</b>	<b>Psychological Underpinnings in Sports-II: Fundamentals of:</b> 3.1 Attitude 3.2 Emotional Intelligence 3.3 Mental Toughness	<b>10</b>
<b>4</b>	<b>Wellness and Lifestyle</b> 4.1 Modern Lifestyle in Changing Scenario. 4.2 Wellness and Lifestyle: Programmes.	<b>05</b>
<b>Total</b>		<b>30</b>

#### **Suggested Readings:**

1. Cox, R. (2006). *Sport Psychology*. McGraw-Hill Education.
2. Edlin, Golanty and Brown, (2002). *Health and wellness* (5<sup>th</sup> & 7th Edition). London: Joines and Bartlett Publishers.
3. Mangal, S. K. & Mangal, S. (2021). *Sports Psychology*. Sage Publications Pvt. Ltd.
4. Robbins, J E & Madrigal, L. (2016). *Sport, Exercise and Performance Psychology*. Springer Publisher Company.
5. Singh, H.(2017). *Khel Manovigyan*. Khel Sahitya Kendra.

AD  
06/12/24

Edlin  
06/12/24

Singh  
06/12/24

M. K. S. S.  
6/12/24  
Head  
Univ. Dept. of Psychology  
L.N.M.U., Darbhanga



### SEMESTER- III

#### **MDC-3: Psychology of Education in Indian context**

##### Course Outcomes

After the completion of the course, the student will be able to:

- CO1:** Know educational psychology and develop a vision about education and psychology.
- CO2:** Understand the key approaches of cognition and learning in education.
- CO3:** Understand the various Indian perspective on education.
- CO4:** Gain familiarity with the sources and management of educational stress.

MDC-3: Psychology of Education in Indian context (T)		ESE-70 CIA-30
(3 credit) Full Marks-100		
Unit	Topics to be covered	No. of Lectures
1	<b>Introduction</b> 1.1 Meaning, Nature, Aims, and Scope of educational psychology in India. 1.2 Relation between Education and Psychology.	06
2	<b>Cognition and Learning</b> 2.1 Key theoretical approaches: Behaviourism, Social-constructionism, Social Learning theory. 2.2 Learning styles. 2.3 Learning Programmes for differently-abled	08
3	<b>Education in the Indian context</b> 3.1 Conceptualization of intelligence as Buddhi. 3.2 Thoughts of Aurobindo, Vivekananda, Krishnamurti on education.	08
4	<b>Academic Stress</b> 4.1 Concept and sources of academic stress. 4.2 Bullying/cyberbullying, parental and peer pressure. 4.3 Management of stress-physical exercise, yoga, vipassana.	08
<b>Total</b>		<b>30</b>

##### **Suggested Readings:**

- Arun Kumar Singh. *Shiksha Manovigyaan*. (2020). Motilal Banarasidas Publications.
- Bruner, J. (1996). *The culture of education*. Cambridge: Harvard University Press.
- Cornelissen, M., Misra G., & Varma, S. (2010). *Foundations of Indian Psychology* (Vol. 2). New Delhi, India: Pearson.
- Srivastava & Misra (2007). *Rethinking Intelligence*. Concept Publishing Company: Delhi.
- Woolfolk, A., Misra G., & Jha, A. (2012). *Fundamentals of Educational Psychology*. New Delhi India: Pearson.

AD  
06/12/24

ES  
06/12/24 3

Sinh  
06/12/24

M. K.  
6/12/24  
Head  
Univ. Dept. of Psychology  
LN.M.U., Darbhanga