

Kottayam, Kerala

# Undergraduate Programmes (HONOURS) 2024 Admission Onwards

			SYLLABUS						
		SIGN	ATURE COURSE						
Name of the College	SCMS School of Te	chnology & Ma	inagement, Mutto	m, Aluva					
Faculty/ Discipline	Psychology	rsychology							
Programme	BSc (Hons) Psycho	Sc (Hons) Psychology							
Course Coordinator	Anjitha Venugopal	jitha Venugopal							
Contributors	Anjitha Venugopal	, Shency Shaji							
Course Name	Foundations of Cul	oundations of Cultural Psychology							
Type of Course	DSE	SE							
Specialization title	Cultural Psycholog	у							
Course Code	MG3DSEPSYA01								
Course Level	200								
Course Summary	Cultural Psycholog the dynamic relati foundational theor into identity, cogn	onship betwee ies, cross-cultu	n individual psych ıral comparisons,	ology and sociocu	Itural context. TI	hrough			
Semester	3	PATT P	Credits		4	Tatal Harris			
Course Dataile	Learning	Lecture	Tutorial	Practical	Others	Total Hours			
Course Details	Approach	4	0	0	0	60			
Pre-requisites, if any		1	Į.	'	ļ.	'			

#### **Course Outcomes (CO)**

	Number of COs	4			
CO No.	Expected Course Outcome	Learning Domains *	PO No		
1	Explain the core principles of cultural psychology and how culture influences psychological processes	K, U	PO1, PO2		
2	Analyze how identity, cognition, and behavior vary across cultural contexts.	U, AN	PO1, PO3, PO5		
3	Evaluate how cultural values and identities are shaped and represented in media, including stereotypes, narratives, and media influence.	U, E, AP	PO3, PO8, PO10		
4	Evaluate how cultural factors influence development and socialization	Е	PO1, PO2, PO3		

<sup>\*</sup>Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Skill (S), Interest (I) and Appreciation (Ap)

CO/PO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	3	2	-	-	-	-	-	-	-	-
CO 2	3	-	2	-	1	-	-	-	-	-
CO 3	-	-	3	-	-	-	-	2	-	1
CO 4	3	1	2	-	-	-	-	-	-	-

<sup>&#</sup>x27;0' is No Correlation, '1' is Slight Correlation (Low level), '2' is Moderate Correlation (Medium level) and '3' is Substantial Correlation (High level).

Module	Units	Course Description	Hrs	CO No.			
	Introdu	ction and Theoretical Foundations	•				
1	1.1	Definition and scope of cultural psychology, Differences between cultural and cross- cultural psychology	7	["1"]			
	1.2	<ul> <li>Culture as a dynamic system: symbols, values, norms</li> <li>Culture and cognition: schemas, scripts, and cultural models, Comparison with mainstream psychology</li> </ul>	8	["4"]			
	Human	Development and Socialization	•				
2	2.1	Enculturation and social learning, Cultural variation in parenting, schooling, and rites of passage	5	["2"]			
	2.2	Language, communication, and cognitive development					
	2.3	Culture and moral development, Indigenous perspectives on human development	5	["2"]			
	Culture	e, Media, and Representation	•				
	3.1	• Media and Cultural Identity: How media reinforces or challenges cultural norms, Media influence on self-concept, collective identity, and worldviews	5	["1"]			
3	3.2	• Cultural Narratives in Media: Representations in cinema, advertising, and social media; portrayal of tradition, modernity, and cultural conflict	5	["3"]			
	3.3	• Stereotypes and Bias in Media: Ethnic, gender, and national stereotypes; implicit bias and cultural framing; role of media in perpetuating or resisting prejudice	5	["4"]			
	Practic	um					
4	4.1	Cultural Mapping Exercise	15	["1", "2", "3", "4"]			

#### Classroom Procedure (Mode of transaction)

Direct Instruction: Brain storming lecture, Explicit Teaching, E-learning, interactive Instruction: Assignments, Authentic learning, Library work and Group discussion, Presentation by individual student/ Group representative.

#### **MODE OF ASSESSMENT**

Mode of Assessment: Theory

### A. Continuous Comprehensive Assessment (CCA)

Theory - 30 Marks

• Quiz • Class participation, • Assignments • Presentations

### **Assessment Types**

# B. End Semester Evaluation (ESE) • Theory - 70 Marks

Assessment Methods - Theory
Duration of Examination - 2.00 Hrs
Pattern of examination for Theory - Non-MCQ
Different parts of written examination - Part - A , B , C
Answer Type:

• PART - A

• Short answer - (5 out of 7) -  $5 \times 4 = 20$ 

• PART - B

• Short Essays - (5 out of 7) -  $5 \times 7 = 35$ 

• PART - C

• Essays - (1 out of 2) -  $1 \times 15 = 15$ 

#### References

- Berry, J. W., Poortinga, Y. H., Segall, M. H., & Dasen, P. R. (2011). Cross-cultural psychology: Research and applications (3rd ed.). Cambridge University Press.
- Chiu, C.-y., Gelfand, M. J., Yamagishi, T., Shteynberg, G., & Wan, C. (2010). In search of multicultural competence. International Journal of Intercultural Relations, 34(1), 29–38. https://doi.org/10.1016/j.ijintrel.2009.10.002
- Heine, S. J. (2016). Cultural psychology (3rd ed.). W. W. Norton & Company.

#### **Suggested Readings**

- Matsumoto, D., & Juang, L. (2017). Culture and psychology (6th ed.). Cengage Learning.
- Nisbett, R. E. (2003). The geography of thought: How Asians and Westerners think differently... and why. Free Press.
- Sinha, D. (1997). Indigenizing psychology. In J. W. Berry, Y. H. Poortinga, & J. Pandey (Eds.), Handbook of cross-cultural psychology: Vol. 1. Theory and method (2nd ed., pp. 129–169). Allyn & Bacon.

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Name of the College	SCMS School of Te	chnology & Ma	nagement, Mutto	m, Aluva					
Faculty/ Discipline	Psychology	ychology							
Programme	BSc (Hons) Psycho	Sc (Hons) Psychology							
Course Coordinator	Anjitha Venugopal	jitha Venugopal							
Contributors	Anjitha Venugopal,	Shency Shaji,	Sruthy Krishna M						
Course Name	Cultural Psycholog	ıltural Psychology of Self and Relationships							
Type of Course	DSE	PSE THE PROPERTY OF THE PROPER							
Specialization title	Cultural Psycholog	у		7// /65					
Course Code	MG4DSEPSYA01								
Course Level	200								
Course Summary	This course delves theoretical perspec family systems, en	ctives and cros	s-cultural researc	ch that highlight ho	w culture shape				
Semester	4		Credits		4	T. b. 1 11			
Common Boda''	Learning	Lecture	Tutorial	Practical	Others	Total Hours			
Course Details	Approach	4	0	0	0	60			
Pre-requisites, if any						•			

#### **Course Outcomes (CO)**

	Number of COs	4			
CO No.	Expected Course Outcome	Learning Domains *	PO No		
1	Explain the role of culture in shaping self-construal and interpersonal functioning	K, U	PO1, PO3		
2	Analyze variations in family, friendship, and romantic relationship dynamics across cultures	U, AN	PO1, PO5		
3	Evaluate emotional expression and regulation from a cultural lens	E	PO2, PO4		
4	Apply cultural frameworks to understand relational conflict and resolution	A, AP	PO3, PO7		

<sup>\*</sup>Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Skill (S), Interest (I) and Appreciation (Ap)

CO/PO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	3	-	2	-	-	-	-	-	-	-

CO/PO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 2	3	-	-	-	2	-	-	-	-	-
CO 3	-	3	-	2	-	-	-	-	-	-
CO 4	-	-	3	-	-	-	1	-	-	-

<sup>&#</sup>x27;0' is No Correlation, '1' is Slight Correlation (Low level), '2' is Moderate Correlation (Medium level) and '3' is Substantial Correlation (High level).

Module	Units	Course Description	Hrs	CO No.
	Culture	e and the Self	•	
1	1.1	Self-Construal Across Cultures: How cultural systems shape the construction of self, Markus & Kitayama's (1991) theory of independent and interdependent self-construals. Individualistic cultures (e.g., USA, Western Europe) with collectivistic cultures (e.g., India, Japan). How self-enhancement, self-criticism, and modesty are expressed across cultures.	7	["1"]
	1.2	Indigenous and Cultural Perspectives on Identity: Explore Non-Western and indigenous concepts of the self (e.g., Atman in Hinduism, Ubuntu in Africa). Analyze how caste, religion, gender, and class shape personal and social identity in South Asia, Relational and contextual nature of identity in collectivistic societies.	8	["2"]
	Culture	e and Interpersonal Relationships		
2	Family Roles and Cultural Norms: Family structures across cultures: nuclear vs. joint/extended families. Parenting styles and filial responsibilities in collectivist vs. individualist context, Understand gender roles and expectations in traditional and modern families. Case discussions: Indian parenting vs. Western parenting practices; intergenerational conflict.		8	["2"]
2	2.2	Friendship, Love, and Communication Styles: The meaning and value of friendship in various cultural settings. Expressions of affection, disclosure, and trust. Cultural variations in romantic relationships: arranged vs. love marriages, dating norms. Direct vs. indirect communication styles and their implications for conflict and intimacy.	7	["4"]
	Culture	e and Emotion		
2	3.1	Emotion Expression and Regulation Across Cultures: Cultural display rules and emotion regulation strategies. How collectivist cultures often suppress negative emotion to maintain harmony. Individualistic tendencies toward emotional expression and authenticity. Suppression, reappraisal, and emotional contagion in relation to culture.	6	["3"]
3	3.2	Cultural Shaping of Emotional Experience; Explore culturally specific emotional experiences (e.g., lajja (shame), karuna (compassion), ghrina (disgust)). Analyze emotions like guilt and shame in East Asian and South Asian societies. Understand the socialization of emotion through rituals, festivals, and folktales.  Case examples: Grief rituals in India vs. Western bereavement processes.	9	["3", "4"]
	Practic			
	PIACLIC			[     2
4	4.1	Reflective Interview Exercise: Students conduct an interview with a family member, elder, or peer on cultural perspectives of self, family, emotion, and relationships.	15	["1", "2", "3", "4"]

#### Classroom Procedure (Mode of transaction)

Direct Instruction: Brain storming lecture, Explicit Teaching, E-learning, interactive Instruction: Assignments, Authentic learning, Library work and Group discussion, Presentation by individual student/ Group representative.

#### **MODE OF ASSESSMENT**

Mode of Assessment: Theory

### A. Continuous Comprehensive Assessment (CCA)

Theory - 30 Marks

• Quiz • Class participation, • Assignments • Presentations

#### **Assessment Types**

## B. End Semester Evaluation (ESE) • Theory - 70 Marks

Assessment Methods - Theory
Duration of Examination - 2.00 Hrs
Pattern of examination for Theory - Non-MCQ
Different parts of written examination - Part - A , B , C

Answer Type: • PART - A

• Short answer - (5 out of 7) -  $5 \times 4 = 20$ 

• PART - B

• Short Essays - (5 out of 7) -  $5 \times 7 = 35$ 

• PART - C

• Essays - (1 out of 2) -  $1 \times 15 = 15$ 

#### References

- Markus, H. R., & Kitayama, S. (1991). Culture and the self: Implications for cognition, emotion, and motivation. Psychological
- Shweder, R. A., & Levine, R. A. (1984). Culture theory: Essays on mind, self, and emotion.
- Roland, A. (1988). In Search of Self in India and Japan: Toward a Cross-cultural Psychology.

#### **Suggested Readings**

- Neki, J. S. (1973). The guru-chela relationship: A prototype of psychotherapy. American Journal of Psychotherapy.
- Triandis, H. C. (1995). Individualism and Collectivism.
- Uchida, Y., & Ogihara, Y. (2012). Cultural construal of well-being. Social Indicators Research.

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Kottayam, Kerala

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		SY	LLABUS						
		SIGNAT	URE COURSE						
Name of the College	SCMS School of Tec	hnology & Manag	gement, Muttom,	Aluva					
Faculty/ Discipline	Psychology	A	TANK						
Programme	BSc (Hons) Psychological	Sc (Hons) Psychology							
Course Coordinator	Anjitha Venugopal	njitha Venugopal							
Contributors	Ms. Anjitha Venugo	ls. Anjitha Venugopal, Ms. Shency Shaji							
Course Name	Culture, Health, and	ulture, Health, and Healing							
Type of Course	DSE	DSE							
Specialization title	Cultural Psychology		7/	7 1651					
Course Code	MG5DSEPSYA01								
Course Level	300			/=//					
Course Summary	This course explore syndromes, indigen on cultural idioms o	ous healing prac	tices, and the glo	bal mental health					
Semester	5		Credits	1181	4	Total Hours			
Course Details	Learning	Lecture	Tutorial	Practical	Others	Total nours			
Course Details	Approach	4	0	0	0	60			
Pre-requisites, if any				Y 117	•				

#### **Course Outcomes (CO)**

	Number of COs	4		
CO No.	Expected Course Outcome	Learning Domains	PO No	
1	Describe the role of culture in defining health, illness, and healing	K, U	PO1, PO2	
2	Analyze cultural models of distress and the use of indigenous healing systems	U, AN	PO3, PO4	
3	Evaluate cross-cultural applicability of diagnostic tools and interventions	E, AP	PO6, PO8	
4	Apply culturally sensitive approaches in mental health scenarios	A, C	PO5, PO7	

<sup>\*</sup>Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Skill (S), Interest (I) and Appreciation (Ap)

CO/PO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	3	2	-	-	-	-	-	-	-	-

CO/PO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 2	-	-	3	2	-	-	-	-	-	-
CO 3	-	-	-	-	-	2	-	1	-	-
CO 4	-	-	-	-	3	-	1	-	-	-

<sup>&#</sup>x27;0' is No Correlation, '1' is Slight Correlation (Low level), '2' is Moderate Correlation (Medium level) and '3' is Substantial Correlation (High level).

Module	Units	Course Description	Hrs	CO No.
Cultu		Il Models of Illness and Healing	<u>'</u>	
1	1.1	Biomedical vs. cultural models of health Culture-bound syndromes and idioms of distress	7	["1"]
	1.2	Stigma and labeling in mental illness across cultures Spiritual and religious perspectives on suffering	8	["1"]
	Indiger	nous Healing Systems		
2	2.1	Traditional healing practices: Ayurveda, Siddha, Unani, Shamanism Healers, rituals, and symbols of transformation	10	["2"]
	2.2	Therapeutic goals in traditional systems: balance, harmony, purification Case studies: NIMHANS documentation, tribal healing practices	5	["2"]
	Global	Mental Health and Cultural Sensitivity		
3	3.1	WHO and GMH initiatives – opportunities and criticisms Debates on "one-size-fits-all" psychiatric diagnoses	8	["3"]
	3.2	Culturally adapted therapies: Narrative therapy, community-based programs Ethical issues in international mental health	7	["4"]
	Practic	um		
4	4.1	Case Study Analysis Students conduct an observation or desk study of a local healing practice and analyze its symbolic, psychological, and social functions.	15	["1", "2", "3", "4"]



#### Classroom Procedure (Mode of transaction)

Direct Instruction: Brain storming lecture, Explicit Teaching, E-learning, interactive Instruction: Assignments, Authentic learning, Library work and Group discussion, Presentation by individual student/ Group representative.

#### **MODE OF ASSESSMENT**

Mode of Assessment: Theory

## A. Continuous Comprehensive Assessment (CCA) • Theory - 30 Marks

• Quiz • Class participation, • Assignments • Presentations

#### **Assessment Types**

## B. End Semester Evaluation (ESE) • Theory - 70 Marks

Assessment Methods - Theory
Duration of Examination - 2.00 Hrs
Pattern of examination for Theory - Non-MCQ
Different parts of written examination - Part - A , B , C
Answer Type:

• PART - A

• Short answer - (5 out of 7) -  $5 \times 4 = 20$ 

• PART - B

• Short Essays - (5 out of 7) -  $5 \times 7 = 35$ 

• PART - C

• Essays - (1 out of 2) -  $1 \times 15 = 15$ 

#### References

- Kirmayer, L. J., & Minas, H. (2000). The future of cultural psychiatry.
- Kleinman, A. (1980). Patients and Healers in the Context of Culture.
- Summerfield, D. (2008). How scientifically valid is the concept of global mental health?

#### **Suggested Readings**

- Raguram, R., Venkateswaran, A., & Weiss, M. (2002). Traditional healing and mental illness in India.
- Patel, V. (2001). Cultural factors and international epidemiology.
- Fernando, S. (2010). Mental health, race, and culture. psychology: Vol. 1. Theory and method (2nd ed. pp. 129–169). Allyn & Bacon.

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		SIGNAT	URE COURSE								
Name of the College	SCMS School of Tec	SCMS School of Technology & Management, Muttom, Aluva									
Faculty/ Discipline	Psychology										
Programme	BSc (Hons) Psychol	BSc (Hons) Psychology									
Course Coordinator	Anjitha Venugopal	Anjitha Venugopal									
Contributors	Ms. Anjitha Venugo	pal, Ms. Shency S	Shaji								
Course Name	Applied Cultural Psy	ychology and Res	search								
Type of Course	DSE			7 3 24							
Specialization title	Cultural Psychology	,									
Course Code	MG6DSEPSYA01										
Course Level	300										
Course Summary	A synthesis and apprintervention design production in application	. Students learn	to critically enga								
Semester	6										
Course Details	Learning	Lecture	Tutorial	Practical	Others	Total Hours					
Course Details	Approach	4	0	0	0	60					
Pre-requisites, if any					<del>-</del>	·					

#### **Course Outcomes (CO)**

	Number of COs	4			
CO No.	Expected Course Outcome	Learning Domains	PO No		
1	Understand qualitative and indigenous methodologies in cultural psychology	K, U	PO1, PO6		
2	Analyze cultural fieldwork ethics and challenges	U, AN	PO4, PO7		
3	Evaluate community interventions using cultural frameworks	E, AP	PO5, PO8		
4	Design a culturally grounded micro-intervention or research proposal	A, C	PO2, PO3		

<sup>\*</sup>Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Skill (S), Interest (I) and Appreciation (Ap)

CO/PO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	3	-	-	-	-	3	-	-	-	-

CO/PO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 2	-	-	-	3	-	-	2	-	-	-
CO 3	-	-	-	-	2	-	-	3	-	-
CO 4	-	2	3	-	-	-	-	-	-	-

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Module	Units	Course Description	Hrs	CO No.
	Method	dologies in Cultural Psychology	•	
1	1.1 Emic and etic approaches, narrative and ethnographic methods Participatory action research		7	["1"]
	1.2	Case study, photovoice, and storytelling as research tools Indigenous frameworks and decolonial methods	8	["1"]
	Ethics	in Cultural Psychology		
2	2.1	Informed consent and local gatekeeping Reflexivity and researcher positionality	7	["2"]
	2.2	Ethical dilemmas in working with marginalized communities Cultural humility and collaborative engagement	8	["2"]
	Design	ing Culturally Informed Interventions		
3	3.1	Principles of culturally appropriate intervention design Working with NGOs, schools, and panchayats	10	["3"]
	3.2	Evaluating intervention impact: participatory and narrative approaches Dissemination and knowledge translation	5	["3"]
	Practic	um	•	
4	4.1	Mini-Project: Research Proposal or Intervention Plan Students will create a short proposal integrating culturally grounded methods and ethics for real-world application	15	["1", "2", "3", "4"]



#### Classroom Procedure (Mode of transaction)

Direct Instruction: Brain storming lecture, Explicit Teaching, E-learning, interactive Instruction: Assignments, Authentic learning, Library work and Group discussion, Presentation by individual student/ Group representative.

#### **MODE OF ASSESSMENT**

Mode of Assessment: Theory

## A. Continuous Comprehensive Assessment (CCA) • Theory - 30 Marks

• Quiz • Class participation, • Assignments • Presentations

#### **Assessment Types**

## B. End Semester Evaluation (ESE) • Theory - 70 Marks

Assessment Methods - Theory
Duration of Examination - 2.00 Hrs
Pattern of examination for Theory - Non-MCQ
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• PART - A

• Short answer - (5 out of 7) -  $5 \times 4 = 20$ 

• PART - B

• Short Essays - (5 out of 7) -  $5 \times 7 = 35$ 

• PART - C

Essays - (1 out of 2) - 1 × 15 = 15

#### References

- Bhugra, D., & Bhui, K. (2002). Cross-cultural psychiatry.
- Denzin, N. K., & Lincoln, Y. S. (Eds.). (2011). The Sage Handbook of Qualitative Research.
- Smith, L. T. (2012). Decolonizing Methodologies.

#### **Suggested Readings**

- Gergen, K., McNamee, S., & Barrett, F. (2001). Toward transformative dialogue
- Saraceno, B. (2015). Mental health systems: Global perspectives
- Thomas, R. M. (2003). Blending qualitative and quantitative methods

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