

Department of Psychology

C.R.S. University, Jind



**Scheme and Courses
of Study for**

Semester(I-VI) and

**Syllabi of Semester – I, II, III, IV
(Scheme A)**

For

BACHELOR OF ARTS

Courses effective from Academic Year (2023-2024)

Handwritten signatures of five individuals.

Health & Wellbeing

Course Code : B23-PSY-303
Credits : 03
Course Type : MDC-3
Time : 3 hours

Total Marks : 75
External Marks : 50
Internal Marks : 15
Practical : 10

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.
- Maximum marks for the Question Paper shall be 50.
- Duration of the examination shall be 3 Hours.

Objectives: During this course students will be able to:
Understand the spectrum of health and illness for better health management.

UNIT 1

Illness, Health and Well-being; Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health.

UNIT 2

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

UNIT 3

Health-enhancing Behaviours: Exercise, Nutrition, Health compromising behaviours; Health Protective behaviours, Illness Management.
Practical: Any 1 pertaining to B23- PSY-303

Suggested Readings:

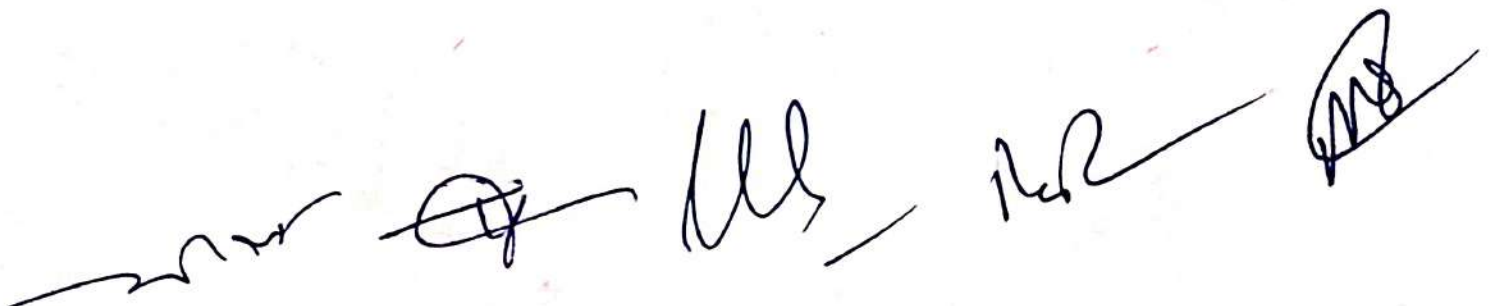
- Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
- DiMatteo, M.R. & Martin, L.R. (2002). Health Psychology. New Delhi: Pearson.
- Forshaw, M. (2003). Advanced Psychology: Health Psychology. London: Hodder and Stoughton.



- Snyder, C.R., & Lopez, S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
- Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.

- Ivtzan, I., Lomas, T., Hefferon, K., Worth, P. (2016). **Second Wave Positive Psychology: Embracing the Dark Side of Life.** Routledge.
- Lomas, T., Hefferon, K., Ivtzan, I., (2014) **Applied Positive Psychology: Integrated Positive Practice.** SAGE Publications Lt.
- Seligman, M. (2002). **Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment.** New York: Free Press.
- Selin, H. and Davey, G. (2012). **Happiness Across Cultures.** Springer.
- Lark, A. E., Fleche, S., Layard, R., Powdthavee, N. and Ward, G. (2019). **The Origins of Happiness.** NJ: Princeton University Press. Yew.

A series of five handwritten signatures in black ink, arranged horizontally from left to right. The signatures are stylized and cursive, with varying lengths and flourishes.

- Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling Kindersley.
- Misra, G. (1999). Stress and Health. New Delhi: Concept.

The Science of Happiness

Course Code	: VAC-3	Total Marks	: 50
Credits	: 02	External Marks	: 40
Course Type	: CC-M3	Internal Marks	: 10
Time	: 2 hours		

Note : Theory Paper Setter (2 Credits Course)

- The Question Paper shall have 05 questions. Questions No. 1 shall be 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(8x2) 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 THREE QUESTIONS selecting at least ONE QUESTION from EACH UNIT.
- In all a student shall attempt three 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 40.

Objectives: During this course students will be able to

- Get an overview of basic concepts of happiness.
- Know about various indicators of happiness.
- Understand determinants of being happy.

Unit-1

Happiness: Physiological Perspectives on Happiness, Psychological Meaning of Happiness, Setting Goals for Life and Happiness. Eastern and Western Approaches to Happiness. Relationship between Happiness and Money.

Unit-2

Measuring Happiness: Key Indicators. Happiness Index. Happiness in India.

Biopsychosocial determinants of happiness; Role of emotions and motives in pursuing happiness.

Suggested Readings:

- Boniwell, I. (2012). Positive Psychology In a Nutshell: The Science of Happiness (3rd edition). London: Mc Graw Hill.
- Compton, W.C. & Hoffman, E. (2012). Positive Psychology: The Science of Happiness and Flourishing. Belmont: Wadsworth.

Health Psychology

Course Code	: B23-PSY-402	Total Marks	: 100
Credits	: 04	External Marks	: 60
Course Type	: Core Course	Internal Marks	: 15
Time	: 3 hours	Practical	: 25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. Question No.1 shall be compulsory comprising six parts (Short-Answer Type) spread over the entire syllabus. 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 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.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the question paper shall be 60.

Objectives: During this course students will learn to

- Know various components of Health Psychology.
- Understand the relationship between psychological factors and physical health.
- Enhance well-being.

UNIT 1

Health Psychology: Introduction, components of health: social, emotional, cognitive and physical aspects; goals of Health Psychology.

UNIT 2

Health Behaviour: Characteristics; Barriers to health behaviour; Health Compromising Behaviour, Theories of health behaviour and their implications.

UNIT 3

Stress: Nature, Sources, Effects of stress on physical and mental health; Coping and stress management.

UNIT 4

Health-enhancing behaviours: Exercise, Nutrition, safety, managing and controlling pain. Health Protective behaviours, Illness Management.

Practical: Any 2 practicum pertaining to the B23-PSY-402 syllabus.

Suggested Readings:

- Allen, F. (2011). Health psychology and behaviour. Tata McGraw Hill Edition.

Abnormal Psychology

Course Code	: B23-PSY-401	Total Marks	: 100
Credits	: 04	External Marks	: 60
Course Type	: CC-A4	Internal Marks	: 15
Time	: 3 hours	Practical	: 25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. Question No.1 shall be compulsory comprising six parts (Short-Answer Type) spread over the entire syllabus. 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 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.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks
- Maximum marks for the question paper shall be 60.

Objectives: During this course students will learn to

- Have an overview of the concept of abnormality and the symptoms and etiology of various psychological disorders.
- Get information on psychopathology and dispel myths regarding it.

• Unit-1

Abnormal Behaviour: Nature; Classification & Diagnosis: ICD & DSM

Unit-2

Assessment of abnormal behaviour: Case history, mental status examination, Clinical Interview, Behavioural Assessment, Psycho-physiological Assessment.

Unit-3

Anxiety, Obsessive-Compulsive Disorder, and PTSD- Meaning, Causes and Types.

Psychosomatic Disorders: Meaning, Causes and Types.

Unit-4

Somatoform and Dissociative Disorders -Introduction: meaning, Causes, Types.

Bipolar and Depressive Disorders -Introduction: meaning, Causes, Types.

Practical: Any 2 pertaining to B23-PSY-401

Suggested Readings:

- Durand, V. M., Barlow, D. H., & Hofmann, S. G. (2018). Abnormal Psychology: An Integrative Approach. Boston, MA: Cengage Learning.
- Comer, R. J. (2015). Abnormal Psychology. Macmillan Higher Education.
- Beidel, D. C., Bulik, C. M., & Stanley, M. A (2014). Abnormal Psychology. , Upper Saddle River, NJ: Pearson Education.



BACHELOR OF ARTS
(Semester-IV)



- Levinthal C.F.(2011).Introduction to Physiological Psychology (7th ed) new Delhi, prentice- hill.
- Morgan &King(2017).Introduction to Psychology (7thed.) New York Mc Graw Hill.
- Pinel, J. P. J. (2011). Biopsychology, 8th Edition. Pearson Education, New Delhi.

GUIDANCE

Course Code	: B23-PSY-302	Total Marks	: 100
Credits	: 04	External Marks	: 60
Course Type	: Core Course	Internal Marks	: 15
Time	: 3 hours	Practical	: 25

Note: Theory Paper Setter (4 Credits Course)

- marks for the question paper shall be 60.

Objectives: During this course, Students will be able to:

- Know about basic concepts of guidance in Psychology.
- develop practical sense of professional Guidance.

Unit-1

Guidance: - Nature, Objectives & Scope. Individual and group guidance, Organization of guidance programme.

Unit-2

Assessment in guidance: Need, Principles and assessment of Personality, Intelligence, Aptitude, Interest.

Unit-3

Educational guidance: - Nature, needs, objectives and process. Role of teacher in guidance, preparation and training. Guidance of gifted and slow learners.

Unit-4

Personal guidance:- Nature of emotional problems, Adjustment problems of adolescents- their counselling and Prevention. Vocational guidance: Nature, Need, objectives and principles.

Practical: Any 2 pertaining to pertaining to B23-PSY-302

Suggested Readings:

- Anastasi, A.&Urbina, S.(2017). Psychological Testing (7 th ed) New York: Prentice Hall.
- Kinra.(2015). Principles & Applications of Guidance & Counselling. Pearson Publication.
- Sharma, R.N. and Sharma, R. (2004). Guidance and Counselling in India. Atlantic Publishers.

PHYSIOLOGICAL PSYCHOLOGY

Course Code	: B23-PSY-301	Total Marks	: 100
Credits	: 04	External Marks	: 60
Course Type	: Core Course	Internal Marks	: 15
Time	: 3 hours	Practical	: 25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. Question No.1 shall be compulsory comprising six parts (Short-Answer Type) spread over the entire syllabus. 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 entire syllabus. A student shall attempt anyFOUR QUESTIONS selecting at least ONE QUESTION from EACH UNIT.
- In all a student shall attempt FIVE QUESTIONS.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks
- Maximum marks for the question paper shall be 60.

Objectives: During this course students will learn to:

- know the basics of biological bases of behaviour including Psychophysiology and behaviour genetics.
- know the Historical background of behavioural biology.

Unit-1

Introduction to Physiological Psychology: meaning, nature & scope.

Unit-2

Methods of Study: Neuro-anatomical methods- Types; Electrical recording methods-Types, Stimulation methods.

Unit-3

Internal Environment: Digestive System & Eating Behaviour; Endocrine glands- Pituitary gland, Thyroid gland, Pancreatic gland, Adrenal gland, Gonad gland.

Unit-4

Neuron: Structure and Functions of Neuron; Nerve impulses; Nervous System - Brain - Hind brain, Mid Brain, Fore Brain and Cerebral Cortex; Spinal cord. PNS.

Practical: Any 2 pertaining to B23-PSY-301

Suggested Readings:

- Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) Biological Psychology: An introduction to behavioural, cognitive, and clinical neuroscience, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.
- Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi.

BACHELOR OF ARTS

(Semester-III)

Five handwritten signatures in black ink, arranged horizontally from left to right. The signatures are stylized and vary in length and complexity.

Course content

UNIT I

Self -Concept: Nature, factors shaping the self-concept, Self-discrepancies: Types & Importance.
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.
- Weyn, W 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.



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
Time	: 3 Hours	Practical	: 10

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**
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 50.
- Duration of the examination shall be 3 Hours.

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.



Four handwritten signatures in black ink, arranged horizontally across the bottom of the page.

Suggested Readings:

- D' Amato, M.R. (2001) Experimental Psychology: Methodology, Psychophysics and Learning. New Delhi: McGraw Hill.
- Chance, P. (1988). Learning and Behaviour, California : Wadsworth.
- Goldstein, B.E. (2002) Sensation and perception. New Delhi : Cengage Learning.
- Singh, A.K. (2009) Uchattar Samanaya Manovigyan. Delhi: Moti Lal Banarsidas.
- Singh, R. & Shyam, R. (2008) Adhunik Sangyanatmak Manovigyan. Panchkula: Haryana Sahitya Academy.

Stress & Coping

Course Code	: B23-PSY-202	Total Marks	: 50
Credits	: 02	External Marks	: 40
Course Type	: Minor/Vocational	Internal Marks	: 10
Time	: 2 hours		

Note: Theory Paper Setter (2 Credits Course)

- The Question Paper shall have 05 questions. Question No.1 shall be compulsory comprising six parts (Short-Answer Type) spread over the entire syllabus. The compulsory question shall have a weightage of 16(8x2) marks.
- The rest of eight questions shall be Essay- Type/Long-Answer Type (2 questions are to be set from each of the two units) drawn from 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.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the question paper shall be 40.

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

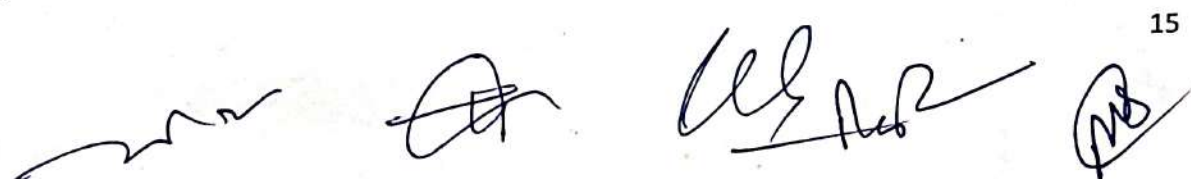
UNIT I

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.



Experimental Psychology

Course Code	: B23-PSY-201	Total Marks	: 100
Credits	: 04	External Marks	: 60
Course Type	: Core Course	Internal Marks	: 15
Time	: 3 hours	Practical	: 25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. Question No.1 shall be compulsory comprising six parts (Short-Answer Type) spread over the entire syllabus. 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 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.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the question paper shall be 60.

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.



14

BACHELOR OF ARTS
(Semester-II)

    ¹³

STATE OF ARIZONA
LEGISLATURE

[Handwritten signature] *[Handwritten signature]* *[Handwritten signature]* *[Handwritten signature]*

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, KapurPreeti.(2017), *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
Time	: 3 Hours	Practical	: 10

Note: Theory Paper Setter (3 Credits Course)

- The Question Paper shall have 07 questions. Question No.1 shall be compulsory comprising seven parts (Short-Answer Type) spread over the entire syllabus. 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 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**.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks
- Maximum marks for the question paper shall be 50.

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.



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
Time	: 2 hours		

Note: Theory Paper Setter (2 Credits Course)

- The Question Paper shall have 05 questions. Question No.1 shall be compulsory comprising six parts (Short-Answer Type) spread over the entire syllabus. The compulsory question shall have a weightage of 16(8x2) marks.
- The rest of eight questions shall be Essay- Type/Long-Answer Type (2 questions are to be set from each of the two units) drawn from 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.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the question paper shall be 40.

Objectives:

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

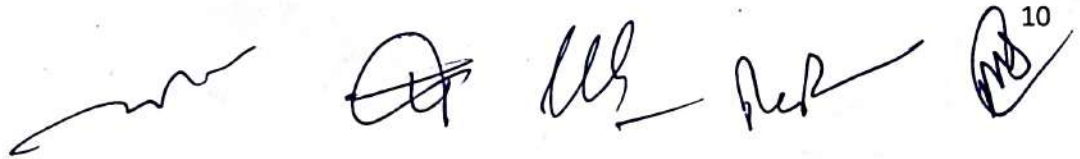
- Understand Adolescent Behaviour.
- Get Knowledge about various issues related to adolescents.

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.



Foundations of Psychology

Course Code : B23-PSY-101
Credits : 04
Course Type : Core Course
Time : 3 Hours

Total Marks : 100
External Marks : 60
Internal Marks : 15
Practical : 25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. Question No.1 shall be compulsory comprising six parts (Short-Answer Type) spread over the entire syllabus. 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 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**.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks
- Maximum marks for the question paper shall be 60.

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.



BACHELOR OF ARTS
(Semester-I)

- 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.

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 3 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.

Handwritten signatures and initials on the right margin, including a large signature at the top and a vertical signature at the bottom.

Handwritten signature in the bottom center of the page.

	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

*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.

ms
A. N. R.
ms

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	15	35	NA	50	2

Internship of 4 credits of 4-6 weeks duration after and 2nd 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	औपचारिक लेखन	2	2	NA	2	15	35	NA	50	-----
	SEC-3	SEC-3	Choose From Given Pool	3	2	1	4	15	60	25	100	3+3
	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	सोशलमीडिया लेखन	2	2	NA	2	15	35	NA	50	-----
	VAC-3	VAC-3	The Science of Happiness	2	2	NA	2	10	40	NA	50	2

Internship of 4 credits of 4-6 weeks duration after and 2nd 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

Handwritten signatures and initials: A large signature on the left, followed by 'MB', 'MB', and 'MB'.

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
	CC-A2 4Credit	CC-B2 4 Credit	CC-C2 4Credit	CC-M2 2 Credit	MDC-2 3 Credit	AEC-2 2 Credit	SEC-2 3 Credit	VAC-2 2 Credit		
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
	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		
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
	CC-A6 4 Credit	CC-B6 4 Credit	CC-C6 4 Credit	CC-M6 (V) 4 Credit CC-M7 (V) 4 Credit	--	--	--	--		
Credits Major = 72 Minor = 24 MDC = 09 AEC = 08 SEC = 09 VAC = 06 Total = 132										

*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.

(Handwritten signatures and initials)

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



**Scheme and Courses
of Study for
Semester (I-VI) and
Syllabi of Semester – I,II,III& IV**

For

**BACHELOR OF ARTS
IN
PSYCHOLOGY**

Program Effective from Academic Year (2023-2024)

Scheme-C

[Handwritten signature]

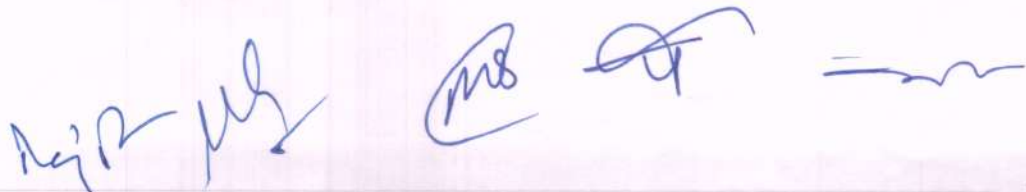
[Handwritten signature]

[Handwritten signature]

**Scheme of Examination for Undergraduate programmes in the Subject of Psychology as per NEP 2020
(Multiple Entry-Exit, Internships and Choice Based Credit System- Learning Outcome Based) w. e. f.
2023-24 in phased manner.**

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 2credit	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.

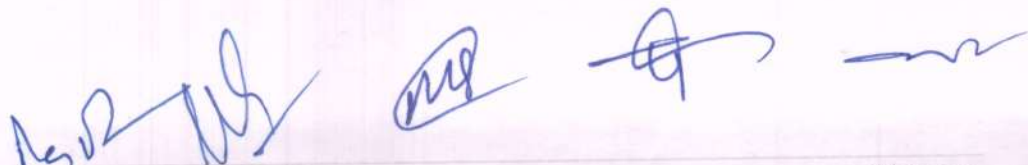


Semester-I

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	English Language and Communication Skills-Level-I	2	2	0	35+15=50	
6.	Skill Enhancement Course SEC-1	B-SEC-1	Basic IT Tools	3	2	1(P)	35+20(15+5)+20= 75	
7.	Value Added Course VAC-1	VAC-PSY-105	Human Values and Ethics	2	2	0	35+15=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+10= 75	
5.	Ability Enhancement Course AEC-2	AEC-2	English Language and Communication Skills-Level-II	2	2	0	35+15=50	
6.	Skill Enhancement Course SEC-2	B-SEC-2	Choose From Given Pool	3	--	---	-----	
7.	Value Added Course VAC-2	VAC-PSY-205	Environmental Studies	2	2	0	35+15=50	
Internship of 4 credits of 4-6 weeks duration after 2 nd semester								



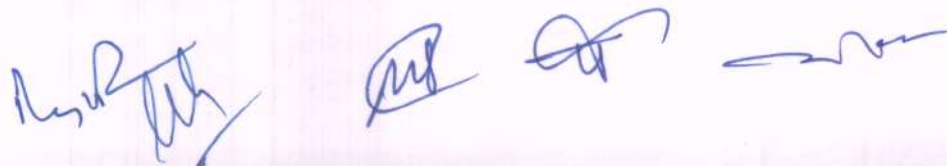
Semester-3

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+10= 75	
5.	Ability Enhancement Course AEC-3	AEC-3	औपचारिक लेखन	2	2	0	35+15=50	
6.	Skill Enhancement Course SEC-3	SEC-3	Choose From Given Pool	3	--	--	-----	
7.	Value Added Course VAC-3	VAC-PSY-305	Choose From Given Pool	2	---	---	-----	

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	सोशल मीडिया लेखन	2	2	0	35+15=50	
7.	Value Added Course	B23-VAC-402/B23-VAC-410	Art of Happiness/Social and Emotional Learning	2	2	0	40+10=50	

Internship of 4 credits of 4-6 weeks duration after 4th semester (if not done after 2nd 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	

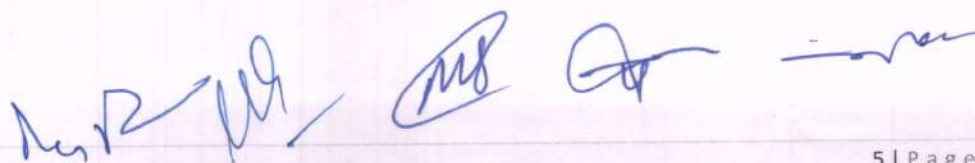
Four credits of internship, earned by a student during summer internship after 2nd semester or 4th semester, will take into account in 5th semester of the students who pursue 3-year UG Programme without taking exit option.

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 (Semester-4)			
Sr. No.	Course Title	Course Code	Credit
Value Added Courses			
1.	Art of Happiness/ Social and Emotional Learning	B23-VAC-402/	2
2.		B23-VAC-410	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 3 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.

Handwritten signatures and initials in blue ink.

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



B.A. (Semester-I)
Fundamentals of Psychology

Course Code	:	PSY-101	Total Marks	:	100
Credits	:	04	External Marks	:	60
Course Type	:	MAJOR	Internal Marks	:	15
Time	:	3hours	Practical	:	25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. **Question No.1 shall be compulsory** comprising **six parts (Short-Answer Type)** spread over the entire syllabus. 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 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**.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 60.

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 (Fundamentals of 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. New Delhi: Tata McGraw-Hill

**B.A. (Semester-I)
Social Psychology**

Course Code	: PSY-102	Total Marks	: 100
Credits	: 04	External Marks	: 60
Course Type	: MAJOR	Internal Marks	: 15
Time	: 3 Hours	Practical	: 25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. **Question No.1 shall be compulsory** comprising **six parts (Short-Answer Type)** spread over the entire syllabus. 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 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**.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 60.

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

**B.A. (Semester-I)
Applied Psychology**

Course Code	: PSY-103	Total Marks	: 100
Credits	: 04	External Marks	: 40
Course Type	: Minor/Vocational	Internal Marks	: 10
Time	: 2 hours	Practical	: 50

Note: Theory Paper Setter (2 Credits Course)

- The Question Paper shall have 05 questions. **Question No.1 shall be compulsory** comprising **eight parts (Short-Answer Type)** spread over the entire syllabus. The compulsory question shall have a weightage of 16(8x2) 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 entire syllabus. A student shall attempt any **TWO QUESTIONS** selecting at least **ONE QUESTION** from **EACH UNIT**.
- In all a student shall attempt **THREE QUESTIONS** .Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 40.

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

- Develop familiarity with basic concepts related to applied psychology.
- Understand the application of psychology in different areas.

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

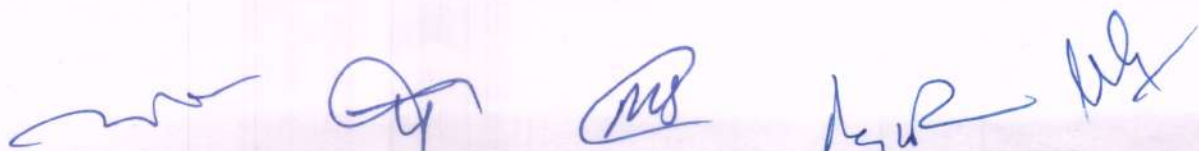
Psychology applied to socio economic problems; psychology of terrorism, psychology of gender, environmental psychology.

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.



B.A. (Semester-I)
Psychology In Everyday life

Course Code	: PSY-104	Total Marks	: 75
Credits	: 03	External Marks	: 50
Course Type	: Multidisciplinary	Internal Marks	: 15
Time	: 3 Hours	Practical	: 10

Note: Theory Paper Setter (2Credits)

- The Question Paper shall have 07 questions. **Question No.1 shall be compulsory** comprising **seven parts (Short-Answer Type)** spread over the entire syllabus. 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 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**.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 50.

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.

**BACHELOR OF ARTS
IN
PSYCHOLOGY
(Semester-II)**

[Handwritten signatures]

B.A. (Semester-II)
EXPERIMENTAL PSYCHOLOGY

Course Code: PSY-201

Credits: 04

Course Type: Major

Time: 3 hrs.

Total Marks : 100

External Marks : 60

Internal Marks : 15

Practical : 25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. **Question No.1 shall be compulsory** comprising **six parts (Short-Answer Type)** spread over the entire syllabus. 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 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**.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 60.

Objectives: After completing this course, the learner will be able to:

1. develop understanding regarding experimental procedure and perception.
2. develop an understanding regarding nature and methods of classical psychophysics.
3. acquaint with processes of Learning and Memory.
4. acquire understanding regarding Thinking & Problem Solving
5. conduct experiments related to their theory paper

UNIT-I

Experimental Psychology: Nature and scope, Background of Experimental Psychology.

Perception: Nature and Characteristics. Perception of Form, Depth and Movement

Attention: Nature, Characteristics, and types.

UNIT-II

Psychophysics: Meaning and Problems of Psychophysics.

Classical Methods: Method of Limits, Average Error & Constant Stimuli.

UNIT-III

Learning: Definition, Factors affecting learning, Trial and error learning, Insight learning.

Memory: Process and Types, Methods to Study 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 PSY-201 (related to equipments)

References:

- Anastasi, A.& Urbina, S.(2009). Psychological Testing (7th ed) New York: Prentice Hall.
- Atkinson, R.L., Atkinson, R.L, et al. (1985) Introduction to Psychology. N. Y.: HBJ Publishers.
- D' Amato, M.R. (2001) Experimental Psychology: Methodology, Psychophysics and Learning. New Delhi: McGraw Hill.
- Singh, A.K. (2009) Uchattar Samanaya Manovigyan. Delhi: Moti Lal Banarsidas.
- Singh, R. & Shyam, R. (2008) Adhunik Sangyanatmak Manovigyan. Panchkula: Haryana SahityaAcademy

B.A. (Semester-II)
BASIC COGNITIVE PSYCHOLOGY

Course Code: PSY-202
Credits: 04
Course Type: Major
Time: 3 hrs.

Total Marks : 100
External Marks: 60
Internal Marks: 15
Practical : 25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. **Question No.1 shall be compulsory** comprising **six parts (Short-Answer Type)** spread over the entire syllabus. 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 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**.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 60.

Objectives:

After completing this course, the learner will be able to:

1. acquaint themselves about history of cognitive psychology, and understand different methods to study cognition.
2. have in-depth understanding of nature and types of attention and different models of selective attention.
3. have familiarity with process of pattern recognition along with reasoning.
4. have acquaintance with nature, structure of language development and problem solving.

Unit -1

Cognitive Psychology: Nature, Scope, Historical background and Current Status of Cognitive Psychology. Methods to Study Cognition - Behavioral and Physiological.

Unit-2

Attention: Nature; Selective Attention and Divided Attention: Nature, Models of Selective Attention – Broadbent and Treisman. Vigilance.

Unit-3

Pattern Recognition: Nature and Theories- Prototype Matching and Template Matching. Reasoning: Nature and Types – Inductive and Deductive.


Unit-4

Language: Nature, Properties, and Structure. Stages of Language Development. Problem Solving: Nature and Classification of Problems, Factors Affecting Problem Solving.

Practical: Any 2 Practical pertaining to PSY-202 (tests)

Reference:

- Eysenck, M.W., & Keane, M.P (2000). Cognitive Psychology: A students guide, Psychology Press. Galotti, K.M.(2000). Cognitive Psychology in and out of the Laboratory. Delhi: Thomson.
- Kellogg, R.T. (2012). Fundamentals of Cognitive Psychology. Lab Angles: Sage.
- Matlin, M.W. (2008), Cognition. New York: Wiley.
- Solso, R.L. (2001). Cognitive Psychology. Delhi: Pearson Education.
- Sternberg, R.J. (2007). Cognitive Psychology. Delhi: Thomson



**B.A. (Semester-II)
PSYCHOLOGICAL TESTING**

Course Code: PSY-203
Credits: 04
Course Type: Minor/Vocational
Time: 2 hrs.

Total Marks :100
External Marks :40
Internal Marks :10
Practical : 50

Note: Theory Paper Setter (2 Credits Course)

- The Question Paper shall have 05 questions. **Question No.1 shall be compulsory** comprising **eight parts (Short-Answer Type)** spread over the entire syllabus. The compulsory question shall have a weightage of 16(8x2) 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 entire syllabus. A student shall attempt any **TWO QUESTIONS** selecting at least **ONE QUESTION** from **EACH UNIT**.
- In all a student shall attempt **THREE QUESTIONS**. Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 40.

Objectives: After completing this course, the learner will be able to:

- Understand the basic concepts of Psychological Testing
- Acquaint with scales of measurement.
- Know about standardization of tests.
- Understand different types of Intelligence and personality testing

UNIT- 1

Psychological Test: Meaning, basic concept, history of Testing.

Tools of Psychological assessment: Interview, Test administration, Behavioural Observations

Scale of Measurement: Nominal, Ordinal, Interval and Ratio Scales.

UNIT-2

Standardization of Tests: Norms, Reliability, Validity.

Assessment of Intelligence: Nature of Intelligence, Individual tests, Group Tests.

Assessment of Personality: Meaning of Personality, Trait, Types and States; Methods of Personality Assessment.

Practical: Any 4 Practical pertaining to PSY-203

References:

- Anastasi, A.& Urbina, S.(2017). Psychological Testing (7th ed) New York: Prentice Hall.
- Cohen, R.J.& Swerdik, M.E. Psychological Testing & Measurement: An Introduction to tests and measurements. (ed). New York: McGraw-Hill Companies, Inc.
- Kaplan, R.M.& Saccuzzo, D. (2011), Psychological Testing: Principles, Applications, and issues (7th edition). Singapore: Cengage Learning Asia Pte. Ltd.



**B.A. (Semester-II)
Health & Well-Being**

Course Code: PSY-204
Credits: 03
Course Type: Multidisciplinary (MDC-2)
Time: 2 hrs.

Total Marks : 75
External Marks :50
Internal Marks : 15
Practical : 10

Note: Theory Paper Setter

- The Question Paper shall have 07 questions. **Question No.1 shall be compulsory** comprising **seven parts (Short-Answer Type)** spread over the entire syllabus. 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 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**.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 50.

Objectives: After completing this course, the learner will be able to:

- Understand the nature of health & well-being
- Acquaint with the main symptoms and sources of stress.
- understand the effect of stress on health.
- understand the spectrum of health and illness for better health management.

Unit-1

Health and Well-being: Continuum and Models of health: Medical, Bio psychosocial, Health Behaviour: Health Promotion, Changing Health Habits; well-being: nature, types.

Unit 2

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

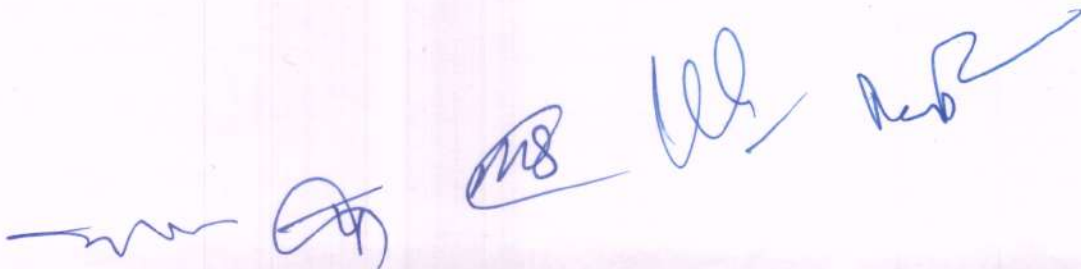
Unit 3

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

Practical: Any 1 pertaining to PSY-204

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.
- Forshaw, M. (2003). Advanced Psychology: Health Psychology. London: Hodder and Stoughton. Hick,
- J.W. (2005). Fifty signs of Mental Health. A Guide to understanding mental health. Yale University Press.
- Snyder, C.R., & Lopez, S.J. (2019). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
- Taylor, S.E. (2021). Health psychology, 10th Edition. New Delhi: Tata McGraw Hill.



**BACHELOR OF ARTS
IN
PSYCHOLOGY
(Semester-III)**



B.A. (Semester-III)
FOUNDATIONS OF DEVELOPMENTAL PSYCHOLOGY

Course Code: PSY-301

Credits: 04

Course Type: Major

Time: 3 hrs.

Total Marks : 100

External Marks: 60

Internal Marks: 15

Practical : 25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. **Question No.1 shall be compulsory** comprising **six parts (Short-Answer Type)** spread over the entire syllabus. 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 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**.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 60.

Objectives: After completing this course, the learner will be able to:

- Know basics of human development.
- learn changes taking place in individual though out lifespan.

UNIT-I

Human Development: Concept and Principles.

Factors in human development; Biological, Social and Cultural.

UNIT-II

Prenatal development: Determinants.

Infancy: Characteristics, Hazards.

UNIT-III

Childhood: Characteristics, Perceptual, Motor, Emotional, Cognitive Development-Stages of Piaget.

Adolescence: Characteristics and problems of adolescents and adjustment.

UNIT-IV

Adulthood: Early adulthood, Middle adulthood, late adulthood and aging-Changing patterns and problems.

Age related diseases (Dementia).Successful Aging.

Practical: any 2 pertaining to PSY-301

References:

- Berk, L.E. (2004). Development Through the Life Span. Delhi: Pearson Education.
- Hurlock, E.B. (2001) Developmental Psychology: A life-span approach. New Delhi: Tata McGrawHill.
- Lal, J.N., & Srivastava, A. (2001) Modern Developmental Psychology. Agra: Vinod PustakBhandar.
- Sheffer, D.R. & Katherine, K. (2007). Developmental Psychology: Childhood And Adolescence.New York: Thomson Wadsworth.
- Santrock, J.W. (1997). Life Span Development. Dubuque: Brown and Benchmark.



**B.A. (Semester-III)
Bio- Psychology**

Course Code: PSY-302
Credits: 04
Course Type: Major
Time: 3 hrs.

Total Marks : 100
External Marks : 60
Internal Marks : 15
Practical : 25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. **Question No.1 shall be compulsory** comprising **six parts (Short-Answer Type)** spread over the entire syllabus. 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 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**. Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 60.

Objectives: After completing this course, the learner will be able to:

- To explore the biological basis of experience and behaviour.
- To develop an understanding of the influence of behaviour, cognition, and the environment on bodily system.
- To develop an appreciation of the neurobiological basis of psychological function and dysfunction.

Unit-1

Introduction to Biopsychology: Nature and scope and methods in biopsychology;
Fields of biopsychology.

Unit-2

Cellular Functioning: Cell, Neuron: Structure and functions; Neural conduction and Synapse

Unit-3

Organization of Nervous system: CNS & PNS: Structure and functions.

Unit-4

Neuro-endocrine system: Structure, functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas.

Practical: Any 2 pertaining to PSY-302

Readings:

- Pinel, J. P. J. (2011). Biopsychology, 8th Edition. Pearson Education, New Delhi.
- Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi.
- Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) Biological Psychology: An introduction to behavioural, cognitive, and clinical neuroscience, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.



**B.A. (Semester-III)
Research Methodology**

Course Code: PSY-303
Credits: 04
Course Type: Minor/Vocational
Time: 2 hrs.

Total Marks : 100
External Marks: 40
Internal Marks: 10
Practical : 50

Note: Theory Paper Setter (2 Credits Course)

- The Question Paper shall have 05 questions. **Question No.1 shall be compulsory** comprising **eight parts (Short-Answer Type)** spread over the entire syllabus. The compulsory question shall have a weightage of 16(8x2) 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 entire syllabus. A student shall attempt any **TWO QUESTIONS** selecting at least **ONE QUESTION** from **EACH UNIT**.
- In all a student shall attempt **THREE QUESTIONS**. Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 40.

Objective: During this course students will learn to

- Understand the quantitative and qualitative psychological research traditions.
- Know the Types of Research
- Explore the sampling techniques
- Apply different data collection method.

Unit 1

Research in Psychology: meaning, Types and Goals.
Research: Principles of Research, Steps in Research. Ethics in research.
Variable and its Types, Formulating a problem and Hypothesis.

Unit 2

Sampling: Probability & Non probability sampling methods.
Methods of Data Collection: Experimental, Case study, Interview, Observation & Focus group discussion.

Practical: Any 4 pertaining to PSY-403

Reading:

- Bryman, A. (2004). Quantity and Quality in Social Research. Routledge.
- Dyer, C. (2001) Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.) Oxford: Blackwell Publishers.
- Kerlinger, F.N.& Lee, H.B. (2012). Foundations of Behavioural Research. Wadsworth 15
- Murphy, K.R. & Davidshofer, C. O. (2004). Psychological Testing: Principles & Applications (6th Ed.) New Jersey: Prentice Hall.
- Neuman, W.L. (2006). Social Research Methods: Qualitative and Quantitative Approaches (6th Ed.) Boston: Pearson Education.
- Willig, C. (2001). Introducing qualitative research in psychology: Adventures in theory and method. Philadelphia: Open University Press.



**B.A. (Semester-III)
Psychology of Human Relations**

Course Code: PSY-304
Credits: 03
Course Type: MDC-III
Time: 3 hrs.

Total Marks :75
External Marks: 50
Internal Marks: 15
Practical :10

Note: Theory Paper Setter (3 Credits Course)

- The Question Paper shall have 07 questions. **Question No.1 shall be compulsory** comprising **seven parts (Short-Answer Type)** spread over the entire syllabus. 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 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**. Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 50.

Objectives: During this course students will learn

- About interpersonal relationships, including the role of self.
- To discuss basic theories and research associated with relationship development and dissolution.
- Practical understanding of interpersonal and intimate relationships.
- To think critically about relationship theory and relationship research to understand their individual role in personal relationships
- To apply current theory and research to basic problems associated with intimate relationships.
- To review empirically-supported research findings applicable to interpersonal behaviour and intimate relationships across diverse socio-cultural contexts and demonstrate an understanding of the finding.

Unit 1

Human Relationship: Meaning, Nature; Building Blocks of Human Relationships: Trust, Commitment, Communication, Empathy, Respect and Equality. Attachment, Trust and Commitment. Attraction: Nature, Determinants; Internal and External determinants.

Unit 2

Affiliative Motive: Nature ,factors-Proximity, Physical Attractiveness, Similarity and Mutual Liking. Close Relationships: Family, Friends, Lovers and Spouses.

Unit 3

Conflict: Meaning, nature, types, resolving conflict; Conflict Management strategies: Negotiation and Mediation.

Practical: Any 1 pertaining to PSY-304

Readings:

- Baron, R.A., Branscombe, N.R, Byrne, D. & Bhardwaj, G. (2017) Social psychology. New Delhi: Pearson.
- Keyton, J. (2006). Communicating groups-building relationships in group effectiveness. New York: Oxford University Press.
- Smith, P.B., Bond, M.H & Kagitcibasi, C. (2006) Understanding social psychology across culture. New Delhi: Sage Publications.



**BACHELOR OF ARTS
IN
PSYCHOLOGY
(Semester-IV)**



**B.A-Semester- IV
Psychopathology**

Course Code: PSY-401
Credits: 04
Course Type: Major
Time: 03 hrs.

Total Marks : 100
External Marks: 60
Internal Marks: 15
Practical :25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. Question No.1 shall be compulsory comprising six parts (Short-Answer Type) spread over the entire syllabus. 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 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.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks
- Maximum marks for the question paper shall be 60.

Objectives: During this course students will learn to

- An overview of the concept of abnormality and the symptoms and etiology of various psychological disorders.
- This will sensitize them to information on psychopathology and dispel myths regarding it.

UNIT-I

Concept of Normality and Abnormality.

Models of Psychopathology: Biological, Psychodynamic, Behavioural, and Cognitive.

UNIT-II

Classification of Psychopathology: Need for classification: ICD and DSM system.

Diagnostic Assessment: Case history, Interview, Mental Status Examination.

UNIT-III

Anxiety Based Disorders: GAD, OCD, and Phobic disorders-Symptom and Causes.

Substance/drug abuse – Causes, Process of Addiction and De-addiction.

UNIT-IV

Mood disorders: Unipolar and bipolar-Symptoms and causes.

Schizophrenia: Nature, types, and causes.

References:

- Anand, V. and Srivastava, R. (2003). Manovikriti Vigyan, Delhi: Moti Lal Banarsi Das.
- Carson, R.C.; Butcher, J.N., et al. (2007). Abnormal Psychology. (13th Ed.) New Delhi: Pearson Education.
- Davison, G.C. & Neale, J.M. (1998). Abnormal Psychology (7th Ed.) New York: Willy.
- Sarason, I.G. and Sarason, B.R. (2005). Abnormal Psychology: The Problem of Maladaptive Behaviour (10th Ed.) New Delhi: Pearson Education Inc.
- Singh, A.K. (2006). Adhunik Asamanya Manovigyan, Delhi: Moti Lal Banarasi Das.
- Srivastava, D.N. (1991) Adhunik Asamanya Manovigyan (6th Ed.) Agra: Sahitya

Practical: Any 2 practicals pertaining to PSY-401



B.A-Semester- IV
ADVANCED COGNITIVE PSYCHOLOGY

Course Code: PSY-402

Credits: 04

Course Type: Major

Time: 03 hrs.

Total Marks : 100

External Marks: 60

Internal Marks: 15

Practical :25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. Question No.1 shall be compulsory comprising six parts (Short-Answer Type) spread over the entire syllabus. 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 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.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks
- Maximum marks for the question paper shall be 60.

Objectives: During this course students will be able to

- Understand the advance concepts of cognitive Psychology
- Have in-depth understanding of nature and types of attention and different models of selective attention.
- Have an acquaintance with models of language.
- Knowledge about different Models of Decision Making & Problem Solving.

Unit 1

Perception: Gestalt Approach to Perception: Bottom-up Processes: Template Matching, Featural Analysis; Top-Down Processes: Perceptual Learning, The Word Superiority Effect, Connectionist Model of Word Perception; Direct Perception, Disruptions of Perceptions: Visual Agnosias.

Unit 2

Memory Processes (STM, LTM). Types of memory - working memory, semantic, episodic, procedural, eye-witness and flashbulb memory, traumatic and false memory, everyday memory; Approaches to memory- information processing & connectionist.

Unit 3

Language processes: Language acquisition, models of reading and language comprehension; Meaning; Language production; Language and thought.

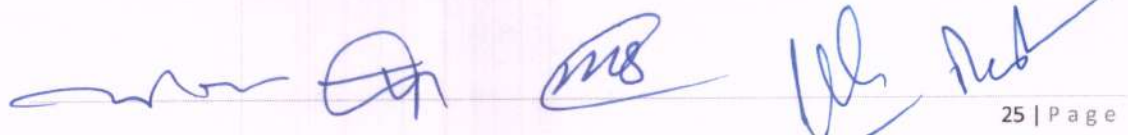
Unit 4

Decision Making: Models & Theories; Complex and uncertain decision making, Strategies- heuristics and algorithmic; Artificial Intelligence.

Practical: Any 2 Practicals pertaining to PSY-402

Reading:

- Baddley, A. (1997). Human Memory: Theory and practice. New York. Psychology Press.
- Galotti. K.M. (2020). Cognitive Psychology: In and Out of the Laboratory. Sage Publications, New Delhi.
- Harley, Treror, A. (2002). The Psychology of language: From data to theory. Taylor Francis.
- Smith, E.E. & Kosslyn, (2007). Cognitive psychology: Mind and brain. Prentice Hall.
- Tripathi, A.N. & Babu, Nandita (2008). Cognitive processes. In Misra, G. (Ed.). Psychology in India: Advances in Research, Vol. 1. New Delhi: Pearson Education.



B.A-Semester- IV
Basic Statistics In Psychology

Course Code: PSY-403

Credits: 04

Course Type: Major

Time : 03 hrs.

Total Marks : 100

External Marks: 60

Internal Marks: 15

Practical :25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. Question No.1 shall be compulsory comprising six parts (Short-Answer Type) spread over the entire syllabus. 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 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.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks
- Maximum marks for the question paper shall be 60.
- Non-Scientific Calculator will be given.

Objectives: During this course students will be able to

- Familiarize students with the use of statistical methods in psychological research
- Understand techniques of descriptive statistics for quantitative research.

Unit- 1

Statistics: Meaning and Types; Descriptive and Inferential Statistics; Scales of Measurement. Measures of Central Tendency: Mean Median and Mode.

Unit-2

Measures of Variability: The Range; Average Deviation, Quartile Deviation, Standard Deviation, The Variance.

Unit-3

The Normal Probability Distribution: Nature and Properties of the Normal Probability Distribution; Standard Scores and the Normal Curve; Divergence from Normality- Skewness and Kurtosis.

Unit-4

Correlation: Meaning, Correlation coefficient.

Methods of Correlation Coefficient: Product- Moment Method, Rank Order Method.

Reading List:

- Chadha, N.K. (1991). Statistics for Behavioural and Social Sciences. Reliance Pub. House: New Delhi
- Coolican, H. (2006). Introduction to Research Methodology in Psychology. London: Hodder
- Henry E. Garrett (2005). Statistics in Psychology and Education. Paragon International Publishers.
- King, B.M. &Minium, E. W, (2007). Statistical Reasoning in the Behavioural Sciences (5th Ed.). USA: John Wiley & Sons.
- Mangal, S.K. (2012). Statistics in Psychology and Education (2nd Ed.). New Delhi: PHI learning Pvt. Ltd.

Practical: Any 2 practicals pertaining to PSY-403.



B.A-Semester- IV
Positive Psychology

Course Code: PSY-404A
Credits: 04
Course Type: Major
Time: 03 hrs

Total Marks : 100
External Marks: 60
Internal Marks: 15
Practical :25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. Question No.1 shall be compulsory comprising six parts (Short-Answer Type) spread over the entire syllabus. 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 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.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks
- Maximum marks for the question paper shall be 60.

Objectives: During this course students will be able to

- Understand the basic concepts of positive psychology
- Know its applications in various domains.

Unit-1

Introduction: Positive Psychology: An Introduction, Perspectives on Positive Psychology: Western and Eastern, Classification of Character Strengths, signature strengths and virtues.

Unit-2

Positive Emotional States and Processes: Happiness and Well-being, Life Satisfaction, Positive and Negative Affect, Emotional Intelligence, Resilience.

Unit-3

Positive Cognitive States and Processes: Self-efficacy, Optimism, Hope, Flow and Mindfulness.

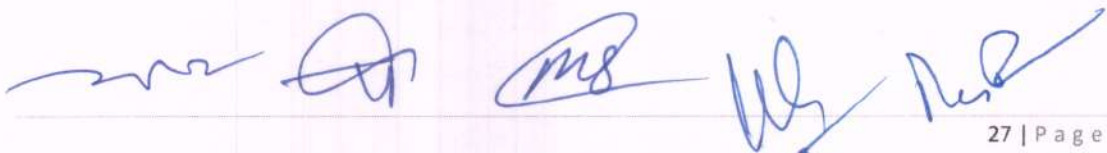
Unit -4

Applications of Positive Psychology: Work, Education, Health.

Practical: Any 2 pertaining to PSY-404 A syllabus.

References:

- Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.
- Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfilment. New York: Free Press/Simon and Schuster.
- Snyder, C.R., & Lopez,S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.



**B.A-Semester- IV
Health Psychology**

Course Code: PSY-404 B
Credits: 04
Course Type: Major
Time: 03 hrs.

Total Marks : 100
External Marks: 60
Internal Marks: 15
Practical :25

Note: Theory Paper Setter (4 Credits Course)

- The Question Paper shall have 09 questions. Question No.1 shall be compulsory comprising six parts (Short-Answer Type) spread over the entire syllabus. 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 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.
- Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks
- Maximum marks for the question paper shall be 60.

Objectives: During this course students will be able to

- Understand the relationship between psychological factors and physical health.
- Learn how to enhance well-being.

UNIT 1

Health Psychology: Introduction, components of health: social, emotional, cognitive and physical aspects; goals of Health Psychology.

UNIT 2

Health Behaviour: Characteristics; Barriers to health behaviour; Health Compromising Behaviour, Theories of health behaviour and their implications.

UNIT 3

Stress: Nature, Sources, Effects of stress on physical and mental health; Coping and stress management.

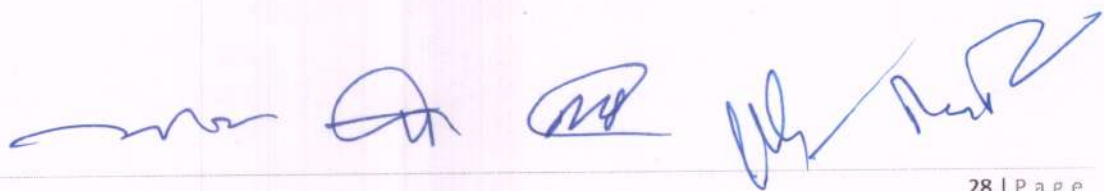
UNIT 4

Health-enhancing behaviours: Exercise, Nutrition, safety, managing and controlling pain. Health Protective behaviours, Illness Management.

Practical: Any 2 practicals pertaining to the PSY-404 B syllabus.

Readings:

- Allen, F. (2011). Health psychology and behaviour. Tata McGraw Hill Edition.
- Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling Kindersley.
- Misra, G. (1999). Stress and Health. New Delhi: Concept.
- Taylor, S.E. (10th Ed.) Health Psychology. Tata McGraw Hill Edition.



B.A-Semester- IV
Psycho- Diagnostics

Course Code: PSY-405
Credits: 04
Course: Minor/Vocational
Time: 02 hrs.

Total Marks : 100
External Marks: 40
Internal Marks: 10
Practical :50

Note: Theory Paper Setter (2 Credits Course)

- The Question Paper shall have 05 questions. **Question No.1 shall be compulsory** comprising **eight parts (Short-Answer Type)** spread over the entire syllabus. The compulsory question shall have a weightage of 16(8x2) marks.
- The rest of **four questions** shall be **Essay- Type/Long-Answer Type** (2 questions are to be set from each of the four units) drawn from entire syllabus. A student shall attempt any **TWO QUESTIONS** selecting at least **ONE QUESTION** from **EACH UNIT**.
- In all a student shall attempt **THREE QUESTIONS**. Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 40.

Objectives: During this course students will be able to
Have an overview of the concept of abnormality and the symptoms and etiology of various psychological disorders. This will sensitize them to information on psychopathology and dispel myths regarding it.

Unit 1

Psycho-Diagnosis- meaning, scope, process (data collection, interpretation, decision making)
Intelligence & Personality for Diagnosis- Tests & Techniques.

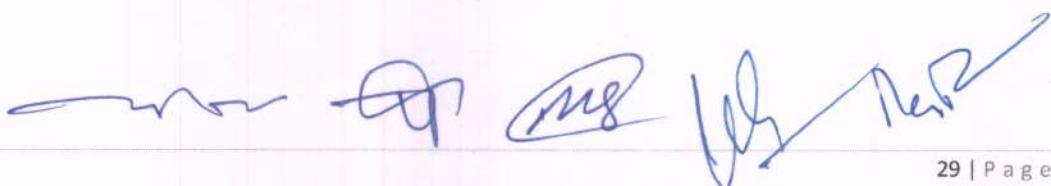
Unit 2

Neuro-Cognitive-Assessment- Battery & Individual Approach.
Psycho Therapy: Meaning, Goals & Types.

Practical: Any 4 pertaining to syllabus

Readings:

- Aguilera, D.C. (1998). Crisis Intervention: Theory and Methodology (8th Ed.) Philadelphia: Mosby
- Belkin, G. S. (1998). Introduction to Counselling (3rd Ed.) Iowa: W. C. Brown
- Burnard, P. (2009). Counselling Skills Training: Book of activities. Viva Books, New Delhi. Capuzzi, D. & Gross, D. R. (2007).
- Counselling and Psychotherapy: Theories and Interventions (4th Ed.) New Delhi. Pearson.
- Corey, G. (2009) Counselling and Psychotherapy: Theory and Practice. (7th Ed.) New Delhi: Cengage Learning.
- Rao, S.N. & Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill.
- Seligman. & Reichenberg, L.W. (2010). Theories of Counselling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.



**B.A-Semester- IV
Art of Happiness**

Course Code: B23-VAC-402

Credits: 02

Course: VAC-4

Time: 02 hrs.

Total Marks : 50

External Marks: 40

Internal Marks: 10

Note: Theory Paper Setter (2 Credits Course)

- The Question Paper shall have 05 questions. **Question No.1 shall be compulsory** comprising **eight parts (Short-Answer Type)** spread over the entire syllabus. The compulsory question shall have a weightage of 16(8x2) marks.
- The rest of **four questions** shall be **Essay- Type/Long-Answer Type** (2 questions are to be set from each of the four units) drawn from entire syllabus. A student shall attempt any **TWO QUESTIONS** selecting at least **ONE QUESTION** from **EACH UNIT**.
- In all a student shall attempt **THREE QUESTIONS**. Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 40.

Objectives: After completing this course, the learner will be able to:

- get awareness regarding nature, sources and factors affecting happiness.
- understand the role of culture in happiness and relationship happiness and money.
- develop insight about happiness as a intrinsic value, age relationship with happiness and ways to increase happiness.
- know about key indicators and index of happiness, and status of happiness in India.

Unit 1

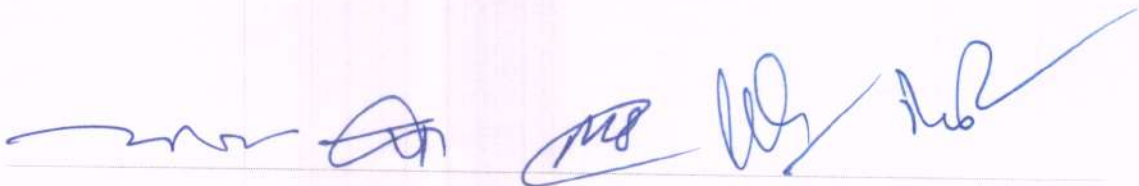
Happiness: Definition and Nature. Sources of Happiness, Factors Affecting Happiness. Culture and Happiness. Eastern and Western Approaches to Happiness. Relationship between Happiness and Money.

Unit 2

Happiness as Intrinsic Value. Age and Happiness. Ways to Increase Happiness. Measuring Happiness: Key Indicators. Happiness Index. Happiness in India.

Recommended Books/e-resources/LMS:

- Seligman, M. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press.
- Selin, H. and Davey, G. (2012). Happiness Across Cultures. Springer.
- H H Lama, D. and Cutler, H. C. (2009). The Art of Happiness: A Handbook of Living (10th Anniversary Edition). New York: Riverhead Books.
- Clark, A. E., Fleche, S., Layard, R., Powdthavee, N. and Ward, G. (2019). The Origins of Happiness. NJ: Princeton University Press. Yew – Kwang Ng (2022). Happiness-Concept



B.A-Semester- IV
Social and Emotional Learning

Course Code: B23-VAC-410
Credits: 02
Course: VAC-4
Time: 02 hrs.

Total Marks : 50
External Marks: 40
Internal Marks: 10

Note: Theory Paper Setter (2 Credits Course)

- The Question Paper shall have 05 questions. **Question No.1 shall be compulsory** comprising **eight parts (Short-Answer Type)** spread over the entire syllabus. The compulsory question shall have a weightage of 16(8x2) marks.
- The rest of **four questions** shall be **Essay- Type/Long-Answer Type** (2 questions are to be set from each of the four units) drawn from entire syllabus. A student shall attempt any **TWO QUESTIONS** selecting at least **ONE QUESTION** from **EACH UNIT**.
- In all a student shall attempt **THREE QUESTIONS**. Each Essay Type/Long-Answer Type Question shall have a weightage of 12 marks.
- Maximum marks for the Question Paper shall be 40.

Objectives: After completing this course, the learner will be able to:

1. get awareness regarding social and emotional learning along with its historical influences and critical areas.
2. understand the role of emotional intelligence in SEL and familiarity with roots of empathy..
3. develop insight into measurement of SEL along with its current challenges.
4. know about evidences in support of SEL and build sustainable framework on the basis of SEL.

Unit 1

Social and Emotional Learning: Nature, Historical Influences and Critical Areas of Competence. Role of Emotional Intelligence in Social and Emotional Learning. Emotional Intelligence as Social Art. Roots of Empathy.

Unit 2

Measurement of Social and Emotional Learning: Tools and Checklists. Current Challenges. Evidences in Support of Social and Emotional Learning, SEL as a Sustainable Framework for success.

Recommended Books/e-resources/LMS:

- Black, D. L. (2022). Essentials of Social and Emotional Learning (SEL). NJ: Wiley.
- Goleman, D. (2005). Emotional Intelligence. USA: Bantam .