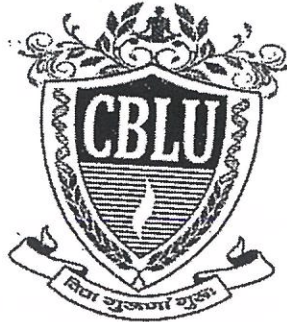


Chaudhary Bansi Lal University, Prem Nagar
(A State University established under Haryana Act No. 25 of 2014)



**Scheme of Examination & Syllabi
for
Psychology Subject
(w.e.f.2024-25)
in
Undergraduate Programmes
as per NEP 2020**

**Curriculum and Credit Framework for Undergraduate Programmes
(Multiple Entry-Exit, Internships and Choice Based Credit System LOCF)
With effect from the session 2024-25 (in phased manner)**

DEPARTMENT OF PSYCHOLOGY

**Chaudhary Bansi Lal University, Prem Nagar-127031
Bhiwani
HARYANA, INDIA**

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S/C
Psychology

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HOD *[Signature]*
Dept. Of Psychology
Chaudhary Bansi Lal University

1. Background

The BA Psychology program based on the National Education Policy (NEP) 2020 aims to provide students with a holistic and flexible approach to psychological education after completing the 10+2 level examination. This program focuses on a multidisciplinary and inclusive approach to learning, allowing students to gain a comprehensive foundation in psychology while exploring areas of specialization according to their interests and career goals. The curriculum aligns with the principles of NEP 2020, offering students the opportunity to aid their education through elective courses, internships, and interdisciplinary projects. By incorporating practical experiences such as case studies, fieldwork, the program helps in experiential learning and prepares students for real-world challenges. Students will benefit from the program's focus on critical thinking, creativity, and problem-solving skills, which are essential for success in the field of psychology. This well-rounded education helps students to excel in various sectors, including mental health services, research, education, industry, government, and non-profit organizations. By improving skills, this BA Psychology program helps students develop the qualities needed to become, mental health professionals, and agents of positive change in society. The program prepares students for a successful career in psychology to through lifelong learning and adaptability. At CBLU, the BA Psychology program based on the National Education Policy (NEP) 2020 aims to provide students with a holistic and flexible approach to psychological education after completing the 10+2 level examination. This program focuses on a multidisciplinary and inclusive approach to learning, allowing students to gain a comprehensive foundation in psychology while exploring areas of specialization according to their interests and career goals.

Amat

MOD
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CBLU

Abbreviations

AEC	Ability Enhancement Course
CC	Core Course
MCC	Major Core Course
CC-H	Core course in Honours discipline
CC-HM	Core Course in Minor Subject of Honours Program
DSE	Discipline Specific Elective Course
DSEC	Discipline Skill Enhancement Course
DSE-H	Discipline specific elective course in Honours
H	Honours
M	Minor
MDC	Multi-Disciplinary Course
PC	Practicum Course
PC-H	Practicum Course in Honours
SEC	Skill Enhancement Course
V	Vocational
VAC	Value Added Course

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Chaudhary Bansi Lal University, Bhiwani

(A State University established by the Govt. of Haryana Act No. 25 of 2014)

Department of Psychology

Sem ester	Course Type	Course Code	Applicable Scheme	Nomenclature of the paper	Credits	Credits		Contact hours T+P	Internal Assessment marks		End term Exam. Marks		M.M	Duration of End Term exam. (Hrs T/P
						Theory (T)	Practical (P)		T	P	T	P		
5	CC-5 MCC-9	24UN-PSY-501	A,B,C	Psychological Testing	4	3	1	5	20	10	50	20	100	3/3
	MCC-10	24UN-PSY-502	B,C	Assessment of personality and intelligence	4	3	1	5	20	10	50	20	100	3/3
	DSE-2 (Choose any one)	24UN-PSY-503	B,C	Psychotherapies	4	3	1	5	20	10	50	20	100	3/3
	Or													
		24UN-PSY-504	B,C	Rehabilitation Psychology	4	3	1	5	20	10	50	20	100	3/3
DSE-3 (Choose any one)		24UN-PSY-505	B,C	Emotion and Motivation	4	3	1	5	20	10	50	20	100	3/3
	Or													
Internship		24UN-PSY-506	B,C	Clinical Psychology	4	3	1	5	20	10	50	20	100	3/3
	Internship of 4 Credits of 4-6 weeks duration after 5th Semester (Mandatory in case of exit) if not done after 2 nd and 4 th semester.													



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Department of Psychology

Semester	Course Type	Course Code	Applicable Scheme	Nomenclature of paper	Credits	Credits		Contact hours T+P	Internal Assessment marks		End term Exam. Marks		Max. Marks	Duration of End Term exam.(Hrs T/P)
						Theory (T)	Practical (P)		T	P	T	P		
6	CC-6 MCC-11	24UN-PSY-601	A,B,C	Psychological Research And Statistical Method	4	3	1	5	20	10	50	20	100	3/3
	MCC-12	24UN-PSY-602	B,C	Bio Psychology	4	3	1	5	20	10	50	20	100	3/3
	DSE-4	24UN-PSY-603	B,C	Military Psychology	4	3	1	5	20	10	50	20	100	3/3
								Or						
DSE-5		24UN-PSY-604	B,C	Indian Psychology	4	3	1	5	20	10	50	20	100	3/3
		24UN-PSY-605	B,C	Sports Psychology	4	3	1	5	20	10	50	20	100	3/3
								Or						
DSE-5		24UN-PSY-606	B,C	Forensic Psychology	4	3	1	5	20	10	50	20	100	3/3

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Chaudhary Bansi Lal University

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Department of Psychology

Undergraduate Programs (Psychology) Syllabus, Semester-V

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	V		
Name of the Course	Abnormal Psychology		
Course Code	24UN-PSY-501		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-5 MCC-9		
Pre- requisite for the course(if any)	-		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Understand abnormality, its classification, and models. 2. Evaluate approaches to psychopathology. 3. Analyze the etiology, symptoms, and characteristics of disorders. 4. Compare biological and psychological treatments. 5. Contrast psychoanalytic, behavior, and cognitive-behavior therapies.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/Per Group	5 per week /per Group
Max.Marks:100 Internal Assessment Marks: 30 End Term Exam Marks: 70(50 Theory & 20 Practical)		Time: 3 Hours (Each theory & practical)	

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Dept. Of Psychology

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Department of Psychology

Part B-Contents of the Course

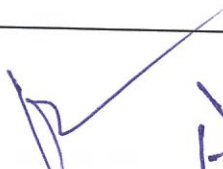
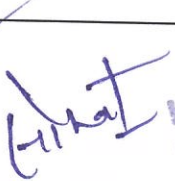
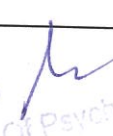
Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Basic Concepts. Definition and Criteria of Abnormality, Classification: Meaning, Purpose, DSM-V (TR): Key Features, Diathesis Stress Model	11
II	Approaches to Psychopathology: Biological, Psychodynamic, Behavioural, Cognitive and Cultural Clinical states: Anxiety Spectrum Disorders: Generalized Anxiety Disorder, Obsessive Compulsive Disorder,	11
III	Mood Disorders-Unipolar, Bipolar, Schizophrenia: Disorganized, Paranoid and Catatonic, Learning Disabilities:- Dyscalculia, Dysgraphia & Dyslexia.	11
IV	Treatment of disorders: a) Biological treatment: Pharmacotherapy and Electroconvulsive Therapy b) Psychological treatment: Psychoanalytic Therapy, Behaviour Therapy and Cognitive-Behaviour Therapy	12
	Practical 1. Clinical Interview 2. CAQ 3. TAT 4. Depression Inventory 5. Anxiety Scale 6. DMI 7. WAT Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.	30

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Department of Psychology

Suggested Evaluation Methods	
Internal Assessment:	
➤ Theory (20 Marks) • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical(10Marks) • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: Anand. V. and Srivastva, R. (2003). Manovikriti Vigyan, Delhi: Motilal Banarsi Das. Carson, R.C. Butcher.J.N..etal. (2007).Abnormal Psychology. (13th Ed.)New Delhi: Pearson Education. Davison,G.C. and Neale, J.M. (1998). Abnormal Psychology(7th Ed.&11thEd.) New York: Willy.. Sarason,L.G.and Sarason. B.R.(2005). Abnormal Psychology:The Problem of Maladaptive Behaviour(10th Ed.) New Delhi: Pearson EducationInc. Singh.A.K.(2006) Adhunik Asamanya Manovigyan, Delhi: Motilal Banarasi Das Srivastava, D.N.(1991)AdhunikAsamnya Manovigyan (6thEd.)Agra:Sahitya. Butcher.J.N., Hooley, Dvivedi and Mineka. (2013.) Abnormal Psychology (16thEd.)New Delhi:pearson Education. Donald. W., Black, M.D., John, E. and Grant, M.D (2017). DSM-V Guide Book The Essential Companion To The Diagnostic And Statistical Manual Of Mental Disorders, CBS Publications & Distributos Pvt Ltd	

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Department of Psychology

Undergraduate Programs (Psychology) Syllabus, Semester-V

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	V		
Name of the Course	Psychological Testing		
Course Code	24UN-PSY-502		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC10		
Pre- requisite for the course(if any)	-		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Have a comprehensive understanding of the nature and history of psychological testing. 2. Be familiar with different types of psychological tests and their specific applications. 3. Recognize biases in psychological testing and strategies to minimize their impact. 4. Understand the detailed process of test construction, including item writing, item analysis, reliability, validity, and norm development. 5. Gain practical knowledge of major intelligence tests and their use in assessing cognitive abilities		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/Per Group	5 per week /per Group
Max.Marks:100 Internal Assessment Marks: 30 End Term Exam Marks: 70(50 Theory & 20 Practical)		Time: 3 Hours (Each theory & practical)	

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Department of Psychology

Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Nature and history of Psychological Testing, Types and applications of psychological tests. Sources of biases in psychological testing	11
II	General steps of test construction: Preparation for Item writing, item analysis, reliability, validity. Development of norms.	11
III	Reliability: Meaning, sources of error, methods of estimate. Validity: meaning, validation procedures	11
IV	Intelligence Tests: WAIS, WISC, Raven's Standard and Colour progressive Matrices, Bhatia battery	12
	Practical 1. Item Writing: Test Construction 2. Norms 3. Item writing 4. reliability, 5. validity 6. Bhatia battery 7. WAIS 8. WISC Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.	30

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Suggested Evaluation Methods	
Internal Assessment: ➤ Theory (20 Marks) • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical(10Marks) • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: Aiken, L.R. (1994). Psychological Testing and Assessment. Boston: Allyn and Bacon. Anastasi, A., & Urbina, S (1997). Psychological Testing. (7th edition) upper saddle River (NJ): Prentice Hall. Freeman, F.S. (1974). Theory and practice of psychological testing. New Delhi: Oxford and IBH. Friedenberg, L. (1995). Psychological Testing: Design, Analysis and use Boston: Allyn and Bacon. Guilford, J.P. (1954). Psychometric Methods (2nd Ed.). New York: McGraw Hill. Wechsler, D. (1958). The measurement and appraisal of adult intelligence. Baltimore: Weiner, I.B. (1976). Clinical methods in psychology. New York: Wiley inter science publication. Weiner (1995). Rorschach: A comprehensive system. (Exner). Canada: John Wiley	

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 Department of Psychology

Undergraduate Programs (Psychology) Syllabus, Semester-V

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	V		
Name of the Course	Sports Psychology		
Course Code	24UN-PSY-503		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE-2		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Understand the role of exercise behavior and nutrition in promoting sports excellence 2. Explain the convergence of sports science and psychology in enhancing athletic performance. 3. Analyze the dynamics of coach-athlete interactions, including the role of parents and effective communication strategies. 4. Evaluate the impact of arousal and individual differences on sports performance. 5. Understand the importance of reaction time in sports and identify factors affecting it.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/Per Group	5 per week /per group
Max.Marks:100 Internal Assessment Marks:30 End Term Exam Marks: 70(50 Theory & 20 Practical)		Time:3 Hours (Each theory & practical)	

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Department of Psychology

Part B-Contents of the Course		
Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.		
Unit	Topics	ContactHours
I	Exercise Behaviour for Promoting Sports Excellence. Sports and Psychology convergence. Nutrition, Exercise and Sports Performance.	11
II	The Coach-Athlete Interaction: The parent in Coach-Athlete Interaction. Coaching Error and Communication. Determinants of Athletic's Performance attentional demands, attention and arousal,	11
III	Arousal and individual differences, states of activation and performance, cognitive Arousal effects of social facilitation, Arousal adjustment, Use of strategies	11
IV	Mental Imagery, Imagery and performance, Importance of Reaction time in Sports. Type of Reaction time, Factors affecting Reaction Time.	12
	Practical 1. Athlete Performance Enhancement Plan 2. Coach-Athlete Communication Workshop 3. Mental Imagery Intervention 4. Reaction Time Training Protocol 5. Arousal Regulation Strategies	30
Suggested Evaluation Methods		



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Internal Assessment:

50 Marks

- **Theory (20 Marks)**
- Class Participation: **05 Marks**
- Seminar/presentation/assignment/quiz/class test etc.: **05 Marks**
- Mid-Term Exam: **10 Marks**
- **Practical(10Marks)**
- Class Participation: **Nil**
- Seminar/Demonstration/Viva-voce/Lab records etc.: **10 Marks**
- Mid-Term Exam: **Nil**

20 Marks

Part C-Learning Resources

Recommended Books/e-resources/LMS:

Goldstein, L. (1989). Modern Applied Psychology, Tornoto :Persamon.
Mohan, J. Chadhu, N.K. and Akhtar, S. (Eds). (1995). Psychology of Sports.
Sandhu, G.S. (1992). Psychology in Sports, Delhi : Friends.

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Chaudhary Medical University

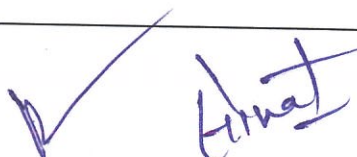
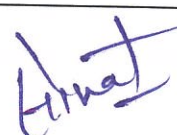
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Department of Psychology

Undergraduate Programs(Psychology)Syllabus, Semester-V

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	V		
Name of the Course	Military Psychology		
Course Code	24UN-PSY-504		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE-2		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Understand the development and functions of military psychology. 2. Recognize the significance of psychological principles in military settings.. 3. Apply vocational fitness and placement strategies effectively. 4. Utilize appropriate selection methods, including job analysis and interviews. 5. Maintain morale during peace and wartime conditions.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/Per Group	5 per week /per group
Max.Marks:100 Internal Assessment Marks:30 End Term Exam Marks: 70(50 Theory & 20 Practical)		Time:3 Hours(Each theory & practical)	

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Department of Psychology

Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Military Psychology: Development; Functions and Problems, Significance. Human Factor in Fighting Forces :(i) Individual Differences, its importance for fighting forces. (ii) Vocational Fitness, right soldier for a right job; Placement. (iii) Methods of Selection: Job analysis, Interview: its merits and demerits	11
II	Fatigue: Causes and remedy. Motivation: Kinds, motivation during war.	11
III	Aptitude and Morale : Factors influencing Morale, Maintenance of Morale during War & and Peace. Tools of Psychological Warfare:(i) Brain Washing (ii) Rumour (iii) Technique of Propaganda iv) Indoctrination and Coercive persuasion	11
IV	Military Leadership: Traits, Types and Qualities. Discipline and man-Management.	12
	Practical 1. Designing a Leadership Training Program 2. Case Study: Military Leadership in Crisis 3. Creating a Motivation Enhancement Intervention 4. Investigating the Effects of Fatigue on Performance 5. Case Study: The Role of Rumors in Military Operations 6. Developing a PTSD Prevention Program 7. Designing a Resilience Training Workshop Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.	30
Suggested Evaluation Methods		

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Internal Assessment:		End Term Examination:
➤ Theory (20 Marks)		
• Class Participation: 05 Marks		
• Seminar/presentation/assignment/quiz/class test etc.: 05 Marks		50 Marks
• Mid-Term Exam: 10 Marks		
➤ Practical(10Marks)		
• Class Participation: Nil		
• Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks		20 Marks
• Mid-Term Exam: Nil		
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
Bartone, P. T., Eid, J., Johnsen, B. H., Laberg, S., & Naus, N. (Eds.). (2009). <i>Toughness in military psychology</i> . Hogskolen i Forsvaret.		
Castro, C. A., & Adler, A. B. (Eds.). (2019). <i>Military life: The psychology of serving in uniform</i> (Vol. 1). Praeger.		
Galovski, T. E., Beiling, P. J., & Kandris, E. (Eds.). (2019). <i>Military behavioral health: A handbook for working with service members, veterans, and their families</i> . American Psychological Association.		
Griffith, J., & Fast, J. (2017). <i>Psychological fitness for duty in military operations</i> . Routledge.		

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Department of Psychology

Undergraduate Programs (Psychology) Syllabus, Semester-V

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	V		
Name of the Course	Psychotherapies		
Course Code	24UN-PSY-505		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE-3		
Pre-requisite for the course(if any)	-		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Understand and Compare Psychotherapeutic Approaches 2. Apply cognitive and behavioral therapeutic techniques, such as Rational Emotive Therapy, Beck's Model, behavior therapy etc.. 3. Explore and integrate holistic and traditional healing methods, including lifestyle exercises, Ayurveda and traditional healing technique. 4. Utilize creative art therapies, yoga, meditation, and mindfulness practices as complementary approaches in psychotherapy.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3Per week	2per week/Per Group	5per week /per group
Max.Marks:100 Internal Assessment Marks:30 End Term Exam Marks: 70(50 Theory & 20 Practical)		Time:3 Hours(Each theory & practical)	

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Department of Psychology

Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Psychotherapy, Psychoanalytic Approach: View of Human Nature, Development of Personality, Defence Mechanisms, Major methods & techniques	11
II	Existential therapy; Person-centred therapy; Gestalt therapy; Cognitively Oriented Approaches: Rational Emotive Therapy; Beck's Model.	11
III	Behaviour Therapy: Meaning & Goals, Modelling Techniques; Self Instructional Training, Self Inoculation	11
IV	Life style Exercise, Indian Healing Techniques (Ayurveda, Traditional Healing), Stress and Coping. Creative Art Therapy, Yoga and Meditation, Mindfulness	12
	Practical 1. Stress Management Scale 2. Behaviour Modification Techniques 3. Yoga 4. Family Therapy 5. Meditation 6. Modelling 7. Group Therapy 8. Mindfulness Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.	30

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Suggested Evaluation Methods	
Internal Assessment:	
➤ Theory(20 Marks) • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical(10Marks) • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: Baruth, L.G., & Huber, C.H. (1998). Counselling and Psychotherapy. NJ.: Prentice Hall. Capuzzi, D and Gross D.R. (2008). Counselling and Psychotherapy Theories and Interventions. Dorling Kindersley (India) Pvt. Ltd., Licensees of Pearson Education in South Asia. Gladding, S.T and Batra, P (2018). Counseling A Comprehensive Profession. Pearsons India Education services Pvt. Ltd. Ivey, A. E., D'Andrea, M. J., & Ivey, M. B. (2012). Theories of Counselling and Psychotherapy: A Multicultural Perspective. Thousand Oaks: Sage. Nelson-Jones, R. (2015). Theory and Practice of Counselling and Psychotherapy. London: Sage Parrott, L. (2003). Counselling and Psychotherapy. United States: Thomson. Sharf, R. S. (2000). Theories of Psychotherapy and Counselling: Cases and Concept. Belmont, CA: Wadsworth/Thomson Learning	

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Department of Psychology

Undergraduate Programs(Psychology) Syllabus, Semester-V

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	V		
Name of the Course	Clinical Psychology		
Course Code	24UN-PSY-506		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE-3		
Pre-requisite for the course(if any)	-		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Learner will be able to explain the nature, scope, and ethical roles of Clinical Psychology. 2. Learner will be able to conduct basic clinical assessment using interviews, MSE, and psychological tests. 3. Learner will be able to differentiate major therapeutic approaches used in clinical practice. 4. Learner will be able to apply appropriate clinical interventions in an ethical and client-centred manner. 5. Learner will be able to understand and evaluate group, family, marital, and brief psychotherapies.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/Per Group	5 per week /per group
Max.Marks:100 Internal Assessment Marks:30 End Term Exam Marks: 70(50 Theory & 20 Practical)		Time:3 Hours(Each theory & practical)	

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Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Clinical Psychology: Nature and Scope, Professional Issues: Roles, Ethics and Training	11
II	Clinical Assessment: Case history, Clinical Interview, MSE, Psychological Tests- MMPI, Rorschach, MMSE	11
III	Clinical Intervention: Psychoanalytic therapy, Behavior Therapy, Cognitive-Behaviour Therapy, Client Centered Therapy	11
IV	Group Therapy, Family Therapy, Marital Therapy, Brief Psychotherapy	12
	Practical 1. MSE 2. MMSE 3. Anxiety Scale 4. Stress Scale 5. Case History 6. FFMQ 7. Client Centered Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.	30

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Undergraduate Programs (Psychology) Syllabus, Semester-VI

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	VI		
Name of the Course	Psychological Research and Statistical Method		
Course Code	24UN-PSY-601		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC6/MCC11		
Pre-requisite for the course(if any)	-		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Understand and apply different scales of measurement in psychological research. 2. Effectively use graphical representations to present data 3. Able to understand the characteristics of psychological tests and importance of reliability, validity and norms. 4. Integrate statistical and qualitative methods to conduct comprehensive psychological research. 5. Apply the properties of the normal probability curve in psychological testing		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3Per week	2 per week/Per Group	5 per week /per group
Max Marks:100 Internal Assessment Marks:30 End Term Exam Marks: 70(50 Theory & 20 Practical)		Time:3 Hours (Each theory &practical)	

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Department of Psychology

Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Psychological Research: Nature and Purpose, Types. Ethical Issues in Research, Research Problem and Hypothesis, Variables: Types and Control of Variables	11
II	Correlation: Meaning and Interpretation of Coefficient of Correlation; Product Moment Correlation, Rank Difference, Point Biserial Correlation, Biserial, Tetrachoric, Partial Correlation (First Order).	11
III	Research Design: Nature, Criteria, Basic Principles and Functions of Research Design. Experimental design, Ex-Post-facto design, Quasi-Experimental design	11
IV	Data Collection Methods: Observation, Case Study, Interview, Field Study, Questionnaires. Levels of Measurement: Nominal, Ordinal, Interval, Ratio Sampling: Basic Principle, Probability and Non-Probability Techniques	12
	Practical 1. Data Entry by (Excel/SPSS) 2. Computation of Central Tendencies by (Excel/SPSS) 3. SPM/RPM 4. Item Writing: Test Construction 5. Variability 6. Reliability 7. Calculation of Correlation by (Excel/SPSS) Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.	30

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Undergraduate Programs(Psychology)Syllabus, Semester-VI

Session:2023-24			
Part A-Introduction			
Subject	Psychology		
Semester	VI		
Name of the Course	Indian Psychology		
Course Code	24UN-PSY-602		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC-12		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Develop understanding regarding Indian Psychology and related concepts. 2. Grasp understanding of concepts of Upnishads and Advaita Vedantam. 3. Inculcate knowledge regarding transpersonal psychology in Bhagwat Gita. 4. Understand Buddhism, Jainism and yoga. 5. Conduct tests related to their theory paper.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/Per Group	5 per week /per group
Max.Marks:100 Internal Assessment Marks: 30 End Term Exam Marks: 70(50 Theory & 20 Practical)		Time: 3 Hours (Each theory & practical)	

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Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Indian Psychology: Introduction, Fundamental assumptions, Historical Development, Harmony of body and Mind, Eastern and Western Approach to Psychology.	11
II	Concepts of Upnishads: State of Consciousness, Factor related to Personality and Mental Functions. Advaita Vedantam: Function of Mind, Human Personality and Consciousness	11
III	Transpersonal Psychology in Bhagavat Gita, Identity and Existence, Self-knowledge, Karma and Sanyasa, Work,	11
IV	Psychology of Buddhism and Jainism: Factors of Personality, Cognition and Affection. Yoga Psychology: Definition, Theory and Applications, Patanjali Yoga Sutras and Sidhis – Basic Concepts, Yoga Psychology and Samkhya.	12
	Practical 1. Triguna Test of Personality 2. Test of Anasakti and Aasakti 3. Self-Concept 4. Self Esteem 5. Self-Efficacy 6. Mysore Tridosh Test 7. Any Practical on Yoga Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.	30

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Undergraduate Programs (Psychology) Syllabus, Semester–VI

Session:2024-25			
Part A–Introduction			
Subject	Psychology		
Semester	VI		
Name of the Course	Bio-Psychology		
Course Code	24UN-PSY-603		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE-4		
Pre- requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Have a foundational understanding of biopsychology and its significance. 2. Be familiar with the key structures and functions of the human brain and nervous system. 3. Understand the roles of different types of muscles in the body. 4. Gain knowledge about the major endocrine glands and their impact on behavior and physiology. 5. Develop an awareness of ethical considerations in the field of biopsychology		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/Per Group	5 per week /per group
Max.Marks:100 Internal Assessment Marks:30 End Term Exam Marks: 70(50 Theory & 20 Practical)		Time:3 Hours (Each theory & practical)	

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Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Bio-Psychology: Meaning, Nature and Scope, Methods of Bio psychology. Ethics in Bio psychology & Divisions of Bio psychology.	11
II	Human Brain: Structure, Function of Neurons: Synapse and Postsynaptic Potentials. Structure & functions of muscles: Smooth, Cardiac & Striated.	11
III	Nervous System: Classification, Anatomy & Division. Functions of major parts of Brain: Cerebral Cortex, Corpus striatum, Thalamus, Hypothalamus & Hippocampus.	11
IV	Structure, functions and abnormalities of major glands: Thyroid, Adrenal & Pituitary. Hemisphere: Division, functions & abnormalities	12
	Practical 1. Bender Gestalt Test 2. P.G.I. Battery for Brain Dysfunctions 3. Letter Cancellation Test 4. Naher Benson Test 5. Finger Tapping Test 6. Aphasia Screening Test 7. Mini Mental Status Examination 8. Boston Dementia Scale/ Inventory Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.	30

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Suggested Evaluation Methods	
Internal Assessment: ➤ Theory (20Marks) • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) • Class Participation : Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: Leukel Francis (1985). Introduction to Physiological Psychology, 3rd ed. CBS, Publishers & Distributors: New Delhi. Pinel, P.J. (2009). Biopsychology. (International edition). New Delhi: Pearson Edu Kalat, J.N. (2016). Biological Psychology. Boston, USA: Cengage Learning. Carlson, N.R. (2008). Foundations of Physiological Psychology. Pearson/Allyn & Bacon: UK Levinthal, C.F. (1990). Introduction to Physiological Psychology (3rd Ed.). New Delhi: PHI. Morgan, T.H. and Stellar, A. (1965). Physiological Psychology. New York: Mc Graw Hill. Ojha, R. & Bhargav, M. (1994). Sharirik Manovigyan, Har Prakash Bhargav: Agra. Pearson. Singh, R.D. (2020) Sharirik Manovigyan, Vinod Pustak Mandir: Agra	

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Department of Psychology

Undergraduate Programs(Psychology)Syllabus,Semester-VI

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	VI		
Name of the Course	Neuro Psychology		
Course Code	24UN-PSY-604		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE-4		
Pre- requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	1. Understand the nature, scope, and historical development of neuropsychology and explain its interrelationship with cognitive neuroscience and clinical psychology. 2. Differentiate between various approaches in neuropsychology, including experimental, clinical, and comparative methods, and assess their contributions to the field. 3. Describe the structure and functions of the central and peripheral nervous systems, including the roles of neurons and glial cells in brain functioning. 4. Explain the mechanisms of neurotransmission and synaptic plasticity and their relevance to behavior and cognition.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/Per Group	5 per week /per group
Max.Marks:100 Internal Assessment Marks:30 End Term Exam Marks: 70(50 Theory & 20 Practical)		Time:3 Hours (Each theory & practical)	

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Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Neuropsychology: Nature, Scope, History, Relationship with cognitive neuroscience and Clinical psychology Approaches of Neuropsychology: Experimental, Clinical and comparative neuropsychology	11
II	Structure and Function of the Nervous System : Central and peripheral nervous system Neurotransmission and synaptic plasticity, Neurons and glial cells: Structure and functions	11
III	Neuroimaging techniques: MRI, fMRI, PET, CT. Electrophysiological techniques: EEG, ERP. Neuropsychological testing: Batteries and single-case studies. Lesion and stimulation studies	11
IV	Neuropsychological Disorders: Aphasia, agnosia, apraxia, Amnesia and memory disorders, Attention Deficit Hyperactivity Disorder (ADHD), Learning disabilities and cognitive impairments	12
	Practical 1. Bender Gestalt Test 2. P.G.I. Battery for Brain Dysfunctions 3. Letter Cancellation Test 4. Naher Benson Test 5. Finger Tapping Test 6. Aphasia Screening Test 7. Mini Mental Status Examination 8. Boston Dementia Scale/ Inventory Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.	30

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Suggested Evaluation Methods	
Internal Assessment: ➤ Theory(20Marks) • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical(10 Marks) • Class Participation : Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
● Kolb, B., & Whishaw, I. Q. (2021). <i>Fundamentals of Human Neuropsychology</i> (8th ed.). Worth Publishers. ● Lezak, M. D., Howieson, D. B., Bigler, E. D., & Tranel, D. (2021). <i>Neuropsychological Assessment</i> (6th ed.). Oxford University Press. ● Gazzaniga, M. S., Ivry, R. B., & Mangun, G. R. (2019). <i>Cognitive Neuroscience: The Biology of the Mind</i> (5th ed.). W. W. Norton. ● Bear, M. F., Connors, B. W., & Paradiso, M. A. (2020). <i>Neuroscience: Exploring the Brain</i> (4th ed.). Lippincott Williams & Wilkins. ● Haines, D. E. (2019). <i>Fundamentals of Neuroanatomy: Brain, Brainstem, and Spinal Cord</i> (8th ed.). Elsevier. ● Huettel, S. A., Song, A. W., & McCarthy, G. (2014). <i>Functional Magnetic Resonance Imaging</i> (3rd ed.). Sinauer Associates. ● Poldrack, R. A., Mumford, J. A., & Nichols, T. (2011). <i>Handbook of Functional MRI Data Analysis</i>. Cambridge University Press. ● Nunez, P. L., & Srinivasan, R. (2020). <i>Electric Fields of the Brain: The Neurophysics of EEG</i> (2nd ed.). Oxford University Press.	

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Department of Psychology

Undergraduate Programs(Psychology) Syllabus, Semester-VI

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	VI		
Name of the Course	Criminal Psychology		
Course Code	24 UN-PSY-605		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE-5		
Pre-requisite for the course(if any)	-		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Understand the foundational concepts and scope of criminal psychology. 2. Analyze criminal behavior through various psychological perspectives. 3. Differentiate types of criminal behavior and understand their psychological underpinnings. 4. Apply psychological principles in the assessment, rehabilitation, and legal handling of offenders.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/Per Group	5 per week /per Group
Max.Marks:100 Internal Assessment Marks:30 End Term Exam Marks: 70(50 Theory & 20 Practical)		Time:3 Hours(Each theory & practical)	

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Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Introduction to Criminal Psychology: Definition, Nature, and Scope of Criminal Psychology; Historical Development of Criminal Psychology; Major Theoretical Perspectives (Biological, Psychological, Sociological)	11
II	Understanding the Criminal Mind: Personality Traits and Criminal Behavior; Psychopathology and Crime (Psychopathy, Antisocial Personality Disorder); Aggression and Violence: Psychological Explanations	11
III	Types of Criminal Behavior: Juvenile Delinquency: Causes and Intervention; Sexual Offenses: Psychological Understanding; Terrorism and Organized Crime: Mental and Social Aspects	11
IV	Assessment, Rehabilitation, and Legal Aspects: Psychological Assessment of Offenders; Rehabilitation and Correctional Psychology; Criminal Responsibility, Insanity Defense, and Role of Expert Testimony	12
	Practical 1. Criminal profiling: case study 2. Mass murder: case study 3. To review a crime case involving serial murders. Comment on the psychological traits of the accused. 4. To cite a crime case involving a juvenile and argue for and against lowering the age for categorizing an individual as a juvenile. 5. To study a criminal case in which hypnosis was used as a means to detect deception Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.	30

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Suggested Evaluation Methods	
Internal Assessment: ➤ Theory(20 Marks) • Class Participation:05 Marks • Seminar/presentation/assignment/quiz/class test etc.:05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.:10 Marks • Mid-Term Exam: Nil	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: Bartol, C.R., & Bartol, A.M. (2014). Criminal Behavior: A Psychological Approach. Pearson. Blackburn, R. (1993). The Psychology of Criminal Conduct: Theory, Research and Practice. Wiley. Andrews, D.A., & Bonta, J. (2010). The Psychology of Criminal Conduct. Routledge. Gudjonsson, G.H. (2003). The Psychology of Interrogations and Confessions. Wiley. Hollin, C.R. (2006). Criminal Behaviour: A Psychological Approach to Explanation and Prevention. Routledge.	

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Department of Psychology

Undergraduate Programs(Psychology) Syllabus, Semester-VI

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	VI		
Name of the Course	Forensic Psychology		
Course Code	24 UN-PSY-606		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE-5		
Pre-requisite for the course(if any)	-		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Understand and articulate the fundamental concepts, historical aspects, and scope of forensic psychology. 2. Apply psychological principles and research to inform and impact legal processes and decisions. 3. Identify, analyze, and apply ethical principles and guidelines to resolve dilemmas in forensic psychological practice. 4. Utilize psychological theories and models to evaluate criminal behavior and understand the impact of mental disorders within forensic contexts		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/Per Group	5 per week /per Group
Max.Marks:100 Internal Assessment Marks:30 End Term Exam Marks: 70(50 Theory & 20 Practical)		Time:3 Hours(Each theory & practical)	

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Part B-Contents of the Course		
Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.		
Unit	Topics	Contact Hours
I	Basics of Forensic Psychology- Definition and fundamental concepts of forensic psychology; Scope and historical aspects of forensic psychology.	11
II	Forensic psychiatry; Psychology and law; Ethical issues in Forensic Psychology; Psychology and Criminal Behavior;	11
III	Mental disorders and forensic psychology ; Psychology of Juvenile Offenders; Juvenile Delinquencies and Juvenile Offenses	11
IV	Factors related to Psychology of Juvenile Offenders. Risk Factors for Nonsexual Violence. Competency Evaluations pertaining to Juvenile Offenders.	12
	Practical 1. To prepare a report on the relationship between mental disorders and forensic psychology. 2. To review a crime case involving serial murders. Comment on the psychological traits 3. of the accused. 4. To cite a crime case involving a juvenile and argue for and against lowering the age for categorizing an individual as a juvenile. 5. To study a criminal case in which hypnosis was used as a means to detect deception. 6. To prepare a case report on the thematic appreciation test. 7. To assess the aggression level of an individual 8. To prepare a case report on the word association test.	30
Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.		

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Suggested Evaluation Methods	
Internal Assessment:	
➤ Theory(20 Marks) • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical(10 Marks) • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: A.A. Moenssens, J. Starrs, C.E. Henderson and F.E. Inbau. (1995). <i>Scientific Evidence in Civil and Criminal Cases</i> (4th Ed), The Foundation Press, Inc. R. Saferstein. (2004). <i>Criminalistics</i> (8th Ed), Prentice Hall. J.C. De Ladurantey and D.R. Sullivan. (1980). <i>Criminal Investigation Standards</i> , Harper & Row. Dennis Howitt (2018). <i>Introduction to Forensic and Criminal Psychology</i> (6 th Ed). Pearson. Sandie Taylor (2019). <i>Forensic Psychology: The Basics</i> (2 nd Ed.). Routledge	

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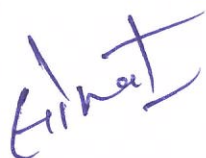
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List of Multidisciplinary Courses (MDC) offered to the University Pool					
Code	Course	Applicable scheme	Semester	Subject	Credit
24UN-PSY-MDC101	MDC1	A, B, C, D	I	Introduction to Psychology	3
24UN-PSY-MDC201	MDC2	A, B, C, D	II	Understanding the Abnormal Behaviour	3
24UN-PSY-MDC301	MDC3	A, B, C, D	III	Health and Well-being	3

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Department of Psychology

Undergraduate Programs (Psychology) Syllabus, Semester-I

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	I		
Name of the Course	Introduction to Psychology		
Course Code	24UN-PSY-MDC101		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MDC 1		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Provide basic understanding about historical development and domains of psychology. 2. Get understanding of study methods of psychology. 3. Acquaint the students with learning process in psychology. 4. Acquaint the students with memory process in psychology. 5. Conduct experiment to learning and memory.		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 Per week	2 per week /Per Group	4 per week /per Group
Max.Marks:70 Internal Assessment Marks:20 End Term Exam Marks: 50		Time:3 Hours(Each theory & practical)	

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Part B-Contents of the Course		
Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions (1 mark each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.		
Unit	Topics	Contact Hours
I	Psychology: Nature, Historical background and Fields of Psychology, Emergence of Psychology as a Science.	7
II	Methods: Experimental ,Interview ,Observation and Case Study.	7
III	Learning: Nature and Factors Affecting. Classical and Instrumental Conditioning.	7
IV	Memory: Nature, Study Methods, Factors Affecting Memory. Types of Memory.	7
	Practical 1. Sound Localization. 2. Experiment on STM 3. Experiment on LTM 4. Study of Primacy and Regency Effect 5. Simple Reaction time. 6. Observation. 7. Transfer of Training. Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.	32
Suggested Evaluation Methods		
Internal Assessment: ➤ Theory (15Marks) • Class Participation:04Marks • Seminar/presentation/assignment/quiz/classtestetc.:04Marks ➤ Mid-Term Exam: 07Marks ➤ Practical (5Marks) • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Labrecordsetc.:05Marks • Mid-Term Exam: Nil		End Term Examination: 35Marks 15Marks

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Part C-Learning Resources

Recommended Books/e-resources/LMS:

Atkinson, R.L., Atkinson, R.L. et al. (1985). Introduction to Psychology. N.Y. HBJ Publishers.
Ciccarelli, S.K. & Meyer, G.E. (2006). Psychology. New Delhi: Pearson Education Inc.
Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsi das.

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Department of Psychology

Undergraduate Programs (Psychology) Syllabus, Semester-II

Session:2024-25

Part A-Introduction

Subject	Psychology		
Semester	II		
Name of the Course	Understanding Abnormal Behaviour		
Course Code	24UN-PSY-MDC201		
Course Type:(CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MDC-2		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Acquaint with the abnormal behaviour and its criteria and characteristics. 2. Understand models of abnormality. 3. Gain knowledge about anxiety based and mood disorders. 4. Understand the concept of psychotherapies. 5. Develop skill to apply the psychological tests for assessment.		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 Per week	2per week/Per Group	4 per week /per Group
Max.Marks:70 Internal Assessment Marks:20 End Term Exam Marks: 50		Time:3 Hours(Each theory & practical)	

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Department of Psychology

Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions (1 mark each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Abnormal Behaviour: Meaning, Criteria and Characteristics. Causes of Abnormal Behaviour.	7
II	Models of Abnormality :Biological, Psychological and Socio-cultural.	7
III	Anxiety Based Disorders: Obsessive Compulsive Disorder, Phobia, Panic Attack: Etiology and Management.	7
IV	Psychotherapies: Psychoanalysis, Behaviour Therapy and Cognitive Behaviour Therapy.	7
	Practical 1. Obsessive-compulsion Checklist 2. Depression Inventory 3. Adjustment Inventory 4. Mental Health Questionnaire 5. Anxiety Inventory 6. PGI-Memory Scale 7. Defence Mechanism Inventory Note: Students will perform atleast five practical. The examiner will allot one practical at the time of end term examination for evaluation.	32

Suggested Evaluation Methods

Internal Assessment:	End Term Examination:
➤ Theory(15 Marks) • Class Participation: 04 Marks • Seminar/presentation/assignment/quiz/class test etc.: 04 Marks • Mid-Term Exam: 07 Marks	35 Marks
➤ Practical (5 Marks) • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab record etc.: 5 Marks • Mid-Term Exam: Nil	15 Marks

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Department of Psychology

Part C-Learning Resources

Recommended Books/e-resources/LMS:

- Anand, V. and Srivastva, R. (2003). *Manovikriti Vigyan*, Delhi: Moti Lal Banarsi Das.
- Carson, R. C.; Butcher, J. N., et al. (2007). *Abnormal Psychology*. (13th Ed.) New Delhi: Pearson Edu.
- Davison, G. C. & Neale, J. M. (1998). *Abnormal Psychology* (7th Ed.) New York: Wiley.
- Sarason, I. G. and Sarason, B. R. (2005). *Abnormal Psychology: The Problem of Maladaptive Behaviour* (10th Ed.) New Delhi: Pearson Education Inc.
- Singh, A. K. (2006). *Adhunik Asamanya Manovigyan*, Delhi: Moti Lal Banarasi Das.
- Srivastava, D. N. (1991). *Adhunik Asamanya Manovigyan* (6th Ed.) Agra: Sahitya.

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Part A-Introduction			
Subject	Psychology		
Semester	III		
Name of the Course	Health and Wellbeing		
Course Code	24UN-PSY-MDC301		
Course Type:(CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MDC-3		
Pre- requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Gain understanding regarding the concept of health psychology and related discipline. 2. Get acquainted with concept of wellbeing. 3. Understand the phenomenon of stress and pain. 4. Get acquainted with health promoting behaviours. 5. Conduct tests related to health and health related behaviour.		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 Per week	2 per week/Per Group	4 per week /per group
Max.Marks:70 Internal Assessment Marks:20 End Term Exam Marks: 50(35 Theory & 15 Practical)		Time:3 Hours (Each theory & practical)	
Part B-Contents of the course			
Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions (1 mark each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.			

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Unit	Topics	Contact Hours
I	Health: Components, Relationship Between health and wellbeing, Goals of Health Psychology.	7
II	Well-being: Components of Wellbeing, Life Satisfaction and Affect.	7
III	Stress: Causes and Consequences. Coping with Stress.	7
IV	Health Enhancing Behaviors: Resilience, Hope, Optimism; Happiness,	7
	Practical 1. Well-being Scale 2. Any Stress Inventory 3. Resilience Scale 4. General Health Questionnaire 5. Optimism Scale 6. Happiness Scale 7. Type A/B Personality Inventory Note: Students will perform at least five Practicals. The examiner will allot one practical at the time of end term examination for evaluation.	30
Suggested Evaluation Methods		
Internal Assessment: ➤ Theory (15 Marks) • Class Participation: 04 Marks • Seminar/presentation/assignment/quiz/class test etc.: 04 Marks • Mid-Term Exam: 07 Marks ➤ Practical (5 Marks) • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 5 Marks • Mid-Term Exam: Nil		End Term Examination : 35 Marks 15 Marks

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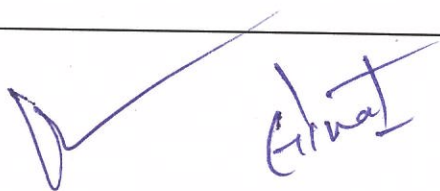
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Department of Psychology

Part C-Learning Resources

Recommended Books/e-resources/LMS:

- Feuerstein, M, Elise, R.L. and Kuczmiercigk, A.R. (1986). Health Psychology A Psychological perspective. New York : Plenum Press.
- Friedman-Di-mateo (1989). Health Psychology. New York: Prentice Hall.
- Prokop, C.K. Bradley, L.A. Burisn, T.G. Anderson K.O. and Fox, J.E. (1991). Health Psychology Clinical Methods and research. New York: Macmillan.
- Sarafino, E.P. (2002). Health psychology: Bio Psychosocial interactions (4th Ed.). NY: Wiley.
- Schumidt L.R. Schwenkemgger, P. Weinment, J. and Maes, S. (1990). Theoretical and Applied Aspects of Health Psychology. London: Hardwood/Academic.
- Snyder, C.R., & Lopez, S.J. (2007). Positive Psychology : The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
- Spaceman, S. and Oskamp, S. (1988). The Social Psychology of Health. New York: Sage Publications.
- Taylor, S.E. (2006). Health Psychology (6th Ed.). New York: Tata Mc Graw Hill.




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Department of Psychology

Undergraduate Program (B.A Psychology)

Value-added course (VAC) offered to the University Pool

Code	Course	Applicable scheme	Semester	Subject	Credit
24UN-PSY-VAC101	VAC 1/VAC 2	A, B, C, D	I or II	Human Values & Ethics	2
24UN-PSY-VAC301	VAC 3	C	III	Emotional Intelligence	2
		A, B, D	IV		
24UN-PSY-VAC401	VAC4	C	IV	Art of Happiness	2

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Department of Psychology

Undergraduate Programs (Psychology) Syllabus, Semester-I & II

Session: 2024-25

Part A-Introduction

Subject	Psychology		
Semester	I & II		
Name of the Course	Human Values and Ethics		
Course Code	24UN-PSY-VAC101		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	VAC-1 & 2		
Pre-requisite for the course(if any)	-		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Recognize the core ideas of human values and their importance in life. 2. Examine the connection between ethics and values and how it affects how decisions are made. 3. Recognize and put into practice fundamental human qualities like empathy and honesty in everyday circumstances. 4. Learn about different ethical theories and how they apply to real-world situations. 5. Gain the capacity to analyze moral conundrums critically utilizing various ethical frameworks.		
Credits	Theory	Practical	Total
	2	NA	2
Contact Hours	2 Per week		2 per week
Max.Marks:50 Internal Assessment Marks:15 End Term Exam Marks: 35		Time: 3 Hours	

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Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 (1 mark each) short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Human Values and Ethics: Meaning and nature of human values.	07
II	Significance of human values in life; Relation between values and ethics.	07
III	Relevance of Human values: Integrity Empathy, Loksangrah, Brahmvihara.	07
IV	The theory of Naya (Jainism), Deontology, Virtue Ethics, Utilitarianism .	07

Suggested Evaluation Methods

Internal Assessment: ➤ Theory(15 Marks) • Class Participation: 04 Marks • Seminar/presentation/assignment/quiz/classstestetc.: 04 Marks • Mid-Term Exam: 07 Marks	End Term Examination: 35 Marks
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Part C-Learning Resources

Recommended Books/e-resources/LMS:

Sandel, M. J. (2010). Justice: What's the right thing to do? Farrar, Straus and Giroux.
 Singer, P. (2011). Practical ethics (3rd ed.). Cambridge University Press.
 Vaughn, L. (2016). Bioethics: Principles, issues, and cases (3rd ed.). Oxford University Press.
 Ferrell, O. C., Fraedrich, J., & Ferrell, L. (2020). Business ethics: Ethical decision making & cases (12th ed.). Cengage Learning.
 Pojman, L. P., & Vaughn, L. (Eds.). (2014). Moral philosophy: A reader (5th ed.). Oxford University Press.
 Rachels, J., & Rachels, S. (2018). The elements of moral philosophy (9th ed.). McGraw-Hill Education.
 MacKinnon, B., & Fiala, A. (2018). Ethics: Theory and contemporary issues (9th ed.). Cengage Learning.

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Undergraduate Programs(Psychology)Syllabus, Semester-III & IV

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	III , IV		
Name of the Course	Emotional Intelligence		
Course Code	24UN-PSY-VAC301		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	VAC-3		
Pre-requisite for the course(if any)	-		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Get insight about emotional intelligence's nature, models and building blocks. 2. Discover personal competence and techniques of building emotional intelligence. 3. Gain knowledge about social Awareness & Relationship Management. 4. Gain insights into measurement and strategies to develop and enhance emotional intelligence.		
Credits	Theory	Practical	Total
	2	NA	2
Contact Hours	2 Per week		2 per week
Max.Marks:50 Internal Assessment Marks:15 End Term Exam Marks: 35		Time:3 Hours	

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Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 (1 mark each) short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question..

Unit	Topics	Contact Hours
I	Emotional Intelligence:Nature and Significance. Models: Ability and Trait, Comparison between General and emotional intelligence .	07
II	Dimensions of emotional intelligence: Self Awareness: Observing and Recognizing One's own Feelings, Knowing One's Strengths	07
III	Relationship Management: Effective communication, Collaboration, Team work, and Conflict management.	07
IV	Emotional Intelligence: Strategies to develop and enhance emotional intelligence.	07

Suggested Evaluation Methods

Internal Assessment: ➤ Theory (15 Marks) • Class Participation: 04 Marks • Seminar/presentation/assignment/quiz/class test etc.: 04 Marks • Mid-Term Exam: 07 Marks	End Term Examination: 35 Marks
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PartC-Learning Resources

Recommended Books/e-resources/LMS:

Bar-On, R., & Parker, J.D.A. (Eds.). (2000). The handbook of Emotional intelligence. San Francisco, California: Jossey Bros.

Goleman, D. (2005). Emotional Intelligence. New York : Bantam Book.

Singh, Dalip. (2001). Emotional Intelligence at Work: A Professional Guide. Sage Publications Pvt. Ltd..

Sternberg, R.J. (Ed.). (2000). Hand book of intelligence. Cambridge University Press.

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Department of Psychology

Undergraduate Programs(Psychology)Syllabus, Semester-IV

Session:2024-25

Part A-Introduction

Subject	Psychology		
Semester	IV		
Name of the Course	Art of Happiness		
Course Code	24UN-PSY-VAC401		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	VAC-4		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1 Get awareness regarding nature, sources and factors affecting happiness. 2 Understand the role of culture in happiness and relationship happiness and money. 3 Develop insight about happiness as a intrinsic value, age relationship with happiness and ways to increase happiness. 4 Know about key indicators and index of happiness and status of happiness in India.		
Credits	Theory	Practical	Total
	2	NA	2
Contact Hours	2	NA	2
Max.Marks:50 Internal Assessment Marks:15 End Term Exam Marks:35		Time:3 Hours	

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Part B-Contents of the Course

Instructions for Paper-Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 (1 mark each) short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question..

Unit	Topics	Contact Hours
I	Happiness: Definition and Nature, Sources of Happiness, Factors Affecting Happiness.	7
II	Culture and Happiness, Eastern and Western Approaches to Happiness, Relationship between Happiness and Money.	7
III	Happiness as Intrinsic Value, Age and Happiness, Ways to Increase Happiness.	7
IV	Measuring Happiness: Key Indicators, Happiness Index, World Happiness Report.	7

Suggested Evaluation Methods

Internal Assessment: > Theory • Class Participation: 04 Marks • Seminar/presentation/assignment/quiz/class test etc.: 04 Marks • Mid-Term Exam: 7 Marks	End Term Examination: 50 Marks
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Part C-Learning Resources

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Recommended Books/e-resources/LMS:

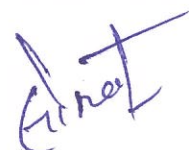
Seligman, M. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press.

Selin, H. and Davey, G. (2012). Happiness Across Cultures. Springer.

H H Lama, D. and Cutler, H. C. (2009). The Art of Happiness: A Handbook of Living (10th Anniversary Edition). New York: Riverhead Books.

Clark, A. E., Fleche, S., Layard, R., Powdthavee, N. and Ward, G. (2019). The Origins of Happiness. NJ: Princeton University Press.

Yew– Kwang Ng (2022). Happiness-Concept, Measurement and Promotion. Springer


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