

SHRI GURU RAM RAI UNIVERSITY

[Estd. by Govt. of Uttarakhand, vide Shri Guru Ram Rai University Act no. 03 of 2017
& recognized by UGC u/s (2f) of UGC Act 1956]



SYLLABUS

FOR

BACHELOR OF ARTS (PSYCHOLOGY)

UNDER CBCS PATTERN

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

(w.e.f. 2021-2022)

Shri Guru Ram Rai University Patel Nagar, Dehradun, Uttarakhand-248001

Bachelor of Arts
OUTCOME BASED EDUCATION
Program outcome (POs)

Students will be able to:

PO 1	Disciplinary knowledge: Acquire knowledge of the discipline and conduct proper academia in various areas of discipline. The ability to engage with different tradition of multidisciplinary and interdisciplinary thoughts.
PO2	Critical thinking and Problem solving: Recognize the social structures in our society which helps students and make them able to solve problems which are related to society.
PO3	Investigation: Evaluate data on the basis of empirical evidence and critically analyse theories, practices and policies using investigation skills.
PO4	Team learning: Create leaders with the help of multidisciplinary training and courses as well as engage in initiatives that encourage growth for all.
PO5	Communication skills: Develop ability to Communicate effectively in context with social sciences which helps in operating and develop soft skills of students.
PO6	Professionalism: Recognize and respect different value systems by following the norms of academic integrity which will promote employability, entrepreneurship and professional integrity
PO7	Ethics: Develop awareness among students of social sciences issues which inculcate ethical awareness and morality of students.
PO8	Environment and Sustainable development: Inter-relate social sciences with different disciplines which create sustainability of the environment to address local, regional, national and global needs.
PO9	Life long learning: Work on career enhancement by adapting professional and vocational requirements which leads to lifelong learning.
PO10	Projects and Management : Imbibe qualities of good citizenship, morality and ethics so as to work for the betterment of mankind
PO11	Engineer and Society: Cultivate a broad array of interdisciplinary knowledge and skills integrating concepts of humanities and social sciences.
PO12	Design/Development of solutions: Able to apply critical thinking, creativity, skills, cultural sensitivity, and humanity to to create awareness within society for problem – solving and interpretation..

Program Specific Outcome (PSOs)

PSO 1	Examine the major psychological concepts, approaches & theoretical views in social as well as abnormal psychology, organizational behaviour, life span development and counselling along with the conceptual knowledge and applicability of research methodology in psychology.
PSO2	Acquire the skills necessary to deal with the issues that people encounter throughout their lives and raise awareness of the myths and misconceptions that exist in society around those who struggle with psychological issues.

PSO3	Conduct basic experiments and apply psychological concepts to diverse areas of life with the evolving developments in psychology.
PSO4	Test the diverse concepts in a laboratory setting, and receive hands-on experience with test administration, scoring, and interpretation of the results.

Eligibility for admission:

Any candidate who has passed the Plus Two of the Higher Secondary Board of Examinations in any state recognized as equivalent to the Plus Two of the Higher Secondary Board in with not less than 40%-marks in aggregate is eligible for admission, However, SC/ST, OBC and other eligible communities shall be given relaxation as per University rules.

Duration of the Programme: 3 Years

STUDY & EVALUATION SCHEME
Choice Based Credit System
Bachelor of Arts

First Semester

S. No.	Course Category	Course Code	Course Name	Periods				Evaluation scheme		Subject Total
				L	T	P	C	Sessional (Internal)	External (ESE)	
Theory										
1	Core	BPYC101	Basic Psychological Processes-I	3	1	0	4	30	70	100
Practical										
1	Psychology Lab	BPYL101	Lab course based on C101	0	0	2	2	30	70	100
Total				3	1	2	6	60	140	200

L – Lecture, T – Tutorial, P – Practical, C – Credit

Second Semester

S. No.	Course Category	Course Code	Course Name	Periods				Evaluation scheme		Subject Total
				L	T	P	C	Sessional (Internal)	External (ESE)	
Theory										
1	Core	BPYC201	Basic Psychological Processes-II	3	1	0	4	30	70	100
Practical										
1	Psychology Lab	BPYL201	Lab course based on C201	0	0	2	2	30	70	100
Total				3	1	2	6	60	140	200

L – Lecture, T – Tutorial, P – Practical, C – Credit

Third Semester

S. No.	Course Category	Course Code	Course Name	Periods				Evaluation scheme		Subject Total
				L	T	P	C	Sessional (Internal)	External (ESE)	
Theory										
1	Core	BPYC301	Social Psychology	3	1	0	4	30	70	100
2	Skill	BPYS301	Making Decisions	3	1	0	4	30	70	100
Practical										
1	Psychology Lab	BPYL301	Lab course based on C301	0	0	2	2	30	70	100
Total				6	2	2	10	90	210	300

L – Lecture, T – Tutorial, P – Practical, C – Credit

Fourth Semester

S. No.	Course Category	Course Code	Course Name	Periods				Evaluation scheme		Subject Total
				L	T	P	C	Sessional (Internal)	External (ESE)	
Theory										
1	Core	BPYC401	Statistical Methods & Psychological Research	3	1	0	4	30	70	100
2	Skill	BPYS401	Developing emotional Competence	3	1	0	4	30	70	100
Practical										
1	Psychology Lab	BPYL401	Lab course based on C401	0	0	2	2	30	70	100
Total				6	2	2	10	90	210	300

L – Lecture, T – Tutorial, P – Practical, C – Credit

Fifth Semester

S. No.	Course Category	Course Code	Course Name	Periods				Evaluation scheme		Subject Total
				L	T	P	C	Sessional (Internal)	External (ESE)	
Theory										
1	Elective	BPYD501a BPYD501b BPYD501c	i) Psychopathology ii) Life Span Development iii) Industrial / Organizational Psychology	3	1	0	4	30	70	100
2	Skill	BPYS501	Psychology in Education	3	1	0	4	30	70	100
3	Generic	BPYG501	Psychology for living	5	1	0	6	30	70	100
Practical										
1	Psychology Lab	BPYL501	Lab course based on D501	0	0	2	2	30	70	100
Total				11	3	2	16	120	280	400

L – Lecture, T – Tutorial, P – Practical, C – Credit

Sixth Semester

S. No.	Course Category	Course Code	Course Name	Periods				Evaluation scheme		Subject Total
				L	T	P	C	Sessional (Internal)	External (ESE)	
Theory										
1	Elective	BPYD601a BPYD601b	i) Counselling Psychology ii) Project / Dissertation	3	1	0	4	30	70	100
2	Skill	BPYS601	Managing stress	3	1	0	4	30	70	100
3	Generic	BPYG601	Psychology of Gender	5	1	0	6	30	70	100
Practical										
1	Psychology Lab	BPYL601	Lab course based on D601	0	0	2	2	30	70	100
Total				11	3	2	16	120	280	400

L – Lecture, T – Tutorial, P – Practical, C – Credit

Examination Scheme:

Components	Ist internal (Assignment)	IInd Internal (Written Exam)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	:	BPYC101			
Course Name	:	Basic Psychological Processes-I			
Semester /Year	:	Ist sem / Ist year			
			L	T	P
			3	1	0
					C
					4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:**The objectives of this course are:**

1. To understand the basic fundamental processes and core psychological concepts and their applications in everyday life.
2. To help the students in acquiring a scientific mindset for studying and comprehending human behaviour.
3. To gain understanding of their own behaviour as well as that of others, and the underlying mental processes.
4. To enrich the students' foundational understanding of research methodology.

Course Contents**Unit 1**

Introduction: Definition, goals and scope of psychology; Approaches: biological, psychodynamic, behaviouristic, and cognitive; Method: Observation, Experiment, Interview, Questionnaire and Case study. Biological Bases of Behaviour: Human evolution: Genes and behaviour; Hormones and Glands; Nervous System: Neuron, Central Nervous system and Peripheral nervous system.

Unit 2

Sensation, Perception & Attention: Meaning and characteristics of sensation, Types of sensation; Visual sensation: Structure of eye and phenomena of visual sensation; Colour sensation; Auditory sensation: Structure of ear and theories of audition; Nature and characteristics of perception; Gestalt theory of perception, Laws of perceptual organization; Attention: Meaning and characteristics of attention; Types of attention: Kinds of attention; Determinants of attention; Fluctuation of attention.

Unit 3

Introduction: Nature of Science and Scientific Method. Steps involved in Experimentation. Problem and Hypothesis: Statement of problem, sources of problem, characteristics of good problem; Meaning and nature of hypothesis, types of hypothesis.

Unit 4

Variables: Meaning and definition of variable, types of variable and control of variables.

Statistics in Psychology: Meaning and purpose of statistics in psychology.

Text Books:

1. Gupta, S.P. (2005) – Sankhikiya Vigyan. Allahabad: Sharda Pustak Bhawan.
2. Morgan, C.T., King, R.A., Weiss, R.A., & Schopler, J. (2004). Introduction to Psychology (7th ed.). New York: McGraw Hill.
3. Singh, A. K. (2000). - Test, Measurement and Research Methods. Patna: Bharti Bhawan.
4. Singh, A. K. (2018). – Aadhunik Samanya Manovigyan. Varanasi: Motilal Banarasidas Prakashan.

Reference Books:

1. Baron, R.A. - Psychology: The Essential Science. New York: Allyn & Bacon
2. Feldman.S.R.(2009). Essentials of Understanding Psychology (7th Ed.) New Delhi: Tata McGraw Hill.
3. Garrett, H. (1969). - Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Ltd.
4. Shergill, H.K. (2015). – Experimental Psychology. New Delhi: PHI Learning Pvt. Ltd

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Recognize the basic psychological processes and fundamental concepts of research in psychology.
CO2	Describe the psychological concept, functioning of human nervous system and basics of psychological research.
CO3	Apply the concepts of psychology to understand their own lives as well as others.
CO4	Analyse human behaviour using scientific methods.
CO5	Evaluate the different theoretical approaches of Psychology.
CO6	Develop the critical thinking and skills.

CO-PO-PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	3	1	1	-	-	1	2	1	1	1	1	1	3	2	1	-
CO2	3	2	1	-	-	1	1	-	1	1	1	1	2	1	1	-
CO3	3	2	2	1	1	1	2	1	1	2	2	3	3	2	2	1
CO4	2	3	2	1	-	1	2		1	1	2	2	3	2	1	1
CO5	3	3	3	-	-	1	2	1	2	1	-	-	2	2	1	-
CO6	2	2	2	2	1	2	2	2	2	2	2	3	2	3	2	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	Ist internal (Assignment)	IInd Internal (Written Exam)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYL101			
Course Name	: Lab course based on C101			
Semester /Year	: Ist sem / Ist Year			
	L	T	P	C
	0	0	2	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:

The objectives of this course are:

1. To study the bilateral transference of learning.
2. To study the trial and error learning of individuals.
3. To enrich students' understanding of the influence of set on perception.
4. To assess the effect of knowledge of the result on the performance of individual.

Course Contents

1. Bilateral transfer of training
2. Maze learning
3. Influence of set on perception
4. Effect of knowledge of results on performance

Text Books:

1. Miler, L.A., Lovler, R.L. & McIntire, S.A. (2013). Psychological Testing (4th Ed.) New Delhi: Sage Publications India Pvt. Ltd.
2. Murphy, K.R. & Davidshofer, C.O. (2019). Psychological Testing: Principles and Applications (6th Ed.) New Delhi: Pearson Education.

Reference Books:

1. Kaplan, R. M., & Saccuzzo, D. P. (2005). Psychological testing: Principles, applications and issues. New Delhi: Cengage.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Memorize the concepts of psychology through practicals.
CO2	Explain the psychological concept related with the practical.
CO3	Apply the knowledge of psychological concepts through experiments and test.
CO4	Analyse and interpret the results of the psychological tests and experiments.
CO5	Evaluate the importance of psychological tools and tests.
CO6	Develop the skill regarding conduction and documentation of psychological experiments and tests.

CO-PO-PSO Mapping

Cour se	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	1	1	2	1	1	1	2	-	1	1	1	1	1	-	3	2
CO2	1	1	2	1	1	1	1	-	1	1	1	1	2	1	3	2
CO3	1	2	3	1	1	1	2	1	2	1	2	3	1	1	2	3
CO4	1	1	2	1	1	1	2	-	1	1	1	2	3	-	2	3
CO5	1	1	2	1	1	1	2	1	1	1	1	-	2	-	2	2
CO6	3	2	3	2	1	2	2	1	2	1	2	3	2	-	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	Ist internal (Assignment)	IInd Internal (Written Exam & Viva-voce)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYC201			
Course Name	: Basic Psychological Processes-II			
Semester /Year	: II Sem/ Ist Year			
	L	T	P	C
	3	1	0	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:

The objectives of this course are:

1. To understand the basic psychological processes, concepts, theories, and will be able to apply this knowledge to their own lives as well as the lives of others.
2. To gain a reasonable knowledge of the concepts like intelligence, motivation and emotion
3. To learn about the fundamental principles and processes of human learning, as well as the structural and functional characteristics of human memory, to aid in the retention of learning outcomes.
4. To address these individualistic features, for foster critical analytical abilities.

Course Contents**Unit 1**

Learning: Nature of learning; Theories of learning: Thorndike's trial and error theory of learning. Theory of conditioning: Classical conditioning and Instrumental conditioning, Phenomena of conditioning.

Unit 2

Memory and Forgetting: Definition of memory; Processes involved in memory; Methods of measuring retention; Types of memory: sensory memory, short-term memory, and long-term memory. Process of forgetting; Determinants or causes of forgetting; Interference: proactive and retroactive interference, Zeigarnik effect.

Unit 3

Motivation and Emotion: Nature of motivation; Major concepts related to motivation; Types of motivation: Biogenic and sociogenic motives; Theories of motivation; Meaning and definition of emotion, Physiological changes in emotion; Theories of emotion.

Unit 4

Intelligence: Meaning and definition of intelligence, Theories of intelligence: Unifactor theory, Spearman's theory, Thorndike's theory, Thurston's theory, Guilford's theory, Sternberg, Gardener; Measurement of Intelligence: concept of I.Q., Types of intelligence test

Text Books:

1. Morgan, C.T., King, R.A., Weiss, R.A., & Schopler, J. (2004). Introduction to Psychology (7th ed.). New York: McGraw Hill.
2. Singh, A. K. (2018). – Aadhunik Samanya Manovigyan. Varanasi: Motilal Banarasidas Prakashan.

Reference Books:

1. Baron, R.A. - Psychology: The Essential Science. New York: Allyn & Bacon.
2. Feldman.S.R.(2009). Essentials of understanding psychology (7th Ed.) New Delhi, Tata Mc Graw Hill.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Recognize the key psychological concepts.
CO2	Explain the psychological principles and theories.
CO3	Apply basic concepts of psychology to self-awareness, self-improvement, behaviour modification and emotion management.
CO4	Analyse human behaviour using scientific methods.
CO5	Evaluate the psychological concept and theories .
CO6	Develop critical analytical abilities.

CO-PO-PSO Mapping

Cour se	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	3	1	1	-	-	1	2	1	1	1	1	1	3	2	1	-
CO2	3	2	1	-	-	1	1	-	1	1	1	1	2	1	1	-
CO3	3	2	2	1	1	1	2	1	1	2	2	3	3	2	2	1
CO4	2	3	2	1	-	1	2		1	1	2	2	3	2	1	1
CO5	3	3	3	-	-	1	2	1	2	1	-	-	2	2	1	-
CO6	2	2	2	2	1	2	2	2	2	2	2	3	2	3	2	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	Ist internal (Assignment)	IInd Internal (Written Exam)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYL201			
Course Name	: Lab course based on C201			
Semester /Year	: II sem / Ist Year			
	L	T	P	C
	0	0	2	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:**The objectives of this course are:**

1. To measure the memory span of the individual using Digit/ Word span test.
2. To evaluate the level of intelligence using Verbal intelligence test.
3. To assess the level of intelligence of the individual using Performance test of intelligence
4. To study the effect of different interpolated activity time on the memory of the individual.

Course Contents**Any two from the following Practicals:**

1. Memory span for digits/words
2. Verbal test of intelligence
3. Performance test of intelligence
4. Short-term memory/Long –term memory

Text Books:

1. Miler, L.A., Lovler, R.L. & McIntire, S.A. (2013). Psychological Testing (4th Ed.) New Delhi: Sage Publications India Pvt. Ltd.
2. Murphy, K.R. & Davidshofer, C.O. (2019). Psychological Testing: Principles and Applications (6th Ed.) New Delhi: Pearson Education.

Reference Books:

1. Kaplan, R. M., & Saccuzzo, D. P. (2005). Psychological testing: Principles, applications and issues. New Delhi: Cengage.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Memorize the concepts of psychology through practicals.
CO2	Explain the psychological concept related with the practical.
CO3	Apply the knowledge of psychological concepts through experiments and test.
CO4	Analyse and interpret the results of the psychological tests and experiments.
CO5	Evaluate the importance of psychological tools and tests.
CO6	Develop the skill regarding conduction and documentation of psychological experiments and tests.

CO-PO-PSO Mapping

Cour se	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	1	1	2	1	1	1	2	-	1	1	1	1	1	-	3	2
CO2	1	1	2	1	1	1	1	-	1	1	1	1	2	1	3	2
CO3	1	2	3	1	1	1	2	1	2	1	2	3	1	1	2	3
CO4	1	1	2	1	1	1	2	-	1	1	1	2	3	-	2	3
CO5	1	1	2	1	1	1	2	1	1	1	1	-	2	-	2	2
CO6	3	2	3	2	1	2	2	1	2	1	2	3	2	-	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	Ist internal (Assignment)	IInd Internal (Written Exam & Viva-voce)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYC301			
Course Name	: Social Psychology			
Semester /Year	: III sem / IInd Year			
	L	T	P	C
	3	1	0	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:

The objectives of this course are:

1. To understand the basics of social psychology to comprehend the individual in the social world.
2. To comprehend people and groups in terms of social behaviour and attitude patterns.
3. To gain understanding of social perception, stereotypes and prejudices and conflicts to comprehend human behaviour in social context.
4. To understand the important elements of social influence and group behaviour that forms the basis of human relationships.

Course Contents**Unit 1**

Introduction: Nature and Scope. Methods of studying social behaviour: Observation, Experimental, Field study, Survey, and Sociometry; Socialization, agents of socialization; Deviation.

Unit 2

Social Perception: Perceiving others: forming impression, Role of non-verbal cues, Group stereotypes. Primacy and Recency effects, Attribution and causality: Biases and theories (Jones and Davis Kelley); Perceiving Groups: Prejudice, Stereotypes, and Conflicts: Sources, dynamics and remedial techniques.

Unit 3

Attitude: Nature, formation and change of attitudes, Measurement of attitudes.
Interpersonal Attraction: Nature, measurement and antecedent conditions of Interpersonal attraction.

Unit 4

Group dynamics: Norms, Roles, status and Cohesiveness; Group Influence Processes: Social Facilitation, Social Loafing, De-individuation.

Text Books:

1. Branscombe, N.R., Baron, R.A., Kapur, P. (2017). Social Psychology(14th Ed). New Delhi: Pearson.
2. Singh, A.K. (2021). Samaj Manovigyan ki Rooprekha. New Delhi: Motilal Banarasidas Prakashan.
3. Shetgovekar, S. (2018). An Introduction to Social Psychology. New Dehi: Sage Publications India Pvt Ltd

Reference Books:

1. Feldman, R.S. (1985). Social psychology: Theories, Research and Application. New York: McGraw Hill.
2. Tripathi, L.B. (1992). Adhunik Samajik Manovigyan. Agra: National Psychological Corporation.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Recognize the fundamentals of social psychology.
CO2	Explain and discuss the various concepts of social psychology.
CO3	Apply the concepts of social psychology to past and present global, national, and local circumstances
CO4	Analyse major issues and concepts of social psychology.
CO5	Evaluate the social psychological theories and researches.
CO6	Develop an understanding of the individual in relation to the social world

CO-PO-PSO Mapping

Cour se	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	3	1	1	-	-	1	1	1	1	1	1	1	3	2	1	-
CO2	3	2	1	-	-	1	1	1	1	1	1	1	2	1	1	-
CO3	3	2	2	1	1	1	1	2	1	2	2	3	3	2	2	1
CO4	2	3	2	1	-	1	1	1	1	1	2	2	3	2	1	1
CO5	3	3	3	-	-	1	1	1	2	1	1	1	2	2	1	-
CO6	2	2	2	2	1	2	2	2	2	2	2	3	2	3	2	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	Ist internal (Assignment)	IInd Internal (Written Exam)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYL301			
Course Name	: Lab course based on C301			
Semester /Year	: IIIrd / II nd Year			
	L	T	P	C
	0	0	2	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:

The objectives of this course are:

1. To assess the Attitude of the individual towards women using Attitude towards women scale.
2. To measure the level of aggression of the individual using Aggression Inventory.
3. To assess the frustration level of the individual using Frustration scale.
4. To study the method for measuring social relationships using Sociometry.

Course Contents

1. Attitude towards women scale
2. Aggression Inventory
3. Frustration scale
4. Sociometry

Text Books:

1. Miler, L.A., Lovler, R.L. & McIntire, S.A. (2013). Psychological Testing (4th Ed.) New Delhi: Sage Publications India Pvt. Ltd.
2. Murphy, K.R. & Davidshofer, C.O. (2019). Psychological Testing: Principles and Applications (6th Ed.) New Delhi: Pearson Education.

Reference Books:

1. Kaplan, R. M., & Saccuzzo, D. P. (2005). Psychological testing: Principles, applications and issues. New Delhi: Cengage.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Memorize the concepts of psychology through practicals.
CO2	Explain the psychological concept related with the practical.
CO3	Apply the knowledge of psychological concepts through experiments and test.
CO4	Analyse and interpret the results of the psychological tests and experiments.
CO5	Evaluate the importance of psychological tools and tests.
CO6	Develop the skill regarding conduction and documentation of psychological experiments and tests.

CO-PO-PSO Mapping

Cour se	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	1	1	2	1	1	1	2	-	1	1	1	1	1	-	3	2
CO2	1	1	2	1	1	1	1	-	1	1	1	1	2	1	3	2
CO3	1	2	3	1	1	1	2	1	2	1	2	3	1	1	2	3
CO4	1	1	2	1	1	1	2	-	1	1	1	2	3	-	2	3
CO5	1	1	2	1	1	1	2	1	1	1	1	-	2	-	2	2
CO6	3	2	3	2	1	2	2	1	2	1	2	3	2	-	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination scheme:

Components	I st internal (Assignment)	II nd Internal (Written Exam & Viva-voce)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYS301			
Course Name	: Making Decisions			
Semester /Year	: III sem / IInd Year			
	L	T	P	C
	3	1	0	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:

The objectives of this course are:

1. To understand the concepts and importance of Decision making.
2. To comprehend the process and steps of decision making.
3. To learn various strategies to enhance effective decision making ability.

Course Contents**Unit 1**

Introduction: Nature and characteristics of decision making, Principles of Decision Making, Types of decision.

Unit 2

Decision making steps: Factors affecting decision making, Biases in decision making, Steps of decision making.

Unit 3

Techniques of good decision making: Decision making styles, Strategies of making good decision, Importance of making good decisions.

Unit 4

Making effective decisions: Decisions regarding career, Decision making in interpersonal context, Decision making at the workplace.

Text Books:

1. Sherfield, R.M., Montgomery, R.J., & Moody, P.G. (2009). Developing soft skills. Pearson Education, India.

Reference Books:

1. Adler, R.B & Proctor, R.F (2009). Communication Goals and Approaches. Wads worthcengage Learning, India.
2. Chadha, N.K. & Bhatia, H. (2014). Career Development-different voices, different choices. The Readers Paradise: New Delhi.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Identify the fundamentals of Decision making.
CO2	Explain the concepts of Decision making.
CO3	Apply the various strategies for making effective decisions.
CO4	Analyse major issues of Decision making.
CO5	Evaluate the importance of decision making.
CO6	Develop the ability and skill of effective decision making.

CO-PO-PSO Mapping

Cour se	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	3	1	1	1	1	1	2	1	1	1	1	1	3	2	-	-
CO2	3	2	1	-	1	1	1	-	1	1	1	1	2	1	-	-
CO3	3	2	2	1	1	1	2	1	1	2	2	3	3	2	1	-
CO4	2	3	2	1	1	1	2	-	1	1	2	2	3	2	-	-
CO5	3	3	2	1	1	1	2	1	2	1	-	-	2	2	-	-
CO6	2	2	2	2	1	1	2	2	2	2	2	3	2	3	1	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	I st internal (Assignment)	II nd Internal (Written Exam)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYC401			
Course Name	: Statistical Methods and Psychological Research			
Semester /Year	: IV sem / IInd Year			
	L	T	P	C
	3	1	0	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:

The objectives of this course are:

1. To foster knowledge of the use of statistics in psychology
2. To understand the basics of statistical methods.
3. To
4. To comprehend the essentials of psychological testing.

Course Contents**Unit 1**

Introduction: Psychological research: Meaning & goals, Methods of Psychological research: Quantitative and Qualitative research methods; Ethics in Psychological Research, Scales of Psychological measurement; Sampling: Concepts and methods; Graphical representation of data.

Unit 2

Data analysis: Measures of central tendency: Mean, median, mode (properties and computation). Standard deviation: properties and computation. Correlation: Pearson method and Rank difference method, Normal Probability Curve (NPC): Meaning and properties; Deviation from NPC- Skewness and Kurtosis.

Unit 3

Hypothesis Testing: Level of significance; Type I and Type II error; Computation of 't' for independent and dependent samples; Purpose and assumptions of ANOVA; One-way and two-way ANOVA.

Unit 4

Psychological Testing: Introduction to psychological testing, characteristics of test, types of tests, Reliability, Validity, Norms, Standardization.

Text Books:

1. Mangal, S.K. (2021). Statistics in Psychology and Education. New Delhi: PHI Learning Pvt. Ltd.
2. . Singh, A.K. (2006). Tests, Measurement and Research Methods in Behavioural Sciences. Patna: Bharti Bhavan.
3. Shrivastava, D.N. (2011). Sankhiyaki Evam Mapan, Agra: Agrawal Publication

Reference Books:

1. Gregory, R.J. (2006). Psychological Testing: History, Principles, and Applications (4th Ed.). New Delhi: Pearson Education.
2. Mohanty, B. & Misra, S. (2016). Statistics for Behavioural and Social Sciences. New Delhi: Sage Publications India Pvt Ltd.
3. Kerlinger, F.N. (1983). Foundations of Behavioral Research. New Delhi: Surjeet Publications.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Identify the basic concepts of statistical methods & psychological testing
CO2	Explain different quantitative and qualitative statistical methods and the essentials of psychological testing.
CO3	Apply appropriate statistical methods in psychological research.
CO4	Analyse different techniques of statistical analysis to derive inferences and conclusions.
CO5	Evaluate different quantitative and qualitative statistical methods used in psychological research.
CO6	Develop critical thinking in order to construct the psychological test and use the appropriate statistical analysis in psychological research.

CO-PO-PSO Mapping

Cour se	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	P O7	P O8	P O9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	3	1	1	-	-	1	2	-	1	1	1	1	3	2	1	-
CO2	3	2	1	-	-	1	2	-	1	1	1	1	2	1	1	-
CO3	3	2	2	1	-	1	2	-	1	2	2	3	3	2	2	-
CO4	2	3	2	1	-	1	2	-	1	1	2	2	3	2	1	-
CO5	3	3	3	-	-	1	2	-	2	1	-	-	2	2	1	-
CO6	2	2	2	2	-	2	2	2	2	2	2	3	2	3	2	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	Ist internal (Assignment)	IInd Internal (Written Exam)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYL401			
Course Name	: Lab course based on C401			
Semester /Year	: IV sem / IInd Year			
	L	T	P	C
	0	0	2	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:**The objectives of this course are:**

1. To study the personality of the individual using Sentence Completion test.
2. To apply the concepts of interview method and formulate the report on its basis.
3. To complete the case study of the individual with psychological disorder or behavioural problem in the appropriate case record Performa.
4. To collect the data of 60 undergraduate students (30 boys and 30 girls) about their examination marks in four subjects and to report by descriptive statistical analyses.

Course Contents

1. S.C.T.
2. Interview method
3. Case study
4. Formulate report of Statistical Result

Text Books:

1. Miler, L.A., Lovler, R.L. & McIntire, S.A. (2013). Psychological Testing (4th Ed.) New Delhi: Sage Publications India Pvt. Ltd.
2. Murphy, K.R. & Davidshofer, C.O. (2019). Psychological Testing: Principles and Applications (6th Ed.) New Delhi: Pearson Education.

Reference Books:

1. Kaplan, R. M., & Saccuzzo, D. P. (2005). Psychological testing: Principles, applications and issues. New Delhi: Cengage.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Memorize the concepts of psychology through practicals.
CO2	Explain the psychological concept related with the practical.
CO3	Apply the knowledge of psychological concepts through experiments and test.
CO4	Analyse and interpret the results of the psychological tests and experiments.
CO5	Evaluate the importance of psychological tools and tests.
CO6	Develop the skill regarding conduction and documentation of psychological experiments and tests.

CO-PO-PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	1	1	2	1	1	1	2	-	1	1	1	1	1	-	3	2
CO2	1	1	2	1	1	1	1	-	1	1	1	1	2	1	3	2
CO3	1	2	3	1	1	1	2	1	2	1	2	3	1	1	2	3
CO4	1	1	2	1	1	1	2	-	1	1	1	2	3	-	2	3
CO5	1	1	2	1	1	1	2	1	1	1	1	-	2	-	2	2
CO6	3	2	3	2	1	2	2	1	2	1	2	3	2	-	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination scheme:

Components	I st internal (Assignment)	II nd Internal (Written Exam & Viva-voce)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYS401			
Course Name	: Developing Emotional Competence			
Semester /Year	: IVth sem / IInd Year			
	L	T	P	C
	3	1	0	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:**The objectives of this course are:**

1. To help the students to identify their emotions as well as interpret others emotion.
2. To understand how to successfully manage their emotions.
3. To gain the concept of Emotional intelligence.
4. To comprehend the ways to develop emotional competencies.

Course Contents**Unit 1**

Introduction: Concept of Emotion, Importance of recognizing and understanding emotions in oneself and others, importance of managing one's emotions.

Unit 2

Emotional intelligence: Concept and components of Emotional intelligence, importance of emotional intelligence.

Unit 3

Emotional competencies: Components of Emotional competencies: self awareness, self regulation, self motivation, social awareness and social skills.

Unit 4

Developing Emotional competencies: Strategies to develop emotional competencies: Intrapersonal and interpersonal aspects.

Text Books:

1. Singh, D. (2003). Emotional intelligence at work (2 Ed.) New Delhi: Response Books.

Reference Books:

1. Goleman, D. (1995). Emotional Intelligence. New York: Bantam Book.
2. Goleman, D. (1998). Working with Emotional Intelligence. New York: Bantam Books.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Identify their emotions as well as interpret others emotion.
CO2	Explain the concepts of emotional intelligence.
CO3	Apply the strategies to improve emotional competencies.
CO4	Analyse and successfully manage their emotions.
CO5	Evaluate the importance of emotional intelligence.
CO6	Develop the ways to improve the emotional competencies.

CO-PO-PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	3	1	1	1	1	1	2	1	1	1	1	1	3	2	-	-
CO2	3	2	1	-	1	1	1	-	1	1	1	1	2	1	-	-
CO3	3	2	2	1	1	1	2	1	1	2	2	3	3	2	1	-
CO4	2	3	2	1	1	1	2	-	1	1	2	2	3	2	-	-
CO5	3	3	2	1	1	1	2	1	2	1	-	-	2	2	-	-
CO6	2	2	2	2	1	1	2	2	2	2	2	3	2	3	1	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	I st internal (Assignment)	II nd Internal (Written Exam)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYD501a			
Course Name	: Psychopathology			
Semester /Year	: Vth / IIIrd Year			
	L	T	P	C
	3	1	0	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:**The objectives of this course are:**

1. To introduce the concepts of abnormality to achieve well-being.
2. To help students in defining and comprehending the underlying concepts of psychopathology.
3. To gain specific knowledge about the DSM-V AND ICD-11 classification system of mental disorder
4. To understand the Clinical features symptoms, etiology and treatments for the various mental disorders.

Course Contents**Unit 1**

Introduction to psychopathology: The concept of normality and abnormality; Classification of mental disorders – DSM-V & ICD-11; Psychological models of psychopathology: Biological, psychodynamic, behavioural and cognitive-behavioural.

Unit 2

Neurotic Disorders: Anxiety disorder: Clinical Picture, types and etiology; Conversion and Dissociative disorders: Clinical Picture, types, etiology & treatment.

Psychotic Disorders: Schizophrenia and delusional disorders: Clinical Picture, types, etiology & treatment.

Unit 3

Mood Disorders: Clinical Picture, types, etiology & treatment.

Substance related disorders: Substance abuse and Dependence, Clinical Picture, types, etiology & treatment.

Unit 4

Neuro-developmental Disorders: ADHD, Autism Spectrum Disorders, Intellectual disability- Clinical Picture, etiology & treatment.

Learning disability: Clinical Picture, types, etiology & treatment.

Text Books:

1. Hooley, J.M., Butcher, J. N., Nock, M.K., Mineka, S. (2019). Abnormal Psychology. New Delhi: Pearson Education.
2. Ray, W.J., (2015). Abnormal Psychology. New Dehi: Sage Publications India Pvt Ltd
3. Singh, A.K. (2016). Aadhunik Asamanya Manovigyan. Varanasi: Motilal Banarasidas Prakashan.

Reference Books:

1. Carson, R.C., Butcher, J.N. & Mineka, S. (2010). Abnormal Psychology and Modern Life. New Delhi: Pearson Education, Inc. and Dorling Kindersley Publication Inc.
2. Sarason, G.I. & Serason, R.V. (2007). Abnormal Psychology: The Problem of Maladaptive Behaviour (2nd Ed.). Pearson Education, Inc. and Dorling Kindersley Publication Inc.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Identify the concept of abnormality and recognize various psychological disorders.
CO2	Explain the clinical features, causes, and treatment for psychological disorders.
CO3	Apply different models of psychopathology for the treatment of psychological disorders.
CO4	Illustrate the different treatment techniques for mental disorders
CO5	Summarize the diagnosis and treatment of various psychological disorders.
CO6	Develop the abilities and skills to identify, diagnose and treat the psychological disorders.

CO-PO-PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	3	1	1	-	-	1	1	1	1	1	1	1	3	2	1	-
CO2	3	2	1	-	-	1	1	1	1	1	1	1	2	1	1	-
CO3	3	2	2	1	1	1	1	2	1	2	2	3	3	2	2	1
CO4	2	3	2	1	-	1	1	1	1	1	2	2	3	2	1	1
CO5	3	3	3	-	-	1	1	1	2	1	1	1	2	2	1	-
CO6	2	2	2	2	1	2	2	2	2	2	2	3	2	3	2	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	Ist internal (Assignment)	IInd Internal (Written Exam)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYD501b			
Course Name	: Life Span Development			
Semester /Year	: Vth sem / IIIrd Year			
	L	T	P	C
	3	1	0	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:

The objectives of this course are:

1. To understand how human life unfolds from conception to late adulthood
2. To understand the relationship between theory and applications within each domain of development.
3. To gain knowledge of fundamental concepts about human development and the perspectives necessary to comprehend and articulate such developments.

Course Contents**Unit 1**

Introduction to life span perspective: Nature, issues and theoretical perspectives; Life-span development in the Indian context; Methods of Studying Human Development.

Unit 2

Physical development: Patterns of growth from conception till late adulthood; Disability; Death and dying.

Unit 3

Cognitive development: Piagetian, Vygotskian, and Information processing approaches; Language development; Cognitive changes in adulthood and old age.

Unit 4

Socio-emotional & Moral development: Emotional development; Moral development; The Self; Gender and sexuality; Successful aging.

Text Books:

1. Feldman, R.S. & Babu, N. (2018). Development across the life-span (8thEd.). New-Delhi: Pearson.
2. Santrock, J.W. (2012). A topical approach to life-span development. New-Delhi:Tata McGraw-Hill.
3. Shrivastava, D.N. & Shrivastava, V.N. (2018). Adhunik Vikasatmak Manovigyan (4Ed.). Agra: Vinod Pustak Mandir.

Reference Books:

1. Feldman, R.S. & Babu, N. (2019). Child Development (8th Ed.). New-Delhi: Pearson.
2. Singh, P.S., Upadhyay, J.K. & Singh, R. (2015). Vikasatmak Manovigyan. Varanasi: Motilal Banarasidas Prakashan.

Course outcomes (COs):**Upon successful completion of the course a student will be able to:**

CO1	Identify the fundamental concepts about human development and the perspectives necessary to comprehend and articulate such developments.
CO2	Explain the human development from conception to late adulthood and examine the issues in the development.
CO3	Apply the understanding of human development to deal with developmental issues in real life situation
CO4	Analyze the different developmental areas contributing towards shaping human development.
CO5	Evaluate the important theoretical perspectives and methodological techniques in human development.
CO6	Develop an ability to identify the milestones (physical and cognitive) in many aspects of human development across life stages

CO-PO-PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	3	1	1	-	-	1	1	1	1	1	1	1	3	2	1	-
CO2	3	2	1	-	-	1	1	1	1	1	1	1	2	1	1	-
CO3	3	2	2	1	1	1	1	2	1	2	2	3	3	2	2	1
CO4	2	3	2	1	-	1	1	1	1	1	2	2	3	2	1	1
CO5	3	3	3	-	-	1	1	1	2	1	1	-	2	2	1	-
CO6	2	2	2	2	1	2	2	2	2	2	2	3	2	3	2	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	Ist internal (Assignment)	IInd Internal (Written Exam)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYD501c			
Course Name	: Industrial / Organizational Psychology			
Semester /Year	: Vth sem / IIIrd Year			
	L	T	P	C
	3	1	0	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:

The objectives of this course are:

1. To introduce the basic concepts of Industrial/Organizational psychology
2. To understand the applications of psychology at the workplace.
3. To comprehend the related theories of work motivation.
4. To understand the concept and theories of leadership.

Course Contents**Unit 1**

Introduction: Industry and organization; Current status of I/O psychology, I/O psychology in the Indian context.

Unit 2

Work Related Attitudes: Job satisfaction; Organizational Commitment; Organizational Citizenship Behavior; Work Engagement.

Unit 3

Work Motivation: Early theories: Maslow, McClelland, Two factor; Contemporary theories: Goal setting, Equity, Expectancy; Applications: Job Characteristics Model, Job redesign.

Unit 4

Leadership: Basic approaches: Trait theories, Behavioral theories, Contingency theories; Contemporary perspectives on leadership; Cross-cultural leadership issues; Indian perspective on leadership.

Text Books:

1. Chadha, N.K. (2007) Organizational Behavior. New Delhi: Galgotia Publishers.

2. Singh, N. (2011). Industrial Psychology. New Delhi: Tata McGraw Hill Education Pvt. Ltd.

Reference Books:

1. Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.
2. Pareek, U. (2010). Understanding organizational behaviour. Oxford: Oxford University Press.
3. Robbins, S.P., Judge, T.A. & Vohra, N. (2019). Organizational Behaviour. (18th Ed.). New Delhi: Pearson.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Recognize the fundamentals of Industrial/organizational psychology and the evolution in the field of organisational behaviour as well as the current difficulties it faces.
CO2	Describe the basic concepts of Industrial/Organizational psychology and organisational behaviour.
CO3	Apply the psychological concepts and in work settings.
CO4	Analyse the psychological theoretical frameworks that can be used to improve an organization's effectiveness and efficiency;
CO5	Evaluate the work attitudes and their impact on performance and organisational results in the Indian context.
CO6	Develop the ability & skill to perform effectively in work settings.

CO-PO-PSO Mapping

Cour se	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	3	1	1	-	1	1	1	1	1	1	1	1	3	2	-	-
CO2	3	2	1	-	1	1	1	1	1	1	1	1	2	1	-	-
CO3	3	2	2	1	1	1	1	2	1	2	2	3	3	2	1	1
CO4	2	3	2	1	1	1	1	1	1	1	2	2	3	2	-	-
CO5	3	3	3	-	1	1	1	1	2	1	1	-	2	2	1	-
CO6	2	2	2	2	1	2	2	2	2	2	2	3	2	3	2	-

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3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	I st internal (Assignment)	II nd Internal (Written Exam)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYL501			
Course Name	: Lab course based on D501			
Semester /Year	: Vth sem / IIIrd Year			
	L	T	P	C
	0	0	2	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:

The objectives of this course are:

1. To assess the emotional intelligence of the individual using Emotional Intelligence questionnaire.
2. To evaluate the emotional maturity of the individual using Emotional Maturity scale.
3. To measure the Job satisfaction of the individual using Job satisfaction scale.
4. To assess the level of comprehensive anxiety of the individual using Comprehensive Anxiety scale.

Course Contents

1. Emotional Intelligence Questionnaire
2. Emotional Maturity Scale
3. Job Satisfaction Scale
4. Anxiety scale

Text Books:

1. Miler, L.A., Lovler, R.L. & McIntire, S.A. (2013). Psychological Testing (4th Ed.) New Delhi: Sage Publications India Pvt. Ltd.
2. Murphy, K.R. & Davidshofer, C.O. (2019). Psychological Testing: Principles and Applications (6th Ed.) New Delhi: Pearson Education.

Reference Books:

1. Kaplan, R. M., & Saccuzzo, D. P. (2005). Psychological testing: Principles, applications and issues. New Delhi: Cengage.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Memorize the concepts of psychology through practicals.
CO2	Explain the psychological concept related with the practical.
CO3	Apply the knowledge of psychological concepts through experiments and test.
CO4	Analyse and interpret the results of the psychological tests and experiments.
CO5	Evaluate the importance of psychological tools and tests.
CO6	Develop the skill regarding conduction and documentation of psychological experiments and tests.

CO-PO-PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	1	1	2	1	1	1	2	-	1	1	1	1	1	-	3	2
CO2	1	1	2	1	1	1	1	-	1	1	1	1	2	1	3	2
CO3	1	2	3	1	1	1	2	1	2	1	2	3	1	1	2	3
CO4	1	1	2	1	1	1	2	-	1	1	1	2	3	-	2	3
CO5	1	1	2	1	1	1	2	1	1	1	1	-	2	-	2	2
CO6	3	2	3	2	1	2	2	1	2	1	2	3	2	-	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination scheme:

Components	I st internal (Assignment)	II nd Internal (Written Exam & Viva-voce)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYS501			
Course Name	: Psychology in Education			
Semester /Year	: Vth sem / IIIrd Year			
	L	T	P	C
	3	1	0	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:

The objectives of this course are:

1. To understand how the principles of psychology can be applied to the area of education.
2. To understand the concepts and theories of creativity and aptitude in Educational Psychology.
3. To comprehend the effective teaching and classroom management strategies.
4. To understand the role and responsibilities of teachers towards the learners with special needs.

Course Contents**Unit 1**

Introduction to Educational Psychology: Meaning and Nature of Educational Psychology, scope, functions & relevance of Educational Psychology; Theoretical Perspectives in Educational Psychology.

Unit 2

Creativity and Aptitude: Nature and characteristics of creativity, Theories of creativity, Fostering creativity among Children; Nature and characteristics of aptitude, Types of aptitude, Measurement of aptitude, Utility of aptitude tests.

Unit 3

Effective Teaching and Classroom Management: Characteristics of Effective Teachers, Teaching Methods; The goals of classroom management, Creating a positive learning environment.

Unit 4

Learners with special needs: Responsibilities of Teachers towards learners with Special Needs.

Text Books:

1. Santrock John W. (2010) Educational Psychology, New Delhi: Inwin Professional Publishers.

Reference Books:

1. Lahey R.B. Graham J. E., (2000). An Introduction to Educational Psychology (6th Ed.). New Delhi: Tata McGraw Hill Publishers.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Recognize the fundamentals of educational psychology.
CO2	Explain the principles of psychology that can be applied to the area of education.
CO3	Apply the concepts of psychology in the field of education and determine the effective teaching and classroom management strategies.
CO4	Examine major issues and concepts of educational psychology.
CO5	Evaluate the educational psychology concept and theoretical perspective.
CO6	Develop the ability to use the psychological concepts in educational setting.

CO-PO-PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	3	1	1	1	1	1	1	1	1	1	1	1	3	3	-	-
CO2	3	2	1	-	1	1	1	-	1	1	1	1	2	2	-	-
CO3	3	2	2	1	1	2	1	1	1	2	2	3	3	2	1	-
CO4	2	3	2	1	1	1	1	-	1	1	2	2	1	2	-	-
CO5	3	3	2	1	1	2	1	-	2	1	-	-	1	2	-	-
CO6	2	2	2	2	1	2	2	2	2	2	2	3	2	3	1	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	I st internal (Assignment)	II nd Internal (Written Exam)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYG501			
Course Name	: Psychology for living			
Semester /Year	: Vth / IIIrd Year			
	L	T	P	C
	5	1	0	6

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:

The objectives of this course are:

1. To understand the application of psychological concepts for growth and wellbeing.
2. To comprehend the relevance of psychology with other disciplines.
3. To comprehend and utilize a strengths-based coping strategy for dealing with mental health concerns.

Course Contents**Unit 1**

Introduction: What is psychology, relevance of psychology, mind-body relationship, psychological factors and physical illness, body image, lifestyle interventions.

Unit 2

Self and relationships: Importance of family and peer groups in one's life, importance of emotional intelligence, role of culture.

Unit 3

Self in disintegrative experiences: Anxiety, Stress, Depression and its coping strategies.

Unit 4

Growth and actualizing self: self-direction, subjective well-being, hope, optimism, resilience.

Text Books:

1. Atwater, E. & Grover, D. & Karen (1999). Psychology for living: Adjustment, growth and behavior today. Prentice Hall.

Reference Books:

2. Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Recognize the fundamentals of psychology.
CO2	Explain and discuss the various concepts of psychology.
CO3	Apply the concepts of psychology to past and present global, national, and local circumstances
CO4	Analyse the different concepts of psychology promoting growth and wellbeing.
CO5	Assess the relevance of psychology with other disciplines.
CO6	Develop an ability to use the psychological concepts in real life situations.

CO-PO-PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	3	1	1	1	1	1	1	1	1	1	1	1	3	2	-	-
CO2	3	2	1	-	1	1	1	1	1	1	1	1	2	1	-	-
CO3	3	2	2	1	1	1	1	1	1	2	2	3	3	2	-	-
CO4	2	3	2	1	1	1	1	1	1	1	2	2	3	2	-	-
CO5	3	3	2	1	1	1	1	1	2	1	2	1	2	2	-	-
CO6	2	2	2	2	1	1	1	2	2	2	2	3	2	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	I st internal Assignment	II nd Internal Written Exam	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYD601a			
Course Name	: Counselling Psychology			
Semester /Year	: VIth sem / IIIrd Year			
	L	T	P	C
	3	1	0	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:

The objectives of this course are:

1. To develop an understanding of basic concepts, processes and techniques of Counselling.
2. To help students in comprehending and incorporating the scientific theory and knowledge into counselling practise.
3. To understand the various counseling techniques and its applications.

Course Contents**Unit 1**

Introduction: Meaning and goals; Counseling process and relationship; Counselor effectiveness, Counseling in the Indian context; Ethical considerations in Counselling.

Unit 2

Approaches: Overview of approaches to counseling: Psychodynamic, Behavioral, Person-centered and Cognitive-behavioral.

Unit 3

Techniques: Play, art, drama, music, dance; Yoga and meditation.

Unit 4

Applications: Counselling in School and Educational setting; Career Counselling; Family counseling; Children and Adolescents counseling.

Text Books:

1. Rai, A. & Asthana, M. (2018). Aadhunik Paramarshan Manovigyan, Varanasi: Motilal Banarasidas.
2. Rao, S.N. & Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill.

Reference Books:

1. Gladding, S. T. (2012) Counseling: A Comprehensive Profession. (7th ed). Pearson.
2. Seligman, L. & Reichenberg, L. W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Identify the basics of counselling psychology.
CO2	Explain the counselling concepts, ethical considerations and the methods and approaches of counselling.
CO3	Apply the counselling skills in reference to family, career, School and educational settings.
CO4	Examine the counselling profession, particularly in the context of India.
CO5	Evaluate the approaches and various techniques used in counselling.
CO6	Develop the qualities and attributes required to be an effective counsellor.

CO-PO-PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	3	1	1	-	1	1	2	1	1	1	1	1	3	2	-	-
CO2	3	2	1	-	1	1	1	1	1	1	1	1	2	1	-	-
CO3	3	2	2	1	2	2	2	2	2	2	2	3	3	2	1	1
CO4	2	3	2	1	1	1	1	1	2	1	2	2	3	2	-	-
CO5	3	3	3	-	1	1	1	1	2	1	1	-	2	2	1	-
CO6	2	2	2	2	2	2	2	2	2	2	2	3	2	3	2	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	I st internal Assignment	II nd Internal Written Exam	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	:	BPYD601b			
Course Name	:	Project / Dissertation			
Semester /Year	:	VIth sem / IIIrd Year			
		L	T	P	C
		3	1	0	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:**The objectives of this course are:**

1. To enable students to design and conduct an original and ethical research.
2. To help students to write a Dissertation in the latest APA manual for Dissertation.
3. To help students to learn how to develop scientific research designs in the study of psychology.
4. The research can either be empirical/data based (quantitative, qualitative, or mixed-methods) or it can be in the form of a critical review of research and theory.

Course Content:**Unit 1**

Any community like - Health care services, women's self-help groups, NGOs, organisations, etc. can be visited to identify problems, difficulties, best practices and skills. A group of 10 students can be created.

Unit 2

Each student will prepare a research report based on their experiences and observations from the field visit.

A clear statement of the problem, a review of literature, how the literature relates to the proposed study, formal research question and hypothesis, a detailed methodology, data analysis, discussion, conclusion and Reference all are included in the research proposal, which is a crucial step in the research process.

Although the Project / Dissertation will be completed in groups, the student will separately prepare the research report.

Each student's diligence in writing the research in accordance with APA guidelines will be assessed.

Text Books:

1. Mohanty, B. & Misra, S. (2016). Statistics for Behavioural and Social Sciences. New Dehi: Sage Publications India Pvt Ltd.
2. Singh, A.K. (2006). Tests, Measurement and Research Methods in Behavioural Sciences. Patna: Bharti Bhavan.

Reference Books:

1. Kerlinger, F.N. (1983). Foundations of Behavioral Research. New Delhi: Surjeet Publications.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Identify an appropriate research question.
CO2	Review the relevant studies and literature.
CO3	Apply an appropriate methodology.
CO4	Examine the hypothesis.
CO5	Evaluate the research finding
CO6	Design an original and ethical Dissertation in the latest APA format.

CO-PO-PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	2	2	2	-	-	1	2	2	2	1	1	1	2	2	2	-
CO2	2	2	2	-	-	1	2	1	2	1	1	1	2	2	1	-
CO3	2	2	2	-	-	1	3	2	2	2	2	3	2	1	3	1
CO4	2	3	3	-	-	1	2	1	2	1	2	2	2	1	2	-
CO5	2	2	2	-	-	1	2	1	2	1	1	-	2	1	2	1
CO6	2	3	2	1	-	1	3	2	2	2	2	3	2	2	2	1

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	I st internal Assignment	II nd Internal Written Exam	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYL601			
Course Name	: Lab Course based on D601			
Semester /Year	: VIth sem / IIIrd Year			
	L	T	P	C
	0	0	2	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:

The objectives of this course are:

1. To assess the Interest areas of the individual using Interest inventory.
2. To assess the Career Preference of the individual using Career Preference record.
3. To measure the Aptitude of the individual using Aptitude test.
4. To assess the level of adjustment of the individual using Adjustment inventory.

Course Contents

1. Interest Inventory.
2. Career Preference Inventory
3. Aptitude test
4. Adjustment Inventory

Text Books:

1. Miler, L.A., Lovler, R.L. & McIntire, S.A. (2013). Psychological Testing (4th Ed.) New Delhi: Sage Publications India Pvt. Ltd.
2. Murphy, K.R. & Davidshofer, C.O. (2019). Psychological Testing: Principles and Applications (6th Ed.) New Delhi: Pearson Education.

Reference Books:

1. Kaplan, R. M., & Saccuzzo, D. P. (2005). Psychological testing: Principles, applications and issues. New Delhi: Cengage.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Memorize the concepts of psychology through practicals.
CO2	Explain the psychological concept related with the practical.
CO3	Apply the knowledge of psychological concepts through experiments and test.
CO4	Analyse and interpret the results of the psychological tests and experiments.
CO5	Evaluate the importance of psychological tools and tests.
CO6	Develop the skill regarding conduction and documentation of psychological experiments and tests.

CO-PO-PSO Mapping

Cour se	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	1	1	2	1	1	1	2	-	1	1	1	1	1	-	3	2
CO2	1	1	2	1	1	1	1	-	1	1	1	1	2	1	3	2
CO3	1	2	3	1	1	1	2	1	2	1	2	3	1	1	2	3
CO4	1	1	2	1	1	1	2	-	1	1	1	2	3	-	2	3
CO5	1	1	2	1	1	1	2	1	1	1	1	-	2	-	2	2
CO6	3	2	3	2	1	2	2	1	2	1	2	3	2	-	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination scheme:

Components	Ist internal (Assignment)	IInd Internal (Written Exam & Viva-voce)	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYS601			
Course Name	: Managing Stress			
Semester /Year	: VIth sem / IIIrd Year			
	L	T	P	C
	3	1	0	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:

The objectives of this course are:

1. To understand the symptoms and sources of stress.
2. To comprehend the different models and theories of stress.
3. To learn various ways of managing and coping with stress.

Course Contents**Unit 1**

Stress: Nature of stress, symptoms of stress, sources of stress, moderators of stress.

Unit 2

Models and Theories of stress: General Adaptation Syndrome (GAS), Cognitive Appraisal Model, Person- Environment Fit Model (P-E Fit), Diathesis- Stress Model, Psychodynamic Theory, Genetic Constitutional Theory.

Unit 3

Effect of stress: Effect of stress on health, Effect of stress on relationship, Effect of stress on work and performance.

Unit 4

Managing and Coping stress: Yoga, Meditation, Relaxation techniques, Mindfulness, Cognitive restructuring; Coping styles: Meaning and nature of coping, Proactive and avoidant coping, Problem focused and emotion focused coping.

Text Books:

1. Taylor, S.E. (2006). Health psychology (6th Ed). New Delhi: Tata McGraw Hill.

Reference Books:

1. Weiten, W., Dunn, D. S., & Hammer, E. Y. (2012). Psychology applied to modern life: Adjustment in 21st century (10th Ed.). Belmont, CA: Wadsworth, Cengage Learning.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Recognize the main symptoms and sources of stress.
CO2	Explain the models & theories of Stress.
CO3	Apply the different strategies and techniques of managing and coping with stress.
CO4	Analyse the effect of stress on Health, relationship, work and performance.
CO5	Evaluate the different models and theories of stress
CO6	Formulate the strategies to deal with stress.

CO-PO-PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	3	1	1	1	-	1	1	1	1	1	1	1	3	3	-	-
CO2	3	2	1	-	-	1	1	-	1	1	1	1	2	2	-	-
CO3	3	2	2	1	-	2	1	1	1	2	2	3	3	2	1	-
CO4	2	3	2	1	-	1	1	-	1	1	2	2	1	2	-	-
CO5	3	3	2	1	-	2	1	-	2	1	-	-	1	2	-	-
CO6	2	2	2	2	-	2	2	2	2	2	2	3	2	3	1	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	I st internal Assignment	II nd Internal Written Exam	External (ESE)
Weightage(%)	15	15	70

Programme Name: B.A.

Course code	: BPYG601			
Course Name	: Psychology of Gender			
Semester /Year	: VIth sem / IIIrd Year			
	L	T	P	C
	5	1	0	6

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives:**The objectives of this course are:**

1. To understand the concepts and measurement of gender role
2. To gain the knowledge of gender related comparisons in various domains.
3. To grasp the concept of gender differences in psychological context.

Course Contents**Unit 1**

Introduction: Conceptualization and measurement of gender roles and gender role attitudes.

Unit 2

Sex related comparisons: cognitive abilities, social domains, emotion, moral development, theories.

Unit 3

Gender: Aggression, achievement, communication, friendship, romantic relationships.

Unit 4

Sex differences in health: Relationships and health, work roles and health, mental health.

Text Books:

1. Helgeson, V.S. (2018). Psychology of Gender, New Delhi: Pearson education.

Course outcomes (COs):

Upon successful completion of the course a student will be able to:

CO1	Identify the concepts and measurement of gender role.
CO2	Explain the gender related comparisons in various domains.
CO3	Demonstrate the knowledge to minimize the gender related comparison.
CO4	Examine the concept related to gender differences in psychological context
CO5	Evaluate various theoretical perspectives of gender differences.
CO6	Develop ability of discussing gender and complicated societal topics with others.

CO-PO-PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
CO1	3	1	1	1	1	1	1	1	1	1	1	1	3	2	-	-
CO2	3	2	1	-	1	1	1	1	1	1	1	1	2	1	-	-
CO3	3	2	2	1	1	1	1	1	1	2	2	3	3	2	-	-
CO4	2	3	2	1	1	1	1	1	1	1	2	2	3	2	-	-
CO5	3	3	2	1	1	1	1	1	2	1	2	1	2	2	-	-
CO6	2	2	2	2	1	1	1	2	2	2	2	3	2	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Examination Scheme:

Components	I st internal Assignment	II nd Internal Written Exam	External (ESE)
Weightage(%)	15	15	70