



NEP FYUGP CURRICULUM
PSYCHOLOGY HONOURS/
PSYCHOLOGY HONOURS WITH RESEARCH PROGRAMME
SUBJECT CODE = 12

FOR UNDERGRADUATE COURSES UNDER RANCHI UNIVERSITY, RANCHI



Implemented w.e.f.
Academic Session 2025-26 & onwards

**Members of the Board of Studies of NEP FYUGP Syllabus of Psychology
As per the Guidelines of the Ranchi University, Ranchi**

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The Curriculum of Bachelor's Degree (Honours)/ (Honours with Research) has been approved by the NEP Implementation and Monitoring Committee of R.U., duly forwarded by the Head of the Department; it will be offered to the students of the 4-year Undergraduate Programme (FYUGP). It is implemented from the 1st Semester of the Academic Session 2025-26 and onwards.

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Member Secretary

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HIGHLIGHTS OF FYUGP CURRICULUM

PROGRAMME DURATION

- The Full-time, Regular UG programme for a regular student shall be for a period of four years with multiple entry and multiple exit options.
- The session shall commence from the **1st of July**.

ELIGIBILITY

- The selection for admission will be primarily based on the availability of seats in the Major subject and marks imposed by the institution. Merit point for selection will be based on marks obtained in the Major subject at Class 12 (or equivalent level) or the aggregate marks of Class 12 (or equivalent level) if the Marks of the Major subject is not available. Reservation norms of the Government of Jharkhand must be followed as amended in times.
- UG Degree Programmes with Double Major shall be provided only to those students who secure a minimum of 75% overall marks or 7.5 CGPA or higher.
- Other eligibility criteria, including those for multiple entry, will be in light of the UGC Guidelines for Multiple Entry and Exit in Academic Programmes offered in Higher Education Institutions.

ADMISSION PROCEDURE

- The reservation policy of the Government of Jharkhand shall apply in admission and the benefit of the same shall be given to the candidates belonging to the State of Jharkhand only. The candidates of other states in the reserved category shall be treated as General category candidates. Other relaxations or reservations shall be applicable as per the prevailing guidelines of the University for FYUGP.

VALIDITY OF REGISTRATION

- Validity of a registration for FYUGP will be for a maximum of **Seven years** from the date of registration.

ACADEMIC CALENDAR

- An Academic Calendar will be prepared by the University to maintain uniformity in the UG Honours/ Honours with Research Programmes and PG Diploma Programmes, running in the colleges under the university (Constituent/Affiliated).
- **Academic Year:** Two consecutive (one odd + one even) semesters constitute one academic year.
- **Semester:** The Odd Semester is scheduled from **July to December**, and the Even Semester is from **January to June**. Each week has a minimum of 40 working hours spread over 6 days.
- Each semester will include Admission, coursework, conduct of examination and declaration of results, including semester break.
- To undergo an 8-week summer internship/ apprenticeship during the summer camp, the Academic Calendar may be scheduled for academic activities as below:
 - a) **Odd Semester: From the first Monday of August to the third Saturday of December**
 - b) **Even Semester: From the first Monday of January to the third Saturday of May**
- An academic year comprising 180 working days in the least is divided into two semesters, each semester having at least 90 working days. With six working days in a week, this would mean that each semester will have $90/6 = 15$ teaching/ working weeks. Each working week will have 40 hours of instructional time.
- Each year, the University shall draw out a calendar of academic and associated activities, which shall be strictly adhered to. The same is non-negotiable. Further, the Department will make all reasonable endeavours to deliver the programmes of study and other educational services as mentioned in its Information Brochure and website. However, circumstances may change, prompting the Department to reserve the right to change the content and delivery of courses, discontinue or combine courses and introduce or withdraw areas of specialization.

PROGRAMME OVERVIEW/ SCHEME OF THE PROGRAMME

- Undergraduate degree programmes of either 3 or 4-year duration, with multiple entries and exit points and re-entry

options within this period, with appropriate certifications such as:

- UG Certificate after completing 1 year (2 semesters) of study in the chosen fields of study, provided they complete one vocational course of 4 credits during the summer vacation of the first year or internship/ Apprenticeship in addition to 6 credits from skill-based courses earned during the first and second semesters.,
- UG Diploma after 2 years (4 semesters) of study diploma provided they complete one vocational course of 4 credits or internship/ Apprenticeship/ skill based vocational courses offered during the first year or second year summer term, in addition to 9 credits from skill-based courses earned during the first, second, and third semester.
- Bachelor's Degree after a 3-year (6 semesters) programme of study,
- Bachelor's Degree (Honours) after a 4-year (8 semesters) programme of study.
- Bachelor's Degree (Honours with Research) after a 4-year (8 semesters) programme of study to the students undertaking a 12-credit Research component in the fourth year of FYUGP.

CREDIT OF COURSES

The term 'credit' refers to the weightage given to a course, usually in terms of the number of instructional hours per week assigned to it. The workload relating to a course is measured in terms of credit hours. It determines the number of hours of instruction required per week over a semester (minimum 15 weeks).

- a) One hour of teaching/ lecture or two hours of laboratory /practical work will be assigned per class/interaction.

One credit for Theory	= <u>15 Hours of Teaching</u>
One credit for Practicum	= <u>30 Hours of Practical work</u>
One credit for Internship	= <u>02 Weeks of Practical experience</u>
- b) For credit determination, instruction is divided into three major components:

Hours (L) – Classroom Hours of one hour duration.

Tutorials (T) – Special, elaborate instructions on specific topics of one hour duration

Practical (P) – Laboratory or field exercises in which the student has to do experiments or other practical work of a two-hour duration.

Internship – For the Exit option after any academic year of a Four-year U.G. Programme for the award of U.G. Certificate, U.G. Diploma, U.G. Degree (Level 4.5, 5 or 5.5 respectively), Students can either complete two 4-week internships worth 2 credits each or one 8-week internship for all 4 credits. This practical experience connects academic learning with real-world applications, offering valuable exposure to professional environments in their fields of study

CHANGE OF MAJOR OR MINOR COURSES

- The change of Major or Minor courses may be allowed only once after the Second Semester and before the third Semester in the FYUG Programme, depending on the provisions laid by the FYUGP and the conditions laid by the Institution.

CALCULATION OF MARKS FOR THE PURPOSE OF THE RESULT

- Students' final marks and the result will be based on the marks obtained in the Semester Internal Examination and End Semester Examination organized taken together.
- Passing in a subject will depend on the collective marks obtained in the Semester internal and End Semester University Examination. However, students must pass in Theory and Practical Examinations separately.

PROMOTION CRITERIA

First degree programme with a single major (160+4=164 credits):

- i. The Requisite Marks obtained by a student in a particular subject will be the criteria for promotion to the next Semester.
- ii. No student will be detained in odd Semesters (I, III, V & VII).
- iii. To get promotion from Semester-II to Semester-III a student will be required to pass in at least 75% of the Courses in an academic year, a student has to pass in minimum 11 papers out of the total 14 papers. It is further necessary to procure pass marks in minimum of 50% papers of the current semester i.e. the student has to pass in 4 papers out of 7 papers in Semester-II.

- iv. To get promotion from Semester-IV to Semester-V (taken together of Semester I, II, III & IV) a student has to pass in minimum of 20 papers out of the total 26 papers. It is further necessary to procure pass marks in minimum of 50% papers of the current semester i.e. the student has to pass in 3 papers out of 6 papers in Semester-IV.
- v. To get promotion from Semester-VI to Semester-VII (taken all together of Semester I, II, III, IV, V & VI) a student has to pass in minimum of 27 papers out of the total 36 papers. It is further necessary to procure pass marks in minimum of 50% papers of the current semester i.e. the student has to pass in 3 papers out of 5 papers in Semester VI.
- vi. However, it will be necessary to procure pass marks in each of the papers before completion of the programme.

First degree programme with dual major (192+4=196 credits):

- i. Please refer to the FYUGP Regulations for the detailed provisions of Double Major and Dual Degrees.
- ii. No student will be detained in odd Semesters (I, III, V & VII).
- iii. To get promotion from Semester-II to Semester-III a student will be required to pass in at least 75% of the Courses in an academic year, a student has to pass in minimum 11 papers out of the total 15 papers. It is further necessary to procure pass marks in minimum of 50% papers of the current semester i.e. the student has to pass in 4 papers out of 8 papers in Semester-II.
- iv. To get promotion from Semester-IV to Semester-V (taken together of Semester I, II, III & IV) a student has to pass in minimum 20 papers out of the total 27 papers. It is further necessary to procure pass marks in minimum of 50% papers of the current semester i.e. the student has to pass in 4 papers out of 7 papers in Semester-IV.
- v. To get promotion from Semester-VI to Semester-VII (taken all together of Semester I, II, III, IV, V & VI) a student has to pass in minimum 28 papers out of the total 37 papers. It is further necessary to procure pass marks in minimum of 50% papers of the current semester i.e. the student has to pass in 3 papers out of 6 papers in Semester VI.
- vi. However, it will be necessary to procure pass marks in each of the papers before completion of the programme.

PUBLICATION OF RESULTS

- The examination result shall be notified by the Controller of Examinations of the University in different newspapers and the same is to be posted also on the University website.
- If a student is found indulging in any malpractice/ unfair means during an examination, the examination taken by the student for the semester will be cancelled. The candidate has to reappear in all the papers of the session with the students of the next session, and his one year will be detained. However, marks secured by the candidate in all previous semesters will remain unaffected.
- There shall be no Supplementary or Re-examination for any subject. Students who have failed in any subject in an even semester may appear in the subsequent even semester examination to clear the backlog. Similarly, the students who have failed in any subject in an odd semester may appear in the subsequent odd semester examination to clear the backlog.

Regulations related to any concern not mentioned above shall be guided by the Regulations of the Ranchi University for FYUGP.

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COURSE STRUCTURE FOR FYUGP 'HONOURS/ RESEARCH/ PG DIPLOMA'

Table 1: Credit Framework for Four-Year Undergraduate Programme (FYUGP) under State Universities of Jharkhand [Total Credits = 164]

Academic Level	Level of Courses	Semester	MJ: Discipline Specific Courses – Core or Major (80)	AC: Associated core courses from discipline/ Interdisciplinary/ vocational (8)		ELC: Elective courses may be opted from four paths [Follow table 2] (24)	MDC: Multidisciplinary Courses (From a pool of Courses) (9)	AEC: Ability Enhancement Courses (Modern Indian Language and English) (8)	SEC: Skill Enhancement Courses (9)	VAC: Value Added Courses (6)	IKS: (i) Indian Knowledge System (2) & SA: (ii) Social awareness (2)	RC: Research Courses (4+8)/ AMJ: Advanced Courses instead of Research (4+4+4)/ PGD: PG Diploma Level 6 (4+4+4)	Total Credits	IAP; Internship/Apprenticeship/ Project/ Vocational course/ Dissertation (4) In between Sem I to Sem-VI	
	1	2	3 (Major- 80)	4 (Minor-32)			5	6	7	8	9	10	11	12	13
Level 4.5	Level 100-199: Foundation or Introductory courses	I	4	4	---	---	3	2	3	2	2	---	---	20	4
		II	4	---	4	---	3	2	3	2	2	---	---	20	
		Exit Point: Undergraduate Certificate provided with Summer Internship/ Project/ Vocational course/ Dissertation (4 credits)													
Level 5	Level 200-299: Intermediate-level courses	III	4+4	---		4	3	2	3	---	---	---	---	20	
		IV	4+4+4	---		4	---	2	---	2	---	---	---	20	
		Exit Point: Undergraduate Diploma provided with Summer Internship/ Project/ Vocational course/ Dissertation (4 credits)													
Level 5.5	Level 300-399: Higher-level courses	V	4+4+4+4	---		4	---	---	---	---	---	---	---	20	
		VI	4+4+4+4	---		4	---	---	---	---	---	---	---	20	
		Exit Point: Bachelor's Degree with Summer Internship/ Project/ Vocational course/ Dissertation (4 credits)													
Level 6	Level 400-499: Advanced courses Hons with Research (>7.5 CGPA)/ Honours/ PG Diploma	VII	4+4+4	---		4	---	---	---	---	---	4	4	20	
		VIII	4+4	---		4	---	---	---	---	---	8	4+4	20	
		Exit Point: Bachelor's Degree with Honours/ Honours with Research/ PG Diploma Level 6													164

Note: Honours students not undertaking research will do 3 courses for 12 credits in lieu of a Research project.

Implemented from Academic Session 2025-26 & onwards

Table 2: Options for Elective Minor Courses

Path A	Path B	Path C	Path D
ELC-A; Elective courses from Interdisciplinary Subjects 1 & 2 (24)	ELC-B; Elective courses from discipline (24)	ELC-C; Elective courses from vocational (24)	ELC-D; Elective courses from discipline for Double Major (48)
<p>This pathway may be recommended for students who wish to develop core competency in multiple disciplines of study. In this case, the credits for the minor pathway shall be distributed among the constituent disciplines/subjects.</p> <p>If students pursuing FYUGP are awarded a UG Degree in a Major discipline, they are eligible to mention their core competencies in other disciplines of their choice if they have earned 12 credits each from pathway courses of two particular disciplines.</p> <p>In the first three years of FYUGP, this pathway is composed of one Major discipline with 60 credits from 15 courses, and two other disciplines, with 12 credits from 3 courses in each discipline.</p> <p>In this pathway, if the students choose one of the two disciplines for 12 credits in one discipline then they should choose a different discipline for the other 12 credits.</p> <p>If the students continue to the fourth year of FYUGP, the students need to earn an additional 4 credits in both disciplines.</p>	<p>This pathway may be recommended to those students who wish for an in-depth study in more than one discipline with a focus on one discipline (Major) and relatively less focus on the other (Minor).</p> <p>If students exit at the end of the third year of FYUGP, they are awarded a Major Degree in a particular discipline and a Minor in another discipline of their choice, if they earn a minimum of 24 credits from the courses in the Minor discipline.</p> <p>If the students continue to the fourth year of FYUGP, they should earn a minimum of 32 credits in the Minor discipline, to be eligible for a UG Degree (Honours) with a Major and a Minor. For this, in the fourth year, they should earn an additional minimum of 8 credits through 2 courses in the Minor discipline.</p>	<p>This pathway may be recommended to those students who wish for exposure to a vocational discipline in addition to the in-depth study in the Major discipline.</p> <p>The credit requirements for Major and Vocational Minor disciplines in this pathway are the same as those for Major with Minor pathway, except that the Minor courses are in a vocational discipline.</p> <p>If students exit at the end of the third year of FYUGP, they are awarded a Major Degree in a particular discipline and a Minor in vocational discipline of their choice, if they earn a minimum of 24 credits from the Vocational courses.</p> <p>If the students continue to the fourth year of FYUGP, they should earn a minimum of 32 credits in the vocational discipline. For this, in the fourth year, they should earn an additional minimum of 8 credits through 2 courses in the Vocational discipline.</p>	<p>To secure the required minimum credits in each discipline, students who wish to opt for a Double Major should include the credits earned by them from the Multi-Disciplinary Courses, Skill Enhancement Courses, and Value-Added Courses offered by the respective Major disciplines.</p> <p>The Double Major pathway is extended to the fourth year. Shifting to a double major from a minor in the third semester will be allowed subject to clearance of the courses of double major (not studied earlier) in succeeding sessions.</p> <p>In the fourth year, the student can continue to earn the required credits in either Major A or Major B to qualify for a UG Degree (Honours)/ UG Degree (Honours with Research) in A or B.</p> <p>If he/she opts to continue with Major B in the fourth year, he/she should earn an additional 16 credits of 300-399 level in Major B through mandatory online courses. The institution will not provide the courses in physical mode in the fourth year of this segment.</p>

Table 3: Credit Distribution in Elective Minor Courses during the Four Years of FYUGP

Academic Level	Level of Courses	Semester	Path A ELC; Elective courses from Interdisciplinary Subjects 1 & 2 (24)		Path B ELC; Elective courses from the discipline (24)	Path C ELC; Elective courses from vocational (24)	Path D ELC; Elective courses from the discipline for Double Major (64)
	1	2	3A. Subject 1	3B. Subject 2	4	5	6
Level 4.5	Level 100-199: Foundation or Introductory courses	I	---	---	---	---	4+4
		II	---	---	---	---	4+4
		Exit Point: Bachelor's Degree with Hons. with Research					
Level 5	Level 200-299: Intermediate-level courses	III	4	---	4	4	4+4
		IV	---	4	4	4	4+4
		Exit Point: Bachelor's Degree with Hons.					
Level 5.5	Level 300-399: Higher-level courses	V	4	---	4	4	4+4
		VI	---	4	4	4	4+4
		Exit Point: P.G. Diploma Degree					
Level 6	Level 400-499: Advanced courses Hons with Research (>7.5 CGPA)/ Honours/ PG Diploma	VII	4	---	4	4	4+4
		VIII	---	4	4	4	4+4
		Exit Point: (A) Bachelor's Degree with Hons. with Research/ (B) Bachelor's Degree with Hons./ (C) P.G. Diploma Degree					

COURSES OF STUDY FOR FOUR-YEAR UNDERGRADUATE PROGRAMME 2025 onwards**Table 4: Semester-wise Course Code and Credit Points for Single Major during the First Three Years of FYUGP**

Semester	Common, Introductory, Major, Minor, Vocational & Internship Courses		Credits	
	Code	Papers	Paper	Semester
I	AEC-1	Language and Communication Skills (MIL-1; Modern Indian language Hindi/ English)	2	7 Papers (20 credits)
	VAC-1	Value Added Course-1	2	
	IKS-1	Indian Knowledge System (Foundation Course)	2	
	SEC-1	Skill Enhancement Course-1	3	
	MDC-1	Multi-disciplinary Course-1	3	
	AC-1	Associated core courses from discipline/ Interdisciplinary/ vocational	4	
	MJ-1	Major paper 1 (Disciplinary/ Interdisciplinary Major)	4	
II	AEC-2	Language and Communication Skills (MIL-1; Modern Indian language English/ Hindi)	2	7 Papers (20 credits)
	VAC-2	Value Added Course-2	2	
	SA	Social Awareness Activities	2	
	SEC-2	Skill Enhancement Course-2	3	
	MDC-2	Multi-disciplinary Course-2	3	
	AC-2	Associated core courses from discipline/ Interdisciplinary/ vocational	4	
	MJ-2	Major paper 2 (Disciplinary/ Interdisciplinary Major)	4	
III	AEC-3	Language and Communication Skills (MIL-2; MIL including TRL)	2	6 Papers (20 credits)
	SEC-3	Skill Enhancement Course-3	3	
	MDC-3	IKS as a Multi-disciplinary Course-3	3	
	ELC-1	Elective courses from discipline/ Interdisciplinary/ vocational	4	
	MJ-3	Major paper 3 (Disciplinary/ Interdisciplinary Major)	4	
	MJ-4	Major paper 4 (Disciplinary/ Interdisciplinary Major)	4	
IV	AEC-4	Language and Communication Skills (MIL-2; MIL including TRL)	2	6 Papers (20 credits)
	VAC-3	Value Added Course-3	2	
	ELC-2	Elective courses from discipline/ Interdisciplinary/ vocational	4	
	MJ-5	Major paper 5 (Disciplinary/ Interdisciplinary Major having IKS)	4	
	MJ-6	Major paper 6 (Disciplinary/ Interdisciplinary Major)	4	
	MJ-7	Major paper 7 (Disciplinary/ Interdisciplinary Major)	4	
V	ELC-3	Elective courses from discipline/ Interdisciplinary/ vocational	4	5 Papers (20 credits)
	MJ-8	Major paper 8 (Disciplinary/ Interdisciplinary Major)	4	
	MJ-9	Major paper 9 (Disciplinary/ Interdisciplinary Major)	4	
	MJ-10	Major paper 10 (Disciplinary/ Interdisciplinary Major)	4	
	MJ-11	Major paper 11 (Disciplinary/ Interdisciplinary Major)	4	
VI	ELC-4	Elective courses from discipline/ Interdisciplinary/ vocational	4	5 Papers (20 credits)
	MJ-12	Major paper 12 (Disciplinary/ Interdisciplinary Major)	4	
	MJ-13	Major paper 13 (Disciplinary/ Interdisciplinary Major)	4	
	MJ-14	Major paper 14 (Disciplinary/ Interdisciplinary Major)	4	
	MJ-15	Major paper 15 (Disciplinary/ Interdisciplinary Major)	4	
Total Credits, excluding one Internship (IAP) of 4 credits =			120	120

Note: It is mandatory to take One Internship of 4 credits in any one of the semesters during the first three years in FYUGP or before exit at any of the exit points if a student wishes to opt for the same.

Table 5A: Semester-wise Course Code and Credit Points for Single Major during the Fourth Year of FYUGP for Bachelor's Degree (Honours with Research)

Semester	Common, Introductory, Major, Minor, Vocational & Internship Courses		Credits	
	Code	Papers	Paper	Semester
VII A	ELC-5	Elective courses from discipline/ Interdisciplinary/ vocational	4	5 Papers (20 credits)
	MJ-16	Major paper 16 (Research Methodology)	4	
	MJ-17	Major paper 17 (Disciplinary/Interdisciplinary Major)	4	
	MJ-18	Major paper 18 (Disciplinary/Interdisciplinary Major)	4	
	RC-1	Research proposal – Planning & Techniques (Disciplinary/Interdisciplinary Major)	4	
VIII A	ELC-6	Elective courses from discipline/ Interdisciplinary/ vocational	4	4 Papers (20 credits)
	MJ-19	Major paper 19 (Disciplinary/Interdisciplinary Major)	4	
	MJ-20	Major paper 20 (Disciplinary/Interdisciplinary Major)	4	
	RC-2	Research Internship/Field Work/Project/Dissertation/Thesis	8	
Total Credits, excluding one Internship of 4 credits =			160	160

Table 5B: Semester-wise Course Code and Credit Points for Single Major during the Fourth Year of FYUGP for Bachelor's Degree (Honours)

Semester	Common, Introductory, Major, Minor, Vocational & Internship Courses		Credits	
	Code	Papers	Paper	Semester
VII B	ELC-5	Elective courses from discipline/ Interdisciplinary/ vocational	4	5 Papers (20 credits)
	MJ-16	Major paper 16 (Disciplinary/Interdisciplinary Major)	4	
	MJ-17	Major paper 17 (Disciplinary/Interdisciplinary Major)	4	
	MJ-18	Major paper 18 (Disciplinary/Interdisciplinary Major)	4	
	AMJ-1	Advanced Major paper-1 (Disciplinary/Interdisciplinary Major)	4	
VIII B	ELC-6	Elective courses from discipline/ Interdisciplinary/ vocational	4	5 Papers (20 credits)
	MJ-19	Major paper 19 (Disciplinary/Interdisciplinary Major)	4	
	MJ-20	Major paper 20 (Disciplinary/Interdisciplinary Major)	4	
	AMJ-2	Advanced Major paper-2 (Disciplinary/Interdisciplinary Major)	4	
	AMJ-3	Advanced Major paper-3 (Disciplinary/Interdisciplinary Major)	4	
Total Credits, excluding one Internship of 4 credits =			160	160

Table 5C: Semester-wise Course Code and Credit Points for Single Major during the Fourth Year of FYUGP for Bachelor's Degree (with Postgraduate Diploma)

Semester	Common, Introductory, Major, Minor, Vocational & Internship Courses		Credits	
	Code	Papers	Paper	Semester
VII C	ELC-5	Elective courses from discipline/ Interdisciplinary/ vocational	4	5 Papers (20 credits)
	MJ-16	Major paper 16 (Disciplinary/Interdisciplinary Major)	4	
	MJ-17	Major paper 17 (Disciplinary/Interdisciplinary Major)	4	
	MJ-18	Major paper 18 (Disciplinary/Interdisciplinary Major)	4	
	JOC-1	Skill based Job Oriented paper (Disciplinary/Interdisciplinary Major)	4	
VIII C	ELC-6	Elective courses from discipline/ Interdisciplinary/ vocational	4	5 Papers (20 credits)
	MJ-19	Major paper 19 (Disciplinary/Interdisciplinary Major)	4	
	MJ-20	Major paper 20 (Disciplinary/Interdisciplinary Major)	4	
	JOC-2	Skill based Job Oriented paper (Disciplinary/Interdisciplinary Major)	4	
	JOC-3	Skill based Job Oriented paper (Disciplinary/Interdisciplinary Major)	4	
Total Credits, excluding one Internship of 4 credits =			160	160

AIMS OF BACHELOR'S DEGREE PROGRAMME IN PSYCHOLOGY

The undergraduate psychology programme aims at the following goals:

1. Offering learning opportunities to orient the students towards scientific and humanistic study of the complexities of human mind and behaviour.
2. Imparting knowledge of basic psychological concepts and methods, and developing ability to appreciate the challenges in field settings.
3. Help shaping cognitive, affective and behavioural abilities of students for building responsible psychology professionals and researchers.
4. Facilitating acquisition of basic skills in major areas of application (e.g. psychological testing, experimentation, counselling, interviewing, developing psychological tools, behaviour modification, data analysis, report writing).
5. Promoting self-understanding, reflexivity and personal growth. Helping students understand the complexities of self and human relationships and how the two make each other up.
6. Developing a strong sense of ethical and moral aptness in general and in the context of learning and its assessment in particular.
7. Helping students master the basic reflective, analytical, scientific writing, computational and communicative competencies.
8. Developing respect for social diversity and increasing social and cultural relevance of learning.

PROGRAM LEARNING OUTCOMES

The learners who complete FYUGP of full-time undergraduate programme in psychology would earn a Bachelor's degree Honours/research. The learning outcomes that a student should be able to demonstrate on completion of a degree level programme may involve academic, behavioural and social competencies as described below:

Academic Competence

1. Disciplinary knowledge and methods including data analysis and computer literacy.
2. Basic professional skills pertaining to psychological testing, assessment and counselling.
3. Ability to use skills in specific areas related to chosen specialization (e.g. cognitive, industrial-organizational, clinical, counselling, health, educational, social, community).
4. Ability to relate and connect concepts with personal experiences and using critical thinking.
5. Curiosity and ability to formulate psychology related problems and using appropriate concepts and methods to solve them.
6. Ability to use various e-resources and social media and negotiating with technological challenges.
7. Articulation of ideas, scientific writing and authentic reporting, effective presentation skills.
8. Dealing with conflicting theories and approaches, learning to withstand ambiguities and understanding the limitations of the discipline.

Personal & Behavioural Competence

1. Self-development, health and hygiene, self-regulation skills.
2. Developing positive attributes such as empathy, compassion, social participation, and accountability.
3. Developing cultural and historical sensibility particularly indigenous traditions, socio-cultural context and diversity.
4. Having conversational competence including communication and effective interaction with others, listening, speaking, and observational skills.
5. Appreciating and tolerating different perspectives.
6. Ability to work both independently and in group and dealing effectively with clients and stakeholders, learning the art of negotiation.

Social Competence

1. Collaboration, cooperation and realizing the power of groups and community.
2. Analysing social problems and understanding social dynamics.
3. Gender sensitization including gender respect, respect for one's own gender, dealing with gender confusion and gender identity issues.
4. Ethical, social and ecological responsibility including acknowledging the dignity and presence of others, awareness of social order, learning of values and social concern reflected through activation of social participates (e.g. village surveys, visiting old age homes and spending time with elderly, orphanage community service etc).
5. Moral and ethical awareness and reasoning involving objective and unbiased work attitude, avoiding unethical behaviours such as data fabrication and plagiarism, observing code of conduct, respecting intellectual property rights and being aware of the implications and ethical concerns of research studies.
6. Commitment to health and wellbeing at different levels (e.g. individual, organization, community, society).

SEMESTER WISE COURSES IN PSYCHOLOGY HONOURS**2025 onwards****Table 6: Semester-wise Course Code and Credit Points of Major Courses in Psychology**

Semester	Courses		Examination Structure			
	Code	Courses in NEP FYUGP Syllabus of Psychology Session 2025-26 & onwards	Credits	Mid Semester Theory (F.M.)	End Semester Theory (F.M.)	End Semester Practical/ Viva (F.M.)
I	MJ-1	Introduction to Psychology	4	25	75	---
	SEC-1	Psychological Skills for Everyday Life	3	---	75	---
II	MJ-2	Introduction to Social Psychology	4	25	75	---
	SEC-2	Psychopathology	3	---	75	---
III	MJ-3	Statistics-I	4	25	75	---
	MJ-4	Practical-I	4	---	---	100
	SEC-3	Elementary Computer Application Softwares	3	---	75	---
IV	MJ-5	IKS in Psychology	4	25	75	---
	MJ-6	Thoughts of Psychology	4	25	75	---
	MJ-7	Practical-II	4	---	---	100
V	MJ-8	Basics of Clinical Psychology	4	25	75	---
	MJ-9	Foundation of Organizational Behaviour	4	25	75	---
	MJ-10	Foundation of Developmental Psychology	4	25	75	---
	MJ-11	Practical-III	4	---	---	100
VI	MJ-12	Positive Psychology	4	25	75	---
	MJ-13	Introduction to Personality	4	25	75	---
	MJ-14	Educational Psychology	4	25	75	---
	MJ-15	Practical-IV	4	---	---	100
VII	MJ-16	Research Methodology	4	25	75	---
	MJ-17	Community Psychology	4	25	75	---
	MJ-18	Practical-V	4	---	---	100
	AMJ-1/	Applied Psychology OR	4	25	75	---
	RC-1	Research Planning & Techniques	4	25	75	---
VIII	MJ-19	Social Cognition and Group Processes	4	25	75	---
	MJ-20	Practical-VI	4	---	---	100
	AMJ-2	Emergence of Environmental Psychology	4	25	75	---
	AMJ-3/	Advanced Major Practical-VII	4	---	---	100
	RC-2	Project Dissertation/ Research Internship/ Field Work	8	50	---	150

* It is mandatory to take Either One Internship of 4 credits or Two Internships of 2 credits each in any one of the semesters during the first three years in FYUGP or before exit at any of the exit points if a student wishes to opt for the same.

Table 7: Semester-wise Course Code and Credit Points of Minor Courses in Psychology

Courses		Examination Structure			
Code	Minor Courses in NEP FYUGP Syllabus of Psychology Session 2025-26 & onwards	Credits	Mid Semester Theory (F.M.)	End Semester Theory (F.M.)	End Semester Practical/ Viva (F.M.)
MN-A	Introduction of Psychology	4	15	60	25
MN-B	Psychology of Individual Differences	4	15	60	25
MN-C	Social Psychology	4	15	60	25
MN-D	Understanding Psychological Disorders	4	15	60	25
MN-E	Organizational Behaviour	4	15	60	25
MN-F	Counselling Psychology	4	15	60	25
MN-G	Psychology and Mental Health	4	15	60	25

INSTRUCTION TO QUESTION SETTER

SEMESTER INTERNAL EXAMINATION (SIE):

There will be Only One Semester Internal Examination in Major, Minor and Research Courses, which will be organized at college/institution level. However, Only One End semester evaluation in other courses will be done either at College/ Institution or University level depending upon the nature of course in the curriculum.

A. (SIE 10+5=15 marks):

There will be two group of questions. **Question No.1 will be very short answer type in Group A** consisting of five questions of 1 mark each. **Group B will contain descriptive type** two questions of five marks each, out of which any one to answer.

The Semester Internal Examination shall have two components. (a) One Semester Internal Assessment Test (SIA) of 10 Marks, (b) Class Attendance Score (CAS) of 5 marks.

B. (SIE 20+5=25 marks):

There will be two group of questions. **Group A is compulsory** which will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type** two questions of ten marks each, out of which any one to answer.

The Semester Internal Examination shall have two components. (a) One Semester Internal Assessment Test (SIA) of 20 Marks, (b) Class Attendance Score (CAS) of 5 marks.

Conversion of Attendance into score may be as follows:

Attendance Upto 45%, 1mark; 45<Attd.<55, 2 marks; 55<Attd.<65, 3 marks; 65<Attd.<75, 4 marks; 75<Attd, 5 marks.

END SEMESTER UNIVERSITY EXAMINATION (ESE):

A. (ESE 50 marks):

There will be two group of questions. **Group A is compulsory** which will contain one question. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. Group B will contain descriptive type five questions of fifteen marks each, out of which any three are to answer.

B. (ESE 60 marks):

There will be two group of questions. **Group A is compulsory** which will contain three questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 & 3 will be short answer type** of 5 marks. Group B will contain descriptive type five questions of fifteen marks each, out of which any three are to answer.

C. (ESE 75 marks):

There will be two group of questions. **Group A is compulsory** which will contain three questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No. 2 & 3 will be short answer type** of 5 marks. Group B will contain descriptive type six questions of fifteen marks each, out of which any four are to answer.

D. (ESE 100 marks):

There will be two group of questions. **Group A is compulsory** which will contain three questions. **Question No.1 will be very short answer type** consisting of ten questions of 1 mark each. **Question No. 2 & 3 will be short answer type** of 5 marks. Group B will contain descriptive type six questions of twenty marks each, out of which any four are to answer.

FORMAT OF QUESTION PAPER FOR MID/ END SEMESTER EXAMINATIONS**Question format for 15 Marks:**

F.M. =15	Subject/ Code	Exam Year
Time = 1 Hr.		
General Instructions:		
i. Group A carries very short answer-type compulsory questions. ii. Answer 1 out of 2 subjective/ descriptive questions given in Group B . iii. Answer in your own words as far as practicable. iv. Answer all subparts of a question in one place. v. Numbers in the right indicate full marks for the question.		
<u>Group A</u>		
1.	i. ii. iii. iv. v.	[5x1=5]
<u>Group B</u>		
2.	[10]
3.	[10]
Note: There may be subdivisions in each question asked in Theory Examination.		

Question format for 20 Marks:

F.M. =20	Subject/ Code	Exam Year
Time = 1 Hr.		
General Instructions:		
i. Group A carries very short answer-type compulsory questions. ii. Answer 1 out of 2 subjective/ descriptive questions given in Group B . iii. Answer in your own words as far as practicable. iv. Answer all subparts of a question in one place. v. Numbers in the right indicate full marks for the question.		
<u>Group A</u>		
1.	i. ii. iii. iv. v.	[5x1=5]
2.	[5]
<u>Group B</u>		
3.	[10]
4.	[10]
Note: There may be subdivisions in each question asked in the Theory Examination.		

Question format for 50 Marks:

Subject/ Code		Exam Year
F.M. =50	Time = 1.5 Hrs.	
General Instructions:		
i. Group A carries very short answer-type compulsory questions. ii. Answer 3 out of 5 subjective/ descriptive questions given in Group B . iii. Answer in your own words as far as practicable. iv. Answer all subparts of a question in one place. v. Numbers in the right indicate full marks for the question.		
<u>Group A</u>		
1.		[5x1=5]
i.	
ii.	
iii.	
iv.	
v.	
<u>Group B</u>		
2.	[15]
3.	[15]
4.	[15]
5.	[15]
6.	[15]
Note: There may be subdivisions in each question asked in the Theory Examination.		

Question format for 60 Marks:

Subject/ Code		Exam Year
F.M. =60	Time = 3 Hrs.	
General Instructions:		
i. Group A carries very short answer-type compulsory questions. ii. Answer 3 out of 5 subjective/ descriptive questions given in Group B . iii. Answer in your own words as far as practicable. iv. Answer all subparts of a question in one place. v. Numbers in the right indicate full marks for the question.		
<u>Group A</u>		
1.		[5x1=5]
i.	
ii.	
iii.	
iv.	
v.	
2.	[5]
3.	[5]
<u>Group B</u>		
4.	[15]
5.	[15]
6.	[15]
7.	[15]
8.	[15]
Note: There may be subdivisions in each question asked in the Theory Examination.		

Question format for 75 Marks:

F.M. =75	Subject/ Code Time = 3 Hrs.	Exam Year
General Instructions:		
i. Group A carries very short answer-type compulsory questions. ii. Answer 4 out of 6 subjective/ descriptive questions given in Group B . iii. Answer in your own words as far as practicable. iv. Answer all subparts of a question in one place. v. Numbers in the right indicate full marks for the question.		
<u>Group A</u>		
1.	i. ii. iii. iv. v.	[5x1=5]
2.	[5]
3.	[5]
<u>Group B</u>		
4.	[15]
5.	[15]
6.	[15]
7.	[15]
8.	[15]
9.	[15]
Note: There may be subdivisions in each question asked in the Theory Examination.		

Question format for 100 Marks:

F.M. =100	Subject/ Code Time = 3 Hrs.	Exam Year
General Instructions:		
i. Group A carries very short answer-type compulsory questions. ii. Answer 4 out of 6 subjective/ descriptive questions given in Group B . iii. Answer in your own words as far as practicable. iv. Answer all subparts of a question in one place. v. Numbers in the right indicate full marks for the question.		
<u>Group A</u>		
1.	i. ii. iii. iv. v.	[10x1=10]
2.	[5]
3.	[5]
<u>Group B</u>		
4.	[20]
5.	[20]
6.	[20]
7.	[20]
8.	[20]
9.	[20]
Note: There may be subdivisions in each question asked in the Theory Examination.		

SEMESTER I

I. MAJOR COURSE –MJ 1: INTRODUCTION TO PSYCHOLOGY

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) **60 Hours**

Course Objectives:

On completion of this course, the students will be able to understand:

1. To make students aware about the Psychology and its application.
2. To understand the human behaviour.
3. To understand the personality of individual.

Course Learning Outcomes:

After the completion of course, the students will have ability to:

1. Understanding what Psychology is all about.
2. Appreciation of the scope and the field of Psychology.
3. Developing familiarity with basic concepts related to some foundational themes of study in Psychology such as learning, memory, perception, thinking, emotion, motivation and human biological system including brain.
4. Developing familiarity with individual level phenomenon such as intelligence and personality.

Course Content:

Unit-I: Introduction:

1. Nature of Psychology: Definition, Subject matter and Branches of Psychology
2. Psychology in India: History and current status
3. Methods of Psychology (with special emphasis on Experimentation: Variables and types of experimentation.
4. Biological basis of human behaviour (with emphasis on central nervous system and endocrine system)

Unit-II: Learning, Memory and Perception

1. Learning: Classical conditioning, Instrumental learning
2. Memory: Models of memory: Information processing model (sensory register, STM, LTM and concept of working memory), Reconstructive, nature of memory; Forgetting, Improving memory
3. Perception: Process and Gestalt view point of perception.

Unit-III: Motivation and Emotion-

1. Approaches to understanding motivation and Types of motives
2. Elements of Emotions (Components, James Lange and Hypothalamus Theories of Emotion)

Unit-IV: Individual differences: Personality and Intelligence

1. Personality: Nature and Theories: Trait and Type approach
2. Intelligence: Nature and Theories: Two factor theory

Reference Books:

1. Banyard, P., Davies, M. N. O., Norman, C. & Winder, B. (Eds.) (2010). Essential psychology. New Delhi: SAGE Publications.
 2. Baron, R. & Misra. G. (2014). Psychology. New Delhi: Pearson.
 3. Ciccarelli, S. K. & White, J. N. & Misra, G. (2018). Psychology. New Delhi: Pearson Education.
 4. Morgan, C. T., King, R., Weise, J. & Schopler, J. (2017). Introduction to Psychology (7th Ed.) McGraw Hills.
 5. Holt, N., Brenner, A., Sutherland, E., Vliek, M. and Passer, M., & Smith, R. (2015).
 6. Psychology: The Science of Mind and Behaviour. London: Tata McGraw-Hill.
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II. SKILL ENHANCEMENT COURSE- SEC 1: PSYCHOLOGICAL SKILLS FOR EVERYDAY LIFE

Marks: 75 (ESE: 3Hrs) = 75**Pass Marks: Th (ESE) = 30**(Credits: Theory-03) **45 Hours****Course Objectives:**

1. To introduce students to basic psychological skills appropriate in daily and professional life
2. To enhance student self-awareness, interpersonal skills and emotional intelligence
3. To promote psychological well-being and coping strategy for stress conflict.

Course Outcomes:

1. Course will improve self-awareness leading to more informed decision making and personal development
2. Psychological skills will help to analyse the problems from different angles which is vital for life's challenges

Unit 1: Self and Personality

1. Self-concept and Self-esteem
2. Personality traits and types, example- Big Five Model
3. Self-awareness exercises

Unit 2: Communication Skills

1. Verbal and Non-verbal communication
2. Active listening and feedback
3. Empathy and Assertiveness training

Unit 3: Emotional Intelligence and Coping

1. Understanding Emotions
2. Managing Stress and Anger
3. Techniques: Mindfulness, Progressive Muscle Relaxation and Journaling
4. Psychological first aid and resilience- Basics of Psychological First Aid, building resilience and mental strength, helping others in crisis situation

Recommended Books:

1. Psychological Skills in Everyday Life by Asmita Deshpande and Ajitha P.
 2. Emotional Intelligence by Daniel Goleman.
 3. The Psychology of Personal Adjustment by John M. Berez
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SEMESTER II

I. MAJOR COURSE- MJ 2: INTRODUCTION TO SOCIAL PSYCHOLOGY

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) 60 Hours

Course Objectives:

On successful completion of this course the student should be able to understand:

1. Develop basic skills among Students to overcome poverty corruption and unemployment from the Society.

Course Learning Outcome:

1. Understanding the basic social psychological concepts and familiarize with relevant methods.
2. Understanding the applications of social psychology to social issues like gender and environment.
3. Developing skills to understand social situations and its measurement

Course Content:

Unit-I: Introduction

1. Nature and scope of social psychology
2. History of social psychology
3. Relationship of social psychology with Sociology and Anthropology

Unit-II: Attitude

1. Nature and definition
2. Formation of attitude
3. Factors responsible for attitude change

Unit-III: Social Interaction and Influences

1. Social perception- Nature, factors affecting social cognition.
2. Pro-social behaviour- Nature, factors developing pro-social behaviour.

Unit-IV: Group dynamics and Inter Group Relations

1. Nature of Groups
2. Types and functions of group
3. Prejudice-Nature & determinants (Sociological & Psychological)

Reference Books:

1. Baron, R. A., Byrne, D., & Bhardwaj, G. (2010). Social psychology (12th Ed.). New Delhi, India: Pearson.
 2. Hogg, M. A., & Vaughan, G. M. (2005). Social psychology. Harlow: Pearson Prentice Hall.
 3. Husain, A. (2012). Social psychology. New Delhi, India: Pearson.
 4. Myers, D. G. (2008). Social psychology, New Delhi, India: Tata McGraw-Hill.
 5. Taylor, S. E., Peplau, L. A., & Sears, D. O. (2006). Social psychology (12th Ed.). New Delhi, India: Pearson.
 6. Suleman, M. Adhunik Samaj Manovigyan.
 7. Singh, A. K. Uchhatar Samaj Manovigyan.
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II. SKILL ENHANCEMENT COURSE- SEC 2: PSYCHOPATHOLOGY

Marks: 75 (ESE: 3Hrs) = 75**Pass Marks: Th (ESE) = 30**(Credits: Theory-03) **45 Hours****Course Objectives:**

On completion of this course, the students will be able to understand

1. To various mental health issues and its causes.
2. To be aware about concept of normality.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. Course will understand the mental issues and its causes.

Course Contents:**Unit-I: Normality and Abnormality**

1. The concept of normality and abnormality
2. Criteria and classification.
3. Clinical Pictures and Etiology
4. Clinical picture of Anxiety disorders and Obsessive compulsive disorder.
5. Somatoform Disorders: Conversion Disorder, Hypochondriasis

Unit-II: Manic-Depressive Psychosis

1. Symptoms and etiology
2. Substance related disorder

Unit-III: Disorders Related to Development

1. Mental Retardation.
2. Learning Disability

Suggested Readings:

1. Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. N.York: Open Univ. Press.
 2. Brewer, K. (2001). Clinical Psychology. Oxford : Heinemann Educational Publishers
 3. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
 4. David Barlow H. & Durand V. Mark, 7th Edition, e-book (2013) Abnormal Psychology : Cengage Learning India Edition
 5. Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi : Cengage learning.
 6. Singh, A.K. Asamanya Kanovigyan.
 7. Suleman, M Asamanya Monovigyan ki Ruprekha
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SEMESTER III

I. MAJOR COURSE- MJ 3: STATISTICS-I

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100	Pass Marks: Th (SIE + ESE) = 40
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(Credits: Theory-04) 60 Hours

Course Objectives:

1. To provide knowledge to students about collection and analysis of data so that result can be presented statistically and logically.

Course Learning Outcomes:

1. Understanding the nature of measurement and its various levels.
2. Developing skills to use quantitative techniques such as measures of central tendency, variability, and correlation.
3. Knowing how to use the normal probability curve as a model in scientific theory
4. Grasping concepts related to hypothesis testing and developing related computational skills
5. Learning basic techniques of descriptive and inferential statistics (parametric as well as non-parametric).

Course Content:**Unit-I: Nature of Quantitative Data and Descriptive Statistics in Psychology**

1. Levels of measurement
2. Measures of central tendency: Characteristics and computation of mean, median and mode
3. Measures of variability or dispersion: Characteristics and computation of range, Quartile Deviation and Standard Deviation.

Unit-II: Normal distribution and Correlation:

1. Normal Probability Curve (NPC): Nature, Characteristics and application of NPC; deviation from NPC: Skewness and Kurtosis; finding areas when the score is known, finding the scores when the area is known.
2. Correlation: Calculation of Person's and Spearman coefficient, Correlation and its significance; factors affecting correlation.

Unit-III: Testing Significance of the difference between two means

1. What is t-ratio?
2. Calculation of t-Ratio (*Correlated and Un-Correlated Mean*)

Unit-IV: Non-parametric tests

1. Nature and assumptions
2. Chi-square: Assumptions and Computation of Chi-square.

References:

1. Brotha, K. D. (1992) Experimental design in behavioural research New Delhi: Wiley Eastern
 2. Minium, E. W., King, B. M. & Bear, G. (1993). Statistical reasoning in psychology and education New York: John Wiley.
 3. Mohanty, B. & Misra, S. (2015). Statistics for behavioural and social sciences New Delhi: SAGE Publications.
 4. Srivastwa, Ramjee: Manovagyanik yewam saikhshnikmapan.
 5. Singh, A. K.: Manovigyan, Smajsastrtha siksha me sodhvidhiya.
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II. MAJOR COURSE- MJ 4: PRACTICALS-I

Marks: Pr (ESE: 6Hrs) =100

Pass Marks: Pr (ESE) = 40

(Credits: Practicals-04) **120 Hours**

Instruction to Question Setter for

End Semester Examination (ESE):

There will be one Practical Examination of 6Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:

<i>Experiment</i>	<i>= 60 marks</i>
<i>Practical record notebook</i>	<i>= 15 marks</i>
<i>Viva-voce</i>	<i>= 25 marks</i>

Practicals:

Group A: Project work (Anyone)

1. Psychology applied to self: making a report on how studying psychology has benefitted the student's health.
2. Analyzing social problems from psychological perspectives

Group B: Practical work: (Any two)

1. Measurement of verbal Intelligence by using Battery of performance Intelligence test.
2. Measurement of Emotional Intelligence by using Mangal Emotional Intelligence Scale.
3. Assessment of Stress by using Academic Stress Inventory for School Students- S. Rani and B.B. Singh or any Stress Scale.
4. Measurement of Personality by using Cattell's 16 PF.

Book Recommendations

1. M.R.D' Amato (2006): Experimental Psychology: Methodology Psychophysics and Learning TMH Edition Fifteenth Reprint (2006).
2. Stephen F Davis (2005): Handbook of Research methods in Experimental Psychology, edited by Stephen F Davis,
3. Blackwell publishing 35, Main Street Maldon, NA 02148-5020 U.S.A.
4. Barry and Morton (1985): Experimental methods in psychology, Mc Graw Hill
5. Broota K.D. (1992): Experimental Designs in Behavioural research New Delhi, Wiley Eastern
6. Robert L. Solso (2002 M. Kimberly Maclin): Experimental Psychology, Pearson Education P. Ltd. Indian Branch
7. C.B. Dave and others (1998): Experimental Psychology Theory and Statistics Viral Prakashan – Allahabad
8. Mohsin, S.M. (1982): Experiments in Psychology. Patna: Motilal Banarsidas.
9. Suleman, M. (1996). Manovagyanik Prayog aur Parikshan.
10. Singh, A. K. Uchhatar Manovagyanic Prayog evam Parikshan. Bharti Bhawan.
11. श्रीवास्तव, आर. आधुनिक प्रायोगिक मनोविज्ञान
12. शर्मा, गो. आधुनिक प्रायोगिक मनोविज्ञान
13. सिंह, अ. आधुनिक प्रायोगिक मनोविज्ञान
14. श्रीवास्तव, बी. आधुनिक प्रायोगिक मनोविज्ञान
15. बनारसीदास, मो. आधुनिक प्रायोगिक मनोविज्ञान
16. तरन्नुम, आ. मनोविज्ञान में प्रयोग और परीक्षण
17. बनारसीदास, मो. मनोविज्ञान में प्रयोग और परीक्षण

III. SKILL ENHANCEMENT COURSE- SEC 3: ELEMENTARY COMPUTER APPLICATION SOFTWARES

Marks: 75 (ESE: 3Hrs) = 75	Pass Marks: Th (ESE) = 30
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A Common Syllabus for FYUGP

(Credits: Theory-03) **45 Hours**

Instruction to Question Setter

There will be **objective type test** consisting of **Seventy-five questions of 1 mark each**. Students are required to mark their answer on **OMR Sheet** provided by the University.

Course Objectives:

The objective of the course is to generate qualified manpower in the area of Information Technology (IT) and Graphic designing which will enable such person to work seamlessly at any Offices.

- 1. Basic Concept of Computer:** What is Computer, Applications of Computer, Types of computer, Components of Computer System, Central Processing Unit (CPU) **(3 Hours)**
- 2. Concepts of Hardware:** Input Devices, Output Devices, Computer Memory, Types of Memory, processing Concept of Computer **(4 Hours)**
- 3. Operating system:** Operating System, Functions of Operating System (Basic), Introduction to Windows 11, Working on Windows 11 environment, Installation of Application Software, My Computer, Control Panel, searching techniques in windows environment, Basic of setting **(6 Hours)**
- 4. Concept of Software:** What is Software, Types of Software, Computer Software- Relationship between Hardware and Software, System Software, Application Software, some high level languages **(4 Hours)**
- 5. Internet & its uses:** Basic of Computer networks; LAN, WAN, MAN, Concept of Internet, Applications of Internet; connecting to internet, what is ISP, World Wide Web, Web Browsing software's, Search Engines, URL, Domain name, IP Address, using e-governance website, Basics of electronic mail, getting an email account, Sending and receiving emails. **(6 Hours)**
- 6. Microsoft Word:** Word processing concepts, Creation of Documents, Formatting of Documents, Formatting of Text, Different tabs of word 2016 environment, Formatting Page, Navigation of Page, Table handling, Header and footer, Page Numbering, Page Setup, Find and Replace, Printing the documents **(7 Hours)**
- 7. Microsoft Excel (Spreadsheet):** Spreadsheet Concepts, Creating, Saving and Editing a Workbook, Inserting, Deleting Work Sheets, Formatting worksheet, Excel Formula, Concept of charts and Applications, Pivot table, goal seek, Data filter, data sorting and scenario manager, printing the spreadsheet **(6 Hours)**
- 8. Microsoft Power Point (Presentation Package):** Concept and Uses of presentation package, Creating, Opening and Saving Presentations, working in different views in Power point, Animation, slide show, Master Slides, Creating photo album, Rehearse timing and record narration **(5 Hours)**
- 9. Digital Education:** Introduction & Advantages of digital Education, Concept of e-learning, Technologies used in e learning **(4 Hours)**

Reference Books

1. Nishit Mathur, *Fundamentals of Computer*, APH publishing corporation (2010)
2. Neeraj Singh, *Computer Fundamentals (Basic Computer)*, T Balaji, (2021)
3. Joan Preppernau, *Microsoft Power Point 2016 step by step*, Microsoft press (2015)
4. Douglas E Corner, *The Internet Book* 4th Edition, prentice –Hall (2009)
5. Wallace Wang, *Microsoft Office 2019*, Wiley (January 2018)
6. Noble Powell, *Windows 11 User Guide For Beginners and Seniors*, ASIN, (October 2021)

SEMESTER IV

I. MAJOR COURSE- MJ 5: IKS IN PSYCHOLOGY

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) **60 Hours**

Course Objectives:

On completion of this course, the students will be able to understand:

1. To introduce students to Indian Concept of mind, self and consciousness.
2. To explore Classical Indian System, such as Yoga and Vedanta from psychological perspective
3. To understand the application of Indian practices like meditation, mindfulness, values of mental well-being.

Course Outcomes:

On successful completion of this course the student should know:

1. Concept and scope of Indian Psychology
2. Historical development and key thinkers e.g.- Sri Aurobindo and Swami Vivekanand
3. Difference between Western and Indian psychological paradigms

Course Contents:

Unit-I: Foundation of Indian Psychology

1. Difference between Indian and Western psychology
2. Historical background: Vedic, Upanishadic and Buddhist Psychology

Unit-II: Concept of Aatma, Mann, Buddhi

1. Self-Consciousness in Indian Tradition
2. Concept of self in Sankhya and Vedanta
3. State of consciousness: Jagrath, Swapna and Susapti
4. Yoga as a path of self-realization
5. Relevance of consciousness in psychological well-being

Unit –III: Health, Personality and Emotion

1. Concept of Health and Personality in Ayurveda
2. Understanding emotions (Bhawna) and their regulation
3. Role of spiritual practices (Meditation, Prayer and Mindfulness)
4. Psychological resilience from Indian practice

Unit –IV: Application of Indian Knowledge System in Contemporary Psychology

1. Indigenous model of Counselling and Therapy
2. Integration of Yoga and Meditation in Psychotherapy
3. Moral and Ethical Foundation: Dharma and Karma
4. Case studies and empirical research using Indian Pradigms.

Suggested Readings:

1. Rao, K.R. and Paranjpe, A.C. (2016). Psychology in Indian Tradition, Springer
 2. Dalal, A.S (Ed.) (2011) A Greater Psychology: The Psychological thought of Sri Aurobindo
 3. Mishra, G (Ed.) (2011) Psychology and Psychoanalysis, Oxford University Press.
 4. Safaya, R. (1975) Indian Psychology, Munshi Rao Manoharlal
 5. Kuppaswamy B. (1990) Elements of Ancient Indian Psychology, Konark Publishers
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II. MAJOR COURSE- MJ 6: THOUGHTS OF PSYCHOLOGY

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) 60 Hours

Course Objectives:

On completion of this course, the students will be able to understand:

1. The main objective of the history of psychology is to make students understand the key issues and theoretical concepts related to psychology.
2. History of Psychology helps to better understand current psychological thoughts and findings.
3. It also helps students to know what the foundation of Psychology was and how it is related with modern psychology.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. Building an understanding of the history of psychology.
2. Identifying and appreciating the diversity of contributions of the contemporary fields of psychology.
3. Describe the key figures in the history of psychology and their major contribution and perspectives.

Course Content:

Unit-I: Structuralism and Functionalism

1. **Structuralism:** Contribution of Wundt and Titchener
2. **Functionalism:** Contribution of Chicago and Columbia School

Unit-II: Behaviourism

1. Watson is a founder of Behaviourism
2. Contribution of Skinner

Unit-III: Psychoanalysis

1. Contribution of Freud as a founder of Psychoanalysis
2. Neo Freudian: Karen Horney and Sullivan

Unit-IV: Gestalt School

1. Contribution of Wertheimer in Gestalt School
2. Contribution of Kohlar and Koffka

Unit-V: Humanistic Psychology

1. Features of Humanistic Psychology
2. Contribution of Maslow and Rogers

Book Recommendations

1. Md. Suleman. Manovigyan ke Sampradaik Itihas.
 2. Arun Kumar Singh. Manovigyan ke Sampradaik Itihas.
 3. Arun Kumer Singh. The Comprehensive History of Psychology
 4. David Hothersall and Benjamin J. Lovett. History of Psychology
 5. Baker, D.B. The Oxford Handbook of the History of Psychology: Global Perspectives.
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III. MAJOR COURSE- MJ 7: PRACTICALS-III

Marks: Pr (ESE: 6Hrs) =100

Pass Marks: Pr (ESE) = 40

(Credits: Practicals-04) **120 Hours**

Instruction to Question Setter for

End Semester Examination (ESE):

There will be one Practical Examination of 6Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:

Experiment	= 60 marks
Practical record notebook	= 15 marks
Viva-voce	= 25 marks

Practicals:

Group A : Project Work: (Any one)

1. Prepare a report based on interview with elderly person either in family or in old age homes. This will help to build conversational skills, interview skills, qualitative/content analysis, professional ethics, sensitivity to the problem of aged, responsibility awareness of policies etc. in the students.
2. Life review of an old person or a middle-aged person. They also learn how to transcribe data from audio-recording.

Group B : Practical Work: (Any two)

1. Self-concept questionnaire- R.K. Saraswat
2. Battle's Self-Esteem Inventory for Children- Anand Kumar
3. Parental Encouragement questionnaire- K.G. Agarwal.
4. Delinquency Proneness Scale- R. Chopra & S. Kaur

Book Recommendations

1. M.R.D' Amato (2006): Experimental Psychology: Methodology Psychophysics and Learning TMH Edition – Fifteenth Reprint (2006)
2. Stephen F Davis (2005): Handbook of Research methods in Experimental Psychology, edited by Stephen F Davis, Blackwell publishing 35, Main Street Maldon, NA 02148-5020 U.S.A.
3. Barry and Morton (1985): Experimental methods in psychology, Mc Graw Hill
4. Broota K.D. (1992): Experimental Designs in Behavioural research New Delhi, Wiley Estern
5. Robert L. Solso (2002 M. Kimberly Maclin): Experimental Psychology, Pearson Education P. Ltd. Indian Branch
6. C.B. Dave and others (1998): Experimental Psychology Theory and Statistics Viral Prakashan – Allahabad
7. Mohsin, S.M. (1982): Experiments in Psychology. Patna: Motilal Banarsidas.
8. Suleman, M. (1996). *Manovagyanik Prayog aur Parikshan*.
9. Singh, A. K. Uchhatar Manovagyanic Prayog evam Parikshan. Bharti Bhawan.
10. श्रीवास्तव, आर. आधुनिक प्रायोगिक मनोविज्ञान
11. शर्मा, गो. आधुनिक प्रायोगिक मनोविज्ञान
12. सिंह, अ. आधुनिक प्रायोगिक मनोविज्ञान
13. श्रीवास्तव, बी. आधुनिक प्रायोगिक मनोविज्ञान
14. बनारसीदास, मो. आधुनिक प्रायोगिक मनोविज्ञान
15. तरन्नुम, आ. मनोविज्ञान में प्रयोग और परीक्षण
16. बनारसीदास, मो. मनोविज्ञान में प्रयोग और परीक्षण

SEMESTER V

I. MAJOR COURSE- MJ 8: BASICS OF CLINICAL PSYCHOLOGY

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) **60 Hours**

Course Learning Outcomes:

On completion of this course, the students will be able to understand:

To provide knowledge about distinguishing normal and abnormal behaviour, educate students about anxiety, trauma and Dissociative Personality Disorders.

Learning Outcome:

On successful completion of this course the student should know:

1. Foundational knowledge of Clinical Psychology and its historical development.
2. Acquiring knowledge and skills for distinguishing normal and abnormal behaviour and learn the criteria of determining abnormality. Developing competencies for assessing the psychological functioning of individuals through techniques such as psychological assessment, observation and interviewing.
3. Developing familiarity with the current diagnostic systems (current edition of the Diagnostic and Statistical Manual of Mental Disorders and International Classification of Diseases- Mental Disorder section).
4. Acquiring knowledge about anxiety disorders and Trauma & Stressor-related, Dissociative and Personality Disorders. Developing sensitivity towards individual and cultural diversity and understanding its implication in clinical work especially within the Indian context. Understanding the essence of a reflective practitioner by engaging in reflective processes that him or her aware of his or her strengths and vulnerabilities.

Course Content:

Unit-I: Introduction

1. Definition of Clinical Psychology, Historical development of Clinical Psychology.
2. Concept of Abnormal behaviour.

Unit-II: Clinical Assessment and Classification

1. Clinical Assessment: Clinical Interview (emphasis on Mental Status Examination – MSE and Case History Interview), Observation, Psychological testing.
2. Classification and Diagnosis: Classification models: DSM-V (latest) and ICD (latest).

Unit-III: Anxiety and Obsessive-Compulsive Disorders: Clinical Picture and Etiology

1. Generalized Anxiety Disorder
2. Specific Phobia and Social Anxiety Disorder (Social Phobia)
3. Obsessive – Compulsive Disorder

Unit-IV: Trauma & Stressor-related, Dissociative and Personality Disorders: Clinical Picture and Etiology

1. Adjustment Disorder
2. Post-Traumatic Stress Disorder
3. Dissociative Identity Disorder
4. Personality Disorders (Clusters A, B and C): Only Clinical Picture.

Reference Books:

1. Beg, M. A., & Beg, S. (1996). Logotherapy and the Vedantic view of life and mental well-being. Journal des Viktor-Frankl-Instituts, 1, 97-112.
 2. Butcher, J.N., Hooley, J.M., Mineka, S. & Dwivedi, C.B (2017). Abnormal Psychology. N. Delhi: Pearson:
 3. Hecker, J. E., & Thorpe, G. L. (2005). Introduction to clinical psychology. Delhi: Pearson Education.
 4. Husain, A., Beg, M. A., & Dwivedi, C. B. (2013) Psychology of humanity and spirituality New Delhi: Research India Press
 5. Llewellyn, S., Murphy, D. (Eds.) (2014) What is clinical psychology? Oxford UK: Oxford Univ. Press.
 6. Plante, T. G. (2011). Contemporary clinical psychology. (3rd edition). New York: John Wiley & Sons.
 7. Pomerantz A. M. (2008). Clinical psychology Science practice and culture. New Delhi. Sage Publications.
 8. Sommers-Flanagan, J. & Sommers-Flanagan, R. (2017), Clinical Interviewing New Jersey: Wiley.
 9. मनोरोग विज्ञान - डॉ० मशहूर जहाँ
 10. आधुनिक नैदानिक मनोविज्ञान - मो० सुलेमान
 11. मनोरोग विज्ञान - मो० सुलेमान
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II. MAJOR COURSE- MJ 9: FOUNDATION OF ORGANIZATIONAL BEHAVIOUR

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) **60 Hours**

Course Learning Outcomes:

On completion of this course, the students will be able to understand:

1. To provide organizational behavioural knowledge to the students for better organizational Behavioural outcomes.

Learning Outcome:

On successful completion of this course the student should know:

1. Developing a deeper understanding of conceptual and theoretical bases of motivation and employees' work attitudes and their relationship with performance and organizational outcomes.
2. Understanding leadership processes from different theoretical perspectives.
3. Understanding group dynamics, working through conflicts and working in teams.

Course Content:

Unit-I: Introduction

1. Nature, Concept and Scope of Organizational psychology.
2. Historical Developments: The Early Years, Classical School: Taylor/Human Relations Approach.

Unit-II: Introduction of work-related Attitudes and Work Motivation

1. Employees attitude and Job satisfaction
2. Work motivation
3. Job involvement

Unit-III: Leadership

1. Basic Approaches: Trait theory, Behavioural theories and Contingency theories
2. Indian perspective on leadership

Unit-IV: Dynamics of Organizational Behaviour

1. Stress in Organization:
2. Nature, Effect, sources and Techniques for managing Stress.

Reference Books:

1. Aamodt, M. G. (2016). Industrial/Organizational psychology, An applied approach. Boston: Cengage Learning.
 2. Kalra, S. K. (2004). Consultative managerial leadership style in India: A viable alternative In
 3. P. N. Mukherjee. & C. Sengupta (Eds.), Indigeneity and universality in social sciences A South Asian response. New Delhi: Sage Publications.
 4. Muchinsky, P. M., & Culbertson, S. S. (2016), Psychology applied to work. Summerfield, NC: Hypergraphic Press.
 5. Pareek, U. (2007). Understanding organizational behaviour. New Delhi: Oxford University Press.
 6. Pareek, U. & Gupta, R. K. (2010). Organizational behaviour. New Delhi: Tata McGraw Hill.
 7. Sinha, J. B. P. (2008). Culture and organizational behavior. New Delhi, India: Sage Publications.
 8. Muhaamad Suleman: Sangthnatmak Vayohar.
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III. MAJOR COURSE- MJ 10: FOUNDATION OF DEVELOPMENTAL PSYCHOLOGY

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) **60 Hours**

Course Learning Outcomes:

On completion of this course, the students will be able to understand:

1. To provide knowledge about Human Development, relevant social issues and developmental issues in children and adults.

Learning Outcome:

On successful completion of this course the student should know:

1. Demonstrating an ability to understand and distinguish major theoretical perspectives and methodological approaches in human development.
2. Developing an ability to identify the milestones in diverse domains of human development across life stages.
3. Understanding the contributions of socio-cultural context toward shaping human development.
4. Acquiring an ability to decipher key developmental challenges and issues faced in the Indian context.

Course Content:

Unit-I: Introduction to developmental Psychology:

3. Issues and theories in Developmental Psychology-Nature and nurture; plasticity in development.
4. Theoretical Perspectives: Psychodynamic (Freud and Erikson);
5. Cognitive (Piaget, information processing approaches)
6. Socio-cultural: Vygotsky.
7. Research methods: Longitudinal, Cross sectional and ethics in research.

Unit-II: Domains of Development across life span-I

1. Physical development (from infancy to late adulthood)
2. Cognitive development and language development, Role of language in cognitive development.

Unit-III: Domains of Development across life span-II

1. Socio-emotional development and Moral Development

Unit-IV: Developmental issues in Indian context

1. Issues of social relevance (gender, disability and Poverty)
2. Developmental issues in children and adolescents Challenges of adulthood;

Reference Books:

1. Georgas, J., Berry, J. W., Van de Vijver, F. J., Kagitçibasi, C., & Poortinga, Y. H. (Eds.) (2006). Families across cultures: A 30-nation psychological study. New York: Cambridge University Press.
2. Berk, L. E. (2010). Child development (9th Ed.). New Delhi, India: Prentice Hall.
3. Feldman, R. S., & Babu, N. (2011). Discovering the life-span. New Delhi, India: Pearson.
4. Kakar, S. (2012). The inner world: A psychoanalytic study of childhood and society in India (4th Ed.). New Delhi, India: Oxford University Press.
5. Papalia, D. E., Olds, S. W., & Feldman, R. D. (2006). Human development (9th Ed). N. Delhi, Tata McGraw-Hill.
6. Mitchell, P., & Ziegler, F. (2007). Fundamentals of development: The psychology of childhood. New York: Psychology Press.
7. Santrock, J. W. (2012), A topical approach to life-span development. New Delhi, India: Tata McGraw-Hill.
8. Saraswathi, T. S. (2003). Cross-Cultural perspectives in human development: Theory, research and applications. New Delhi, India: Sage Publications.
9. Shaffer, D. R., & Kipp, K. (2007). Developmental psychology: Childhood and adolescence Indian reprint: Thomson Wadsworth.
10. Sharma, N., & Chaudhary, N. (2009). Human development: Contexts and processes. In G. Misra (Ed.), Psychology in India. Vol 1: Basic psychological processes and human development. India: Pearson.
11. Srivastava, A. K. (Ed) (1997). Child development. An Indian perspective. New Delhi: NCERT.
12. Srivastava, D. N. & Verma, Priti. Child psychology: Child Development. Agra: Vinod Pustak Mandir.
13. मानवीय विकास के विविध आयाम – क्या एवं सुदर्शन चौहान
14. Singh, Rajender Prasad: Vikasatmak Manovigyan.
15. Hurlock, Developmental Psychology
16. Sinha, RRP- Vikasatmak Manovigyan.
17. Singh, R. Vikasatmak Manovigyan.

IV. MAJOR COURSE- MJ 11: PRACTICALS-IV

Marks: Pr (ESE: 6Hrs) =100	Pass Marks: Pr (ESE) = 40
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(Credits: Practicals-04) 120 Hours

Instruction to Question Setter for**End Semester Examination (ESE):**

There will be one Practical Examination of 6Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:

Experiment = 60 marks

Practical record notebook = 15 marks

Viva-voce = 25 marks

Practicals:**Group A: Project Work:**

1. Case study on Personality, Social Behaviour, Mental Retardation: any one.

Group B: Practical Work:

1. Measurement of personality by using Maudsley Personality Inventory (MPI).
2. Measurement of personality by using Thematic Apperception Test (TAT).
3. Measurement of personality by using Word Association Test (WAT).
4. Measurement of personality dimension by using Dimensional Personality Inventory- Mahesh Bhargava.

Book Recommendations

1. M.R.D' Amato (2006): Experimental Psychology: Methodology Psychophysics and Learning TMH Edition – Fifteenth Reprint (2006)
2. Stephen F Davis (2005): Handbook of Research methods in Experimental Psychology, edited by Stephen F Davis, Blackwell publishing 35, Main Street Maldon, NA 02148-5020 U.S.A.
3. Barry and Morton (1985): Experimental methods in psychology, Mc Graw Hill
4. Broota K.D. (1992) : Experimental Designs in Behavioural research New Delhi, Wiley Estem
5. Robert L. Solso (2002 M. Kimberly Maclin): Experimental Psychology, Pearson Education P. Ltd. Indian Branch
6. C.B. Dave and others (1998): Experimental Psychology Theory and Statistics Viral Prakashan – Allahabad
7. Mohsin, S.M. (1982): Experiments in Psychology. Patna: Motilal Banarsidas.
8. Suleman, M. (1996). *Manovagyanik Prayog aur Parikshan*.
9. Singh, A. K. Uchhatar Manovagyanic Prayog evam Parikshan. Bharti Bhawan.
- 10^प श्रीवास्तव, आर. आधुनिक प्रायोगिक मनोविज्ञान
- 11^प शर्मा, गा. आधुनिक प्रायोगिक मनोविज्ञान
- 12^प सिंह, अ. आधुनिक प्रायोगिक मनोविज्ञान
- 13^प श्रीवास्तव, बी. आधुनिक प्रायोगिक मनोविज्ञान
- 14^प नारसिंदास, मो. आधुनिक प्रायोगिक मनोविज्ञान
- 15^प तरनम, आ. मनोविज्ञान में प्रयोग और परीक्षण
- 16^प नारसिंदास, मो. मनोविज्ञान में प्रयोग और परीक्षण

SEMESTER VI

I. MAJOR COURSE- MJ 12: POSITIVE PSYCHOLOGY

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) **60 Hours**

Course Learning Outcomes:

On completion of this course, the students will be able to understand:

1. To make students aware about positivity, Happiness and well-being through Positive Psychology.

Learning Outcomes:

On successful completion of this course the student should know:

1. Meaning and conceptual approaches to happiness and well-being.
2. Being able to locate the diversity in the experiences of happiness with individual's life span and across different domains.
3. Learning the various pathways through which positive emotions and positive traits contribute to happiness and well-being.
4. Being able to identify the key virtues and character strengths which facilitate happiness and well-being.

Course Content:

Unit-I: Introduction

1. Positive psychology: Meaning, definition, assumptions and goals;
2. Meaning and measures of happiness and well-being: Hedonic and eudemonic traditions
3. Indian perspectives and positive psychology

Unit-II: Happiness and well-being

1. Happiness: Concept and definitions
2. Happiness and the facets of life: Gender, Love, Marriage
3. Happiness across the life span: Happiness and well-being across culture and nationalities
4. Psychology of flow

Unit-III: Emotions, Personality traits and well-being

1. Positive emotions (hope, optimism, gratitude) and well-being
2. Cultivating positive emotions
3. Positive traits: Personality and positive beliefs

Unit-IV: Virtues, character strengths, and well being

1. Classification of human virtues (Seligman's approach)
2. Wisdom as a foundational strength and virtue; Character strengths and health.
3. Religion, spirituality and transcendence.

Reference Books:

1. Baumgardner, S. R., Crothers, M. K. (2009) Positive psychology. New Delhi, India: Pearson.
 2. Carr. A. (2004) Positive Psychology The science of happiness and human strength UK: Routledge.
 3. David. S. A., Boniwell, I., & Ayers, A. C. (2013), The Oxford handbook of happiness. Oxford: Oxford University Press.
 4. Husain, A., & Saeeduzzafar. (2011). Islamic virtues and human development New Delhi. India: Global Vision Publishing House.
 5. Joseph, S. (Ed.) (2015). Positive psychology in practice. Promoting human flourishing in work, health, education, and everyday life Hoboken, NJ. John Wiley & Sons.
 6. Kumar, U. Archana, & Prakash, V. (2015). Positive psychology - Applications in work, health and well-being: Delhi & Chennai, India: Pearson,
 7. Peterson, C. (2006) A Primer in Positive Psychology. New York: Oxford University Press.
 8. Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York; Free Press/Simon and Schuster.
 9. Snyder, C. R., & Lopez, S. J. (2002). Handbook of positive psychology: New York: Oxford University.
 10. Snyder, C.R., & Lopez, S. (2007), Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
 11. सकारात्मक मनोविज्ञान – मधु जैन
 12. सकारात्मक मानस शास्त्र - डॉ० विष्णुनाथ शिंदे
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II. MAJOR COURSE- MJ 13: INTRODUCTION TO PERSONALITY

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) **60 Hours**

Course Learning Outcomes:

On completion of this course, the students will be able to understand:

1. To provide introductory knowledge about personality, factors (Heredity & Environment) affecting personality to understand self through Vedanta, Yoga, Sufi and Buddhist tradition.

Learning Outcome:

On successful completion of this course the student should know:

1. Appreciating conceptualizations of personality in the Western as well as Eastern traditions.
2. Understanding self and personality through Eastern perspectives such as Mimamsa, Vedanta, Samkhya, Yoga, Buddhist and Sufi traditions. Developing a critical understanding of personality through various Western approaches including type and trait, psychoanalytic, socio-cognitive and humanistic.
3. Understanding biological and environmental influences on personality development.
4. Fostering an applied perspective by engaging students in a discussion about the everyday applications of various personality theories.

Course Content:

Unit-I: Introduction to Personality

1. Concept and Definition of Personality
2. Role of Factors in the development of Personality (heredity and environment)
3. Assessment of Personality

Unit-II: Western approaches to personality-1

1. Trait and Type Approaches (including Eastern Perspective such as “Tri-guna” theory)
2. Socio-Cognitive Approach to Personality

Unit-III: Western approaches to personality –II

1. Psychoanalytic Approach to Personality
2. Humanistic Approach to Personality

Unit-IV: Understanding self through Eastern Perspective

1. Understanding self through Vedanta, and Yoga
2. Understanding self through Sufi and Buddhist tradition.

Reference Books:

1. Carducci, B. J. (2009). The psychology of personality: Viewpoints, research & application. Hong Kong: Wiley-Blackwell.
2. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian edition. New Delhi, India: Pearson Education.
3. Cornelissen, R. M. M., Misra, G., & Varma, S. (Eds.) (2011). Foundations of Indian Psychology Theories and concepts (Vol. 1). New Delhi, India: Pearson.
4. Feist, J. Feist, G.J. & Herman, T.A.R.W. (2018). Theories of Personality. Tata Mc Graw Hill.
5. Friedman, H.S., & Schustack, M.W.(2006).Personality Classic theories and modern research. N.Delhi, India: Pearson.
6. Kuppaswamy, B. (2001). Elements of ancient Indian psychology, New Delhi, India: Konark Publishers Pvt. Ltd.
7. Misra, G. & Mohanty, A. K (Eds.) (2002). Perspectives on indigenous psychology. New Delhi, India: Concept Publishing Company
8. Paranjpe, A. C. (1984), Theoretical psychology. The meeting of east and west. New York: Plenum Press.
9. Patnaik, D. (2015). My Gita. New Delhi: Rupa.
10. Rao, K. R., Paranjpe, A. C., & Dalal. A. K. (Eds.) (2008), Handbook of Indian psychology. New Delhi, India: Foundation Books.
11. डी०४० मनोविज्ञान – मधु अशाना
डी०४० का मनोविज्ञान- अरुण कुमार शिंदे

III. MAJOR COURSE- MJ 14: EDUCATIONAL PSYCHOLOGY

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) **60 Hours**

Course Objective:

On completion of this course, the students will be able to understand:

1. The main objective of educational psychology is to increase the ability of new dimensions of knowledge-Intelligence, Self-direction and Social functioning.
2. The main objective of educational psychology is to increase the ability of new dimensions of knowledge-Intelligence, Self-direction and Social functioning.
3. Educational Psychology helps students to be motivated towards education and shape their personality through education and social learning.
4. It also helps teachers to understand the human nature, examination system and education.

Learning Outcomes:

On successful completion of this course the student should know:

1. Understanding the meaning and processes of education at individual and social levels in the Indian context.
2. Demonstrating an appreciation of the role of the teacher in education.
3. Developing an Insight into the notion of inclusion in education.

Course Content:

Unit-I: Introduction of Educational Psychology

2. Definitions, aims and scopes of Educational Psychology
3. Contribution of Psychology to Education and its various challenges(Personal, Social & Economical)
4. Applications of Educational Psychology in Educational Institutions and Rehabilitation Centers

Unit-II: Heredity and Environment

1. Definitions, Importance, Relevance and Significance in Education
2. Mental Retardation
3. Learning Disability

Unit-III: Educational Technology and Programme Learning

1. Meaning of Educational Technology and Importance of Educational Technology
2. Programme Learning, Meaning and Procedure of Programme Learning

Unit-IV: Educational Assessment

1. Meaning, Importance of applications of Educational Assessment
2. Types of Intelligence Test.

Book Recommendations

1. Mitra B. "Personality Development & Soft Skills", Oxford Publication, Third impression, 2017.
 2. ICT Academic of Kerala, "Life Skill for Engineers: Mc. Graw Hill Education (India) Private Ltd., 2016.
 3. Caruso, D.R. and Solovey P., "The Emotionally Intelligent Managers", How to Develop and Use
 4. the Four Key Emotional Skill of Leadership", Jhon Wiley & Sons, 2004.
 5. Kalyana, "Soft Skill for Managers", First Edition; Wiley Publishing Ltd., 2015.
 6. Larry James, "The First Book of Life Skills"; First Edition, Embassy Books, 2016.
 7. Shalini Verma, "Development of Life Skills and Professionalism Practice"; First Edition; Sultan Chand (G/L) & Company, 2014.
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**IV. MAJOR COURSE- MJ 15:
PRACTICALS-V**

Marks: Pr (ESE: 6Hrs) =100

Pass Marks: Pr (ESE) = 40

(Credits: Practicals-04) **120 Hours**

Instruction to Question Setter for

End Semester Examination (ESE):

There will be one Practical Examination of 6Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:

Experiment = 60 marks

Practical record notebook = 15 marks

Viva-voce = 25 marks

Practicals:

Group A: Project: Any Two Projects related with Educational Psychology.

Group B: Practical:

1. Tripathy R.R., Emotional Maturity Scale (EMS)
2. Shweta Shandilya & Alok Gardia Test of Sense of Responsibility
3. Kulshrestha S.P., Educational Interest Record
4. Vivek Bhargava and Rajshree Bhargava. Career Performance Record
5. Sona Dixit and Laxmi Khandelwal. Sustainable Habits
6. Mohsin S.M., Experiment in Psychology

Book Recommendations

1. Mohsin, S.M. (1982): Experiments in Psychology. Patna: Motilal Banarsidas.
2. Suleman, M. (1996). Manovagyanik Prayog aur Parikshan.
3. Singh, A. K. Uchhatar Manovaiganic Prayog evam Parikshan. Bharti Bhawan.
4. श्रीवस्तव, आर. आधुनिक प्रायोगिक मनविज्ञान
5. शर्मा, गो. आधुनिक प्रायोगिक मनविज्ञान
6. सिंह, अ. आधुनिक प्रायोगिक मनविज्ञान
7. श्रीवस्तव, बी. आधुनिक प्रायोगिक मनविज्ञान
8. निरसुन्दरन, मो. आधुनिक प्रायोगिक मनविज्ञान
9. तरनम, आ. मनविज्ञान में प्रयोग और परीक्षण
10. निरसुन्दरन, मो. मनविज्ञान में प्रयोग और परीक्षण

SEMESTER VII

I. MAJOR COURSE- MJ 16: RESEARCH METHODOLOGY

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) 60 Hours

Course Objectives:

After completion of the course, the learner can be able to understand:

1. To provide introductory knowledge about personality, factors (Heredity & Environment) affecting personality to understand self through Vedanta, Yoga, Sufi and Buddhist tradition.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. Appreciating conceptualizations of personality in the Western as well as Eastern traditions.
2. Understanding self and personality through Eastern perspectives such as Mimamsa, Vedanta, Samkhya, Yoga, Buddhist and Sufi traditions. Developing a critical understanding of personality through various Western approaches including type and trait, psychoanalytic, socio-cognitive and humanistic.
3. Understanding biological and environmental influences on personality development.
4. Fostering an applied perspective by engaging students in a discussion about the everyday applications of various personality theories.

Course Content:

UNIT-I: Bases of research in Psychology

1. Definitions & objectives of psychological research.
2. Qualities of a good research
3. Ethics in psychological research.
4. Types of Research:
 - ✓ Quantitative and Qualitative orientation and their steps.
 - ✓ Formulation of research proposals and developing testable hypotheses/research questions.

UNIT-II: Sampling

- ✓ Nature & definition Types of Sampling.

UNIT-III: Methods of Data Collection

- ✓ Observation
- ✓ Interview
- ✓ Questionnaire
- ✓ Interview Schedule
- ✓ Case study

UNIT-IV: Psychological Testing

- ✓ Characteristics of test
- ✓ Reliability
- ✓ Validity
- ✓ Norms and
- ✓ Standardization.

Reference Books:

1. Bryman, A. (2004). Quantity and Quality in Social Research. Routledge.
2. Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi.
3. Dyer, C. (2001) Research in Psychology: A Practical Guide to Research Methodology and
4. Statistics (2nd Ed.) Oxford: Blackwell Publishers
5. Kerlinger, F.N. & Lee, H.B. (1999). Foundations of Behavioural Research. Wadsworth
6. Murphy, K.R. & Davidshofer, C. O. (2004). Psychological Testing: Principles & Applications (6th Ed.) New Jersey: Prentice Hall.
7. Neuman, W.L. (2006). Social Research Methods: Qualitative and Quantitative Approaches (6th Ed.) Boston: Pearson Education.

II. MAJOR COURSE- MJ 17: COMMUNITY PSYCHOLOGY

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) **60 Hours**

Course Objectives:

After completion of the course, the learner can be able to understand:

1. To make students aware about positivity, Happiness and well-being through Positive Psychology.

Course Learning Outcomes:

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

1. Meaning and conceptual approaches to happiness and well-being.
2. Being able to locate the diversity in the experiences of happiness with individual's life span and across different domains.
3. Learning the various pathways through which positive emotions and positive traits contribute to happiness and well-being.
4. Being able to identify the key virtues and character strengths which facilitate happiness and well-being.

Course Content:

Unit-I: Introduction

1. Definition of Community psychology
2. Elements
3. Models and its types.

Unit-II: Values

1. Individual and family wellness; Sense of Community.
2. Respect for human diversity; Social justice, Empowerment.

Unit-III: Health Promotion

1. Process of Community organization for health promotion and its importance,
2. Community Programme for child and maternal health
3. Physically challenged and old aged person in Indian context.

Unit-IV: Interventions

1. Community Development and empowerment
2. Case Studies in Indian context.

Reference Books:

1. Mishra, G. (Ed).(2010) Psychology in India. Indian Counsel of Social Science • Research. Dorling Kindersley (India) Pvt. Ltd. Pearson Education.
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III. MAJOR COURSE- MJ 18: PRACTICALS-VI

Marks: Pr (ESE: 6Hrs) =100	Pass Marks: Pr (ESE) = 40
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(Credits: Practicals-04) 120 Hours

Instruction to Question Setter forEnd Semester Examination (ESE):

There will be one Practical Examination of 6Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:

Experiment = 60 marks

Practical record notebook = 15 marks

Viva-voce = 25 marks

Group A: Project: Any Two Projects related with Educational Psychology.**Group B: Practical**

1. Social Cognition by N.K. Jain
2. Social Support Scale by K.B. Veram and Madhu Ashthana
3. Family Environment Scale by M.C. Joshi & O.P.R. Vyas
4. Attitude Scale Towards Domestic Violence by Ekta Soni, Rakesh Kr. Behmani
5. Creative Behaviour Questionnaire by Dr. Ashok Pratap Singh and Dr. Lalit Kumar Mishra

Books Recommended

1. Mohsin, S.M. (1982): Experiments in Psychology. Patna: Motilal Banarsidas.
2. Suleman, M. (1996). *Manovagyanik Prayog aur Parikshan*.
3. Singh, A. K. Uchhatar Manovagyanic Prayog evam Parikshan. Bharti Bhawan.
4. श्रीवास्तव, आर. आधुनिक प्रायोगिक मनोविज्ञान
5. शर्मा, गा. आधुनिक प्रायोगिक मनोविज्ञान
6. सिंह, अ. आधुनिक प्रायोगिक मनोविज्ञान
7. श्रीवास्तव, बी. आधुनिक प्रायोगिक मनोविज्ञान
8. इंनरसनदासन, मो. आधुनिक प्रायोगिक मनोविज्ञान
9. तरनम, आ. मनोविज्ञान में प्रयोग और परीक्षण
10. इंनरसनदासन, मो. मनोविज्ञान में प्रयोग और परीक्षण

**IV. ADVANCED MAJOR COURSE- AMJ 1:
APPLIED PSYCHOLOGY**

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) **60 Hours**

(Only for Hons Degree)

Course Objectives:

On completion of this course, the students will be able to understand:

1. Understanding human nature and solving problems in human behaviour with the help of the theoretical approach of psychology.
2. Understanding the research-based knowledge on memory, emotion and motivation in a real-life setting.
3. Revised the knowledge of Spectroscopy.
4. Identify the problem related to the workplace, health society education and provide knowledge to solve these issues.

Learning Outcomes:

On successful completion of this course the student should know:

1. Understand the health issues from the standpoint of biological, psychological and social factors acting together.
2. Knowing the importance of positive emotions such as Happiness, Hope optimism in developing life satisfaction.
3. Developing and understanding major concepts of psychology and its implementation in different life setting.
4. Developing knowledge about the application of psychological thoughts in variety of setting.

Course Content:

Unit-I: Introduction

1. Meaning, Nature, Definitions of Applied Psychology
2. Fields of Applied Psychology

Unit-II: Psychology of Guidance and Counselling

1. Nature, Area and Procedure.
2. Individual Difference and their assessment.
3. Measurement of Personality, interest and aptitude

Unit-III: Psychology and Mental Health

1. Meaning and characteristics of Mental Health
2. Symptoms and causes of Anxiety Neurosis, Hysteria, Phobia and Schizophrenia.
3. Major Therapies: Psychoanalytic and Behaviour Therapies

Unit-IV: Psychology and Sports

1. Personality traits of efficient sportsman,
2. Team feelings and motivational factors
3. Measures to improve sportsman spirit.

Book Recommendations

1. **Frank W. Schneider**, University of Windsor, Canada,
 2. **Jamie A. Gruman**, University of Toronto a Scarborough.
 3. **Larry M. Coutts**, University of Windsor, Canada, Sage Publication
 4. **Smarak Swain**, Applied Psychology, Oakbridge,
 5. **Anastasi, A. (1979)**. Fields of applied psychology. New Delhi: McGraw Hill.
 6. **Goldstein, A. P., & Krasner, B. (1987)**. Modern applied psychology. Elmford, New York: Pergmon Press.
 7. **McCormick, E.J., & Ilgen, D. (1980)**. Industrial psychology. Englewood Cliffs, N.J.: Prentice Hall.
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OR RESEARCH COURSES- RC 1: (In lieu of AMJ 1)
RESEARCH PLANNING & TECHNIQUES

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) **60 Hours**

(Only for Hons with Research Degree)

Course Objectives:

1. To provide a clear framework for conducting research
2. Contributes meaningfully to existing body of knowledge in the field
3. To ensure resource allocation

Course Outcomes:

1. Knowledge generation
2. Evidence based decision making
3. Identification of potential challenges

Unit 1: Introduction to research in Psychology

1. Definition objective and significance of research
2. Types of Research : Basic and Applied

Unit 2: Research Problem and Hypothesis

1. Identifying and formulating Research Problem
2. Characteristics and types of good and usable Hypothesis

Unit 3: Research Design

1. Exploratory
2. Descriptive
3. Experimental and Correlational design
4. Variables: Independent, Dependent, Controlled and Extraneous

Unit 4: Variable and Sampling Designs

1. Variables: Independent, Dependent, Controlled and Extraneous
2. Sampling techniques: Probability and Non-Probability Sampling Techniques, Determining sample size and sample errors

Suggested books

1. Kothari, C.R. and Garg, Gaurav, Research methodology: Methods and techniques, New age International
 2. Breakwell, Glynis M. Hammond, S. Fieschaw, C., Smith, J.A. Research Methods in Psychology, Sage Publication
 3. Kerlinger, Fred N., Foundation of Behavioral Research, Holt, Rinehart and Winston publishing
 4. Ahuja, Ram., Research Methods, Rawat Publications
 5. Tripathi, L.M., Manovagyanik Shodh Paridhi (in Hindi)
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SEMESTER VIII

I. MAJOR COURSE- MJ 19: SOCIAL COGNITION AND GROUP PROCESSES

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) **60 Hours**

Course Objectives:

On completion of this course, the students will be able to understand:

1. Understanding of basic Social Psychological concept.
2. Understanding the applications of social psychology to social issues like gender and environmental and understanding how people evaluate social situation.
3. Understanding the basic social psychological concept and familiarize with relevant methods.
4. Developing skills to understand social situation and how to measure social problems like prejudice, attitude, and social inequality.

Learning Outcomes:

On successful completion of this course the student should know:

1. Understanding social cognition, perception attitude and behaviours human express when they think of themselves and others as member of social groups.
2. Understanding how group memberships shape one's social identity and its related influences.
3. Learning to resolve and manage social group conflicts.
4. Introduce students to realm of social influences on behaviour.

Course Content

Unit-I: Social Cognition

1. Nature, types and determinates
2. Self: Nature, functions and culture differences.

Unit-II: Social Perception

1. Forming impression: Role of Non-Verbal cues, Group Stereotypes and Central traits.
2. Models of Information Integration: Primary and Recency effect.

Unit-III: Groups

1. Nature and functions
2. Task performance
3. Social facilitation
4. Social loafing
5. Communication and decision making in groups.

Unit-IV: Leadership

1. Functions, traits, situational and interactions approaches
2. Leadership effectiveness
3. The charismatic leader.

Book Recommendations

1. Allcock, J. E., Carment, D. N., & Sadava, S. N. (1991). A textbook of social psychology. Scarborough, Canada: Prentice Hall.
 2. Baron, R. A., & Byrne, D. (1998). Social psychology (8th Edition). New Delhi: Prentice Hall of India.
 3. Singh, A. K. (1996). Adhunik samajik manovigyan ki roop rekha (3rd Edition). Varanasi: Moti Lal Banarasi Das.
 4. Tripathi, L. B. (1992). Adhunik Samajik Manovigyan. Agra: National psychological corporation.
 5. Worchel, S., & Cooper, J. (1983). Understanding social psychology. Illinois: Dorsey
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II. MAJOR COURSE- MJ 20: PRACTICALS-VII

Marks: Pr (ESE: 6Hrs) =100

Pass Marks: Pr (ESE) = 40

(Credits: Practicals-04) 120 Hours

Instruction to Question Setter for

End Semester Examination (ESE):

There will be one Practical Examination of 6Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:

Experiment = 60 marks (2 Practicals: 25+25 & Record notebook: 10)

Project = 15 marks

Viva-voce = 25 marks (Practical: 15 & Project: 10)

Group A: Project Work:

1. Case study on Personality, Social Behaviour, Mental Retardation: any one.

Group B: Practical Work:

1. Measurement of personality by using Maudsley Personality Inventory (MPI).
2. Measurement of personality by using Thematic Apperception Test (TAT).
3. Measurement of personality by using Word Association Test (WAT).
4. Measurement of personality dimension by using Dimensional Personality Inventory- Mahesh Bhargava.

Book Recommendations

1. M.R.D' Amato (2006): Experimental Psychology: Methodology Psychophysics and Learning TMH Edition – Fifteenth Reprint (2006)
2. Stephen F Davis (2005): Handbook of Research methods in Experimental Psychology, edited by Stephen F Davis, Blackwell publishing 35, Main Street Maldon, NA 02148-5020 U.S.A.
3. Barry and Morton (1985): Experimental methods in psychology, Mc Graw Hill
4. Broota K.D. (1992) : Experimental Designs in Behavioural research New Delhi, Wiley Ester
5. Robert L. Solso (2002 M. Kimberly Maclin): Experimental Psychology, Pearson Education P. Ltd. Indian Branch
6. C.B. Dave and others (1998): Experimental Psychology Theory and Statistics Viral Prakashan – Allahabad
7. Mohsin, S.M. (1982): Experiments in Psychology. Patna: Motilal Banarsidas.
8. Suleman, M. (1996). *Manovagyanik Prayog aur Parikshan*.
9. Singh, A. K. Uchhatar Manovagyanik Prayog evam Parikshan. Bharti Bhawan
10. श्रवस्तव आर. आधुनिक पायगिक मनविज्ञान
11. शमा, गा. आधुनिक पायगिक मनविज्ञान
12. सिन्हा अ. आधुनिक पायगिक मनविज्ञान
13. श्रवस्तव बी. आधुनिक पायगिक मनविज्ञान
14. लैरस्नदस्न. मो. आधुनिक पायगिक मनविज्ञान
15. तरनम, आ. मनविज्ञान में पायग आर पररक्षण
16. लैरस्नदस्न. मो. मनविज्ञान में पायग आर पररक्षण

III. ADVANCED MAJOR COURSE- AMJ 2: EMERGENCE OF ENVIRONMENTAL PSYCHOLOGY

Marks: 25 (5 Attd. + 20 SIE: 1Hr) + 75 (ESE: 3Hrs) = 100

Pass Marks: Th (SIE + ESE) = 40

(Credits: Theory-04) 60 Hours

(Only for Hons Degree)

Course Learning Outcomes:

On completion of this course, the students will be able to understand:

1. To understand & develop pro-environmental behaviour and psychological process (Attitude and Belief) in relation to environmental problem. To understand process related to environmental degradation and their impact on human life.

Learning Outcome:

On successful completion of this course the student should know:

1. Understanding the role of psychological processes (people's attitude, beliefs) in people's responses to environmental problems.
2. Understanding the processes related to environmental degradation and their impact on human life.
3. Understanding pro-environmental behaviour and human-environment transaction, and being able to design behavioural interventions to minimize the adverse effects of anti-environment behaviour.

Course Content:

Unit-I: Introduction to Emergence of Environmental Psychology

1. Definition and Scopes of Environmental Psychology.
2. Salient features of environmental Psychology.
3. Recent trends and future directions in environmental psychology.
4. Indian views on human environment relationship.

Unit-II: Human-Environment transaction

1. Personal space, crowding.
2. Indian research on crowding and personal space.
3. Theoretical model: Ecological and adaptation

Unit-III: Environmental stress:

1. Concept and type of stress.
2. Sources of stressors: Environmental, social, physical and
3. Psychological Pollution: noise, air, water

Unit-IV: Pro-Environmental Behaviour

1. Changing the environmental destructive mindset.
2. Environmental awareness and
3. Education Reinforcement strategies

Reference Books:

1. Fisher, J.D., Bell, P.A., and Baum, A. (1984). Environmental Psychology, NY: Holt, Rinehart and Winston.
 2. Jain, U. (1987). The psychological consequences on crowding. New Delhi, India: Sage.
 3. Jain, U., & Palsane, M. N. (2004). Environment and behaviour. In J. Pandey (Ed.), Psychology in India revisited: Developments in the discipline (Vol. 3: Applied social and organizational psychology, pp. 261-308). New Delhi, India: Sage.
 4. Nagar, D. (2006). Environmental psychology. New Delhi, India: Concept.
 5. Tripathi, Dyashankar: Pryawaran Adhyan.
 6. Tiwari, Prem Sagarnath: Pryawaran Manovigyan
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**IV. ADVANCED MAJOR COURSE- AMJ 3:
PRACTICALS-VII**

Marks: Pr (ESE: 6Hrs) =100	Pass Marks: Pr (ESE) = 40
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(Credits: Practicals-04) 120 Hours

(Only for Hons Degree)***Instruction to Question Setter for******End Semester Examination (ESE):***

There will be one Practical Examination of 3Hrs duration. Evaluation of Practical Examination may be as per the following guidelines: Experiment

= 60 marks (2 Practicals: 25+25 & Record notebook: 10)

Case Study

= 15 marks

Viva-voce

= 25 marks (Practical: 15 & Case Study: 10)

Group-A: ENVIRONMENTAL SCALE

1. Environmental Awareness Test of Teachers

By Dr. Seema Dhawan

2. Environmental Ethics Scale

By Dr. (Mrs.) Hseen Taj

3. Environmental Awareness Ability Measure

By Dr. Praveen Kumar Jha

Group B: ADJUSTMENT AND WELLBEING

1. Adjustment Test
 2. PGI Wellbeing Test
 3. Achievement Motivation Scale
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OR RESEARCH COURSES- RC 2: (In lieu of AMJ 2 & AMJ 3)

RESEARCH/ PROJECT DISSERTATION/ RESEARCH INTERNSHIP/ FIELD WORK**Marks: 50 (SIE: 25 Synopsis + 25 Viva on Synopsis: 1Hr) + 100 (ESE Pr: 6Hrs) + 50 (Viva) = 200****Pass Marks = 80****(Only for Hons with Research Degree)*****Guidelines to Examiners for Semester Internal Examination (SIE):****Evaluation of project dissertation work may be as per the following guidelines:**Project Synopsis* = 25 marks*Project Synopsis presentation and viva-voce* = 25 marks***Guidelines to Examiners for End Semester Examination (ESE):****Evaluation of project dissertation work may be as per the following guidelines:**Project model (if any) and the Project record notebook* = 70 marks*Project presentation and viva-voce* = 30 marks*The overall project dissertation may be evaluated under the following heads:*

- Motivation for the choice of topic
- Project dissertation design
- Methodology and Content depth
- Results and Discussion
- Future Scope & References
- Participation in an Internship programme with a reputed organization
- Application of the Research technique in Data collection
- Report Presentation
- Presentation style
- Viva-voce

Research Project

Research project under a Supervisor of the Department/Institution may be allocated to the eligible and qualifying candidate.

Project Dissertation/ Research Internship/ Field Work

The students of Post-Graduation must work Thirty-Six (36) days as Interns under Any Organisation having an MoU with the Ranchi University, which may include Government Organizations/judiciary/ Health Care Sectors/ Educational Institutions/ NGOs etc.

- The nature and the place of working must be informed in writing, seeking permission from the head of the department or the institution before undertaking the Project dissertation.

Submission of the Project Work

Each student has to submit two copies of the dissertation work duly forwarded by the HOD of the Department concerned. The forwarded copies will be submitted to the Department/Institution for evaluation at least seven days before the seminar.

The Project Report will consist of:

- a. Field work/Lab work related to the project.
- b. Preparation of the dissertation based on the work undertaken.
- c. Presentation of project work in the seminar on the assigned topic & open viva there on.
- d. At least one Research paper must be presented at a conference or may be published in a reputed journal.

Topics

Project work related to the Industrial/socially relevant topics may be given.

NB: Students will select topics for the project work in consultation with a teacher of the department.

The seminar will be held in the respective University Department at Ranchi University, Ranchi. -----

COURSES OF STUDY FOR FYUGP IN “PSYCHOLOGY” MINOR

ASSOCIATED CORE COURSE- MN A**Either may be opted in Sem-I or Sem-II****I. ASSOCIATED CORE COURSE- MN A:
INTRODUCTION OF PSYCHOLOGY****Marks: 15 (15 SIE: 1Hr) + 60 (ESE: 3Hrs) = 75****Pass Marks: Th (SIE + ESE) + Pr (ESE) = 40****(Credits: Theory-03) 45 Hours****Course Objectives:**

After completion of the course, the learner shall be able to understand:

1. Basic human psychology, psychological processes and human behaviour.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. To know about the basic behaviour of human being.
2. To know the process of learning and memory.

Course Content:**Unit-I: Introduction**

- Definition and Subject Matter of Psychology
- Methods of Psychology:
 - ✓ Observation
 - ✓ Experimental
 - ✓ Interview
- Branches of Psychology

Unit-II: Perception

- Definitions, Nature and Process of Perception
- Role of attention in perception
- Determinants of Perception
- Illusion and Hallucination

Unit-III: Learning

- Meaning, Nature and Definitions of Learning
- Role of Motivation in Learning
- Theories of Learning
 - ✓ Trial and Error theory
 - ✓ Insight theory

Unit-IV: Memory

- Meaning, Nature and Definitions of Memory
- Process of memory
- Types of memory (*SM, STM & LTM*)

Reference Books:

1. Baron, R. & Misra, G. (2013). *Psychology*. New Delhi: Pearson.
2. Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. New Delhi: Pinnacle Learning.
3. Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.
4. Mohsin, S.M. (1982). *Experiments in Psychology. Motilal Banasidas*.
5. Passer, MW & Smith, R.E. (2010) *Psychology: The science of mind and behaviour*. N.Delhi Tata McGraw-Hill.
6. Suleman, M. (1996). *Manovagyanik Prayog aur Parikshan*.
7. Sulemaan, M. (2011) *Samaanya Manovigyan: Mool Prakriyen Ewam Sangyanatmak Prakriyen*. (Hindi) Motilal Banarsi Das New Delhi.
8. Singh, A.K. (2015). *Advanced General Psychology (Hindi)* Motilal Banarsi Das New Delhi.

**II. ASSOCIATED CORE COURSE- MN A PR:
ASSOCIATED CORE PRACTICALS-MN A PR**

Marks: Pr (ESE: 6Hrs) = 25

Pass Marks: Pr (ESE) = 10

(Credits: Practicals-01) **30 Hours**

Instruction to Question Setter for

End Semester Examination (ESE):

There will be one Practical Examination of 6Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:

Experiment = 15 marks

Practical record notebook = 05 marks

Viva-voce = 05 marks

Practicals:

- Simple Reproduction Method
- Serial Reproduction Method
- Effect of Practice in Sensory Motor Learning (*Card Shorting & Mirror Drawing*)

Reference Books:

1. Mohsin, S.M. (1982). Experiments in Psychology. Motilal Banarsidas.
 2. Suleman, M. (1996). Manovagyanik Prayog aur Parikshan.
 3. Sulemaan, M. (2011) Samaanya Manovigyan: Mool prakriyen ewam sangyanatmak prakriyen. (Hindi_ Motilal Banarsi Das New Delhi .
 4. Singh, A.K. (2015). Advanced General Psychology (Hindi) Motilal Banarsi Das New Delhi.
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MINOR COURSE-B

**I. MINOR COURSE- MN B:
PSYCHOLOGY OF INDIVIDUAL DIFFERENCES**
Marks: 15 (15 SIE: 1Hr) + 60 (ESE: 3Hrs) = 75
Pass Marks: Th (SIE + ESE) + Pr (ESE) = 40

 (Credits: Theory-03) **45 Hours**
Course Objectives:

After completion of the course, the learner shall be able to understand:

1. The Personality, Intelligence of human being.
2. Development of Self Identity and Thinking ability.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. To assess the human personality and determinants of personality.
2. To know how thinking ability develop.

Course Content:
Unit-I: Personality

- Meaning & nature of personality
- Biological foundation of personality
- Socio logical & Cultural factors of personality
- Psychodynamic and humanistic approaches.

Unit-II: Intelligence

- Concept and definitions of intelligence
- Effect of heredity and environment on intelligence
- Emotional Intelligence

Unit-III: Self Identity

- Meaning, concept and definitions of self-identity.
- Indian approach to self-identity.

Unit-IV: Thinking

- Meaning & nature of thinking
 - Types of Thinking :
 - ✓ Autistic Thinking
 - ✓ Realistic Thinking
 - ✓ Creative thinking

Reference Books:

1. Carr, A. (2011): Positive psychology. Routledge.
 2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
 3. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
 4. Matthijs Cornelissen, Girishwar Misra and Suneet Varma (eds.) (2011), Foundations of Indian Psychology (Vol. 1), Theories and concepts .Pearson.
 5. Mentis, M., Dunn-Bernstein, M., Mentis, M., &Skuy, M. (2009).Bridging learning: Unlocking cognitive potential in and out of the classroom. Corwin.
 6. Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.
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**II. MINOR COURSE- MN B PR:
MINOR PRACTICALS-B PR**

Marks: Pr (ESE: 6Hrs) = 25

Pass Marks: Pr (ESE) = 10

(Credits: Practicals-01) **30 Hours**

Instructions to Question Setter for

End Semester Examination (ESE):

There will be one Practical Examination of 6Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:

Experiment = 15 marks

Practical record notebook = 05 marks

Viva-voce = 05 marks

Practicals:

1. Intelligence Test:
 - a. General Intelligence Test (GIT)
 2. Personality Tests
 - a. MPI
 3. Measurement of anxiety
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MINOR COURSE-C

**I. MINOR COURSE- MN C:
SOCIAL PSYCHOLOGY**
Marks: 15 (15 SIE: 1Hr) + 60 (ESE: 3Hrs) = 75
Pass Marks: Th (SIE + ESE) + Pr (ESE) = 40

 (Credits: Theory-03) **45 Hours**
Course Objectives:

After completion of the course, the learner shall be able to understand:

1. The social behaviour and human relationship with society.
2. The social process and psychology in social development.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. To assess the societal attitude, prejudice and conflicts.
2. It will help to address social problems and will improve decision making.

Course Content:
Unit-I: Introduction

- Nature and scope of social psychology
- History of social psychology
- Relationship of Social Psychology with Sociology and Anthropology.

Unit-II: Attitude

- Nature and definitions
- Formation of attitude
- Factors responsible for attitude change

Unit-III: Social Interaction and Influences

- Social perception: Nature, factors affecting social cognition.
- Pro-Social behavior: Nature, factors developing pro-social behavior.

Unit-IV: Group Dynamics and Inter Group Relations

- Nature and Definitions of Groups
- Types and function of group
- Prejudice: Nature & determinants (*Sociological & Psychological*)

Reference Books:

1. Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). Social Psychology (12th Ed.). New Delhi: Pearson.
 2. Baumeister, R.F. & Bushman, B.J. (2013). Social Psychology and Human Nature. Wadsworth.
 3. Franzoi, S.L. (2009). Social Psychology (5th Ed.). New York: McGraw-Hill.
 4. Hogg, M. & Vaughan, G.M. (2008). Social Psychology. Prentice Hall.
 5. Kassin, S., Fein, S., & Markus, H.R. (2008). Social Psychology. New York: Houghton Mifflin.
 6. Misra, G. (2009). Psychology in India, Vol. 4: Theoretical and Methodological Developments (ICSSR Survey of Advances in Research). New Delhi: Pearson
 7. Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). Social Psychology (12th Ed.). New Delhi: Pearson
 8. Suleman, M. Adunik Samaj Manovigyan.
 9. Singh, A.K. Uchhatar Samaj Manovigyan.
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**II. MINOR COURSE- MN C PR:
MINOR PRACTICALS-C PR**

Marks: Pr (ESE: 6Hrs) = 25

Pass Marks: Pr (ESE) = 10

(Credits: Practicals-01) **30 Hours**

Instructions to Question Setter for

End Semester Examination (ESE):

There will be one Practical Examination of 6Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:

Experiment = 15 marks

Practical record notebook = 05 marks

Viva-voce = 05 marks

Practicals:

1. Measurement of Prejudice (Religion/Gender/Caste)
 2. Measurement of Nationalism
 3. Measurement of Attitude
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MINOR COURSE-D

**I. MINOR COURSE- MN D:
UNDERSTANDING PSYCHOLOGICAL DISORDERS**
Marks: 15 (15 SIE: 1Hr) + 60 (ESE: 3Hrs) = 75
Pass Marks: Th (SIE + ESE) + Pr (ESE) = 40

 (Credits: Theory-03) **45 Hours**
Course Objectives:

After completion of the course, the learner shall be able to understand:

1. The psychological disorders, psychological wellbeing, mental health.
2. The different psychological disorders and their causes.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. The abnormal behaviour and their impact on individuals' life.
2. Societal stigma associated with mental illness and its impact on individual and their families.

Course Content:
Unit-I: Normality and Abnormality

- The concept of normality and abnormality.
- Criteria and classification.

Unit-II: Clinical Pictures and Etiology

- Clinical picture of Anxiety disorders and Obsessive compulsive disorder.
- Somatoform Disorders:
 - ✓ Conversion Disorder
 - ✓ Hypochondriasis

Unit-III: Manic-Depressive Psychosis

- Symptoms and etiology
- Substance related disorder

Unit-IV: Disorders Related to Development

- Mental Retardation.
- Learning Disability

Reference Books:

1. Bennett,P. (2006). Abnormal and Clinical Psychology: An introductory textbook. N.York: Open Univ. Press.
 2. Brewer,K. (2001). Clinical Psychology.Oxford : Heinemann Educational Publishers
 3. Carson,R.C., Butcher,J.N.,Mineka,S.&Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
 4. David Barlow H. & Durand V. Mark, 7thEdition, e-book (2013) Abnormal Psychology :Cengage Learning India Edition
 5. Kearney, C. A. &Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi:Cengage learning.
 6. Singh, A.K. *Asamanya Kanovigyan*.
 7. Suleman, M *Asamanya Monovigyan ki Ruprekha*.
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**II. MINOR COURSE- MN D PR:
MINOR PRACTICALS-D PR**

Marks: Pr (ESE: 6Hrs) = 25

Pass Marks: Pr (ESE) = 10

(Credits: Practicals-01) **30 Hours**

Instructions to Question Setter for

End Semester Examination (ESE):

There will be one Practical Examination of 6Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:

Experiment = 15 marks

Practical record notebook = 05 marks

Viva-voce = 05 marks

Practicals:

1. Simple Reaction Time
 2. Knowledge of Result
 3. Measurement of Mental Health
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MINOR COURSE-E

**I. MINOR COURSE- MN E:
ORGANIZATIONAL BEHAVIOUR****Marks: 15 (15 SIE: 1Hr) + 60 (ESE: 3Hrs) = 75****Pass Marks: Th (SIE + ESE) + Pr (ESE) = 40****(Credits: Theory-03) 45 Hours****Course Objectives:**

After completion of the course, the learner shall be able to understand:

1. How individual and group behave in any organization.
2. How to improve organizational effectiveness and employees' wellbeing.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. Attitude, perception and behaviour that influence workers behaviour.
2. To resolve conflict and work pressure at work place.

Course Content:**Unit-I: Introduction**

- a. Nature, definition and Scope
- b. Historical perspective

Unit-II: Introduction of Work Related Attitudes and Work Motivation

- a. Employee attitude and job satisfaction
- b. Work motivation
- c. Job involvement

Unit-III: Leadership

3. Basic Approaches
 - a. Trait theory
 - b. Behavioral theories

Unit-IV: Dynamics of Organizational Behavior

- a. Stress in Organization:
- b. Nature, effect, sources and techniques for managing stress.

Reference Books:

1. Chadha, N.K. (2007). Organizational Behavior. Galgotia Publishers: New Delhi.
 2. Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.
 3. Griffin, R.W. & Moorhead, G. (2009). Organizational Behavior: Managing People & Organizations. New Delhi :Biztantra publishers.
 4. Landy, F.J. & Conte, J.M. (2007). Work in the 21st Century: An Introduction to Industrial and Organizational Psychology. New York: Wiley Blackwell.
 5. Luthans, F. (2009). Organizational behavior. New Delhi: McGraw Hill.
 6. Muchinsky, P. (2006). Psychology applied to work: An introduction to industrial and organizational psychology. NC: Hypergraphic Press.
 7. Pareek, U. (2010). Understanding organizational behaviour. Oxford: Oxford University Press.
 8. Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), Handbook of Psychology. New Delhi: Oxford University Press.
 9. Robbins, S. P. & Judge, T.A. (2007). Organizational Behavior (12th Ed). New Delhi: Prentice Hall of India.
 10. Singh, K. (2010). Organizational Behavior: Texts & Cases. India: Dorling Kindersley
 11. Sinha, J.B.P. (2008). Culture and Organizational Behavior. New Delhi: Sage.
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**II. MINOR COURSE- MN E PR:
MINOR PRACTICALS-E PR**

Marks: Pr (ESE: 6Hrs) = 25

Pass Marks: Pr (ESE) = 10

(Credits: Practicals-01) **30 Hours**

Instruction to Question Setter for

End Semester Examination (ESE):

There will be one Practical Examination of 6Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:

Experiment = 15 marks

Practical record notebook = 05 marks

Viva-voce = 05 marks

Practicals:

- 1 Measurement of Job Satisfaction
 - 2 Measurement of Occupational Stress
 - 3 Measurement of Quality of Work Life
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MINOR COURSE-F

**I. MINOR COURSE- MN F:
COUNSELLING PSYCHOLOGY****Marks: 15 (15 SIE: 1Hr) + 60 (ESE: 3Hrs) = 75****Pass Marks: Th (SIE + ESE) + Pr (ESE) = 40****(Credits: Theory-03) 45 Hours****Course Objectives:**

After completion of the course, the learner shall be able to understand:

1. The social behaviour and human relationship with society.
2. The social process and psychology in social development.

Course Learning Outcomes:

On successful completion of this course the student should know:

1. To assess the societal attitude, prejudice and conflicts.
2. It will help to address social problems and will improve decision making.

Course Content:**Unit-I: Introduction**

- Meaning & nature and goals
- Counselling as profession
- Characteristics of effective counselor

Unit-II: Counseling Process

- Building counselling relationship
- Working in a counselling relationship
- Closing counselling relationship

Unit-III: Techniques of Counseling

- ✓ Psychoanalytic
- ✓ Humanistic and
- ✓ Behavioral

Unit-IV: Applications of Counseling

- ✓ Child counseling school & colleges
- ✓ Family counseling
- ✓ Career

Reference Books:

- 1 Gladding, S.T. (2009). Counselling: A comprehensive profession (6th Ed.). New Delhi: Pearson India.
 - 2 Feltham, C., Horton, I. (2000). Handbook of Counselling and Psychotherapy. London: Sage.
 - 3 Kottler, J., Shepard, D. (2014). Introduction to Counselling: Voices from the Field. (8th Ed.). Stamford: CT. Cengage.
 - 4 Seligman, L., Reichenberg, L.W. (2013). Theories of Counselling and Psychotherapy: Systems, strategies and Skills. (4th Ed.) New Delhi. Prentice Hall India Learning Private Limited.
 - 5 Nelson-Jones, R. (2012). Theory and Practice of Counselling & Therapy. (5th Ed.) Sage South Asia.
 - 6 Yalom, I. D (2012). Love's Executioner and Other Tales of Psychotherapy (New Edition). New York: Basic Books
 - 7 Whiston, S. (2016). Principles and Applications of Assessment in Counselling. (5th Ed.). Cengage Learning Custom Publishing.
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**II. MINOR COURSE- MN F PR:
MINOR PRACTICALS-F PR**

Marks: Pr (ESE: 6Hrs) = 25

Pass Marks: Pr (ESE) = 10

(Credits: Practicals-01) **30 Hours**

Instruction to Question Setter for

End Semester Examination (ESE):

There will be one Practical Examination of 6Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:

Experiment = 15 marks

Practical record notebook = 05 marks

Viva-voce = 05 marks

Practicals:

Project on Counseling of School/Family/Career

MINOR COURSE-G

**I. MINOR COURSE- MN G:
PSYCHOLOGY AND MENTAL HEALTH**
Marks: 15 (15 SIE: 1Hr) + 60 (ESE: 3Hrs) = 75
Pass Marks: Th (SIE + ESE) + Pr (ESE) = 40

 (Credits: Theory-03) **45 Hours**
Course Objectives:

After completion of the course, the learner shall be able to understand:

1. To provide knowledge about Mental Health problems like Anxiety and Depression to enhance positive mental health and well-being in India and across the world.

Course Learning Outcomes:

On successful completion of this course the student should know:

2. Understanding the status of mental health problem in India and the world.
3. Starting conversations around mental health and creating mental health awareness amongst non-Psychology students.
4. Being able to identify people suffering from common mental health problems like anxiety and depression.
5. Learning to provide psychological first aid to people
6. Understanding and enhancing positive mental health and wellbeing.

Course Content:
Unit-I: Mental health

1. Concept of mental health
2. Importance of mental health
3. Mental Health issues in adolescence and young adults: Bullying, academic grades, body image, relational issues.

Unit-II: Psychological Disorders: Anxiety, Depression and Suicide

1. Anxiety: Signs, Symptoms and causes
2. Depression: Signs, Symptoms and Causes
3. Suicide: Preventative treatment measures.

Unit-III: Getting In-Touch First and Offering Support

1. Recognizing the signs that someone may need support
2. Knowing what to do and what not to do when a person reaches out for help

Unit-IV: Mental Health Practice and Care

1. Counseling, Therapy, Guidance, Mentoring
2. Peer Mentoring: Concept and Skills

Reference Books:

1. Butcher, J. N., Hooly, J. M., Mineka, S. & Dwivedi, C. B (2017). Abnormal Psychology. New Delhi: Pearson.
 2. Muir-Cochrane, E., Barkway, P. & Nizette, D. (2018). Pocketbook of Mental Health (3rd Edition). Elsevier
 3. Snider, Leslie and WHO (2011). Psychological First Aid: Guide for Field Workers. Retrieved from
 4. http://www.aaptuk.org/downloads/Psychological_first_aid_Guide_for_field_workers.pdf
 5. WHO (2003). Investing in Mental Health. Retrieved from http://www.who.int/mental_health/media/investing_mnh.pdf
 6. Allen, F. (2011). Health Psychology and Behaviour. TATA Mc. Graw Hill Edition.
 7. Kumar V. (2020): Health Psychology, Exotic India Art.
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**II. MINOR COURSE- MN G PR:
MINOR PRACTICALS-G PR**

Marks: Pr (ESE: 6Hrs) = 25

Pass Marks: Pr (ESE) = 10

(Credits: Practicals-01) **30 Hours**

Instruction to Question Setter for

End Semester Examination (ESE):

There will be one Practical Examination of 6Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:

Experiment = 15 marks

Practical record notebook = 05 marks

Viva-voce = 05 marks

Practicals:

1. Sinha Anxiety Scale
 2. Beck Depression Inventory
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