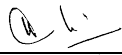


Curriculum Teaching Plan

Department of B.VOC (ACP)

Programme: B.VOC ACP	Year: First	Semester: First
Name of Faculty: Mrs Ayushi Gupta		
Course Title: Introduction of ACP	Credits: 6	
Course Code: ACP-1101	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Demonstrate skills in communication ● Ethical Behavior ● ● ● ● ● ● 		
Unit	Topics	No. of Lectures: 90
I	Nature & Scope of Psychology: Nature, Definitions and Scope of Psychology; Brief history of psychology, Branches and applications of psychology	12
II	Nature, Scope & History of Clinical Psychology: Nature, Definitions and scope of Clinical Psychology, History of Clinical Psychology	12
III	Theories & Approaches of psychology: Psychoanalysis; Behavioural approach; Humanistic and Existential approach, Cognitive Behaviour approach, Positive psychology	11
IV	Applications of Psychology: Applications of psychology and Clinical Psychology in various settings- Health, mental health, school, social issues etc	11
V	Models of Mental Health: Medical, Biological, Heredity, Social Cultural and Statistical models	11


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Suggested Readings:

- Introduction of Psychology "MORGAN & KING"
- Advanced general Psychology "A.K. SINGH"
- Introduction of psychology "BARON & BYRN"
- Abnormal Psychology "DAVID H. BARLOW, V. MARK DURAND"
- Abnormal Psychology" JAMES N. BUTCHER, SUSAN, MINIKA, JILL M. HOOLEY

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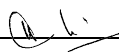


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Curriculum Teaching Plan

Department of B.VOC (ACP)

Programme: B.VOC ACP	Year: First	Semester: First
Name of Faculty: Mrs Ayushi Gupta		
Course Title: Basic Psychological Process	Credits: 6	
Course Code: ACP-1102	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● The students will learn about the fundamental processes and core psychological Concepts, models, classical theories, varied perspectives, and will be able to apply them in their own and in others lives. ● It will also give the learner a clear understanding of the concepts like intelligence, learning, attention, thinking. It will develop critical analytical skills regarding Environmental Psychology ● Understanding the role of Psychological processes (People's attitude, beliefs) in people's responses to environmental problems. Understanding the processes related to environmental degradation and their impact on human life. 		
Unit	Topics	No. of Lectures: 90
I	Nature, meaning of attention: Concepts & Mechanisms, selective attention: Determinants & theories, signal detection, attention training.	12
II	Nature & Meaning of Perception, Direct and indirect theories of perception: Form perception, space perception, time perception & Movement perception	12
III	Nature & meaning Learning; Theories of learning & its application, Nature & meaning of Memory: Process & types of memory, Memory Improvement techniques	11
IV	Intelligence: Meaning & Types, Theories of Intelligence and its measurement	11
V	Nature & meaning of Thinking, Nature & meaning of thinking process of types of basic thesis, introduction of reasoning and problem solving.	11


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Suggested Readings:		
<ul style="list-style-type: none">● Introduction of Psychology "MORGAN & KING"● Advanced general Psychology "A.K. SINGH"● Introduction of psychology "BARON & BYRN"● Psychology Third edition "SAUNDRA K. CICCARELLI"		
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Curriculum Teaching Plan

Department of B.VOC ACP

Programme: B.VOC ACP	Year: First	Semester: First
Name of Faculty: Mrs Ayushi Gupta		
Course Title: Biological Foundations of Behaviour	Credits: 6	
Course Code: ACP-1103	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Analyze constraints of chance and selection on behavior. ● Apply biological analysis to real life behaviors. ● Discuss the application of abstract biological concepts. 		
Unit	Topics	No. of Lectures: 90
I	Introduction to Biological Behaviour: Classification of Nervous System, Structure and Functions of Sensory Processes: Eye, Ear, Skin, Olfactory and Gustatory	12
II	Central Nervous System: Structure and Organization of CNS- Spinal cord, Division of the Brain, Brainstem, Cerebellum, the Cerebral Cortex	12
III	Neuron: Microscopic Structure, Functions and Types of Neuron	11
IV	Functional Division of Brain: Forebrain, Midbrain and Hindbrain; Division of Cerebral Cortex-Frontal lobe, temporal lobe, Parietal and Occipital lobe	11
V	Neuropsychology: Introduction to neuropsychology: Brain & behaviour relationship. Neuropsychological Assessment – Common Neuro-psychological tests batteries	11


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Suggested Readings:

- Introduction of Psychology "MORGAN & KING"
- Advanced general Psychology "A.K. SINGH"
- Introduction of psychology "BARON & BYRN"
- Abnormal Psychology "DAVID H. BARLOW, V. MARK DURAND"
- Abnormal Psychology" JAMES N. BUTCHER, SUSAN, MINIKA, JILL M. HOOLEY

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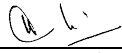


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Curriculum Teaching Plan

Department of B.VOC ACP

Programme: B.VOC ACP	Year: First	Semester: First
Name of Faculty: Mrs Ayushi Gupta		
Course Title: Language & communication Skills	Credits: 6	
Course Code: ACP-1104	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Understand and apply communication theory. ● Critically think about communication processes and messages. ● Write effectively for a variety of contexts and audiences. ● Interact skillfully and ethically. ● Develop and deliver professional presentations. 		
Unit	Topics	No. of Lectures: 90
I	<p>Practice in grammar and composition: What is grammar? Parts of speech, phrases and clauses, sentence connectors, subordinating and coordinating conjunctions, questions, articles and prepositions, tenses, reported speech</p>	12
II	<p>Vocabulary and word study: Synonyms, words easily confused, everyday verbs, thematic vocabulary; people, the world, at home, school and workplace, leisure and social issues, forming adjectives.</p>	12
III	<p>Written Communication: Writing gist/ summary; writing curriculum vitae, job description, presentation of language in a variety of real life situations- at the workplace, at the hotel, at the post office, at the airport, etc., notice and advertisement.</p>	11
IV	<p>Group Communication: In this module, students will take part in simulated classroom activities such as role play, pair and group activities, etc. They will be engaged in communicative tasks that resemble real life activities in actual situations</p>	11
V	<p>Interview Skills: In this module, students will take part in simulated classroom activities like facing interview situations. Teachers will create a Board of Interview and simulate the Interviewing process for the learning of students. Groups can also be formed in the classroom to facilitate interview skills.</p>	11


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Suggested Readings:		
<ol style="list-style-type: none">1. Strengthen your writing: V.R Narayanswami (Orient Longman)2. Everyday Dialogues in English: Robert J Dixon (Prentice Hall of India)3. Spoken English: V Sasikumar & P Dhamija (Tata Mcgraw Hill Publishing ltd)4. C. S. Communication: Rayudu (Himalaya Publishing House)5. Oxford Advanced Learners		
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Curriculum Teaching Plan

Department of B.VOC ACP

Programme: B.VOC ACP	Year: 1st year	Semester: 2 nd
Name of Faculty: Mrs Ayushi Gupta		
Course Title: HEALTH PSYCHOLOGY	Credits: 6	
Course Code: ACP-2101	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Describe the biopsychosocial model of health and other specific but related psychological theories. ● Develop an understanding of basic human biology such as the functioning of the endocrine, immune and nervous systems. ● Appreciate how a person's health can be affected by their behavior, given certain social factors, environments, and biological factors. ● Understand the effects of stress on a person's health and role played by stress buffering factors. ● Understanding how stress, affective distress (e.g. Anxiety, depression), and other psychological and physical symptoms are assessed, and the potential problems with this measurement. ● Understand the effects of health status and changes in health on a person's emotions, thinking, and behavior. ● Identify the research methods used to conduct health psychology studies, and the ethical issues that pertain to this research. 		
Unit	Topics	No. of Lectures: 90
I	Introduction: Definition, Mind-body relationship, Bio-psychosocial model of Health, Life styles and disease patterns	12
II	Behaviour and Health: Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications	12
III	Health Enhancing Behaviour: Exercise, nutrition, accident prevention, pain, stress management	11
IV	Applications of Psychology: Applications of psychology and Clinical Psychology in various settings- Health, mental health, school, social issues etc	11


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V	Common Life style Disorders: Cardiovascular; Respiratory; Allergies; Skin Disorders; Oncology etc.	11
<p>Suggested Readings:</p> <p>Allen, F.(2011). Health psychology and behaviour. Tata McGraw Hill Edition.</p> <p>Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River,N.J.: Prentice Hall.</p> <p>Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK:Routledge.</p> <p>Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling Kindersley.Snyder, C.R., Lopez S. J., & Pedrotti, J. T. (2011). Positive psychology: The scientific and practical explorations of human strengths. New Delhi: Sage</p> <ul style="list-style-type: none"> • Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill 		
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Curriculum Teaching Plan

Department of B.VOC ACP

Programme: B.VOC ACP	Year: 1st year	Semester: 2nd
Name of Faculty: Mrs Ayushi Gupta		
Course Title: PERSONALITY PSYCHOLOGY	Credits: 6	
Course Code: ACP-2102	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Illustrate various theories of personality. ● Develop capability to apply knowledge of personality theories for self and societal growth. ● It enables students to become familiar with the major theories and traditions related to the study of personality and personal growth. ● It further enables the student to articulate the underlined themes, methodology and assumption of each theory to enhance understanding of personality and behavior. 		
Unit	Topics	No. of Lectures: 90
I	Introduction: Meaning & Definitions of Personality; Factors influencing personality: Physical, Hereditary, Chemical, Psychological & Social factors	12
II	Classification of Personality: Type and Trait Theories (Allport & Sheldon) Factorial Approach (Cattell); and Other theories	12
III	Other theories of Personality: Psychoanalytic; Humanistic; Behaviouristic and Social Learning approach	11
IV	Personality Development: Stages of Development (Erickson); Cognitive Development (Piaget); Moral Development (Kohlberg); Methods of study of Personality development	11
V	Personality Assessment: Subjective, Objective & Projective Methods with Examples of Tests (MMPI, 16 PF, Rorschach & TAT)	11


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Suggested Readings:

- Handbook of Personality “ OLIVER P. JOHN, RICHARD W. ROBINS, LAWRENCE A. PERVIN
- Advanced general Psychology “A.K. SINGH”
- Introduction of psychology “BARON & BYRN”
- Theories of personality DUANE P. SCHULTZ
- The Cambridge Handbook of Personality Psychology “PHILIP J. CORR, GERALD MATTHEWS

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Curriculum Teaching Plan

Department of B.VOC ACP

Programme: B.VOC ACP	Year: 1st year	Semester: 2nd
Name of Faculty: Mrs Kiran Tomar		
Course Title: Motivation & Emotion	Credits: 6	
Course Code: ACP-2103	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Understand and critique major theoretical perspectives within the fields of motivation and emotion. ● Evaluate and analyze theories of motivation and emotion. ● Describe the dynamics relationships between motivation, emotion, and human behavior. 		
Unit	Topics	No. of Lectures: 90
I	Introduction to Emotion: Concept, Meaning, Nature & Definitions of Emotions; Components and Types of Emotions; Bodily changes and Emotions	12
II	Theories of Emotions: James- Lange theory; Canon-Bard theory and other popular theories	12
III	Applications of Emotions: Positive Emotions & Wellbeing; Emotional Regulation; Emotional Intelligence and Competence	11
IV	Introduction to Motivation: Concept, Meaning, Nature & Definitions of Motivation; Types of Motivation; Theories of Motivation .	11
V	Applications of Motivation: Perspectives of various Motivations; Role of Achievement Motivation & Goal Setting; Motivation Enhancement	11
<p>Suggested Readings:</p> <ul style="list-style-type: none"> ● Introduction of Psychology "MORGAN & KING" ● Advanced general Psychology "A.K. SINGH" ● Introduction of psychology "BARON & BYRN" 		
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Department of B.VOC ACP

Programme: B.VOC ACP	Year: 1st year	Semester: 2nd
Name of Faculty: Mrs Kiran Tomar		
Course Title: Soft Skill Training	Credits: 6	
Course Code: ACP-2104	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Effectively communicate through verbal/oral communication and improve the listening skills. ● Write precise briefs or report and technical documents. ● Actively participate in group discussion/ meetings/ interviews and prepare & deliver presentations. ● Become more effective individual through goal/target setting, self motivation and practicing creative thinking. ● Function effectively in multi-disciplinary and heterogeneous teams through the knowledge of team work, inter-personal relationship, conflict management and leadership quality. 		
Unit	Topics	No. of Lectures: 90
I	Communication Skills for Effective Presentation: Organizing skills of message and context; Presentation skills of message; Situating it to different audience, Handling question/answer.	12
II	Communicating Skills in Interpersonal Context: Engaging in meaningful conversation; Interviewing skills; Art of listening ; Non-Verbal skills	12
III	Effective Leadership Skills: Developing Effective Behavioural Styles of Leadership; Participatory Communication; Consideration for members; Defining goals and distributing tasks effectively; Team Building and public speaking	11
IV	Techniques in Personality development: Self confidence; Mnemonics; Goalsetting; Time Management and Effective planning	11
V	Development of Self: Stress Management; Relaxation and Concentration techniques; Self acceptance and self growth	11

<p>Suggested Readings:</p> <p>Adler, R.B & Rodman, G. (2006) Understanding Human Communication. Oxford University Press.</p> <p>Sherfield, R.M, Montgomery, R.J. & Moody, P.G. (2009) Developing soft skills, Pearson education, India.</p> <p>Forsyth, D.R. (2006). Group processes. New Delhi: Cengage learning</p> <p>Lussier, R. N. & Achua, C.(2007). Effective Leadership. New Delhi: Thomson South Western</p>		
<p>Continuous Evaluation Methods: Test and Presentation</p>		

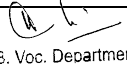


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Curriculum Teaching Plan

Department of B.VOC ACP

Programme: B.VOC ACP	Year: second	Semester: 3 rd
Name of Faculty: Mrs Ayushi Gupta		
Course Title: Classification of Mental Disorders	Credits: 6	
Course Code: ACP-3101	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Identify different types of anxiety and mood disorders, their clinical picture and management. ● Analyse impact of socio-occupational & personal functioning. ● Plan Therapeutic programs for management based on goals of therapy. ● The students will understand signs and symptoms of Mental Disorder. ● They will be able to assess the symptoms, nature,, causes and Dysfunctions associated with these disorders. ● They will be able to understand the intervention programs with regard to the goals of therapy. ● Develop an understanding of etiology of various mental health symptoms and illness. ● Develop familiarity with the usual clinical course of each specific mental illness. 		
Unit	Topics	No. of Lectures: 90
I	Intoduction: Introduction to Classificatory Systems (DSM & ICD); Brief outline of latest classificatory Systems for Mental Disorders; Benefits of having classificatory system	12
II	Anxiety Disorders: Clinical picture of Generalized Anxiety Disorder; Obsessive Compulsive Disorder and Phobias	12
III	Somatoform Disorders: Somatization; Hypochondriasis; Dissociative and Conversion Disorders	11
IV	Psychotic Disorders: Mood Disorders (Bipolar; Mania & Depression); Schizophrenia; Delusional Disorder	11
V	Other Disorders: Personality Disorders; Alcoholism and Substance Use Disorders	11


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Suggested Readings:

Alloy, L.B., Riskino, J.H. and Manos, M.I. (2006). *Abnormal Psychology; Current Perspectives*. New Delhi: Tata McGraw Hill

Barlow, D.H. & Durand, V.M. (2010). *Textbook of Abnormal Psychology*. New Delhi: Cengage Learning India Pvt. Ltd.

Bennett, P. (2006). *Abnormal and Clinical Psychology: An introductory textbook*. New York: Open University Press.

Brewer, K. (2001). *Clinical Psychology*. Oxford : Heinemann Educational Publishers


Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). *Abnormal Psychology*. New Delhi: Pearson.

Kearney, C. A. & Trull, T. J. (2012). *Abnormal Psychology and Life: A dimensional approach*. New Delhi : Cengage learning.

Kring, A.M., Johnson, S.L., Davison, G.C. & Neale, J.M. (2010) *Abnormal Psychology*. Eleventh Edition or Latest Available Edition. Delhi: Wiley-India.

Nolen-Hoeksema, S. (2010). *Abnormal Psychology*. New Delhi: Tata McGrawHill

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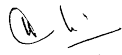


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Curriculum Teaching Plan

Department of B.VOC ACP

Programme: B.VOC ACP	Year: second	Semester: 3 rd
Name of Faculty: Mrs Ayushi Gupta		
Course Title: Psychopathology	Credits: 6	
Course Code: ACP-3102	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Formulate the case with the help of psychological testing. ● The students will understand signs and symptoms of Psychopathology. ● They will be able to assess the symptoms, nature,, causes and Dysfunctions associated with these disorders 		
Unit	Topics	No. of Lectures: 90
I	Introduction : Nature and meaning of Psychopathology, Criteria of abnormalbehaviour, misconceptions about psychopathology	12
II	Perspectives of Abnormal Behaviour: Biological, Genetic; Statistical; Social andCultural Perspectives of abnormal behaviour	12
III	Models of Abnormal Behaviour : Psychodynamic; Behavioural; Cognitive;Humanistic& Existential models of abnormal behaviour.	11
IV	Assessment Methods : Case Study method, Interview method, Psychologicaltest:Intelligence test and personality test.	11
V	Etiology of Psychopathology : Biological Factors, Psychological Factors andSocio-cultural factors	11
<p>Suggested Readings:</p> <p>Adams, H.E. & Sutker, P.B (1984). Comprehensive handbook of psychopathology. NewYork : Plenum Press.</p> <p>Bellack, A. S. & Hersen, M. (1984). Clinical psychology. New York</p>		


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Curriculum Teaching Plan

Department of B.VOC ACP

Programme: B.VOC ACP	Year: second	Semester: 3 rd
Name of Faculty: Mrs Kiran Tomar		
Course Title: Stress & Coping	Credits: 6	
Course Code: ACP-3103	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Describe the relationship between stress, human health, behaviors, and perceptions. ● Recognize signs and symptoms of stress. ● Summarize the physiological response to stress and how it impacts human health. ● Identify stressors and possible root causes using health models. ● Evaluate the effectiveness of stress management strategies and relaxation technique on a personal level. ● Explore information from credible research on stress and health. 		
Unit	Topics	No. of Lectures: 90
I	Introduction: History, definition and nature of stress; Concept of stress; Types of Stressors- Internal & External; Physical, Psychological, Environmental and Social.	12
II	Response to Stress : Physiological and Psychological response to stress; Life Events as Stressors; Measurement of stressful life event; Stress and development of psychological and somatic disorders	12
III	Coping: Concept of coping: Nature, Meaning, Definition of Coping; Classification of Coping styles (Problem focused and Emotion focused); Measurement of coping behaviour.	11
IV	Life Style and Related aspects: Stress and Personality; Life Style and Health ;Stress and substance abuse; Stress Diathesis Model	11
V	Management of stress: Relaxation Techniques and biofeedback; Cognitive behaviour therapy; Social skills training and stress inoculation	11


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Suggested Readings:

Barrett.J.E. (1979) ---Stress and Mental Disorder, American Psychopathological Association Series,New York : Rayan Press, Section A-6.

Braumsteirn, J.J. and Toister, R.P (1981)----- Medical Applications of Behaviour Science, Chicago:Year Books Medical publishers Inc. Section A. I : C.2 and C.3.

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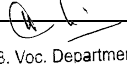
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Curriculum Teaching Plan


Department of B.VOC ACP

Programme: B.VOC ACP	Year: second	Semester: 3 rd
Name of Faculty: Mrs Kiran Tomar		
Course Title: Value education	Credits: 6	
Course Code: ACP-3103	Core Compulsory	
Max. Marks: 25+75	Theory	
Course Outcome: <ul style="list-style-type: none">● Students will understand the importance of value based living.● Students will gain deeper understanding about the purpose of their life.● Realize the value of human life.● Recognize the essential steps to become good leaders.● Set realistic goals in life and start working towards them.● Students will become value based professionals.● Students will contribute in building a healthy nation.		
Unit	Topics	No. of Lectures: 90
I	: Concept of Human Values, Value Education Towards Personal Development Aim of education and value education; Evolution of value oriented education; Concept of Human values; types of values; Components of value education. Personal Development :Self analysis and introspection; sensitization towards gender equality, physically challenged, intellectually challenged. Respect to - age, experience, maturity, family members, neighbours, co-workers. Character Formation Towards Positive Personality: Truthfulness, Constructivity, Sacrifice, Sincerity, Self Control, Altruism, Tolerance, Scientific Vision.	12


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II	Value Education Towards National and Global Development National and International Values: Constitutional or national values - Democracy, socialism secularism, equality, justice, liberty, freedom and fraternity. Social Values - Pity and probity, self control, universal brotherhood. Professional Values - Knowledge thirst, sincerity in profession, regularity, punctuality and faith. Religious Values - Tolerance, wisdom, character. Aesthetic values - Love and appreciation of literature and fine arts and respect for the same. National Integration and international understanding.	12
III	Impact of Global Development on Ethics and Values Conflict of cross-cultural influences, mass media, cross-border education, materialistic values, professional challenges and compromise. Modern Challenges of Adolescent Emotions and behavior; Sex and spirituality: Comparison and competition; positive and negative thoughts. Adolescent Emotions, arrogance, anger, sexual instability, selfishness, defiance	11
IV	Theraupatic Measures Control of the mind through a. Simplified physical exercise b. Meditation – Objectives, types, effect on body, mind and soul c. Yoga – Objectives, Types, Asanas d. Activities: (i) Moralisation of Desires (ii) Neutralisation of Anger (iii)Eradication of Worries (iv)Benefits of Blessings	11
V	Human Rights 1. Concept of Human Rights – Indian and International Perspectives a. Evolution of Human Rights b. Definitions under Indian and International documents 2. Broad classification of Human Rights and Relevant Constitutional Provisions.a. Right to Life, Liberty and Dignity b. Right to Equality c. Right against Exploitation d. Cultural and Educational Rights e. Economic Rights f. Political Rights g. Social Rights 3. Human Rights of Women and Children a. Social Practice and Constitutional Safeguards (i) Female Foeticide and Infanticide (ii) Physical assault and harassment (iii) Domestic violence (iv) Conditions of Working Women 4. Institutions for Implementation a. Human Rights Commission b. Judiciary 5. Violations and Redressel a. Violation by State b. Violation by Individuals c. Nuclear Weapons and terrorism d. Safeguards.	11
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<p>Suggested Readings: David Brooks. The social Animal: The hidden sources of love, Character, and Achievement. Random House,2011. Mani Jacob. Resource Book For value Education. Institute of Value Education, 2002. Nagarazan. A Text Book on Professional Ethics and Human Values. New Age International Limited Publishers, 2006.</p>		
<p>Continuous Evaluation Methods: Test and Presentation</p>		


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Curriculum Teaching Plan

Department of B.VOC ACP

Programme: B.VOC ACP	Year: second	Semester: 4th
Name of Faculty: Mrs Ayushi Gupta		
Course Title: Counselling Psychology	Credits: 6	
Course Code: ACP-4101	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Identify systemic clinical concerns based on both client presentations as well as consider issues like trauma, crises, substance abuse as motivators to begin marriage and family therapy treatment. ● Utilize a relational understanding of psychopathological and incorporate relational assessment to develop an accurate diagnostic framework upon which to base marriage and family therapy treatment. ● Treatment planning & case Management ● Therapy and models of interventions ● Legal and ethical issues and standards ● Counselor preparation 		
Unit	Topics	No. of Lectures: 90
I	Introduction: Definitions and goals; Counselling and psychotherapies (similarities and differences); Current Trends	12
II	Characteristics & Relationship: Characteristics of a good Counsellor; Therapeutic Relationship & Ethical Considerations	12
III	Counseling skills: theory & practice –I Person centered approach; Psychodynamic approach; Existential Approach	11
IV	Counseling skills: theory & practice –II Behavioral Counseling; Cognitive behavioral counseling	11
V	: Counseling in diverse settings: Group counseling; Marital and Family Counseling; School and Career counseling	11


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<p>Suggested Readings:</p> <p>Belkin, G. S. (1988). Introduction to Counseling. W. C.: Brown Publishers.</p> <p>Capuzzi, D. & Gross, D. R. (2007). <i>Counselling and Psychotherapy: Theories and Interventions</i> (4th Ed.) New Delhi. Pearson.</p> <p>Corey, G. (2009) <i>Counselling and Psychotherapy; Theory and Practice</i>. (7th Ed.) New Delhi: Cengage Learning.</p> <p>Galdding, S.T. (2009). Counseling: A comprehensive Profession. Pearson: Delhi</p> <p>Nelson, J. (1982). Theory and Practice of Counseling Psychology. New York: Holt Rinehart& Winston.</p> <p>Seligman, L. & Reichenberg, L.W (2009). Theories of Counseling and Psychotherapy:Systems, Strategies and Skills.</p> <p>Windy, D. (Ed.) (1988). Counseling in Action. New York: Sage.</p>		
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Curriculum Teaching Plan

Department of B.VOC ACP

Programme: B.VOC ACP	Year: second	Semester: 4 th
Name of Faculty: Mrs Ayushi Gupta		
Course Title: Methods of behavioural Research & measurement	Credits: 6	
Course Code: ACP-4102	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Analyze and apply the understanding of psychological testing. ● Interpret and assess the role of psychological testing in various setting. ● Effectively synthesize and apply the variations in scales and tests. ● Recognize the various types of psychological tests. ● Organize the various steps in construction of a psychological test ● Review the ethical issues surroundings psychometric evaluation, testing and interpretation in day to day life. 		
Unit	Topics	No. of Lectures: 90
I	Introduction: Meaning and nature of Psychological Measurement; Scales of psychological measurement- Nominal, Ordinal, Interval and Ratio; Issues related to psychological measurement in Clinical setting; Ethical Considerations	12
II	Psychological Testing: Steps in test development: item analysis, reliability, validity, and norms and standardization.	12
III	Applications of Psychological testing in Clinical Setting: Types of psychological tests used in clinical setting; Intelligence tests, Personality tests, Tests of Cognitive functions etc.	11
IV	Psychodiagnostic Assessment: Techniques of Psychodiagnostic Assessment- Case Study, Clinical Interview, Observation, Questionnaires, Psychological tests and Rating Scales	11
V	Methods in Clinical Research: Nature, meaning, definition and purpose of research in clinical Psychology; Ethical Considerations; Introduction to Methods and Steps of research	11


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Suggested Readings:

Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi

Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.

King, B.M. & Minium, E.W. (2007). *Statistical Reasoning in the Behavioral Sciences.(5th Ed.)* USA: John Wiley.

Murphy, K.R. & Davidshofer, C. O. (2004). *Psychological Testing: Principles & Applications (6th Ed.)* New Jersey: Prentice Hall.

Robson, C. (2011). *Real world research: A Resource for users of Social Research Methods in Applied Settings. (3rd edition)*. John Wiley and Sons.

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Curriculum Teaching Plan

Department of B.VOC ACP

Programme: B.VOC ACP	Year: second	Semester: 4 th
Name of Faculty: Mrs Kiran Tomar		
Course Title: Social psychology	Credits: 6	
Course Code: ACP-4103	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Develop insight and analyze the contribution of social psychologists to the understanding of human society. ● Evaluate effective strategies in socialization, group processes (both inter and intra-group) and helping behavior. ● Ability to register the progression of theories in major areas in social psychology. ● Interpret attitude formation and variation methods to be used to change the attitude. ● Understand aspects related to social psychology. 		
Unit	Topics	No. of Lectures: 90
I	Introduction: Social Psychology & Applied Social Psychology; historical roots,theories, Indian scenario	12
II	Socialization: Nature, Meaning and Definition of Socialization; Factors of Socialization; Process of Socialization and Social Change	12
III	Social Cognition & Attitudes: Self in a social world, Attribution biases;Formation and change of social attitudes	11
IV	Application of Social Psychology I: Prosocial behavior, Meaning andDeterminants of Interpersonal attraction, Group processes	11
V	Application of Social PsychologyII: Understanding Aggression & Violence,Determinants of aggression; Cultural diversity, Socio-cultural situation of Current India	11



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Suggested Readings:

Aronson, E., Wilson, T.D. and Akert, R.M. (2010). Social Psychology (7th ed.). Boston:Prentice Hall.

Baron, R.A., Branscombe, N.R., Byne, D. and Bhardwaj, G.(2010). Social Psychology (12th Edition). Delhi, Pearson.

Chadha, N.K. (ed) (2012) Social Psychology: McMillan Publishers , New Delhi

Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012).

Community psychology: Linking individuals and communities. Wadsworth, Cengage.


Mikkelson, B. (1995). Methods for development work and research: A guide for practioners.New Delhi: Sage.

Misra, G. (2009). Psychology in India: Social and Organisational Processes. Delhi Pearson.

Myers, D.G. (2005). Social Psychology (8th ed.). New Delhi : Tata McGraw Hill Pub. Co. Ltd.

Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications

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Curriculum Teaching Plan

Department of B.VOC ACP

Programme: B.VOC ACP	Year: second	Semester: 4 th
Name of Faculty: Mrs Kiran Tomar		
Course Title: Environmental	Credits: 6	
Course Code: ACP-4104	Core Compulsory	
Max. Marks: 25+75	Theory	
Course Outcome: <ul style="list-style-type: none">● Articulate the interconnected and interdisciplinary nature of environmental studies.● Demonstrate an integrative approach to environmental issues with a focus on sustainability.● Use critical thinking, problem-solving, and the methodological approaches of the social sciences, natural sciences, and humanities in environmental problem solving.● Communicate complex environmental information to both technical and non-technical audiences.● Understand and evaluate the global scale of environmental problems.● Reflect critically on their roles, responsibilities, and identities as citizens, consumers and environmental actors in a complex, interconnected world.		
Unit	Topics	No. of Lectures: 90
I	Introduction: Definition, Different factors of Environment, Global Environment and its segments atmosphere, hydrosphere, lithosphere and biosphere, Scope and importance.	12


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II	<p>Natural Resources: Definition and types of Natural Resources, Renewable and non-renewable resources. Natural resources and associated problems-</p> <p>(a) Forest Resources: Use and Over-exploitation, deforestation, Timber extraction, mining, and their effects on forests and tribal people.</p> <p>(b) Water resources: Use and over-utilization of surface and ground water, floods, drought, dams-benefits and problems.</p> <p>(c) Mineral resources: Use and exploitation, environmental effects of extracting and using mineral resources.</p> <p>(d) Food resources: World food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer, pesticides problems, water logging.</p> <p>(e) Energy resources: Growing energy needs, renewable and non-renewable energy sources, use of alternate energy sources.</p> <p>(f) Land resources: Land as a resource, land degradation, man induced landslides, soil erosion and desertification, Role of an individual in conservation of natural resources.</p>	12
III	<p>Ecosystems: Concept of an ecosystem, Structure and function of an ecosystem - producers, consumers and decomposers, Energy flow in the ecosystem, Food chains, food webs and ecological pyramids, Introduction, types, characteristic features, structure and function of the following Ecosystem-(a) Forest ecosystem, (b) Grass land ecosystem and (c) Aquatic ecosystems (ponds, streams, lakes, rivers, and oceans).</p>	11
IV	<p>Bio-diversity and its Conservation: Introduction-Definition: Biogeographical classification of India, Biodiversity at global, national and local levels, India as a mega-diversity nation, Hot-spots of biodiversity, Threats of biodiversity: habitat loss, poaching of wildlife, man - wildlife conflicts, Conservation of biodiversity: In-situ and ex-situ conservation of biodiversity.</p>	11
V	<p>Environmental Pollution: Definition, causes, effect and control measures of: (a) Air pollution (b) Water pollution (c) Soil pollution, Solid waste management, Role of an individual in prevention of pollution.</p>	11



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Suggested Readings:

1. Text book of Environmental Studies Erach Bharucha, UGC
2. A Textbook of Environmental Studies - D.K. Asthana, Meera Asthana, S.Chand.
3. Environmental Studies- Prof. R.B. Singh, Dr. D.K. Thakur, Dr. J.P.S. Chauhan, RomeshBook Depot.
4. Perspective in Environmental Studies Anubha Kaushik, C.P. Kaushik, New Age International
5. Paribesh Adhyayan-A.K. Medhi, Dr. Basist ha Kalita, M.Saikia, Dr.J.Borah, G.C.Das,K.Devi, J.Pathak Sarma.Kaliabor College Science Forum.

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Curriculum Teaching Plan

Department of B.VOC ACP

Programme: B.VOC ACP	Year: 3 RD year	Semester: 5 TH
Name of Faculty: Mrs Ayushi Gupta		
Course Title: PSYCHOTHERAPY	Credits: 6	
Course Code: ACP-5101	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Plan therapeutic programs for management based on goals of therapy. ● Students understand good characteristics of psychotherapists. ● They will be able to understand the intervention programs with regard to the goals of therapy 		
Unit	Topics	No. of Lectures: 90
I	Introduction: Definition, Scope, Objectives and General Principles of Psychotherapy; Characteristics of a good Psychotherapist.	12
II	Process of Psychotherapy Psychotherapeutic relationship; Interviewing Procedures; Phases in Psychotherapy- Initial, Middle and Terminating Phase; Training of Psychotherapists.	12
III	Types of Psychotherapies: Classification of Psychotherapies; Supportive, Re- educative and Re-constructive psychotherapies	11
IV	Techniques of Psychotherapy I: An introduction to Psychoanalytical Therapies; Supportive Therapy; Client Centered Therapy & Existential therapy	11
V	Techniques of Psychotherapy II: An introduction to Behaviour Therapies & Cognitive, Behaviour therapy; Family, Marital and Group therapy	11


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Suggested Readings:

Garfield, S.L. (1980) Psychotherapy : An electric approach, New york, John Wiley & Sons.

Sahakian, W.S. (1976) (Ed.) Psychotherapy and Conselling : Techniques in Intervention (Second editions) Chicago Monally College Publising Company.

Walberg, L.R. (1977)- The technique of Psychotherapy, 3rd Edition Part, I & II, New york, Grune & Sration

Wolman, B.B (1976) (Ed.), The Therapsist's handbook : Treatment Method of Mental Disorders.


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Curriculum Teaching Plan

Department of B.VOC ACP

Programme: B.VOC ACP	Year: 3 RD year	Semester: 5 TH
Name of Faculty: Mrs Ayushi Gupta		
Course Title: Community mental Health	Credits: 6	
Course Code: ACP-5102	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Involve students and organizations/stale holders in health program planning. ● Incorporate data analysis and principles of culturally competent community mental health interventions. ● Existing theoretical framework to develop, implements, and assess mental health promotion interventions. ● Mental health promotion and disease prevention. ● Understand the problem of Indian context: population, unemployment etc. 		
Unit	Topics	No. of Lectures: 90
I	Introduction: Concept, nature, principles of community psychology; Fields of Community Psychology; relation with other branches of Psychology	12
II	Community Mental Health: Models of Community Psychology; Model of Community Mental Health; Quality of life, mental health education and awareness and promotional programs in India.	12
III	Problems of Community Life: Understanding and Identifying Problems of community life in Indian Context: population, unemployment, alienation, aggression and violence; Community intervention; Role of media	11
IV	Intervention in Education System : School Mental Health Programme; Life Skills Education in Schools; Special Education and Integrated Education for the disabled.	11
V	Intervention in Health System: Community Psychology in primary care; National mental health programme; Indices of Community Health -Quality of life; Training of paraprofessional and non - professional	11
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<p>Suggested Readings:</p> <p>Fetterman, D.M., Kaftarian, S.J. & Wandersman, A (Eds)(1996) EmpowermentEvaluation, New Delhi : Sage Publication.</p> <p>Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). CommunityPsychology: Linking Individuals and Communities, Wadsworth Cengage Learning.</p> <p>McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to communityhealth. United States: Jones and Bartlett Publishers.</p> <p>Misra, G. (Ed). (2010) Psychology in India. Indian Council of Social Science Research.Dorling Kindersley (India) Pvt Ltd. Pearson Education</p> <p>Poland, B. D., Green, L.W. & Rootman, I.(2000) Setting for Health Promotion: LinkingTheory and Practice, Sage Publication, New Delhi.</p>		
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Department of B.VOC ACP

Programme: B.VOC ACP	Year: 3 RD year	Semester: 5 TH
Name of Faculty: Mrs Ayushi Gupta		
Course Title: Childhood disorders & its intervention (including learning disability)	Credits: 6	
Course Code: ACP-5103	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Student will have relevant knowledge and information related to the causative factors. ● Students will be able to understand measures involved in minimizing childhood disorders. ● Students will be able to diagnose the childhood disorders. ● Students understand etiology, prevalence of childhood disorders. 		
Unit	Topics	No. of Lectures: 90
I	Introduction to Childhood: Meaning of Childhood; Theories of Child Development- Freud, Piaget, Erickson; Etiological factors for Childhood Disorders- Genetic, Biological, Social, Psychological, Environmental	12
II	Parenting Styles: Types of Parenting Styles; Pathological Parenting styles; Attachment Styles; Modeling and Shaping of behavior through Social Learning	12
III	Childhood Disorders I: Classification of Childhood Disorders; Pervasive Developmental Disorders (Autistic Spectrum disorders & attention Deficit hyperactivity disorders) and Mental retardation	11
IV	Childhood Disorders II: Childhood Emotional disorders- Internalizing & Externalizing disorders; Mood disorders (Depression); Specific Learning Disorders & Learning Disability	11
V	Assessment and Intervention of Childhood Disorders: Knowledge of Tests for assessment for Childhood Problems- Child Behavior Check List (CBCL), Children Apperception Test (CAT), Draw a Man Test, Picture Frustration Study, Scales for Autism, ADHD, Learning Disability; Intervention- An Introduction to Behaviour Modification Techniques	11

<p>Suggested Readings: Child Development “LAURA E. BERK</p> <ul style="list-style-type: none">● Abnormal Psychology “DAVID H. BARLOW,V.MARK DURAND”● Abnormal Psychology” JAMES N. BUTCHER,SUSAN,MINIKA,JILLM.HOOLEY		
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Curriculum Teaching Plan

Department of B.VOC ACP

Programme: B.VOC ACP	Year: 3 RD year	Semester: 5 TH
Name of Faculty: Mrs Apoorva Batra		
Course Title: Computer Application	Credits: 6	
Course Code: ACP-5104	Core Compulsory	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Work effectively with a range of current, standard, office productivity software applications. ● Evaluate, select and use office productivity software appropriate to a given situation. ● Apply basic adult learning and assessment principles in the design, development, and presentation of material produced by office productivity applications. ● Demonstrate employability skills and a commitment to professionalism. ● Operate a variety of advanced spreadsheet, operating system and word processing functions. ● Solve a range of problems using office productivity applications, and adapt quickly to new software releases. ● Maintain quality assurance through critically evaluating procedures and results. 		
Unit	Topics	No. of Lectures: 90
I	Introduction: Introduction to Computer; Characteristics and Components of computer system-Central Processing Unit , Keyboard, mouse and VDU, Other Input devices, Other Output devices, Computer Memory	12
II	Concept of Hardware and Software: Hardware ; Software- Application Software, Systems software; Programming Languages; Representation of Data/Information ;Concept of Data processing; Applications of IECT ; e-governance; Multimedia and Entertainment	12
III	Applications of Computers: MS Office-Word, Power Point MS Excel etc. c) Item d) SPSS (introduction, analysis of data)	11
IV	Computer Communication and Internet: Introduction; Basics of Computer Networks; Local Area Network (LAN) ;Wide Area Network (WAN) ; Concept of Interne; Basics of Internet Architecture ; Services on Internet; World Wide Web and Websites; Communication on Internet; Internet Services; ISPs and examples (Broadband/Dialup/WiFi); Internet Access Techniques	11


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V	Computer Applications in Psychology- Use of Computers in psychology; An Introduction to SPSS; Computer Assisted Psychological Assessments (CAPA)- Advantages and Limitations	11
Suggested Readings: Computers & Typesetting, volume A: The TeXBOOK “DONALD ERVIN KNUTH Computer Applications Book “ Sumita Arora		
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