



MIT-ADT
UNIVERSITY
PUNE, INDIA

A Leap Towards World Class Education

School of Vedic Sciences

Syllabus

For

Masters of Science in Applied Psychology
[M. Sc. Applied Psychology (Counselling & Industrial)]
(As per the guidelines under the National Education Policy, 2020)

Prepared in 2025

(With Effect from Academic Year 2026 – 27)

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Vision

To emerge amongst the top 10 institutions by 2036, integrating Sanatana Indic Wisdom and Human Consciousness for Societal Transformation.

Mission

To be a pioneering institute integrating Indic sciences and psychology with centered transformative education, research, and technology integration, blended with contemporary wisdom.

Nomenclature of the Program: Master in Applied Psychology (Counseling)

Program Code: Master in Applied Psychology

(MSc Counseling Psychology)

About the Program

Background & Preface of the Program:

In June 2017, MIT School of Vedic Sciences (MIT SVS) started by taking a pioneering step to launch the B.Sc Integral Psychology program at the undergraduate level that integrates the Western perspective of Psychology with the rich knowledge repository of Indic / Vedic perspective. This program is designed to train counselors, psychotherapists, and Leadership coaches based on Indian knowledge systems with a special focus on understanding the person within the context of their social, cultural, and moral world. Inspired by Indian concepts of self, duty and balance, it focuses on integrating individual well-being with social responsibility, supporting practitioners to work compassionately and contextually with clients. It breeds healers who engender inner harmony, which is the reflection of social balance.

Over the past 4 years, MIT SVS has been attracting a steady and growing stream of dedicated students passionate about its novel approach to psychology. To offer the next logical step in terms of professional practice, MIT SVS has launched the M.Sc program in Clinical Psychology starting from the academic year 2022-23 and introducing M.Sc Applied Psychology with counselling and industrial psychology specializations from the academic year 2026-27. These programs will enable the students to become professionals in this field with the ability for independent practice, in the field as well as further research.

Graduate Attributes:

Graduate attributes for an MSc in Applied Psychology program at MIT ADT University typically represent the skills, knowledge, and professional behaviors that students are

expected to develop by the time they complete the program. Here are some key graduate attributes tailored to MSc Applied Psychology:

1. Psychological Knowledge and Understanding

Graduates will demonstrate strong knowledge of core psychological theories, concepts, and approaches, with the ability to integrate contemporary psychology with Indian Knowledge Systems where relevant.

2. Applied Counselling Competence

Graduates will be able to understand client concerns, build therapeutic rapport, use basic counselling skills, and apply appropriate intervention strategies in ethical and culturally sensitive ways.

3. Industrial and Organizational Readiness

Graduates will understand workplace behaviour, employee well-being, organizational dynamics, and human resource processes, and will be able to apply psychology in organizational settings.

4. Assessment and Intervention Skills

Graduates will be capable of using psychological tests, observation, interviews, and other assessment methods to identify needs and support appropriate counselling or workplace interventions.

5. Research and Analytical Ability

Graduates will be able to review literature, formulate research problems, analyze data, interpret findings, and contribute to evidence-based practice in psychology.

6. Ethical and Professional Conduct

Graduates will demonstrate integrity, confidentiality, responsibility, and respect for diversity while following professional and ethical standards in psychological practice.

7. Critical Thinking and Problem Solving

Graduates will be able to think critically, evaluate evidence, and apply scientific reasoning to solve emotional, behavioural, interpersonal, and organizational problems.

8. Multicultural and Social Sensitivity

Graduates will show awareness of cultural, social, and individual differences and will work effectively with diverse populations in counselling and workplace contexts.

9. Communication and Interpersonal Skills

Graduates will communicate clearly and empathetically in oral and written forms, and will demonstrate active listening, interviewing, and interpersonal skills.

10. Community and Workplace Well-being Orientation

Graduates will be prepared to promote mental health, well-being, productivity, and positive change in individuals, groups, institutions, and communities.

11. Lifelong Learning and Professional Development

Graduates will develop a reflective attitude toward learning and professional growth, enabling them to adapt to new knowledge, tools, and practices in psychology.

12. Digital and Technological Competence

Graduates will be able to use digital tools, online resources, and technology-based methods for learning, assessment, research, and professional communication.

These attributes are essential for graduates of an MSc Applied Psychology program to excel in clinical, academic, and research-oriented roles within the field.

Program Outcomes:

PO1: Psychological Knowledge and Integration Graduates will demonstrate a strong understanding of psychological theories, concepts, and applied approaches, and will be able to integrate modern psychology with Indian Knowledge Systems for holistic understanding of mind, behaviour, consciousness, and well-being.

PO2: Research and Analytical Skills Graduates will develop the ability to review scientific literature, formulate research problems, design studies, analyze data, and communicate research findings effectively in academic and professional contexts.

PO3: Ethical and Professional Practice Graduates will apply psychological knowledge and interventions in an ethical, responsible, and culturally sensitive manner while respecting confidentiality, dignity, diversity, and professional standards.

PO4: Critical Thinking and Scientific Reasoning Graduates will demonstrate critical thinking, self-awareness, and scientific reasoning to evaluate psychological issues, challenge biases, and solve problems related to behaviour, mental health, and organizational functioning.

PO5: Multicultural Sensitivity and Social Awareness Graduates will understand human behaviour within cultural, social, and intercultural contexts and will work effectively with diverse individuals, groups, and communities.

PO6: Application of Psychological Principles Graduates will be able to apply psychological principles, tools, and techniques to assess individuals and address psychological concerns in counselling, clinical, educational, and industrial settings.

PO7: Scientific Temper and Lifelong Learning Graduates will develop a scientific temperament, intellectual curiosity, and reflective learning attitude that supports accuracy, innovation, and continuous professional growth.

PO8: Mental Health Promotion and Well-being Graduates will be able to design and implement psychosocial strategies that promote mental health, prevent distress, and support overall well-being across individual and community contexts.

PO9: Community Engagement and Support Graduates will identify and engage with diverse communities and stakeholders to provide psychological support, awareness, prevention, and intervention for social and mental well-being.

PO10: Counselling, Industrial Practice, and Digital Competence Graduates will be prepared for advanced training and professional practice in counselling and industrial psychology, and will be able to use digital and technological tools for learning, assessment, research, and practice.

Program Specific Outcomes (PSOs)

PSO 1: Integrative Psychological Practice

Graduates will be able to integrate modern psychological theories with Indian Knowledge Systems, including concepts of mind, consciousness, well-being, and *prakruti*, to design culturally responsive and evidence-based approaches for holistic mental health care.

PSO 2: Research and Scholarly Competence

Graduates will demonstrate the ability to review scientific literature, formulate research questions, design research proposals, conduct studies, analyze data, and communicate findings effectively in professional and academic settings.

PSO 3: Ethical and Responsible Application

Graduates will apply psychological knowledge and techniques ethically in clinical, counselling, organizational, and community contexts while respecting dignity, diversity, confidentiality, and professional standards.

PSO 4: Critical Thinking and Scientific Reasoning

Graduates will develop the capacity to examine assumptions, recognize personal biases, use scientific reasoning, and apply critical thinking to solve psychological and behavioural problems in practical settings.

PSO 5: Multicultural and Contextual Competence

Graduates will understand human behaviour within cultural, social, and intercultural contexts and will be able to work effectively with diverse individuals, groups, and communities across different settings.

PSO 6: Psychological Assessment and Intervention

Graduates will be able to use psychological principles, tools, and techniques to assess, diagnose, and address psychological concerns in clinical, counselling, educational, and organizational domains.

PSO 7: Scientific Temperament and Professional Growth

Graduates will cultivate scientific acumen, accuracy, and a reflective professional mindset that supports lifelong learning, evidence-based practice, and continuous development in the field of psychology.

PSO 8: Mental Health Promotion and Well-being

Graduates will be able to design and implement psychosocial strategies that support mental health promotion, illness prevention, emotional well-being, and bio-psycho-social care.

PSO 9: Community Engagement and Social Responsiveness

Graduates will be equipped to engage with communities, institutions, and stakeholders to promote psychological well-being through prevention, awareness, counselling support, and psychosocial interventions.

PSO 10: Counselling, Industrial Practice, and Digital Application

Graduates will be prepared for careers and advanced training in counselling, clinical, and industrial psychology, and will be able to use information and communication technologies to support learning, assessment, research, and professional practice.

Unique Features of the MSc Applied Psychology Program:

Eligibility:

- Candidates holding a B.A. or B.Sc. degree in Psychology or an equivalent qualification from a recognized institution may apply for admission to the programme.
- A minimum of 55% marks in the qualifying examination is preferred, with a 5% relaxation for candidates belonging to reserved categories as per institutional and government norms.
- Admission may be granted through a holistic screening process, which can include an entrance test, interview, academic profile review, and other relevant criteria, reflecting the flexibility, inclusiveness, and multiple pathways encouraged under NEP 2020.

Procedure of Admission:

- Applicants shall submit an online application form along with the prescribed registration fee.
- Admission shall be based on a holistic assessment of the candidate's academic performance, entrance examination performance, and interview.
- Candidates from non-psychology backgrounds, if found eligible, shall be required to qualify through the entrance process and complete a bridge course in psychology to ensure foundational readiness for the programme.

Minimum & Maximum Age Limit: Minimum age required -21yrs; No maximum age limit - submission of relevant gap certificate with sound background in psychology.

Duration: 2 years - Full time

Pattern: Semester pattern

Potential Scope after completion of the program:

■ Graduates of the MSc Applied Psychology programme may work as mental health practitioners.

■ They may also pursue careers as human resource professionals in organizational settings.

■ They can work as teachers, academic facilitators, or counsellors in educational institutions.

■ They may contribute to organizational and leadership development in professional environments.

■ They may pursue higher studies such as M.Psy., PhD, or PsyD in Psychology.

■ They may also work in international settings as mental health professionals, subject to relevant professional requirements.

Program Structure:

□ The Programme is structured with a common core curriculum that lays the foundations and a set of electives based on student preferences.

□ The programme will be divided into five groups of courses spread over 2 years. The groups of courses are as follows:

- Core courses
- Elective Course
- Skill Based course- Hands-on-training
- Research courses
- On Job Training

○ **Core Courses:** Core courses are compulsory for all the candidates. They help the candidates to understand the historical background of modern psychology as well as Vedic

psychology. Special emphasis is given to introduce the recent advances and trends in the field of psychology.

- **Elective Courses:** Elective courses are offered in semester II and III. Candidates are expected to select any one elective from the list provided based on their area of interest. Electives will be of 2 credits. This kind of selection of electives provides candidates with a specialisation which is the USP of the program.

- **Skill Training Courses:** Aim of skill based courses is to develop the necessary practical skills required as a future professional working in the psychology sector. There are many pathways through which skills can be developed amongst the candidates.

- **Research Courses:** The programme culminates in Research Methodologies & Statistics in Behavioral Sciences of 4 credits. Through this students will learn research and statistical analysis and finally students have to complete a 10-credit supervised Research Project (practical) that leads to the major dissertation.

- **On Job Training:** This component will help learners gain practical skills in a real work setting. To bridge the gap between theory and practice by allowing students to learn while performing actual tasks, improving confidence, productivity, and job readiness through direct supervision and hands-on experience.

Course Structure

M. Sc. Applied Psychology (Counselling & Industrial)

Semester I (Common for both the specialization)

Semester 1									
Course Type	Categorization	Course Name	Course Code	L	T	P	E	Total Credits	Hours
Mandatory	DSC	Theoretical Foundations of Applied Psychology	26PSY401 1	3	0	0	1	4	90
Mandatory	DSC	Theories of Personality	26PSY401 2	1	0	1	0	2	45
Mandatory	DSC	Introduction to Psychometric Testing: Principles & Theory	26PSY401 3	1	0	1	2	4	135
RM	AEC	Research Methodologies & Statistics in Behavioral Sciences	26PSY401 4	2	0	1	1	4	105
Elective	DSE	Cognitive Psychology OR Neuropsychology	26PSY401 5/ 26PSY401 6	2	0	1	1	4	105
Mandatory (IKS)	IKS	Introduction to Bhartiya Manas-Shastra	26PSY401 7	2	0	0	2	4	120
Total Credits				165	0	120	31 5	22	600

Semester II

(Common for both the specializations)

Semester 2									
Course Type	Categorization	Course Name	Course Code	L	T	P	E	Total Credits	Hours
Mandatory	DSC	Specializations in Applied Psychology	26PSY4021	2	0	1	1	4	105
Mandatory	DSC	Global Mental Health	26PSY4022	1	0	1	0	2	45
Mandatory	AEC	Psychometric Testing: Applications & Construction	26PSY4023	1	0	2	1	4	120
Elective	DSE	Community Psychology/ Advanced Course on Social Psychology (MOOC)	26PSY4024 / 26PSY4025	2	0	1	1	4	105
Mandatory (IKS)	IKS	IKS	26PSY4026	1	0	1	0	2	45
OJT/FP	Internship/ Apprenticeship	On-Job Training	26PSY4027	0	0	0	4	4	180
Total Credits				105	0	180	315	20	600

Semester III

(Counseling Specialization)

Semester 3									
Course Type	Categorization	Course Name	Course Code	L	T	P	E	Total Credits	Hours
Mandatory	DSC	Counselling Processes	26PSY5011	2	0	1	1	4	105
Mandatory	DSC	Individual and Group Counselling Techniques	26PSY5012	2	0	0	2	4	120
Mandatory	DSC	Psychopathology	26PSY5013	4	0	0	0	4	60
Elective	DSE	Rehabilitation Counseling OR Career Counselling	26PSY5014 / 26PSY5015	2	0	0	2	4	120
Mandatory (IKS)	IKS	IKS	26PSY5016	1	0	1	0	2	45
RP	Internship/ Apprenticeship	Research Project: Dissertation I	26PSY5017	0	1	0	3	4	150
Total Credits				165	15	60	360	22	600

Semester IV

(Counseling Specialization)

Semester 4									
Course Type	Categorization	Course Name	Course Code	L	T	P	E	Total Credits	Hours
Mandatory	DSC	Lifespan Counselling	26PSY5021	3	0	0	1	4	90
Mandatory	AEC	Assessment in Counselling (Practical)	26PSY5022	0	1	1	0	2	45
Mandatory	AEC	Policy and Law in Mental Health	26PSY5023	4	0	0	0	4	60
Elective	DSE	Counselling for Specific Settings OR Art-Based Therapy	26PSY5024 / 26PSY5025	2	0	1	1	4	105
OJT/ FP	Internship/ Apprenticeship	Practicum in Counselling Psychology	26PSY5026	0	0	0	2	2	90
RP	Internship/ Apprenticeship	Research Project: Dissertation II	26PSY5027	0	1	2	3	6	210
Total Credits				135	30	120	315	22	600

Semester III

(Industrial Specialization)

Semester 3 (Industrial Specialization)									
Course Type	Categorization	Course Name	Course Code	L	T	P	E	Total Credits	Hours
Mandatory	DSC	Personnel Psychology & Talent Management	26PSY5111	2	0	1	1	4	105
Mandatory	DSC	Organizational Development & Change Management	26PSY5112	2	0	2	0	4	90
Mandatory	DSC	Organizational Behaviour & Dynamics	26PSY5113	3	0	0	1	4	90
Elective	DSE	Consumer Psychology OR Competency Mapping	26PSY5114 / 26PSY5115	2	0	0	2	4	120
Mandatory	IKS	IKS	26PSY5016	1	0	1	0	2	45
RP	Internship/ Apprenticeship	Research Project: Dissertation I	26PSY5117	0	1	0	3	4	150
Total Credits				150	15	120	315	22	600

Semester IV

(Industrial Specialization)

Semester 4									
Course Type	Categorization	Course Name	Course Code	L	T	P	E	Total Credits	Hours
Mandatory	DSC	Workplace Counselling & Employee Wellbeing	26PSY5121	3	0	0	1	4	90
Mandatory	AEC	Assessments in Industrial Psychology (Practical)	26PSY5122	0	1	1	0	2	45
Mandatory	AEC	Policy and Law in Mental Health	26PSY5023	4	0	0	0	4	60
Elective	DSE	Artificial Intelligence: Applications in I/O and Business Psychology OR Intellectual Property Rights	26PSY5124 / 26PSY5125	2	0	1	1	4	105
OJT/ FP	Internship/ Apprenticeship	Practicum in Industrial Psychology	26PSY5126	0	0	0	2	2	90
RP	Internship/ Apprenticeship	Research Project: Dissertation II	26PSY5127	0	1	2	3	6	210
Total Credits				135	30	120	315	22	600