

Department of Psychology

C.R.S. University, Jind



**Scheme and Courses
of Study for**

Semester (I-VI) and

Syllabi of Semester – I&II

For

BACHELOR OF ARTS

Program Effective from Academic Year (2023-2024)

UG Programme (Multi Disciplinary) :Scheme A										
Semester	Subject -1 Core Course	Subject -2 Core Course	Subject 3 Core Course	Minor Vocational	Multidisciplinary Course	Ability Enhancement Course	Skill Enhancement Course	Value Added Course	Total Credits	Exit Option
I	CC-A1 4 Credit	CC-B1 4 Credit	CC-C1 4 Credit	CC-M1 2 Credit	MDC-1 3 Credit	AEC-1 2 Credit	SEC-1 3 Credit	VAC-1 2 Credit	24	Under Graduate Certificate in Discipline with 52 Credits
II	CC-A2 4 Credit	CC-B2 4 Credit	CC-C2 4 Credit	CC-M2 2 Credit	MDC-2 3 Credit	AEC-2 2 Credit	SEC-2 3 Credit	VAC-2 2 Credit	24	
Internship of 4 credits of 4-6 weeks duration after and 2 nd semester										
III	CC-A3 4 Credit	CC-B3 4 Credit	CC-C3 4 Credit	CC-M3 4 Credit	MDC-3 3 Credit	AEC-3 2 Credit	SEC-3 3 Credit	--	24	Under Graduate Certificate in Discipline with 96 Credits
IV	CC-A4 4 Credit	CC-B4 4 Credit	CC-C4 4 Credit	CC-M4 (V) 4 Credit	--	AEC-4 2 Credit	--	VAC-3 2 Credit	20	
Internship of 4 credits of 4-6 weeks duration after 4 th semester (If not done after 2 nd Semester)										
V	CC-A5 4 Credit	CC-B5 4 Credit	CC-C5 4 Credit	CC-M5 (V) 4 Credit	--	--	Internship # 4 Credit	--	20	Bachelor in Discipline with 132 credits
VI	CC-A6 4 Credit	CC-B6 4 Credit	CC-C6 4 Credit	CC-M6 (V) 4 Credit CC-M7 (V) 4 Credit	--	--	--	--	20	
Credits	Major = 72			Minor = 24	MDC = 09	AEC = 08	SEC = 09 Internship = 04	VAC = 06	Total = 132	
*Four Credits of Internship earned by a student during summer internship after 2 nd semester or 4 th semester will be taken into account in 5 th semester of the students who purpose 3 rd year UG Programmes without taking exit option.										

SCHEME OF SYLLABI/ EXAMINATIONS

Scheme of Examination and Syllabus for Undergraduate programs in the Subject Psychology as per NEP 2020 (Multiple Entry- Exit, Internships w. e. f. 2023-24.

Semester	Course Type	Course Code	Nomenclature of paper	Credits	Credits		Contact Hours L+P	Internal marks	End Term marks		Total Marks	Duration of exam(Hrs)
					(L)	(P)			T	P		
1	CC A-1	B23-PSY-101	Foundations of Psychology	4	3	1	5	15	60	25	100	3+3
	CC-M1	B23-PSY-102	Problems of Adolescents	2	2	NA	2	10	40	NA	50	2
	MDC-1	B23-PSY-103	Understanding Psychology	3	2	1	4	15	50	10	75	3+3
	AEC-1	AEC-1	Communicative English – I	2	2	NA	2	10	40	NA	50	2
	SEC-1	SEC-1	Choose From Given pool	3	2	1	4	15	50	15	75	3+3
	VAC-1	B23-PSY-104	Human Value & Ethics	2	2	NA	2	10	40	NA	50	2
2	CC-A2	B23-PSY-201	Experimental Psychology	4	3	1	5	15	60	25	100	3+3
	CC-M2	B23-PSY-202	Stress & Coping	2	2	NA	2	10	40	NA	50	3
	MDC- 2	B23-PSY-203	Psychology & Life	3	2	1	4	15	50	10	75	3+3
	AEC-2	AEC-2	Communicative English – II	2	2	NA	2	10	40	NA	50	3
	SEC-2	SEC-2	Choose From Given Pool	3	2	1	4	15	50	10	75	3+3
	VAC-2	B23-PSY-204	Environmental Studies	2	2	NA	2	10	40	NA	50	3

Internship of 4 credits of 4-6 weeks duration after and 2 nd semester												
3	CC A-3	B23-PSY-301	Physiological Psychology	4	3	1	5	15	60	25	100	3+3
	CC-M3	B23-PSY-302	Guidance	4	3	1	5	15	60	25	100	3+3
	MDC 3	B23-PSY-303	Health and Wellbeing	3	2	1	4	15	50	10	75	3+3
	AEC-3	AEC-3	□□□□□□□□ □□□□□-I	2	2	NA	2	10	40	NA	50	3
	SEC-3	SEC-3	Choose From Given Pool	3	2	1	4	15	60	25	100	3+3
4	CC A-4	B23-PSY-401	Abnormal Psychology	4	3	1	5	15	60	25	100	3+3
	CC M4 (V)	B23-PSY-402	Health Psychology	4	3	1	5	15	60	25	100	3+3
	AEC-4	AEC-4	□□□□□□□□ □□□□□ -II	2	2	NA	2	10	40	NA	50	3
	VAC-3	VAC-3	The Science of Happiness	2	2	NA	2	10	40	NA	50	3
Internship of 4 credits of 4-6 weeks duration after and 2 nd semester												
5	CC A-5	B23-PSY-501	Clinical Psychology	4	2	2	6	10	40	50	100	3+3
	CC M5 (V)	B23-PSY-502	Counselling	4	3	1	5	15	60	25	100	3+3
	Internship	B23-PSY-503	Summer Internship	4	NA	NA	NA	40	60	NA	100	4-6 weeks

6	CC A-6	B23-PSY-601	Mental Abilities	4	3	1	5	15	60	25	100	3+3
	CC M6	B23-PSY-602	Positive Psychology	4	3	1	5	15	60	25	100	3+3
	CC M7(V)	B23-PSY-603	Sports Psychology	4	3	1	5	15	60	25	100	3+3
<p>*Four Credits of Internship earned by a student during summer internship after 2nd semester or 4th semester will be taken into account in 5th semester of the students who purpose 3rd year UG Programmes without taking exit option.</p>												

Note: Theory Paper Setter (4 Credits Course)

- **The Question Paper shall have 09 questions. Questions No. 1 shall be compulsory comprising four parts (Short-Answer Type) spread over the entire syllabus. Each part is to be answered in 50-75 words. The compulsory question shall have a weightage of 12 marks.**
- **The rest of eight questions shall be Essay Type/Long-Answer Type (2 questions are to be set from each of the four units) drawn from the entire syllabus. A student shall attempt any FOUR QUESTIONS selecting at least ONE QUESTION from EACHUNIT.**
- **In all a student shall attempt FIVE QUESTIONS.**
- **Length of each answer shall be between 400-600 words.**
- **Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.**
- **Maximum marks for the Question Paper shall be 60.**
- **Minimum pass marks shall be 24 (40%).**
- **Duration of the examination shall be 3 Hours.**

Note : Theory Paper Setter (3 Credits Course)

- **The Question Paper shall have 09 questions. Questions No. 1 shall be compulsory comprising three parts (Short-Answer Type) spread over the entire syllabus. Each part is to be answered in 75-90 words. The compulsory question shall have a weightage of 16 (4x4) marks.**
- **The rest of six questions shall be Essay Type/Long-Answer Type (2 questions are to be set from each of the three units) drawn from the entire syllabus. A student shall attempt any THREE QUESTIONS selecting at least ONE QUESTION from EACHUNIT.**
- **In all a student shall attempt FOUR QUESTIONS.**
- **Length of each answer shall be between 400-600 words.**
- **Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.**
- **Maximum marks for the Question Paper shall be 50.**
- **Minimum pass marks shall be 20 (40%).**
- **Duration of the examination shall be 3 Hours**

Note : Theory Paper Setter (2 Credits Course)

- **The Question Paper shall have 05 questions. Questions No. I is COMPULSORY comprising eight parts (Short Answer Type) spread over the entire syllabus. Each part is to be answered in 50-75 words.**
- **The compulsory question shall have a weightage of 16(8*2) marks.**
- **The rest of four questions shall be Essay Type/Long Answer Type (2 questions are to be set from each of the two units) drawn from the entire syllabus. A student shall attempt any Two QUESTIONS selecting at least ONE QUESTION from each unit.**

- In all a student shall attempt Two QUESTIONS.
- Length of each answer shall be between 500-700 words.
- Each Essay Type/Long Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 40.
- Minimum pass marks shall be 16 (40%).
- Duration of the examination shall be 2 Hours.

Note: Internship

A course requiring students to participate in a professional activity or work experience, or cooperative education activity with an entity external to the education institution, normally under the supervision of an expert of the given external entity. A key aspect of the internship is induction into actual work situations. Internships involve working with local industry, government or private organizations, business organizations, artists, crafts persons, and similar entities to provide opportunities for students to actively engage in on-site experiential learning.

- Duration: 4-6 weeks during the summer vacations after Semester 2 or after Semester 4.
- Credit: 4 credits

Note: Internal Assessment=15

5 for Attendance

5 For Assignment & Presentation

5 For Sessional Test (Mid Semester)

Internal Assessment=10

5 for Attendance

5 For Sessional Test

Attendance: Minimum attendance needed for eligibility to appear in mid-term/minor tests and end-semester examinations is 75% in Theory and 90% in Practicum /Practical/ Internship.

SEMESTER-1

BACHELOR OF ARTS

Foundations of Psychology

Course Code	:	B23-PSY-101	Total Marks	:	100
Credits	:	04	External Marks	:	60
Course Type	:	Core Course	Internal Marks	:	15
			Practical	:	25

Objectives:

After completing the course, the students will be able to:

- Understand what Psychology is all about.
- Appreciation of the scope and the field of psychology.
- Develop familiarity with basic concepts related to some foundational themes of study in psychology such as learning, emotion and motivation.

UNIT I

Introduction: Nature and Scope of Psychology, Subject matter of psychology.

Historical Perspective: Basic Tenets of Schools of Psychology (Structuralism, Functionalism, Behaviorism, Psychoanalysis.)

Methods of Investigation in Psychology (Case Study, Experimental Method).

UNIT II

Sensation: Nature, Types of Sensory modules: Vision and Audition.

Perception: Nature and Principles of Perceptual Organization, Illusion.

UNIT III

Learning: Meaning and Types of Learning.

Theories of Learning: Trial & Error, Insight Learning, Classical Conditioning.

UNIT IV

Motivation: Nature & meaning, Need, Drive & Instinct. Motivation Cycle.

Emotion: Nature, Types of Emotion, Theories of Emotion (Classical).

Practical: Any 2 Practicals pertaining to B23-PSY-101 (Foundations of Psychology) preferably experiments.

Suggested Readings:

- Baron, R. & Misra, G. (2013). Psychology. Pearson.
- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill

Problems of Adolescents

Course Code	: B23-PSY-102	Total Marks	: 50
Credits	: 02	External Marks	: 40
Course Type	: Minor/Vocational	Internal Marks	: 10

Objectives:

After completing the course, the students will be able to:

Understand Adolescent Behaviour.

Get Knowledge about various issues related to adolescents.

UNIT I

Introduction to Adolescent Behavior: Nature and Scope of Adolescent Psychology. Characteristics of Adolescent behaviour, Adolescent development – Early Adolescence, Middle Adolescence, Late Adolescent, EgoCentrism in Adolescence, Importance of Self Identity.

UNIT II

Relationships & Problems of Adolescents: Relationship with Parents, Siblings, Peers & Others, Heightened Emotionality-Meaning, Causes & Expression, Characteristics of Emotional Maturity, Conflicts with family. Problem- Drug & Alcohol Abuse, Psychological Breakdown, Obesity.

Suggested Readings:

Arnett, 2012. Adolescence and Emerging Adulthood, 5th Edition, Pearson.

Parke, R.D., &Gauvain, M. (2010). *Child psychology: A contemporary viewpoint* (7th Ed.). New York: McGraw-Hill.

Santrock, J.W. (2016). *Adolescence* (16th Ed.). Boston: McGraw-Hill.

R. Branscombe Nyla, A. Baron Robert, Kapur Preeti.92017), *Social Psychology* (14th Edition).Pearson.

Understanding Psychology

Course Code	:	B23-PSY-103	Total Marks	:	75
Credits	:	03	External Marks	:	50
Course Type	:	MDC-1	Internal Marks	:	15
			Practical	:	10

Objectives:

After completing the course, the students will be able to:

Develop familiarity with basic concepts related to some foundational themes of study in psychology such as learning, memory, forgetting, personality and intelligence.

Course content

UNIT-I

Psychology: Its Nature & Scope. Methods of Psychology; Observation Experiment, Interview & Case Study.

UNIT-II

Learning: Classical Conditioning, Instrumental Conditioning; The Principles of Reinforcement. Memory: Meaning, Types, Retrieval Processes, Nature of Forgetting; Improving Memory.

UNIT-III

Personality: Nature, Determinants, Trait vs Type approach, Assessment of Personality. Intelligence: Meaning, Nature, Theories: Spearman, Thurstone, Cattell. Measurement of Intelligence.

Practical: Any 1 Practical pertaining to B23-PSY-103 (Understanding Psychology) preferably Tests.

Suggested Readings:

Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson

Feldman,S.R.(2009).Essentials of understanding psychology (7th Ed.) New Delhi : Tata Mc Graw Hill.

Glassman,W.E.(2000).Approaches to Psychology(3rd Ed.) Buckingham: Open University Press.

Hilgard, E.R., Atkinson, R. D., & Atkinson, R. L.(2019). Introduction to Psychology (6th Ed.). New Delhi, CBS Publishers & Distributors.

Michael,W., Passer, Smith,R.E.(2007). Psychology The science of mind and Behavior. New Delhi :Tata McGraw-Hill

Human Values & Ethics

Course Code	: B-23-PSY-104	Total Marks	: 50
Credits	: 02	External Marks	: 40
Course Type	: Value Added Course	Internal Marks	: 10

Objectives:

After completing the course, the students will be able to:

To understand the nature of moral and other human values from both Indian and Western perspectives.

To Understand and discover the Self and personality in psycho-philosophical perspectives.

Course content

UNIT-I

Understanding of Moral & Human Values; Need of Ethics, Indian Culture & Human Values- VasudhaivaKutumbakam, Satyam, Shivam&Sundram(Truth, Goodness & Beauty). Understanding the self and personality: understanding self-concept, developing self-awareness and self-esteem, developing sensitivity and tolerance, developing self-management, Basic human needs and human adjustment; conflict and conflict resolution.

UNIT-II

Meaning & Natures of Morality; A Rational View of Morality, Language of Morals, Moral Judgement, Moral Action, Moral Development. Understanding Harmony: Personal Harmony and Social Harmony; Cosmic Harmony-relationship between man and nature-mutuality and reciprocity(interdependence) of man and nature leading to cosmic harmony (Hrita), sustainable development.

Suggested Readings:

- Dalal, A.K. & Mishra, G (Ed). *New Direction in Indian Psychology*, vol-1, New Delhi: SAGE Publication.
- Gaur. R.Sangal,R.Bagaria, G.P(2009). *A Foundation Course in Human Values & Professional Ethics*. New Delhi. Jain Books.
- Tripathy, A.N. (2003). *Human Values*. New Age International Publishers.

SEMESTER-II

BACHELOR OF ARTS

Experimental Psychology

Course Code	: B23-PSY-201	Total Marks	: 100
Credits	: 03	External Marks	: 60
Course Type	: Core Course	Internal Marks	: 15
		Practical	: 25

Objectives:

After completing the course, the students will be able to:

Get an overview to understand Experimental psychology its basic concepts and different types of psychological experiments

Unit I

Experimental Psychology: Nature and scope, Background of Experimental Psychology.
Experimental Method: Characteristics, Steps, Types and relevance for psychology.

Unit II

Psychophysics: Meaning and features, Problems of Psychophysics.
Classical Methods: Method of Limits, Average Error & Constant Stimuli.

Unit III

Learning: Define Learning Process, Paradigms of Learning: Classical Conditioning, Instrumental and Operant conditioning.
Memory: Process of Memory, Types of memory-Sensory, Short Term & Long Term. Factors Affecting Memory. Strategies to Enhance Memory.

Unit IV

Thinking: Nature, Concept Formation. Convergent and Divergent thinking.
Problem Solving: Stages of Problem Solving, Strategies, Blocks in Problem Solving.

Practical: Any 2 Practical pertaining to B23-PSY-201 (Experimental Psychology) preferably Tests.

Suggested Readings:

- Anderson, D.C. and Borkowski, J.G. (1978) Experimental Psychology : Research Tactics and their Applications . Illinois : Scott Foreman .
Chance ,P. (1988). Learning and Behaviour , California : Wadsworth.
Goldstein, B.E. (2002) Sensation and perception. New Delhi : Cengage Learning

Stress & Coping

Course Code	:	B23-PSY-202	Total Marks	:	50
Credits	:	02	External Marks	:	40
Course Type	:	Minor/Vocational	Internal Marks	:	10

Objectives:

After completing the course, the students will be able to:

Get an overview to understand stress its symptoms , causes and effects and also managing stress strategies .

Course Content

UNIT I

Stress: Introduction, Nature, symptoms, sources of stress: Environmental, Social, physiological and psychological.

Stress and health: Effects of stress on health, Eustress.

UNIT II

Managing stress-I: Methods - yoga, meditation, relaxation techniques.

Managing stress-II: Problem focused and Emotion Focused Approaches

Suggested Readings:

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

DiMatteo, M.R. & Martin, L.R.(2002). Health psychology. New Delhi: Pearson

Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson DetmarLearning.

Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions (4th Ed.).NY: Wiley.

Psychology & Life

Course Code	: B23-PSY-203	Total Marks	: 75
Credits	: 03	External Marks	: 50
Course Type	: Psychology & Life	Internal Marks	: 15
		Practical	: 10

Objectives:

After completing the course, the students will be able to:

- Get an overview about the different aspects of psychology.
- Understand dynamics of gender & Behaviour.
- Know basics of abnormal Behaviour.

Course content

UNIT I

Self Concept: Nature, factors shaping the self concept, Self-discrepancies: Types & Their Effects. Self Esteem: Nature, Development and Importance.

UNIT II

Gender and Behavior: Gender stereotypes, Gender: Similarities and Differences, Putting gender differences in perspectives.

UNIT III

Psychological disorders: Abnormal Behavior; Myths and Realities, Criteria of Abnormal behaviour, causes of abnormality.

Practical: Any 1 Practical pertaining to B23-PSY-203 (Psychology & Life) preferably Tests.

Suggested Readings:

Atwater, E (1995) *Psychology For Living: Adjustment, Growth And Behaviour*, New Delhi : Parentie Hall of India Ltd.

Weiten Wayne & Lloyd Margaret A. (1997), *Psychology Applied to Modern Life : Adjustment in the 90s* (5th edn.) pp. 225-226, Books/Cole Publishing Company, USA.

WeyneWeiten and Margaret A.Lloyd, "*Psychology Applied to Modern Life, Adjustment in the 21st Century*". 7th Edition, Thomson Wadsworth.

Robert.S.Feldman, "*Understanding Psychology*", 6th edition. Mc Graw Hill India.

Environmental issues

Course Code	: B23-PSY-204	Total Marks	: 50
Credits	: 02	External Marks	: 40
Course Type	: Environmental issues	Internal Marks	: 10

Objectives:

After completing the course, the students will be able to:

- Get an overview about the simultaneous mutual interaction of environment and behaviour.
- To delineate psychological approaches to the study of environment,
- To understand the impact of ecological degradation and the need for enhanced awareness programs

UNIT -I

Environment and Behaviour(i) Earth as a living system: The Gaia hypothesis, Deep ecology; Man-environment relationship physical, social, cultural, orientation and product.(ii) Effects of Environment on behaviour: Noise pollution, Air pollution, Crowding and Population explosion.

UNIT- II

Ecology and Development(i) Human behaviour and Environmental Problems: Global warming, Greenhouse effect, Energy depletion; Pro-environmental behaviours.(ii) Ecosystem and their components; Sustainable development; Resource use: Common property resources. Ecology: Acculturation and psychological adaptation

Suggested Readings:

- Dreze, J. and Sen, A. (1992). Indian Development. Delhi: Oxford University Press.
- Gadgil, M. and Guha. R. (1995). Ecology and Equity. New Delhi, Penguin Books
- Mohanty, B. and Misra, S. (2017). A text book on Environmental Psychology. Krupajala.Books, Bhubaneswar, Odisha.
- Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, DivyaPrakashani, Samantarapur, Bhubaneswar.