

**Department of Psychology
C.R.S. University, Jind**



**Scheme and Courses
of Study for
Semester (I-VI) and
Syllabi of Semester - I**

For

**BACHELOR OF ARTS (Honours)
IN
PSYCHOLOGY**

Program Effective from Academic Year (2023-2024)

SCHEME OF EXAMINATIONS

BACHELOR OF ARTS (HONOURS) In Psychology

(As per the Guidelines of NEP 2020, UGC, NHEQF for Three Years Undergraduate Honours Programme)

UG Programme with Single Major: Scheme C (A student will take admission in UG Programme with Single Major Subject in the first year)								
Semester	Major Subject	Minor/Vocational	Multidisciplinary Courses	Ability Enhancement Courses	Skill Enhancement Course	Value Added Courses	Total Credits	Exit Option
I	MCC-A1 4 credit MCC-A2 4 credit	CC-M1 4 credit	MDC-1 3 credit	AEC-1 2 credit	SEC-1 3 credit	VAC-1 2 credit	22	Under Graduate Certificate in Subjects with 48 credits
II	MCC-A3 4 credit DSCE-A1 4 credit	CC-M2 4 credit	MDC-2 3 credit	AEC-2 2 credit	SEC-2 3 credit	VAC-2 2 credit	22	
Internship of 4 credits of 4-6 weeks duration after 2 nd semester								
III	MCC-A4 4 credit MCC-A5 4 credit	CC-M3 4 credit	MDC-3 3 credit	AEC-3 2 credit	SEC-3 3 credit	VAC-3 2 credit	22	Under Graduate Certificate in Subjects with 94 credits
IV	MCC-A6 4 credit MCC-A7 4 credit MCC-A8 4 credit DSE-A1 4 credit	CC-M4 (V) 4 credit	--	AEC-4 2 credit	--	VAC-4 2 credit	24	
Internship of 4 credits of 4-6 weeks duration after 4 th semester (if not done after 2 nd semester)								
V	MCC-A9 4 credit MCC-A10 4 credit DSE-A2 4 credit DSE-A3 4 credit	CC-M5 (V) 4 credit	--		Internship# 4 credit	--	24	Bachelor with Major in (Subject) and Minor in (Subject) after earning 136 credits
VI	MCC-A11 4 credit MCC-A12 4 credit DSE-A4 4 credit DSE-A5 4 credit	CC-M6 (V) 4 credit	--	--	SEC-4 2 credit	--	24	
Credits	Major = 72	Minor=24	MDC=09	AEC=08	SEC=11 Internship=04	VAC=08	Total = 136	
# Four credits of internship, earned by a student during summer internship after 2 nd semester or 4 th semester, will take into account in 5 th semester of the students who pursue 3 year UG Programme without taking exit option.								

A Student admitted to UG with single Major Subject will opt Minor Subject from the same discipline but different from the Single Major Subject.

Semester-I

Sr.	Course Type	Course Code	Course Title	Credits	L	T/P	Maximum Marks	Total Credit
							External + Internal+ Practical=Total	
1.	Major (MCC-A1)	PSY-101	Fundamentals of Psychology	4	3	1(P)	60+15+25= 100	22
2.	Major(MCC-A2)	PSY-102	Social Psychology	4	3	1(P)	60+15+25= 100	
3.	Minor/Vocational CC-M1	PSY-103	Applied Psychology	4	2	2(P)	40+10+50= 100	
4.	Multidisciplinary MDC-1	PSY-104	Psychology in Everyday Life	3	2	1(P)	50+15+10= 75	
5.	Ability Enhancement Course AEC-1	AEC-1	Communicative English-I	2	2	0	40+10=50	
6.	Skill Enhancement Course SEC-1	B-SEC-1	Basic of IT Skills	3	2	1(P)	50+15+15= 75	
7.	Value Added Course VAC-1	VAC - 101	Human Values and Ethics	2	2	0	40+10=50	

Semester-2

Sr.	Course Type	Course Code	Course Title	Credits	L	T/P	Maximum Marks	Total Credit
							External + Internal+ Practical=Total	
1.	Major (MCC-A3)	PSY-201	Experimental Psychology	4	3	1(P)	60+15+25= 100	22
2.	Major (DSEC-A1)	PSY-202	Basic Cognitive Psychology	4	3	1(P)	60+15+25= 100	
3.	Minor/Vocational CC-M2	PSY-203	Psychological Testing	4	2	2(P)	40+10+50= 100	
4.	Multidisciplinary MDC-2	PSY-204	Health and Well Being	3	2	1(P)	50+15+15= 75	
5.	Ability Enhancement Course AEC-2	AEC-2	Communicative English-II	2	2	0	40+10=50	
6.	Skill Enhancement Course SEC-2	B-SEC-2	Choose From Given Pool	3	2	1(P)	50+15+15= 75	
7.	Value Added Course VAC-2	VAC - 202	Environmental Studies	2	2	0	40+10=50	
Internship of 4 credits of 4-6 weeks duration after 2nd semester								

Semester-3

Sr.	Course Type	Course Code	Course Title	Credits	L	T/P	Maximum Marks	Total Credit
							External + Internal+ Practical=Total	
1.	Major (MCC-A4)	PSY-301	Foundations of Developmental Psychology	4	3	1(P)	60+15+25= 100	22
2.	Major (MCC-A5)	PSY-302	Bio-Psychology	4	3	1(P)	60+15+25= 100	
3.	Minor/Vocational CC-M3	PSY-303	Research Methodology	4	2	2(P)	40+10+50= 100	
4.	Multidisciplinary MDC-3	PSY-304	Psychology of Human Relations	3	2	1(P)	50+15+15= 75	
5.	Ability Enhancement Course AEC-3	AEC-3	व्यवहारिक हिंदी-I	2	2	0	40+10=50	
6.	Skill Enhancement Course SEC-3	B-SEC-3	Choose From Given Pool	3	2	1(P)	50+15+15= 75	
7.	Value Added Course VAC-3	VAC – PSY-305	Emotional Intelligence	2	2	0	40+10=50	

Semester-4

Sr.	Course Type	Course Code	Course Title	Credits	L	T/P	Maximum Marks	Total Credit
							External+ Internal+ Practical=Total	
1.	Major (MCC-A6)	PSY-401	Psychopathology	4	3	1(P)	60+15+25= 100	24
2.	Major (MCC-A7)	PSY-402	Advance Cognitive Psychology	4	3	1(P)	60+15+25= 100	
3.	Major (MCC-A8)	PSY-403	Basic Statistics in Psychology	4	3	1(P)	60+15+25= 100	
4.	Major (DSE-A1)	PSY-404 A/PSY-404 B	Positive Psychology/Health Psychology	4	3	1(P)	60+15+25= 100	
5.	Minor/Vocational CC-M4	PSY-405	Psycho-diagnostics	4	2	2(P)	40+10+50= 100	
6.	Ability Enhancement Course	AEC-4	व्यवहारिक हिंदी-II	2	2	0	40+10=50	
7.	Value Added Course	VAC PSY-406	The Science of Happiness	2	2	0	40+10=50	
Internship of 4 credits of 4-6 weeks duration after 4 th semester (if not done after 2 nd semester)								

Semester-5

Sr.	Course Type	Course Code	Course Title	Credits	L	T/P	Maximum Marks	Total Credit
							External + Internal + Practical = Total	
1.	Major (MCC-A9)	PSY-501	Personality and Behaviour	4	3	1(P)	60+15+25= 100	24
2.	Major (MCC-A10)	PSY-502	Inferential Statistics	4	3	1(P)	60+15+25= 100	
3.	Major (DSE-A2)	PSY-503	Community Psychology/Rehabilitation Psychology	4	3	1(P)	60+15+25= 100	
4.	Major (DSE-A3)	PSY-504 A/ PSY-504 B	Forensic Psychology/Criminal Psychology	4	3	1(P)	60+15+25= 100	
5.	Minor/Vocational CC-M5	PSY-505	Sports Psychology	4	2	2(P)	40+10+50= 100	
6.	Skill Enhancement Course SEC-3	PSY-506	Summer Internship	4	--	--	60+40=100	
Four credits of internship, earned by a student during summer internship after 2 nd semester or 4 th semester, will take into account in 5 th semester of the students who pursue 3-year UG Programme without taking exit option.								

Semester-6

Sr.	Course Type	Course Code	Course Title	Credits	L	T/P	Maximum Marks	Total Credit
							External +Internal+ Practical=Total	
1.	Major (MCC-A11)	PSY-601	Psychology of Guidance & Counselling	4	3	1(P)	60+15+25= 100	22
2.	Major (MCC-A12)	PSY-602	Psychotherapy	4	3	1(P)	60+15+25= 100	
3.	Major (DSE-A4)	PSY-603A/PSY-603 B	Organizational Psychology/Military Psychology	4	3	1(P)	60+15+25= 100	
4.	Major (DSE-A5)	PSY-604 A/ PSY-604B	Introduction to Psychometrics/Classical Experiments in Psychology	4	3	1(P)	60+15+25= 100	
5.	Minor/Vocational CC-M6	PSY-605	Media Psychology	4	2	2(P)	40+10+50= 100	
6.	Skill Enhancement Course SEC-4	PSY-606	Choose From Given Pool	2	1	1(P)	40+10=50	

Note: Abbreviations: DSE- Discipline Specific Elective Course, DSEC-Discipline Skill Enhancement Courses, MD/ID-Multi/Inter Disciplinary, AEC- Ability Enhancement Courses, SEC-Skill Enhancement Courses, VAC- Value Added Courses.

Note: In case of discipline specific elective course (DSE) at least 10 students must opt to float the elective. For Practical Courses, the contact hours per week shall be double the credits.

Pool of Courses Offered By (Department of Psychology)			
Skill Enhancement Courses			
Sr. No.	Course Title	Course Code	Credit
1.	Communication Competence	SEC PSY-105	3
2.	Interpersonal Competency	SEC PSY-205	3
3.	Effective Decision Making	SEC PSY-305	3
4.	Stress Management	SEC PSY-606	3
Value Added Courses			
1.	Emotional Intelligence	VAC PSY-305	2
2.	The Science of Happiness	VAC PSY-406	2

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. **Questions No. 1 shall be compulsory** comprising **six 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 (6x2) 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 **EACH UNIT**.
- 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 07 questions. **Questions No. 1 shall be compulsory** comprising **seven 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 14 (7x2) 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 **EACH UNIT**.
- 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 2½ Hours**

Note : Theory Paper Setter (2 Credits Course)

- The Question Paper shall have 05 questions. **Questions No. 1 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: 60 for External (Viva Voce)
40 for Internal (Report Submission)

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.

BACHELOR OF ARTS (Honours)
IN
PSYCHOLOGY
(Semester-I)

Fundamentals of Psychology

Course Code	: PSY-101	Total Marks	: 100
Credits	: 04	External Marks	: 60
Course Type	: MAJOR	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, memory, perception, thinking, emotion and motivation.

UNIT I

Introduction: History, Nature and Methods of Psychology (Introspection method, Observation method, Experimental method.

Basic Approaches to Psychology, Fields of psychology.

UNIT II

Sensory Process; meaning, nature and types.

Perception: meaning, nature and types, Perceptual organization, Illusions.

UNIT III

Learning and Motivation: Principles and applications of Classical conditioning, operant conditioning, and observational learning; Motivation, types of motivation, , Maslow's theory of motivation and Drive theory of motivation.

UNIT IV

Memory and Emotions: nature & types of memory, Forgetting, Improving memory.

Emotions: Components, theories of emotions

Practical: Any 2 Practicals pertaining to PSY-101 (Introduction to psychology) preferably experiments.

Suggested Readings:

1. Baron, R. & Misra, G. (2013). Psychology (5th Ed). New Delhi: Pearson Education.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Ciccarelli, S. K., & Meyer, G. E. (2022). Psychology: South Asian Edition. New Delhi: Pearson Education.
4. Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour.

Social Psychology

Course Code	: PSY-102	Total Marks	: 100
Credits	: 04	External Marks	: 60
Course Type	: MAJOR	Internal Marks	: 15
		Practical	: 25

Objectives:

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

- Develop an understanding of the individual in relation to the social world
- Introduce students to the realm of social influence, as to how individuals think, feel and behave in social situations.

Unit 1

Introduction: Nature and scope of social psychology; Overview of the history of social psychology (including development in India); Relationship with sociology and anthropology

Unit 2

Understanding and evaluating the social world: Social cognition, Social perception, Attitudes, Attitude-behaviour link; Strategies for attitude change

Unit 3

Social interaction and Influence: Interpersonal attraction, Pro-Social Behaviour, Aggression, Social Influence

Unit 4

Group Dynamics and Inter-group relations: Nature of groups, Consequences of belonging (performance, decision making, cooperation and conflict), Nature of intergroup relations (prejudice, intergroup conflict, intervention techniques)

Practical: Any 2 practicals pertaining to PSY-102 (Social Psychology).

Suggested Readings:

- Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). Social Psychology (12th Ed.). New Delhi: Pearson.
- Baumeister, R.F. & Bushman, B.J. (2013). Social Psychology and Human Nature. Wadsworth.
- Franzoi, S.L. (2009). Social Psychology (5th Ed.). New York: McGraw-Hill.
- Hogg, M. & Vaughan, G.M. (2008). Social Psychology. Prentice Hall.
- Kassin, S., Fein, S., & Markus, H.R. (2008). Social Psychology. New York: Houghton Mifflin.
- Misra, G. (2009). Psychology in India, Vol. 4: Theoretical and Methodological Developments (ICSSR Survey of Advances in Research). New Delhi: Pearson
- Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). Social Psychology (12th Ed.). New Delhi: Pearson

Applied Psychology

Course Code	: PSY-103	Total Marks	: 100
Credits	: 04	External Marks	: 40
Course Type	: Minor/Vocational	Internal Marks	: 10
		Practical	: 50

Objective:

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

- Develop familiarity with basic concepts related to guidance, Its different types and guidance a various level of school.

UNIT I

Applied Psychology: meaning; Psychology applied to human problems; Psychological well-being & mental problems. Meaning & management of anxiety & stress.

Psychology applied to human resource development; educational psychology, work & organizational psychology.

UNIT II

Psychology applied to socio economic problems; psychology of terrorism, psychology of gender, environmental psychology.

Psychology applied to technology related issues; psychology of IT & mass media. Uses & misuses of social media; Aviation psychology.

Practical: Any 4 Practicals pertaining to PSY-103 (Applied Psychology) preferably Tests.

Suggested Readings:

- IRS, S.S. (2019). Applied Psychology (3rd ed.) Oakbridge, Gurugram.
- Martinussen.M & Hunter, D.R.(2017). Aviation Psychology & Human Factors. Taylor & Francis, CRC Press.
- Card. S.K.(2017). The Psychology of Human Computer Interaction.Taylor & Francis, CRC Press.

Psychology of Everyday life

Course Code	: PSY-104	Total Marks	: 75
Credits	: 03	External Marks	: 50
Course Type	: Multidisciplinary	Internal Marks	: 15
		Practical	: 10

Objective:

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 as a scientific discipline; Its Nature & Scope. Methods of Psychology; Experiment, observation, Interview & Case Study.

UNIT-II

Learning: Classical Conditioning, Operant Conditioning; The Principles of Reinforcement, Cognitive Learning. 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, Multiple Intelligence theory, Cattell's Theory of Intelligence
Assessment of Intelligence.

Practical: Any 1 Practical pertaining to PSY-104 (General 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	: BA-VAC-101	Total Marks	: 50
Credits	: 02	External Marks	: 40
Course Type	: Value Added Course	Internal Marks	: 10

Objective:

1. To understand the nature of moral and other human values from both Indian and Western perspectives.
2. 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- Vasudhaiva Kutumbakam, 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 (2002). *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 and Professional Ethics*. New Delhi: Jain Books.
- Tripathy, A.N. (2003) *Human Values*. New Age International Publishers.

Communication Competence

Course Code	: SEC-PSY-105	Total Marks	: 75
Credits	: 03	External Marks	: 50
Course Type	: Skill Enhancement Course	Internal Marks	: 15
		Practical	: 10

Objectives: Provide an overview of the basic concepts in psychology to help in better communication and enhance adjustment in life and work.

Course content

UNIT-I

Communication competence: Meaning , scope & importance, types of communication skills, ways to enhance communication competence.

UNIT-II

Communication Skills for effective presentation: Organizing skills of message and context; Presentation skills of message; situating it to different audience, handling question/answer.

UNIT-III

Communicating skills in the interpersonal context: Engaging in meaningful conversation; Interviewing skills; Art of listening; Non-Verbal skills.

Practical: Any 1 Practical pertaining to PSY-105 (Communication Competence) preferably Tests.

Suggested Readings:

- Adler, R.B & Rodman, G. (2006) Understanding Human Communication. Oxford University Press.
- Sherfield, R.M, Montgomery, R.J. & Moody, P.G. (2009) Developing soft skills, Pearson education, India.

Interpersonal Competencies

Course Code	: SEC-PSY-205	Total Marks	: 75
Credits	: 03	External Marks	: 50
Course Type	: Skill Enhancement Course	Internal Marks	: 15
		Practical	: 10

Objectives: To develop interpersonal competencies in the students for better social life.

Course content

UNIT-I

Interpersonal competencies: Meaning, scope of learning Interpersonal competencies, types: empathy, conflict resolution, negotiation, positive attitude.

UNIT-II

Self-awareness skills, Listening skills, Verbal and non- verbal communication skills

UNIT-III

Trust, caring, intimacy skills, Assertion skills, Anger Management Skills.

Practical: Any 1 Practical pertaining to PSY-205 (Interpersonal Competencies) preferably Tests.

Suggested Readings:

- Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.
- Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.
- Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.
- Snyder, C.R., & Lopez, S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.

