

NEP and Learning Outcome-based Curriculum Framework (LOCF)

For

Under Graduate Programme

B.A. Psychology

(To be effective from the Academic Session 2026-27)



Department of Psychology

Gurugram University, Gurugram

(A State University established by Govt. of Haryana Act No. 17 of 2017)

(Scheme UG A1: B.A. Psychology (Multidisciplinary))

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Total Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
			Core Course(s)											
CC-A1	Introduction to Psychology		2		4	2		2	4	15	35	15	35	100

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
			Core Course(s)											
CC-A2	Social Psychology		2		4	2		2	4	15	35	15	35	100

Semester 3

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
			Core Course(s)											
CC-A3	Experimental Psychology		2		4	2		2	4	15	35	15	35	100

Semester 4

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
			Core Course(s)											
CC-A4	Psychology of Life Span Development		2		4	2		2	4	15	35	15	35	100

Semester 5

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
			Core Course(s)											
CC-A5	Psychopathology		2		4	2		2	4	15	35	15	35	100

Internship is to be done during summer break after 4th Semester, Marks will be added in 5th Semester.

Semester 6

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A6	Applied Psychology		2		4	2		2	4	15	35	15	35	100

The curriculum of semester 7 and 8 will be provided in due course of time.



Scheme of Programme
(Scheme UG A2: Undergraduate Programmes (Single Major))

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Total Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A1	Foundation of Psychology		2		4	2		2	4	15	35	15	35	100
CC-A2	Fundamentals of Statistics		2		4	2		2	4	15	35	15	35	100
CC-A3	Developmental Psychology		2		4	2		2	4	15	35	15	35	100
Minor/ Vocational Course(s)														
MIC-1	One from the University Pool		2			2	2		2	15	35			50
Multidisciplinary Course(s)														
MDC-1	One from the University Pool		2		2	2		1	3	15	35	5	20	75
Ability Enhancement Course(s)														
AEC-1	One from the University Pool		2			2	2		2	15	35			50
Skill Enhancement Course(s)														
SEC-1	One from the University Pool		2		2	2		1	3	15	35	5	20	75
Value-added Course(s)														
VAC-1	One from the University Pool		2			2	2		2	15	35			50
Total Credits									24					600

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A4	Social Psychology		2		4	2		2	4	15	35	15	35	100
CC-A5	Personality & Assessment		2		4	2		2	4	15	35	15	35	100
CC-A6	Stress and Stress Management		2		4	2		2	4	15	35	15	35	100
Minor/ Vocational Course(s)														
MIC-2	One from the University Pool		2			2	2		2	15	35			50
Multidisciplinary Course(s)														
MDC-2	One from the University Pool		2		2	2		1	3	15	35	5	20	75
Ability Enhancement Course(s)														
AEC-2	One from the University Pool		2			2	2		2	15	35			50
Skill Enhancement Course(s)														
SEC-2	One from the University Pool		2		2	2		1	3	15	35	5	20	75
Value-added Course(s)														
VAC-2	One from the University Pool		2			2	2		2	15	35			50
Total Credits									24					600

Semester 3

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A7	Experimental Psychology		2		4	2		2	4	15	35	15	35	100
CC-A8	Biopsychology		2		4	2		2	4	15	35	15	35	100
CC-A9	Intelligence & Assessment		2		4	2		2	4	15	35	15	35	100
Minor/ Vocational Course(s)														
MIC-3	One from the University Pool		2		4	2		2	4	15	35	15	35	100
Multidisciplinary Course(s)														
MDC-3	One from the University Pool		2		2	2		1	3	15	35	5	20	75
Ability Enhancement Course(s)														
AEC-3	One from the University Pool		2			2	2		2	15	35			50
Total Credits									20					525

Semester 4

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A10	Youth Psychology		2		4	2		2	4	15	35	15	35	100
CC-A11	Eastern Psychology		2		4	2		2	4	15	35	15	35	100
CC-A12	Cognitive Psychology		2		4	2		2	4	15	35	15	35	100
Minor/ Vocational Course(s)														
MIC/VO C-4	One from the University Pool		2		4	2		2	4	15	35	15	35	100
Ability Enhancement Course(s)														
AEC-4	One from the University Pool		2			2	2		2	15	35			50
Value-added Course(s)														
VAC-3	One from the University Pool		2			2	2		2	15	35			50
Total Credits									20					500

Semester 5

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A13	Psychopathology		2		4	2		2	4	15	35	15	35	100
CC-A14	Research Methods in Psychology		2		4	2		2	4	15	35	15	35	100
CC-A15	Psychological Testing		2		4	2		2	4	15	35	15	35	100
Minor/ Vocational Course(s)														
MIC-5	One from the University Pool		2		4	2		2	4	15	35	15	35	100
Skill Enhancement Course(s)														
Internsh ip			2		4	2		2	4	15	35	15	35	100
Total Credits									20					500

Semester 6

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A16	Applied Psychology		2		4	2		2	4	15	35	15	35	100
CC-A17	Organizational Behavior		2		4	2		2	4	15	35	15	35	100
CC-A18	Guidance & Counselling		2		2	2		2	4	15	35	15	35	100
Minor/ Vocational Course(s)														
MIC-6	One from the University Pool		2		4	2		2	4	15	35	15	35	100
MIC-7	One from the University Pool		2		4	2		2	4	15	35	15	35	100
Skill Enhancement Course(s)														
SEC-3	One from the University Pool		2		2	2		1	3	15	35	5	20	75
Total Credits									22					550

1. The curriculum of semester 7 and 8 will be provided in due course of time.



Multidisciplinary Course from the department for pool of the Courses in the University
(These courses are to be offered to students of different discipline/Subject)

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-1	Understanding Psychology		2		2	2		1	3	15	35	5	20	75

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-2	Psychology of Abnormal Behaviour		2		2	2		1	3	15	35	5	20	75

Semester 3

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-3	Health & Wellbeing		2		2	2		1	3	15	35	5	20	75



Minor Course from the department for pool of the Courses in the University

(These courses are offered by each department for students of other departments/same department to gain a broader understanding beyond the major discipline)

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MIC-1	Positive Psychology		2			2	2		2	15	35			50

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MIC-2	Consumer Behavior		2			2	2		2	15	35			50

Semester 3

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MIC-3	Psychology of media		2		4	2		2	4	15	35	15	35	100

Semester 4

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MIC-4	Community Psychology		2		4	2		2	4	15	35	15	35	100

Semester 5

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MIC-5	Sports Psychology		2		4	2		2	4	15	35	15	35	100

Semester 6

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MIC-6	Leadership & Public Speaking		2		4	2		2	4	15	35	15	35	100
MIC-7	Criminal Behavior		2		4	2		2	4	15	35	15	35	100



Vocation Course from the department for pool of the Courses in the University

(These courses are offered by each department for students of other departments/same department and is focused on practical work, preparing students for a particular skilled profession.

Semester 4

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
VOC-1	Western Psychology		2		4	2		2	4	15	35	15	35	100

Semester 5

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
VOC-2	Military Psychology		2		4	2		2	4	15	35	15	35	100

Semester 6

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
VOC-3	Para Psychology		2		4	2		2	4	15	35	15	35	100

Skill Enhancement Course from the department for pool of the Courses in the University

(These courses are offered by each department for students of other departments/same department and is designed to provide value-based and/or skill-based knowledge and should contain both theory and lab/hands-on/training/field work.)

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
SEC-1	Life Skill-1		2		2	2		1	3	15	35	5	20	75

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
SEC-2	Life Skill-2		2		2	2		1	3	15	35	5	20	75

Semester 6

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
SEC-3	Life Skills-3		2		2	2		1	3	15	35	5	20	75

Semester 8

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
SEC-4 Field Training	Field Training		2		2	2		1	3	15	35	5	20	75

Ability Enhancement Course from the department for pool of the Courses in the University

(These courses are offered by department of Indian and Foreign Languages for students of other departments/same department and leads to enhancement in the ability of learn
Regional and foreign languages)

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
AEC-1	English Language and Communication: Level-1 OR हिंदी भाषा एव. सम्प्रेषण-1 OR संस्कृत भाषा एव. सम्प्रेषण-1		2			2	2		2	15	35			50

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
AEC-2	English Language and Communication: Level-2 OR हिंदी भाषा एव. सम्प्रेषण-2 OR संस्कृत भाषा एव. सम्प्रेषण-2		2			2	2		2	15	35			50

Semester 3

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
AEC-3	English Language and Communication: 3 OR हिंदी भाषा एव. सम्प्रेषण-3 OR संस्कृत भाषा एव. सम्प्रेषण-3		2			2	2		2	15	35			50

Semester 4

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
AEC-4	English Language and Communication: Level-4 OR हिंदी भाषा एव. सम्प्रेषण-4 OR संस्कृत भाषा एव. सम्प्रेषण-4		2			2	2		2	15	35			50



Value Added Course from the department for pool of the Courses in the University

(All the departments will offer value added course for semester 3 for the students of same or different departments. In the first year, students will study (i) Human Values and Ethics and (ii) Environmental Studies as value added course)

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
VAC-1	<u>Human Values and Ethics</u> OR <u>Environmental Studies</u>		2			2	2		2	15	35			50

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
VAC-2	<u>Human Values and Ethics</u> OR <u>Environmental Studies</u>		2			2	2		2	15	35			50

Semester 4

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
VAC-3	Art of happiness or Social & Emotional learning		2			2	2		2	15	35			50

Nature of Work	Course Credits	Contact hours per week	Contact hours per semester (15 weeks)
Lecture	01	01	15
Tutorial per paper	01	01	15
Practical, Seminar, Internship, field practice/project, or community engagement, etc.	01	02	30

Note: Tutorial batch size (UG programme: 20-25, PG Programme: 12-15)

The distribution of credits among the lectures/tutorial/practicum will be as follows:

Courses	Total Credits	L (Credits)	T (Credits)	P (Credits)	MARKS			
					TI	TE	PI	PE
Only Theory	4	3 (3 hrs)	1	-	30	70	-	-
	3	2 (2 hrs)	1	-	25	50	-	-
	2	1	1	-	15	35	-	-
Theory and Practicum	4	3 (3 hrs)	-	1 (2 hrs)	25	50	5	20
	4 (Where pract. is dominant)	2 (2 hrs)	-	2 (4 hrs)	15	35	15	35
	3	2 (2 hrs)	-	1 (2 hrs)	15	35	5	20
	2	1	-	1 (2 hrs)	5	20	5	20
When Practicum is separate course	2	-	-	2 (4 hrs)	-	-	15	35
	3	-	-	3 (6 hrs)	-	-	25	50
	4	-	-	4 (8 hrs)	-	-	30	70
AEC/VAC	2	2 (2 hrs)			15	35	-	-
SEC	3	2 (2 hrs)		1 (2 hrs)	15	35	5	20
	2	1		1 (2 hrs)	5	20	5	20
DSEC	4	3 (3 hrs)		1 (2 hrs)	25	50	5	20
Minor/VOC	4	2 (2 hrs)		2 (4 hrs)	15	35	15	35
Internship	4	--	--	4 (8 hrs)			30	70

L= Lecture; T= Tutorial, P= Practicum; Ti= Theory Internal Assessment; TE= Theory End Semester Examination; PI= Practicum Internal; PE= Practicum End Semester examination

UG A1: Multidisciplinary

Semester- 1

CC-A1 Introduction to Psychology (Credits 04)

Maximum Marks: 100

Theory Examination: 35

Theory Internal Assessment: 15

Practical Examination: 35

Practical Internal Assessment: 15

Examination Time: 2 hrs

Course Outcomes

- Students will understand the historical development and key concepts of psychology.
- Students will develop an awareness of the various subfields within psychology.
- Students will understand and apply basic research methods in psychology.
- Students will be able to apply psychological theories and principles to real-life situations.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT I: Introduction

Meaning, Nature and Scope of Psychology; Branches of Psychology
historical origin and emergence of Psychology as Science.

UNIT II Methods of Research

Methods of Psychology: Experimental, Interview, Case Study and Observational- Nature, advantages and limitations.

UNIT III: Emotion and Motivation

Emotion: Nature and theories- James-Lange, Cannon Bard, Schachter and Singer

Motivation: Motivational cycle, Biological and Social Motives

UNIT IV: Personality and Intelligence

Personality: Nature and Theories- Eysenck, Allport and Cattell

Intelligence: Nature and Theories- Spearman, Thurstone and Gardner

Suggested Readings

1. Morgan, C.T. and King, R.: Introduction to Psychology. Tata McGraw Hill Publishing Company Limited, New Delhi (1993).
2. Guilford, J.P.: General Psychology D. Van Nostrand: Princeton (1956).
3. Mohsin, S.M.: Elementary Psychology Delhi: Motilal Banarasi Das, (1997).
4. Hilgard & Atkinson: Introduction to Psychology (6th Ed.) New Delhi: Oxford & IBH Publishing Co., (1976).
8. Khatoon, N.: General Psychology New Delhi: Pearson Education (2012).
5. Feldman, R.S. (2004). Understanding Psychology (6th Edition), New Delhi, Tata-McGraw Hill.

Practical

1. Observation
2. NEO-FFI Personality Inventory
3. Study of Emotions
4. Motivation Test
5. Verbal Test of Intelligence
6. Performance Test of Intelligence/RPM
7. EPQ

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



UG A1: Multidisciplinary**Semester-2****CC-A2 Social Psychology
(Credits 04)****Maximum Marks: 100****Theory Examination: 35****Theory Internal Assessment: 15****Practical Examination: 35****Practical Internal Assessment: 15****Examination Time: 2 hrs****Course Outcomes:**

- Students will understand the historical context of Social Psychology.
- Students will comprehend how social influence shapes individual behavior.
- Students will learn about the formation and impact of social identities, including concepts like self-concept and self-esteem.
- Students will apply social psychological principles to real-world issues.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT I: Introduction

Definition and Nature of Social Psychology. Brief history of Social Psychology.
Determinants of Social Behaviour; Applications of social psychology in Health and social media

UNIT II: Self Perception

Self-Perception and Self Presentation: Self Concept, Self Esteem, Self-Serving Bias and Self Presentation.

UNIT III: Social Perception

Social Perception: Nature and Development of social perception,
Attribution: basic sources of attribution error, Application of attribution theory.

UNIT IV: Attitudes and Leadership

Nature of Attitudes- Definition & characteristics of attitudes, Attitude Formation and Attitude change.
Leadership: Definition and functions, Traits, Situations and Contingency approaches of leadership.

Suggested Readings:

1. Baron, R., & Byrne, R. (2010): Social Psychology (12th Edition) Pearson.
2. Misra, G (1990). Applied Social Psychology in India. New Delhi: Sage.
3. Mayers, David, G (1998) Exploring Social Psychology (2nd Ed.) New Jersey: Prentice Hall.
4. Alcock, J.E. Carment, D.W. Sadava, S.W. Collins, J.E., & Green, J.M (1997): A textbook of Social

Psychology. Ontario: Prentice Hall.

5. Secord, P.F. & Backman, C.W. (1964). Social Psychology. New York: McGraw Hill.

6. Wrightsman, L.S Social Psychology (2nd Ed.) California: Brooks/Cole

7. Baran, R.A, & Donn Byrne Branscombe N.R (2008). Social Psychology (11th Ed.) New Delhi: Prentice Hall of India.

8. Kuppaswamy, B Introduction to Social Psychology Bombay: Media Promoters (1980).

Practical

1. Sociometry
2. Measurement of Attitude
3. Self-Concept
4. Self Esteem
5. Rosenzweig's P.F. Test
6. Attribution
7. Leadership Styles

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



**UG A1: Multidisciplinary
Semester- 3**

**CC-A3 Experimental Psychology
(Credits 04)**

**Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs**

Course Outcomes:

- Students will gain knowledge of various cognitive processes.
- Students will be able to conduct experiments on their own, thereby gaining hands-on experience in the research process.
- Students will learn how to interpret and draw meaningful conclusions from experimental data.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT-I: Sensation and Perception

Sensation: Nature, Characteristics and Types; Structure and Functions of Visual and Auditory sensation.

Perception: nature, Principles of perceptual organization, Perceptual constancies and Depth perception.

UNIT II: Classical and Operant Conditioning

Concept and Nature of learning. Principles and Paradigms of Classical Conditioning

Operant conditioning: Components of Operant Conditioning, Schedules of Reinforcement

UNIT III: Memory and Forgetting

Memory: Nature and Types of memory: Sensory memory, short term memory and long-term memory. Forgetting: Nature and Factors affecting Forgetting

UNIT-IV: Thinking and Problem Solving

Thinking: Nature and Types of Thinking

Problem Solving: Nature and Factors affecting Problem Solving.

Suggested Readings

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.

Mishra, B. K. (2016). Psychology: The Study of Human Behaviour. Delhi: PHI

Singh, A.K. (2009) Uchattar Samanaya Manovigyan. Delhi: Moti Lal Banarsidas.

Singh, A. & Singh, U. (1984). Prayogatmak Manovigyan. Bhiwani: Vedic Prakashan.

Singh, R. & Shyam, R. (2008) Adhuni Wangyanatmak Manovigyan. Panchkula: Haryana

SahityaAkadami
Practical

1. Sound Localization
2. Experiment on STM/LTM
3. Colour Blindness
4. Study of Primacy and Recency Effect
5. Simple Reaction time
6. Maze Learning
7. Problem Solving

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



**UG A1: Multidisciplinary
Semester- 4**

**CC-A4 Psychology of Life Span Development
(Credits 04)**

Maximum Marks: 100

Theory Examination: 35

Theory Internal Assessment: 15

Practical Examination: 35

Practical Internal Assessment: 15

Examination Time: 2 hrs

Course Outcomes:

- Students will be able to describe the major stages of human development.
- Students will understand the impact of biological, social and cultural factors on human development.
- Students will gain knowledge of key theories in developmental psychology.
- Students will understand the problems that occur in various stages of development.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT -I Introduction

Human Development: Historical background; Principles of Development; Nature-Nurture concept in human development

UNIT -II Factors and theories of Human Development

Factors of Human Development: Role of biological, social and cultural factors affecting human development.

Theories of Development: Freud's Psychosexual development, Erikson's Psychosocial Development and Piaget's Cognitive development theory

UNIT III Stages of Development

Prenatal Development; Stages and Risk Factors

Infancy: characteristics, development and problems of infancy.

UNIT IV Stages of Development

Childhood: characteristics and problems of childhood.

Adolescence: Nature, characteristics and problems of adolescence. Youth and its current status.

Suggested Readings

Berk, L.E. (2007). Development through the life span (3rd ed.) Pearson Education.

Hurlock, E.B. (2002) Developmental Psychology: A life-span approach (5th ed.). Tata McGraw Hill. New Delhi.

R.R. Chauhan. Vikasatmak Manovigyan. Azad Publications, Kurukshetra.

Hurlock, E.B. Developmental Psychology: A life- span approach. New Delhi: Tata McGraw Hill

(2007).

Hurlock, E.B. Child Development (6th Ed.) McGraw Hill Co. Auckland (1981).

Kakar, S. (2012). The inner world: a psychoanalytic study of childhood and society in India (4th Ed). New Delhi, Oxford University Press.

Papalia, D and Olds, S.W. Human Development. Human development.9th Ed. New Delhi: Tata McGraw- Hill (2006).

Practical

1. Family Environment Scale
2. Emotional Maturity Scale
3. Youth Problem Inventory
4. Aggression Questionnaire
5. Mini Mental Status Examination (Test)
6. Impulsiveness scale
7. Case study

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



**UG A1: Multidisciplinary
Semester- 5**

**CC-A5 Psychopathology
(Credits 04)**

**Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs**

Course Outcomes:

- Students will understand the historical context of psychopathology.
- Students will learn about various factors that contribute to the development of psychological disorders.
- Students will become familiar with the diagnostic criteria for psychological disorders.
- Students will be able to identify the symptoms and features of major psychological disorders.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT I: Introduction of Psychopathology

Definition and Historical overview of Psychopathology; Nature and characteristics of Abnormality, Criteria of Abnormality.

UNIT II: Models of Psychopathology

Models for conceptualization of mental disorders: Biological model, Psychoanalytic model, Behavioural Model, Cognitive Model

UNIT III: Classification and Assessment

Systems of classification: Need for Classification, DSM 5 TR, ICD 11
Diagnostic Assessment: Case History, Projective Technique

UNIT IV: Anxiety Disorders, Obsessive Compulsive disorder and Mood disorders: Symptoms and Etiology

Anxiety Disorders: Generalized Anxiety Disorder (GAD), Panic disorder, and Phobia ;
Obsessive compulsive disorder
Mood Disorders: Major depressive disorder and Bipolar Disorder

Suggested Readings

1. Hecker, J. E., & Thorpe, G. L. (2016). *Introduction to clinical psychology: Science, practice, and ethics* (3rd ed.). Pearson.
2. American Psychiatric Association. (2022). *Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR)* (5th ed., text rev.). Washington, DC: Author.

3. Nietzel, M. T., Bernstein, D. A., & Milich, R. (1994). *Introduction to clinical psychology* (4th ed.). Prentice Hall.
4. Butcher, J. N., Hooley, J. M., & Mineka, S. (2022). *Abnormal psychology* (latest ed.). Pearson.
5. Pomerantz, A. M. (2023). *Clinical psychology: Science, practice, and culture* (6th ed.). Sage Publications.
6. Shyam, R., & Khan, A. (2009). *Clinical child psychology*. Kalpaz Publications.
7. Singh, A. K. (2005). *Advanced clinical psychology*. Motilal Banarsidass.
8. Trull, T. J., & Widiger, T. A. (2023). *Abnormal psychology and life: A dimensional approach*. Cengage.
9. Barlow, D. H., Durand, V. M., & Hofmann, S. G. (2023). *Psychopathology: An integrative approach to mental disorders* (9th ed.). Cengage Learning.
10. Kring, A. M., Johnson, S. L., Davison, G. C., & Neale, J. M. (2022). *Abnormal psychology* (14th ed.). Wiley.

Practical

1. Obsessive- compulsion Checklist
2. Depression Inventory
3. TAT
4. Mental Health Questionnaire
5. Anxiety Inventory
6. PGI- Memory Scale
7. Defense Mechanism Inventory

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



**UG A1: Multidisciplinary
Semester- 6**

**CC-A6 Applied Psychology
(Credits 04)**

Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs

Course Outcomes:

- Students will be able to define and describe the scope and significance of applied psychology in various contexts.
- Students will explore psychological approaches to promoting physical health and improving health care service
- Students will learn about the application of psychology to improve organizational effectiveness
- Students will understand the role of psychology in legal contexts

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT-I: Introduction

Introduction: Meaning and History of Applied Psychology; Basic and Applied Psychology, Fields of Applied psychology.

UNIT-II: Counselling and Industrial Applications

Counselling Application: Skills of Counsellor, Counselling applications in Schools and career
 Industrial Applications: Employee selection process, performance appraisal, sources and impact of Job satisfaction.

UNIT-III Health Psychology and Applications

Health Applications: Concept of health, life style and its consequences, stress and illness; coping and stress management
 Influence of social media on Physical health and Mental health, Digital detox strategies

UNIT-IV Forensic Psychology

Forensic Psychology: Media and Perception about crime, eyewitness testimony: Factors affecting eyewitness testimony and ways of improving eyewitness testimony

Suggested Readings

1. Baron, R. A., Branscombe, N. R., & Byrne, D. (2021). *Social psychology* (14th ed.). Pearson India.
2. Weiten, W., Dunn, D. S., & Hammer, E. Y. (2022). *Psychology applied to modern life* (12th ed.). Cengage India.
3. Schultz, D. P., & Schultz, S. E. (2021). *Psychology and work today*. Pearson India.

4. Schneider, F. W., Gruman, J. A., & Coutts, L. M. (2024). *Applied social psychology* (3rd ed.). SAGE India.
5. Gurung, R. A. R. (2023). *Health psychology: Well-being in a diverse world* (5th ed.). Sage India.
6. Jhand, A. K. (2023). *Textbook of applied psychology*. Vision Health Sciences.
7. Kool, V. K., & Agrawal, R. (2020). *Applied social psychology*. Atlantic.
8. Corey, G. (2021). *Theory and practice of counseling and psychotherapy* (10th ed.). Cengage.
9. Aamodt, M. G. (2022). *Industrial/organizational psychology* (9th ed.). Cengage.
10. Taylor, S. E., & Stanton, A. L. (2021). *Health psychology* (11th ed.). McGraw-Hill.

PRACTICAL

Stress Scale

2. Coping Styles/Wellbeing Scale

3. Life Style Schedule

4. Internet overuse scale/ Social Networking addiction scale

5. Job Satisfaction

6. Counselling Need Inventory

7. Job Stress Scale

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.

Programme Outcomes in B.A. Psychology (Single Major)

PO1: Understanding of historical context, major concepts, theoretical perspectives and various sub fields of psychology.

PO2: Ability to plan, design, conduct, analyze, and interpret psychological research using various quantitative and qualitative research methods.

PO3: Developing critical and analytical thinking skills to evaluate psychological theories and empirical research and drawing inferences.

PO4: Ability to apply psychological principles to solve personal, social, and organizational issues.

PO5: Understanding and adhering to ethical standards in research and practice in psychology.

PO6: Developing proficiency in written, oral, and interpersonal communication, negotiation and effective presentation within the context of psychology.

PO7: Awareness and appreciation of cultural diversity and the role of sociocultural factors in psychological processes.

PO8: Utilizing psychological knowledge to address real-world problems and improve individual and community well-being.

PO9: Preparation for further studies or careers in psychology and related fields, including the development of professional skills and attitudes.

PO10: Ability to foster self-awareness, self-reflection, having clear sense of goals, personal growth and adaptability through the study of psychology.



**UG A2: Single Major
Semester-1**

**CC-A1 Foundation of Psychology
(Credits 04)**

Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs

Course Outcomes:

- Students will understand the key concepts, principles, and overarching themes in psychology.
- Students will develop an awareness of the various subfields within psychology.
- Students will understand and apply basic research methods in psychology.
- Students will be able to apply psychological theories and principles to real-life situations.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT-I

Introduction: - Definition, Historical origins of Psychology, Emergence of Psychology as Science, Goals and fields of psychology.

UNIT-II

Methods in Psychology: Experimental, Observation, Interview, Questionnaire and Case Study.

UNIT-III

Motivation: Biogenic and Sociogenic motives, Intrinsic-Extrinsic Framework. Theories: Maslow's Hierarchy of needs theory, Mc Clelland's Need Theory

UNIT-IV

Emotion: Components of Emotions, Bodily Expressions, Theories of Emotions – James Lange, Canon Bard & Schechter – Singer Theory.

Suggested Readings

Baddeley, A.D.; Eysenck, M.W. & Anderson (2009) **Memory**; Hove, UK, Psychology Press.
 Baron, R.A. (1995). **Psychology: The essential science**. New York: Allyn & Bacon.
 Coon, D & Mitterer, J.O. (2007) **Introduction to Psychology: Gateways to Mind and Behaviour**, 11th Edn. Delhi: Thomson Wadsworth.
 Eysenck, M.W. (2009). **Fundamentals of Psychology**. New York: Psychology Press. Chapters 23, 24 and 25, Pages 539-626.
 Lahey, B.B. (2007) **Psychology: An Introduction**, 9th Edn. New York: Mc Graw-Hill.
 Posterino, E & Doyle-Portillo, S. (2010) **What is Psychology: Essentials**. Belmont, CA, USA: Wadsworth Cengage.
 Sanderson, CA (2010) **Social Psychology**. Danvers, MA, USA: John Wiley & Sons, Inc.

Smith, EE, Nolen-Hoeksema, S., Fredrickson, B., Loftus, G.R. (2006)
Atkinson and Hilgard Introduction to Psychology. Singapore, Thompson Wardsworth.
Wade, C. (2005) **Psychology**, 8th Edn. New York: Prentice Hall.
Zimbardo, P.G., & Weber, A.L (1997). **Psychology**. New York: Harper Collins College Publishers.
Lefton,
L.A. (1985). **Psychology**. Boston: Allyn & Baron.

Practical

1. Observation Method
2. Case Study
3. Colour Blindness Test
4. Study of Emotions
5. Achievement Motivation Test
6. Intrinsic Motivation

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



**UG A2: Single Major
Semester-1**

**CC-A2- Fundamentals of Statistics
(Credits 04)**

**Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs**

Course Outcomes:

- Students will understand the basic statistical concepts and the importance of statistics in psychological research.
- Students will be able to calculate and interpret measures of central tendency, variability and correlation coefficient.
- Students will understand data distribution including concepts of NPC, skewness and kurtosis.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT-I

Statistics: Meaning, Types, Scope, and Advantages and Disadvantages of statistics.

UNIT-II

Data: Meaning, Types-Primary and Secondary. Frequency Distribution, Graphical Representation of Data: Frequency polygon and bar diagram

UNIT-III

Measures of Central Tendencies: Mean, Median and Mode. Measures of Variability: Range, Mean Deviation, Standard Deviation and Quartile Deviation.

UNIT-IV

Normal Probability Curve: Meaning and Characteristics. Correlation: Meaning, Types of Correlation Method: Spearman Rank Difference and Pearson Product Moment

Suggested Readings/e-resources/LMS :

Garrett, H.E.(1926) Statistics in Psychology and Education, Longmans, Green and Co. Suleman, M. (2016) Statistics in Psychology, Education and other Social Sciences, 5th edition, Delhi: Moti Lal Banarsi Das.
Singh, R. and RadheShyam (2008) Comprehensive Statistics for Behavioural Sciences Delhi: Sanjay Prakashan.
Gupta, L., Singh, R. and RadheShyam (2015) Fundamental Statistics for Social Sciences Intellectual foundation, India

Practical

1. Drawing of Histogram
2. Drawing of Bar Diagram
3. Drawing of Polygon
4. Drawing of Pie-chart
5. Calculation of Mean in Excel/Spreadsheet.
6. Calculation of Median in Excel/Spreadsheet
7. Calculation of Mode in Excel/Spreadsheet.

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



**UG A2: Single Major
Semester- 1**

**CC-A3 Developmental Psychology
(Credits 04)**

Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs

Course Outcomes:

- Students will be able to describe the major stages of human development.
- Students will understand the impact of biological, social and cultural factors on human development.
- Students will gain knowledge of key theories in developmental psychology.
- Students will learn about the changes in cognitive abilities and development of social relationships, emotional regulation and attachment.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT-I

Human Development: Historical background; Principles and Stages of Development; Nature-Nurture concept in human development

UNIT-II

Factors of Human Development: Role of biological, social and cultural factors affecting human development.

Theories of Development: Freud's Psychosexual development, Erikson's Psychosocial Development and Piaget's Cognitive development theory

UNIT-III

Cognitive development: Nature and information processing approach of cognitive development; language development.

UNIT-IV

Emotional development: stages of emotional development, attachment and early relationships
 Moral development: Kohlberg's theory of moral development



Suggested Readings:

- Berk, L.E. (2007). Development through the life span (3rd ed.) Pearson Education.
- Hurlock, E.B. (2002) Developmental Psychology: A life-span approach (5th ed.).Tata McGraw Hill. New Delhi.
- R.R. Chauhan. Vikasatmak Manovigyan. Azad Publications, Kurukshetra.
- Hurlock, E.B. (2007). Developmental Psychology: A life- span approach. New Delhi: Tata McGraw Hill.
- Hurlock, E.B. Child Development (6th Ed.) McGraw Hill Co. Auckland (1981).
- Kakar, S. (2012). The inner world: a psychoanalytic study of childhood and society in India (4th Ed). New Delhi, Oxford University Press.
- Papalia, D and Olds, S.W. Human Development. Human development.9th Ed. New Delhi: Tata McGraw- Hill (2006).
- Mathur, S.S. : Clinical Psychology Agra: Vinod Pustak Mandir (1998).
- Lal, J.N., & Srivastava, A. (2001) Modern Developmental Psychology. Agra: Vinod Pustak, Bhandar.
- Santrock, J.W. (1997), Life Span Development: Dubuque: Brown and Benchmark

Practical

1. Family Environment Scale
2. Emotional Maturity Scale
3. Moral Development/Reasoning
4. Aggression Questionnaire
5. Mini Mental Status Examination (Test)
6. Impulsiveness scale
7. Case study

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



**UG A2: Single Major
Semester- 2**

**CC-A4 Social Psychology
(Credits 04)**

**Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs**

Course Outcomes:

- Students will comprehend how social influence shapes individual behavior
- Students will explore the dynamics of interpersonal relationships
- Students will become familiar with the research methodologies used in social psychology
- Students will apply social psychological principles to real-world issues

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT I:

Introduction: Meaning, History, Scope and Relationship of Social Psychology with Anthropology and Sociology. Determinants of Social Behaviour.

Methods: Observation, Sociometry and Survey.

UNIT II:

Interpersonal Attraction: Nature and Determinants.

Pro-social behaviour: Meaning, Stages and Determinants

Aggression: Nature, Causes and Control.

UNIT III:

Attitude: Nature, Formation, change and resistance to change

Group Behaviour: Meaning, Formation, Types and Functions of group.

Leadership: Nature, Characteristics and Types.

UNIT IV:

Social Perception: Nature and Development of social perception

Attribution: Nature, basic sources of attribution error, Application of attribution theory.

Suggested Readings/e-resources/LMS :

Baron, R.A., Byrne, D. & Bhardwaj. G (2010). Social Psychology (12th Ed). New Delhi: Pearson.

Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi.

McDavid, J. W. & Harari, H. (1968). Social Psychology. New York: Harper & Row.

Kretch and Crutchfield (1948). Theory and Problems of Social Psychology. New York: McGraw Hill.

Myers, D.G. (2008). Social psychology. New Delhi: Tata McGraw-Hill.

Practical

1. Sociometry
2. Measurement of Attitude
3. Altruism Scale
4. Stereotype Scale
5. Aggression Scale
6. Prejudice Scale
7. Leadership Styles

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation



**UG A2: Single Major
Semester- 2**

**CC-A5 Personality and Assessment
(Credits 04)**

Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs

Course Outcomes:

- Students will understand the history and development of personality assessment methods.
- Students will be able to understand and critically evaluate major theories of personality, including psychoanalytic, trait, humanistic, and biological perspectives.
- Students will acquire knowledge of key personality assessment tools such as the MMPI and EPQ and projective tests like the Word association and the Thematic Apperception Test.
- Students will develop the ability to administer, score, and interpret standardized Personality tests.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT-I

Personality: Historical Antecedents of Personality. Meaning and purpose of Personality Assessment and ethical issues

UNIT-II

Theories of Personality: Freud, Rogers, Eysenck, Allport and Cattell.

UNIT-III

Personality Tests: Nature, Self-Report Measures: MMPI, 16 PF and EPQ.

UNIT- IV

Projective Technique: Nature and Salient Features. Word Association Test, Sentence Completion Test and Thematic Apperception Test.

Suggested Readings/e-resources/LMS :

Anastasi, A.& Urbina, S., (2009). Psychological Testing. PHI Learning Private Ltd.: New Delhi
 Aiken, L.S.,& Marnat, G.G.(2009). Psychological Testing and Assessment (12th edition). Dorling Kindersley India Pvt. Ltd.: New Delhi.
 Singh, A.K.(2012) .Tests, Measurements and Research Methods in Behavioural Sciences.: Moti Lal Banarsidas: New Delhi.
 Singh, A.K. (2009). Uchattar Samanaya Manovigyan.: Moti Lal Banarsidas: New Delhi.



Practical

1. EPQ
2. 16PF Questionnaire
3. NEO FFI
4. MMPI
5. Sentence Completion Test
6. TAT
7. Word Association Test

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



**UG A2: Single Major
Semester- 2**

**CC-A6 Stress and Stress Management
(Credits 04)**

Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs

Course Outcomes:

- Students will become familiar with the physiological, psychological, and social aspects of stress.
- Students will understand the physiological and psychological effects of stress.
- Students will develop understanding of various coping strategies
- Students will be able to apply stress management techniques in personal and professional contexts.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT-I

Definition and Concept of Stress, Causes of Stress: Environmental, Social and Personal. Reactions to stress and Consequences of Stress

UNIT-II

Meaning of stressors; Common stressors at work place; Impact of Stressful environmental conditions on performance, Stressors unique to age and gender.

UNIT-III

Coping: Concept and definition, Types of coping strategies
 Models of Coping: Transactional model by Lazarus & Folkman, Approach-Avoidance Model by Roth and Cohen

UNIT-IV

Stress Management: Behavioral Approach to Stress Management, Social Approach to Stress Management, Cognitive Approach to Stress Management.

Suggested Readings

1. Akbar Husain & Naima K. Gulrez. (2003). Managing Stress – A Practical Guide. New Delhi: Friends Publications (India)
2. Rupashree Khubalkar. Know stress manage your stress. New Delhi: Neelkamal Publication Pvt. Ltd.
3. Akbar Husain & Tabassum, Rashid. (2004). Stress Behavior - Vol-I (Sources & Effects), New Delhi: Friends Publications (India)
4. Akbar, Husain & Tabassum, Rashid. (2004). Stress Behavior - Vol-II (Chapter 1 and

2), New Delhi: Friends Publications (India).

5. D.M. Pestonjee. (2006). Stress and Coping: The Indian Experience. Second Edition. New Delhi: Sage Publications.

Practical

1. Stress Assessment
2. Resilience Scale
3. Coping styles
4. Biofeedback
5. Case Study
6. Movie analysis

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



**UG A2: Single Major
Semester- 3**

**CC-A7 Experimental Psychology
(Credits 04)**

**Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs**

Course Outcomes:

- Students will gain knowledge of various basic concepts of Psychology.
- Students will be able to conduct experiments on their own thereby gaining hands-on experience in the research process.
- Students will learn how to interpret and draw meaningful conclusions from experimental data.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT-I

Learning: - Classical Conditioning: Principles, Paradigms and applications
Operant conditioning: Paradigms and reinforcement schedules and applications

UNIT-II

Sensation: Types of Senses. Sensory Processes; Visual and Auditory (Structure and Functions of Eye & Ear)
Perception: Gestalts' Laws of organization, Perception of size, shape and Depth. illusions

UNIT-III

Memory: Encoding, Storage and Retrieval processes in short term memory and long term memory; Real Life Memories: Eyewitness Testimony: Accuracy and Improvement.
Forgetting: Decay and Interference: Retroactive and proactive, Mnemonics.

UNIT-IV:

Thinking: Nature and Process of Thinking, Types of Thinking
Creative Thinking: Nature and Process of Creative thinking,
Barriers to Creative Thinking

Suggested Readings:

Baron, R.A. (1995). **Psychology: The essential science**. New York: Allyn & Bacon. Eysenck, M.W. (2009) **Fundamentals of Psychology**. New York: Psychology Press.
Lefton, L.A. (1985). **Psychology**. Boston: Allyn & Baron.
Nevid, J.S.(2009). **Psychology: Concepts and Applications**, 3 Edn. Belmontca, USA: Wadsworth Cengage Learning.
Passer, M.W. & Smith, R.E. (2007) **Psychology: The Science of Mind and Behaviour**, 3rd

Edn. New York: McGraw-Hill.

Smith, EE, Nolen-Hoeksema, S., Fredrickson, B., Loftus, G.R. (2006) **Alkinson's Hilgard Introduction to Psychology**. Singapur, Thompson Wordsworth. Wade, C. (2005) **Psychology**, 8th Edn. New York: Prentice Hall.

Weiten, W. (2008) **Psychology. Themes and Variations**, 7th Edn. Belmont, CA, USA: Thomson Cengage Learning.

Zimbardo, P.G., & Weber, A.L (1997). **Psychology**. New York: Harper Collins College Publishers

Practical

1. Conditioning
2. Maze Learning
3. Bilateral Transfer of Training
4. Sound Localization
5. Reaction Time
6. Experiment on STM/LTM
7. Problem Solving/ Creative Thinking

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



**UG A2: Single Major
Semester- 3**

**CC-A8 Biopsychology
(Credits 04)**

**Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs**

Course Outcomes:

- Students will gain a comprehensive understanding of how biological factors influence behavior, including neural mechanisms, neurotransmitters, and brain structures.
- Students will be able to understand the role of genetic factors in behaviour and biological basis of motivation.
- Students will be able to integrate principles from psychology and biology to explain various behaviors and mental processes.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT-I

Nature of Biopsychology: - Meaning of Biopsychology, Major divisions of Biopsychology.
Neuron: - Structure and function of neuron, Types of Neurons

UNIT-II

Nervous System: - Structure and functions of Central Nervous System
Peripheral Nervous system: - Structure and functions of Peripheral Nervous System

UNIT-III

Genetics and Behaviour:- Chromosomes and genes, dominant – recessive genes and sex-linked genes.
Neural Mechanism of Thirst and Hunger

UNIT-IV

Sleep: Biological Mechanism of Sleep Stages of Sleep, Sleep Disorders: Insomnia, Hypersomnia, REM – Sleep Related Disorders. Hormones & Behaviour

Suggested Readings:

- Carlson, N.R. (2005). **Foundations of Physiological Psychology**. New Delhi: Pearson Education & Dorling Kindersley.
- Kalat, J.N. (2001). **Biological Psychology**. California. Wads Worth.
- Pinel, J.P.J. (2006). **Biopsychology**. Pearson Inc. and Dorling Kindersley. New Delhi..

Leukel, F. (1985). Introduction to Physiological Psychology (3'd Ed.). New Delhi: CBS Publishers.

Levinthal, C.F. (1990). Introduction to Physiological Psychology (3"1Ed.). New Delhi: PHL

Morgan, T.H. and Stellar, A. (1965). Physiological Psychology. New York: McGraw Hill.
Ojha,R.& Bhargav,M.(1994) Sharirik Manovigyan, Har Prakash Bhargav : Agra.
Singh,R.D.(2020) Sharirik Manovigyan, Vinod Pustak Mandir: Agra

PRACTICAL

1. Neuropsychological Battery
2. PGI-Memory Scale
3. Galvanic Skin Response
4. Mapping of Retinal Colour Zones
5. EMG/EEG
6. Sound Localization
7. Two hand coordination

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



**UG A2: Single Major
Semester- 3**

**CC-A9 Intelligence and Assessment
(Credits 04)**

Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs

Course Outcomes:

- Students will become familiar with major theories of intelligence, including Spearman's g, Gardner's multiple intelligences, and Sternberg's triarchic theory.
- Students will understand the history and development of intelligence tests.
- Students will gain Knowledge of key intelligence tests such as the RPM, WAIS, and WISC.
- Students will develop the ability to administer, score, and interpret standardized intelligence tests.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT-I

Intelligence: Historical Background of Intelligence Testing. Nature and Purpose of Intelligence Test. Types of Intelligence Tests and difference between individual and Group testing

UNIT -II

Theories of Intelligence: Spearman, Thurstone, Gardner and Sternberg

UNIT -III

Concept of IQ and Deviation IQ. Measures of Intelligence: Alexander Pass-Along Test, Cattell's Culture Fair Test, and RPM.

UNIT-IV

Measurement of Intelligence: GMAT, Wechsler Adult Intelligence Scale, Wechsler Intelligence Scale for Children. Wechsler Preschool and Primary Scale of Intelligence.

Suggested Readings/e-resources/LMS :

Anastasi, A.&, Urbina, S., (2009). Psychological Testing. PHI Learning Private Ltd.: New Delhi
 Aiken, L.S.,& Marnat, G.G.(2009). Psychological Testing and Assessment (12th edition). Dorling Kindersley India Pvt. Ltd.: New Delhi.

Singh, A.K.(2012) .Tests, Measurements and Research Methods in Behavioural Sciences.: Moti Lal Banarsi das: New Delhi.

Singh, A.K. (2009). Uchatar Samanaya Manovigyan.: Moti Lal Banarsi das: New Delhi.

PRACTICAL

1. GMAT
2. Cattell's Culture Fair Test
3. RPM
4. Alexander Pass Along Test
5. WAIS
6. WISC

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



**UG A2: Single Major
Semester- 4**

**CC-A10 Youth Psychology
(Credits 04)**

**Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs**

Course Outcomes:

- Students will be able to describe the major physical, cognitive, emotional, and social changes that occur during adolescence.
- Students will identify common physical and mental health issues faced by youth.
- Students will learn about the influence of cultural, societal, and media factors on youth development and behavior.
- Students will be able to apply psychological principles to real-world issues affecting youth.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT-I

Adolescence: Nature, Adolescent's Maturation, Pubertal Changes and Hormonal Influences.
Threats to Adolescent's Well-Being: Aggression, Bullying, Juvenile Delinquency and Obesity.

UNIT-II

Mental Health issues and Preventions: Social media addiction, Stress, Anxiety, Depression and Suicide

UNIT-III

Health Issues and Preventions: Body image, Nutrition and Eating disorders.
Substance Abuse and Preventions - Smoking, Tobacco and Alcohol

UNIT-IV

Youth and social change: Leadership qualities among youth, Gender issues and youth empowerment, Positive youth development and resilience

Suggested Readings/e-resources/LMS :

Berk, L.E. (2004)- Developmental Through the Life Span. Delhi: Pearson Education.
Sheff-er, D.R. & Katherine, K. (2007). Developmental Psychology: Childhood And Adolescence
NewYork: Thomson Wadsworth.
Santrock, J.W. (1997). Life Span Development: Dubuque: Brown and Benchmark.



Practical

1. Youth Problem Inventory
2. Self-Concept
3. Body Image
4. Adolescence Stress
5. Aggression Scale
6. Bullying
7. Social Media Addiction Scale

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.

MIC 1 Select one from the university pool



**UG A2: Single Major
Semester- 4**

**CC-A11 Eastern Psychology
(Credits 04)**

**Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs**

Course Outcomes:

- Students will learn about the historical development of Eastern psychological thought and how it contrasts with and complements Western psychology.
- Students will gain a thorough understanding of core principles and concepts in Eastern psychological traditions.
- Students will explore the stages of spiritual development and self-realization as outlined in the Bhagavad Gita.
- Students will learn about various yoga and mindfulness practices and their applications in mental health and well-being.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT-I

Indian Psychology: Introduction, Fundamental assumptions and Historical Development, Harmony of body and Mind, Eastern and Western Approach to Psychology.

UNIT-II

Transpersonal Psychology in Bhagavat Gita. Identity and Existence.
Self- knowledge. Karma and Sanyasa

UNIT-III

Psychology of Buddhism, Jainism and Sufism: basic concepts and Principles

UNIT-IV

Yoga Psychology: Definition, Theory and Applications, Patanjali Yoga Sutras and Sidhis - Basic Concepts, Yoga Psychology and Samakhya

Suggested Readings/e-resources/LMS :

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

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

Safaya, R. (1975). Indian Psychology. New Delhi: Munshiram Manoharlal Publishers

Dalal, A.S. (Ed.) (2011). A greater psychology: An introduction to the psychological thought of Sri Aurobindo. New York: Penguin Putnam Inc.

Rao, K.R. &Paranjpe, A.C. (2016). Psychology in the Indian tradition: New Delhi: India: Springer Pvt. Ltd.

Kuppuswamy, B. (1990). Elements of ancient Indian psychology. Delhi: Konark Publishers Pvt. Ltd.

PRACTICAL

1. Triguna Test of Personality
2. Test of Anasakti and Aasakti
3. Self-Concept
4. Self Esteem
5. Self-Efficacy
6. Mysore Tridosh Test
7. Any Practical on Yoga

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



**UG A2: Single Major
Semester- 4**

**CC-A12 Cognitive Psychology
(Credits 04)**

**Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs**

Course Outcomes:

- Students will understand the historical context and scope of cognitive Psychology.
- Students will gain a thorough understanding of core cognitive psychology concepts.
- Students will develop hands-on experience in designing and conducting experiments related to cognitive processes.
- Students will learn to apply cognitive psychology principles to real-world problems and scenarios.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT-I: Introduction

Cognitive Psychology: Nature, Scope, Historical background and Current Status of Cognitive Psychology.

Methods to Study Cognition - Behavioral and Physiological.

UNIT-II: Attention and Reasoning

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

Reasoning: Nature and Types - Inductive and Deductive.

UNIT-III: Language and Problem Solving

Language: Nature, Properties, and Structure. Stages of Language Development.

Problem Solving: Nature and Classification of Problems, Factors Affecting Problem Solving.

Unit IV: Decision Making

Decision Making: Meaning and Nature of Decision Making, Factors influencing decision making, Judgement and heuristics



Suggested Readings/e-resources/LMS :

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

Practical

1. Attention (Selective / Focused)
2. Problem Solving
3. Stroop Effect
4. Letter Cancellation
5. Trail Making
6. Language
7. Tower of Hanoi

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



Semester- 5

CC-A13 Psychopathology (Credits 04)

Maximum Marks: 100

Theory Examination: 35

Theory Internal Assessment: 15

Practical Examination: 35

Practical Internal Assessment: 15

Examination Time: 2 hrs

Course Outcomes:

- Students will understand the historical context of psychopathology.
- Students will learn about various factors that contribute to the development of psychological disorders.
- Students will become familiar with the diagnostic criteria for psychological disorders.
- Students will be able to identify the symptoms and features of major psychological disorders.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT I: Introduction of Psychopathology

Definition and Historical overview of Psychopathology; Nature and characteristics of Abnormality, Criteria of Abnormality.

UNIT II: Models of Psychopathology

Models for conceptualization of mental disorders: Biological model, Psychoanalytic model, Behavioural Model, Cognitive Model

UNIT III: Classification and Assessment

Systems of classification: Need for Classification, DSM 5 TR, ICD 11

Diagnostic Assessment: Case History, Projective Technique

UNIT IV: Anxiety Disorders, Obsessive Compulsive disorder and Mood disorders: Symptoms and Etiology

Anxiety Disorders: Generalized Anxiety Disorder (GAD), Panic disorder, and Phobia ;

Obsessive compulsive disorder

Mood Disorders: Major depressive disorder and Bipolar Disorder

Suggested Readings

1. Hecker, J. E., & Thorpe, G. L. (2016). *Introduction to clinical psychology: Science, practice, and ethics* (3rd ed.). Pearson.

2. American Psychiatric Association. (2022). *Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR)* (5th ed., text rev.). Washington, DC: Author.
3. Nietzel, M. T., Bernstein, D. A., & Milich, R. (1994). *Introduction to clinical psychology* (4th ed.). Prentice Hall.
4. Butcher, J. N., Hooley, J. M., & Mineka, S. (2022). *Abnormal psychology* (latest ed.). Pearson.
5. Pomerantz, A. M. (2023). *Clinical psychology: Science, practice, and culture* (6th ed.). Sage Publications.
6. Shyam, R., & Khan, A. (2009). *Clinical child psychology*. Kalpaz Publications.
7. Singh, A. K. (2005). *Advanced clinical psychology*. Motilal Banarsidass.
8. Trull, T. J., & Widiger, T. A. (2023). *Abnormal psychology and life: A dimensional approach*. Cengage.
9. Barlow, D. H., Durand, V. M., & Hofmann, S. G. (2023). *Psychopathology: An integrative approach to mental disorders* (9th ed.). Cengage Learning.
10. Kring, A. M., Johnson, S. L., Davison, G. C., & Neale, J. M. (2022). *Abnormal psychology* (14th ed.). Wiley.

Practical

1. Obsessive- compulsion Checklist
2. Depression Inventory
3. Adjustment Inventory
4. Mental Health Questionnaire
5. Anxiety Inventory
6. PGI- Memory Scale
7. Defense Mechanism Inventory
8. Movie based analysis of mental health issues

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



Semester-5

CC-A14 Research Methods in Psychology (Credits 04)

Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs

Course Outcomes:

- Students will understand the nature and scope of research in the field of Psychology.
- Students will be able to understand various quantitative and qualitative research designs.
- Students will develop skills to write clear and concise research reports.
- Students will become familiar with ethical principles in psychological research, including informed consent, confidentiality, and the protection of participants.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

Unit I: Introduction to Psychological Research

Nature of Psychological Research. Goals of Psychological research, Criteria of a good research, Ethical issues in psychological research, Writing a research report (APA)

Unit II: Research Process and Its Components

Steps in Research process, Types of Research, Variables in Research
 Problem, Hypothesis and Sampling

Unit III: Quantitative Research method

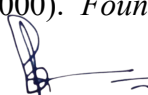
Quantitative Research method: Meaning and characteristics, Objectives of quantitative research
 Experimental and Quasi experimental research

Unit IV: Qualitative Research Method

Qualitative Research Method: Nature, rationale and Application of Qualitative research designs.
 Merits and demerits. Issues related to Qualitative research: subjectivity, reflexivity.

Suggested Readings:

1. Blackstone, A. (2018). *Principles of sociological inquiry* (2nd ed.). Saylor Academy.
2. Breakwell, G. M., Smith, J. A., Wright, D. B., & Fife-Schaw, C. (2021). *Research methods in psychology* (5th ed.). SAGE India.
3. Shadish, W. R., Cook, T. D., & Campbell, D. T. (2002). *Experimental and quasi-experimental designs*. Houghton Mifflin.
4. Elmes, D. G., Kantowitz, B. H., & Roediger, H. L. (2019). *Research methods in psychology* (12th ed.). Cengage.
5. Kerlinger, F. N., & Lee, H. B. (2000). *Foundations of behavioral research* (4th ed.). Cengage India.



6. Leary, M. R. (2023). *Introduction to behavioral research methods* (8th ed.). Pearson.
7. Singh, A. K. (2008). *Tests, measurements and research methods in behavioural sciences*. Bharti Bhawan.
8. Morling, B. (2021). *Research methods in psychology* (4th ed.). Norton.
9. Field, A. (2018). *Discovering statistics using IBM SPSS statistics* (5th ed.). SAGE.

Practical:

Perform any three

1. Select a topic and prepare a short proposal including aim, hypothesis, variables, and method
2. Review a Research Article/Book
3. Conduct an experiment or Survey
4. Conduct structured or semi-structured interview
5. Case study of an Individual



Semester-5

CC-A15 Psychological Testing (Credits 04)

Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs

Course Outcomes:

- Students will understand the historical development of psychological testing and the theoretical foundations underlying different types of tests.
- Students will grasp fundamental concepts in psychological testing, including reliability, validity, standardization, and norms.
- Students will learn the principles and processes involved in developing psychological tests, including item writing, item analysis and norming procedures.
- Students will develop the skills to administer, score, and interpret various psychological tests accurately and ethically.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

Unit I: Introduction

Definition and nature of a psychological test and brief history of Psychological Testing;
 Classification of psychological tests and their uses, Levels of measurement
 Item Preparation: Steps of test construction, guiding rules of item writing, item analysis.

Unit II: Reliability

Reliability: Concept and Methods for determining reliability-Test-Retest, Parallel forms, Split-half, Factors affecting Reliability.

Unit III: Validity

Validity: concept and Types- face validity, content validity, and criterion-related validity;
 Factors influencing validity.

Unit IV: Standardization of Tests

Developmental Norms: Mental Age Norms, grade norms, ordinal scales; Within group
 Norm: percentiles, standard scores, Deviation IQ and stanines.

Suggested Readings:

1. Anastasi, A., & Urbina, S. (2017). *Psychological testing* (7th ed.). Pearson India.
2. Hasan, Q. (1998). *Personality assessment*. Gyan Publishing House.
3. Cohen, R. J., Swerdlik, M. E., & Sturman, E. D. (2018). *Psychological testing and assessment* (9th ed.). McGraw-Hill.



4. Kaplan, R. M., & Saccuzzo, D. P. (2018). *Psychological testing* (9th ed.). Cengage India.
5. Kline, T. J. B. (2013). *Psychological testing*. SAGE.
6. Husain, A. (2017). *Psychological testing*. Pearson India.
7. Gregory, R. J. (Latest). *Psychological testing*. Pearson.
8. American Educational Research Association et al. (2018). *Standards for educational and psychological testing*.
9. Groth-Marnat, G., & Wright, A. (2016). *Handbook of psychological assessment*. Wiley

Practical

1. Test construction/Translation
2. Item-difficulty
3. Item-distractor index
4. Reliability of a test
5. Validity of a test
6. Developing Norms

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



Semester- 6**CC-A16 Applied Psychology
(Credits 04)****Maximum Marks: 100****Theory Examination: 35****Theory Internal Assessment: 15****Practical Examination: 35****Practical Internal Assessment: 15****Examination Time: 2 hrs****Course Outcomes:**

- Students will be able to define and describe the scope and significance of applied psychology in various contexts.
- Students will understand techniques for assessing individual and group behavior and designing effective interventions.
- Students will explore psychological approaches to promoting physical health and improving health care service.
- Students will learn about the application of psychology to improve organizational effectiveness.
- Students will understand the role of psychology in legal contexts.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT-I: Introduction

Introduction: Meaning and History of Applied Psychology; Basic and Applied Psychology, Fields of Applied psychology.

UNIT-II: Counselling and Industrial Applications

Counselling Application: Skills of Counsellor, Counselling applications in Schools and career

Industrial Applications: Employee selection process, performance appraisal, sources and impact of Job satisfaction.

UNIT-III Health Psychology and Applications

Health Applications: Concept of health, life style and its consequences, stress and illness; coping and stress management

Influence of social media on Physical health and Mental health, Digital detox strategies

UNIT-IV Forensic Psychology

Forensic Psychology: Media and Perception about crime, eyewitness testimony: Factors affecting eyewitness testimony and ways of improving eyewitness testimony

Suggested Readings

1. Baron, R. A., Branscombe, N. R., & Byrne, D. (2021). *Social psychology* (14th ed.). Pearson India.



2. Weiten, W., Dunn, D. S., & Hammer, E. Y. (2022). *Psychology applied to modern life* (12th ed.). Cengage India.
3. Schultz, D. P., & Schultz, S. E. (2021). *Psychology and work today*. Pearson India.
4. Schneider, F. W., Gruman, J. A., & Coutts, L. M. (2024). *Applied social psychology* (3rd ed.). SAGE India.
5. Gurung, R. A. R. (2023). *Health psychology: Well-being in a diverse world* (5th ed.). Sage India.
6. Jhand, A. K. (2023). *Textbook of applied psychology*. Vision Health Sciences.
7. Kool, V. K., & Agrawal, R. (2020). *Applied social psychology*. Atlantic.
8. Corey, G. (2021). *Theory and practice of counseling and psychotherapy* (10th ed.). Cengage.
9. Aamodt, M. G. (2022). *Industrial/organizational psychology* (9th ed.). Cengage.
10. Taylor, S. E., & Stanton, A. L. (2021). *Health psychology* (11th ed.). McGraw-Hill.

PRACTICAL

1. Stress Scale
2. Coping Styles/Wellbeing Scale
3. Life Style Schedule
4. Internet overuse scale/ Social Networking addiction scale
5. Job Satisfaction
6. Counselling Need Inventory
7. Job Stress Scale

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



Semester-6

CC-A17 Organizational Behaviour

(Credits 04)

Maximum Marks: 100

Theory Examination: 35

Theory Internal Assessment: 15

Practical Examination: 35

Practical Internal Assessment: 15

Examination Time: 2 hrs

Course Outcomes:

- Students will gain knowledge of key theories and models related to individual, group, and organizational behavior, including motivation, leadership and team dynamics.
- Students will learn about the structures and dynamics of organizations that influence behavior within them.
- Students will enhance their ability to critically evaluate organizational practices.
- Students will apply psychological principles to understand and address issues in the workplace.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

Unit I: Introduction

Nature and Scope of Organizational Behaviour. Classical organization theory, Human Relations theory and Systems theory

Unit II: Work Motivation

Meaning and Process of Motivation. Early theories of Work Motivation (Maslow and Herzberg). Contemporary theories of Work Motivation (ERG & McClelland).

Unit III: Group Behaviour

Group dynamics, Types of groups, Teamwork and team building, Conflicts and conflict management

Unit IV: Organizational Structure and Leadership Behaviour

Nature and Types of Organizations (Traditional Vs Modern). Meaning and Importance of Leadership. Transformational, Transactional, Charismatic and Visionary leadership.

Suggested Readings:

1. Conte, J. M., & Landy, F. J. (2023). *Work in the 21st century* (7th ed.). Wiley India.
2. Aamodt, M. G. (2022). *Industrial/organizational psychology* (9th ed.). Cengage India.

3. Riggio, R. E. (2017). *Introduction to industrial/organizational psychology* (7th ed.). Pearson India.
4. Robbins, S. P., & Judge, T. A. (2022). *Organizational behavior* (18th ed.). Pearson India.
5. Schultz, D. P., & Schultz, S. E. (2021). *Psychology and work today*. Pearson India.
6. Luthans, F. (Latest). *Organizational behavior*. McGraw-Hill India.
7. Singh, K. (2020). *Organizational behavior: Text and cases*. Pearson India.
8. Newstrom, J. W. (2015). *Organizational behavior: Human behavior at work*. McGraw-Hill India.

PRACTICAL

1. Leadership scale
2. Intrinsic/Extrinsic Motivation
3. Vocational Interest test
4. Aptitude Test
5. Self-Concept Scale
6. Emotional Maturity/Emotional Intelligence Scale
7. Job Stress Scale

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



Semester-6**CC-A18 Guidance & Counselling
(Credits 04)**

Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs

Course Outcomes:

- Students will understand the foundational theories and principles of guidance and counseling.
- Students will learn and practice essential counseling techniques.
- Students will understand the ethical considerations in counseling practice.
- Students will engage in self-reflection and professional development activities to understand their strengths and areas for growth as future counselors.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

Unit I

Nature of Guidance and Counseling; Difference between Guidance, Counseling and Psychotherapies; Ethical Principles of counseling and future trends in Counseling

Unit II:

Nature and principles of Guidance, Need and importance of guidance

Types of Guidance: Educational guidance, Vocational guidance, Personal guidance

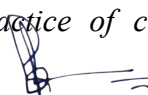
Unit II

Process of Counseling; Building Therapeutic relationships; managing transference, countertransference and resistance and termination process

Unit IV

Theoretical Approaches to Counseling: Psychoanalytical Therapy, Person- Centered therapy, Cognitive Behavior therapy and Rational Emotive therapy, Counseling in Indian context

References:

1. Seligman, L., & Reichenberg, L. W. (2021). *Theories of counseling and psychotherapy* (5th ed.). Pearson India.
 2. Capuzzi, D., & Stauffer, M. D. (2019). *Counseling and psychotherapy: Theories and interventions* (7th ed.). ACA.
 3. Corey, G. (2021). *Theory and practice of counseling and psychotherapy* (10th ed.). Cengage India.
- 

4. Miller, W. R., & Rollnick, S. (2023). *Motivational interviewing*. Guilford Press.
5. Somers-Flanagan, J., & Somers-Flanagan, R. (2021). *Counseling and psychotherapy theories in context and practice* (3rd ed.). Wiley.
6. Gladding, S. T. (2021). *Introduction to counseling* (8th ed.). Pearson India.
7. Nelson-Jones, R. (2014). *Basic counselling skills*. SAGE India.
8. Rao, S. N. (2020). *Counselling psychology*. McGraw-Hill India.

Practical

1. Guidance Need Inventory
2. Vocational Interest Survey
3. School Environment
4. Teacher Effectiveness Scale
5. Planning of Guidance Program
6. Case study of Educational/ Vocational/ Career Guidance
7. Role Play

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.

MIC 6 To select one from the university pool

SEC 3 To select one from the university pool



**Minor Course
Semester-1**

**MIC-1 Positive Psychology
(Credits 02)**

**Maximum Marks: 50
Theory Examination: 35
Internal Assessment: 15
Examination Time: 2 hrs**

Course Outcomes:

- Students will understand basic concepts of Positive Psychology.
- Students will develop skills to apply positive psychology interventions in various settings.
- Students will analyze the impact of positive psychology on mental health and well-being.

Note: The students will be required to attempt three questions in all. Question No. I will be compulsory comprising of 5 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 5 = 5$ marks. In addition to it, Question Nos. II to V will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 15 marks each i.e. $2 \times 15 = 30$ marks thus making it the total weight age to 35 marks.

UNIT I: Foundation of Positive Psychology

Definition and scope of Positive Psychology; Comparison with traditional psychology

Strengths and Virtues: Classification of strengths and virtues (VIA Classification)

UNIT II: Positive Emotional and Cognitive States

Nature and Determinants of Happiness, Hedonic and Eudemonic well-being

Optimism and Hope; Mindfulness

Suggested Readings:

- Baumgardner, S.T. & Crothers, M.K. (2009). Positive Psychology. New Delhi: Pearson
- Carr, A. (2011). Positive Psychology: The Science of Happiness and Human Strengths. (2nd ed.) Taylor & Francis Group.
- Linley, P.A. Harrington, S., Garcea, N., & Page, N. (2010). Oxford Handbook of Positive Psychology at work. Oxford University Press.
- Snyder, C.R. & Lopez, S.J. (2008). Positive Psychology: The Scientific and Practical Exploration of Human Strengths. New Delhi: Sage



**Minor Course
Semester-2**

**MIC-2 Consumer Behaviour
(Credits 02)**

**Maximum Marks: 50
Theory Examination: 35
Internal Assessment: 15
Examination Time: 2 hrs**

Course Outcomes:

- Students will gain an understanding of the key concepts in consumer behavior and marketing management.
- Students will learn about various factors affecting psychological processes involved in consumer behavior.
- Students will be able to analyze the decision-making processes of consumers.
- Students will develop critical thinking skills by analyzing consumer behavior case studies and real-world scenarios.

Note: The students will be required to attempt three questions in all. Question No. I will be compulsory comprising of 5 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 5 = 5$ marks. In addition to it, Question Nos. II to V will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 15 marks each i.e. $2 \times 15 = 30$ marks thus making it the total weight age to 35 marks.

UNIT-1

Consumer Behavior: Concept and need for studying consumer behavior, Understanding the Diversity of consumer behavior,
The value of consumer research, Application: consumer behavior and marketing management

UNIT-II

Perception And Consumer Behaviour: Meaning of perception & related terms, External and internal factors,
The perceptual process & factors responsible for perceptual distortion, Application: consumer imagery. Social influence on consumer behavior

Suggested Reference Books:

1. Consumer Behavior – Building Marketing Strategy, tenth edition. Hawkins, Mothersbaugh, Best; McGraw-Hill, 2007. ISBN-10: 0-07-310137-0
2. Curtis P Haugtvedt -Curtis P Haugtvedt- Handbook of Consumer Psychology, Psychology Press
3. Barrie Gunter- The Psychology of Consumer Profiling in a Digital Age. Routledge

Suggested Readings:

1. Dessler, G. (2009). A framework for human resource management, 5th ed. Pearson/Prentice Hall Publishing.
2. Rao, V.S.P. (2005). Human resource management: Text and cases, 2nd ed. Excel books.
3. Nick & James, T. W. (2012). Effective training - systems, strategies and practices. Pearson.
4. Bhatia, S.B. K. (2009). Training and development: concepts and practice. New Delhi: Deep and Deep publication private limited.
5. Noe. R. (2012). Employee training and development. New York: McGraw-Hill Education

**Minor Course
Semester-3**

**MIC-3 Psychology of Media
(Credits 04)**

**Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs**

Course Outcomes:

- Students will learn about the historical development of media psychology and its implications.
- Students will gain a comprehensive understanding of how media influences individual and societal behavior.
- Students will understand the impact of media on different developmental stages.
- Students will develop critical thinking skills through the analysis of media content and its psychological impact.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNITI: INTRODUCTION

Definition; Brief history of media psychology; The need for media psychology; relationship between Psychology and media; Applications of media psychology.

UNITII: DEVELOPMENTAL ISSUES IN MEDIA PSYCHOLOGY

Young children and television – fantasy versus reality; children's socialization through media, imagination, pretense, and theory of mind

UNITIII: MEDIA AND ADOLESCENTS

Media and adolescents - media use in adolescence, the role of media figures during adolescence, media influences on adolescent body image.

UNITIV: PSYCHOLOGICAL EFFECTS OF MEDIA

Pro-social effects of media – media and prosocial behaviour, the effects of “Prosocial Media” on audience; The effects of media violence

Advertising in media – the role of psychology in advertising, cognitive and behavioural effects of advertising

Suggested Readings

1. Giles. D. (2003). Media Psychology, Lawrence Erlbaum Associates & Publishers: London.
2. Mahon, C. (2019). The Psychology of Social Media. London, UK; Routledge



**Minor Course
Semester-4**

MIC-4 Community Psychology

(Credits 04)

Maximum Marks: 100

Theory Examination: 35

Theory Internal Assessment: 15

Practical Examination: 35

Practical Internal Assessment: 15

Examination Time: 2 hrs

Course Outcomes:

- Students will learn the core principles of community psychology including ecological systems theory.
- Students will gain knowledge of how different systems such as individuals, families, organizations, communities interact and influence well-being.
- Students will understand the importance of cultural context and diversity in the community.
- Students will develop skills in designing, implementing, and evaluating community-based programs and interventions.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT I: Introduction

Definition of community psychology, Community Psychology: A Shift in Perspective. Community Psychology in India, Ecological Levels of Analysis in Community Psychology.

UNIT II: Understanding Community

Types of Communities. Sense of Community, Conflict and Change within a Community. Building Communities.

UNIT III: Community Mental Health

Emergence of Community mental health. Prevention: concept and types (Primary, Secondary and Tertiary). Intervention used by community psychologists. Community Psychology and health care system.

UNIT IV: Community Intervention and Development

Community development: meaning and objectives, Models of community intervention
Role of community psychologist in social change

Suggested Readings

Cook, P. (1970). *Community psychology and community mental health-Introductory reading*. San Francisco: Holden Day.

- Levine, M., Perkins, D. D., & Perkins, D. V. (2004). *Principles of Community Psychology: Perspectives and Applications* (3rd ed.). New York: Oxford University Press.
- Moritsugu, G., Wong, F. Y., & Duffy, K. G. (2009). *Community Psychology* (4th ed.). Boston, MA: Allyn and Bacon.
- Rappaport, J., & Seidman, E. (Eds.). (2000). *Handbook of Community Psychology*. New York: Kluwer Academic/Plenum.
- Rudkin, J. K. (2003). *Community Psychology: Guiding Principles and Orienting Concepts*. Upper Saddle River, NJ: Prentice Hall.
- Scileppi, J. A., Teed, E. L., & Torres, R. D. (2000). *Community Psychology: A Common Sense Approach to Mental Health*. Upper Saddle River, NJ: Prentice Hall

Semester-5

**MIC-5 Sports Psychology
(Credits 04)**

Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs

Course Outcomes:

- Students will gain knowledge of the basic concepts in sports psychology such as motivation, arousal, anxiety, and team cohesion.
- Students will understand how psychological factors influence sports performance of athletes across different levels of competition.
- Students will develop ability to implement various techniques used to enhance athletic performance, including imagery, self-talk, and relaxation techniques.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

Unit I: Introduction to Sports Psychology

History, nature, and scope of sports psychology. Development of Sports Psychology in India, Principles of Effective coaching

Unit II: Leadership

Components of effective leadership in Sports; Relationship of team cohesion with performance and building cohesion for success, team building

Unit III: Factors influencing Sports Performance

Motivation: Definition and types: Intrinsic and Extrinsic Motivation.

Competitive anxiety; Stress as an enhancer of performance; Burnout and overtraining

Unit IV: Psychological Skills and Performance Enhancement

Goal setting and its importance in sports performance, Imagery and visualization techniques, Relaxation techniques: Progressive muscle relaxation, Breathing techniques

Suggested Readings:

1. Weinberg, R. S., & Gould, D. (2019). *Foundations of sport and exercise psychology* (7th ed.). Human Kinetics.
2. Jarvis, M. (2021). *Sport psychology: From theory to practice*. Routledge.
3. Weinberg, R. S. (Ed.). (2019). *Advances in sport and exercise psychology*. Human Kinetics.
4. Schinke, R. J., et al. (2020). *Sport and exercise psychology: A global perspective*. Wiley.

5. Singh, A. (2021). *Sports psychology*. Friends Publications India.
6. Sinha, P. (2020). *Applied sports psychology*. Khel Sahitya Kendra.
7. Weinberg, R. S., & Gould, D. (2020). *The new sport and exercise psychology companion*. Human Kinetics.

Practical

1. Achievement Motivation
2. Performance Anxiety
3. Competition
4. Cooperation
5. Well Being
6. Self Efficacy

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



Semester-6**MIC-6 Leadership & Public Speaking
(Credits 04)**

Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs

Course Outcomes:

- Students will understand characteristics of effective communication.
- Students will develop strong interpersonal communication skills including active listening, empathy, and feedback.
- Students will be able to apply leadership theories and techniques in various settings, including group facilitation, conflict resolution, and decision-making.
- Students will learn effective public speaking skills, including organization, delivery, use of visual aids, and handling questions.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT I

Introduction to Effective Communication- Features, Advantages & Disadvantages; Importance of Listening; Oral communication- Meaning, Features & Importance

UNIT II

Leadership Skills-Meaning, Features & Importance, Leadership in Academic Life, Corporate Space, Public Life, Social Leadership and Political Leadership. Leadership & Innovations- Audience analysis, Audience Engagement & Leadership

UNIT III

Importance of Public Speaking in developing Leadership Skill; 3P's of Public Speaking (Preparation, Practice, Performance); Rhetoric Skills, Art of Informative & Persuasive speaking, Concluding Speech with Power.

Unit IV:

Interpersonal communication skills, Digital communication and leadership, Negotiation and conflict resolution skills



Suggested Readings:

1. Beebe, S. A., & Beebe, S. J. (2021). *Public speaking: An audience-centered approach* (11th ed.). Pearson India.
2. Cardon, P. W. (2021). *Business communication: Developing leaders for a networked world* (5th ed.). McGraw-Hill.
3. Jaffe, C. I. (2021). *Public speaking: Concepts & skills for a diverse society* (9th ed.). Cengage Learning.
4. Hackman, M. Z., & Johnson, C. E. (2018). *Leadership: A communication perspective* (7th ed.). Waveland Press.
5. Lucas, S. E. (2020). *The art of public speaking* (13th ed.). McGraw-Hill.

Practical:

1. Assessment of Leadership
2. Analysis of effective speech- “I have a dream” by Martin Luthar King or “Long Walk to Freedom” by Nelson Mandela
3. Case Study of social anxiety in public speaking
4. Conduct a presentation using techniques like questioning, storytelling, or visuals
5. Role play of a leader
6. Experiential exercise

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



Semester-6

MIC-7 Criminal Behaviour (Credits 04)

Maximum Marks: 100
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 35
Practical Internal Assessment: 15
Examination Time: 2 hrs

Course Outcomes:

- Students will gain knowledge of the major theories of criminal behavior.
- Students will understand various types of criminal behaviors and their sources.
- Students will develop the ability to advocate for effective prevention programs aimed at reducing criminal behavior.

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

Unit I: Psychology of Criminal Behaviour

Definition, nature and criteria of criminal psychology. Theories of Crime: Psychological Theories, Social Theories. Crime trends in India.

Unit II: Violent Criminal Behaviour and Drug Related Crime

Psychology of aggression and violence. Terrorism – Domestic and international. Drugs and Crime. Cyber-crimes, bullying, harassment, stalking, digital arrest

Unit III: Crime and Prevention

Crime prevention topologies; Primary, secondary and tertiary. Recidivism; causes of recidivism and measures to curb recidivism. Reformation and rehabilitation.

Unit IV: Applied Criminal Psychology

Meaning and scope of applied criminal psychology, Role of psychology in criminal investigation, Criminal profiling, Victim psychology and victim support services

Suggested Readings:

1. Bartol, C. R., & Bartol, A. M. (2021). *Criminal behavior: A psychological approach* (12th ed.). Pearson India.
2. Bartol, C. R., & Bartol, A. M. (2021). *Forensic psychology: Crime, justice, law, interventions* (5th ed.). Pearson.
3. Bachhav, A. M. (2012). *Criminal psychology*. Chandra Lok Prakashan.
4. Rawat, A. (2012). *Studies on criminological psychology*. Cyber Tech Publications.
5. Howitt, D. (2018). *Introduction to forensic and criminal psychology* (6th ed.). Pearson.

6. Joinson, A. N., et al. (2021). *Cyberpsychology: Behavior and social networking*. Routledge.
7. Norman, K. L. (2017). *Cyberpsychology: An introduction to HCI*. Cambridge University Press.
8. Suryanarayana, N. V. S., Goteti, H., & Neelima, V. (2011). *Cyber psychology*. Sonali Publications.

Practical

1. Aggression/Anger
2. Recognition Memory for Faces
3. Lie Detection (Polygraph Record)
4. Moral Disengagement
5. Comparison of Attitudes towards Crime /Violence (Semi structured Interview Schedule)
6. Survey (One month Newspaper based) of Antisocial Behaviour
7. Movie analysis of criminal behaviour

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



Semester-5

VOC-2 Military Psychology (Credits 04)

Maximum Marks: 100

Theory Examination: 35

Theory Internal Assessment: 15

Practical Examination: 35

Practical Internal Assessment: 15

Examination Time: 2 hrs

Course Objectives:

- To introduce students to psychological principles applied in military settings
- To understand behavior, stress and performance in armed forces
- To develop practical skills relevant to defense, security, and crisis environments
- To explore mental health issues and interventions in military personnel

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

UNIT I: Introduction to Military Psychology

Definition, nature, and scope of military psychology; Historical development
Role of psychologists in armed forces; Psychological testing for recruitment: intelligence, personality, aptitude

UNIT II: Stress, Combat, and Coping Mechanisms

Nature of stress in military life; Combat stress and battlefield psychology; Post-Traumatic Stress Disorder (PTSD) and trauma
Coping strategies: resilience, mental toughness, emotional regulation; Role of social support and unit cohesion

UNIT III: Mental Health Issues and Psychological Interventions

Common mental health problems (anxiety, depression, PTSD); Suicide prevention in military personnel

Counseling and crisis intervention techniques; Rehabilitation of injured soldiers; Role of family and reintegration into civilian life

Unit IV: Applied Military Psychology and Operational Behaviour

Group dynamics in military units, Decision-making under pressure, Psychological preparation for combat and training, Ethical issues in military psychology

Suggested Readings

1. Maheshwari, N., & Kumar, V. V. (Eds.). (2015). *Military Psychology: Concepts, Trends and Interventions*. New Delhi: SAGE Publications India.
2. Kumar, U. (Ed.). (2020). *The Routledge International Handbook of Military Psychology and Mental Health*. New York: Routledge.
3. Britt, T. W., Adler, A. B., & Castro, C. A. (Eds.). (2006). *Military Life: The Psychology of Serving in Peace and Combat*. Westport, CT: Praeger Security International.

4. Kennedy, C. H., & Zillmer, E. A. (Eds.). (2006). *Military Psychology: Clinical and Operational Applications*. New York: Guilford Press.
5. Kennedy, C. H., & McNeil, J. A. (Eds.). (2006). *Military Psychology: Operational and Clinical Applications*. Washington, DC: American Psychological Association.
6. Figley, C. R., & Nash, W. P. (Eds.). (2007). *Combat Stress Injury: Theory, Research, and Management*. New York: Routledge.
7. Bowles, S. V., & Bartone, P. T. (Eds.). (2017). *Handbook of Military Psychology: Clinical and Organizational Practice*. Cham: Springer International Publishing.

Practical

1. Psychological screening: conduct any 2 Intelligence, TAT, Aptitude, Stress and Coping strategies
2. Case study analysis of soldiers' mental health
3. Stress Management activity



Semester-6

VOC 3: Para Psychology (Credits 04)

Maximum Marks: 100

Theory Examination: 35

Theory Internal Assessment: 15

Practical Examination: 35

Practical Internal Assessment: 15

Examination Time: 2 hrs

Course Outcomes

- To develop a clear understanding of key concepts in parapsychology such as Extrasensory Perception
- To understand the historical development of parapsychology and its major theoretical perspectives
- To understand and apply basic research methods used in parapsychology

Note: The students will be required to attempt five questions in all. Question No. I will be compulsory comprising of 7 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 7 = 7$ marks. In addition to it, Question Nos. II to IX will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 7 marks each i.e. $4 \times 7 = 28$ marks thus making it the total weightage to 35 marks.

Unit I:

Introduction to Parapsychology: Meaning and definition of Parapsychology, Historical background and development, Scope and importance and Difference between psychology and parapsychology

Unit II:

Extrasensory Perception (ESP): Define the ESP in detail, Types, Telepathy, Clairvoyance, Pre-cognition, Criticism and scientific issues, meaning and concept Psychokinesis (PK)
Experimental studies and findings, Scientific evaluation

Unit III:

Altered States & Paranormal Experiences, Dreams and their paranormal interpretations, Near-Death Experiences, Out-of-body experiences, Hypnosis and trance states, Research Methods in Parapsychology (Experimental methods & Case studies
Problems in research.

Unit IV:

Research Methods in Parapsychology, Problems in parapsychological research, Ethical issues in parapsychological studies

Practical:

1. Case Study of reported paranormal experiences
2. interviewing individuals claiming paranormal experiences
3. Reading and evaluating published parapsychology research paper

Suggested Readings books:



1. Cardeña, E., Palmer, J., & Marcusson-Clavertz, D. (2015). *Parapsychology: A handbook for the 21st century*. McFarland.
2. Cardeña, E. (Ed.). (2018). *Clinical parapsychology: An integrative approach*. McFarland.
3. Irwin, H. J., & Watt, C. (2007). *An introduction to parapsychology* (5th ed.). McFarland.
4. Rhine, J. B., & Pratt, J. G. (1957). *Parapsychology: Frontier science of the mind*. Charles C. Thomas.
5. Rhine, J. B. (1934). *Extrasensory perception*. Boston Society for Psychical Research.
6. Wolman, B. B. (Ed.). (1977). *Handbook of parapsychology*. Van Nostrand Reinhold.
7. Kelly, E. F., et al. (2007). *Irreducible mind: Toward a psychology for the 21st century*. Rowman & Littlefield.



**Multidisciplinary Course
Semester-1**

**MDC-I Understanding Psychology
(Credits 03)**

Maximum Marks: 75
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 20
Practical Internal Assessment: 05
Time: 2 Hrs.

Course Outcomes:

- Students will understand the key concepts and principles of Psychology.
- Students will develop an awareness of the various subfields within psychology.
- Students will understand and apply basic research methods in psychology
- Students will be able to apply psychological theories and principles to real-life situations.

Note: The students will be required to attempt four questions in all. Question No. I will be compulsory comprising of 5 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 5 = 5$ marks. In addition to it, Question Nos. II to VII will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 10 marks each i.e. $3 \times 10 = 30$ marks thus making it the total weight age to 35 marks. Three questions to be attempted. One from each unit.

UNIT I: Introduction

Meaning, Nature and Scope of Psychology. Methods of Psychology: Interview, Case Study and Observation.

UNIT II: Motivation and Emotion

Motivation: Nature, Needs, Drives and Incentives, Intrinsic-Extrinsic Framework.

Emotion: Components of Emotions, Bodily Expressions, Internal and External changes

UNIT III: Learning and Memory

Concept and nature of learning. Principles and applications of Classical Conditioning and operant conditioning.

Memory: nature and Types of memory: Sensory memory, Short term memory and Long term memory.

Suggested Readings

1. Morgan, C.T. and King, R.: Introduction to Psychology. Tata McGraw Hill Publishing Company Limited, New Delhi (1993).
2. Guilford, J.P.: General Psychology D. Van Nostrand: Princeton (1956).
3. Mohsin, S.M.: Elementary Psychology Delhi: Motilal Banarasi Das, (1997).
4. Hilgard & Atkinson: Introduction to Psychology (6th Ed.) New Delhi: Oxford & IBH Publishing Co., (1976).
8. Khatoon, N.: General Psychology New Delhi: Pearson Education (2012).
5. Feldman, R.S. (2004). Understanding Psychology (6th Edition), New Delhi, Tata-McGraw Hill.



PRACTICAL

1. Observation
2. Study of Emotions
3. Motivation Test
4. Maze Learning
5. Experiment on STM/LTM
6. Study of Primacy and Recency Effect

Note: Students will perform at least three practical. The examiner will allot one practical at the time of end term examination for evaluation.



Multidisciplinary Course Semester-2

MDC-2 Psychology of Abnormal Behavior (Credits 03)

Maximum Marks: 75
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 20
Practical Internal Assessment: 05
Time: 2 Hrs.

Course Outcomes:

- Students will understand the characteristics and criteria of abnormal behaviour.
- Students will learn about various factors that contribute to the development of psychological disorders.
- Students will be able to identify the symptoms and features of major psychological disorders.

Note: The students will be required to attempt four questions in all. Question No. I will be compulsory comprising of 5 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 5 = 5$ marks. In addition to it, Question Nos. II to VII will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 10 marks each i.e. $3 \times 10 = 30$ marks thus making it the total weight age to 35 marks. Three questions to be attempted. One from each unit.

UNIT I: Introduction of Abnormal Behaviour

Abnormal Behaviour: Meaning, Characteristics and Criteria. Causes of Abnormal Behaviour.

UNIT II: Disorders related to trauma, stress and obsessions

Disorders related to trauma, stress and obsessions: Symptoms and Etiology of Post traumatic stress disorder, adjustment disorder and obsessive-compulsive disorder

UNIT III: Developmental Disabilities

Developmental Disabilities: Symptoms and Etiology of Mental retardation, Autism and ADHD

Suggested Readings/e-resources/LMS :

Anand, V. and Srivastava, R. (2003). Manovikriti Vigyan, Delhi: Motilal Banarsi Das.
 Carson, R.C.; Butcher, J.N., et al. (2007). Abnormal Psychology 1,, (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 (10th ed.) Agra: Sahitya.



PRACTICAL

1. Adjustment Inventory
2. Stress Scale
3. General Health Questionnaire
4. Obsessive- compulsion Checklist
5. Intelligence Test

Note: Students will perform at least three practical. The examiner will allot one practical at the time of end term examination for evaluation.



**Multidisciplinary Course
Semester-3**

**MDC-3 Health & Wellbeing
(Credits 03)**

**Maximum Marks: 75
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 20
Practical Internal Assessment: 05
Time: 2 Hrs.**

Course Outcomes:

- Students will be able to understand historical development and major theories of Health Psychology.
- Students will be able to identify various sources of stress and will learn to deal with stress.
- Students will acquire knowledge of variety of health enhancing behaviours and will be able to know their application in illness management.
- Students will understand the spectrum of health and illness for better health management.

Note: The students will be required to attempt four questions in all. Question No. I will be compulsory comprising of 5 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 5 = 5$ marks. In addition to it, Question Nos. II to VII will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 10 marks each i.e. $3 \times 10 = 30$ marks thus making it the total weight age to 35 marks. Three questions to be attempted. One from each unit.

UNIT-I: Introduction

Health Psychology: Nature and Emergence of Health Psychology.

Models of Health Psychology: Biomedical Model, Biopsychosocial Model and Holistic model of Health

UNIT-II: Wellbeing

Well-being: Components of Well-being: Eudemonia and Hedonism, Life Satisfaction and Affect.

UNIT-III: Stress and Health and Health enhancing Behaviour

Stress and Health: Stress, GAS, Physiological Sources, Psychosocial Sources; Stress and Sickness.

Health Enhancing Behaviors: Resilience, Hope, Optimism.

Suggested Readings: -

Kaplan, R.M., Sallis, Jr., J.F., and Patterson, T.L. (1993) **Health and Human Behaviour**, New York: McGraw Hill.

Snyder, J.J. (1989) **Health Psychology and Behavioural Medicine**. New Jersey: Prentice Hall.

Straub, R.O. (2007). **Health Psychology – A Biopsychosocial Approach**. New York: Worth.

Taylor, S.E. (2006). **Health Psychology**. New Delhi. Tata McGraw Hill.

Friedman- Dimateo (1989). Health Psychology. New York : Prentice Hall.
Sarafino, E.P. (2002). Health psychology: Bio Psychosocial interactions (4th Ed.).NY: Wiley.
Schumidt L.R. Schwenkemgger, P. Weinment, J. and Maes, S. (1990). Theoretical and Applied Aspects of Health Psychology. London : Hardwood/Academic.
Snyder, C.R., & Lopez, S.J.(2007).Positive Psychology :The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage,
Spaceman, S. and Oskamp, S. (1988). The Social Psychology of Health. New York : Sage Publications.
Taylor, S.E. (2006). Health Psychology (6th Ed.). New York: Tata McGraw Hill.

PRACTICAL

1. Well-being Scale
2. Stress Inventory
3. Resilience Scale
4. Optimism Scale
5. Happiness Scale

Note: Students will perform at least three practical. The examiner will allot one practical at the time of end term examination for evaluation.



**Value Added Course
Semester-3**

**VAC-3 Art of Happiness
(Credits 02)**

**Maximum Marks: 50
Theory Examination: 35
Internal Assessment: 15 Max.
Examination Time: 2 hrs**

Course Outcomes:

- Students will learn and analyze how various factors influence concepts and experiences of happiness.
- Students will gain knowledge of difference approaches of happiness.
- Students will be able to implement interventions aimed at increasing happiness and well-being in themselves and others.

Note: The students will be required to attempt three questions in all. Question No. I will be compulsory comprising of 5 short answer type questions of 1 mark each and will cover the entire syllabus $1 \times 5 = 5$ marks. In addition to it, Question Nos. II to V will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 15 marks each i.e. $2 \times 15 = 30$ marks thus making it the total weight age to 35 marks.

Unit-I

Happiness: Definition and Nature. Sources of Happiness, Factors Affecting Happiness. Ways to Increase Happiness. Measuring Happiness: Key Indicators. Happiness Index. Happiness in India.

Unit-II

Eastern and Western approaches to happiness, Relationship between Happiness and Money. Happiness as Intrinsic Value. Age and Happiness.

Suggested Readings/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., Laya C, R., Powdthavee, N. and Ward, G. (2019). The Origins of Happiness.

NJ: Princeton University Press.

Yew - Kwang Ng (2022). Happiness- Concept, Measurement and Promotion. Springer



Semester-6**SEC-III Life skill -03
(Credits 03)**

Maximum Marks: 75
Theory Examination: 35
Theory Internal Assessment: 15
Practical Examination: 20
Practical Internal Assessment: 05
Time: 2 Hrs.

Course Outcome:

1. Students learn to value the importance of decision-making in life.
2. Learn to make better decisions in different areas of daily living.
3. Students will gain knowledge of problem solving in various aspect of life.

Note: The paper will have three units with internal choices, selecting two questions from each unit. Each question carries 10 marks. Students must attempt four questions in total. The first question is compulsory, consisting of five short questions of 1 mark each, covering the entire syllabus, with a total weightage of 35 marks.

Unit 1: Emotional Intelligence and Self-Mastery

Concept of emotional intelligence (EI), Self-awareness and self-regulation in pressure situations, Empathy in leadership and teamwork, Managing emotional triggers in academic and professional life

Unit II: Digital, Media and Information Literacy

Social media behaviour and digital identity, Basics of cyber safety and data privacy, Communication in digital environments (email, online collaboration tools)

Unit III: Adaptability, Change Management and Career Readiness

Understanding change in academic, social, and workplace environments, Building adaptability and flexibility, Career readiness skills, Workplace etiquette and professional behaviour

Practical

Attempt at least three of the following: -

- 1 EI assessment
- 2 reflection journal
- 3 Adjustment scale
- 4 Career scenario analysis / mock interview
- 5 Fake news detection exercise / digital footprint audit

Suggested Readings

1. Goleman, Daniel. *Emotional Intelligence: Why It Can Matter More Than IQ*. Bantam Books.
2. Mitra, Barun K. *Personality Development and Soft Skills*. Oxford University Press, India.
3. Mangal, S.K. & Mangal, Shubhra. *Emotional Intelligence: Managing Emotions to Win in Life*. Pearson India. Chadha, N.K. & Bhatia, H. (2014). *Career Development-different voices, different choices*. The
4. Gilster, Paul. *Digital Literacy*. Wiley Computer Publishing.
5. Rheingold, Howard. *Net Smart: How to Thrive Online*. MIT Press.
6. Dweck, Carol S. *Mindset: The New Psychology of Success*. Random House.