POSTGRADUATE ACADEMIC PROGRAMME

MSc Psychology (Health & Wellbeing)

Duration: 2 Years (4 Semesters) **Timings:** 09:45 AM - 03:45 PM

PROGRAMME OVERVIEW

The MSc Psychology (Health & Wellbeing) programme provides the academic and practical skills needed to deliver psychosocial interventions in health and wellbeing across a variety of settings, from public health to the workplace. This programme is an outcome of the Partnership 2020 (Public Health, Business and Innovation strategic focus area) project "Training in Innovation to Address Global Health and Economic Disparities" between Miami University, Ohio USA and CHRIST (Deemed to be University) with a specific focus on benefits for health and economic development of the local community. The programme emphasises on ethical and analytical research skills, as well as practice skills, to provide psychosocial interventions focused on health and wellness, equipping students to work in various heath settings.

PROGRAMME OUTCOMES:

PO1
Apply in-depth knowledge and understanding of advanced concepts in the respective discipline to innovate and solve complex scientific problems.

PO2
Develop critical thinking, analytical reasoning, and problem-solving skills to address complex real-world challenges with scientific temper and objectivity.

PO3
Demonstrate independent research capabilities with scientific integrity and objectivity to advance scientific knowledge and technological innovation

PO4
Demonstrate effective science communication, sustainable technology use, and a strong commitment to professional ethics and collaborative skills to excel in academic, research, and professional roles globally.

PO5
Demonstrate awareness of environmental sustainability, cultural diversity, and inclusivity, contributing to the betterment of society.

PSO1
Develop expertise in designing and implementing evidence-based psychosocial interventions, critically assessing their feasibility to enhance health and wellbeing.

PS02
Apply both micro and macro-level perspectives to advocate for equitable health programs and lead community-driven wellness initiatives

PS03
Demonstrate consultative decision-making by engaging diverse stakeholders to foster inclusive, informed, and ethical healthcare solutions

HIGHLIGHTS:

Elevate Your Career in Holistic Healthcare:
Step into a specialized field that bridges the gap between psychological theory and real-world health outcomes. This program empowers you with the clinical and practical expertise required to design and implement psychosocial interventions that foster resilience and well-being in diverse populations.

Career Advancement in Holistic Health:
Master the clinical and practical expertise required to implement life-changing psychosocial interventions across diverse healthcare landscapes.

Global Academic Excellence & Innovation:
Gain a competitive edge through a unique international collaboration between CHRIST (Deemed to be University) and other reputed international universities to prepare students for a global workforce.

Multisectoral Professional Versatility:
Equips students to lead wellness initiatives in any environment, ranging from corporate workplace settings to high-impact public health organizations.

Ethical Research & Evidence-Based Practice:
Build a rigorous foundation in analytical research and ethical standards to deliver scientifically-backed interventions that drive community health equity.

PROGRAMME STRUCTURE - MSC PSYCHOLOGY (HEALTH & WELLBEING)

Semester I
- Integrated human systems and chronic illness
- Neurobiological bases of cognition, affect and behaviour
- Ethics in health care
- Advanced research methods
- Counselling skills in healthcare
- Professional development seminar
- Community service

Semester II
- Mental health disorders
- Evidence-based practices in health care
- Stress, illness and coping (psychoneuroimmunology)
- Science of wellbeing
- Working with children and families
- Clinical and communication skills in health care
- Research proposal lab

Semester III
- Health and wellness interventions
- Public health interventions
- Psychological assessments in healthcare
- Working with geriatric population and chronically ill
- Field internship
- Data analysis lab
- Crisis and trauma care
- Asian healing practices

Semester IV
- Supervised Practicum
- Research Manuscript
- Clinical Internship

ADMISSION PROCESS

STEP 1 — **Register** — Register with your Email ID and log in to the Admission Portal.

STEP 2 — **Apply Online** — Fill the application form and pay the application fee.

STEP 3 — **Selection Process** — Appear for the entrance test (if applicable), Skill Assessment, Micro Presentation and Interview.

STEP 4 — **Result** — Check the login page for results; if selected, an offer letter is attached.

STEP 5 — **Fee Payment** — Pay the course fee online and complete the admission process.

ELIGIBILITY & SELECTION PROCESS

ELIGIBILITY: Candidates who have passed Undergraduate degree in Psychology (3 years or 4 years) with a minimum aggregate of 50% from any recognised University in India or abroad recognised by UGC / AIU, are eligible to apply.

Students appearing for their final degree examinations in March-June 2027 are also eligible to apply (Applicants who are in the last year of their studies should have secured 50% or above aggregate in all the Semesters / Years of Undergraduate Examinations conducted so far).

APPLICANTS PURSUING INTERNATIONAL CURRICULUM MUST NOTE THAT ELIGIBILITY IS ACCORDING TO AIU STIPULATIONS.

SELECTION PROCESS

SP PROCESS	SP PARTICULARS	SP TIME	SP MODE
Entrance Test (ET)	Entrance Test (ET) 90 Minutes except if otherwise specified	As per E Admit Card	Online Entrance Test
Skill Assessment (SA)	**Skill Assessment (SA):** Candidate will be given a topic to write.	As per E Admit Card	Venue Based SA_MP_PI
Micro Presentation (MP)	**Micro Presentation (MP):** Candidate should be able to talk for 90 seconds, on a topic given by the panel.		
Personal Interview (PI)	**Personal Interview (PI):** duration: 10 minutes		
Academic Performance (AP)	**Academic Performance (AP):** Assessment of past performance in Class 10, Class 12, and Undergraduate Degree. *The selection process (SA_MP_PI) will be held in person at the venue and date selected while submitting the application form online.*		

Documents: Applicants must upload all qualification-related documents through the link provided while submitting the online application form. Failure to upload the required documents will result in the rejection of the application.

Note: Applications submitted without mark sheets/report cards, or with unclear or illegible scanned copies, will be rejected and marked as Not Eligible.

Office Timings: Monday to Friday: 09:00 AM to 04:00 PM, Saturday: 09:00 AM to 12:00 PM (Office remains closed on Sundays, Third Saturdays, Government Holidays and Any special events)