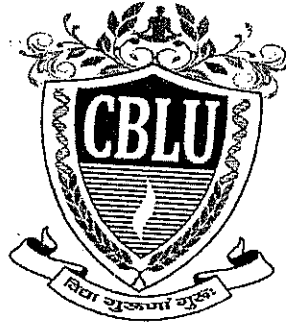


Chaudhary Bansi Lal University, Prem Nagar
(A State University established under Haryana Act No. 25 of 2014)



**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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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.

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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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DEPARTMENT OF PSYCHOLOGY

CHAUDHARY BANSILAL UNIVERSITY, BHIWANI

Established by the State ACT 25 of 2014

Scheme of Examination for Undergraduate Programme in the Subject of Psychology as per NEP 2020 (Multiple Entry-Exit, Internships and Choice Based Credit System- Learning Outcome Based) w.e.f. 2024-25 in phased manner.

Semester	Course Type	Applicable Scheme	Course Code	Nomenclature of paper	Credits	Credits		Contact hours	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		
1	CC-1	A,B,C	24UN-PSY-101	Foundations of Psychology	4	3	1	5	20	10	50	20	100	3/3
	MCC-1	C	24UN-PSY-102	Basic Statistics in Psychology	4	3	1	5	20	10	50	20	100	3/3
	MCC-2													
	CC-M1 *	A,B,D	24UN-PSY-103	Youth Psychology	2	2	NA	2	15	-	35	00	50	3
	CC-M1	C												
	MDG-1	A,B,C,D	24UN-PSY-MDC101	Introduction to Psychology	3	2	1	4	15	05	35	15	70	3/3
	VAG-1	A,B,C,D	24UN-PSY-VAC101	Human Values And Ethics	2	2	NA	2	15	-	35	00	50	3
	ABC-1													
	SEC-1													
From Available pool of Ability Enhancement Courses as per NEP (2Credit)														
From Available pool of Skill Enhancement Courses as per NEP (3Credit)														
*For Students who opt Psychology as a minor Course.														

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Semester	Course Type	Course Code	Applicable Scheme	Nomenclature of paper	Credits	Credits		Contact hours	Internal Assessment marks		End term Exam. Marks		Max. Marks	Duration of End Term exam (Hrs T/P)
2	CC-2	24UN-PSY-201	A,B,C	Social Psychology	4	3	1	5	20	10	50	20	100	3/3
	MCC-3													
	DSEC-1	24UN-PSY-202	C	Counseling Psychology	4	3	1	5	20	10	50	20	100	3/3
	CC-M2*	24UN-PSY-203	A,B,D	Understanding and Managing Stress	2	2	NA	2	15	---	35	---	50	3
	CC-M2		C	From the available CC-2/MCC-3 of 4 Credits from subject other than Major.										
	MDC-2	24UN-PSY-MDC201	A,B,C,D	Understanding of Abnormal Behavior	3	2	1	4	15	5	35	15	70	3/3
	VAC-2		A,B,C,D	Human Values and Ethics	2	2	NA	2	15	---	35	--	50	3/3
	AEC-2		From Available pool of Ability Enhancement Courses as per NEP (2Credit)											
	SEC-2		From Available pool of Skill Enhancement Courses as per NEP (3Credit)											
	Internship		Internship of 4 Credits of 4-6 weeks duration after 2nd Semester (Mandatory in case of exit)											
	Exit Option		Under Graduate Certificate in Discipline with 52 credits											

***For Students who opt Psychology as a minor course.**

Note:

1. CC of concerned semester will be CC-M (4 credits) for non-psychology students.
2. AEC/SEC/VAC/VOC course(s) will be chosen from the pool of courses.
3. Discrepancy, if any, in the scheme will be dealt as per ordinance for UG programs prepared by Chaudhary Bansi Lal University, Bhiwani.
4. The scheme will be implemented in phased manner with effect from the session 2024-25.

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SEMESTER-I

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

Undergraduate Programs (Psychology) Syllabus , Semester-I

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	I		
Name of the Course	Foundations of Psychology		
Course Code	24UN-PSY-101		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC1/MCC1		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Demonstrate an understanding of foundational concepts of psychology and human behaviour. 2. Understand the structure and function of sensory processes. 3. Comprehend theoretical concepts of emotion and motivation. 4. Understand various theories and factors affecting personality and intelligence. 5. Conduct experiments and tests related to Foundations of Psychology		
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		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(2mark 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 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 and Scope of Psychology; Psychology as a Science and Present Status. Methods to Study Behaviour: Interview, Case study and Experimental.	11
II	Pre -Scientific Psychology: Eastern and Western Thoughts. Schools of Psychology: Associationism, Structuralism, Functionalism, Gestalt (Subject Matter, Methods and Contribution)	11
III	Sensation: Nature, Characteristics and Types Structure and Functions of Visual and Auditory sensation. Attention: Nature and Characteristics.	11
IV	Personality: Nature, Factors Affecting and Theories: Allport, Cattell and Eysenck. Intelligence: Nature, Factors Affecting and Theories: Spearman, Thurstone, and Cattell.	12
	Practical 1. NEO-FFI/Personality Test 2. Retinal Colour Zones/Colour Blindness 3. Simple Reaction Time 4. Verbal Test of Intelligence. 5. Performance Test of Intelligence/RPM. 6. I6PF Questionnaire 7. GMAT 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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Chaudhary Bansi Lal University, Bhiwani
(A State University established under Haryana Act No. 25 of 2014)

Undergraduate Programs (Psychology) Syllabus, Semester-I

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	I		
Name of the Course	Basic Statistics in Psychology		
Course Code	24UN-PSY-102		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC2		
Pre-requisite for the course(if any)	-		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1 Develop insight about statistics and level of measurements. 2 Have in depth understanding of types, frequency distribution and graphical representation of data. 3 Have knowledge about measures of central tendency and variability. 4 Develop insight about normal probability curve and methods of correlation. 5 Draw different types of graph and calculations of central tendencies through excel		
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		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	Statistics: Meaning, Types, Scope, and Advantages and Disadvantages of statistics. Measurement: Meaning, Levels of Measurement: Nominal, Ordinal, Interval and Ratio. Uses of Measurement.	11
II	Unit-II Data: Meaning, Types-Primary and Secondary. Difference between Primary and Secondary Data. Frequency Distribution, Graphical Representation of Data: Frequency Polygon, Histogram and Bar Diagram.	11
III	Measures of Central Tendencies: Mean, Median and Mode. Measures of Variability: Range, Mean Deviation, Standard Deviation and Quartile Deviation.	11
IV	Normal Probability Curve: Meaning and Characteristics. Correlation: Meaning, Types of Correlation. Method: Spearman Rank Difference, Pearson Product Moment and Tetrachoric	12
	Practical 1. Drawing of Histogram 2. Drawing of Bar Diagram 3. Drawing of Polygon 4. Drawing of Pie-chart 5. Calculation of Mean in Excel/Spreadsheet. 6. Calculation of Median in Excel/Spreadsheet 7. Calculation of Mode in Excel/Spreadsheet. 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:		End Term Examination:
✓ Theory(20Marks) • Class Participation:05 Marks • Seminar/presentation/assignment/quiz/class test etc.:05Marks • Mid-Term Exam: 10 Marks ✓ Practical (10Marks) • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.:10 Marks • Mid-Term Exam: Nil		
		50 Marks
		20 Marks

Part C-Learning Resources

Recommended Books/e-resources/LMS:

Garrett, H.E.(1926)Statistics in Psychology and Education ,Longmans, Green and Co.
 Suleman,M.(2016)Statistics in Psychology ,Education and other Social Sciences,5th edition,Delhi:Moti Lal Bnarsi Das.
 Singh,R. and Radhe Shyam(2008)Comprehensive Statistics for Behavioural Sciences. Delhi:Sanjay Prakashan.
 Gupta,L.,Singh,R.and Radhey Shyam(2015)Fundamental Statistics for Social Sciences. Intellectual foundation, India.

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

Undergraduate Programs (Psychology) Syllabus, Semester-I

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	I		
Name of the Course	Youth Psychology		
Course Code	24UN-PSY-103		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-MI		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: To help students understand the notion of youth, youth across cultures, the factors influencing youth identity and sensitivity to issues concerning the youth of today.		
Credits	Theory	Practical	Total
	2	NA	2
Contact Hours	2 Per week	NA	2 Per Week
Max.Marks:50 Internal Assessment Marks:15 End Term Exam Marks: 35			Time:3Hours

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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 07 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Introduction: Defining youth; Youth across cultures; Formulation of youth identity; Concerns of youth in Indian context.	7
II	Youth development and Relationships: Relationship with family members and friends; Romantic relationships;	7
III	Today's Youth: Issues and challenges: Youth and risk behaviours; Employment and education	7
IV	Developing Youth: Positive youth development; Building resources: Hope, Optimism and Resilience	7

Suggested Evaluation Methods

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

Recommended Books/e-resources/LMS:

Agochia, D. (2010). Life competencies for Adolescents: Training Manual for Facilitators, Teachers and Parents. New Delhi: Sage Publication. Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). Social Psychology (12th Ed). New Delhi: Pearson Berk, L. E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall.

Brown, B. B., R. Larson, & T. S. Saraswathi. (2002). The world's youth: Adolescence in eight regions of the globe. New York: Cambridge University Press. (Chapters 1 & 2).

Carr, A. (2004), Positive Psychology: The Science of Happiness and Human Strength, Brunner Routledge Connidis,

I. A. (2010). Family ties and aging. Sage. (Chapters 8 & 10)

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Chaudhary Bansi Lal University, Bhiwani

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

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/class test etc.:04Marks > Mid-Term Exam: 07Marks > Practical (5Marks) • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: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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Chaudhary Bansi Lal University, Bhiwani
(A State University established under Haryana Act No. 25 of 2014)
Undergraduate Programs (Psychology) Syllabus, Semester-I

Session: 2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	I		
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		
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-Content: 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, Brahmavihara.	07
IV	Theory of Naya (Jainism), Deontology, Virtue Ethics, Utilitarianism.	07

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

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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SEMESTER-2

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

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	II		
Name of the Course	Social Psychology		
Course Code	24UN-PSY-201		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC2/MCC3		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Demonstrate an understanding of the foundational concepts of social behaviour and methods of study. 2. Demonstrate understanding of socialization process, person perception and attitudes. 3. Acquaint with interpersonal attraction, pro-social behaviour and aggression. 4. Understand the concept of leadership and dynamics of group and collective behaviour. 5. Acquaint with different types of psychological test related to social phenomenon.		
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		Time:3Hours(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(2mark 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 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: Meaning, History, Scope and Relationship of Social Psychology with Anthropology and Sociology. Determinants of Social Behaviour. Method: Observation, Sociometry and Survey.	11
II	Socialization: Nature, Agencies and Factors Affecting Socialization. Person perception: Nature and Determinants. Attitude: Nature, Formation, Change and Resistance to Change.	11
III	Interpersonal Attraction: Nature and Determinants. Pro-social behaviour: Meaning, Stages and Determinants. Aggression: Nature, Causes and Control.	11
IV	Group Behaviour: Meaning, Formation, Types and Functions of Group. Leadership: Nature, Characteristics and Types .Collective Behaviour: Crowd and Mob.	12
	Practical 1. Sociometry 2. Measurement of Attitude 3. Altruism Scale 4. Stereotype Scale 5. Aggression Scale 6. Prejudice Scale 7. Leadership Styles 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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Chaudhary Bansi Lal University, Bhiwani
(A State University established under Haryana Act No. 25 of 2014)

Undergraduate Program(Psychology)Syllabus, Semester-II

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	II		
Name of the Course	Counselling Psychology		
Course Code	24UN-PSY-202		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSEC-1		
Pre-requisite for the course(if any)	-		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Acquire understanding of the meaning and process and goals of Counselling Psychology. 2. Understand different approaches of counselling and acquire knowledge regarding assessment methods and professional skills of Counsellor. 3. Acquire knowledge related to therapeutic techniques of counselling including Psychoanalytic, Gestalt and Reality Therapy. 4. Acquire knowledge related to therapeutic techniques of counselling including Systematic desensitization, Assertive training		
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		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(2 mark each) 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	Counselling: Subject matter, Assumptions, Goals of Counselling, Individual vs Group Counselling	11
II	Counselling skills: Listening and attending behaviour, paraphrasing, reflecting, pacing, congruence, self-disclosure.	11
III	Counselling techniques(I): Psychoanalytic, Client-centered, Gestalt, Cognitive-behaviour, Art Therapy	11
IV	Counselling techniques(II): progressive muscular relaxation, Systematic desensitization, Assertive training, Indigenous techniques: Yoga & Meditation	12
	Practical 1. Counselling Need Scale 2. Interest Inventory 3. Case History 4. 16PF/NEO-FFI 5. GHQ 6. Report Writing 7. Aptitude test 8. Adjustment 9. Family Environment	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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Part C-Learning Resources

Recommended Books/e-resources/LMS:

- Recommended Books/e-resources/LMS:**
- Gibson, R. L. & Mitchell, M. H. (2012). Introduction to Counselling and Guidance (7th Ed.) New Delhi: Pearson
- Gladding, S. T. (2012). Counselling: A Comprehensive Profession. (7th Ed) New Delhi: Pearson
- Rao, S.N. and Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill.
- Seligman, L. and Reichenberg, L. W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.
- Udapa, K. N. (1985). Stress and its Management by Yoga. Delhi: Motilal Banarsidas.
- Hackney, H.L. (2012). The Professional Counselor: A process guide to helping. Pearson.
- Friedlander, M.L. & Diamond, G.M. (2012). Couple and Family Therapy.
- In E. M. Altmaier and J.C. Hansen (Eds.) The Oxford Handbook of Counselling Psychology. New York: Oxford University Press.

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

Undergraduate Programs(Psychology)Syllabus, Semester-II

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	II		
Name of the Course	Understanding and Managing Stress		
Course Code	24UN-PSY-203		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-M2		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Acquaint with the main symptoms and sources of stress. 2. Understand the effect of stress on health. 3. Learn various stress management techniques.. 4. Learn different ways of coping with stress.		
Credits	Theory	Practical	Total
	2	NA	2
Contact Hours	2Per week	NA	2per 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 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	Stress: Nature, Symptoms and Sources of Stress.	7
II	Stress and Health: Effect of Stress on Cardio-Vascular System, Endocrine System and Immune System.	7
III	Managing Stress: Methods- Yoga, Meditation, Relaxation Training and Biofeedback	7
IV	Coping with Stress: Use of Distraction, Imagery and resilience	7
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
Part C-Learning Resources		
Recommended Books/e-resources/LMS: Carr A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge. Di Matteo, M.R. & Martin, L.R. (2002). Health Psychology, New Delhi: Pearson. Neiten, W. & Lloyd, M.A. (2007). Psychology applied to Modern life. Thomson Detmar Learning Taylor, S.E. (2006). Health Psychology, 6 th Edition, New Delhi: Tata McGraw Hill.		

Arhat

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

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)	

Chaudhary

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: > Theory(15 Marks) • Class Participation:04 Marks • Seminar/presentation/assignment/quiz/class test etc.:04 Marks • Mid-Term Exam: 07 Marks > Practical (5Marks) • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.:5Marks • Mid-Term Exam: Nil		End Term Examination: 35 Marks 15 Marks
Part C-Learning Resources		

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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: Willy.
- 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.

Atika