

## Semester 4

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
<b>Core Course(s)</b>														
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
<b>Minor/ Vocational Course(s)</b>														
MIC4/V OC-1	One from the University Pool		2		4	2		2	4	15	35	15	35	100
<b>Ability Enhancement Course(s)</b>														
AEC-4	One from the University Pool		2			2	2		2	15	35			50
<b>Value-added Course(s)</b>														
VAC-3	One from the University Pool		2			2	2		2	15	35			50
<b>Total Credits</b>									<b>20</b>					<b>500</b>

**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: 3 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:**

- a) Candidates would be required to attempt four questions in all.
- b) Question No. 1 would be compulsory. It shall be based on the entire syllabus and would contain 5 short answer type questions of one mark each.
- c) There would be two questions (10 marks each) from each of the three units. Candidates would attempt one Question from each unit.

**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; Indian Youth Lifestyle: Social media addiction, Stress, Anxiety, Depression and Suicide

**Unit-III**

Health Issues and Preventions: Body image, Nutrition and Eating disorders: Anorexia, Bulimia. Ritu bhojan and Virudh Bhojan.

Substance Abuse and Preventions - Smoking, Tobacco and Alcohol

**Practicals:**

- Movie Analysis
- Do atleast three from the following:
- Youth Problem Inventory
  - Self-concept
  - Body image
  - Adolescence stress
  - Aggression scale
  - Bullying/ Cyber bullying
  - Social media addiction scale/ Internet Overuse

Recommended Books/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.

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: 3 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:

- a) Candidates would be required to attempt four questions in all.
- b) Question No. I would be compulsory. It shall be based on the entire syllabus and would contain 5 short answer type questions of one mark each.
- c) There would be two questions (10 marks each) from each of the three units. Candidates would attempt one Question from each unit.

**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

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

**Practical:**

Do any one of the following two:

- Movie screening
- Report writing

Do any three of the following :

Triguna Test of Personality  
Test of Anasakti and Asakti  
Self Concept  
Self Esteem

Self Efficacy  
Mysor Tridosh Test  
Yoga

**Recommended Books/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.

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: 3 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:

- a) Candidates would be required to attempt four questions in all.
- b) Question No. 1 would be compulsory. It shall be based on the entire syllabus and would contain 5 short answer type questions of one mark each.
- c) There would be two questions (10 marks each) from each of the three units. Candidates would attempt one Question from each unit.

**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.

Reasoning: Nature and Types - Inductive and Deductive.

**Unit-III: Language and Problem Solving**

Language: Nature, Properties, and Structure. Stages of Language Development. Current trends in language development, current trends and brain development.

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

**Practicals:**

Do any four of the following:

- Attention
- Problem Solving
- Stroop Effect
- Letter Cancellation
- Tower of Hanoi

- Computer based practical
- (Language or Problem Solving)

**Recommended Books/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