

Session-2022-2024

# Jiwaji University, Gwalior

(Established in 1964)

(NAAC Accredited "A" Grade University)



**School of Studies in Psychology**

**The Scheme and Syllabus**

of

**The Post Graduate Course in Psychology**

**I to IV Semester**

**Under**

**Choice Based Credit System**

**2022-2024**

**School of Studies in Psychology**  
**Jiwaji University, Gwalior**  
**Scheme for the Choice Based Credit System**  
**MA I Semester (Psychology)**

Sub. Code	Subject Name	Credits
101	Applied Cognitive Psychology – I (Core)	4
102	Parametric Statistical Methods(Core)	4
103	Advanced Social Psychology (Core)	4
104	Theoretical Foundation of Psychopathology (Core)	4
105	Practical	2
106	Seminar	1
107	Assignment	1
	<b>Total Valid Credits</b>	<b>20</b>
108	Comprehensive Viva –Voce (Virtual Credit)	4

**Total Credits = 24**

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**School of Studies in Psychology**  
**Jiwaji University, Gwalior**  
**Scheme for the Choice Based Credit System**  
**MA II Semester (Psychology)**

Sub. Code	Subject Name	Credits
201	Applied Cognitive Psychology – II(Core)	4
202	Non-Parametric Statistical Methods(Core)	4
203	Applied Social Psychology(Core)	4
204	Major Psychopathologies(Core)	4
205	Practical	2
206	Seminar	1
207	Assignment	1
	<b>Total Valid Credits</b>	<b>20</b>
208	Comprehensive Viva –Voce (Virtual Credit)	4

**Total Credits = 24**

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Session-2022-2024

**School of Studies in Psychology**  
**Jiwaji University, Gwalior**  
**Scheme for the Choice Based Credit System**  
**MA III Semester (Psychology)**

Sub. Code	Subject Name	Credits
301	Research Methods: Experimental Design(Core)	4
302	Clinical Psychology(Core)	4
303	Organizational Behaviors(Core)	4
304	Elective Centric – Choose any one of the following: <ul style="list-style-type: none"><li>• Self &amp; Spiritual Psychology</li><li>• Positive Psychology</li><li>• Human Resource Development</li></ul>	4
305	Project Work	2
306	Seminar	1
307	Assignment	1
<b>Total Valid Credits</b>		<b>20</b>
308	Comprehensive Viva –Voce (Virtual Credit)	4

**Total Credits = 24**

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Session-2022-2024

**School of Studies in Psychology**  
**Jiwaji University, Gwalior**  
**Scheme for the Choice Based Credit System**  
**MA IV Semester (Psychology)**

Sub. Code	Subject Name	Credits
401	Non-Experimental Research Methods(Core)	4
402	Personality Assessment (Core)	4
403	Human Resource Management (Core)	4
404	Elective Centric – Choose any one of the following: <ul style="list-style-type: none"><li>• Health Psychology</li><li>• Organizational Development and Change</li><li>• Introduction to Buddhist Psychology (optional)</li></ul>	4
405	Internship	4
	<b>Total Valid Credits</b>	<b>20</b>
408	Comprehensive Viva –Voce (Virtual Credit)	4

**Total Credits = 24**

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School of Studies in Psychology  
Jiwaji University, Gwalior  
Course Structure  
Choice Based Credit System (CBCS)  
2022 to 2024

The study Centre has formulated choice-based credit system in M.A. Psychology as per ordinance 168 A for the academic session 2022-24. In this system, there are 80 valid credits and 16 virtual credits in the complete span of the course of two years. From these 80 credits, 48 credits should accrue from core subject, 16 credits from Elective Subject, 4 credits from practical, and 3 credits from seminar, 3 credits from Assignment and 2 credits from project-based work. 2 credits from the internship. Virtual credits are 16 which the student has to earn through comprehensive viva-voce held after every semester. Hence 4 virtual credits are given to each comprehensive viva-voce. Thus, the total credits for the entire course of study come to 96 credits. From these 96 credits, credits for each sub head are following:

S.No.	Type of Subject/Activity	Code	Number of Subjects	Credit/Subject	Total Credit
1	Core	1	14	4	56
2	Electives	2	2	4	8
3	Seminar	3	3	1+1+1	3
4	Assignment	3	3	1+1+1	3
5	Practical	5	2	2+2	4
6	Project Work	6	1	2	2
7	Internship	7	1	4	4
8	Comprehensive Viva-Voce	6	4/Semester	16	16
					96

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# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 1<sup>ST</sup> SEMESTER

PAPER TITLE: Applied Cognitive Psychology – I (Core)

Course - 101

- UNIT-1 Concept of cognitive psychology;  
History of Cognitive Psychology: Origin, Emergence of Modern Cognitive Psychology and Current Status. Domains of Cognitive Psychology. Conceptual Sciences and Cognitive Psychology.
- UNIT-2 Cognitive Neuroscience Techniques: Brain Lesions, Position Emission Tomography (PET Scan), Functional. Magnetic Resonance Learning and Event-Related Potential Techniques. Areas that Contribute to Cognitive Psychology. General Phenomenon of learning: Learning vs. maturation, native response Tendencies & Temporary. States of the organism (e.g. Fatigue, adaptation and drugs).
- UNIT-3 Theories of learning: Pavlov & Skinner. Verbal learning: Stimulus material (nonsense syllables, meaningful words and trigrams) and serial learning (Bowed serial position curve).Discrimination learning: Algebraic summation theory, Relational theory.
- UNIT-4 Neurophysiology of learning. Visual perception: Gestalt approaches to Perception. Pattern recognition in perception.
- UNIT-5 Auditory Perception: Pitch, Loudness, Timber and Sound Localization. Time perception, Nature; factors: Filled and unfilled time interval, short and long-Time interval, monotony of the task. Speech Perception: characteristics and theories

**Recommended Books: -**

1. Edward E. Smith,  
Stephen M. Kosslya: Cognitive Psychology, Prentice Hall of India, New Delhi
2. Robert L. Solso: Cognitive Psychology, 6th edition, Person Education, Low price edition
3. Houston, J.P.: Fundamentals of learning and Memory (3rd Editions). Harcourt Brace Jovanovich, Inc, New York

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30/08/2022

Session-2022-2024

- 4. Schiffman, H.R.: Sensation and perception: An integrate Approach, John Willey Sons, New York.
- 5. Sodorow.: Psychology. McGraw Hill Book Company, New York.
- 6. Saundra K. Ciccarelli, Glenn E. Meye: Psychology
- 7. Levin Thal, C.F.: Introduction to Physiological Psychology, Prentice Hall of India New Delhi 1999.
- 8. Ronald T. Kellogg: Fundamentals of Cognitive Psychology.
- 9. Margaret W. Matlin, Suny Geneseo: Cognitive Psychology, 8th edition, International Student Version, Wile

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# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 1<sup>ST</sup> SEMESTER

PAPER TITLE: Parametric Statistical Methods (Core)  
Course - 102

- UNIT-1 Parametric Statistics: Nature and Assumptions. Concept of population and sample. Probability theory in Statistical inference. Sampling distributions and Estimation of parameters
- UNIT-2 Hypothesis: Concept, One-tailed and Two-tailed Hypothesis tests. Decision errors. Hypothesis: Type I and Type II errors, Level of significance. Effect size and Statistical power.
- UNIT-3 Criteria for the selection of suitable statistical test for the analysis of data. Significance of difference between sample means: Single sample and dependent samples- t test: assumptions, calculation, and uses. Significance of difference between sample means: Independent samples - t test: assumptions, calculation, and uses
- UNIT-4 Analysis of variance: concept, assumptions, calculation and uses of one-way ANOVA. Analysis of variance with Multiple Comparison Tests: Bonferroni and Tukey. Correlation analysis in psychological research. Concept, calculation and uses of Pearson Product Moment Correlation (PPMC). Correlation and Causality.
- UNIT-5 Biserial and Point-Bacterial correlation coefficients: concept, calculation and uses. Partial correlation: concept, calculation and uses. Multiple regressions: assumptions, methods of selecting variables and interpretation of regression model. Issues and limitations in prediction.

**Recommended Books: -**

- 1. N. M. Dowine: Basic Statistical methods, Harperand Publishes New York.
- 2. Seigal, S.: Non-Parametric Statistics for Behavioral Science. New York: McGraw Hill. 1956.

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Session-2022-2024

3. Garrett, H.E.: Statistics in Psychology and Education. New York Longman, 1950.
4. Edward, A.E.: Experimental Design in Psychological Research (3rd Ed.) New Delhi: American Publishing Co. 1971.
5. Broota, K.D.: Experimental Design in Correlation Research. New Delhi: Wiley Eastern 1989
6. Walker, H.M.: Statistical Inference. New York: Hdt. Rinehart and Winston, 1953.
7. Thorndike, M.: Correlation Procedures for Research. New York: Gardner Press. 1978.
8. Gupta, S.P.: Statistical Methods, Sultan Chand & Sons, New Delhi.
9. Arthur, A.: Statistics for Psychology, Pearson Education

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# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 1<sup>ST</sup> SEMESTER

PAPER TITLE: Advanced Social Psychology (Core)

Course – 103

- UNIT-1 Social psychology: meaning and nature. Brief history of Social Psychology: The field in its infancy, the field in its adolescence, the field enters adulthood, period of crisis, current development. Social Psychology in the New Millennium: Influence of a cognitive perspective, exporting social psychology, and adaptation of a multicultural perspective
- UNIT-2 Research methods in social psychology: Naturalistic observation – Non participant and participant observation, Archival research, Experimental method, Co relational method. Social Cognition: Meaning and Approaches – attribution approach, schema approach. Attitude: Meaning and Formation of attitude: Social learning – classical conditioning, instrumental conditioning, observational learning, genetic factors
- UNIT-3 Attitude – Behavior link; Influence of attitude on behavior; factors responsible for such influence. Attitude change: Approach to attitude change. Persuasion approach – cognitive approach to persuasion, systematic processing, heuristic processing and elaboration likelihood model. Attitude change overtime; Spontaneous attitude change, Persistence of attitude change.
- UNIT-4 Attitude Resistance to change: reactance, forewarning, selective avoidance, active defense biased  
Assimilations and attitude polarization. Concept of Pro-social behavior, Latency Darley's five steps model; situational factors:  
Attraction, Attributions and Prosocially models. Theories of pro-social behavior: Empathy - Altruism theory; egoistic theory; genetic selfishness
- UNIT-5 Concept and meaning of interpersonal attraction: Factors affecting interpersonal attraction: Proximity, familiarity and similarity. Theories of interpersonal attraction: Reinforcement theory, complementary theory and exchange theory. Theories of inter group relations: Social identity theory, Realistic conflict theory, Equity theory.

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**Recommended Books: -**

1. Baron, R.A. & Byrne, Donn: Social Psychology – Understanding Human Interaction. Fifth Edition Prentice Hall of India, Private Ltd. New Delhi. 1988.
2. Baron, R.A. & Byrne, Donn: Social Psychology – Tenth Edition, Prentice Hall of India, Private Ltd. New Delhi. 2003.
3. Berkowitz, Leonard: A survey of Social Psychology. Third Edition. CBS, Publishing Japan Ltd. 1986.
4. Jones, E.E. & Gerard, H.B.: Social Psychology: John Wiley Sons. 1967.
5. Feldman, R.S.: Social Psychology. Second Edition. Prentice Hall, Upper Saddle River, New Delhi. 1988.

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# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 1<sup>ST</sup> SEMESTER

PAPER TITLE: Theoretical Foundation of Psychopathology (Core)  
Course 104

- UNIT-1 Psychopathology and Systems of classification: Criteria and brief history. Basic features of DSM 5 and ICD-10: Similarities, differences and critical evaluation. Models for the description of abnormal behavior - Biological model
- UNIT-2 Psychodynamic model (Freud), Learning model (Skinner). Cognitive Model.
- UNIT-3 Major Anxiety disorders: Brief Clinical pictures of Panic Disorder, GAD, & Phobia. Psychoanalytic, Behavioral & Cognitive Approaches to Anxiety Disorders. Clinical Pictures of OCD & PTSD.
- UNIT-4 Psychoanalytic, Behavioral & Cognitive Approaches to OCD & PTSD. Somatoform disorder: types, Psychoanalytic & Socio-cultural theories. Dissociative Disorders: types (Dissociative Identity, Dissociative Amnesia & Derealization Disorder & Learning theories
- UNIT-5 Psycho- physiological Disorder – CHD. Hypertension. Theoretical Explanations of Psycho Physiological disorders – Biological & Psychological

## Recommended Books: -

- American Psychiatric Association (2013): Diagnostic and statistical manual of mental disorder: DSM-5. American Psychiatric Pub.
- King, A.M., Jhonson, S.L., Davison, G.C. & Neale J.M (2014): Abnormal Psychology: An Experimental Clinical Approach. New York: John Wilay & Sons, Inc.
- Butcher, J.N., Mineka, S., & Hooley, J.M. (2015): Abnormal Psychology & Modern Life (15th Ed.) New Delhi: Pearson
- Carson, R.C. & Butcher, J.N. (1992): Abnormal Psychology & Modern Life New York: (9<sup>th</sup> Edition) Haper & Collins New York.
- arason, I.G. & Sarason, B.R. (2014): Abnormal Psychology: The problem of Maladaptive Behavior (10th Ed.) New Delhi: Pearson Education
- Barlow, D.H.

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Session-2022-2024

& Durand, V.M. (2004): Abnormal psychology: An integrative approach (4thEd.) Pacific Grove: Brooks/Cole.

7. Butcher, J.N. (2014): Abnormal Psychology. New Delhi: Pearson Education

8. Davison, G.C. & Neale, J.M.: Abnormal Psychology New York: John Wilay& Sons, 1990.

9. Rosen, J.F.Gregory : Rosen, J.F. Gregory  
Six Approaches to Psychology

10. Maccary, J.L.: Handbook of abnormal psychology.

11. Eysenek, H.J.:

12. Kaplan, B.J. & Sadock, B.J. (Eds): Synopsis of psychiatry, 7<sup>th</sup> edition. USA: Williams & Wilkins

13. Adams, H.E. & Sutker, P.B. (2000): Comprehensive Oxford University Press, Delhi, 1986.

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# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 1<sup>ST</sup> SEMESTER

PAPER TITLE: Applied Cognitive Psychology – II (Core)

Course 201

- UNIT-1 Memory: Concept, Process and types of memory. Information processing Model of Memory: Sensory memory, Short-term memory and Long-term memory. Association Models of Memory. Forgetting in long term memory: Concept, Theories: Decay, Interference Motivation and Cue Dependence.
- UNIT-2 Memory Improving Techniques: Study Habits and Mnemonic Devices. Biopsychological Aspects of Memory: The Anatomy of Memory; The Chemistry of Memory. Thinking: Definition and Mental Image; Types of thinking: Convergent and Divergent thinking.
- UNIT-3 Concepts Formation: Logical Concepts, Natural Concepts and Prototype. Role of concepts in thinking. Language: Nature: Communicative, Arbitrary, Structured and Generative; Dynamics of Language: Phonemes, Morphemes, Syntax, Semantics and Pragmatics. Acquisition of Language: Stages of Language Acquisition
- UNIT-4 Theories of Language Acquisition; The relationship between Language and Thinking: The Linguistic Relativity Hypothesis. Problem solving: Concept, Stages in problem solving: Preparation, production, Judgment & incubation. Problem solving Strategies: Trial & Error, Algorithm, Heuristic, Insight & Intuition; Factors influencing problem solving.
- UNIT-5 Impediments and barriers to problem solving. Decision Making: Concept; Heuristics in Decision Making & Cognitive Control in Decision Making. Decision Making Strategies: The Signal Feature, The Additive Model & The Elimination by Aspects Model

### Recommended Books: -

1. Wickelgren: Learning and memory
2. Haberlandt, K.: Cognitive Psychology Allyn and Bacon, Boston
3. Robert S. Feldman: Understanding Psychology
4. M.W. Matlin: Cognitive Psychology 8th Edition
5. Sdorow: "Psychology" Mc Graw Hill Book
6. Levinthal, C.F.: Introduction to Physiological Psychology. 3rd Edition. Prentice Hall of India, New Delhi 1999
7. Anderson, J.R.: Cognitive Psychology and its implications 5<sup>th</sup> Edition: Worth Publishers
8. Lyle, E. Bource, Jr. Brue R. Ekstrand & Foger L. Dominoski: Cognitive Process. Prentice Hall Inc. Englewood Cliffs, New Jersey 1971.
9. Lutz, John: An Introduction to learning and Memory Brooks/ Cole Publishing Company Pacific Grove, California

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# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 2<sup>nd</sup> SEMESTER

PAPER TITLE: Non-Parametric Statistical Methods (Core)

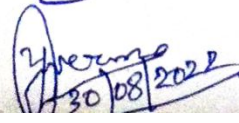

Course: 202

- UNIT-1 Distinctive features of Parametric and Non-parametric statistical tests. Choosing an appropriate Statistical Test: Model, efficiency and measurement. Chi square as a test of independence and goodness of fit, uses and computation.
- UNIT-2 Mann-Whitney U test: Uses and computation. Median test: Uses and computation. Kolmogorov-Smirnov Two samples test: Uses and computation.
- UNIT-3 Kruskal-Wallis one way analysis of variance: Significance, uses and computation. Friedman Two-way analysis of variance by ranks: Uses and computation. Comparison of methods of ANOVA and Analysis of Variance by Ranks.
- UNIT-4 Spearman Rank Order correlation: Uses and computation. Phi-coefficient: Uses and computation. Tetrachoric correlation: Uses and computation.
- UNIT-5 Contingency coefficient: Uses and computation. Comparison of Phi-coefficient and Tetrachoric correlations. Relationship of Phi-coefficient and coefficient of Contingency to Chi square.

### Recommended Books: -

1. N. M. Dowine: Basic Statistical methods, Harper and Publishes New York.
2. Mc Nemar Q.: Psychological Statistics, 3rd Ed. New York, John Wiley 1962.
3. Seigel, S.: Non-Parametric Statistics for Behavioral Science. New York, McGraw Hill. 1956.
4. Garrett, H.E.: Statistics in Psychology and Education. New York, Longman, 1950.

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Session-2022-2024

- 5. Edward, A.E.: Experimental Design in Psychological Research (3rd ed.) New Delhi, American Publishing Co. 1971.
- 6. Broota, K.D.: Experimental Design in Co relational Research. New Delhi: Wiley Eastern 1989.
- 7. Thorndike, M.: Co relational Procedures for Research. New York, Gardner Press. 1978.
- 8. Gupta S.P.: Statistical Methods, Sultan Chand and Sons, New Delhi

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**JIWAJI UNIVERSITY, GWALIOR****M.A. Psychology 2<sup>nd</sup> SEMESTER****PAPER TITLE: Applied Social Psychology (Core)****Course: 203**

- UNIT-1 Nature and history of applied social psychology. Applied social psychology in India: Challenges and possibilities: Need for indigenization, Multidisciplinary approach to the study of social change, policy-oriented research, need for reorienting social psychology. Current trends in social psychology
- UNIT-2 Methods of Applied Social Psychology: Laboratory experiment, field experiment and field studies. Environmental psychology: Basic concept; the physical environment, human behavior, relationship between behavior and environment. Environmental factors influencing behavior, and human behavior influencing environment, greenhouse effect. Pro-environmental behavior.
- UNIT-3 Aggression –its meaning and causes - social causes and personal causes. Measures for controlling aggression. Prejudice: Meaning; the origin of prejudice: Contrasting perspectives – threat to self-esteem, competition for resources as a source of prejudice, role of social categorization.
- UNIT-4 Techniques for countering prejudice; social learning view, intergroup contact, recategorization, social influence. Behavior and health. Applying Social Psychology to health-related behavior: Responding to Health-related information; Comprehending and evaluating health information, rejecting health Information Vs accepting it. Stress: Meaning; stress and health. Individual differences in the effect of stress.
- UNIT-5 Coping with stress: increasing physical fitness, positive emotions and regulatory control, social support. Applying Social Psychology to the world of work: Job satisfaction: Attitudes towards work; Factors affecting job satisfaction – organizational factors and personal factors. Social Psychology and the Legal System – Interrogation and suggestibility; Pretrial publicity; the testimony of eyewitness; effect on verdict.

**Recommended Books: -**

1. Baron, R.A. & Byrne, Donn: Social Psychology – Understanding Human Interaction. Seventh Edition. Prentice Hall of India of India, Private Ltd. New Delhi. 1988.
2. Baron, R.A. & Byrne, Donn: Social Psychology – Understanding Human Interaction. Tenth Edition, 2003. Prentice Hall of India of India, Private Ltd. New Delhi. 1988.
3. Berkowitz, Leonard: A survey of Social Psychology. Third Edition. CBS Publishing Japan Ltd. 1986.
4. Jones, E.E. &

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Gerard, H.B.: Social Psychology: John Wiley Sons. 1967.  
5. Misra, Grishwar: Applied Social Psychology in India.  
6. Heimstra, N.W. & Environmental Psychology. Brooks Cole publishing Company  
Mc Farling, L.H.: Monterey, California 1974.

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# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 2<sup>nd</sup> SEMESTER

PAPER TITLE: Major Psychopathologies (Core)

Course: 204

- UNIT-1 Substance related disorder: Types of substances, Substance abuse & Substance dependence. Etiology of Substance related disorders: Psychological and Socio-cultural factors. Anti-Social Personality Disorder. Clinical Characteristics & Etiology
- UNIT-2 Intellectual disability: DSM criteria & levels of Intellectual disability. Etiology of Intellectual disability. Schizophrenia: Diagnostic Criteria and Positive, Negative & other symptoms
- UNIT-3 Etiology of Schizophrenia: Genetic factors. Role of Biochemical factors & Psychological Stress in the Etiology of Schizophrenia. Other psychotic Disorders: Schizoaffective and Delusional disorder.
- UNIT-4 General characteristics of Depression & Mania: Unipolar and Bipolar disorders. Depressive Disorders: Major Depressive Disorder & Dysthymia. Bipolar Disorders: Bipolar I, II & Cyclothymia
- UNIT-5 Theories of Mood Disorder: Beck's theory of Depression, Interpersonal theory of Depression. Neuro-cognitive Disorders: Distinction between Delirium & Dementia. Dementia of the Alzheimer types – Clinical picture and causes.

### Recommended Books: -

1. King, A.M., Jhonson, S.L., Davison, G.C. & Neale J.M (2014): Abnormal Psychology: An Experimental Clinical Approach. New York: John Wilay & Sons, Inc.
2. Butcher, J.N., Mineka, S., & Hooley, J.M. (2015): Abnormal Psychology & Modern Life (15th Ed.) New Delhi: Pearson
3. Carson, R.C. & Butcher, J.N. (1992): Abnormal Psychology & Modern Life New York: (9<sup>th</sup> Edition) Hoper & Collins New York.
4. Sarason, I.G. &

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Session-2022-2024

Sarason, B.R. (2014): Abnormal Psychology: The problem of Maladaptive Behavior (10th Ed.) New Delhi: Pearson Education

5. Barlow, D.H. & Durand, V.M. (2004): Abnormal psychology: An integrative approach (4thEd.) Pacific Grove, Brooks/Cole.

6. Butcher, J.N. (2014): Abnormal Psychology. New Delhi: Pearson Education

7. Kaplan, H.J., & Sadock, B.J. (2004): Synopsis of comprehensive textbook of psychiatry (10thEd.). Baltimore: Williams & Wilkins.

8. Sarason. I.G. & Sarason, B.R. (2006): Abnormal psychology. (11th Ed.). Delhi: Prentice

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# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 3<sup>rd</sup> SEMESTER

PAPER TITLE: Research Methods: Experimental Design (Core)

Course: 301

- UNIT-1 Importance of experimental design, meaning and characteristics of scientific research. Methods of inquiry: Authority, Intuition, Tenacity, Rational, Empiricism. Steps in research: research ideas and importance of literature review, formulation of problem, hypothesis and research questions, types of hypotheses.
- UNIT-2 Sampling techniques: Probability and Non-Probability. Types of Educational Research: Descriptive, Associational and Intervention. Ethics and norms of scientific research. Writing a research report.
- UNIT-3 Between-group designs: Single factor designing- Randomized group design, Two Matched group Design. Within-Group Design: Single factor, Repeated measures design, two factors repeated measures design. Significance of control in experimental designs.
- UNIT-4 Threats to internal and external validity in between-group and within-group designs. Advantage and Disadvantage of between group and within group Designs. Factorial Design: Randomized Block Design.
- UNIT-5 Factorial Design: Main Effect and Interaction Effect. Meaning and differences between Quasi Experiment and True Experiment. Types of Quasi-experimental Designs: Non-equivalent control group design. Interrupted time series. design and multiple time series design

### Recommended Books: -

1. Broota, K.D.: Experimental Design in Behavioral research. New Delhi, Wiley Eastern, 1984.

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2. Chadwick,  
B.A Bahr, H.M. &  
Albrecht, S.I.: Social science Research Methods.
3. Mohsin, S.M: Research methods in Behavioral Sciences. Hyderabad: Orient  
Longman, 1984.
4. Kerlinger, F.N.: Foundation of behavioral research New York. Holt. Rineheart  
and Winston 1974.
5. Gravetter F.J. &  
Forzano L.B.: Research Methods for the Behavioral Sciences.

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# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 3<sup>rd</sup> SEMESTER

PAPER TITLE: Clinical Psychology (Core)

Course – 302

- UNIT-1 Clinical Psychology: Definitions; Characteristics of Clinical Psychology: Emphasis on science, Emphasis on maladjustment, Emphasis on the individual, Emphasis on helping. Developing a professional Identity: Education & training. Models of Training: The scientist practitioner, Clinical scientist. Subspecialties of Clinical Psychology: Clinical Health Psychology, Forensic Psychology, Neuropsychology, Clinical Neuropsychology, and Child Clinical Psychology.
- UNIT-2 Contemporary Issues and Future directions in Clinical Psychology. Psychotherapy: Concept & Definitions; Brief History of Psychotherapy. Classificatory Approaches: Supportive and Reconstructive; Efficacy v/s effectiveness of psychotherapy
- UNIT-3 Stages of Psychotherapy: Initial consultation, Assessment, Development of Treatment goals, Implementation of treatment, Evaluation of Treatment, Termination, Follow-up. behavioral Approach (Operant Conditioning): Token Economy Behavioral Approach (Classical Conditioning): Systematic Desensitization
- UNIT-4 Cognitive Approach: Ellis' Rational Emotive Behavior Therapy (REBT), Beck's Cognitive Therapy. Humanistic Approach: Client – Centered Therapy. Existential Approach: Logotherapy
- UNIT-5 Third wave Approach: Mindfulness Therapy. Family System Approach: Family therapy. Group Therapy

## Recommended Books: -

1. Pomerantz, A.M: Clinical Psychology-Science, Practice and Culture.DSM-5 Update, SAGE Publication, 2014
2. Plante. T.G: Contemporary Clinical Psychology. New York: John Wiley & Sons, Inc.2011
3. Hecker J.E,  
Thorpe G.L: Introduction to clinical psychology. Pearson Publication, 2005
4. Korchin, S.J.: Modern Clinical Psychology: Principles of Intervention in the clinic and community. New York: Basic Books.
5. Ghorhade, M.B. &  
Kumar, V.B.: Introduction to Modern Psychotherapy. Bombay: Himalaya Publishing House.
6. Feltham, C. &  
Horton, I: Handbook of Counselling and Psychotherapy. London: Sage Publishing Ltd, 2000
7. Corey, G: Theory & Practice of Counseling and Psychotherapy, VI Edition, Brook/Cole

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Session-2022-2024

8. E. Jones Smith: Theories of Counselling and Psychotherapies: Integrative approach. Los Angles: Sage, 2012

9. Hersen, M., & Sledge, W: Encyclopedia of psychotherapy. San Diego, CA: Academic Press, 2002

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# JIWAJI UNIVERSITY, GWALIOR

M.A. psychology 3<sup>rd</sup> SEMESTER

PAPER TITLE: 20<sup>th</sup> Organizational Behavior (Core)

Course – 303

- UNIT-1 Meaning and History of Organizational Behavior. Concept of Organization and Organizational Behavior; Challenges and Opportunities of OB. Approaches to Organization behavior: Classical and Neo-classical Approaches.
- UNIT-2 Role and Limitations of Organization Behavior. Ethical issues in Organization Behavior. Organizational Behavioral Models: Auto creation, Custodial, Supportive, Collegial & Systems.
- UNIT-3 Aspects of emerging organizations and their impact on organization development. The role of information Technology: The flattening and downsizing of organizations, Paperless revolution, Mimicking brains. Total Quality Management: Meaning of TQM; Approaches-Reengineering, Benchmarking, Empowerment.
- UNIT-4 Learning organizations: meaning, types of learning organizations, Organizational behavior in learning organizations. Motivation: Meaning, process & characteristic. Theories of Motivation: Content theories Maslow’s Hierarchy of Needs, Herzberg’s Motivation. Hygiene theories of motivation, Alderfer’s ERG mode.
- UNIT-5 Process Theories: Vroom’s Expectancy model, Adam’s Equity theory of work motivation. Motivation application through job design: Job rotation, Job enlargement and Job enrichment Job characteristics approach to task design: Hackman-Oldham Job characteristics model of work motivation.

### Recommended Books: -

- 1. R. M Bass,  
J. D. Drearth: Organization Behavior, Sage Pub, New York, 1987
- 2. L.M. Prasad: Organizational Behavior
- 3. Schien, Adger: Organizational Behavior
- 4. Paul Hersey: Management of Organizational Behavior (Sixth Edition)  
Prentice Hall of India Pvt. New Delhi.

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- 5. Robbins, S.P.: Organizational Behavior Concepts, Controversies, and Applications, Prentice Hall of India Pvt. Ltd.
- 6. Luthans, F.: Organizational Behavior, Seventh Edition, McGraw- Hill. International Edition.

35.8.22

30/08/2022

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# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 3<sup>rd</sup> SEMESTER

PAPER TITLE: Self & Spiritual Growth (optional)

Course – 304 A

- UNIT-1 Yoga and its types. Elements of Yoga and its benefits. Major Concepts: Principles of creation, consciousness, Karma, Subconscious tendencies.
- UNIT-2 Techniques of Yoga: Padmasana, Yoga Nidra. Psychological Growth: Four Stages of life, Self-realization; Obstacles to Growth: Ignorance, Egoism, Desire and Aversion, fear. What is Meditation? Process of Meditation.
- UNIT-3 Forms of Meditation: Concentrative, Mindfulness and Transcendental. Meditative Techniques: Gibberish Meditation, Tasbih and Mantra Meditation. Clinical Standardized Meditation, Walking Meditation
- UNIT- 4 Vipasana Meditation. Stages of Sufi practice. Paths of Sufism.
- UNIT-5 Prayer and Well-being. Reading Scripture, Significance of Religious-Spiritual Readings. Psychological and Physiological effects of Reading Scriptures.

**Recommended Books: -**

1. Husain, A., & Khan, S. (2014). Applied Spirituality: Theory, Research and Practice. New Delhi: Global Vision publishing House, ISBN: 978-81-8220-632-8.
2. Husain, A., Beg, M.A., & Dwivedi, C.B.

3-8-23

30/8/2022

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- (2013): Psychology of Humanity and Spirituality. New Delhi: Research India Press, ISBN: 978-81-89131-79-1.
3. Husain, A., Masood, A., Parveen, S., Ikram, S., Rahman, S., & Ahmad, W.A. (2014): Identifying Positive Behavior among Tasbih Meditators. In S. Saini (Eds.) Positive Psychology in the Light of Indian traditions (pp.656-672). Haryana: Indian Association of health, research and welfare. ISBN: 13: 978-81-920053-9-3.
4. Frager, R., & Fadiman, J. (2007): Personality and Personal Growth. Dorling Kindersley (India) Pvt. Ltd. ISBN: 81-317-1532-9.
5. Husain, A. (2015): YOGA: A Path for Attaining Spiritual Energy and Power. International Journal of Yoga and Allied Sciences, 5(1), 30-37.
6. Husain, A., & Hasan, A. (2020): Psychology of Meditation. A Practical Guide to discovery. New Delhi: Psycho Information Technologies, ISBN: 978-81-939227-6-7

3-5-8-22

30/08/2022

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# JIWAJI UNIVERSITY, GWALIOR

M.A. psychology 3rd SEMESTER

PAPER TITLE: Positive Psychology (Optional)

Course – 304 B

- UNIT-1 Historical and Philosophical Foundation of Positive Psychology. Eastern and Western perspective on Positive Psychology. Fostering Healthy Self-regulation from within and without: A Self Determination Theory Perspective.
- UNIT-2 Happiness: Essential Elements, Causes and Effects. Positive Emotional States: Well-Being and Positive Emotions. Emotion-Focused Coping and Emotional Intelligence
- UNIT-3 Positive Self: Self-Efficacy and Self Esteem. Hope and Optimism. Flow: Self Determination Theory and Intrinsic Motivation, Meta-Motivational States and Reversal Theory
- UNIT-4 Pro-social Behavior: Altruism and Gratitude. Positive Schooling. Positive Psychology at Workplace.
- UNIT-5 Positive Development and Successful Aging. Well-Being and Quality of Life Therapy. Strength-based Therapies: Voyages to Well-being, The strengths model, good life's model

### Recommended Books: -

1. C.R. Snyder and Shane J. Lopez (2011): Positive Psychology: The Scientific and Practical Explorations of Human Strengths (Eleventh Edition) Los Angeles: Sage

2. P. Alex Linley and

30-8-22  
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 30/8/2022

Session-2022-2024

- Stephen Joseph (2004): Positive Psychology in Practice. New Jersey: John Willy & Sons, Inc.
3. Akbar Husain & Fauzia Nazam (2018): Applied Positive Psychology. New Delhi: Research India Press.
4. Alan Carr (2011): Positive Psychology: The Science of Happiness and Human Strengths. New York: Rutledge

30-8-22

30/08/2022

MA

# JIWAJI UNIVERSITY, GWALIOR

M.A. psychology 3rd SEMESTER

PAPER TITLE: Human Resource Development (Optional)

Course – 304 C

- UNIT-1 Making of the Indian Constitution, Silent Features of the Indian Constitution, Framers of the constitution
- UNIT-2 Formation of India as a Nation: Integration of Princely States, Tribal integration, Reorganization of the states.
- UNIT-3 Features of Indian foreign policy: Panchseel, Shimla Agreement, Nuclear policy, NAM, Nehruvian foreign policy, India and its Neighbors.
- UNIT-4 Popular Movements: Environment Movement, Dalit Movement, OBC Movement, Women’s Movement, Naxalite Movement and JP Movement.
- UNIT-5 Economic Developments and political Change: Mixed Economy Modal (Socialism), Planning and its impact, Green Revolution, Land Reforms and the Co-operatives, New Economic Policy 1991, Era of ICT(information Communication and Technology)

### Recommended Books: -

1. Jon M. Werner,  
Randy L DeSimone: Human Resource Development (4th Edition),  
Thomson, South Western
2. B.L. Mathur: Human Resource Development, Advance in Arihaut  
Pub. Jaipur.
3. R.M. Bass,  
J.D. Drenth: Organisational Behavior, Sage Pub. New York (1987).

30-8-22  
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 30/8/2022



Session-2022-2024

- 4. B.D. Kolekar: Human Resource Development.
- 5. Gary Dessler: Human Resource Development
- 6. Stephen Gibb: Human Resource Development
- 7. P.C. Tripathi: Human Resource Development
- 8. Gomez Mejia,  
Luis R.  
D.B. Balkin and  
R. L. Condy: Meaning Human Resources, Printice Hall

30-8-22

 30/08/2022 

# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 4<sup>th</sup> SEMESTER

PAPER TITLE: Non-Experimental Research Methods (Core)

Course -401

- UNIT-1 Application and relevance of Non-experimental /Qualitative research designs. Merits and demerits. Meaning and characteristics of Mixed Methods Design. Need and importance of Mixed-Designs in Education & Psychological Research.
- UNIT-2 Type of Mixed Methods Designs: Parallel and Sequential. Survey Research: Purpose, designing the survey instrument, steps in conducting the survey. Methods of Survey Research: Interview and Questionnaire Method
- UNIT-3 Merits and DeMerits of Survey Research. Correlational Research Designs: Cross-sectional and Longitudinal. Issues related to correlational designs.
- UNIT- 4 Concept and uses of Hierarchical Regression, Moderation and Mediation analysis. Rationale for Qualitative research techniques.
- UNIT-5 Qualitative research characteristics and methods: - Ethnographic method, Case study, Phenomenological, and Narrative Approach. Grounded theory concept and issue. Distinctive features of Qualitative Data Analysis and documentation of qualitative research. Issues related to interpretation of qualitative data in writing research report. Software in data analysis.

### Recommended Books: -

1. Kerlinger F.N. (1983): Foundations of Behavioral research. Surjeet Publications: Delhi.
2. Mertens, D.M. (1998): Research Methods in Education and Psychology. Sage: thousand oaks?
3. David Dooley (1995): Social Research methods. Prentice-Hall: New Delhi.
4. Mertens, D.M. (2005): Research and evaluation in education and Psychology. Integration diversity with quantitative, qualitative and mixed methods, New Delhi; Sage.

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30/08/2022

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5. Breakwell, G.M. Hammond,  
S. & Fife-Schaw C.  
(1995) (Eds):

Research Methods in Psychology, New Delhi: Sage

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30/8/2022

M

# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 4<sup>th</sup> SEMESTER

PAPER TITLE: Personality Assessment (Core)

Course: 402

- UNIT-1 Assessment and Measurement: Distinction & relation. Purpose of assessment: Research & applied. History and development of Personality Assessment. Approaches to Personality Assessment: Rational-theoretical, Empirical & Factor analytic.
- UNIT-2 Problem of Response Distortion: Response Style: Acquiescence; deviation. Response sets: Social Desirability & Faking. Ethical issues in personality assessment: Personal, Legal and Social concerns.
- UNIT-3 Minnesota Multiphasic Personality Inventory-2: Scales – Clinical and Validity, Psychometric characteristics, Current status. Million-Clinical Multiaxial Personality Inventory NEO – Five Factor Inventory: Domains, Applications.
- UNIT-4 HEXACO-60: Domains. Behavioral Assessment Techniques: Naturalistic observation, Self – monitoring. Nature, Type and Evaluation of Projective Techniques.
- UNIT-5 Thematic Apperception Test: Administration, Scoring & Interpretation. Rorschach Inkblot Test: Administration and Scoring. Rorschach Inkblot Test: Interpretation and Diagnostic Indicators

### Recommended Books: -

1. Kelly E.Y. (1967): Assessment of Human Characteristics. California: Books / Cole Publishing Co.
2. Layon, R.T. & Goldstein, L.D. (1970): Personality Assessment. London: Wiley.
3. Hasan, Q. (1997): Personality, Assessment- A Fresh Psychological look. New Delhi: Gyan Publishing, House, 1997.

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## Session-2022-2024

4. Wiggins, J.S. (1973): Personality and Prediction, Principles of Personality Assessment. Reading Massachusetts.
5. Costa, P.T. & McCrae, R.R. (1992): Revised NEO Personality Inventory and NEO Five Factor Inventory. (Professional Manual). N. Florida: Psychological Assessment Resources, Inc.
6. Ashton, M.C. & Lee, K. (2009): The HEXACO-60: a Short Measure of the Major Dimensions of Personality. Journal of Personality Assessment, 91(4), 340345
7. Kumar, R. (2010): Rorschach Inkblot Test: A Guide to Modified Scoring System. New Delhi: Prasad Psycho Corporation.
8. Bernardo J. Carducci (2009): The psychology of personality: Viewpoints, Research, and Application. United Kingdom: Willey-Blackwell.

3-8-22  
30/8/2022

# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 4<sup>th</sup> SEMESTER

PAPER TITLE: Human Resource Management (Core)

Course: 403

- UNIT-1 Human Resource Management: meaning, importance and scope. Human Resource Management: important Principles. Policies in Human Resource Management.
- UNIT-2 Functions and Quality of Human Resource Management. Models of HRM: Fomburn, Tichy & Devana Model, Harvard Model, Guest Model, and Warwick Model. Recruitment: Meaning and methods of recruitment.
- UNIT-3 Factors affecting recruitment, Selection: meaning and processes involved in selection. Barriers in effective selection.
- UNIT- 4 Evaluation of selection process and selection effectiveness. Testing in industry. Training: Meaning and importance.
- UNIT-5 Multiple goals of training. Evaluation of training programmed. Impact of training methods in organizational effectiveness.

### Recommended Books: -

1. R.M. Bass, J.D. Drenth: Organizational Behavior, Sage Pub. New York (1987).
2. Saiyadain, M.S.: Human Recourse Management.
3. N.K. Chadda: Human Recourse Management issues, case tudies and experimental exercises.
4. Biswajeet- Patnayak.: Human Recourse Management.
5. Kaswathappa: Human Resources and Personnel Management

5-8-22

30/08/2022

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Session-2022-2024

- 6. C.B.Gupta: Human Recourse Management. Sultan Chand & Sons Publishers.
- 7. T.N. Chhabra: Human Recourse Management, concepts and issues.
- 8. Business essentials viva: Human Recourse Management

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30/08/2022

# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 4th SEMESTER

PAPER TITLE: Health Psychology (Optional)

Course: 404 A

- UNIT-1 Historical Background: Aims & objective of Health Psychology. Challenges for the future. Meaning of Health behavior, Factors predicting Health Behaviors.
- UNIT-2 Theories of Health Behavior: Attributive theory, Health Locus of Control, Health Belief Model. Obesity, HIV, Cancer: Causes, management and coping. Diabetes, stroke, CHD and hypertension: Causes, management and coping.
- UNIT-3 Pain and its management. Aging and health. Stress: Concept, Definition and sources of Stress.
- UNIT-4 Stress Model: General adaption Syndrome; Life events theory, Transactional model. Coping with stress. Exercise: Types, Effects of Exercise: Physiological and Psychological.
- UNIT-5 Maintenance of Health: Yoga, Meditation, Diet, Nutrients and Food. Relaxation Techniques: Jacobson Progressive Relaxation, Broota's Relaxation Response. Biofeedback Relaxation Techniques, Effectiveness of Biofeedback.

### Recommended Books: -

1. Ogden, Jane: Health Psychology A text book Open University Press Buckingham, 1996.
2. Shelly E. Taylor: Health Psychology. TATA McGraw-Hill Sixth Edition 2006.
3. Pitts, M & Phillips, K.: psychology of health: An Introduction. London: Routledge, press 1991.
4. Virginia Hill Rice: Hand Book of Stress, Coping and Health. New Delhi. Sage Publications, 2000.

30-8-22

30/8/2022



5. Husain, A. & Gulrez, Naima Khatoon: Managing Stress: A Practical Guide. Delhi Friends Publications, 2003

6. Khatoon, N.: Ed. Health Psychology. Pearson Education Inc. India, 2012.

7. Sarafino, E.P.: Health Psychology: Bio Psychosocial Interactions. Delhi. Friends Publications, 1997.

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30/08/2022

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# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 4th SEMESTER

PAPER TITLE: Organizational Development and Change (Optional)

Course – 404 B

- UNIT-1 Meaning and Definitions of Organizational Development. History of Organizational Development: The Laboratory Training Stem, The Survey Research and Feedback Stem, The Action Research, and The Socio-technical and Socio-clinical Stem. Second Generation OD: Organizational Transformation, Organizational Culture, Learning Organization, Intensified Teams, TQM, and Visioning and Future Search
- UNIT-2 Values, Assumptions and Belief in Organizational Development. Models of planned change: Kurt Lewin model, and Burke - Litwin model of organizational change. System theory: Nature of systems, Input factors and congruence among system elements, Socio technical systems.
- UNIT-3 Managing the OD Process: Diagnosis and Intervention. Action Research: History, Process and Approaches. OD Interventions: Team Intervention, Intergroup and Third-Party Peacemaking Intervention, Comprehensive Intervention and Structural Intervention.
- UNIT- 4 Concept and meaning of organizational change (O.C); Targets of change. Forces for Organizational Change. Resistance to Organizational Change.
- UNIT-5 Development in evolutionary change - Socio-technical systems, total quality management, flexible workers and flexible work teams. Development in revolutionary change- Re-engineering, Restructuring and Innovation. OD Techniques to deal with resistance to change and to promote change

30-8-22

30/08/2022

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**Recommended Books: -**

1. French, W.L. & Jr. Bell, C.H. (1995): Organizational Development: Behavioral Science Interventions for Organization Improvement. 6th Edition. Pearson Education. Ins.

2. Jones, G.R.: Organizational Theory, Design and Change. Pearson Education. Inc.

3. Thomas, G. Cummings/ Christopher, G. Worley: Theory of Organization Development & Change

4. Reidar Dale: Organizations and Development.

5. Donald R. Brown/ Don Harvey: An Experiential Approach to Organization Development

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# JIWAJI UNIVERSITY, GWALIOR

M.A. Psychology 4<sup>th</sup> SEMESTER

PAPER TITLE: Introduction to Buddhist Psychology (optional)

Course – 404 C

- UNIT-1      What is psychology? -Study of human mind and behavior; Psychology and the Teachings of the Buddha – There is suffering and a way to end it. Mind is supreme.
- UNIT-2      Principal teachings of the Buddha – I Tipitaka – The suttas and the abhidhamma.; Historical development; Introduction to various traditions; canonical and Commentarial literature. Four noble truths and eightfold noble Path; tranquility and insight; ethics as self-protection; nature of mental defilements.
- UNIT-3      Principal teachings of the Buddha – II-Three marks of existence – Impermanence, un-satisfactoriness, impersonality. Paradigms of understanding human being – Five aggregates [khandhas], six ‘windows’ [āyatana].The principle of dependent origination.
- UNIT- 4      Introduction to the abhidhamma-Conventional and ultimate reality; Distinction between concepts and reality; Building blocks of ultimate reality – Dhammas: Analogy with modern science;
- UNIT-5      the dhamma theory – Its axioms; conditioned dhammas and unconditioned dhamma; Behavior as an interplay of the conditioned dhammas; introduction to ‘conditional relations’ [paṭṭhāna]. Practicum

**Recommended Books: -**

1. Bodhi, B. (1999).      A comprehensive manual of abhidhamma (2nded.). Kandy, Sri Lanka: Buddhist Publication Society.
2. Dhar, P. L. (2011).      No. I, no problems – The quintessence of Buddhist psychology of awakening, Psychological Studies, 56(4), 398-403.
3. Epstein, M. (1995).      Thoughts without a thinker. New York: Basic Books.
4. Goleman, D. (2004).      Destructive emotions - A dialogue with the Dalai Lama. London: Bloomsbury.
5. Gorkum, N. V. (2009).      Abhidhamma in daily life. London: Zolog.

35-8-21  
 20/08/2022

- 6. Karunadasa, Y. (2000). Dhamma as phenomena: The abhidhammic view of empirical reality. The Middle Way: Journal of the Buddhist Society, 75(3), 161-179.
- 7. Mahathera, V. N. (1998). The Buddha and his teachings. Taipei, Taiwan: Buddha Dharma Education Association
- 8. Thera, V. N. (1998). Abhidhamma studies. Kandy, Sri Lanka: Buddhist Publication Society.

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30/08/2022

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