

Sem ester	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		
3	CC-3MCC- 4	24UN-PSY-301	A,B,C	Experimental Psychology	4	3	1	5	20	10	50	20	100	3/3
	MCC-5	24UN-PSY-302	B,C	Personality	4	3	1	5	20	10	50	20	100	3/3
	MDC-3	24UN-PSY- MDC301	A,B,C,D	Health and Wellbeing	3	2	1	4	15	05	35	15	70	3/3
	VAC-3	24UN-PSY- VAC301	C	Emotional Intelligence	2	2	NA	2	15	00	35	00	50	3
	SEC-3													
	AEC-3													

From Available pool of Skill Enhancement Courses as per NEP

From Available pool of Value Added Courses as per NEP

Handwritten signature

Handwritten signature

Handwritten signature

Handwritten signature

Chaudhary Bansi Lal University, Bhiwani

(A State University established under Haryana Act No. 25 of 2014)

Undergraduate Programs (Psychology) Syllabus, Semester-III

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	III		
Name of the Course	Experimental Psychology		
Course Code	24UN-PSY-301		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC3/MCC4		
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 experimental procedure and perception. 2. Develop an understanding regarding nature and methods of classical Psychophysics. 3. Acquaint with processes of Learning and Memory. 4. Acquire understanding regarding Problem Solving and elementary Statistics. 5. Conduct experiments 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)	

Soni
Mukesh

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	Experimental Psychology:Nature and Historical Development.Experimental Method. Psychophysics: Nature, Concept of Continuum, and Problems.Methods of Classical Psychophysics.	11
II	Attention: Nature; Selective Attention and Divided Attention Perception:Nature and Characteristics.Perception of Form,Depth and Movement.	11
III	Learning:Definition,Factors Affecting.Theories of Learning:Trial and Error,Insight and Classical Conditioning. Verbal Learning:Nature, Material,Method and Organizational Processes	11
IV	Memory:Process and Types, Methods to Study Memory. Thinking:Nature and Types.	12
	Practical 1. Absolute Limen byMethod ofConstantStimuli 2. Differential Limen by Method of limits. 3. Muller-Lyre Illusion 4. Bilateral Transfer of Training 5. Maze Learning 6. Experiment on STM/LTM 7. Span of Attention 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		
Internal Assessment:		End Term Examination:
➤ Theory(20 Marks)		50 Marks
• Class Participation:05 Marks		
• Seminar/presentation/assignment/quiz/class testetc.:05 Marks		
• Mid-Term Exam: 10 Marks		
➤ Practical (10 Marks)		20 Marks
• Class Participation:Nil		
• Seminar/Demonstration/Viva-voce/Lab records etc.:10 Marks		
• Mid-Term Exam: Nil		
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
Atkinson,R.L.,Atkinson,R.L,etal.(1985) <i>Introduction to Psychology</i> .N.Y.:HBJ Publishers.		
D'Amato,M.R.(2001) <i>Experimental Psychology:Methodology, Psychophysics and Learning</i> . New Delhi:McGraw Hill.		
Mishra,B.K.(2016).Psychology:The Study of Human Behaviour.Delhi:PHI Singh,		
A.K.(2009) <i>Uchattar Samanaya Manovigyan</i> . Delhi: Moti Lal Banarsidas.		
Singh,A.&Singh,U.(1984). <i>Prayogatamak Manovigyan</i> . Bhiwani:Vedic Prakashan.		
Singh, R. & Shyam, R. (2008) <i>Adhunik Sangyanatmak Manovigyan</i> .Panchkula: Haryana Sahitya Akadami.		

[Handwritten signature]

[Handwritten signature]

[Handwritten mark]

[Handwritten mark]

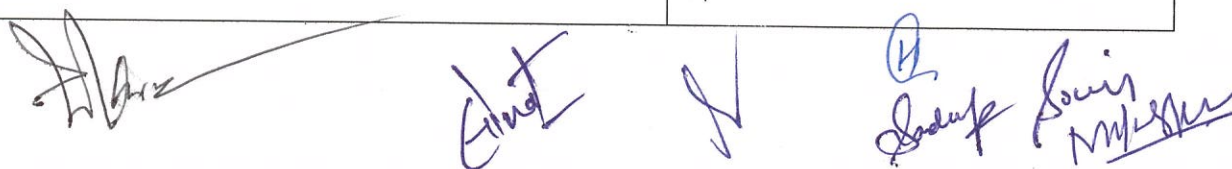
[Handwritten signature]

Chaudhary Bansi Lal University, Bhiwani

(A State University established under Haryana Act No. 25 of 2014)

Undergraduate Programs(Psychology)Syllabus, Semester-III

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	III		
Name of the Course	Personality		
Course Code	24UN-PSY-302		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC-05		
Pre-requisite for the course(if any)	-		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Acquire knowledge about historical development, nature and contribution of different factors in development of personality. 2. Acquire critical understanding of structure of personality theory including Psychoanalytic theories 3. Appreciate contribution of Trait Theory. 4. Gain insight into Personality Assessment and phenomenological perspectives of Personality		
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)	



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: Nature, Conceptual History; Nomothetic and Ideographic approaches Determinants of personality: Genetic and environmental.	11
II	Personality theory: Nature, components, criteria for theory. Psychoanalytic Theories: Sigmund Freud, Carl Jung.	11
III	Trait Theories: Cattell, Allport, Eysenck and Five Factor Model.	11
IV	Personality Assessment: Self-report inventories, Projective techniques, Phenomenological Perspective: Carl Rogers, Abraham Maslow's Humanism	12
	Practical 1. NEO Personality 2. Eysenck personality questionnaire EPQ/EPI 3. Word Association Test (WAT) 4. Sentence Completion test 5. 16 PF 6. TAT Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.	30

[Handwritten signature]

[Handwritten signature]

[Handwritten mark]

[Handwritten signature]
[Handwritten signature]
[Handwritten signature]

Chaudhary Bansi Lal University, Bhiwani

(A State University established under Haryana Act No. 25 of 2014)

Session:2024-25			
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)	

AB

Chait

W

Dr. Soni
Incharge
Biology

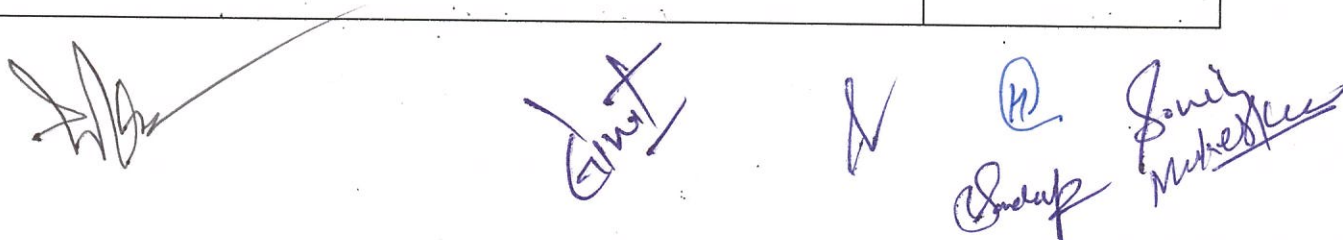
Part B-Contents of the course

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	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:	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 records etc.: 5 Marks • Mid-Term Exam: Nil	15 Marks



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.

Schmidt L.R. Schwenkemger, P. Weinment, J. and Maes, S. (1990). Theoretical and Applied Aspects of Health Psychology. London: Harwood/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.

Alb

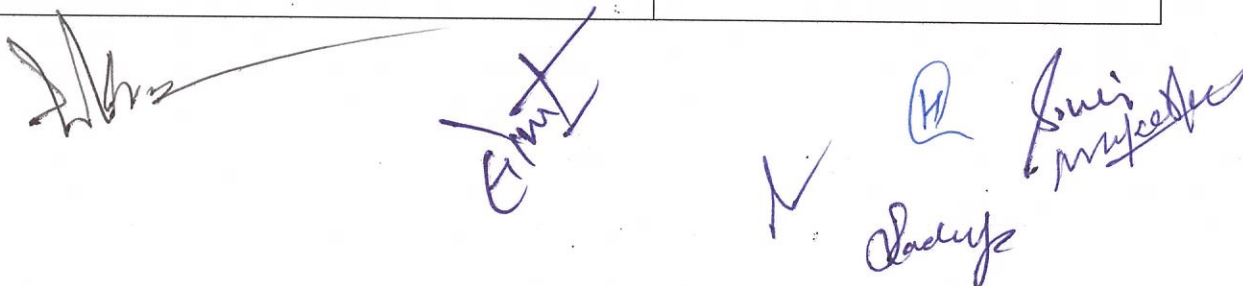
Gnat

N

Sun
Mikes
Saeed
H

Chaudhary Bansi Lal University, Bhiwani
(A State University established under Haryana Act No. 25 of 2014)
Undergraduate Programs(Psychology)Syllabus, Semester-III

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	III		
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	



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
--	--

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.