

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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Psychology

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Dept. Of Psychology
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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

Undergraduate Programs (Psychology) Syllabus, Semester-IV

Session:2023-24

Part A-Introduction

Subject	Psychology		
Semester	IV		
Name of the Course	Developmental Psychology		
Course Code	24UN-PSY-401		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC4/MCC6		
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 concepts, process, domains and different perspectives of human development. 2. Grasp understanding of beginning of human life and birth process. 3. Inculcate knowledge regarding nature of development across life Span 4. To understand the transitional processes during adolescence and old age. 5. Conduct tests related to their theory and 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	Human Development: Concept, Principles and Determinants. Major Perspectives: Psychodynamic, Behavioural and Contextual.	11
II	Earliest Development: Basic of Genetics, Transmission of Genetics information Prenatal Development: Fertilization, Stages and Threats to Development.	11
III	Infancy and Childhood: Physical, Cognitive and Social Development. Adolescence: Physical and Sexual Maturation, Crisis in Adolescence	11
IV	Aging: Concept, Factors: Biological, Psychological and Sociocultural.	12
	Practical 1. Family Environment Scale 2. Emotional Maturity Scale 3. Youth Problem Inventory 4. Aggression Questionnaire 5. Vineland Social Maturity Scale 6. Impulsiveness scale 7. Case study. 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:05Marks • Seminar/presentation/assignment/quiz/class test etc.:05 Marks • Mid-Term Exam: 10Marks ➤ 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: Berk,L.E.(2004). <i>Development Through the Life Span</i> .Delhi:Pearson Education. Hurlock,E.B.(2001) <i>Development Psychology:A life-span approach</i> .New Delhi:Tata McGraw Hill. Lal,J.N.,&Srivastava,A.(2001) <i>Modern Developmental Psychology</i> .Agra:Vinod Pustak Bhandar. Sheffer,D.R.& Katherine,K.(2007). <i>Developmental Psychology: Childhood And Adolescence</i> New York:Thomson Wadsworth. Santrock, J.W.(1997). <i>Life Span Development</i> :Dubuque: Brown and Benchmark.	

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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	Intelligence		
Course Code	24UN-PSY-402		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC-7		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Understand Meaning, Nature and genetic and environmental influences on intelligence. 2. To understanding of traditional theories of intelligence i.e Thurstone, Guilford, Cattell. 3. Understand the current theories of intelligence including the concept of emotional intelligence. 4. To Understand regarding issues like psychometric and EEG and Related measurements.		
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	Intelligence: Meaning, Nature, Historical Background, Genetic and Environmental Influences.	11
II	Traditional Theories of Intelligence: Spearman, Thurstone, Guilford, Cattell	11
III	Current Theories of Intelligence: Jensen, Eysenck, Sternberg, Gardner	11
IV	Measurement of Intelligence: - Verbal, Non-Verbal and Performance methods of Intelligence	12
	Practical ● Pass Along Test ● GMAT ● Raven's Progressive Matrices ● WAPIS (Wechsler Adult Performance Intelligence Scale) ● Emotional Intelligence Test ● Abstract Reasoning Test ● Koh Block Design ● Reaction Time 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) • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks	50 Marks
> Practical (10 Marks) • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab record setc.: 10 Marks • Mid-Term Exam: Nil	20 Marks

Part C-Learning Resources

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Recommended Books/e-resources/LMS:

- Anastasi, A. (1988). Psychological testing (6thEd.). New York: McMillan.
- Cattell, R.B. (1987). Intelligence: Its Structure, Growth, and Action. North Holland: Amsterdam.
- Eysenck, H.J. (1982). A Model for Intelligence. New York: Springer-Verlag.
- Guilford, J.P. (1967). The nature of Human Intelligence. New York: McGraw Hill.
- Sternberg, R.J. (2003). Handbook of Human Intelligence. London: Cambridge University Press.
- Sternberg, R.J. (1990). Metaphors of Mind: Conceptions of the Nature of Intelligence. London: Cambridge University Press.
- Wolman, B.B. (1985). Handbook of Intelligence: Theories, Measurements and Applications. New York: John Wiley & Sons.
- Sing, A.K.(2009) Uchattar Samananya Manovigyan. Delhi: Moti Lal Banarsi dass.

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Undergraduate Programs(Psychology)Syllabus,Semester-IV

Session:2023-24			
Part A-Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Cognitive Psychology		
Course Code	24UN-PSY-403		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC-8		
Pre-requisite for the course(if any)	-		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Acquaint themselves about history of cognitive psychology and understand different methods to study cognition. 2. Have in-depth understanding of nature and types of attention and different models of selective attention. 3. Have familiarity with process of pattern recognition along with reasoning. 4. Have acquaintance with nature, structure of language development and problem solving. 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	Cognitive Psychology: Nature, Scope, Historical background and Current Status of Cognitive Psychology. Methods to Study Cognition-Behavioral and Physiological.	11
II	Attention: Nature and Types, Models of Selective Attention – Broadbent and Treisman; Vigilance.	11
III	Pattern Recognition: Nature and Theories- Prototype Matching and Template Matching. Reasoning: Nature and Types – Inductive and Deductive.	11
IV	Language: Nature, Properties and Structure; Stages of Language Development. Problem Solving: Nature and Classification of Problems, Factors Affecting Problem Solving.	12
	Practical 1. Attention (Selective/Focused) 2. Problem Solving Test 3. Stroop Effect 4. Letter Cancellation Test 5. Trail Making 6. Maze Learning 7. Tower of Hanoi Note: Students will perform atleast 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: Eysenck, M.W., & Keane, M.P (2000). Cognitive Psychology: A students guide, Psychology Press. Galotti, K.M.(2000). Cognitive Psychology in and out of the Laboratory. Delhi: Thomson. Kellogg, R.T. (2012). Fundamentals of Cognitive Psychology. Lab Angles: Sage. Matlin, M.W.(2008), Cognition. New York: Wiley. Solso, R.L. (2001). Cognitive Psychology. Delhi: Pearson Education. Sternberg, R.J.(2007). Cognitive Psychology. Delhi: Thomson.	

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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	Health Psychology		
Course Code	24UN-PSY-404		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE-1		
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 behavioural risk actors of health. 3. Develop insight into health related disorders. 4. Understand pain and geriatric health psychology. 5. Conduct tests related to health and health related behaviour.		
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	Health Psychology: Nature and Emergence, Goals and Scope. Models of Health Behaviour: Biomedical and Biopsychosocial.	11
II	Behavioural Risk Factors: Substance Abuse, Smoking, Diet; Sedentary Life Style, Type A Behaviour Personality.	11
III	Health Related Disorders-Coronary Heart Disease, Hypertension, Diabetes, HIV and AIDS.	11
IV	Pain: Concept, Causes, Physiology of Pain, Psychological Factors, Management of Pain. Future Challenges for Health Psychologist	12
	Practical 1. Well-being Scale 2. Stress Inventory 3. General Health Questionnaire 4. BMI(Body Mass Index) 5. Optimism Scale 6. Happiness Scale 7. WHO Quality of Life Scale 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: Cooper, CL, (ed) 1983. Stress Research. Issues for the Eighties. New York: Wiley & Sons. Di Matteo, M.R. and Martin, L.R. (2002). Health psychology. New Delhi: Pearson. 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 McGraw Hill.	

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Undergraduate Programs(Psychology)Syllabus,Semester-IV

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Industrial and Organizational Psychology		
Course Code	24UN-PSY-405		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE-1		
Pre-requisite for the course(if any)	-		
Course Learning Outcomes (CLO):	After completing this course,the learner will be able to: 1. Analyze how individual, group, and organizational behaviors impact workplace dynamics and productivity. 2. Demonstrate knowledge of key theories and models in industrial and organizational psychology. 3. Create and assess training and development programs to enhance employee performance and growth. 4. Develop skills to effectively communicate psychological concepts, findings, and recommendations to diverse organizational stakeholders. 5. Understand and articulate the various theories motivation and leadership		
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	Industrial Psychology: Nature, History, Areas and Goals Organizational Behaviour: Nature and Scope, Understanding people at work	11
II	Motivation: Meaning – Primary, Secondary and General Motives; Theories of work motivation- Maslow's Need Hierarchy, Herzberg's Two Factor Theory	11
III	Employee Attitudes: Job Satisfaction, Organizational Commitment Performance Appraisal: Methods of Appraising Performance, Error and Bias in Performance Appraisal	11
IV	Understanding Communication: Formal vs Informal, Communication Barriers,	12
	Practical 1. Occupational stress Index 2. Job Satisfaction Scale 3. Organizational Climate Inventory 4. Work Performance Schedule 5. Work Performance 6. Job Value Questionnaire 7. Work Motivation Questionnaire 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.: 10Marks • Mid-Term Exam: Nil	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: John W Newstrom (2015). Organizational Behaviour-Human Behaviour at Work. 14th Edition Tata Mc Graw-Hill Publishing Company Limited.New Delhi Ronald, E.R and Lyman, W.P (2013). Introduction to Industrial/ Organization Behaviour. Pearson Girish bala Mohanty (2010). Industrial Psychology and Organisational Behaviour, Kalyani Publishers, Ludhiana Suleman, M. and Chaudhary, V. (2006).Industrial Psychology and Organisational Behaviour, Moti Lal Banarsi Das	

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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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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 (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:

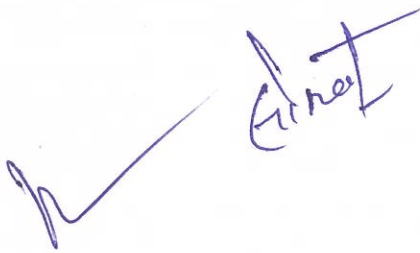
Seligman, M. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press.

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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