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)

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

BASED ON NEP 2020

(Effective from Academic Session 2024-2025)

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

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Bachelor of Arts (Psychology)

Duration of Programme: 3 Years

Based on National Education Policy (NEP) 2020

Basic Structure of UG Multidisciplinary Programme (with Two Core disciplines)

Type of Course

Discipline Specific Core (DSC)
Discipline Specific Elective (DSE)
General Elective (GE)
Ability Enhancement Courses (AEC)
Skill Enhancement Course (SEC)
Internship/Apprenticeship / Project/ Community Outreach (IAPC)
Value Addition course (VAC)

Sem	Core Discpline Specific Core (DSC)	Elective- Discipline Specific Elective (DSE)	Elective- Generic Elective (GE)	Ability Enhancement Course (AEC)	Skill Enhancement Course (SEC)	(Internship/ Apprenticeship /Project/ Community Outreach) (IAPC)	Value Addition Course (VAC)	Total credit
	Course/ credit distribution (Credits 4) Theory (4) or Theory + Practicum/Tutorial (3T+1L) or (3T+1T)	Course/ credit distribution (Credits 4) Theory (4) or Theory + Practicum/ Tutorial (3T+1L) or (3T + 1T)	Course/ credit distribution (Credits 4) Theory (4) or Theory + Practicum/ Tutorial (3T+1L) or (3T+1T)	Course/ credit distribution (Credits 2)	Course/ credit distribution (Credits 2)	Course/ credit distribution (Credits 2)	Cours/ credit distribution (Credits 2)	22

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I	**1. DSC 1 (A or B)** (DSC A (PSYCHOLOGY) **or** DSC B – (B) (4) **2. DSC A1** (PSYCHOLOGY) - (4) **3. DSC B1**(B)- (4)		Choose one from a pool of GE language courses **GE – *Lang. 1 (4)**	**AEC – 1 (2)**	Choose one from a pool of SEC courses **SEC – 1 (2)**		Choose one from a pool of VAC courses **VAC – 1 (2)**	22
II	**1. DSC 2 (A or B)** (DSC A-(PSYCHOLOGY) **or** DSC B – (B) (4) **2. DSC A2** (PSYCHOLOGY)- (4) **3. DSC B2**(B)- (4)		Choose one from a pool of GE language courses **GE – *Lang.2 (4)**	**AEC – 2 (2)**	Choose one from a pool of SEC courses **SEC – 2 (2)**		Choose one from a pool of VAC courses **VAC – 2 (2)**	22
	Students on exit shall be awarded Undergraduate Certificate (in the field of Multidisciplinary study) after securing requisite 44 credits in semester I & II							**Total = 44**
III	**1. DSC 3 (A or B)** (DSC A-(PSYCHOLOGY)- **or** DSC B – (B (4) **2. DSC A3**(PSYCHOLOGY) - (4) **3. DSC B3** (B)- (4)		Choose one from a pool of GE language courses **GE – *Lang.3 (4)**	**AEC – 3 (2)**	Choose one from **SEC 3 – (2)** OR **Internship/Apprenticeship /Project/ Community Outreach (IAPC) – (2)**	Choose one from a pool of VAC courses **VAC – 3 (2)**		22
IV	**1. DSC 4 (A or B)** (DSC A-(PSYCHOLOGY) **or** DSC B – (B) (4) **2. DSC A4** (PSYCHOLOGY)- (4) **3. DSC B4**(B)- (4)		Choose one from a pool of GE language courses **GE – *Lang.4 (4)**	**AEC – 4 (2)**	Choose one from **SEC 4 – (2)** OR **Internship/Apprenticeship /Project/ Community Outreach (IAPC) – (2)**	Choose one from a pool of VAC courses **VAC – 4 (2)**		22

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Students on exit shall be awarded Undergraduate Diploma (in the field of Multidisciplinary study/Discipline) after securing requisite 88 credits in semester III& IV							**Total = 88**
V	**1. DSC 5 (A or B)** (DSC A- (PSYCHOLOGY) **or** DSC B – (B) (4) **2. DSC A5** (PSYCHOLOGY) (4) **3. DSC B5**(B)- (4)	Choose one from a pool of courses, **DSE 1 (A/B) (4)**	Choose one from a pool of courses **GE – 5 (4)**		Choose one from **SEC 5 – (2)** OR **Internship/Apprenticeship /Project/ Community Outreach (IAPC) – (2)**		22
VI	**1. DSC 6 (A or B)** (DSC A- (PSYCHOLOGY) **or** DSC B – (B) (4) **2. DSC A6** (PSYCHOLOGY)- (4) **3. DSC B6**(B)- (4)	Choose one from a pool of courses, **DSE 2 (A/B) (4)**	Choose one from a pool of courses **GE – 6 (4)**		Choose one from **SEC 6 – (2)** OR **Internship/Apprenticeship /Project/ Community Outreach (IAPC) – (2)**		22
Students on exit shall be awarded Bachelor of Arts (in the field of Multidisciplinary study/Discipline) after securing requisite 132 credits on completion of semester V & VI							**Total = 132**

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Course Introduction:

The new curriculum of B.A. with Psychology as core disciplines offers a one-year Undergraduate certificate, two-year Undergraduate diploma three-year Undergraduate degree, and four-year Undergraduate degree (Hons. with Research) after securing the required credits as per the Curriculum and credit framework for Undergraduate program guidelines by UGC.

B.A. (Psychology) has been redesigned with the objective to improve skill-based learning among students and make the entire programme more comprehensive. This will enable students to better understand the various aspects of behavioural and cognitive development of an individual in social, organizational, and across all facets of life span by learning about theories and concepts that have been developed in the field so far. Understanding of research methods and psychological testing has also been kept as integral components of the programme both at theoretical as well as at practical levels.

B.A. (Psychology) aims to promote skill-based education and foster understanding of the expanding field of psychology. Facilitating self-discovery in the students is a key objective of this course. The goal of the course is to help students acquire the knowledge and abilities necessary for successfully addressing the demands and problems of the real world. The emphasis on theory and applied skills will provide the necessary foundation for the graduates of this programme. As a result, this syllabus is created keeping in mind the changing nature of society, educational institutions, and the workplace and inculcates the required skills in the students to understand and respond to the same efficiently and effectively.

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

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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	**Lifelong 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..

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Program Specific Outcome (PSOs):

PSO 1	Develop a comprehensive understanding of key psychological theories, concepts, and frameworks, enabling students to analyze and interpret human behaviour and mental processes across various contexts.
PSO2	Acquire essential research skills, including statistical analysis and research methodology, allowing students to design, conduct, and evaluate empirical studies within the field of psychology.
PSO3	Promote interdisciplinary knowledge by integrating insights from diverse psychology branches, encouraging students to explore the connections between psychological theory, practice, and contemporary societal issues.
PSO4	Enhance practical skills through lab courses and experiential learning opportunities, allowing students to apply theoretical knowledge in real-world settings, fostering hands-on experience in psychological assessments and interventions.

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STUDY & EVALUATION SCHEME

SEM-I

S.N.	Course Code	Course Title	Periods per week				Evaluation Scheme		Total
			L	T	P	Credit	Internal Marks	External Marks	
	BA I SEM								
1	PSYDC101	Introduction to Psychology	3	0	0	3	30	70	100
2	PSYDL101	Lab course based on DC101	0	0	2	1	30	70	100
3	PSYDC102	Psychology of Individual differences	3	0	0	3	30	70	100
4	PSYDL102	Lab course based on DC102	0	0	2	1	30	70	100
5	DSC101	Discipline Specific Core- B	4	0	0	4	30	70	100
6	PSYGE101	Psychology for living	4	0	0	4	30	70	100
7	AEC101	Ability Enhancement Course	2	0	0	2	30	70	100
8	PSYSC101	Managing Stress	2	0	0	2	30	70	100
9	PSYVA101	Psychology for Health and Well-being-I	2	0	0	2	30	70	100
	Total					22			900

SEM-II

S.N.	Course Code	Course Title	Periods per week				Evaluation Scheme		Total
			L	T	P	Credit	Internal Marks	External Marks	
	BA II SEM								
1	PSYDC201	Social Psychology	3	0	0	3	30	70	100
2	PSYDL201	Lab course based on DC201	0	0	2	1	30	70	100
3	PSYDC202	Applied Social Psychology	3	0	0	3	30	70	100
4	PSYDL202	Lab course based on DC 202	0	0	2	1	30	70	100
5	DSC201	Discipline Specific Core-B	4	0	0	4	30	70	100
6	PSYGE201	Inter-group Relations	4	0	0	4	30	70	100
7	AEC201	Ability Enhancement Course	2	0	0	2	30	70	100
8	PSYSC201	Effective leadership	2	0	0	2	30	70	100
9	PSYVA201	Psychology for Health and Well-being-II	2	0	0	2	30	70	100
	Total					22			900

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S.N.	Course Code	Course Title	Periods per week			Credit	Evaluation Scheme		Total
			L	T	P		Internal Marks	External Marks	
	BA III SEM								
1	PSYDC301	Statistical Methods for Psychological Research	3	0	0	3	30	70	100
2	PSYDL301	Lab course based on DC301	0	0	2	1	30	70	100
3	PSYDC302	Industrial/ Organizational Psychology	3	0	0	3	30	70	100
4	PSYDL302	Lab course based on DC302	0	0	2	1	30	70	100
5	DSC301	Discipline Specific Core-B	4	0	0	4	30	70	100
6	PSYGE301	Psychology of Gender	4	0	0	4	30	70	100
7	AEC301	Ability Enhancement Course	2	0	0	2	30	70	100
8	PSYSC301	Making Decisions OR Internship/ Apprenticeship/ Project/ Community Outreach	2	0	0	2	30	70	100
9	PSYVA301	Stress Management-I	2	0	0	2	30	70	100
Total						**22**			**900**

SEM-IV

S.N.	Course Code	Course Title	Periods per week			Credit	Evaluation Scheme		Total
			L	T	P		Internal Marks	External Marks	
	BA IV SEM								
1	PSYDC401	Abnormal psychology	3	0	0	3	30	70	100
2	PSYDL401	Lab course based on DC401	0	0	2	1	30	70	100
3	PSYDC402	Psychotherapy	3	0	0	3	30	70	100
4	PSYDL402	Lab course based on DC402	0	0	2	1	30	70	100
5	DSC401	Discipline Specific Core-B	4	0	0	4	30	70	100
6	PSYGE401	Youth Psychology	4	0	0	4	30	70	100
7	AEC401	Ability Enhancement Course	2	0	0	2	30	70	100
8	PSYSC401	Developing emotional competence OR Internship/ Apprenticeship/ Project/ Community Outreach	2	0	0	2	30	70	100
9	PSYVA401	Stress Management-II	2	0	0	2	30	70	100
Total						**22**			**900**

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SEM V

S.N.	Course Code	Course Title	Periods per week			Credit	Evaluation Scheme		Total
			L	T	P		Internal Marks	External Marks	
		BA V SEM							
1	PSYDC501	Counselling Psychology	3	0	0	3	30	70	100
2	PSYDL501	Lab course based on DC501	0	0	2	1	30	70	100
3	PSYDC502	Advanced Counselling Skills	3	0	0	3	30	70	100
4	PSYDL502	Lab course based on DC502	0	0	2	1	30	70	100
5	DSC501	Discipline Specific Core-B	4	0	0	4	30	70	100
6	PSYDE 501a PSYDE 501b (Choose any one)	Positive Psychology Health Psychology	4	0	0	4	30	70	100
7	PSYGE501	Psychology and Media	4	0	0	4	30	70	100
8	PSYSC501	Self and Personal Growth OR Internship/ Apprenticeship/ Project/ Community Outreach	2	0	0	2	30	70	100
		Total				**22**			**800**

SEM VI

S.N.	Course Code	Course Title	Periods per week			Credit	Evaluation Scheme		Total
			L	T	P		Internal Marks	External Marks	
		BA VI SEM							
1	PSYDC601	Life Span Development	3	0	0	3	30	70	100
2	PSYDL601	Lab course based on DC601	0	0	2	1	30	70	100
3	PSYDC602	Psychological testing and assessment	3	0	0	3	30	70	100
4	PSYDL602	Lab course based on DC602	0	0	2	1	30	70	100
5	DSC601	Discipline Specific Core-B	4	0	0	4	30	70	100
6	PSYDE 601a PSYDE 601b (Choose any one)	Introduction to Indian Psychology Introduction to Environmental Psychology	4	0	0	4	30	70	100
7	PSYGE601	Psychology at work	4	0	0	4	30	70	100
8	PSYSC601	Psychology in Education OR Internship/ Apprenticeship/ Project/ Community Outreach	2	0	0	2	30	70	100
		Total				**22**			**800**

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Programme Name: B.A.

Course code	:	PSYDC101
Course Name	:	Introduction to Psychology
Semester /Year	:	Ist sem / Ist year

L	T	P	C
3	0	0	3

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 help the students in acquiring a scientific mindset for studying and comprehending human behaviour.
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.

Course Contents

Unit 1 **(15 Hours)**

Introduction: Definition, goals and scope of psychology; Approaches of Psychology; Methods of studying psychology; Biological Bases of Behaviour: Human evolution: Genes and behaviour; Hormones and Glands; Nervous System: Neuron, Central Nervous system and Peripheral nervous system.

Unit 2 **(15 Hours)**

Sensation & Perception: Meaning and characteristics of sensation, Types of sensation; Structure and function of visual and auditory senses; Attention: selective, sustained and divided attention. Perception: Nature and characteristics of perception; Gestalt laws of perceptual organization.

Unit 3 **(15 Hours)**

Learning & Memory: 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. Memory: Processes involved in memory; Types of memory: Sensory, short-term and long-term memory; forgetting and its causes.

Unit 4 **(15 Hours)**

Motivation and Emotion: Nature of motivation; Major concepts related to motivation; Types of motivation: Biogenic and sociogenic motives; Theories of motivation. Emotion:

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Meaning and definition of emotion, Physiological changes in emotion; Theories of emotion.

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 McGraw Hill.

Course outcomes (COs):

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

CO1	Define key concepts and terminologies in psychology.
CO2	Explain the basic psychological processes, concepts and theories.
CO3	Demonstrate the application of theories in real world scenario.
CO4	Analyse human behaviour using scientific methods.
CO5	Evaluate the psychological concept and strength and weakness of various theories.
CO6	Develop critical analytical abilities.

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	PSO1	PSO2	PSO3	PSO4
CO1	3	1	1	-	-	1	2	-	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	-	2	1	-	-	2	2	1	-
CO6	2	2	2	2	1	2	2	1	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	: PSYDL101				
Course Name	: Lab course based on DC101				
Semester /Year	: Ist sem / Ist Year				
		L	**T**	**P**	**C**
		0	0	2	1

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

Course Objectives:

The objectives of this course are:

1. To study the effect of different interpolated activity time on the memory of the individual.
2. To study the trial and error learning of individual.
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

Any Two from the following Practicals:

1. Short-term memory/Long –term memory **(15 Hours)**
2. Maze learning **(15 Hours)**
3. Influence of set on perception **(15 Hours)**
4. Effect of knowledge of results on performance **(15 Hours)**

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:

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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	PSO1	PSO2	PSO3	PSO4
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:

Evaluation Method	Internal Evaluation	External Evaluation	
Components	Practical File	Practical Conduction	Viva Voce
Weightage(%)	30	40	30

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Programme Name: B.A.

Course code	:	PSYDC102			
Course Name	:	Psychology for Individual Differences			
Semester /Year	:	Ist sem/ Ist Year			
		L	**T**	**P**	**C**
		3	0	0	3

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

Course Objectives:

The objectives of this course are:

1. To gain knowledge about the idea of individual diversity.
2. To promote self-reflection and understanding of oneself and others.
3. To address the individualistic features, for foster critical analytical abilities.

Course Contents

Unit 1 **(15 Hours)**

Personality: Nature of personality; Biological foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic, Phenomenological-humanistic, social and cognitive.

Unit 2 **(15 Hours)**

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.

Unit 3 **(5 Hours)**

Indian approach: Self and identity in Indian thought

Unit 4: **(10 Hours)**

Enhancing individual's potential: Self-determination theory; Enhancing cognitive potential, self regulation and self enhancement; Fostering creativity

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.

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3. Matthijs Cornelissen, Girishwar Misra and Suneet Varma (eds.) (2011), Foundations of Indian Psychology (Vol. 1), Theories and concepts ,Pearson.

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 of individual diversity.
CO2	Explain the psychological principles and theories.
CO3	Apply basic concepts of psychology to self-awareness and enhancing individual's potential:
CO4	Analyse individualistic features of human behaviour.
CO5	Evaluate the psychological concepts and theories.
CO6	Develop critical analytical abilities.

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	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	-	2	1	-	-	2	2	1	-
CO6	2	2	2	2	1	2	2	1	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

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Programme Name: B.A.

Course code	:	PSYDL102
Course Name	:	Lab course based on DC102
Semester /Year	:	Ist sem/ Ist Year

L	T	P	C
0	0	2	1

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

Course Objectives:

The objectives of this course are:

1. To assess the level of intelligence using Performance test of intelligence
2. To evaluate the level of intelligence using Verbal intelligence test.
3. To assess the personality of the individual using Eysenck Personality Questionnaire.
4. To assess the personality of the individual using Big Five Personality Inventory.

Course Contents

Any two from the following Practicals:

1. Verbal test of intelligence **(15 Hours)**
2. Performance test of intelligence **(15 Hours)**
3. Eysenck Personality Questionnaire **(15 Hours)**
4. Big Five Personality Inventory **(15 Hours)**

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.

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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	PSO1	PSO2	PSO3	PSO4
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:

Evaluation Method	Internal Evaluation	External Evaluation	
Components	Practical File	Practical Conduction	Viva Voce
Weightage(%)	30	40	30

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Programme Name: B.A.

Course code	:	PSYGE101			
Course Name	:	Psychology for living			
Semester /Year	:	Ist sem/ Ist year			
		L	T	P	C
		4	0	0	4

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 **(20 Hours)**

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

Unit 2 **(15 Hours)**

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

Unit 3 **(15 Hours)**

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

Unit 4 **(10 Hours)**

Applications of Psychology: Work; Health.

Text Books:

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

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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	PSO1	PSO 2	PSO 3	PSO 4
CO1	3	1	1	1	1	1	1	1	1	1	1	1	1	3	-	-
CO2	3	2	1	-	1	1	1	1	1	1	1	1	1	2	-	-
CO3	3	2	2	1	1	1	1	1	1	2	2	3	1	3	-	-
CO4	2	3	2	1	1	1	1	1	1	1	2	2	1	3	-	-
CO5	3	3	2	1	1	1	1	1	2	1	2	1	1	2	-	-
CO6	2	2	2	2	1	1	1	2	2	2	2	3	1	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

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Programme Name: B.A.

Course code	:	PSYSC101			
Course Name	:	Managing Stress			
Semester /Year	:	Ist sem/Ist year			
		L	**T**	**P**	**C**
		2	0	0	2

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 **(4 Hours)**

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

Unit 2 **(10 Hours)**

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 **(6 Hours)**

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

Unit 4 **(10 Hours)**

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.

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Reference Books:

1. Weiten, W., Dunn, D. S., & Hammer, E. Y. (2012). Psychology applied to modern life: Adjustment in 21st century (10th Ed.). Belmond, 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	PSO1	PSO2	PSO3	PSO4
CO1	3	1	1	1	-	1	1	1	1	1	1	1	2	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	1	2	-	-
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	-	-

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	:	PSYVA101
Course Name	:	Psychology for Health and Wellbeing
Semester /Year	:	Ist sem/ Ist Year

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

Course Objectives:

The objectives of this course are:

1. To understand the spectrum of health for better health management.
2. To understand the concept of health and wellbeing.

Course Contents

Unit 1: **(6 Hours)**

Health and Well being: Concept of health and various dimensions of health; notion of well being and various facets of well-being.

Unit 2: **(6 Hours)**

Continuum and Models of health: Medical, Bio-psychosocial, holistic health; health and well being.

Unit 3: **(8 Hours)**

Stress and Coping: Nature and sources of stress; Effects of stress on physical and mental health; Coping and stress management

Unit 4: **(10 Hours)**

Health Management: Health-enhancing behaviours; Exercise, Nutrition; Health compromising behaviours; Health Protective behaviours; Illness Management

Text Books:

1. Baum, A., Revenson, T. A., & Singer, J. E. (2001). Handbook of health psychology. Mahwah, NJ: Lawrence Erlbaum.

2. Dimatteo, M. R. & Martin, L. R. (2002). Health psychology. Boston: Allyn & Bacon.

Reference Books:

1. Snyder, C.R. & Lopez, S.J. (2002). Handbook of Positive Psychology. New York : Oxford University Press.

Course outcomes (COs):

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

CO1	Identify the fundamentals of Health and Wellbeing.
CO2	Explain the concepts of Health and Wellbeing.
CO3	Apply the various strategies for enhancing health and wellbeing. .
CO4	Analyse various health management behaviours.
CO5	Evaluate the relationship between Health and Wellbeing
CO6	Develop the health enhancing behaviours.

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	1	3	-	-
CO2	3	2	1	-	1	1	1	-	1	1	1	1	1	2	-	-
CO3	3	2	2	1	1	1	2	1	1	2	2	3	1	3	-	-
CO4	2	3	2	1	1	1	2	-	1	1	2	2	1	3	-	-
CO5	3	3	2	1	1	1	2	1	2	1	-	-	1	2	-	-
CO6	2	2	2	2	1	1	2	2	2	2	2	3	1	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

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Programme Name: B.A.

Course code	: PSYDC201				
Course Name	: Social Psychology				
Semester /Year	: II sem / Ist Year				
		L	**T**	**P**	**C**
		3	0	0	3

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 understand the concept and theories of social behaviour.
4. To understand the important elements of social influence and group behaviour that forms the basis of human relationships.

Course Contents

(12 Hours)

Unit 1

Introduction: Nature and Scope. Methods of studying social behaviour; Socialization, agents of socialization; Deviation; Perceiving others: forming impression, Role of non-verbal cues, Primacy and Recency effects, Attribution and causality: Biases and theories.

(10 Hours)

Unit 2

Understanding and evaluating the social world: Attitude: Nature, formation and change of attitudes, Measurement of attitudes; Interpersonal Attraction: Nature, measurement and antecedent conditions of Interpersonal attraction.

(15 Hours)

Unit 3

Social Behaviour: Pro-social behaviour: Cooperation and helping, personal, situational and socio-cultural determinants, Theoretical explanations of pro-social behaviour; Aggression: Theoretical perspectives, Trait, situational and social learning approaches, social and personal determinants of aggression, prevention and control of aggression.

(8 Hours)

Unit 4

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

Text Books:

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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 Delhi: 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

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	PSO1	PSO2	PSO3	PSO4
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	I[st] internal (Assignment)	II[nd] Internal (Written Exam)	External (ESE)
Weightage(%)	15	15	70

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Programme Name: B.A.

Course code	: PSYDL201				
Course Name	: Lab course based on DC201				
Semester /Year	: IInd sem / Ist Year				
		L	**T**	**P**	**C**
		0	0	2	1

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

Course Objectives:

1. To assess the perceived social support of the individual using Social Support Questionnaire.
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 assess the Optimistic-Pessimistic attitude of the individual using Optimistic-Pessimistic Attitude Scale.

Course Contents

Any two from the following Practicals:

1. Social Support Questionnaire **(15 Hours)**
2. Aggression Inventory **(15 Hours)**
3. Frustration scale **(15 Hours)**
4. Optimistic-Pessimistic Attitude Scale **(15 Hours)**

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.

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Course outcomes (COs):

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

CO1	Memorize the concepts of social psychology through practicals.
CO2	Explain the social psychological concept related with the practical.
CO3	Apply the knowledge of social 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 in social settings.
CO6	Develop the skill regarding conduction and documentation of psychological experiments and tests in social settings.

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	3	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:

Evaluation Method	Internal Evaluation	External Evaluation	
Components	Practical File	Practical Conduction	Viva Voce
Weightage(%)	30	40	30

Programme Name: B.A.

Course code	: PSYDC202				
Course Name	: Applied Social Psychology				
Semester /Year	: IInd sem / Ist Year				
		L	**T**	**P**	**C**
		3	0	0	3

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

Course Objectives:

The objectives of this course are:

1. To understand the importance of applied social psychology
2. To understand the applications of social psychology to various domains of life.
3. To understand about the social problems
4. To gain knowledge about intervention strategies.

Course Contents

Unit 1: **(15 Hours)**

Introduction: Nature of applied Social Psychology, Social influences on behaviour, Levels of analysis, Methodological approaches – Participatory Action and Learning research techniques.

Unit 2: **(10 Hours)**

Environment and Social Psychology- Resource dilemma culture and environment, impact on human health and wellbeing, pro-environment behaviour.

Unit 3: **(10 Hours)**

Social Diversity: Economic, cultural, religious, gender; challenges of diversity: prejudice and stereotype, conflict, conflict resolution.

Unit 4: **(10 Hours)**

Intervention and Evaluation: Process of intervention; need for evaluation for effective programmes.

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.

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3. Shetgovekar, S. (2018). An Introduction to Social Psychology. New Dehi: Sage Publications India Pvt Ltd
4. Schneider, F.W., Gruman, A., Coults, L .M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.

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 applied social psychology.
CO2	Explain and discuss the various concepts of applied social psychology.
CO3	Apply the concepts of social psychology to past and present global, national, and local circumstances.
CO4	Analyse the different concepts of applied social psychology.
CO5	Evaluate the importance of intervention programmes in social psychology
CO6	Develop the understanding of applications of social psychology to various domains of life..

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

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Programme Name: B.A.

Course code	: PSYDL202				
Course Name	: Lab course based on DC202				
Semester /Year	: IInd sem/ Ist Year				
		L	**T**	**P**	**C**
		0	0	2	1

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

Course Objectives:

The objectives of this course are:

1. To assess the Psychological wellbeing of the individual using psychological wellbeing scale.

2. To measure the decisional conflict of the individual using Decisional conflict scale.

3. To assess the perceived discrimination of the individual using Discrimination Scale.

4. To study the method for measuring social relationships using Sociometry.

Course Contents

Any two from the following Practicals:

1. Psychological wellbeing scale **(15 Hours)**

2. Decisional Conflict scale **(15 Hours)**

3. Discrimination scale **(15 Hours)**

4. Sociometry **(15 Hours)**

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.

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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 in social settings.
CO4	Analyse and interpret the results of the psychological tests and experiments.
CO5	Evaluate the importance of psychological tests and tests.
CO6	Develop the skill regarding conduction and documentation of psychological experiments and tests in social settings.

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	PSO1	PSO2	PSO3	PSO4
CO1	1	1	3	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	3	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:

Evaluation Method	Internal Evaluation	External Evaluation	
Components	Practical File	Practical Conduction	Viva Voce
Weightage(%)	30	40	30

Programme Name: B.A.

Course code : PSYGE201				
Course Name : Inter-group Relations				
Semester /Year : IInd sem / Ist Year				
	L	**T**	**P**	**C**
	4	0	0	4

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

Course Objectives:

The objectives of this course are:

1. To understand the significance of healthy inter-group relations for the society.
2. To comprehend the cultural aspects of inter-group relations
3. To learn the strategies of resolving inter-group conflicts.

Course Contents

Unit 1: **(15 Hours)**

Nature of inter-group relations: Cooperation vs. competition; Classical study of Robbers cave experiment; Realistic conflict theory.

Unit 2: **(20 Hours)**

Social categorization and conflict: In-group vs. out-group; Consequences of social categorization: Cognitive biases & stereotypes, conflict and social categorization.

Unit 3: **(10 Hours)**

Cultural aspects of inter-group relations: Social identity, Stereotypes, case studies in the Indian context.

Unit 4: **(15 Hours)**

Resolving inter-group conflict: Inter-group contact; Promoting inter-group cooperation; Conflict management strategies.

Text Books:

1. Lussier, R. N. &Achua, C. (2007).Effective Leadership. New Delhi: Thomson South Western.

Reference Books:

1. Singh, A.K. (2022).Social psychology. New Delhi: Motilal Banarasidas Prakashan.

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Course outcomes (COs):

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

CO1	Identify the nature of inter-group relations.
CO2	Explain the concepts and conflicts of inter-group relations.
CO3	Apply the various strategies for resolving inter-group conflicts.
CO4	Analyse the importance of healthy inter-group relations for the society.
CO5	Evaluate the theories and concepts of inter-group relations.
CO6	Develop the ability to promote inter-group cooperation

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	PSO1	PSO2	PSO3	PSO4
CO1	3	1	1	1	1	1	1	1	1	1	1	1	1	3	-	-
CO2	3	2	1	-	1	1	1	1	1	1	1	1	1	2	-	-
CO3	3	2	2	1	1	1	1	1	1	2	2	3	1	3	-	-
CO4	2	3	2	1	1	1	1	1	1	1	2	2	1	3	-	-
CO5	3	3	2	1	1	1	1	1	2	1	2	1	1	2	-	-
CO6	2	2	2	2	1	1	1	2	2	2	2	3	1	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

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Programme Name: B.A.

Course code	: PSYSC201				
Course Name	: Effective Leadership				
Semester /Year	: IInd sem / Ist Year				
		L	**T**	**P**	**C**
		2	0	0	2

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

Course Objectives:

The objectives of this course are:

1. To understand the concepts of leadership.
2. To comprehend the importance of effective leadership.
3. To develop the effective traits of effective leader.

Course Contents

Unit 1: **(10 Hours)**

Introduction: Define Leadership, Emergence of Leadership, Types of leaders, and Functions of leaders.

Unit 2: **(8 Hours)**

Effective leadership: Importance of effective leadership, basic traits of effective leader, effective Communication skills of Leaders.

Unit 3: **(12 Hours)**

Theories of Leadership: Trait, Behavioural, Situational and Contingency theory of leadership.

Unit 4: **(10 Hours)**

Building effective teams: Co-operation in a team; Cohesiveness, trust and interdependence

Text Books:

1. Lussier, R. N. &Achua, C. (2007).Effective Leadership. New Delhi: Thomson South Western.

Reference Books:

1. Singh, A.K. (2022).Social psychology. New Delhi: Motilal Banarasidas Prakashan.

Course outcomes (COs):

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

CO1	Identify the basic structure of leadership.
CO2	Explain the basic skills of effective leadership.
CO3	Apply the various strategies for making effective decisions.
CO4	Analyse the importance of effective leadership.
CO5	Evaluate the theories of leadership.
CO6	Develop the ability and skills of effective leader.

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	1	3	-	-
CO2	3	2	1	-	1	1	1	-	1	1	1	1	1	2	-	-
CO3	3	2	2	1	1	1	2	1	1	2	2	3	1	3	-	-
CO4	2	3	2	1	1	1	2	-	1	1	2	2	1	3	-	-
CO5	3	3	2	1	1	1	2	1	2	1	-	-	1	2	-	-
CO6	2	2	2	2	1	1	2	2	2	2	2	3	1	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

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Programme Name: B.A.

Course code	: PSYVA201				
Course Name	: Psychology for Health and Wellbeing-II				
Semester /Year	: IInd sem/ Ist Year				
		L	**T**	**P**	**C**
		2	0	0	2

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

Course Objectives:

The objectives of this course are:

1. To understand the concept of health and wellbeing and its relevance in daily life.

2. To introduce the health behaviour and promotion of human strengths for well-being.

Course Contents

Unit 1: **(6 Hours)**

Positive Psychology: Meaning, nature and goals; deconstructing illness ideology; Positive prevention and Positive therapy.

Unit 2: **(10 Hours)**

Wellbeing: Nature and Constituents; Hedonic and eudaimonic wellbeing.

Unit 3: **(6 Hours)**

Happiness and Life satisfaction: The science of Happiness and Life satisfaction, positive emotions.

Unit 4: **(8 Hours)**

Human strengths and life enhancement: Classification of human strengths and virtues; cultivating inner strengths

Text Books:

1. Baum, A., Revenson, T. A., & Singer, J. E. (2001). Handbook of Health psychology. Mahwah, NJ: Lawrence Erlbaum.

2. Snyder, C.R. & Lopez, S.J. (2002). Handbook of Positive Psychology. New York : Oxford University Press.

Reference Books:

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1. Dimatteo, M. R. & Martin, L. R. (2002). Health psychology. Boston: Allyn& Bacon.

Course outcomes (COs):

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

CO1	Recognize the correlates of Wellbeing.
CO2	Understand the importance of health and wellbeing and its relevance in daily life.
CO3	Apply the various strategies for life enhancement and cultivating inner strengths.
CO4	Analyse various fundamentals of health and wellbeing.
CO5	Evaluate the various psychological correlates of wellbeing.
CO6	Develop human strengths and life enhancement abilities.

CO-PO-PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO10	PO 11	PO 12	PSO1	PSO 2	PSO 3	PSO 4
CO1	3	1	1	1	1	1	2	1	1	1	1	1	1	3	-	-
CO2	3	2	1	-	1	1	1	-	1	1	1	1	1	2	-	-
CO3	3	2	2	1	1	1	2	1	1	2	2	3	1	3	-	-
CO4	2	3	2	1	1	1	2	-	1	1	2	2	1	3	-	-
CO5	3	3	2	1	1	1	2	1	2	1	-	-	1	2	-	-
CO6	2	2	2	2	1	1	2	2	2	2	2	3	1	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

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Programme Name: B.A.

Course code	: PSYDC301				
Course Name	: Statistical Methods for Psychological Research				
Semester /Year	: IIIsem / IInd Year				
		L	**T**	**P**	**C**
		3	0	0	3

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

Course Objectives:

The objectives of this course are:

1. To develop a basic understanding of fundamentals of research and statistics.
2. To foster knowledge of applications of statistics in psychology
3. To understand the basics of statistical methods.

Course Contents

Unit 1 **(15 Hours)**

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 **(10 Hours)**

Data analysis: Measures of central tendency: Mean, median, mode (properties and computation). Standard deviation: properties and computation. Correlation: Pearson method and Rank difference method.

Unit 3 **(5 Hours)**

Normal Probability Curve (NPC): Meaning and properties; Deviation from NPC-Skewness and Kurtosis.

Unit 4 **(15 Hours)**

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.

Text Books:

1. Mangal, S.K. (2021). Statistics in Psychology and Education. New Delhi: PHI Learning Pvt. Ltd.

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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.
CO2	Explain different quantitative and qualitative statistical methods.
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 ability to use appropriate statistical methods in psychological research.

CO-PO-PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO7	PO8	PO9	PO 10	PO 11	PO 12	PSO1	PSO2	PSO3	PSO4
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	I[st] internal (Assignment)	II[nd] Internal (Written Exam)	External (ESE)
Weightage(%)	15	15	70

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Programme Name: B.A.

Course code	:	PSYDL301
Course Name	:	Lab course based on DC301
Semester /Year	:	IIIrd sem / IInd Year

L	T	P	C
0	0	2	1

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

Course Objectives:

The objectives of this course are:

1. To verify the normality assumption of ANOVA.
2. To apply the concepts of interview method and formulate the report on its basis.
3. To verify the assumption of correlation.
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

Any two from the following Practicals:

1. ANOVA in One way and Two way classification **(15 Hours)**
2. Interview method **(15 Hours)**
3. Correlation **(15 Hours)**
4. Formulate report of Statistical Result **(15 Hours)**

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.

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Course outcomes (COs):

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

CO1	Recognize the use of statistics in psychological research.
CO2	Explain the practical use of statistical concept in psychological research.
CO3	Apply the knowledge of statistics in psychological research.
CO4	Analyse and interpret the statistical result.
CO5	Evaluate the use of various statistical methods in psychological research.
CO6	Develop the skill regarding conduction and documentation of statistical result..

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:

Evaluation Method	Internal Evaluation	External Evaluation	
Components	Practical File	Practical Conduction	Viva Voce
Weightage(%)	30	40	30

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Programme Name: B.A.

Course code	: PSYDC302				
Course Name	: Industrial / Organizational Psychology				
Semester /Year	: IIIrd sem / IInd Year				
		L	**T**	**P**	**C**
		3	0	0	3

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 **(8 Hours)**

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

Unit 2 **(12 Hours)**

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

Unit 3 **(15 Hours)**

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

Unit 4 **(10 Hours)**

Selection: Principles and Techniques; Psychological Testing & Interview; Performance Appraisal.

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.

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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 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

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	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	-

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

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Programme Name: B.A.

Course code	: PSYDL302				
Course Name	: Lab course based on DC302				
Semester /Year	: IIIrd sem/ IInd Year				
		L	**T**	**P**	**C**
		0	0	2	1

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

Course Objectives:

The objectives of this course are:

1. To assess the leadership skills of the individual using Leadership Skill Questionnaire.
2. To assess the job satisfaction of the individual using Job satisfaction scale.
3. To assess the work motivation of the individual using Work motivation Questionnaire.
4. To assess the workplace stress of the individual using Workplace stress scale.

Course Contents

Any two from the following Practicals:

1. Leadership Skill Questionnaire **(15 Hours)**
2. Job satisfaction scale **(15 Hours)**
3. Work Motivation Questionnaire **(15 Hours)**
4. Workplace Stress scale **(15 Hours)**

Text Books:

1. Miler, L.A., Lovler, R.L. & Mclntire, 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.

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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 use psychological concept in industry and organizational setting with help of psychological tests. .
CO3	Apply the knowledge of psychological tools and tests in organizational setting.
CO4	Analyse and interpret the results of the psychological tests and experiments.
CO5	Evaluate the importance of psychological tools and tests in organizational setting.
CO6	Develop the skills regarding conduction and documentation of psychological experiments and tests in organizational 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	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:

Evaluation Method	Internal Evaluation	External Evaluation	
Components	Practical File	Practical Conduction	Viva Voce
Weightage(%)	30	40	30

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Programme Name: B.A.

Course code	:	PSYGE301			
Course Name	:	Psychology of Gender			
Semester /Year	:	IIIrd sem / IInd Year			
		L	**T**	**P**	**C**
		4	0	0	4

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 **(15 Hours)**

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

Unit 2 **(15 Hours)**

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

Unit 3 **(15 Hours)**

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

Unit 4 **(15 Hours)**

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:

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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	PO10	PO 11	PO 12	PSO1	PSO 2	PSO 3	PSO 4
CO1	3	1	1	1	1	1	1	1	1	1	1	1	1	3	-	-
CO2	3	2	1	-	1	1	1	1	1	1	1	1	1	2	-	-
CO3	3	2	2	1	1	1	1	1	1	2	2	3	1	3	-	-
CO4	2	3	2	1	1	1	1	1	1	1	2	2	1	3	-	-
CO5	3	3	2	1	1	1	1	1	2	1	2	1	1	2	-	-
CO6	2	2	2	2	1	1	1	2	2	2	2	3	1	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

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Programme Name: B.A.

Course code	:	PSYSC301			
Course Name	:	Making Decisions			
Semester /Year	:	IIIrd sem / IInd Year			
		L	**T**	**P**	**C**
		2	0	0	2

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 **(6 Hours)**

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

Unit 2 **(8 Hours)**

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

Unit 3 **(8 Hours)**

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

Unit 4 **(8 Hours)**

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.

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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

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	PSO1	PSO2	PSO3	PSO4
CO1	3	1	1	1	1	1	2	1	1	1	1	1	1	3	-	-
CO2	3	2	1	-	1	1	1	-	1	1	1	1	1	2	-	-
CO3	3	2	2	1	1	1	2	1	1	2	2	3	1	3	-	-
CO4	2	3	2	1	1	1	2	-	1	1	2	2	1	3	-	-
CO5	3	3	2	1	1	1	2	1	2	1	-	-	1	2	-	-
CO6	2	2	2	2	1	1	2	2	2	2	2	3	1	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

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Programme Name: B.A.

Course code	: PSYVA301				
Course Name	: Stress Management-I				
Semester /Year	: IIIrd sem/ II Year				
		L	**T**	**P**	**C**
		2	0	0	2

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

Course Objectives:

The objectives of this course are:

1. To introduce the concept of stress.
2. To understand the various implications of stress.

Course Contents

Unit 1: **(6 Hours)**

Introduction: Definition of stress, Nature of stress, Types of stressors, Causes of stress.

Unit 2: **(10 Hours)**

Models of Stress: Stimulus based model of stress, Response based model of Stress, Hans Selye's General Adaptation Syndrome Model

Unit 3: **(6 Hours)**

Intrapersonal Life-Situation Interventions: Eliminating unnecessary stressors; nutrition and stress; life events and stress; hassles and chronic stress.

Unit 4: **(8 Hours)**

Interpersonal Life-Situation Interventions: Asserting oneself, conflict resolution, communication, time management, social support networking.

Text Books:

1. Greenberg, J. S. (2008). Comprehensive Stress Management. (10th ed). New York: McGraw Hill publications.

2. Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience.

New Delhi: Sage publications India pvt ltd.

Reference Books:

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1. Dimatteo, M. R. & Martin, L. R. (2002). Health psychology. Boston: Allyn& Bacon.

Course outcomes (COs):

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

CO1	Recognize the nature and types of stress.
CO2	Explain the models of Stress.
CO3	Apply the interpersonal and intrapersonal life situation intervention to manage stress.
CO4	Analyse the various causes of stress.
CO5	Evaluate the different models 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	2	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	1	2	-	-
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	-	-

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

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Programme Name: B.A.

Course code	: PSYHCA11				
Course Name	: Abnormal Psychology				
Semester /Year	: IVth sem/ IInd year				
		L	**T**	**P**	**C**
		3	0	0	3

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 **(10 Hours)**

Introduction to Abnormal Psychology: 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 **(15 Hours)**

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 **(10 Hours)**

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

Unit 4 **(10 Hours)**
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	PSO1	PSO2	PSO3	PSO4
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	I[st] internal (Assignment)	II[nd] Internal (Written Exam)	External (ESE)
Weightage(%)	15	15	70

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Programme Name: B.A.

Course code	:	PSYDL401			
Course Name	:	Lab course based on DC401			
Semester /Year	:	IVth sem / IInd Year			
		L	**T**	**P**	**C**
		0	0	2	1

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 assess the depression level of the individual using Depression inventory.
3. To assess the personality of the individual using Sentence Completion Test.
4. To assess the level of comprehensive anxiety of the individual using Comprehensive Anxiety scale.

Course Contents

Any two from the following Practicals:

1. Emotional Intelligence Inventory **(15 Hours)**
2. Depression inventory **(15 Hours)**
3. Sentence Completion Test **(15 Hours)**
4. Anxiety scale **(15 Hours)**

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:

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CO1	Memorize the concepts of abnormal psychology through practicals.
CO2	Explain the concepts of abnormal psychology with the helps of psychological tools and tests.
CO3	Apply the knowledge of psychological concepts to assess the abnormality of the individual behaviour.
CO4	Analyse and interpret the results of the psychological tests and experiments.
CO5	Evaluate the importance of psychological tools and tests in the field of abnormal psychology.
CO6	Develop the skills 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:

Evaluation Method	Internal Evaluation	External Evaluation	
Components	Practical File	Practical Conduction	Viva Voce
Weightage(%)	30	40	30

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Programme Name: B.A.

Course code	: PSYDC402			
Course Name	: Psychotherapy			
Semester /Year	: IVth sem/ IInd year			
L	**T**	**P**	**C**	
3	0	0	3	

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

Course Objectives:

The objectives of this course are:

1. To give a thorough understanding of various psychotherapeutic techniques.
2. To educate about the applications of psychotherapy.
3. To aware the students about ethics in clinical practice.

Course Contents

Unit 1: **(10 Hours)**

Introduction: Historical background of psychotherapy; Principles and goals of psychotherapy; Professional training and ethics in clinical practice.

Unit 2: **(10 Hours)**

Psychoanalytic therapy (Freudian): Goals and assumptions; Steps; Therapeutic techniques - Free association, analysis of dreams, analysis of resistance, transference.

Unit 3: **(15 Hours)**

Phenomenological and Humanistic existential psychotherapy: Client-centred therapy; therapeutic process, diagnosis and applications; Gestalt therapy; Existential therapy.

Unit 4: **(10 Hours)**

Cognitive-Behavioural perspective: Origins; Techniques – systematic desensitization, exposure therapy, Modeling, behavioural rehearsal. Cognitive behaviour therapy- Eliss' and Beck's approach.

Text Books:

1. Corey, G. (2009). Theory and practice of counselling and psychotherapy. (8thEd). Belmont, C.A: Brooks/Cole.
2. Culari, S. (1998). Foundations of clinical psychology. New York: Allyn & Bacon.

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Reference Books:

1. Beck, J.S (1995). Cognitive therapy: Basic and beyond. New York: Guilford Press.
2. Walen, S.R., Digiuseppe, R., & Dryden, W. (1992). A practitioner's guide to rational emotive therapy. Oxford University Press. Inc.

Course outcomes (COs):

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

CO1	Identify the fundamentals of psychotherapeutic intervention.
CO2	Explain the concept of Psychoanalytic, Phenomenological, Humanistic , Behavioural and Interpersonal therapy and their techniques
CO3	Apply the psychotherapeutic intervention strategies for treating mental health issues.
CO4	Analyze the importance of different psychotherapeutic intervention for treating mental health disorders.
CO5	Evaluate various psychotherapeutic intervention strategies.
CO6	Develop the skill to use the psychotherapy for the treatment of 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	2	2	-	2	2	1	2	3	2	1	1
CO2	3	2	1	1	1	2	2	-	2	2	1	2	3	2	1	1
CO3	2	2	1	1	1	2	2	1	2	2	2	3	3	1	2	1
CO4	2	2	2	1	1	2	2	-	2	2	2	2	3	2	2	1
CO5	3	2	2	1	1	2	2	-	2	2	1	2	2	2	1	1
CO6	3	2	2	1	1	2	2	1	2	2	2	3	2	3	2	1

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

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Programme Name: B.A.

Course code	: PSYDL402				
Course Name	: Lab course based on DC402				
Semester /Year	: IVth sem / II Year				
		L	**T**	**P**	**C**
		0	0	2	1

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

Course Objectives:

The objectives of this course are:

1. To take the detail Case study of the subject.
2. To check the mental status of the individual by taking Mental Status Examination (MSE).
3. To assess the type of coping strategies of the individual using Coping strategies scale.
4. To assess the problematic behaviour of the individual using Problem Behaviour checklist.

Course Contents

Any two from the following Practicals:

1. Case Study **(15 Hours)**
2. Mental Status Examination (MSE) **(15 Hours)**
3. Coping strategies scale **(15 Hours)**
4. Problem Behaviour checklist **(15 Hours)**

Text Books:

1. Miler, L.A., Lovler, R.L. & Mclntire, 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.

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Course outcomes (COs):

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

CO1	Recognize the concepts of psychology through practicals.
CO2	Explain the psychological concept related with the practical.
CO3	Apply the knowledge of psychological concepts with the help of 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:

Evaluation Method	Internal Evaluation	External Evaluation	
Components	Practical File	Practical Conduction	Viva Voce
Weightage(%)	30	40	30

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Programme Name: B.A.

Course code	: PSYGE401				
Course Name	: Youth Psychology				
Semester /Year	: IVth sem / IIndYear				
		L	**T**	**P**	**C**
		4	0	0	4

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

Course Objectives:

The objectives of this course are:

1. To understand the notion of youth and youth across cultures.
2. To understand the factors influencing youth identity.
3. To understand the issues concerning the youth of today.

Course Contents

Unit 1: **(15 Hours)**

Introduction: Defining youth; Youth across cultures; Formulation of youth identity; Concerns of youth in Indian context.

Unit 2: **(15 Hours)**

Youth development and Relationships: Relationship with family members and friends; Romantic relationships; Youth culture: Influence of globalization.

Unit 3: **(10 Hours)**

Issues and challenges: Youth and risk behaviours; Employment and education.

Unit 4: **(20 Hours)**

Developing Youth: Positive youth development; Building resources: Hope, Optimism and Resilience.

Text Books:

1. Santrock, J.W. (2012). A topical approach to life-span development. New-Delhi:Tata McGraw-Hill.

2. Shrivastava, D.N. & Shrivastava, V.N. (2018). Adhunik Vikasatmak Manovigyan (4Ed.). Agra: Vinod Pustak Mandir.

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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 concerns of youth in Indian context.
CO2	Explain the concepts of youth development and Relationships
CO3	Apply the understanding to resolve the issues of youth.
CO4	Analyse the Influence of globalization on youth development
CO5	Evaluate the importance of positive youth development
CO6	Develop an to understand the youth psychology.

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	PSO1	PSO2	PSO3	PSO4
CO1	3	1	1	-	-	1	1	1	1	1	1	1	1	3	-	-
CO2	3	2	1	-	-	1	1	1	1	1	1	1	1	2	-	-
CO3	3	2	2	1	1	1	1	2	1	2	2	3	1	3	-	-
CO4	2	3	2	1	-	1	1	1	1	1	2	2	1	3	-	-
CO5	3	3	3	-	-	1	1	1	2	1	1	-	1	2	-	-
CO6	2	2	2	2	1	2	2	2	2	2	2	3	1	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

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Programme Name: B.A.

Course code	:	PSYSC401			
Course Name	:	Developing Emotional Competence			
Semester /Year	:	IVth sem / IInd Year			
		L	**T**	**P**	**C**
		2	0	0	2

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 **(8 Hours)**

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

Unit 2 **(6 Hours)**

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

Unit 3 **(8 Hours)**

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

Unit 4 **(8 Hours)**

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:

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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	-	-
CO2	3	2	1	-	1	1	1	-	1	1	1	1	-	2	-	-
CO3	3	2	2	1	1	1	2	1	1	2	2	3	1	3	-	-
CO4	2	3	2	1	1	1	2	-	1	1	2	2	-	3	-	-
CO5	3	3	2	1	1	1	2	1	2	1	-	-	-	3	-	-
CO6	2	2	2	2	1	1	2	2	2	2	2	3	1	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

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Programme Name: B.A.

Course code	: PSYVA401				
Course Name	: Stress Management-II				
Semester /Year	: IVth sem/ II Year				
		L	**T**	**P**	**C**
		2	0	0	2

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

Course Objectives:

The objectives of this course are:

1. To understand the basic concepts and modern trends in Stress Management.
2. To explore the various coping mechanism in dealing with stress.
2. To understand the various strategies in the management of stress.

Course Contents

Unit 1: **(6 Hours)**

Coping and stress: Concept of coping, Problem focused and emotion-focused coping, nature and Categories of constructive coping.

Unit 2: **(10 Hours)**

Relaxation Techniques: Meditation and Autogenic Training and Imagery, Progressive Relaxation.

Unit 3: **(6 Hours)**

Physiological Arousal Intervention: Exercise and Health, the Healthy Way to Exercise, Principles of Exercise.

Unit 4: **(8 Hours)**

Other Strategies for decreasing stressful behaviours - Health and lifestyle behaviours, health-behaviour assessment, selected lifestyle behaviours, locus of control, Achieving behavioural control.

Text Books:

1. Greenberg, J. S. (2008). Comprehensive Stress Management. (10th ed). New York: McGraw Hill publications.

2. Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience.

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New Delhi: Sage publications India pvt ltd.

Reference Books:

1. Dimatteo, M. R. & Martin, L. R. (2002). Health psychology. Boston: Allyn& Bacon.

Course outcomes (COs):

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

CO1	Recognize the various stress management strategies.
CO2	Explain the different coping mechanism in dealing with stress
CO3	Apply the coping mechanism and management strategies in dealing with various stressors of daily life.
CO4	Analyse the importance of various stress management techniques.
CO5	Evaluate the strategies for decreasing stressful behaviours
CO6	Develop 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	2	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	1	2	-	-
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	-	-

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

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Programme Name: B.A.

Course code	: PSYDC501				
Course Name	: Counselling Psychology				
Semester /Year	: Vth sem / IIIrd Year				
		L	**T**	**P**	**C**
		3	0	0	3

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 practice.
3. To understand the various counseling techniques and its applications.

Course Contents

Unit 1 **(10 Hours)**

Introduction: Meaning and goals; Counselling Process, Counsellor Effectiveness, Counselling in the Indian context; Ethical considerations in Counselling.

Unit 2 **(15 Hours)**

Approaches: Overview of approaches to counselling: Psychodynamic, Behavioural, Person-centred and Cognitive-behavioural.

Unit 3 **(10 Hours)**

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

Unit 4 **(10 Hours)**

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

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:

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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	-	2	1	2	1	1	1	1	1	3	2	-	-
CO2	3	2	1	-	2	1	2	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	2	1	2	1	2	1	2	2	3	2	-	-
CO5	3	3	3	-	2	1	2	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

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Programme Name: B.A.

Course code	: PSYDL501				
Course Name	: Lab course based on DC501				
Semester /Year	: Vth sem / IIIrd Year				
		L	**T**	**P**	**C**
		0	0	2	1

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 assess the Aptitude of the individual using Aptitude test.
4. To assess the level of academic stress of the individual using Academic stress scale.

Course Contents

Any two from the following Practicals:

1. Interest Inventory **(15 Hours)**
2. Career Preference Inventory **(15 Hours)**
3. Aptitude test **(15 Hours)**
4. Academic stress scale **(15 Hours)**

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.

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Course outcomes (COs):

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

CO1	Memorize the concepts of counselling psychology through practicals.
CO2	Explain the concepts of counselling psychology with the help of 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 to facilitate counselling process.
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	2	-	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:

Evaluation Method	Internal Evaluation	External Evaluation	
Components	Practical File	Practical Conduction	Viva Voce
Weightage(%)	30	40	30

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Programme Name: B.A.

Course code	: PSYDC502				
Course Name	: Advanced Counselling Skills				
Semester /Year	: Vth Sem / III year				
		L	**T**	**P**	**C**
		3	0	0	3

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

Course Objectives:

The objectives of this course are:

1. To understand the basic Communication skills of Counselling.
2. To orient about the exploration & action Skills of counselling.
3. To comprehend and apply the managing skills of counselling.

Course Contents

Unit 1: **(10 Hours)**

Introduction: Helpers and counselling skills; Creating mind skills; Helping as a process.

Unit 2: **(12 Hours)**

Basic Communication Skills: Attending skills, Listening skills, Integrating Listening Skills; Questioning skills: Types of question, areas of questions, information.

Unit 3: **(15 Hours)**

Exploration & Action Skills: Exploration skills: Probe, Immediacy, Self-disclosure, Interpretation, Confrontation; Action Skills: Information giving, Advice giving, Goal setting, Reinforcement, Directives

Unit 4: **(8 Hours)**

Managing skills: Managing resistance and other obstacles in counselling.

Text Books:

1. Gibson, R.L. Mitchell, M.H.(2005). Introduction to counseling and guidance (6th ed). Delhi: Pearson education pte.Ltd

2. Rao, S.N. &Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill.

3. Nelson R Jones ,(2003), Basic Counselling Skills; Sage Publication, London.

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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	Recognize the fundamentals of counselling skills.
CO2	Explain the basic counselling skills, communication skills and exploration & action skills of counselling.
CO3	Apply the counselling skills and managing skills for managing resistance and other obstacles in counselling.
CO4	Analyze the counselling skills to facilitate the effectiveness of counselling process.
CO5	Evaluate the importance of counselling skills.
CO6	Develop the essential skills 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	-	2	1	2	1	2	1	1	1	3	2	-	-
CO2	3	2	1	-	2	2	2	1	2	1	1	1	2	1	-	-
CO3	3	2	2	1	2	2	2	2	2	2	2	3	3	2	-	-
CO4	2	3	2	1	2	2	2	1	2	1	2	2	3	2	-	-
CO5	3	3	3	-	2	1	2	1	2	1	1	-	2	2	-	-
CO6	2	2	2	2	2	3	2	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

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Programme Name: B.A.

Course code	: PSYDL502				
Course Name	: Lab course based on DC502				
Semester /Year	: Vth sem / IIIrd Year				
		L	**T**	**P**	**C**
		0	0	2	1

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

Course Objectives:

The objectives of this course are:

1. To assess the General Health of the individual using General Health Questionnaire.

2. To take the detail counselling session of the individual and document it.

3. To assess the examination anxiety of the individual using Examination anxiety test.

4. To assess the mental fatigue of the individual produced by mental work with the help of Mental Fatigue-test.

Course Contents

Any two from the following Practicals:

1. General Health Questionnaire **(15 Hours)**

2. Counselling interview **(15 Hours)**

3. Examination anxiety test **(15 Hours)**

4. Mental Fatigue Test **(15 Hours)**

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.

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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	PSO1	PSO2	PSO3	PSO4
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:

Evaluation Method	Internal Evaluation	External Evaluation	
Components	Practical File	Practical Conduction	Viva Voce
Weightage(%)	30	40	30

Programme Name: B.A.

Course code	:	PSYDE501a			
Course Name	:	Positive Psychology			
Semester /Year	:	Vsem/ III year			
		L	**T**	**P**	**C**
		4	0	0	4

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

Course Objectives:

The objectives of this course are:

1. To introduce the theory and principles of positive psychology.
2. To educate them with the developing body of scientific evidence on establishing, sustaining, and growing positive societies, organisations, and relationships.
3. To understand the applications of positive psychology.

Course Contents

Unit 1: **(15 Hours)**

Introduction: Overview of historical evolution, Exploration of Western and Eastern perspectives, Focus on character strengths and virtues.

Unit 2: **(15 Hours)**

Positive Emotional Experiences and Processes: Understanding happiness and well-being, The role of positive affect and emotions, Emotional intelligence, and building resilience.

Unit 3: **(15 Hours)**

Fostering a Positive Self and Nurturing Relationship: Key concepts of compassion, forgiveness, gratitude, empathy, and authenticity in social relationships, Role of mindfulness meditation—theory, research, and practice.

Unit 4: **(15 Hours)**

Positive Psychology in Practice: Implementation of positive psychology principles in areas such as aging, education, health, the workplace, and the environment.

Text Books:

1. Carr, A. (2008). Positive Psychology: The Science of Happiness and Human Strengths. New Delhi: Routledge.

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2. Snyder, C.R. & Lopez, S.J. (2002). Handbook of Positive Psychology. New York : Oxford University Press.

Reference Books:

1. Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University press.
2. Seligman, M.E.P. (2002). Authentic happiness. New York: Free Press.

Course outcomes (COs):

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

CO1	Identify the terms of positive psychology.
CO2	Explain the concepts, principles and theories of positive psychology
CO3	Apply the understanding of positive psychology to promote wellbeing.
CO4	Analyse the knowledge of positive psychology in real life situations.
CO5	Evaluate the conceptual knowledge and perspectives on positive psychology.
CO6	Develop the understanding about positive self and relationships

CO-PO-PSO Mapping

Course	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO10	PO 11	PO 12	PSO1	PSO 2	PSO 3	PSO 4
CO1	3	1	1	-	1	1	1	1	2	1	1	1	1	3	-	-
CO2	3	2	1	-	1	1	1	1	2	1	1	1	1	3	-	-
CO3	2	2	1	1	1	1	1	1	2	2	2	2	1	3	-	-
CO4	2	2	1	-	1	1	1	1	2	1	2	2	1	3	-	-
CO5	3	2	2	-	1	1	1	1	2	1	1	1	1	2	-	-
CO6	2	2	1	1	1	1	1	1	2	2	2	3	1	2	-	-

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

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Programme Name: B.A.

Course code	:	PSYDE501b			
Course Name	:	Health Psychology			
Semester /Year	:	Vth sem/ IIIrd year			
		L	**T**	**P**	**C**
		4	0	0	4

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

Course Objectives:

The objectives of this course are:

1. To educate the concept of Health psychology.
2. To understand the concept of behaviour and health.
3. To promote the health enhancing behaviours.

Course Contents

Unit 1: **(15 Hours)**

Introduction to Health Psychology: Meaning and emergence of health psychology; Bio-medical and bio-psycho-social models; Placebo in research and treatment

Unit 2: **(15 Hours)**

Stress and Coping: Definition and perspectives of stress: Stimulus-based and transactional perspectives; Sources of Stress: Cataclysmic events, life events and daily hassles; potential stressors; Coping with Stress: Personal resources, coping style and coping strategies.

Unit 3: **(15 Hours)**

Pain and its Management: Nature of pain and clinical issues in pain management; Psychological pain control techniques; Pain management programs

Unit 4: **(15 Hours)**

Theories and Precursors of Health Behaviour: The trans-theoretical model of behavioural change; The health belief model; Optimism and self-efficacy as precursors of health behaviour

Text Books:

1. Baum, A., Revenson, T. A., & Singer, J. E. (2001). Handbook of Health psychology. Mahwah, NJ: Lawrence Erlbaum.

2. Dimatteo, M. R. & Martin, L. R. (2002). Health psychology. Boston: Allyn& Bacon.

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Reference Books:

1. Marks, D., Murray, M., Evans, B., &Willig, C., Woodall, C., & Sykes, C.M. (2008). Health psychology: Theory, research and practice. New Delhi: Sage.

2. Radley, M. (1994). Health psychology: Bio-psycho-social interaction. New York: John Wiley.

Course outcomes (COs):

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

CO1	Define key concepts in health psychology.
CO2	Explain the differences between the bio-medical and bio-psycho-social models and their relevance to health psychology.
CO3	Apply different stress perspectives to real-life scenarios to identify potential stressors.
CO4	Analyze individual coping strategies and styles to determine their effectiveness in managing stress.
CO5	Evaluate and assess the effectiveness of various psychological techniques used in managing pain and their integration into pain management programs.
CO6	Develop a comprehensive health behavior intervention plan.

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	2	1	1	1	1	3	-	-
CO2	3	2	1	-	1	1	1	1	2	1	1	1	1	3	-	-
CO3	2	2	1	1	1	1	1	1	2	2	2	2	1	3	-	-
CO4	2	2	1	-	1	1	1	1	2	1	2	2	1	3	-	-
CO5	3	2	2	-	1	1	1	1	2	1	1	1	1	2	-	-
CO6	2	2	1	1	1	1	1	1	2	2	2	3	1	2	-	-

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

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Programme Name: B.A.

Course code	: PSYGE501				
Course Name	: Psychology and Media				
Semester /Year	: Vth sem / III Year				
		L	**T**	**P**	**C**
		4	0	0	4

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

Course Objectives:

The objectives of this course are:

1. To understand the impact of media on human psyche.
2. To understand the psychology of consumer.
3. To develop awareness about critical issues in media influence.

Course Contents

Unit 1: **(10 Hours)**

Interface of Media and Psychology: Understanding the interface between media & psychology; Fantasy v/s Reality.

Unit 2: **(15 Hours)**

Being a Consumer: Consumption & Happiness: The Psychology of Consumer; Consumer Culture & Identity.

Unit 3: **(15 Hours)**

Knowing and Creating Consumer Needs: Consumer and Advertising: Role of psychology and effects of advertising; Propaganda: Nature, history, psychoanalysis and propaganda.

Unit 4: **(20 Hours)**

Critical issues in Media Influence: Portrayal of Social Groups in Media: Gender, Minority Groups; Effect of Media Violence; Use & Abuse of Media: Internet Addiction; Role of Media in Social Change.

Text Books:

1. Giles, D. (2003). Media Psychology. New Jersey: Lawrence Erlbaum Associates Publishers.

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Reference Books:

Dill, K.E. (2009). How Fantasy becomes Reality Seeing through Media Influence.New York: Oxford University Press.

Course outcomes (COs):

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

CO1	Recognize the influence of media on human psyche.
CO2	Explain the interface between media & psychology.
CO3	Apply the understanding to know the effects of media.
CO4	Analyze the critical issues in Media Influence.
CO5	Evaluate the role of media in social change.
CO6	Develop the understanding of use & abuse of Media.

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	PSO1	PSO2	PSO3	PSO4
CO1	3	1	1	-	1	1	1	1	1	1	1	1	1	3	-	-
CO2	3	2	1	-	1	1	1	1	1	1	1	1	1	2	-	-
CO3	3	2	2	1	1	1	1	2	1	2	2	3	1	3	-	-
CO4	2	3	2	1	1	1	1	1	1	1	2	2	1	3	-	-
CO5	3	3	3	-	1	1	1	1	2	1	1	-	1	2	-	-
CO6	2	2	2	2	1	2	2	2	2	2	2	3	1	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

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Programme Name: B.A.

Course code	: PSYSC501				
Course Name	: Self and Personal Growth				
Semester /Year	: Vth sem / IIIYear				
		L	**T**	**P**	**C**
		2	0	0	2

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

Course Objectives:

The objectives of this course are:

1. To facilitate the process of self-discovery.
2. To understand the development of emotional, cognitive and interpersonal competencies for personal growth.
3. To understand the effectiveness using the experiential learning paradigm.

Course Contents

Unit 1: **(10 Hours)**

Understanding the Self: Self-concept and self-esteem, Facilitating self-awareness through reflective exercises, JOHARI window; personal SWOT analysis, self-awareness questionnaires/inventories

Unit 2: **(6 Hours)**

Emotional Competence: Understanding and expressing emotions; managing difficult emotions; Applying emotional intelligence.

Unit 3: **(4 Hours)**

Cognitive Competence: Setting and achieving goals; Effective time management; Meta-cognitive strategies

Unit 4:

Interpersonal Competence: **(10 Hours)**

Effective interpersonal communication: conversational skills, listening skills, reading non-verbal messages, improving communication climates; Intimacy and self-disclosure in close relationships; Managing interpersonal conflicts

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Text Books:

1. Giles, D. (2003). Media Psychology. New Jersey: Lawrence Erlbaum Associates Publishers.

Reference Books:

1. Dill, K.E. (2009). How Fantasy becomes Reality Seeing through Media Influence.New York: Oxford University Press.

Course outcomes (COs):

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

CO1	Recognize the process of self discovery.
CO2	Explain the concepts of self and personal Growth.
CO3	Apply the understanding of self for personal growth.
CO4	Analyze the effectiveness of emotional, cognitive and interpersonal competencies for personal growth.
CO5	Evaluate the concepts of self and personal Growth.
CO6	Develop the understanding of self.

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	-	-
CO2	3	2	1	-	-	1	1	1	1	1	1	1	1	2	-	-
CO3	3	2	2	1	1	1	1	2	1	2	2	3	1	3	-	-
CO4	2	3	2	1	-	1	1	1	1	1	2	2	1	3	-	-
CO5	3	3	3	-	-	1	1	1	2	1	1	-	1	2	-	-
CO6	2	2	2	2	1	2	2	2	2	2	2	3	1	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

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Programme Name: B.A.

Course code	: PSYDC601			
Course Name	: Life Span Development			
Semester /Year	: VIth sem / III Year			
	L	T	P	C
	3	0	0	3

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 **(10 Hours)**

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

Unit 2 **(10 Hours)**

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

Unit 3 **(15 Hours)**

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

Unit 4 **(10 Hours)**

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.

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

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Programme Name: B.A.

Course code	:	PSYDL601			
Course Name	:	Lab course based on DC601			
Semester /Year	:	VIth sem / III Year			
		L	T	P	C
		0	0	2	1

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

Course Objectives:

The objectives of this course are:

1. To assess the emotional maturity of the individual using Emotional maturity scale.
2. To assess the Adjustment level of the individual using Adjustment inventory
3. To assess the social maturity of the individual using Social maturity scale. .
4. To assess the type of parent child relationship of the individual using Parent Child Relationship scale

Any two Practicals:

Course Contents

Any two from the following Practicals:

1. Emotional maturity scale	**(15 Hours)**
2. Adjustment Inventory	**(15 Hours)**
3. Social Maturity scale	**(15 Hours)**
4. Parent Child Relationship scale	**(15 Hours)**

Text Books:

1. Miller, 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.

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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 of growth and development with the help of practicals.
CO3	Apply the knowledge of psychological concepts through experiments and test.
CO4	Analyze and interpret the results of the psychological tests and experiments.
CO5	Evaluate the importance of psychological tests and tools to assess human growth and development.
CO6	Develop the skill regarding conduction and documentation of psychological experiments and tests.

CO-PO-PSO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	1	1	2	1	1	1	2	-	1	1	1	1	1	-	2	2
CO2	1	1	2	1	1	1	1	-	1	1	1	1	2	1	2	2
CO3	1	2	2	1	1	1	2	1	2	1	2	2	1	1	2	3
CO4	1	1	2	1	1	1	2	-	1	1	1	2	2	-	2	3
CO5	1	1	2	1	1	1	2	1	1	1	1	-	2	-	2	2
CO6	2	2	2	2	1	2	2	1	2	1	2	2	2	-	2	3

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

Examination scheme:

Evaluation Method	Internal Evaluation	External Evaluation	
Components	Practical File	Practical Conduction	Viva Voce
Weightage(%)	30	40	30

Programme Name: B.A.

Course code	:	PSYDC602			
Course Name	:	Psychological testing and Assessment			
Semester /Year	:	VIth sem/ IIIrd year			
		L	**T**	**P**	**C**
		3	0	0	3

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

Course Objectives:

The objectives of this course are:

1. To understand the concept of Psychological testing.
2. To develop critical understanding of measurement-related issues and methods in psychological research.
3. To enable students to acquire insight of the application of psychological assessment data and its contextual interpretation, as well as test construction and standardisation techniques.

Course Contents

Unit 1: **(10 Hours)**

Introduction to Psychological testing -History; Nature of Psychological Measurement; Errors in Psychological measurement.

Unit 2: **(10 Hours)**

Test construction- Steps followed in test construction, item analysis, Reliability and validity: Meaning and types, Norms.

Unit 3: **(10 Hours)**

Application of psychological tests - Clinical, Organizational, School and educational, developmental settings, Career counselling and guidance, forensic, sports, military.

Unit 4: **(15 Hours)**

Ethical issues in psychological testing: International guidelines, Sources of biases in psychological testing; issues in cultural adaptation; professional, moral and social issues involved in psychological testing; developing culture-fair tests.

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Text Books:

1. Kaplan, R. M., & Saccuzzo, D. P. (2005). Psychological testing: Principles, applications and issues. New Delhi: Cengage.
2. Miler, L.A., Lovler, R.L. & McIntire, S.A. (2013). Psychological Testing (4th Ed.) New Delhi: Sage Publications India Pvt. Ltd.
3. Murphy, K.R. & Davidshofer, C.O. (2019). Psychological Testing: Principles and Applications (6th Ed.) New Delhi: Pearson Education.

Reference Books:

1. Jackson, C. (2003) Understanding Psychological Testing. Mumbai: Jaico Pub. House
2. Kalina, P. (1998). The new psychometrics: Sciences, psychology and measurement. London & New York: Routledge.

Course outcomes (COs):

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

CO1	Recognize the fundamentals of psychological testing.
CO2	Explain the concepts, ethical issues and steps of test construction.
CO3	Apply the psychological tests in different settings.
CO4	Analyse the efficiency of various psychological tests in real life situations.
CO5	Evaluate the conceptual knowledge of psychometries and test construction.
CO6	Develop the skill and ability to use the knowledge of test construction to construct the psychological test .

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	PSO1	PSO2	PSO3	PSO4
CO1	3	1	1	1	1	2	2	-	2	2	1	2	3	2	1	2
CO2	3	2	1	1	1	2	2	-	2	2	1	2	3	2	1	2
CO3	2	2	1	1	1	2	2	-	2	2	2	3	3	1	2	3
CO4	2	2	2	1	1	2	2	-	2	2	2	2	3	2	2	2
CO5	3	2	2	1	1	2	2	-	2	2	1	2	2	2	1	2
CO6	2	2	2	1	1	2	2	-	2	2	2	3	2	3	2	3

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

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Programme Name: B.A.

Course code	: PSYDL602				
Course Name	: Lab course based on DC602				
Semester /Year	: VI th sem / III Year				
		L	**T**	**P**	**C**
		0	0	2	1

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

Course Objectives:

The objectives of this course are:

1. To assess the stress level of the individual using Stress scale.
2. To assess the Happiness level of the individual using Happiness Scale.
3. To assess the aptitude of the individual using Differential Aptitude Test (DAT).
4. To assess the achievement orientation of the individual using Achievement Orientation Test.

Course Contents

Any two from the following Practicals:

1. Stress scale	**(15 Hours)**
2. Happiness scale	**(15 Hours)**
3. Differential Aptitude Test (DAT)	**(15 Hours)**
4. Achievement Orientation Test	**(15 Hours)**

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.

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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	-	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	-	2	-	2	2
CO6	3	2	3	2	1	2	2	-	2	1	2	3	2	-	3	3

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

Examination scheme:

Evaluation Method	Internal Evaluation	External Evaluation	
Components	Practical File	Practical Conduction	Viva Voce
Weightage(%)	30	40	30

Programme Name: B.A.

Course code	:	PSYDE601a			
Course Name	:	Introduction to Indian Psychology			
Semester /Year	:	VI th sem/ IIIrd year			
		L	**T**	**P**	**C**
		4	0	0	4

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

Course Objectives:

The objectives of this course are:

1. To understand the development of Indian Psychology.

2. To comprehend the Indian thought and tradition of Indian psychology.

3. To gain the knowledge of Psychological perspective of Indian psychology and its application.

Course Contents

Unit 1: **(15 Hours)**

Introduction: Assumptive base of Indian Psychology; scope of Indian Psychology; methods of study; Psychological thought in Ancient India.

Unit 2: **(15 Hours)**

Indian thought and tradition: Indian Psyche, Indian psychology a myth or reality, systems and schools of Indian Psychology.

Unit 3: **(15 Hours)**

Psychological Perspectives: Philosophical bases and fundamental assumptions of Upanishads, Samkhya- Yoga, Nayaya-Vaisesika, Jaina, Buddhist, Bhagwat Gita.

Unit 4: **(15 Hours)**

Applications of Indian Psychology: Management of Mental Health, Social Conflicts resolution, Value based Education.

Text Books:

1. Matthijs Cornelissen, R.M., Misra, G., & Varma, S. (2014). Foundations and Applications of Indian Psychology. India : Pearson

2. Rao, K.R., Paranjpe, A.C., & Dalal, A.K.(2008). Handbook of Indian Psychology. New Delhi: Foundation Books

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Reference Books:

1. Kuppuswamy, B. (1985). Elements of Ancient Indian Psychology, New Delhi-110 002: Vikas Publishing House Pvt. Ltd.

2. Misra G. & Mohanty, A.K.(2001). Perspective on indigenous psychology. New Delhi: Sage.

Course outcomes (COs):

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

CO1	Recognize the roots & concepts of Indian psychology development.
CO2	Explain the fundamentals of Indian psychology, Indian thought & tradition and psychological perspectives of Indian psychology.
CO3	Apply the concept of Indian psychology in the management of mental health, social conflicts and increasing value based education.
CO4	Analyze the importance of the understanding of Indian psychology in present scenario.
CO5	Evaluate the concepts of Indian thought and tradition & major psychological perspectives of Indian Psychology.
CO6	Develop the knowledge about Indian Psychology.

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	-	-	2	1	-	2	1	1	1	3	2	-	-
CO2	3	2	1	-	-	2	1	-	2	1	1	1	2	2	-	-
CO3	2	2	2	1	-	2	1	-	2	2	2	3	3	2	-	-
CO4	2	3	2	1	-	2	1	-	2	1	2	2	3	2	-	-
CO5	3	3	3	-	-	2	1	-	2	1	1	1	2	2	-	-
CO6	3	2	2	2	-	2	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

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Programme Name: B.A.

Course code	:	PSYDE601b			
Course Name	:	Introduction to Environmental Psychology			
Semester /Year	:	VIth sem / IIIrd Year			
		L	**T**	**P**	**C**
		4	0	0	4

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

Course Objectives:

The objectives of this course are:

1. To understand the impact of environmental factors on human behaviour.
2. To examine the effects of climate and natural disasters on mental health.
3. To analyse the effects of crowding and urban life.

Course Contents

Unit 1: **(15 Hours)**

Introduction to Environmental Psychology: Definition and Characteristics; Research Methods in Environmental Psychology; Sources of Noise; Effects of Noise – Health Effects of Noise, Noise and Mental Health, Effects of Noise on – Performance, Children, in Office and Industrial Settings; Noise and Social Behaviour.

Unit 2: **(15 Hours)**

Climate and Behaviour: Weather, Climate and Behaviour: The Relationships between Weather, Climate and People; Heat and Behaviour; Cold Temperature and Behaviour; Wind and Behaviour; Natural Disasters: Characteristics of Natural Disasters, Psychological Effects of Natural Disasters.

Unit 3: **(15 Hours)**

Technological Disasters: Characteristics of Technological Disasters, Effects of Technological Disasters, Effects of Toxic Exposure; Air Pollution: Air Pollution and Health, Air Pollution and Performance; Air Pollution and Social Behaviour.

Unit 4: **(15 Hours)**

Crowding: Definition; Effects of crowding, Eliminating the causes and effects of crowding; Effects of urban life on the city dweller; Environmental solutions to urban problems.

Text Books:

1. Bechtel,R.B and Churchman A. (2002). Handbook of Environmental Psychology. John Wiley and Sons: New York.

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2. Gifford,R. (2013).Environmental Psychology: Principles and Practice. Allyn and Bacon Inc : Massacheusetts.

Reference Books:

1. Gifford,R. (2014).Environmental Psychology Matters. Annual Review of Psychology, 2014,65, 541-579.
2. Jain,U. (2012). Cultural Construction of Environmental Problems. Procedia : Social and Behavioural Sciences,68,6-15.

Course outcomes (COs):

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

CO1	Illustrate the way environment and behaviour are constantly interacting with one another.
CO2	Explain the concept of environment and behaviour and methods to assess the environment.
CO3	Apply the understanding of environmental psychology to deal with the environmental deprivation.
CO4	Analyze the importance of ecology and sustainable development.
CO5	Evaluate the effects of ecological deterioration.
CO6	Develop the environmental ethics and awareness.

CO-PO 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	PSO1	PSO2	PSO3	PSO4
CO1	3	2	2	-	-	1	1	3	2	1	1	1	2	2	-	-
CO2	3	2	2	-	-	1	1	3	2	1	1	1	2	2	-	-
CO3	2	2	2	-	-	1	1	3	2	2	2	2	2	2	-	-
CO4	2	3	3	-	-	1	1	3	2	1	2	1	2	2	-	-
CO5	2	2	2	-	-	1	1	3	2	1	1	1	2	2	-	-
CO6	2	3	2	-	-	1	1	3	2	2	2	3	2	2	-	-

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

Examination Scheme:

Components	Ist internal (Assignment)	IInd Internal (Written Exam)	External (ESE)
Weightage(%)	20	20	60

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Programme Name: B.A.

Course code	: PSYGE601				
Course Name	: Psychology at Work				
Semester /Year	: VIth sem / IIIrd Year				
		L	**T**	**P**	**C**
		4	0	0	4

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

Course Objectives:

The objectives of this course are:

1. To understand the meaning and theoretical foundations of I/O Psychology
2. To develop an understanding of how the various theories and methods of I/O Psychology apply to the real work settings.

Course Contents

Unit 1: **(15 Hours)**

Introduction to I/O Psychology: Definition, Brief History, Contemporary Trends and Challenges.

Unit 2: **(15 Hours)**

Work Motivation: Theories and applications: Maslow, Hertzberg, Goal Setting, Expectancy, Equity.

Unit 3: **(15 Hours)**

Communication in Organizations: Communication process, purpose of communication in organizations, barriers to effective communication, managing communication.

Unit 4: **(15 Hours)**

Leadership: Early approaches to leadership, contemporary approaches to leadership-Transformational & Transactional 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.

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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.
CO2	Describe the basic concepts and theoretical framework of Industrial/
CO3	Apply the psychological concepts 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.
CO6	Develop the skill & leadership ability required to perform effectively in work settings.

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	-	-
CO2	3	2	1	-	1	1	1	1	1	1	1	1	1	2	-	-
CO3	3	2	2	1	1	1	1	2	1	2	2	3	1	3	-	-
CO4	2	3	2	1	1	1	1	1	1	1	2	2	1	3	-	-
CO5	3	3	3	-	1	1	1	1	2	1	1	-	1	2	-	-
CO6	2	2	2	2	1	2	2	2	2	2	2	3	1	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

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Programme Name: B.A.

Course code	: PSYSC601			
Course Name	: Psychology in Education			
Semester /Year	: VIth sem / IIIrd Year			
	L	T	P	C
	2	0	0	2

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 **(6 Hours)**

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

Unit 2 **(10 Hours)**

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 **(10 Hours)**

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

Unit 4 **(4 Hours)**

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

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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	PSO1	PSO2	PSO3	PSO4
CO1	3	1	1	1	1	1	1	1	1	1	1	1	1	3	-	-
CO2	3	2	1	-	1	1	1	-	1	1	1	1	1	2	-	-
CO3	3	2	2	1	1	2	1	1	1	2	2	3	1	3	-	-
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	1	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

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