

CHAUDHARY CHARAN SINGH UNIVERSITY MEERUT

SYLLABI FOR THE UNDERGRADUATE CLASSES

SUBJECT: PSYCHOLOGY

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

(Revised in 2024)

Year	Sem.	Course Code	Paper Title	Theory/ Practical	Credits
B.A1	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 12<sup>th</sup> 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, teamwork, coordination, cooperation, conflict resolution, and congruence.

**Semester I****Paper 1 Theory**

<b>Program/Class: Certificate</b>		<b>Year: First</b>	<b>Semester: First</b>
<b>Subject: Psychology</b>			
<b>Course Code: A090101T</b>		<b>Course Title: Basic Psychological Processes</b>	
<b>Course Outcome:</b> 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.			
<b>Credits: 4</b>		<b>Core Compulsory</b>	
<b>Max. Marks: 25+75</b>		<b>Min. Passing Marks: 10+25</b>	
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0</b>			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Psychology: Nature, Scope and Applications; Approaches: Psychodynamic, Behavioristic, Cognitive, Humanistic, & Indigenous Indian Psychology (with special reference to Shrimad Bhagwad Gita).	8	
<b>II</b>	Biological bases of behavior: Divisions of the nervous system; Structure and functioning of the brain; Structure, Function and Types of Neurons.	8	
<b>III</b>	Learning: Meaning, Nature and factors Classical Conditioning, Operant Conditioning, Insight Learning and Observational learning Memory and Forgetting: Stages of Memory: Encoding, Storage and Retrieval; Types of Memory: Sensory, Short Term, and Long-Term Memory; Forgetting: causes	8	
<b>IV</b>	Intelligence: Nature and Definition; Theories of Intelligence: Spearman, Guilford, Sternberg.	6	
<b>V</b>	Personality: Definition and Determinants; Approaches to Personality: Trait approaches (Allport and Cattell); Psychodynamic (Freud); Humanistic (Rogers and Maslow).	8	
<b>VI</b>	Motivation: Nature and concepts (Needs, Drives, Instincts, Incentives); Types of Motives: Biological and Social Motives; Emotion: Nature and Types of Emotions; Theories of Emotion: James-Lange, Cannon-Bard, Schachter-Singer.	7	
<b>Suggested Readings:</b>			
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). Uchchatar Samanya Manovigyan. Motilal Banarasi Das.			
Suleman, M. (2006). Samanya Manovigyan. Motilal Banarasi Das.			
Tripathi, L.B. (2001). Adhunik Prayogik Manovigyan. Bhargav Book House.			
<b>Web links:</b> <a href="http://eecontent.upsdc.gov.in/Home.aspx">http://eecontent.upsdc.gov.in/Home.aspx</a>			
<a href="http://www.apa.org">http://www.apa.org</a>			
<a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a>			
This course can be opted as a selective: Open to all			
<b>Suggested Continuous Evaluation Methods:</b>			
Assignment/Seminar (10 Marks)		Written Test (10 Marks)	Attendance (5 Marks)
Course pre-requisites: 10+2 in any discipline			
Suggested equivalent online courses: Coursera Swayam			

SemesterI

## Paper2 Practical

<b>Program/Class:Certificate</b>		<b>Year:First</b>	<b>Semester:First</b>
Subject: <b>Psychology</b>			
CourseCode:A090102P		CourseTitle: <b>LabWork</b>	
<b>CourseOutcome:</b> Studentswillbecomeawareofthemanypossibleexperimentsineachareaandwill be imparted a variety of skills to design and conduct psychological experiments ensuring controlled conditions, interpretation of the data, and report writing in APA style.			
Credits:2		CoreCompulsory	
Max.Marks:25+75		Min.PassingMarks:10+25	
TotalNo.ofLectures-Tutorials-Practical(inhoursperweek):L-T-P:0-0-2			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Familiarizationwithcomputersastoolsinpsychologyexperiments	5(10hrs)	
<b>II</b>	Plan,conduct,andreportanexperimentbasedonAttention/Perception	7(14hrs)	
<b>III</b>	Plan,conduct,andreportanexperimentbasedonLearning/Memory	7(14hrs)	
<b>IV</b>	Plan,conduct,andreportanexperimentbasedonEmotions/Motivation	7(14hrs)	
<b>V</b>	ReportwritinginAPAStyleforthepracticalsconducted	4(8hrs)	
<b>SuggestedReadings:</b>			
Baron,R.,&Misra,G.(2016).Psychology(5thed.).Pearson.			
Tripathi,L.B.(2001).AdhunikPrayogikManovigyan.BhargavBookHouse. Web links:			
http://heecontent.upsdc.gov.in/Home.aspx		https://www.psychopy.org/	
x/methods8/		http://www.egyankosh.ac.in/https://www.uvm.edu/~statdht	
https://owl.purdue.edu/owl/research_and_citation/apa_style			
Thiscourseisforstudentswhohaveoptedforpsychologyasamajorsubject.			
<b>SuggestedContinuousEvaluationMethods:</b>			
Presentationofpracticalfile(15marks) Attendance (10 marks)			
Courseprerequisites:Onlyforthosewhohavetakenpsychologyasamajorsubject			

**SemesterII****Paper1 Theory**

<b>Program/Class:Certificate</b>		<b>Year:First</b>	<b>Semester:Second</b>
<b>Subject:Psychology</b>			
CourseCode:A090201T		CourseTitle: <b>BasicResearchMethodologyandStatistics</b>	
<b>CourseOutcome:</b> The learners will be able to comprehend psychological data and can put them on appropriate scaling method. Moreover, they will be getting hold of essentials of psychological testing along with various kinds of tests implemented.			
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			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Measurement: Nature and Scales of Psychological Measurement; Properties and Functions of Measurement.	6	
<b>II</b>	Research Methods: Experimental; Variable: Concept and Types; Hypothesis: Types and Criteria; Introduction to Sampling	8	
<b>III</b>	Psychological Statistics: Introduction; Descriptive Statistics: Measures of Central Tendency and Measures of Variability (Range, Quartile Deviation, Standard Deviation), Graphical Representation of Data Normal Distribution: Introduction and uses	8	
<b>IV</b>	Correlation: Types, Calculation and interpretation of Product moment and Rank difference correlations; Chi-square tests using contingency tables	8	
<b>V</b>	Tests: Concept and Types; Psychometric Properties of Tests: Validity and Reliability: Nature and Types.	7	
<b>VI</b>	Intelligence Testing: Measurement of abilities: Stanford-Binet and Wechsler Tests of Intelligence Personality Tests: Self Report Inventories (16-PF, NEO-PIR), Projective Techniques: Nature and Types.	8	
<b>Suggested Readings:</b>			
DeVellis, R.F. (2016). Scale Development: Theory and Applications (4 <sup>th</sup> ed.). Sage.			
Garrett, H.E. (1966). Statistics in Psychology and Education. Paragon International. Gregory, R. J. (2017). Psychological Testing (7 <sup>th</sup> Ed.). Pearson Education.			
Guilford, J.P. (1936). Psychometric Methods. London: McGraw Hill Publishing Company.			
Howell, D.C. (2017). Fundamental Statistics for the Behavioural Sciences (9 <sup>th</sup> Ed.). USA: Cengage Kerlinger, F.N. (1983). Foundations of Behavioral Research. New Delhi: Surjeet.			
Lal, J.N. (1999). Manovigyanam Shiksham in Sankhyaki. Neelkamal.			
Misra, B & Tripathi, L.B. (1994). Manovigyanik 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.			
Weblinks-			
<a href="http://hecontent.upsdc.gov.in/Home.aspx">http://hecontent.upsdc.gov.in/Home.aspx</a> <a href="https://www.uvm.edu/~statdhtx/methods8/">https://www.uvm.edu/~statdhtx/methods8/</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a>			
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			

SemesterII

## Paper2 Practical

<b>Program/Class:</b> Certificate		<b>Year:</b> First	<b>Semester:</b> Second
<b>Subject:</b> Psychology			
CourseCode:A090202P		CourseTitle:LabWork/PsychologicalTesting	
<b>Course Outcome:</b> 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.			
Credits:2		Core Compulsory	
Max.Marks:25+75		Min.PassingMarks:10+25	
TotalNo.ofLectures-Tutorials-Practical(inhoursperweek):L-T-P:0-0-2			
Unit	Topics	No. of Lectures	
I	Plan, conduct, and report an experiment using experimental method	8(16hrs)	
II	Ascertain the reliability of any psychological test using any method of reliability and write a report	7(14hrs)	
III	Administer and score anyone self-report inventory and write a report	7(14hrs)	
IV	Administer and score anyone intelligence test and write a report	8(16hrs)	
<b>Suggested Readings:</b>			
Baron, R., & Misra, G. (2016). Psychology (5th ed.). Pearson.			
Tripathi, L. B. (2001). Adhunik Prayogik Manovigyan. Bhargav Book House. Web links:			
<a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="https://www.psychopy.org/">https://www.psychopy.org/</a> <a href="http://www.psytoolkit.org">www.psytoolkit.org</a>			
<a href="https://www.uvm.edu/~statdhtx/methods8/">https://www.uvm.edu/~statdhtx/methods8/</a> <a href="https://owl.purdue.edu/owl/research_and_citation/apa_style">https://owl.purdue.edu/owl/research_and_citation/apa_style</a>			
This course is for students who have opted for psychology as a major subject.			
<b>Suggested Continuous Evaluation Methods:</b>			
Presentation of Practical file (15 Marks) Attendance (10 marks)			
Course prerequisites: Only for those who have taken Psychology as a major subject			

**SemesterIII**

Paper1 Theory

<b>Program/Class: Diploma</b>		<b>Year: Second</b>	<b>Semester: Three</b>
<b>Subject: Psychology</b>			
Course Code: A090301T		Course Title: <b>Psychology of Social Behavior</b>	
<b>Course Outcome:</b> 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.			
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	Social Psychology: Nature, and Scope; Methods of Studying Social Behavior.	8	
II	Attitude: Nature, Formation, and Measurement. Interpersonal Attraction: Concept and Determinants.	7	
III	Groups: Norms and types. Group Influence Processes: Social Facilitation; Social Loafing; Inter-group relations – Prejudice & Discrimination	7	
IV	Aggression: Concept, Theories: Biological, Frustration- Aggression Hypothesis, Social Learning theory of Aggression, General Aggression Model.	8	
V	Pro-social Behavior: Motives to help and Bystander effect Determinants: Personal, Situational and Socio-cultural.	8	
VI	Social Influence Processes: Conformity and Compliance. Leaders and leadership process: Types and functions of leaders,	7	
<b>Suggested Readings:</b>			
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). Samajik Manovigyan. Motilal Banarasi Das.			
Singh, A.K. (2015). Social Psychology. Prentice Hall of India.			
Tripathi, L.B. (2016). Adhunik Samajik Manovigyan. Harprasad Bhargav.			
Weblinks: <a href="http://heecontent.upsc.gov.in/Home.aspx">http://heecontent.upsc.gov.in/Home.aspx</a> <a href="http://www.egyankosh.ac.in/http://www.apa.org">http://www.egyankosh.ac.in/http://www.apa.org</a>			
This course can be opted as a selective: 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			

**SemesterIII****Paper2 Practical**

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

**Semester IV**

Paper 1 Theory

<b>Program/Class: Diploma</b>		<b>Year: Second</b>	<b>Semester: Four</b>
<b>Subject: Psychology</b>			
Course Code: A090401T		Course Title: <b>Abnormal Psychology</b>	
<b>Course Outcome:</b> 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		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	Abnormal Psychology: Concept and criteria, Classification of Abnormality (ICD 11 and DSM V) Normality vs. Abnormality	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. Schizophrenia: Types, Clinical Picture and Etiology. Substance Abuse Disorder	8	
V	Learning Disabilities: Reading, Written Expression and Mathematics Disorders	7	
VI	Clinical Picture and Etiology of Neurodevelopmental Disorders: Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorders, Intellectual Disability.	8	
<b>Suggested Readings:</b>			
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 - <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.apa.org">http://www.apa.org</a> <a href="http://www.nimh.nih.gov">http://www.nimh.nih.gov</a>			
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			

**Semester IV****Paper 2 Practical**

<b>Program/Class: Diploma</b>		<b>Year: Second</b>	<b>Semester: Four</b>
<b>Subject: Psychology</b>			
Course Code: A090402P		Course Title: <b>Assessment/Testing</b>	
<b>Course Outcome:</b> The students will be imparted a variety of skills to conduct the screening and assessment of developmental issues and psychological disorders.			
Credits: 2		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Administration, scoring, and interpretation of any Anxiety/Depression test	7(14hrs)	
<b>II</b>	Administration, scoring, and interpretation of Mental Status Examination (MSE)	7(14hrs)	
<b>III</b>	Administration, scoring, and interpretation of any test to screen for cognitive or learning impairment	8(16hrs)	
<b>IV</b>	Administration, scoring, and interpretation of any test of any Neuropsychological or Cognitive function battery	8(16hrs)	
<b>Suggested Readings:</b>			
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: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>			
<a href="https://www.psytoolkit.org">https://www.psytoolkit.org</a>		<a href="https://www.google.com/forms">https://www.google.com/forms</a>	
<a href="https://www.psychopy.org/">https://www.psychopy.org/</a>		<a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a>	
<a href="https://www.uvm.edu/~statdhtx/methods8/">https://www.uvm.edu/~statdhtx/methods8/</a>		<a href="https://owl.purdue.edu/owl/research_and_citation/apa_style">https://owl.purdue.edu/owl/research_and_citation/apa_style</a>	
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			

**Semester V****Paper 1 Theory**

<b>Program/Class: Degree</b>		<b>Year: Third</b>	<b>Semester: Five</b>
<b>Subject: Psychology</b>			
Course Code: A090501T		Course Title: <b>Life Span Human Development</b>	
<b>Course Outcome:</b> At the end of the course, the student will be able to develop an ability to identify the milestones in diverse domains of human development 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		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	
<b>I</b>	Human Development: Introduction; Principles of Development; Methods of studying Human Development.	8	
<b>II</b>	Prenatal Development: Stages and hazards; Neonatal Development: Sensory and Motor Capacity.	8	
<b>III</b>	Infancy: Physical, Social, and Language Development	7	
<b>IV</b>	Childhood Development: Cognitive, Emotional, and Moral Development	8	
<b>V</b>	Adolescence: Physical Changes (Puberty and Growth spurts); Development of Identity, Cognitive, Social, Emotional, and Moral Development	8	
<b>VI</b>	Adulthood: Change in mental ability, physical changes, sex-role adjustment, career development; Mental health issues at old age		
<b>Suggested Readings:</b>			
Berk, L.E. (2017). Development through the Lifespan (7 <sup>th</sup> ed.). Pearson. Feldman, R.S. & Babu, N. (2011). Discovering the Lifespan. Pearson.			
Feldman, R.S. (2017). Discovering the Life Span (4 <sup>th</sup> 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 (3 <sup>rd</sup> edition). (BPSTextbooks in Psychology). Wiley			
Srivastava, A.K. (1997). Child Development: An Indian Perspective. NCERT.			
Tripathi, L.B., & Pandey, S. (2009). Maanav Vikasko Manovigyan. Concept.			
Weblinks: <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="http://www.apa.org">http://www.apa.org</a> <a href="http://www.upsdc.gov.in/Home.aspx">http://www.upsdc.gov.in/Home.aspx</a>			
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			

SemesterV

## Paper2 Theory

<b>Program/Class:Degree</b>		<b>Year:Third</b>	<b>Semester:Five</b>
<b>Subject:Psychology</b>			
CourseCode:A090502T		CourseTitle: <b>PositivePsychology</b>	
<b>CourseOutcome:</b> Bytheendofthecourse,thestudentswillbeabletounderstandthebasic 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 throughthewisdomembeddedinIndian scriptureslikeVedas,Upnishad,ShrimadBhagwadGita,Buddhistliterature,andfolktales.			
Credits:4		CoreCompulsory	
Max.Marks:25+75		Min.PassingMarks:10+25	
TotalNo.ofLectures-Tutorials-Practical(inhoursperweek):L-T-P:4-0-0			
Unit	Topics	No. of Lectures	
I	Positive Psychology: Assumptions and Goals; Eastern and Westernperspectiveson Positive Psychology	7	
II	PositiveEmotional State:TheBroadenand Build TheoryofPositiveEmotions;Happiness: Eudemonics and Hedonistic Views	8	
III	PositiveCognitiveStates:Hope,Optimism,Resilience	8	
IV	VIA Classification of Positive traits, Strength & virtues; Empathy & Compassion	7	
V	Mindfulness:Concept,characteristics,andapplications	7	
VI	EmotionalIntelligence:ConceptandMeasurement		
<b>SuggestedReadings:</b>			
Baumgardner,S.R.&Crothers,M.K.(2009).PositivePsychology.Pearson.			
Carr,A.(2004).PositivePsychology:TheScienceofHappinessandHumanStrength.Routledge.			
Gilman,R.,Hubner,E.&Furlong,M.J.(Eds.)(2009).HandbookofPositivePsychologyinSchools. Routledge.			
Lyubomirsky,S.(2008).TheHowofHappiness:AScientificApproachtoGettingtheLifeYouWant.The Penguin Press.			
Peterson,C.(2006).APrimerinPositivePsychology.OxfordUniversityPress			
Seligman, M. E. P. (2002). Authentic Happiness. Free Press.			
Synder,C.R.&Shane,J.L.(2005).HandbookofPositivePsychology.OxfordUniversityPress.			
Web links: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>			
<a href="http://www.egyankosh.ac.in/https://eddiener.com/">http://www.egyankosh.ac.in/https://eddiener.com/</a>			
<a href="http://www.apa.org">http://www.apa.org</a>			
Thiscoursecanbeoptedasanelective:Opentoall			
<b>SuggestedContinuousEvaluationMethods:</b>			
Assignment/Seminar(10Marks)		WrittenTest(10Marks)	Attendance(5Marks)
Courseprerequisites:OpentoAll			
Suggestedequivalentonlinecourses:Coursera,Swayam			

SemesterV

## Paper3 Practical

<b>Program/Class:Degree</b>		<b>Year:Third</b>	<b>Semester:Five</b>
<b>Subject:Psychology</b>			
CourseCode:A090503P		CourseTitle:LabWork/Survey/FieldVisit	
<b>Course Outcome:</b> 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		Core Compulsory	
Max.Marks:25+75		Min.PassingMarks:10+25	
TotalNo.ofLectures-Tutorials-Practical(inhoursperweek):L-T-P:0-0-2			
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(20hrs)	
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. (Group of 10-12 students can be formed)	10(20hrs)	
III	Conduct a field study on any one topic of human development. Analyze the data and report. (Group of 10-12 students can be formed)	10(20hrs)	
<b>Suggested Readings:</b>			
Synder, 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.			
Weblinks: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="https://eddiener.com/http">https://eddiener.com/http</a>			
<a href="https://www.google.com/forms">https://www.google.com/forms</a> <a href="https://www.psytoolkit.org">https://www.psytoolkit.org</a> <a href="https://www.psychopy.org/">https://www.psychopy.org/</a>			
<a href="https://www.uvm.edu/~statdhtx/methods8/">https://www.uvm.edu/~statdhtx/methods8/</a> <a href="https://owl.purdue.edu/owl/research_and_citation/apa_style">https://owl.purdue.edu/owl/research_and_citation/apa_style</a>			
This course can be opted by the students who have taken 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			

**SemesterV****Paper4 ResearchProject**

<b>Program/Class:Degree</b>		<b>Year:Third</b>	<b>Semester:Five</b>
<b>Subject:Psychology</b>			
CourseCode:A090504R		CourseTitle: <b>InternshiporResearchProposalWriting</b>	
<b>CourseOutcome:</b> Aftercompletingthispracticum,thestudentwillhaveacomprehensive 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		CoreCompulsory	
Max.Marks:25+75		Min.PassingMarks:	
<b>Unit</b>	<b>Topics</b>		<b>No. of Lectures</b>
<b>I</b>	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. (Group of 10-12 students can be formed)		20 (40hrs.)
<b>II</b>	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 (50hrs.)
<b>Suggested Readings:</b> Singh, A.K. (2019). Tests, Measurement, and Research Methods in Behavioral Sciences. Bharti Bhavan. Weblinks: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="http://www.apa.org">http://www.apa.org</a> <a href="https://www.google.com/forms">https://www.google.com/forms</a> <a href="https://www.psytoolkit.org">https://www.psytoolkit.org</a> <a href="https://www.psychopy.org/">https://www.psychopy.org/</a> <a href="https://www.uvm.edu/~statdhtx/methods8/">https://www.uvm.edu/~statdhtx/methods8/</a> <a href="https://owl.purdue.edu/owl/research_and_citation/apa_style">https://owl.purdue.edu/owl/research_and_citation/apa_style</a>			
This course is for students who have opted for Psychology as a major subject			
<b>Suggested Continuous Evaluation Methods:</b> 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.			

**Semester VI**

Paper 1 Theory

<b>Program/Class:</b> Degree		<b>Year:</b> Third	<b>Semester:</b> Six
<b>Subject:</b> Psychology			
<b>Course Code:</b> A090601T		<b>Course Title:</b> Community and Health Psychology	
<b>Course Outcome:</b> 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.			
<b>Credits:</b> 4		<b>Core Compulsory</b>	
<b>Max. Marks:</b> 25+75		<b>Min. Passing Marks:</b> 10+25	
<b>Total No. of Lectures-Tutorials-Practical (in hours per week):</b> L-T-P: 4-0-0			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Community Psychology: Nature, Historical Development, Fields of Community Psychology, Eight core values of community psychology	7	
<b>II</b>	Approaches of Community Psychology: Mental Health approach; Social Problems approach; Ecological levels of Analysis	8	
<b>III</b>	Community Intervention Issues: Poverty and Prolonged Deprivation; Marginalization; Superstitions in Indian society.	8	
<b>IV</b>	Health Psychology: Nature, Development and Goals of Health Psychology; Biopsychosocial model of Health.	6	
<b>V</b>	Health Behavior: Health Compromising and Health Enhancing Behaviors; Theories of Health Behavior: Health Belief Model, Planned Behavior, and Reasoned Action Theory	8	
<b>VI</b>	Stress and Health: Nature and Types of Stress, Stress appraisal; Coping with Stress; Psychological Moderators of Stress (Hardiness, Social support, and Optimism).	8	
<b>Suggested Readings:</b>			
Dalal, A.K. (2015). Health Beliefs and Coping with Chronic Diseases. Sage.			
Dalal, A.K. (2016). Cultural Psychology of Health in India: Well-being, Medicine and Traditional Health Care. Sage.			
DiMatteo, M.R. & Leslie, R.M. (2017). Health psychology. Pearson Education.			
Ghosh, M. (2015). Health Psychology: Concepts in Health and Well-being. Pearson.			
Kloos, B., Hill, J., Thomas, E., Wandersman, A., Elias, M.J., & Dalton, J.H. (2012). Community psychology. Cengage Learning.			
Marks, D.F., Murray, M. and Estacio, E.V. (2018). Health Psychology: Understanding the Mind-Body Connection (5 <sup>th</sup> Ed.). Sage			
Misra, G. (1999). Psychological perspectives on stress and health. Concept			
Sarafino, E.P. & Smith, T.W. (2017). Health psychology: Biopsychosocial interactions (9 <sup>th</sup> ed.). Wiley.			
Schneider, F.W., Gruman, A., Coult, L.M. (Eds.). (2012). Applied Social Psychology: Understanding and addressing social and practical problems. Sage.			
Straub, R.O. (2019). Health psychology: A biopsychosocial approach (6 <sup>th</sup> ed.). Worth. Taylor, S.E.			
(2017). Health psychology. (10 <sup>th</sup> ed.). McGraw-Hill Education.			
Weblinks: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.egyankosh.ac.in/http://www.apa.org">http://www.egyankosh.ac.in/http://www.apa.org</a>			
This course can be opted as an elective: Open to all			
<b>Suggested Continuous Evaluation Methods:</b>			
Assignment/Seminar (10 Marks) Written Test (10 Marks)		Attendance (5 Marks)	
<b>Course prerequisites:</b> Open to All			

**SemesterVI****Paper2 Theory**

<b>Program/Class:Degree</b>		<b>Year:Third</b>	<b>Semester:Six</b>
<b>Subject:Psychology</b>			
CourseCode:A090602T		CourseTitle: <b>CounselingPsychology</b>	
CourseOutcome:Attheendofthepaper,studentswillable tounderstand howtoestablishrapportand use various approaches in counseling.			
Credits:4		CoreCompulsory	
Max.Marks:25+75		Min.PassingMarks:10+25	
TotalNo.ofLectures-Tutorials-Practical(inhoursperweek):L-T-P:4-0-0			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Counseling:Meaning,Goals;TypesofCounseling	7	
<b>II</b>	TheoreticalBasesofCounseling:Psychoanalytic;Behavioral and Cognitive.	8	
<b>III</b>	Counseling Processes: Steps;Counseling Micro-Skills:Attending, ParaphrasingandSummarizing.	8	
<b>IV</b>	CounselingTechniques:Person-CenteredandCognitive-Behavioral(BeckandEllis).	8	
<b>V</b>	CounselinginSchoolsandFamilyCounseling:Assumptionsand Procedures.	8	
<b>VI</b>	CounselingforSubstance-abuse,ChildAbuse:AnIntroduction CounselingEthics;ReferralsandReporting	8	
<b>SuggestedReadings:</b>			
Capuzzi,D.&Gross,D.R.(Eds.).(2017).IntroductiontotheCounselingProfession(7thEd.).Routledge.			
Corey,G.(2016).TheoryandPracticeofCounselingandPsychotherapy.Cengage.			
Corey,M.S.andCorey,G.(2015).BecomingaHelper(7thEd.).Cengage.			
Hackney,H.L.&Bernard,J.M.(2016).ProfessionalCounseling:AProcessGuidetoHelping(8thEd.). Pearson.			
Kapur,M.(2011).CounselingChildrenwithPsychologicalProblems.Pearson. Patri, V. R. (2008). Counseling Psychology. Authors Press.			
Rai,A.&Asthana,M.(2018).AdhunikParaamarshManovigyan.MotilalBanarasiDas.			
Rao,S.N.&Sahajpal,P.(2017).CounselingandGuidance(3rdEd.).McGraw-HillEducation.			
Reeves,A.(2018).AnIntroductiontoCounsellingandPsychotherapy:FromTheorytoPractice.(2nd ed.).Sage.			
Weblinks: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="https://www.counseling.org/https://www.counseling.org/https://www.counseling.org/">https://www.counseling.org/https://www.counseling.org/https://www.counseling.org/</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="https://www.psytoolkit.org">https://www.psytoolkit.org</a>			
Thiscoursecanbeoptedasanelective:Opentoall			
SuggestedContinuousEvaluationMethods:			
Assignment/Seminar(10Marks)		WrittenTest(10Marks)	Attendance(5Marks)
Courseprerequisites:OpentoAll			
Suggestedequivalentonlinecourses:Coursera,Swayam			

**SemesterVI****Paper3 Practical**

<b>Program/Class:Degree</b>		<b>Year:Third</b>	<b>Semester:Six</b>
<b>Subject:Psychology</b>			
CourseCode:A090603R		CourseTitle: <b>Survey/FieldVisit</b>	
<b>CourseOutcome:</b> 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.			
Credits:2		CoreCompulsory	
Max.Marks:25+75		Min.PassingMarks:10+25	
TotalNo.ofLectures-Tutorials-Practical(inhoursperweek):L-T-P:0-0-2			
<b>Unit</b>	<b>Topics</b>	<b>No.ofLectures</b>	
<b>I</b>	Field Visit to any Community Center/Social Service Center/ School and submit a report	15(30hrs.)	
<b>II</b>	Conduct a survey on any health related issue and submit a report	15(30hrs.)	
<b>SuggestedReadings:</b>			
Singh,A.K.(2019).Tests,Measurement,andResearchMethods in Behavioral Sciences. Bharti Bhavan.			
Weblinks: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="http://www.apa.org">http://www.apa.org</a> <a href="https://www.google.com/forms">https://www.google.com/forms</a> <a href="https://www.psytoolkit.org">https://www.psytoolkit.org</a> <a href="https://www.psychopy.org/">https://www.psychopy.org/</a> <a href="https://www.uvm.edu/~statdtx/methods8/">https://www.uvm.edu/~statdtx/methods8/</a> <a href="https://owl.purdue.edu/owl/research_and_citation/apa_style">https://owl.purdue.edu/owl/research_and_citation/apa_style</a>			
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			

**SemesterVI****Paper4 ResearchProject**

<b>Program/Class:Degree</b>		<b>Year:Third</b>	<b>Semester:Six</b>
<b>Subject:Psychology</b>			
CourseCode:A090604R		CourseTitle: <b>Internship/ResearchProject</b>	
<b>CourseOutcome:</b> Itwillhelpthelearnerstocriticallyreflecton,reviewthescientificbasisfor, andintegratewhat 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.			
Credits:3		CoreCompulsory	
Max.Marks:25+75		Min.PassingMarks:	
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Based on theinternship / research proposal in Semester V, students selecting an internship will maintain a reflective diary of the same, whereas students selecting to do researchwillvisitanidentifiedunit,organization,communityetc.togetanunderstanding of the same and do data collection either through questionnaire, or interview or with the helpofaudio-visualmedia basedontheidentifiedresearchproblems/issues.	25 (50hrs.)	
<b>II</b>	Submit a detailed report and a presentation.Eachstudent will writethefinalreport individuallyandwillbeevaluatedondiligenceinwritingtheinternship/research projectasperAPAguidelines.	20 (40hrs.)	
<b>SuggestedReadings:</b>			
Singh,A.K.(2019).Tests,Measurement,andResearchMethodsInBehavioralSciences.BhartiBhavan.			
Weblinks: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="http://www.apa.org">http://www.apa.org</a> <a href="https://www.google.com/forms">https://www.google.com/forms</a> <a href="https://www.psytoolkit.org">https://www.psytoolkit.org</a> <a href="https://www.psychopy.org/">https://www.psychopy.org/</a> <a href="https://www.uvm.edu/~statdhtx/methods8/">https://www.uvm.edu/~statdhtx/methods8/</a> <a href="https://owl.purdue.edu/owl/research_and_citation/apa_style">https://owl.purdue.edu/owl/research_and_citation/apa_style</a>			
Thiscourseisforstudentswhohavetakenpsychologyasamajorsubject			
SuggestedContinuousEvaluationMethods:			
Makingofshortfilmorpresentation(20Marks)Attendance(5Marks)			
Courseprerequisites:Onlyforthosewhohavetakenpsychologyasamajorsubject			