

Mohanlal Sukhadia University

Udaipur- Rajasthan

Department of Psychology



Bachelor of Arts TDC (CBCS)

As per the NEP 2020

(Semester I to VI)

w.e.f. the Academic Session 2023-24

Discipline: Psychology

Faculty: Social Sciences

2023-24 Onwards

Psychology in B.A. Program: Semester wise course types, Course codes, Course title, Delivery type, Workload, Credits, Marks of Examination, and Remarks if any.

L ev el	S em 	Co urs e Typ e	Cours e Code	Course Title	Deliver y Type			To tal Ho urs	Cr edi t	Tot al Cr edi t	Intern al Assess ment	Eo S Ex am	M . M .	Rem arks
					L	T	P							
5	I	DC C	PSY5 000T	Basic Processes in Psychology	L 4 0	T 2 0	-	60	4	6	20	80	10 0	
			PSY5 000P	Practical I: Basic Processes in Psychology	-	-	P 6 0	60	2		20	80	10 0	
		AE CC- 1		As per University Common Scheme										
	II	DC C	PSY5 001T	Psychopatho logy	L 4 0	T 2 0	-	60	4	6	20	80	10 0	
			PSY5 001P	Practical II: Psychopatho logy	-	-	P 6 0	60	2		20	80	10 0	
			AE CC- 2		As per University Common Scheme									
Exit with B.A. Certificate (With 2 Credit in SEC)														
6	II I	DC C	PSY6 002T	Research Methods & Statistics	L 40	T 2 0	-	60	4	6	20	80	10 0	

			PSY6 002P	Practical III:Research Methods & Statistics	-	-	P 6 0	60	2		20	80	10 0	
		SE C		English Language/Cr eative writing										
I V	DC C		PSY6 003T	Applied Psychology	L 40	T 2 0	-	60	4	6	20	80	10 0	
			PSY6 003P	Practical IV: Applied Psychology	-	-	P 6 0	60	2		20	80	10 0	
		SE C	SEA6 366P	Stress Management	-	-	P 6 0	60	2	2	20	80	10 0	

Exit with B.A. Diploma

7	V	DS E	PSY7 100T	Counselling Psychology	L 4 0	T 2 0	-	60	4	6	20	80	10 0	
			PSY7 100P	Practical V: Counselling Psychology	-	-	P 6 0	60	2		20	80	10 0	
			PSY7 101T	Applied Social Psychology	L 4 0	T 2 0	-	60	4	6	20	80	10 0	
			PSY7 101P	Practical V: Applied Social Psychology	-	-	P 6 0	60	2		20	80	10 0	

		SE C	SEA7 367P	Communicatio n Skills	-	-	P 6 0	60	2	2	20	80	10 0	
V I	DS E		PSY7 102T	Child Psychology	L 4 0	T 2 0	-	60	4	6	20	80	10 0	
			PSY7 102P	Practical VI: Child Psychology	-	-	P 6 0	60	2		20	80	10 0	
			PSY7 103T	Industrial-Org anisation al Psychology	L 4 0	T 2 0	-	60	4	6	20	80	10 0	
			PSY7 103P	Practical VI: Industrial-Org anisation al Psychology	-	-	P 6 0	60	2		20	80	10 0	
			SE C	SEA7 368P	Mental Health& Wellbeing	-	-	P 6 0	60	2	2	20	80	10 0

An information regarding codes:

DCC extends for Discipline Centric Compulsory Course

DSE extends for Discipline Specific Elective

SEC extends for Skill Enhancement Course

AECC extends for Ability Enhancement Compulsory Course

B.A.(Third Year Degree Program)	
UG Semester- I	
Subject: Psychology	
Code of the course	PSY5000T
Title of the course	Basic Processes in Psychology
Qualification level of the course	NHEQF Level 4.5
Credit of the course	4
Type of the course	Discipline centric course (DCC) in Psychology
Delivery type of the course	Lecture, 40+20=60. The 40 lectures for content delivery and 20 hours on tutorial (40+10+10)
Prerequisites	10+2 Level
Co-requisites	None
Objectives of the Course	The main objective is to provide learning opportunities to orient the students towards the scientific study of the complexities of behavior. This course will impart knowledge of basic psychological concepts and methods. This will help the students to shape the cognitive, affective, and behavioural abilities. this course will promote self-understanding, reflexivity, and personal growth.
Learning Outcomes	<ul style="list-style-type: none"> ● Academic Competence – Students will be able to gain Disciplinary knowledge and conceptual clarity of basic psychological processes. ● Personal & Behavioural- Students will be able to gain a scientific understanding of their own behaviour and of others. ● Social Competence – Students will be able to develop an understanding of the application of psychology in everyday life.
Syllabus	
Unit I	Nature and Scope of Psychology: Psychology as a science of behaviour, scientific methods of Psychology, Fields, and application of Psychology. Origin and development of psychology in India Emergence and present status. (12 Hours)

Unit II	Response Mechanisms: Nervous system: Types and functions , Endocrine glands, Perception: Nature, attending and perceiving perceptual organization-Gestalt, Figure and Ground, Law of Organization. Perceptual illusions, Perceptual constancies, depth perception, distance, and movement. (12 Hours)
Unit III	Learning, Remembering and Thinking: Learning: Nature of learning, Factors and methods of learning, procedure of learning. Learning curves. Theories: Trial and Error, conditioning- Classical conditioning-Procedure, phenomena, and related issues, operant/ Instrumental conditioning- Procedure, phenomena; Learning by Insight. Memory and Forgetting; Forgetting Curve; Nature of remembering, retention, forgetting and factors of forgetting. Thinking: Nature of thinking, concept formation, and problem-solving. (12 Hours)
Unit IV	Motivation and Emotion: Motivation: Meaning and nature of motivation; need, drive, Incentive, primary and secondary motives. Emotions: Meaning, Nature of emotion, Theories of emotion: James-Lange, Canon Bard, and facial feedback hypothesis. (12 Hours)
Unit V	Individual Differences: Intelligence; Meaning and Nature, Measurement of Intelligence: Methods and Types of tests, factors affecting Intelligence, theories of intelligence- Spearman's two-factor theory, Gardner's multiple intelligence theory, Sternberg's triarchic theory, and Cattell theory. Personality: Meaning, Nature and factors affecting personality. Classification of personality, Jung, Kretschmer & Sheldon and Eysenck. Assessment of Personality. (12 Hours)
Text Books:	<ol style="list-style-type: none"> 1. Baron, R. & Misra. G. (2013). Psychology. Pearson. 2. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
Reference Books:	<ol style="list-style-type: none"> 1. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi. 2. Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.

B.A.(Third Year Degree Program)	
UG Semester- I	
Subject: Psychology	
Code of the course	PSY5000P
Title of the course	Practical I: Basic Processes in Psychology
Qualification level of the course	NHEQF Level 4.5
Credit of the course	2
Type of the course	Discipline centric course in Psychology
Delivery type of the course	60 Hours
Prerequisites	Equivalent to 10+2 Level
Co-requisites	None
Objectives of the Course	The objective is to orient the students regarding the experimental approach of General Psychology and to provide the opportunity for the students to work in the laboratory on different standardized psychological tests and tools.
Learning Outcomes	<ul style="list-style-type: none"> ● Ability to administer, analyse and interpret results from various psychological tools. ● Expanded knowledge of various assessment procedures ● Learning regarding the conduction of experiments.
Syllabus	<p>Students have to complete any four practical of the following:-</p> <ol style="list-style-type: none"> 1- Maze Learning 2- Span of attention 3- Methods of Learning (Any two) 4- Intelligence 5- Immediate Memory Span 6- Concept Formation. 7- Knowledge of Results 8- M.P.I. 9- Mirror Drawing 10- Any (teacher's Choice)

B.A.(Third Year Degree Program)	
UG Semester-II	
Subject: Psychology	
Code of the course	PSY5001T
Title of the course	Psychopathology
Qualification level of the course	NHEQF Level 4.5
Credit of the course	4
Type of the course	Discipline Centric Compulsory (DCC) Course in Psychology
Delivery type of the course	Lecture, 40+20=60. The 40 lectures for content delivery and 20 hours on tutorial (40+10+10)
Prerequisites	Foundation Level
Co-requisites	None
Objectives of the Course	This is the conceptual course of psychopathology to make better learning for students to define and understand the basic concepts underlying psychopathology, comprehend DSM-5 taxonomy and diagnostic criteria in the description of the various types of disorders, and note the changes in terminology.
Learning Outcomes	<p>The students would be able to understand:</p> <ul style="list-style-type: none"> ● Understand the differences between normality and abnormality along with the perspectives explaining them. ● Learn the symptoms, causes, and treatment of stress disorders, anxiety disorders, mood disorders, schizophrenia, and other mental disorders. ● Identify behavioral patterns and distinguish between routine or mild deviance and serious problematic deviation that require clinical assistance. ● To make an understanding of the nature and causal factors of abnormal behaviors. <p>To guide students to gain specific knowledge about different types of mental disorders.</p>
Syllabus	

Unit I	Meaning and Historical Views of Abnormality; Assessment Methods: Case studies, mental state examinations, psychological tests, self-report, observational approach. Definition and Preventive Measures of mental health. Classifications of Mental Disorders: Diagnostic statistical manual (DSM 5). (12 Hours)
Unit II	Causal factors for abnormal behavior: Biological, Psychological, and Sociocultural. Stress & Related Disorders: Meaning and characteristics of stress. Stress and physical health: Risk & causal factors in cardiovascular disease. Acute stress disorder, post-traumatic stress disorder (PTSD), its prevalence, and causal factors. Diathesis stress model. General Adaptation Syndrome (GAS). (12 Hours)
Unit III	Anxiety disorders & their prevalence, causal factors, symptoms & Treatment: Panic, phobias, Generalized anxiety disorders. Obsessive-compulsive and related disorders & their prevalence, causal factors. (12 Hours)
Unit IV	Schizophrenia and other Psychotic disorders: Schizophrenia: Meaning, clinical features, causes, subtypes & symptoms-positive and negative. (12 Hours)
Unit V	Bipolar Disorder & Depressive Disorder: Introduction, causes, types: a) bipolar disorder, symptoms including diagnostic criterion, prevalence; b) Depressive disorder, symptoms including diagnostic criterion, prevalence. Other Disorders: Gender Dysphoria, Eating Disorders, Sleeping Disorders. (12 Hours)
Text Books:	<ul style="list-style-type: none"> ● Irwin G. Sarason, Barbara Sarason (2005). Abnormal Psychology. New Delhi: Prentice Hall Publication ● Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
Reference Books:	<ul style="list-style-type: none"> ● Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press. ● Brewer, K. (2001). Clinical Psychology. Oxford: Heinemann Educational Publishers ● David Barlow H. & Durand V. Mark, 7th Edition, e-book (2013) Abnormal Psychology: Cengage Learning India Edition ● Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi: Cengage learning ● Kring, A.M., Johnson, S.L., Davison G.C. & Neale J.M. (2010). Abnormal Psychology (11th Ed.).NY: John Wiley ● Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, Divya Prakashani, Samantarapur, Bhubaneswar.

B.A.(Third Year Degree Program)	
UG Semester- II	
Subject: Psychology	
Code of the course	PSY5001P
Title of the course	Practical II: Psychopathology
Qualification level of the course	NHEQF Level 4.5
Credit of the course	2
Type of the course	Discipline Centric course in Psychology
Delivery type of the course	60 Hours
Prerequisites	Foundation Level
Co-requisites	None
Objectives of the Course	The practical will provide an overview of the concept of diagnosing and the clinical picture and dynamics of various psychological disorders.
Learning Outcomes	After completing the practical, students will be able to diagnose the patients using the specific test.
Syllabus	<p>A student will be required to conduct any four practical.</p> <ol style="list-style-type: none"> 1. Anxiety 2. Insecurity 3. Semi Projective test 4. Projective test 5. Study of Frustration test 6. Body Image 7. E.P.I 8. Depression 9. Eating Disorder 10. Any (teacher's Choice) within the scope of the objectives and learning outcomes.

B.A.(Third Year Degree Program)	
UG Semester-III	
Subject: Psychology	
Code of the course	PSY6002T
Title of the course	Research Methods and Statistics
Qualification level of the course	NHEQF Level 5
Credit of the course	4
Type of the course	Discipline Centric Compulsory (DCC) Course in Psychology
Delivery type of the course	Lecture, 40+20=60. The 40 lectures for content delivery and 20 hours of tutorial (40+10+10)
Prerequisites	Intermediate Level
Co-requisites	None
Objectives of the Course	The main objective of this course is to introduce the basic concepts in research methodology and statistics in social science. This course addresses the issues inherent in selecting a research problem and discusses the techniques and tools to be employed in completing research. This will also enable the students to prepare report writing and framing Research proposals. This course will also enable students to acquaint themselves with statistical methods to analyze the data.
Learning Outcomes	<ul style="list-style-type: none"> ● Students who complete this course will be able to understand and comprehend the basics of research methodology and apply them in research/ project work. ● This course will help them to select an appropriate research design. ● With the help of this course, students will be able to take up and implement a research project/ study. ● The course will also enable them to collect the data, edit it properly, and analyse it accordingly. Thus, it will facilitate students' prosperity in higher education. ● This course will develop skills in qualitative and quantitative data analysis and presentation. ● Students will be able to demonstrate the ability to choose methods appropriate to research objectives.

	<ul style="list-style-type: none"> After completing this course, the students should have developed a clear understanding of Measures of central tendency, variability, the Concept of correlation, various correlation coefficients- Pearson's correlation coefficient, Spearman's rank correlation coefficient, and Tabular and graphical representation of data based on variables.
Syllabus	
Unit I	Foundations of Research: Meaning, Objectives. Steps of research. Research ethics; Methods of Research: experimental, descriptive, historical, qualitative, quantitative methods. Research Design, Problem, Hypothesis & variables: Meaning, Characteristics, Types. (12 Hours)
Unit II	Measurement: Concept of measurement; validity and Reliability. Level of measurement- nominal, ordinal, interval, Ratio. Sampling: types- probability and non-probability sampling (12 Hours)
Unit III	Data processing, Classification, and Presentation: frequency distribution, graphical representation- Histogram, frequency polygon, Ogive Measures of central tendency: mean, median, mode. (12 Hours)
Unit IV	Measures of Variability: Range, Average Deviation, Standard Deviation, Quartile Deviation Parametric and non-parametric test, independent sample t-test, chi-square. (12 Hours)
Unit V	Correlation: meaning, Types- Rank difference method & Karl Pearson method Report writing: Importance and techniques of interpretation, Significance of report writing, steps in writing the report, the layout of a research report, Types of the report. (12 Hours)
Text Books	<ul style="list-style-type: none"> Kerlinger, F.N. (1998). Foundations of Behavioural Research. Surjeet Publication, Delhi Kothari, C. R. (2004): Research Methodology: Methods and Techniques. New Delhi: New Age International
Reference Books:	<ul style="list-style-type: none"> Thomas, C.G. (2018). <i>Research Methodology and scientific writing</i>. Ane Books Pvt. Ltd, New Delhi. कटारिया, एस. ; पालीवाल, एन. (2018). <i>शोध प्रविधि</i>. नेशनल पब्लिशिंग हाउस, जयपुर Srivastava, D.N. <i>Elementary Statistics in Psychology and Education</i>. Harprasad Bhargava, Kachari Ghat, Agra.

B.A.(Third Year Degree Program)	
UG Semester- III	
Subject: Psychology	
Code of the course	PSY6002P
Title of the course	Practical III: Research Methods and Statistics
Qualification level of the course	NHEQF Level 5
Credit of the course	2
Type of the course	Discipline Centric course in Psychology
Delivery type of the course	60 Hours
Prerequisites	Intermediate Level
Co-requisites	None
Objectives of the Course	The main objective is to apply the knowledge of theoretical aspects of research methodology and psychological statistics by using and doing the problems.
Learning Outcomes	<p>After completing the practical student will be able to</p> <ul style="list-style-type: none"> ● Understand how and when to apply which statistical procedure. ● Choose the right statistical technique to be used with the research method. ● Gain knowledge of various types of data, their organization, and evaluation of summary measures such as measures of central tendency and dispersion, etc.
Syllabus	<p>A student will be required to conduct any four practical.</p> <ol style="list-style-type: none"> 1. To set up a frequency distribution table for given Data 2. To draw frequency polygon and histogram 3. Computation of Mean, Median, and Mode from grouped data 4. Calculation of Q.D., A.D., and S.D. 5. Rank difference correlation 6. Pearson Correlation 7. Identification of variable – Independent and Dependent 8. Formation of Problem and Hypothesis 9. Formulate a Research report 10. Any (teacher's Choice) within the scope of the objectives and learning outcomes

B.A.(Third Year Degree Program)	
UG Semester- IV	
Subject : Psychology	
Code of the course	PSY6003T
Title of the course	Applied Psychology
Qualification level of the course	NHEQF Level 5
Credit of the course	4
Type of the course	Discipline Centric Compulsory (DCC) Course in Psychology
Delivery type of the course	Lecture, 40+20=60. The 40 lectures for content delivery and 20 hours on tutorial (40+10+10)
Prerequisites	Intermediate Level
Co-requisites	None
Objectives of the Course	The main objective is to equip students with skills and competencies in order to successfully engage in different fields in the discipline of Psychology. This course will impart knowledge and skills to the students regarding the application of psychological principles in clinical, educational, organizational, and other areas.
Learning Outcomes	<ul style="list-style-type: none"> ● The students will understand the importance of Applied Psychology ● The students will learn the symptoms, diagnosis, and treatment of major mental health disorders. ● The students will learn about interventions for learning disabilities and other types of special needs children. ● The students will learn about the role of Industrial-organizational Psychology in workplaces. ● The students will learn major psychological tests that are used in different fields. ● The students will learn about the use of psychological principles in forensic, environmental, consumer behavior, and defense areas.
Syllabus	

Unit I	<p>Psychology and Mental Health Applied Psychology.: Concept, Areas and Methods Psychology and Mental Health: Criteria of Abnormality. Causes, Symptoms, and Treatment of Depression, Anxiety, Schizophrenia, and Substance Abuse. Role of a Clinical Psychologist Psychotherapy: Meaning, Types, Process, Skills required. (12 Hours)</p>
Unit II	<p>Psychology and Education Scope of Educational Psychology, Role of School Psychologist. Childhood disorders: Meaning and types of Learning Disability Meaning, Types, and Management of Intellectual Deficit Disorders Rehabilitation Psychology: Managing Special Need Children, Gifted Children. (12 Hours)</p>
Unit III	<p>Psychology and Work Role of Industrial-Organizational Psychologist. Personnel Selection Methods. Training and Development: Identification of Training needs, Designing and delivering a training program, Evaluating Training Effectiveness Performance Appraisal and Feedback, Competency Mapping. (12 Hours)</p>
Unit IV	<p>Psychological Assessment Psychological tests: Meaning and types Intelligence: Wechsler, Raven's Progressive Matrices, Seguin Form Board Test Personality: 16 PF, MBTI. Aptitude tests (DAT), Interest inventories Assessment of Anxiety, Stress, and Depression. (12 Hours)</p>
Unit V	<p>Other Areas of Psychology Forensic Psychology: Empirical Profiling of Psychopaths Environmental Psychology: Human Behaviour and Environment, Environment-friendly behavior Consumer Psychology: Understanding consumer behaviour, Psychology of Advertising Application of Psychology in Defense and Military Settings (12 Hours)</p>
Text books :	<ol style="list-style-type: none"> 1. Brown, J.M.; Berrien, F.K.; Russell, D.L. & Wells, W.D. (1971) Applied Psychology. The McMillan Company, 2. Husband, R.W. (1934) Applied Psychology. Harper and Brothers Publishers 3. Swain, Smarak Applied Psychology: India Specific and Cross Cultural Perspective. 4. सिंह, अशोक प्रताप (2013)। व्यावहारिक मनोविज्ञान, पियरसन

Reference books :

1. Griffith, C.R. (2010) An Introduction to Applied Psychology
2. Gilmer, B.H. (1960) Applied Psychology: Problems in Living and Work, Tata McGraw Hill
3. Capuzzi (2008) Counselling and Psychotherapy. New Delhi: Pearson Education

B.A.(Third Year Degree Program)	
UG Semester- IV	
Subject: Psychology	
Code of the course	PSY6003P
Title of the course	Practical IV: Applied Psychology
Qualification level of the course	NHEQF Level 5
Credit of the course	2
Type of the course	Discipline Centric course in Psychology
Delivery type of the course	Practical, 60. The student will perform the experiments and submit the record of observations after getting the results (40+10+10)
Prerequisites	Intermediate Level
Co-requisites	None
Objectives of the Course	The main objective is to impart skills to use psychological principles in different fields of applications. The course will help students to develop competencies to use various psychological assessment tools in different fields. The course will enable students to demonstrate their competencies and skills in clinical, industrial, educational, and other emerging domains of Psychology.
Learning Outcomes	<ul style="list-style-type: none"> ● The students will be able to learn the use to assess the level of depression, anxiety, stress, and learning disability. ● The students will be able to identify special needs children and will understand their needs for training. ● The students will be able to identify the training and will be able to design training programs for the organizational sector. ● The students would be able to understand consumer behaviour and the psychology of advertising through the conduction of research.

Syllabus	A student will be required to conduct any four practicals. <ol style="list-style-type: none">1. Depression2. Anxiety/Stressful life events3. Learning disability4. Case Study: Rehabilitation Psychology5. Leadership6. Training needs/Training plan design7. Intelligence/Personality assessment8. Consumer behaviour research9. Psychology of Advertising10. Practical as per the suggestion of the teacher
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B.A.(Third Year Degree Program)	
UG Semester- IV	
Subject: Psychology	
Code of the course	SEA6366P
Title of the course	Stress Management
Qualification level of the course	NHEQF Level 5
Credit of the course	2
Type of the course	Skill Enhancement Course from Psychology
Delivery type of the course	60 Hours
Prerequisites	Intermediate Level
Co-requisites	None
Objectives of the Course	To understand the meaning and sources of stress and to learn various techniques of stress management and to develop a positive outlook and resilience through health-promoting lifestyles and habits
Learning Outcomes	<ul style="list-style-type: none"> ● To understand the nature, symptoms, and types of stress and its effect on the physical, psychological, and social domains of an individual ● To understand various types of stressors on academic, family, and work fronts ● To develop skills to manage stress by learning yoga, meditation, cognitive appraisal, relaxation, and deep breathing techniques
Syllabus	
Unit I	Understanding Stress Stress: Concept and Symptoms. Types of stress: Eustress and distress. Stress and Burnout. Stress and Personality (Type-A and Type-B behaviour) (12 Hours)
Unit II	Potential sources of stress Stressors: Environmental, Social, Psychological and Physiological. Digital exhaustion, Stressors unique to different age groups and gender (12 Hours)

Unit III	Impact of Stress Impact of stress: Physical, Psychological and Social domains Relation between Stress and Physiological state: General Adaptation Syndrome. (12 Hours)
Unit IV	Assessment and Management of Stress Assessment: Academic stress, Family stress, Examination Anxiety, Stressful Life events. Stress Management Techniques: Yoga, Meditation, Relaxation, Self-Affirmation. (12 Hours)
Unit V	Stress Management and Coping Counseling for stress management. Cognitive Appraisal and Restructuring. Managing stress through Diet, Exercise, and Social Support. Developing Coping Skills: Problem-focused and Emotion-focused. (12 Hours)
Text Books:	Taylor, Shelley E. Health Psychology. McGraw Hill Education
Reference Books:	Ciccarelli, S.K. & Meyer, G.E. (2010) Psychology: South Asian Edition, Pearson Understanding Stress, A Routledge Freebook, Routledge, Taylor & Francis Doing What Matters in Times of Stress: An Illustrated Guide. World Health Organization, 2020 Charlesworth, E.A. & Nathan R.G. Stress Management: A Comprehensive Guide to Wellness, Penguin Publication

B.A.(Third Year Degree Program)	
UG Semester- V	
Subject : Psychology	
Code of the course	PSY7100T
Title of the course	Counselling Psychology
Qualification level of the course	NHEQF Level 5.5
Credit of the course	4
Type of the course	Discipline Specific Elective Course
Delivery type of the course	Lecture, 40+20=60. The 40 lectures for content delivery and 20 hours of tutorial (40+10+10)
Prerequisites	High Level
Co-requisites	None
Objectives of the Course	The main objective is to familiarize students with the basic concepts and issues of counselling and to be informed of the history and development of professional counseling. This course will provide a comprehensive overview and general understanding of the profession of counselling. This course will imbibe the values and ethics of Counselling
Learning Outcomes	<ul style="list-style-type: none"> ● The students will be able to understand human behaviour at different stages, ● Students will be able to recognize behavioural problems and examine strategies for positive behavior, ● Students will be able to relate counselling theory to issues in counseling, ● Students will be able to develop an ethical approach to counselling
Syllabus	
Unit I	Introduction: Nature and Historical Perspective, Professional Counsellors- Roles and functions. Counselling for career planning and decision-making. Current interests incareerplanning, careercounsellingandthedevelopmentofHuman Potential, Career planning, and decision making in schools. Career counselling in non-schoolsetting. (12 Hours)

Unit II	Counseling process and Skills: Counseling Relationship – Meaning and Nature, Counseling interview, Basic Communication skills- Rapport Building, Assessment of Problem, setting goals, selecting, and designing interventions, Termination of Counseling. (12 Hours)
Unit III	Theories of Counseling: Psychoanalytic theory, Person-Centered therapy, Behavioural Therapy, Rational Emotive Therapy, Reality Therapy, Transactional Analysis, Gestalt therapy. (12 Hours)
Unit IV	Group Technique: Group Guidance, Group Counselling, Sensitivity groups, Encounter groups, Task groups, Psychoeducation groups, Group process and group dynamics. (12 Hours)
Unit V	Ethics and Professional Issues in Counselling. Definition of ethics, Professional codes of ethics and standards, Ethical counselling, legal concerns of counsellors, the Right of Informed Consent, Dimensions of Confidentiality, Strategies to Maintain Ethical Standards, and their Limitations. (12 Hours)
Text Books :	<p>Gladding, Samuel T. (2009): Counselling - A Comprehensive Profession, Sixth Edition, Pearson Education, Published by Kindersley</p> <p>2. Shertzer, B. And Stone, S. C. (). Fundamentals of Counselling</p> <p>3. Bond Tim (1997) Standards and Ethics for counsellors in action, New Delhi: Sage</p> <p>4. Sharma R N and Sharma R (2004), Guidance and Counselling in India.</p> <p>5. Capuzzi (2008) Counselling and Psychotherapy. New Delhi: Pearson education.</p>
Reference books :	<p>1. Colin Felthman and Ian Horton (2000) (Ed), Handbook of Counselling and Psychotherapy, New Delhi: Sage</p> <p>2. Gelso J Charles and Fretz R Bruce (1995), Counselling Psychology, Harcourt Brace Publishers, USA</p> <p>3. Gibson L Robert and Mitchel H Marianne (2003), Introduction to Counselling and Guidance, Pearson education, Inc</p>

B.A.(Third Year Degree Program)	
UG Semester- V	
Subject : Psychology Practical	
Code of the course	PSY7100P
Title of the course	Counseling Practical
Qualification level of the course	NHEQF Level 5.5
Credit of the course	4
Type of the course	Discipline Specific Elective Course
Delivery type of the course	60 Hours
Prerequisites	High Level
Co-requisites	None
Objectives of the Course	The objective is to give practical experience to the students in administering and scoring psychological tests and interpreting the scores and also to understand the role of family, school and community in counselling and guidance.
Learning Outcomes	<ul style="list-style-type: none"> ● Students will able to analyze, administer and assess the behavior. ● Students will able to improved communication and develop interpersonal skills ● Students will gain greater self acceptance and self esteem
Syllabus	
<p>Part-A: At least 4 tests have to be conducted and written</p> <ol style="list-style-type: none"> 1. Vocational Interest Inventory 2. Interest, Career and Value Test 3. Students Problem check-list 4. Sentence Completion Test 5. Family Relations Test: Children’s Version – Interpersonal Relationship 6. State-Trait Anger Expression Inventory-2™ (STAXI-2) 7. Adjustment inventories (Emotional adjustment/ Social adjustment /Emotional Maturity, etc.) 8. Aptitude testing (DAT/GAT) 9. Guidance Need Inventory <p>Practical as per suggestion of the teacher</p>	

B.A.(Third Year Degree Program)	
UG Semester- V	
Subject: Psychology	
Code of the course	PSY7101T
Title of the course	Applied Social Psychology
Qualification level of the course	NHEQF Level 5.5
Credit of the course	4
Type of the course	Discipline Specific Elective Course
Delivery type of the course	Lecture, 40+20=60. The 40 lectures for content delivery and 20 hours of tutorial (40+10+10)
Prerequisites	High Level
Co-requisites	None
Objectives of the Course	The objective of the course is to develop an understanding of social processes and study the application of psychology to social issues. By this course, Students will be able to understand the effective social behaviour and also a better understanding of self and others will help them to excel better in everyday life.
Learning Outcomes	<ul style="list-style-type: none"> ● Understanding of social behaviour ● Deep understanding of self behaviour ● Understanding of leadership skills ● Learning effective social behaviour
Syllabus	
Unit I	Meaning, nature, and scope of Social Psychology & Applied Social Psychology. Methods of Social Psychology- Observation-Participant and non-participant, Interview, Field experimentation, sociometry. (12 Hours)
Unit II	Social Cognition -Self in a social world, developmental views of self- Erikson, Rogers. Socialization – meaning, nature, and process of socialization. Agents of Socialization. (12 Hours)
Unit III	Aggression: Nature, Causes, Management Leadership: Meaning, nature, characteristics, and functions of a leader. Types of leaders. (12 Hours)

Unit IV	Communication-meaning nature, factors, and types: Verbal and non-verbal, one-way v/s two-way. Attitude and Social Change: Meaning, nature characteristics and methods of measurement of attitude. Thurston and Likert methods, attitude change. (12 Hours)
Unit V	Attribution: Theories of Attribution: Kelly, Davis & Jones Group processes, prosocial behaviour, interpersonal attraction, Establishing Friendship. (12 Hours)
Text Books:	<ul style="list-style-type: none"> ● Baron, R.A., Branscombe, N.R., Byne, D. and Bhardwaj, G.(2010). Social Psychology (12th Edition). Delhi, Pearson. ● Chadha, N.K. (ed) (2012) Social Psychology: McMillan Publishers, New Delhi
Reference Books:	<ul style="list-style-type: none"> ● Aronson, E., Wilson, T.D. and Akert, R.M. (2010). Social Psychology (7th ed.). Boston: Prentice Hall. ● Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community psychology: Linking individuals and communities. ● Misra, G. (2009). Psychology in India: Social and Organisational Processes. Delhi Pearson. Myers, D.G. (2005). Social Psychology (8th ed.). New Delhi: Tata McGraw Hill Pub. Co. Ltd. Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage Publications. ● लाल बच्चन त्रिपाठी। आधुनिक सामाजिक मनोविज्ञान,हरप्रसाद भार्गव, आगरा ● डॉ के. एन. शर्मा. सामाजिक मनोविज्ञान, राजस्थान हिन्दी ग्रंथ अकादमी, जयपुर

B.A.(Third Year Degree Program)	
UG Semester- V	
Subject : Applied Social Psychology Practical	
Code of the course	PSY7101P
Title of the course	Applied Social Psychology
Qualification level of the course	NHEQF Level 5.5
Credit of the course	4
Type of the course	Discipline Specific Elective Course
Delivery type of the course	60 Hours
Prerequisites	High Level
Co-requisites	None
Objectives of the Course	The objective is to orient the students regarding applied approach of social psychology. This course will provide opportunity to understand the social behaviour and their underlying cause.
Learning Outcomes	<ul style="list-style-type: none"> ● Ability to administer, analyse and assess the social behaviour. ● Expanded knowledge of various psychosocial perspectives. ● Better understanding regarding interpersonal and intrapersonal relationships.
Syllabus Students have to complete any four practical of the following:- <ol style="list-style-type: none"> 1- Test of Values 2- Attitude Measurement 3- One Way v/s Two Way Communication 4- Leadership 5- Sociometry (Formation of Sociogram and Sociometry) 6- Level of Aspiration 7- Use of Observation Methods 8- Study of Family values 9- Stereotypes 10- Any (Teacher's Choice). 	

B.A.(Third Year Degree Program)	
UG Semester- V	
Subject: Psychology	
Code of the course	SEA7367P
Title of the course	Communication Skills
Qualification level of the course	NHEQF Level 5.5
Credit of the course	2
Type of the course	Skill Enhancement Course from Psychology
Delivery type of the course	60 Hours
Prerequisites	High Level
Co-requisites	None
Objectives of the Course	This course's main objective is to prepare young psychologists for better communication and to have great interaction with their clients. The students will have a better understanding of the basic skills which will give them the confidence to work cohesively with the team and client and will add value to their personality and performance.
Learning Outcomes	The students would be able to: <ul style="list-style-type: none"> ● Communicate effectively. ● Develop interview skills. ● Develop better listening skills which is very much needed in the relationships with the client. ● Develop a confident personality. ● Develop leadership qualities and essentials.
Syllabus	
Unit I	Communication: Meaning, characteristics, importance, and type. Communication Process: Source, message, encoding, channel, decoding, receiver, feedback, context. (12 Hours)

Unit II	Effective Communication: verbal and non-verbal, intercultural, group communication, and classroom communication. Barriers to communication: Physiological, cultural, language, gender, interpersonal, psychological, and emotional. (12 Hours)
Unit III	Elements of Communication: Introduction, Face to face communication: tone of voice, body language, physical communication. Communication style: Introduction, communication style matrix, direct, spirited, systematic, considerate communication style; persuasive and intercultural communication. (12 Hours)
Unit IV	Basic listening skills: Introduction, self-awareness, active listening, becoming an active listener, listening in difficult situations. Effective written communication: Introduction, how and when to use written communication: the complexity of the topic, amount of discussion required, shades of meaning, formal communication. (12 Hours)
Unit V	Interview skills: Introduction, purpose, techniques. Creating PowerPoint Presentations and Giving Presentations: dealing with fears, planning the presentation, structuring, and delivering the presentation; techniques of Delivery. (12 Hours)
Text Books:	<ul style="list-style-type: none"> ● Peters, F.(2011). Soft skills and professional communication. First edition. McGraw Hill Education.
Reference Books:	<ul style="list-style-type: none"> ● Field, B. (2011). Soft skills for everyone. First edition, Cengage Learning India Pvt. ltd. ● Adair, J. (2009). Effective communication. 4th edition. Pan Mac Millan. ● Mitra, B.K. (2011). Personality development and soft skills. First edition. Oxford press.

B.A.(Third Year Degree Program)	
UG Semester- VI	
Subject : Psychology	
Code of the course	PSY7102T
Title of the course	Child Psychology
Qualification level of the course	NHEQF Level 5.5
Credit of the course	4
Type of the course	Discipline Specific Elective Course
Delivery type of the course	Lecture, 40+20=60. The 40 lectures for content delivery and 20 hours on tutorial (40+10+10)
Prerequisites	High level
Co-requisites	None
Objectives of the Course	The objective is to introduce the students to the field of Developmental Psychology. This course will help students to understand the underlying principles and the processes of Child Development and also to facilitate the development of a realistic perspective towards children and child caring
Learning Outcomes	<ul style="list-style-type: none"> ● Students will be able to develop skills to plan, provide and monitor counselling interventions for children and child-related systems. ● students will be able to learn the development process of child development and methods to learn the behaviour of child
Syllabus	
Unit I	Developmental Psychology: Understanding Development: Growth and Development; Concept and Principles of Development; Factors Affecting Child Development. Role of Heredity in Development; Role of Environment in Development, Relationship between Heredity and Environment (12 Hours)
Unit II	Theories of Development: Freud, Erickson. Methods in Developmental Psychology; Observational, Co-relational, Longitudinal and Cross-Sectional. Cognitive Development: Piaget, Vygotsky. Language Development: Chomsky's perspective. (12 Hours)

Unit III	Domains Of Child Development: Physical and Motor Development: Patterns Of Growth; Height And Weight In Childhood; Nutrition And Food Habits In Childhood (2 To 12 Years); Sequence Of Motor Development; Gross And Fine Motor Development. (12 Hours)
Unit IV	Dynamics of Healthy Child Development- Effective Parenting: Different Family Structures and their Influence on Child Development, Parenting Styles: Patterns of Communication in Functional and Dysfunctional Families. (12 Hours)
Unit V	Behavioral & Emotional Disorders - Conduct disorders, Depressive and Bipolar disorder, Anxiety and Obsessive-Compulsive Disorder, Trauma and Stressor-Related disorders. (12 Hours)
Text Books:	Berk, L.E. (2007). Developing Child Through the Life Span (7th Ed.) New Delhi: Pearson Education.
Reference Books:	<p>Mussen, P.H.; Conger, J.J. and Kagan, J. (1979). Child Development and Personality. (5th Ed.) New Delhi: Harper International.</p> <p>Papalia, D.E.; Olds, S.W.; And Feldman, R.D. (2006). Human Development. (9th Ed.) New Delhi: Tata Mc-Graw Hill.</p> <p>Santrock, J.W. (2007). A Topical Approach to Life-Span Development. (3rd Ed.). New Delhi: Tata Mc-Graw Hill.</p>

B.A.(Three Year Degree Program)	
UG Semester- VI	
Subject : Psychology	
Code of the course	PSY7102P
Title of the course	Practical VI: Child Psychology
Qualification level of the course	NHEQF Level 5.5
Credit of the course	2
Type of the course	Discipline Specific Elective Course
Delivery type of the course	60 Hours
Prerequisites	High Level
Co-requisites	None
Objectives of the Course	The objective of the course is to help students learn the scientific approach to assessment of children's differences through psychological testing. This will help to develop Competence in Test Construction scientific manner and taking appropriate decisions based on test scores
Learning Outcomes	<ul style="list-style-type: none"> ● To develop competence in psychometric tests especially administered for children. ● Understand the various psychometric tests which are available. ● Administer psychometric tests in accordance with BPS guidelines. ● Interpret test scores. ● Calculate the utility of test use. ● Demonstrate a wide knowledge of ethical and legal issues surrounding psychometric test usage.
Syllabus	

At least 4 tests have to be conducted:

1. Standard Progressive Matrices (SPM)
2. Colored Progressive Matrices
3. Intelligence Scale for Children
4. Interest Schedule
5. Personality Inventory
6. Autism Scale
7. Child Apperception Scale
8. Attention Deficient Hyperactive Disorder Inventory
9. David's Battery of Differential Abilities (DBDA)
10. Suicide Probability Scale
11. Self-Perception Profile for Adolescents

B.A.(Third Year Degree Program)	
UG Semester- VI	
Subject: Psychology	
Code of the course	PSY7103T
Title of the course	Industrial Organizational Psychology
Qualification level of the course	NHEQF Level 5.5
Credit of the course	4
Type of the course	Discipline Specific Elective Course
Delivery type of the course	Lecture, 40+20=60. The 40 lectures for content delivery and 20 hours on tutorial (40+10+10)
Prerequisites	High level
Co-requisites	None
Objectives of the Course	To equip students with skills and competencies in order to successfully engage in the discipline of Industrial-Organizational Psychology.
Learning Outcomes	<ul style="list-style-type: none"> ● The students will understand the importance of Industrial-Organizational Psychology ● The students will learn the applications of Industrial-Organizational Psychology at workplaces. ● The students will learn about personnel selection and recruitment methods. ● The students will learn about the four-step process of training and development. ● The students will learn about the use of psychological assessment at workplaces. ● The students will learn the process of competency mapping and HR Audit.
Syllabus	
Unit I	Introduction to Industrial-Organizational (I-O) Psychology Emergence, Scope and Methods of I-O Psychology. Functions of I-O Psychologist. Employee Selection: Principles and Methods Job Analysis: Importance, Process, Sources (12 Hours)
Unit II	Training and Development Four-step process of training: Training needs identification, Designing Training Program, Training Delivery, Evaluating Training Effectiveness. Methods of Training. Behavioral training for team work, emotional intelligence, time management

	Change Management: Importance and Process. (12 Hours)
Unit III	<p>Leadership at Workplace Leadership: Meaning, types and theories, functions of leaders, characteristics of successful leaders Leadership development Performance Appraisal: Purposes and Methods Employee Feedback mechanisms: 360, 540, 720 degrees feedback. (12 Hours)</p>
Unit IV	<p>Psychological Assessment at Workplace Use of Psychological tests: 16 PF, MBTI, Leadership style, Stress, Job Stress, Organizational Climate, Job Satisfaction Competency Mapping: Meaning, Process, Importance HR Audit: Importance and Process. (12 Hours)</p>
Unit V	<p>Human Engineering and Work Ergonomics: Introduction, Time and Motion Analysis, Man-Machine System, Work-space Designing Work fatigue and Efficiency: Types of fatigue, Factors affecting fatigue Employee Morale: Measurement of Morale, Factors affecting Morale. (12 Hours)</p>
Text Books :	<ol style="list-style-type: none"> 1. Schultz, D. (1973) Psychology and Industry Today. McMillan Publishing 2. Blum, M.L. & Naylor, J.C. (1968) Industrial Psychology: Its Theoretical and Social Foundations. Harper International 3. flag] v'kksd izrki (2013)] O;kogkfjd euksfoKku] ih;jlu
Reference Books :	<ol style="list-style-type: none"> 1. Luthans, Fred (2002) Organizational Behaviour (Ninth Edition) McGraw Hill International Edition. 2. Robbins, S.P, Judge, T.A., Vohra, N. (2008) Organizational Behaviour. Pearson. 3. Tiffin &McCormick, J. (1947) Industrial Psychology, Prentice Hall

B.A.(Third Year Degree Program)	
UG Semester- VI	
Subject: Psychology	
Code of the course	PSY7103P
Title of the course	Practical VII: Industrial- Organisational Psychology
Qualification level of the course	NHEQF Level 5.5
Credit of the course	2
Type of the course	Discipline Specific Elective (DSE) course in Psychology
Delivery type of the course	60 Hours
Prerequisites	High Level
Co-requisites	None
Objectives of the Course	This course will enable students to demonstrate their skills and competencies in the domain of Industrial-Organisational Psychology and to develop the skills among the students to use various psychological assessments in industrial-organisational settings.this course will enable students to contribute to various organizational processes through psychological interventions.
Learning Outcomes	<ul style="list-style-type: none"> ● The students would be able to analyze a job by understanding the abilities and skills required for a job. ● The students would be able to assess the training needs of employees by applying various psychological assessments. ● The students would learn to design a training program based on identified training needs. ● The students would learn to assess leadership, team role, personality, and other variables such as organisational climate. ● The students would learn and implement the process of competency mapping and performance appraisal in an organisation.

Syllabus	A student will be required to conduct any four practical 01. Job Analysis 02. Job Satisfaction 03. Training needs/design 04. Organisational climate 05. Leadership assessment 06. Competency mapping 07. Performance appraisal 08. Identification of team role 09. MBTI/16PF 10. Practical as per suggestion of the teacher
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B.A.(Third Year Degree Program)	
UG Semester- VI	
Subject: Psychology	
Code of the course	SEA7368P
Title of the course	Mental Health and Wellbeing
Qualification level of the course	NHEQF Level 5.5
Credit of the course	2
Type of the course	Discipline Specific Elective Course
Delivery type of the course	60 Hours
Prerequisites	High level
Co-requisites	None
Objectives of the Course	The main objective is to let students understand the major theories that guide the field of mental health and wellbeing and elucidate the major challenges concerning mental health and wellbeing today.
Learning Outcomes	<p>The students would be able to:</p> <ul style="list-style-type: none"> ● Clarify the influential conceptualizations of well-being and mental health. ● Present and discuss the risk factors, protective factors, and developmental trajectories of common mental health problems. ● Describe the theoretical and empirical foundations of lifespan approaches to mental health and wellbeing. ● Discuss cultural differences in and time trends of mental health and wellbeing. ● Understand the misconception and stigma related to mental health. ● Understand the process of adjustment.
Syllabus	
Unit I	<p>Importance of mental health and wellbeing: meaning, elements, and Importance and need. Identification and Assessment of Mental Health and Wellbeing.</p> <p>Role of school, family, and community in mental health.</p> <p>Misconceptions and stigma related to mental health. (12 Hours)</p>

Unit II	Achieving mental health: Role of Special Counsellors: Counselling services, key roles, and responsibilities of the counselors. Role of special Educators and role of teachers. (12 Hours)
Unit III	Risk factors of mental health conditions: Biological Factors, Psychological Factors, Environmental factors. Stress: nature, meaning, types, factors influencing stress, causes, and remedial measures. Identification and assessment of stress. (12 Hours)
Unit IV	Psychology of Adjustment: Adjustment- meaning, methods, and process. Assessment of Adjustment. Maladjustments, causes, remedial measures Defence mechanisms- displacement, repression, projection, sublimation, rationalization. (12 Hours)
Unit V	Happiness and well-being, meaning of life, emotional intelligence, resilience, self-efficacy, optimism, hope, wisdom, mindfulness. Assessment of Resilience, emotional intelligence. Cultural, individual differences and lifespan approaches to mental health and wellbeing. (12 Hours)
Text Books:	Allen, F. (2011). Health psychology and behaviour. Tata McGraw Hill Edition.
Reference Books:	Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling Kindersley. Ogden, J. (2007). Health Psychology. McGraw Hill Publication. Misra,G. (1999).Stress and Health. New Delhi: Concept. Baumgardner, S.R. Crothers, M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall. Capuzzi, D. & Gross, D.R. (Eds.).(2014). Youth at risk: A prevention resource for counsellors, teachers, and parents. John Wiley & Sons. Capuzzi, D. & Gross, D.R.Counselling and Psychotherapy:Theories and Interventions. American Counselling Association.