

CHAUDHARY CHARAN SINGH UNIVERSITY MEERUT

SYLLABI FOR THE UNDERGRADUATE CLASSES

SUBJECT: PSYCHOLOGY

Modified version of
Common Minimum Syllabus for all U.P. State Universities/ Colleges
Developed under the aegis of National Education Policy-2020

Semester-wise titles of the papers in BA (PSYCHOLOGY)

Year	Sem.	Course Code	Paper Title	Theory/ Practical	Credits
B.A 1	I	A090101T	Basic Psychological Processes	Theory	4
	I	A090102P	Lab Work	Practical	2
	II	A090201T	Basic Research Methodology and Statistics	Theory	4
	II	A090202P	Lab Work/ Psychological Testing	Practical	2
B.A. 2	III	A090301T	Psychology of Social Behavior	Theory	4
	III	A090302P	Lab Work and Measurement of Social Behavior	Practical	2
	IV	A090401T	Abnormal Psychology	Theory	4
	IV	A090402P	Assessment/Testing	Practical	2
B.A. 3	V	A090501T	Life Span Human Development	Theory	4
	V	A090502T	Positive Psychology	Theory	4
	V	A090503P	Lab Work/Survey/ Field Visit	Practical	2
	V	A090504R	Internship / Research Proposal	Project	3
	VI	A090601T	Community and Health Psychology	Theory	4
	VI	A090602T	Counseling Psychology	Theory	4
	VI	A090603P	Survey/Field Visit/Project Work	Practical	2
	VI	A090604R	Internship / Research Project	Project	3

Semester-wise Course Curricula

Subject prerequisites

Open to all with a minimum of 45% marks (40% for SC/ST) in 12th class in any stream

Program outcomes (After 3 Years)

The outcomes that a student should be able to exhibit on completion of a degree level program in Psychology are as follows:

- Comprehension about the discipline, its research methods, theories, and models.
- The flair to link up theory with individual experiences and varied applied settings.
- Capacity to practice professional skills in the area of psychological testing, assessment, and counseling.
- Development of skills in specific areas related to specific specialization (e.g. psycho-diagnostics, counseling, learning disability, health, community mental health, and organizational behavior).
- A general understanding about how knowledge of psychology can be applied to benefit the management and/or amendment of problems of mankind.
- Capability to articulate ideas in appropriate manner, with scientific writing and authentic reporting.
- Sensitivity towards diverse contexts, ethnic groups, minorities, marginalized groups, and gender issues.
- Development of skills and attributes of empathy, team work, coordination, cooperation, conflict resolution, and congruence.

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Program/Class: Certificate		Year: First	Semester: First
Subject: Psychology			
Course Code: A090101T			
Course Outcome: 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, motivation, emotion and personality. It will develop critical analytical skills regarding these individualistic traits.		Course Title: Basic Psychological Processes	
Credits: 4	Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Max. Marks: 25+75	Core Compulsory		
		Mln. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Psychology: Nature, Scope and Applications; Approaches: Psychodynamic, Behavioristic, Cognitive, Humanistic, & Indigenous Indian Psychology (with special reference to Shrimad Bhagwad Gita).	8	
II	Biological bases of behavior: Divisions of the nervous system; Neural conduction and synaptic transmission; Structure and functioning of the brain; Endocrine glands and their effects.	8	
III	Attention Processes: Selective and Sustained Attention: Nature and Determinants; Perceptual Processes: Nature and Determinants; Perceptual Organization; Perceptual Illusion.	7	
IV	Learning: Classical Conditioning, Operant Conditioning, Learning by insight, and Observational learning.	8	
V	Memory and Forgetting: Stages of Memory: Encoding, Storage and Retrieval; Types of Memory: Sensory, Short Term, and Long Term Memory; Forgetting: Decay, Interference, and Cue- Dependent Forgetting.	8	
VI	Intelligence: Nature and Definition; Concept of IQ; Theories of Intelligence: Spearman, Thurstone, Guilford, Sternberg, Gardner.	6	
VII	Personality: Definition and Determinants; Approaches to Personality: Trait approaches (Allport and Cattell); Psychodynamic (Freud); Humanistic (Rogers and Maslow).	8	
VIII	Motivation: Nature and concepts (Needs, Drives, Instincts, Incentives); Types of Motives: Biological and Social Motives; Emotion: Nature and Types of Emotions; Expressions of Emotion: Universal Versus Culture Specific; Theories of Emotion: James-Lange, Cannon-Bard, Schachter-Singer.	7	

Suggested Readings:

Baron, R., & Misra, G. (2016). *Psychology* (5th ed.). Pearson.
 Ciccarelli, S. K., White, N.J., & Misra, G. (2017). *Psychology* (5th ed., South Asian Edition). Pearson Education.
 Cornelissen, M., Mishra, G., & Verma, S. (2014). *Foundations of Indian Psychology*. Pearson Education.
 Mishra, G. (Edited) (2019). *Personality in Indigenous Tradition*. In *ICSSR Research Surveys & explorations Psychology (Vol.2): Individual and the Social Processes and Issues*. Oxford University Press.
 Singh, A.K. (2006). *Uchhtar Samanya Manovigyan*. Motilal Banarasi Das.
 Suleman, M. (2006). *Samanya Manovigyan*. Motilal Banarasi Das.
 Tripathi, L.B. (2001). *Adhunik Prayogik Manovigyan*. Bhargav Book House.
<http://www.apa.org>

Web links: <http://heecontent.upsdc.gov.in/Home.aspx> <http://www.egyankosh.ac.in/>

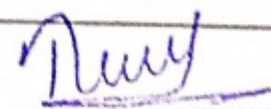
This course can be opted as an elective: Open to all
 Suggested Continuous Evaluation Methods: Attendance (5 Marks)

Assignment/ Seminar (10 Marks) Written Test (10 Marks)

Course pre-requisites: 10+2 in any discipline

Suggested equivalent online courses: Coursera, Swyam

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Paper 2

Practical

Semester I

Program/Class: Certificate		Year: First	Semester: First
Subject: Psychology			
Course Code: A090102P			
Course Outcome: Students will become aware of the many possible experiments in each area and will be imparted a variety of skills to design and conduct psychological experiments ensuring controlled conditions, interpretations of the data, and report writing in APA style.		Course Title: Lab Work	
Credits: 2			
Max. Marks: 25+75		Core Compulsory	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Familiarization with computers as tools in psychology experiments	5 (10 hrs)	
II	Plan, conduct, and report an experiment based on Attention/Perception	7 (14 hrs)	
III	Plan, conduct, and report an experiment based on Learning/ Memory	7 (14 hrs)	
IV	Plan, conduct, and report an experiment based on Emotions/ Motivation	7 (14 hrs)	
V	Report writing in APA Style for the practicals conducted	4 (8 hrs)	
Suggested Readings:			
Baron, R., & Misra, G. (2016). <i>Psychology</i> (5th ed.). Pearson.			
Tripathi, L.B. (2001). <i>Adhunik Prayogik Manovigyan</i> . Bhargav Book House.			
Web links:			
http://heecontent.upsdc.gov.in/Home.aspx https://www.psychopy.org/ http://www.egyankosh.ac.in/			
https://www.uvm.edu/~statdhtx/methods8/			
https://owl.purdue.edu/owl/research_and_citation/apa_style			
This course is for students who have opted for psychology as a major subject.			
Suggested Continuous Evaluation Methods:			
Presentation of practical file (15 marks)			
Attendance (10 marks)			
Course prerequisites: Only for those who have taken psychology as a major subject			

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Paper 1

Theory

Semester II

Program/Class: Certificate		Year: First	Semester: Second
Subject: Psychology			
Course Code: A090201T			
Course Outcome: The learners will be able to comprehend psychological data and can put them along with various kinds of tests implemented.			
Course Title: Basic Research Methodology and Statistics			
Credits: 4			
Max. Marks: 25+75		Core Compulsory	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Measurement: Nature and Scales of Psychological Measurement; Properties and Functions of Measurement.	6	
II	Scientific Approach: Aim and Functions; Research Methods: Experimental, Correlational, and Observational; Variable: Concept and Types; Hypothesis: Types and Criteria; Sampling: Concept and Methods.	8	
III	Psychological Statistics: Introduction; Descriptive Statistics: Measures of Central Tendency and Measures of Variability (Range, Quartile Deviation, Standard Deviation), Graphical Representation of Data	8	
IV	The Normal Distribution: Meaning and Uses, Significance of Statistics, t test for independent and correlated groups	8	
V	Correlation: Types, Calculation and interpretation of Product moment and Rank difference correlations; Chi-square tests using contingency tables	8	
VI	Tests: Concept and Types; Psychometric Properties of Tests: Validity and Reliability: Nature and Types.	7	
VII	Intelligence Testing: Measurement of abilities: Stanford-Binet and Wechsler Tests of Intelligence, Culture Fair Tests: Structure and Application	8	
VIII	Personality Tests: Self Report Inventories (16-PF, NEO-PI R), Projective Techniques: Nature and Types.	7	

Suggested Readings:

- DeVellis, R.F. (2016). *Scale Development: Theory and Applications* (4th ed.). Sage.
- Garrett, H. E. (1966). *Statistics in Psychology and Education*. Paragon International.
- Gregory, R. J. (2017). *Psychological Testing* (7th Ed.). Pearson Education.
- Guilford, J.P. (1936). *Psychometric Methods*. London: McGraw Hill Publishing Company.
- Howell, D.C. (2017). *Fundamental statistics for the behavioural sciences* (9th Ed.. USA: Cengage
- Kerlinger, F. N. (1983). *Foundations of Behavioral Research*. New Delhi: Surjeet.
- Lal, J.N. (1999). *Manovigyan evam Shiksha mein Sankhyaki*. Neelkamal.
- Misra, B & Tripathi, L.B. (1994). *Manovaigyanik Sankhyaki*. Harprasad Bhargava.
- Singh, A.K. (2019). *Tests, Measurement and Research Methods in Behavioral Sciences*. Bharti Bhavan.
- Srivastava, D.N., & Mishra, A. (2020). *Maapan Evam Sankhyaki*. Agrawal.
- Web links- <http://heecontent.upsdc.gov.in/Home.aspx> <https://www.uvm.edu/~statdhtx/methods8/>
<http://www.egyankosh.ac.in/>

This course can be opted as an elective: Open to all

Suggested Continuous Evaluation Methods:

Assignment/ Seminar (10 Marks) Written Test (10 Marks) Attendance (5 Marks)

Course prerequisites: Open to All

Suggested equivalent online courses: Coursera, Swayam

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Semester II

Paper 2

Practical

Program/Class: Certificate		Year: First	Semester: Second
Subject: Psychology			
Course Code: A090202P			
Course Outcome: Students will be aware of a wide variety of possible experiments and tests and have an array of skills, such as designing and conducting psychological experiments ensuring controlled conditions, using psychological tests, and writing reports in APA Style.		Course Title: Lab Work/ Psychological Testing	
Credits: 2			
Max. Marks: 25+75		Core Compulsory	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Plan, conduct, and report an experiment using experimental method	8 (16 hrs)	
II	Ascertain the reliability of any psychological test using any method of reliability and write a report	7 (14 hrs)	
III	Administer and score any one self-report inventory and write a report	7 (14 hrs)	
IV	Administer and score any one intelligence test and write a report	8 (16 hrs)	
Suggested Readings:			
Baron, R., & Misra, G. (2016). <i>Psychology</i> (5th ed.). Pearson.			
Tripathi, L.B. (2001). <i>Adhunik Prayogik Manovigyan</i> . Bhargav Book House.			
Web links:			
http://heecontent.upsdc.gov.in/Home.aspx https://www.psychopy.org/ www.psytoolkit.org			
https://www.uvm.edu/~statdhtx/methods8/			
https://owl.purdue.edu/owl/research_and_citation/apa_style			
This course is for students who have opted for psychology as a major subject.			
Suggested Continuous Evaluation Methods:			
Presentation of Practical file (15 Marks) Attendance (10 marks)			
Course prerequisites: Only for those who have taken Psychology as a major subject			

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Paper 1 Theory

Semester III

Program/Class: Diploma		Year: Second	Semester: Three
Subject: Psychology			
Course Code: A090301T			
<p>Course Outcome: By the end of the course, students will be able to summarize general information, through in-class discussion and assignments, pertaining to social psychological theories and apply social psychological theories to their lives. They will be able to critically evaluate research to understand and explain distressing human social behavior and relate social psychological concepts and theories to historic and current world, national, and local events.</p>			
Credits: 4		Course Title: Psychology of Social Behavior	
Max. Marks: 25+75		Core Compulsory	
Total No. of Lectures-Tutorials-Practical (In hours per week): L-T-P: 4-0-0		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Social Psychology: Nature, and Scope; Methods of Studying Social Behavior.	8	
II	Social Cognition: Schema, Schematic Processing. Attribution of Causality: Kelly and Weiner.	8	
III	Attitude: Nature, Formation, and Measurement. Interpersonal Attraction: Concept and Determinants.	7	
IV	Groups: Norms, Roles, Status, and Cohesiveness. Group Influence Processes: Social Facilitation; Social Loafing; De-individuation.	7	
V	Aggression: Concept, Theories: Biological (Instinctive and Ethological), Frustration-Aggression Hypothesis, Social Learning theory of Aggression, General Aggression Model.	8	
VI	Pro-social Behavior: Motives to help; Bystander Effect; Determinants: Personal, Situational and Socio-cultural.	8	
VII	Social Influence Processes: Conformity and Compliance. Intergroup Relations: Prejudice and Discrimination.	7	
VIII	Leaders and leadership process: Types and functions of leaders, Factors in effective leadership.	7	
<p>Suggested Readings: Branscombe, N.R., & Baron, R.A. (2017). Social Psychology (14th ed.). USA: Pearson Dalal, A.K., & Misra, G. (2001). (Eds.). Social Psychology. Sage. Kassin, S., Fein, S., & Markus, H.R. (2016). Social Psychology. (10th ed.). USA: Cengage. Singh, A.K. (2001). <i>Samajik Manovigyan</i>. Motilal Banarasi Das. Singh, A.K. (2015). <i>Social Psychology</i>. Prentice Hall of India. Tripathi, L.B. (2016). <i>Adhunik Samajik Manovigyan</i>. Harprasad Bhargav. Web links: http://heecontent.upsdc.gov.in/Home.aspx http://www.egyankosh.ac.in/ http://www.apa.org</p>			
This course can be opted as an elective: Open to all			
Suggested Continuous Evaluation Methods:			
Assignment/ Seminar (10 Marks)		Written Test (10 Marks)	Attendance (5 Marks)
Course prerequisites: Open to All			
Suggested equivalent online courses: Coursera, Swayam			

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Semester III

Practical

Paper 2

Program/Class: Diploma		Year: Second	Semester: Third
Subject: Psychology			
Course Code: A090302P			
Course Outcome: Students will be exposed to the mixture of several skills such as how to conduct an experiment for understanding social behavior as well as measurement and scientific reporting of the data in psychological studies.			
Course Title: Lab Work and Measurement of Social Behavior			
Credits: 2			
Max. Marks: 25+75			
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		Core Compulsory	
		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Construction of a scale of Attitude/ Interpersonal Attraction	7 (14 hrs)	
II	Measurement of Helping Behavior/ Prejudice	7 (14 hrs)	
III	Conduct an experiment on Attribution/ Aggression/ Impression-Formation	8 (16 hrs)	
IV	Conduct an experiment on Compliance / Social Facilitation/ Conformity/	8 (16 hrs)	
Suggested Readings:			
Dalal, A.K., & Misra, G. (2001). (Eds.). Social Psychology. Sage.			
Tripathi, L.B. (2016). <i>Adhunik Samajik Manovigyan</i> . Harprasad Bhargav.			
Web links: http://heecontent.upsdc.gov.in/Home.aspx https://www.google.com/forms			
https://www.psytoolkit.org https://www.psychopy.org/ http://www.egyankosh.ac.in/			
https://www.uvm.edu/~statdhtx/methods8/ https://owl.purdue.edu/owl/research_and_citation/apa_style			
This course is for students who have opted for psychology as a major subject.			
Suggested Continuous Evaluation Methods:			
Presentation of Practical file (15 Marks);			
Attendance (10 marks)			
Course prerequisites: Only for those who have taken Psychology as a major subject			

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Program/Class: Diploma

Subject: Psychology

Course Code: A090401T

Year: Second

Semester: Four

Course Outcome: The students will be able to understand criteria of abnormality and one's own behavior and the behavior of others. By applying the knowledge of classification systems, assessment, and diagnosis, they will develop sensitivity towards individual diversity and various approaches to the diagnosis and treatment of psychological disorders. They will be able to summarize the symptoms, etiology, and valid and reliable treatment methods of mental health disorders.

Credits: 4

Max. Marks: 25+75

Total No. of Lectures-Tutorials-Practical (In hours per week): L-T-P: 4-0-0

Unit	Topics	No. of Lectures
I	Abnormal Psychology: Concept and criteria, Classification of Abnormality (ICD 11 and DSM V)	6
II	Anxiety Disorders: Clinical Picture and Etiology: Generalized Anxiety Disorder (GAD), Phobia, Panic Disorder, and Obsessive-Compulsive Disorder (OCD).	8
III	Somatic and Dissociative Disorders: Somatic Symptom and Related Disorders, Dissociative Disorders - Types, Clinical Picture and Etiology.	8
IV	Depressive and Bipolar Disorders: Types, Clinical Picture and Etiology.	8
V	Schizophrenia: Types, Clinical Picture and Etiology.	8
VI	Learning Disabilities: Reading, Written Expression and Mathematics Disorders	7
VII	Substance Related Disorder: Substance Abuse and Dependence; Alcohol, Nicotine, Marijuana, Sedatives and Stimulants: Etiology.	8
VIII	Clinical Picture and Etiology of Neurodevelopmental Disorders: Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorders, Intellectual Disability.	8

Suggested Readings:

- American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders, 5th Edition: DSM-5*. American Psychiatric Association Publishing.
- Barlow, D.H., Durand, V.M., & Hofmann, S.G. (2018). *Abnormal Psychology: An Integrative Approach* (8th Ed.). Cengage.
- Hooley J.M., Butcher, J.N., Nock, M.K., & Mineka, S.M. (2017). *Abnormal Psychology* (17th ed.). Pearson.
- Levy, K.N., Kelly, K.M., & Ray, W.J. (2018). *Case Studies in Abnormal Psychology*. Sage.
- Nevid, J.S., Rathus, S.A., & Greene, B. (2017). *Abnormal Psychology in a Changing World*. (10th Ed.). Pearson.
- Singh, A.K. (2001). *Asaamanya Manovigyan*. Motilal Banarasi Das.
- Suleman, M. (2001). *Asaamanya Manovigyan*. Motilal Banarasi Das.
- World Health Organization (2019). *International Classification of Diseases - 11th revision*. World Health Organization.
- Weblinks- <http://heecontent.upsdc.gov.in/Home.aspx> <http://www.apa.org> <http://www.nimh.nih.gov>

This course can be opted as an elective: Open to all

Suggested Continuous Evaluation Methods:

Assignment/ Seminar (10 Marks) Written Test (10 Marks) Attendance (5 Marks)

Course prerequisites: Open to All

Suggested equivalent online courses: Coursera; Swayam

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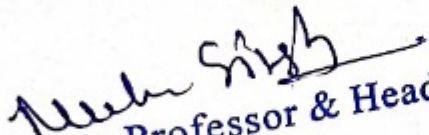
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Semester IV

Practical

Paper 2

Program/Class: Diploma		Year: Second	Semester: Four
Subject: Psychology			
Course Code: A090402P			
Course Outcome: The students will be imparted a variety of skills to conduct the screening and assessment of developmental issues and psychological disorders.			
Credits: 2		Course Title: Assessment/Testing	
Max. Marks: 25+75		Core Compulsory	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		Min. Passing Marks: 10+25	
Unit	Topics		
I	Administration, scoring, and interpretation of any Anxiety/ Depression test	No. of Lectures	
II	Administration, scoring, and interpretation of Mental Status Examination (MSE)	7 (14 hrs)	
III	Administration, scoring, and interpretation of any test to screen for cognitive or learning impairment	7 (14 hrs)	
IV	Administration, scoring, and interpretation of any test of any Neuropsychological or Cognitive function battery	8 (16 hrs)	
Suggested Readings:			
Nevid, J.S., Rathus, S.A., & Greene, B. (2017). <i>Abnormal Psychology in a Changing World</i> . (10th Ed.). Pearson.			
Singh, A.K. (2019). <i>Tests, Measurement and Research Methods in Behavioral Sciences</i> . Bharti Bhavan.			
Suleman, M. (2001). <i>Asaamanya Manovigyan</i> . Motilal Banarasi Das.			
Web links: http://heecontent.upsdc.gov.in/Home.aspx https://www.google.com/forms			
https://www.psytoolkit.org https://www.psychopy.org/ http://www.egyankosh.ac.in/			
https://www.uvm.edu/~statdthx/methods8/ https://owl.purdue.edu/owl/research_and_citation/apa_style			
This course is for students who have opted for Psychology as a major subject			
Suggested Continuous Evaluation Methods:			
Presentation of Practical file (15 marks)			
Attendance (10 marks)			
Course prerequisites: Only for those who have taken Psychology as a major subject			


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Program/Class: Degree
 Subject: Psychology
 Course Code: A090501T
 Year: Third
 Semester: Five

Course Outcome: At the end of the course, the student will be able to develop an ability to identify the milestones in diverse domains of human developments across the child, adolescent and adulthood stages, understand the contributions of socio-cultural context toward shaping human development and acquire an ability to decipher key developmental challenges and issues.
 Credits: 4
 Max. Marks: 25+75
 Course Title: Life Span Human Development
 Core Compulsory
 Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0
 Min. Passing Marks: 10+25

Unit	Topics	No. of Lectures
I	Human Development: Introduction; Principles of Development; Methods of studying Human Development.	
II	Prenatal Development: Stages and hazards; Neonatal Development: Sensory and Motor Capacity.	8
III	Infancy: Physical, Social, and Language Development	8
IV	Childhood Development: Cognitive, Emotional, and Moral Development	7
V	Adolescence: Physical Changes (Puberty and Growth spurts); Development of Identity, Cognitive, Social, Emotional, and Moral Development	8
VI	Early Adulthood: Sex-Role Adjustment, Diversity of Adult Lifestyles, Career Development	8
VII	Middle Adulthood: Changes in Mental Abilities, Adapting to physical changes in Midlife, Relationship at Midlife, Vocational Life.	7
VIII	Late Adulthood: Life Expectancy, Physical Changes, Change in Self-concept and Personality, Psychological Well-Being, Retirement and Leisure	7

Suggested Readings:
 Berk, L.E. (2017). *Development through the Life span* (7th ed.). Pearson.
 Feldman, R.S. & Babu. N. (2011). *Discovering the Lifespan*. Pearson.
 Feldman, R.S. (2017). *Discovering the Life Span* (4th ed.). Pearson.
 Misra, G. (2011). *Handbook of Psychology in India* (Section IV), Oxford University Press.
 Slater, A. and Bremner, J.G.(2017) *An Introduction to Developmental Psychology* (3rd edition). (BPS Textbooks in Psychology). Wiley
 Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. NCERT.
 Tripathi, L.B., & Pandey, S. (2009). *Maanav Vikas ks Manovigyan*. Concept.
 Web links: <http://heecontent.upsdc.gov.in/Home.aspx> <http://www.apa.org> <http://www.egyankosh.ac.in/>

This course can be opted as an elective: Open to all
 Suggested Continuous Evaluation Methods:
 Assignment/ Seminar (10 Marks) Written Test (10 Marks) Attendance (5 Marks)
 Course prerequisites: Open to All
 Suggested equivalent online courses: Coursera, Swayam

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Program/Class: Degree		Year: Third		Semester: Five	
Subject: Psychology					
Course Code: A090502T					
Course Outcome: By the end of the course, the students will be able to understand the basic principles of positive psychology, the major areas within positive psychology that have received a considerable amount of attention, the use of positive psychology tools and techniques in own and in other's life. It will also ease the understanding of positive aspects of human behavior through the wisdom embedded in Indian scriptures like Vedas, Upnishad, Shrimad Bhagwad Gita, Buddhist literature, and folk tales.		Course Title: Positive Psychology			
Credits: 4		Core Compulsory			
Max. Marks: 25+75		Min. Passing Marks: 10+25			
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0					
Unit	Topics			No. of Lectures	
I	Positive Psychology: Assumptions and Goals; Eastern and Western perspectives on Positive Psychology			7	
II	Positive Emotional State: The Broaden and Build Theory of Positive Emotions; Happiness: Eudemonics and Hedonistic Views; Authentic Happiness			8	
III	Positive Cognitive States: Hope, Optimism, Self efficacy, Resilience: Concept and measurement			8	
IV	Gratitude, Forgiveness, Empathy and Compassion: Concept, and Measurement.			8	
V	Self-Awareness: Concept, Techniques to enhance self- awareness; Strengths and virtues.			7	
VI	Social Competence: The Value of Social Support and Relationships in a Fulfilling and Meaningful Life			8	
VII	Mindfulness: Concept, characteristics, and applications			7	
VIII	Emotional Intelligence: Concept and Measurement			7	

Suggested Readings:

Baumgardner, S.R. & Crothers, M.K. (2009). *Positive Psychology*. Pearson.
 Carr, A. (2004). *Positive Psychology: The Science of Happiness and Human Strength*. Routledge.
 Gilman, R., Hubner, E. & Furlong, M.J. (Eds.) (2009). *Handbook of Positive Psychology in Schools*. Routledge.
 Lyubomirsky, S. (2008). *The How of Happiness: A Scientific Approach to Getting the Life You Want*. The Penguin Press.
 Peterson, C. (2006). *A Primer in Positive Psychology*. Oxford University Press
 Seligman, M. E. P. (2002). *Authentic Happiness*. Free Press.
 Synder, C. R. & Shane, J.L. (2005). *Handbook of Positive Psychology*. Oxford University Press.
 Web links: <http://heecontent.upsdc.gov.in/Home.aspx> <http://www.egyankosh.ac.in/>
<https://eddiener.com/> <http://www.apa.org>

This course can be opted as an elective: Open to all

Suggested Continuous Evaluation Methods:
 Assignment/ Seminar (10 Marks) Written Test (10 Marks) Attendance (5 Marks)

Course prerequisites: Open to All

Suggested equivalent online courses: Coursera, Swayam

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Paper 3
Practical

Semester V

Program/Class: Degree

Subject: Psychology

Course Code: A090503P

Year: Third

Semester: Five

Course Outcome: The student will have an understanding of how to frame research objectives and questions, select appropriate methods of research, plan and execute the study, and carry out the data analysis, ending with interpretation and discussion of the findings.

Credits: 2
Max. Marks: 25+75

Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2
Core Compulsory
Min. Passing Marks: 10+25

Unit	Topics	No. of Lectures
I	Write a Reflection. For example- a Gratitude or Forgiveness reflection or any other of your choice, by recording your entries at least 2-3 times a week and report your reflections. This may include any thoughts and feelings that arise as you become aware of an issue. What benefits could you gain from developing this habit of mind, short and long-term? Be aware of any shifts from stress/anxiety to enhanced well-being and calm.	10 (20 hrs)
II	Conduct a survey research using any construct related to positive psychology. For Example; meaning of life/ happiness index/ positive and negative affect/ life satisfaction/ optimism/ well-being etc. Analyze the data and report. (Groups of 10-12 students can be formed)	10 (20 hrs)
III	Conduct a field study on anyone topic of human development. Analyze the data and report. (Groups of 10-12 students can be formed)	10 (20 hrs)

Suggested Readings:

Snyder, C.R. & Lopez, S.J. (2011). *Positive Psychology: The scientific and practical exploration of Human Strengths*. Thousand Oaks, CA: Sage.

Singh, A.K. (2019). *Tests, Measurement, and Research Methods in Behavioral Sciences*. Bharti Bhavan.

Web links: <http://heecontent.upsdc.gov.in/Home.aspx> <http://www.egyankosh.ac.in/> <https://eddiener.com/>
<https://www.google.com/forms> <https://www.pytoolkit.org> <https://www.psychopy.org/>
<https://www.uvm.edu/~statdhtx/methods8/> https://owl.purdue.edu/owl/research_and_citation/apa_style

This course can be opted by the students who have taken psychology as a major subject

Suggested Continuous Evaluation Methods:

Representation of Practical file (20 Marks)

Attendance (5 Marks)

Course prerequisites: Only for those who have taken psychology as a major subject

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Program/Class: Degree		Year: Third	Semester: Five
Subject: Psychology		Course Title: Internship or Research Proposal Writing	
Course Code: A090504R		Course Outcome: After completing this practicum, the student will have a comprehensive understanding about carrying out research project, how to frame research objectives and questions, plan, decide and execute appropriate methods of research, and intended data analysis.	
Credits: 3		Max. Marks: 25+75	
Unit	Topics	Core Compulsory	Min. Passing Marks:
I	Visit to any community of the surrounding areas and identification of problems, issues, good practices, skills, community services, etc. E.g., Health Services, Women self help groups, NGOs, Banks, Organizations, Industries, Villages, Panchayat, etc. (Groups of 10-12 students can be formed)		No. of Lectures 20 (40 hrs.)
II	Based on the field visit observations and experiences, each student will write a research proposal/ internship proposal in this semester. The research proposal is an important process in providing a clear statement of the problem, a review of literature, how the literature relates to the proposed study, formal research questions and hypotheses, a full methods section, and the data analysis the student intends to conduct. The internship proposal (along-with a brief literature review) will clearly specify the person who will supervise the internship. It will further specify the place of internship, and the tasks to be undertaken during the internship as approved by the internship supervisor. Each student will write the proposal and final paper individually. Each student will be evaluated on diligence in writing the research proposal as per APA guidelines.		25 (50 hrs.)
Suggested Readings:			
Singh, A.K. (2019). <i>Tests, Measurement, and Research Methods in Behavioral Sciences</i> . Bharti Bhavan.			
Web links: http://heecontent.upsdc.gov.in/Home.aspx http://www.egyankosh.ac.in/ http://www.apa.org			
https://www.google.com/forms https://www.psytoolkit.org https://www.psychopy.org/			
https://www.uvm.edu/~statdhtx/methods8/ https://owl.purdue.edu/owl/research_and_citation/apa_style			
This course is for students who have opted for Psychology as a major subject			
Suggested Continuous Evaluation Methods:			
Presentation of experiences of observed unit and research proposal (20 Marks)			
Attendance (5 Marks)			
Course prerequisites: Only for those who have taken Psychology as a major subject.			

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Paper 1

Theory

Semester VI

Program/Class: Degree		Year: Third	Semester: Six
Subject: Psychology			
Course Code: A090601T		Course Title: Community and Health Psychology	
Course Outcome: The student will be able to recognize how individuals relate to their communities and the reciprocal effect of communities on individuals. They will be able to understand and resolve community issues, analyze the data, and recommend interventions that promote community wellness. Moreover, they will be able to use the psychological theories on health-related practices and will be able to examine persons' health history and describe and enact a positive, proactive attitude toward healthy living for self and others.			
Credits: 4			
Max. Marks: 25+75		Core Compulsory	
Total No. of Lectures-Tutorials-Practical (In hours per week): L-T-P: 4-0-0		Min. Passing Marks: 10+25	
Unit	Topics	No. of Lectures	
I	Community Psychology: Nature, Historical Development, Fields of Community Psychology, Eight core values of community psychology	7	
II	Approaches of Community Psychology: Mental Health approach; Social Problems approach; Ecological levels of Analysis	8	
III	Community Intervention Issues: Poverty and Prolonged Deprivation; Marginalization; Superstitions in Indian society.	8	
IV	Community Interventions: Community Mental Health; Gender, Discrimination, and Power Issues related interventions; Rural development Intervention.	7	
V	Health Psychology: Nature, Development and Goals of Health Psychology; Biopsychosocial model of Health.	6	
VI	Health Behavior: Health Compromising and Health Enhancing Behaviors; Theories of Health Behavior: Health Belief Model, Planned Behavior, and Reasoned Action Theory	8	
VII	Stress and Health: Nature and Types of Stress, Stress appraisal; Coping with Stress; Psychological Moderators of Stress (Hardiness, Social support, and Optimism).	8	
VIII	Chronic Illnesses: Coronary Heart Disease (CHD) and Diabetes: Major Symptoms, Diagnosis and Psychological correlates.	8	
Suggested Readings:			
Dalal, A.K. (2015). <i>Health Beliefs and Coping with Chronic Diseases</i> . Sage.			
Dalal, A.K. (2016). <i>Cultural Psychology of Health in India: Well-being, Medicine and Traditional Health Care</i> . Sage.			
DiMatteo, M.R. & Leslie, R.M. (2017). <i>Health psychology</i> . Pearson Education.			
Ghosh, M. (2015). <i>Health Psychology: Concepts in Health and Well-being</i> . Pearson.			
Kloos, B., Hill, J., Thomas, E., Wandersman, A., Elias, M. J., & Dalton, J. H. (2012). <i>Community psychology</i> . Cengage Learning.			
Marks, D.F., Murray, M. and Estacio, E.V. (2018). <i>Health Psychology: Understanding the Mind-Body Connection</i> (5 th Ed.). Sage			
Misra, G. (1999). <i>Psychological perspectives on stress and health</i> . Concept			
Sarafino, E.P. & Smith, T.W. (2017). <i>Health psychology: Biopsychosocial interactions</i> (9th ed.). Wiley.			
Schneider, F.W., Gruman, A., Coult, L.M. (Eds.). (2012). <i>Applied Social Psychology: Understanding and addressing social and practical problems</i> . Sage.			
Straub, R.O. (2019). <i>Health psychology: A biopsychosocial approach</i> (6th ed.). Worth.			
Taylor, S.E. (2017). <i>Health psychology</i> . (10th ed.). McGraw-Hill Education.			
Web links: http://heecontent.upsdc.gov.in/Home.aspx http://www.egyankosh.ac.in/ http://www.apa.org			
This course can be opted as an elective: Open to all			
Suggested Continuous Evaluation Methods:			
Assignment/ Seminar (10 Marks)		Written Test (10 Marks) Attendance (5 Marks)	
Course prerequisites: Open to All			

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Semester VI

Paper 2

Theory

Program/Class: Degree		Year: Third	Semester: Six
Subject: Psychology			
Course Code: A090602T			
Course Outcome: At the end of the paper, students will be able to understand how to establish rapport and use various approaches in counseling.		Course Title: Counseling Psychology	
Credits: 4		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics	No. of Lectures	
I	Counseling: Meaning, Goals; Types of Counseling	7	
II	Theoretical Bases of Counseling: Psychoanalytic; Phenomenological, and Behavioral and Cognitive.	8	
III	Counseling Processes: Counseling Interview; Counseling MicroSkills: Attending, Paraphrasing, Encouragers, Confronting, and Summarizing.	8	
IV	Counseling Techniques: Person-Centered and Cognitive-Behavioral (Beck and Ellis).	8	
V	Counseling in Schools and Family Counseling: Assumptions and Procedures.	8	
VI	Grief Counseling: An Introduction	6	
VII	Counseling for Substance-abuse, Child Abuse: An Introduction	8	
VIII	Counseling Ethics; Referrals and Reporting	7	
Suggested Readings:			
Capuzzi, D. & Gross, D.R. (Eds.). (2017). <i>Introduction to the Counseling Profession</i> (7th Ed.). Routledge.			
Corey, G. (2016). <i>Theory and Practice of Counseling and Psychotherapy</i> . Cengage.			
Corey, M.S. and Corey, G. (2015). <i>Becoming a Helper</i> (7th Ed.). Cengage.			
Hackney, H.L. & Bernard, J.M. (2016). <i>Professional Counseling: A Process Guide to Helping</i> (8th Ed.). Pearson.			
Kapur, M. (2011). <i>Counseling Children with Psychological Problems</i> . Pearson.			
Patri, V. R. (2008). <i>Counseling Psychology</i> . Authors Press.			
Rai, A. & Asthana, M. (2018). <i>Adhunik Paraamarsh Manovigyan</i> . Motilal Banarasi Das.			
Rao, S. N. & Sahajpal, P. (2017). <i>Counseling and Guidance</i> (3rd Ed.). McGraw-Hill Education.			
Reeves, A. (2018). <i>An Introduction to Counselling and Psychotherapy: From Theory to Practice</i> . (2nd ed.). Sage.			
Web links: http://heecontent.upsdc.gov.in/Home.aspx https://www.counseling.org/			
http://www.egyankosh.ac.in/ https://www.psytoolkit.org			
This course can be opted as an elective: Open to all			
Suggested Continuous Evaluation Methods:			
Assignment/ Seminar (10 Marks)		Written Test (10 Marks)	Attendance (5 Marks)
Course prerequisites: Open to All			
Suggested equivalent online courses: Coursera, Swayam			

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Paper 3

Practical

Semester VI

Program/Class: Degree		Year: Third	
Subject: Psychology		Semester: Six	
Course Code: A090603R			
Course Outcome: The student will have an understanding about how to frame research objectives and questions, select, plan, and execute appropriate methods of research and data analysis, and thereafter interpret and discuss the findings.		Course Title: Survey/Field Visit	
Credits: 2			
Max. Marks: 25+75		Core Compulsory	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		Min. Passing Marks: 10+25	
Unit	Topics		
I	Field Visit to any Community Center/Social Service Center/ School and submit a report	No. of Lectures 15 (30 hrs.)	
II	Conduct a survey on any health related issue and submit a report	15 (30 hrs.)	
Suggested Readings:			
Singh, A.K. (2019). <i>Tests, Measurement, and Research Methods in Behavioral Sciences</i> . Bharti Bhavan.			
Web links: http://heecontent.upsdc.gov.in/Home.aspx http://www.egyankosh.ac.in/ http://www.apa.org			
https://www.google.com/forms https://www.psytoolkit.org https://www.psychopy.org/			
https://www.uvm.edu/~statdhtx/methods8/ https://owl.purdue.edu/owl/research_and_citation/apa_style			
This course is for students who have opted for psychology as a major subject			
Suggested Continuous Evaluation Methods:			
Presentation of Practical file (20 Marks) Attendance (5 Marks)			
Course prerequisites: Only for those who have taken Psychology as a major subject			

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Semester VI

Paper 4 Research Project

Program/Class: Degree		Year: Third	Semester: Six
Subject: Psychology			
Course Code: A090604R			
Course Outcome: It will help the learners to critically reflect on, review the scientific basis for, and integrate what they have learned and accomplished as a psychology student and will prepare them to explore the cultural, social, and ethical impact of psychological applications on community and daily life.		Course Title: Internship/ Research Project	
Credits: 3			
Max. Marks: 25+75		Core Compulsory	
Unit	Topics	Min. Passing Marks:	
			No. of Lectures
I	Based on the internship / research proposal in Semester V, students selecting an internship will maintain a reflective diary of the same, whereas students selecting to do research will visit an identified unit, organization, community etc. to get an understanding of the same and do data collection either through questionnaire, or interview or with the help of audio-visual media based on the identified research problems/issues.		25 (50 hrs.)
II	Submit a detailed report and a presentation. Each student will write the final report individually and will be evaluated on diligence in writing the internship / research project as per APA guidelines.		20 (40 hrs.)
Suggested Readings:			
Singh, A.K. (2019). <i>Tests, Measurement, and Research Methods in Behavioral Sciences</i> . Bharti Bhavan.			
Web links: http://heecontent.upsdc.gov.in/Home.aspx http://www.egyankosh.ac.in/ http://www.apa.org			
https://www.google.com/forms https://www.psytoolkit.org https://www.psychopy.org/			
https://www.uvm.edu/~statdhtx/methods8/ https://owl.purdue.edu/owl/research_and_citation/apa_style			
This course is for students who have taken psychology as a major subject			
Suggested Continuous Evaluation Methods:			
Making of short film or presentation (20 Marks) Attendance (5 Marks)			
Course prerequisites: Only for those who have taken psychology as a major subject			

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SYLLABI OF MINOR PAPERS FOR BA PSYCHOLOGY UNDER THE AEGIS OF THE NATIONAL EDUCATION POLICY-2020
 Note: These papers are offered as options (minors) to students of other departments/ faculties.

Program/Class: Certificate Year: First
 Subject: Psychology Semester: First or Second
 Course Code: _____ Course Title: **Promoting personal growth and relationships through Psychology**

Course Outcomes: The students will know and understand how psychology can be used for personal growth and enhancing relationships. A brief introduction to various important and interesting topics will inspire the students to start a journey of self-discovery and promote meaningful social relationships.

Credits: 6
 Max. Marks: 25+75
 No. of Lectures-Tutorials-Practical (In hours per week): L-T-P: 6-0-0
 Minor (Optional)
 Mln. Passing Marks: 10+25

Unit	Topics	No. of Lectures
I	Managing Emotions: Basic and Self Conscious emotions, Emotional Intelligence; Cultivating Positive Emotions: Flourishing, Strengths and Virtues.	11
II	Enhancing attention and memory: Focusing attention, Dual tasking and multi-tasking, Cognitive Capacity, Bilingual advantage, Training for enhancement of cognitive capacity	12
III	Motivating yourself: Rewarding yourself for success, Visualizing and achieving success; Delaying gratification; Attribution styles and dealing with failure	11
IV	Problem solving: Concepts and strategies; Creative thinking: Factors affecting creativity; Enhancing creativity in individuals and groups.	11
V	Managing interpersonal relations: Unconditional Positive Regard, Empathy, Listening and acceptance, Gratitude, Assertiveness; Benefits of social support	11
VI	Stress and Coping: Reactions to Stress, Appraisal, Coping resources and strategies – Problem Focused coping, Emotion Focused coping, Proactive coping; Dealing with negative emotions; Healthy and unhealthy negative emotions	12
VII	Mindfulness and wellbeing: Concepts of Mindlessness and Mindfulness, Essential attitudes of Mindfulness, Applying Mindfulness in daily Life – Mindful Eating, Mindful Listening	11
VIII	Power of positive thinking; Hope, Learned optimism, Psychological hardiness, Resilience; Authentic Happiness – Pleasant life, Good Life, Meaningful Life	11

Suggested Readings:

Baron, R., & Misra, G. (2016). *Psychology* (5th ed.). Pearson.

Burgardner, S. R., & Crothers, M. K. (2009). *Positive psychology*. Pearson Education.

Carroll, S. K., White, N.J., & Misra, G. (2017). *Psychology* (5th ed., South Asian Edition). Pearson Education.

Chen, M., Iarocci, G., & Young, A. R. (Eds.). (2017). *Executive functions in children's everyday lives: A handbook for professionals in applied psychology*. Oxford University Press.

Cowan, N., Camos, V., & Cowan, N. (Eds.) (2021). *Working Memory: State of the Science*. Oxford University Press.

Das, A.K. (2002). *Sangyanatmak Manovigyan*. Motilal Banarasidas

Diener, C. R., & Lopez, S. J. (Eds.). (2002). *Handbook of positive psychology*. Oxford University Press.

Das, A.K. (Ed.) (2003). *Sangyanatmak Manovigyan*. Motilal Banarasidas.

Forgas, J. L., Robins, R. W., & Tangney, J. P. (Eds.). (2007). *The self-conscious emotions: Theory and research*. Guilford Press.

Forgas, J. K. (2017). *Mindfulness for beginners*. Jaico Publishing House.

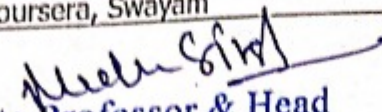
Links: <http://heecontent.upsdc.gov.in/Home.aspx> <http://www.egyankosh.ac.in/> <https://eddiener.com/>
<http://www.psytoolkit.org> <https://www.apa.org/>

Course can be opted as a minor elective: Open to all except those with a major in Psychology

Suggested Continuous Evaluation Methods:
 Assignment/Seminar (10 Marks) Written Test (10 Marks) Attendance (5 Marks)

Pre requisites: 10+2 In any discipline

Suggested equivalent online courses: Coursera, Swayam


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LIST OF MINOR PAPERS FOR BA PSYCHOLOGY UNDER THE AEGIS OF THE NATIONAL EDUCATION POLICY-2020
 Note: These papers are offered as options (minors) to students of other departments/ faculties.

Program/Class: Diploma
Subject: Psychology **Year: Second** **Semester: Third and fourth**

Course Outcomes: The students will understand how psychology is applied in different areas. They will apply the principles and skills learnt during the course to enhance their own everyday lives. They will contribute to a better society armed with this knowledge.
Course Title: Psychology of everyday life
Credits: 6
Marks: 25+75
No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 6-0-0
Minor (Optional)
Min. Passing Marks: 10+25

Topics	No. of Lectures
Psychology and parenting: Stages of physical, cognitive, and psychosocial development upto adulthood; imparting values and building character; dealing with 'special' children;	11
Psychology and education: Goals of education; Teaching and learning process, diversity in learners; changing role of the teacher; types of evaluation; factors in academic success	11
Psychology and technology: Advantages and disadvantages of computers, internet, and social media to individuals and groups; Cultural lag and dealing with rapid pace of change	11
Psychology and health: Psychosocial aspects of physical health; Importance and types of exercise; Life with chronic illnesses, Psychological stress among the caregivers; Dealing with grief and death	12
Psychology and work: Needs for relatedness, competence, autonomy; Maslow's hierarchy of needs; Extrinsic and intrinsic motivation; Contemporary employment arrangements and their effects on individuals; Work-life balance	11
Psychology and business: Psychological characteristics of entrepreneurs; Persuasive communication and advertising, Rational strategies of decision making, Role of intuition in decision making, Dealing with cognitive biases in decision making	11
Psychology and law: Challenges of law enforcement, Juvenile delinquents, Recidivism, Eye-witness testimony, Identification from line ups, Profiling, Mental illness and law.	11
Psychology and a sustainable future: Environmental influences on human life: Environmental stress, Urban environments, Environment and quality of life; Health benefits of nature; Human influences on Environment: Environmental degradation; Global Warming; Loss of biodiversity; Ecological crisis and collapse; Sustainable living and pro-environment behaviour.	12

Suggested Readings:
 Berke, D., & Levey, A. (2012). *Applied psychology: Putting theory into practice*. Oxford University Press.
 Alderson, S. I., Csikszentmihalyi, M., & Nakamura, J. (Eds.). (2020). *Positive Psychological Science: Improving Everyday Life, Well-being, Work, Education, and Societies Across the Globe*. Routledge.
 Berke, E. S. (2016). *Applied Psychology*. Cambridge University Press.
 Berke, D., Stolte, O., Sonn, C., Drew, N., Carr, S., & Nikora, L. W. (2020). *Social psychology and everyday life*. Red Globe Press.
 Chandra, A.K. (2002). *Sangyanatmak Manovigyan*. Motilal Banarasidas.
 Chandra, L., & De Groot, J.I.M. (Eds.). (2018). *Environmental Psychology: An Introduction* (2nd ed.). Wiley.
 Chandra, K. T. (2006). *Applying psychology to everyday life: A beginner's guide*. John Wiley & Sons.
 Chandra, M. (2009). *Ucchatar Samaj Manovigyan*. Motilal Banarasidas.
 Chandra, P.S.N. (2001). *Adhunik Paryavarniya Manovigyan*. Motilal Banarasidas.
Links: <http://heecontent.upsdc.gov.in/Home.aspx> <http://www.egyankosh.ac.in/> <https://eddiener.com/>
<https://www.psytoolkit.org> <http://www.apa.org>

course can be opted as a minor elective: Open to all except those with a major in Psychology
Suggested Continuous Evaluation Methods:
 Assignment/Seminar (10 Marks) Written Test (10 Marks) Attendance (5 Marks)
Pre-requisites: 10+2 in any discipline
Suggested equivalent online courses: Coursera Swayam

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