



**Veer Bahadur Singh Purvanchal University, Jaunpur**

**U.G. Syllabus (Semester-wise)**

**Subject - Psychology**

**(According to National Education Policy- 2020)**

**Modification done by BOS Psychology on 10 July, 2024**

**To be implemented from Session 2024-25**

**Veer Bahadur Singh Purvanchal University, Jaunpur**  
**Modified Common Minimum Syllabus Under NEP 2020**  
**For Undergraduate Psychology Programme**  
**(Modification done by BOS Psychology on 10/07/2024)**

**Semester-wise Titles of the Papers in B.A./B. Sc.**

<b>Year</b>	<b>Sem.</b>	<b>Course Code</b>	<b>Paper Title</b>	<b>Theory/Practical</b>	<b>Credits</b>
1	I	A090101T	Basic Psychological Processes	Theory	4
	I	A090102P	Lab Work	Practical	2
	II	A090201T	Basic Research Methodology and Statistics	Theory	4
	II	A090202P	Lab Work/ Psychological Testing	Practical	2
2	III	A090301T	Psychology of Social Behavior	Theory	4
	III	A090302P	Lab Work and Measurement of Social Behavior	Practical	2
	IV	A090401T	Abnormal Psychology	Theory	4
	IV	A090402P	Assessment/Testing	Practical	2
3	V	A090501T	Life Span Human Development	Theory	4
	V	A090502T	Positive Psychology	Theory	4
	V	A090503P	Lab Work/Survey/ Field Visit	Practical	2
	V	A090504R	Research Project	Project	-
	VI	A090601T	Community and Health Psychology	Theory	4
	VI	A090602T	Counseling Psychology	Theory	4
	VI	A090603P	Survey/Field Visit/Project Work	Practical	2
	VI	A090604R	Research Project	Project	6

**Note: Research Project will be assigned in V<sup>th</sup> semester while its evaluation will be done by the end of VI<sup>th</sup> Semesters.**

## **Undergraduate Psychology Programme**

### **Semester-wise Course Curricula**

**Subject prerequisites: Open to all.**

#### **Program Outcome (After 3 Years)**

The learning outcomes that a student should be able to exhibit on completion of a degree level programme in Psychology are as follows:

- (i) Comprehension about the discipline, its research methods, related theories and models.
- (ii) Knack to link up theory with individual experiences and varied applied settings.
- (iii) Capacity to practice professional skills in the area of psychological testing, assessment and counseling.
- (iv) Development of skills in specific areas related to specific specialization (e.g. psycho-diagnostics, counseling, learning disability, health, community mental health and organizational behavior).
- (v) A general understanding about how knowledge of psychology can be applied to benefit the management and/or amendment of problems of mankind.
- (vi) Capability to articulate ideas in appropriate manner, with scientific writing and authentic reporting.
- (vii) Sensitivity towards diverse contexts, ethnic groups, minorities, marginalized groups and gender issues
- (viii) Development of skills and attributes of empathy, team work, coordination, cooperation, conflict resolution, and congruence.

## **Semester I**

### **Paper 1**

#### **Theory**

<b>Program/Class: Certificate</b>	<b>Year: First</b>	<b>Semester: First</b>
<b>Subject: Psychology</b>		
Course Code: A090101T	Course Title: <b>Basic Psychological Processes</b>	
<b>Course Outcome:</b> The students will learn about the fundamental processes and core psychological concepts, models, classical theories, varied perspectives, and will be able to apply them in their own and in others lives. It will also give the learner a clear understanding of the concepts like intelligence, motivation, emotion and personality. It will develop critical analytical skills regarding these individualistic traits.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Psychology: Meaning, Nature, Scope and Applications; Approaches: Psychodynamic, Behavioristic and Gestalt.	8
<b>II</b>	Attention Processes: Meaning, Nature, Determinants and Types, Perceptual Processes: Meaning, Nature and Determinants; Perceptual Organization; Perceptual Illusion.	7
<b>III</b>	Learning: Classical Conditioning, Operant Conditioning and Verbal Learning: Methods and Procedures.	8
<b>IV</b>	Memory and Forgetting: Stages of Memory: Encoding, Storage and Retrieval; Types of Memory: Sensory, Short Term and Long Term Memory (Basic Introduction); Forgetting: Interference and Cue-Dependent Forgetting.	8
<b>V</b>	Intelligence: Nature and Definition; Concept of IQ; Theories of Intelligence (Brief Introduction): Spearman, Thurston, Guilford.	8

<b>VI</b>	Personality: Definition and Determinants; Jung's Classification of Personality; Approach of Personality (Basic Concepts): Trait Approach (Allport); Psychodynamic (Freud), Humanistic (Rogers).	8
<b>VII</b>	Motivation: Nature and Concept (Needs, Drives, Instincts); Types of Motives: Biological and Social Motives, Need Hierarchy Theory (Basic Concept)	7
<b>VIII</b>	Emotion: Meaning and Nature of Emotion; Classification of Emotion. Theories of Emotion: James-Lange, Cannon-Bard, Lazarus.	6

**Suggested Readings:**

1. Baron, R. & Misra, G. (2016). *Psychology* (5th edition). New Delhi: Pearson.
2. Ciccarelli, S. K., White, N.J., & Misra, G. (2017). *Psychology* (5th ed., South Asian Edition). New Delhi: Pearson Education.
3. Cornelissen, M., Mishra, G. & Verma, S. (2014). *Foundations of Indian Psychology*. New Delhi: Pearson Education.
4. De Silva, P. (2005). *An introduction to Buddhist psychology*. Springer.
5. Feldman, R. S. (2006). *Understanding Psychology*. India: Tata McGraw Hill.
6. Morgan, C.T., King, R.A., Weiss, R.A., & Schopler, J. (2004). *Introduction to Psychology* (7th ed.). New York: McGraw Hill.
7. Suhotra (2007). *Vedantic Psychology: India's ancient vision of the Mind*. The Bhaktivedanta Academy.
8. सिंह, अरुण कुमार (2006). उच्चतर सामान्य मनोविज्ञान। वाराणसी; मोतीलाल बनारसीदास प्रकाशन।
9. सिंह, आर० एन० एवं भारद्वाज, एस०. एस०. (2022). मूल मनोवैज्ञानिक प्रक्रियाएं। आगरा; अग्रवाल पब्लिकेशन।
10. श्रीवास्तव, रामजी. (2008). आधुनिक सामान्य मनोविज्ञान। वाराणसी; मोतीलाल बनारसीदास।

Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>

This course can be opted as an elective: Open to all

Suggested Continuous Evaluation Methods: <ul style="list-style-type: none"> <li>• Assignment/ Seminar (10 Marks)</li> <li>• Written Test (10 Marks)</li> <li>• Attendance (5 Marks)</li> </ul>
Course prerequisites:10+2 in any discipline
Suggested equivalent online courses: <ul style="list-style-type: none"> <li>• Coursera</li> <li>• Swayam</li> </ul>

**Paper 2**  
**Practical**

<b>Program/Class: Certificate</b>	<b>Year: First</b>	<b>Semester: First</b>
<b>Subject: Psychology</b>		
Course Code: A090102P	Course Title: <b>Lab Work</b>	
<b>Course Outcome:</b> Students will be imparted a variety of skills to design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report.		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	

Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Any one experiment based on Attention/Perceptual Processes	8 (16 hrs)
<b>II</b>	Any one experiment/test on Classical Conditioning/Operant Conditioning/Verbal Learning	8 (16 hrs)
<b>III</b>	Any one experiment on Memory/Forgetting	7 (14 hrs)
<b>IV</b>	Any one experiment/test on motivational/emotional processes	7 (14 hrs)

**Suggested Readings:**

1. सिंह, आर० एन० एवं भारद्वाज, एस० एस०. (2015). उच्च प्रायोगिक मनोविज्ञान। आगरा; अग्रवाल पब्लिकेशन।
2. सिंह, आर० एन० एवं भारद्वाज, एस० एस०. (2010). मनोवैज्ञानिक प्रयोग एवं परीक्षण खण्ड प्रथम एवं द्वितीय। आगरा; अग्रवाल पब्लिकेशन।
2. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>

This course can be opted by the students who has opted psychology as a subject.

**Suggested Continuous Evaluation Methods:**

- Presentation of practical file (15marks)
- Attendance (10 marks)

Course prerequisites: Only for those who took psychology as a subject

**Semester II****Paper 1****Theory**

<b>Program/Class: Certificate</b>	<b>Year: First</b>	<b>Semester: Second</b>
<b>Subject: Psychology</b>		
Course Code: A090201T	<b>Course Title: Basic Research Methodology and Statistics</b>	
<b>Course Outcome:</b> The learners will be able to comprehend psychological data and can put them on appropriate scaling method. Moreover, they will be getting hold of essentials of psychological testing along with various kinds of tests implemented.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
<b>Note: Basic calculator will be allowed to students in examination hall for this paper.</b>		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>

<b>I</b>	Measurement: Meaning and Nature of Psychological Measurement; Levels of Measurement (Basic Concepts).	6
<b>II</b>	Psychological Research: Meaning and Nature; Psychological Research Methods: Experimental, Correlational, and Observational.	8
<b>III</b>	Basic Concepts and types of Research Problem, Variable, Hypothesis; Sampling: Concept and Methods.	8
<b>IV</b>	Psychological Statistics: Introduction; Parametric and Non-Parametric Statistics (Basic Concepts), Measures of Central Tendency (Mean, Median, Mode), Measures of Variability (SD, QD, AD).	8
<b>V</b>	Frequency Distribution (Basic Concept). Graphical Representation of Data: Frequency Polygon, Histogram and Bar Diagram.	7
<b>VI</b>	The Normal Distribution: Meaning and Nature. Correlation: Meaning; Product Moment and Rank Order Correlation,	7
<b>VII</b>	Chi- Square tests, t test and ANOVA. Interpretation of t value – level of significance.	8
<b>VIII</b>	Meaning and types of Psychological Tests, Reliability and Validity	8



**Suggested Readings:**

1. Kaplan, R. M. and Saccuzzo, D. P. (2019). Psychological Testing: Principals, Applications and Issues. Cengage.
2. Anastasi, A. (1950). Psychological Testing. Prentice Hall.
3. Cronbach, L.J. (1960). *Essentials of Psychological Testing*. New York:Harper.
4. Garrett, H. E. (1966). *Statistics in Psychology and Education*. Paragon International Publishers.
5. **Guilford : Statistics**
6. Kerlinger, F.N. (1983). *Foundations of Behavioral Research*. New Delhi: Surjeet Publications.
7. सिंह, आर० एन० एवं भाटिया, टी० (2019). आधुनिक सांख्यिकीय विधियां। आगरा; अग्रवाल पब्लिकेशन।
8. श्रीवास्तव, डी० एन०, एवं वर्मा, पी० (2012). मनोविज्ञान शिक्षा एवं अन्य सामाजिक विज्ञानों में सांख्यिकी। आगरा; विनोद पुस्तक मन्दिर।
9. श्रीवास्तव, रामजी एवं अन्य. (2003). मनोविज्ञान, शिक्षा तथा समाजशास्त्र में सांख्यिकी विधियां। वाराणसी; मोतीलाल बनारसीदास।

Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>

**Paper 2  
Practical**

<b>Program/Class: Certificate</b>	<b>Year: First</b>	<b>Semester: Second</b>
<b>Subject: Psychology</b>		
Course Code: A090202P	Course Title: <b>Lab Work/ Psychological Testing</b>	
<b>Course Outcome:</b> Students will be conferred an array of skills to carry out experiments in lab settings, design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report.		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	

Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2

Unit	Topics	No. of Lectures
<b>I</b>	Plan, conduct and report an experiment using experimental method	8 (16 hrs)

<b>II</b>	Ascertain the Reliability of any psychological test using any method of Reliability and report	7 (14 hrs)
<b>III</b>	Administer any one Self-Report Inventory on a subject, score and Report	7 (14 hrs)
<b>IV</b>	Administer any one Intelligence Test on a subject/subjects, score and report	8 (16 hrs)
<b>Suggested Readings:</b>		
<p>1- सिंह, आर एन. (2015). मनोवैज्ञानिक प्रयोग एवं परीक्षण । अग्रवाल पब्लिकेशन, आगरा।</p> <p>2- Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>, <a href="http://www.psytoolkit.org">www.psytoolkit.org</a></p>		
This course can be opted by the students who took psychology as a subject.		
<b>Suggested Continuous Evaluation Methods:</b>		
<ul style="list-style-type: none"> <li>• Presentation of Practical file (15 Marks)</li> <li>• Attendance (10 marks)</li> </ul>		
Course prerequisites: Only for those who took Psychology as a subject		

### **Semester III**

#### **Paper 1**

#### **Theory**

<b>Program/Class: Diploma</b>	<b>Year: Second</b>	<b>Semester: Three</b>
<b>Subject: Psychology</b>		
Course Code: A090301T	Course Title: <b>Psychology of Social Behavior</b>	

<b>Course Outcome:</b> By the end of the course, students will be able to summarize general information, through in-class discussion and assignments, pertaining to social psychological theories and an opportunity to apply social psychological theories to their lives. Critically evaluate research to understand and explain distressing human social behavior and relate social psychological concepts and theories to the context of historic and current world, national, and local events.		
Credits: 4		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	Social Psychology: Meaning, Nature, and Scope; Methods of Studying Social Behavior.	8
II	Person Perception: Concept, Determinants of Impression Formation.	7
III	Socialization: Agencies and Mechanisms. Attribution of Causality: Harold Kelly and Bernard Weiner.	7
IV	Attitude: Meaning and Nature, Formation and Measurement. Interpersonal Attraction: Concept and Determinants.	8
V	Aggression: Concept, Theories: Biological (Instinctive and Ethological), Frustration-Aggression Hypothesis, Social Learning Theory of Aggression.	8
VI	Pro-social Behavior: Meaning and Nature. Determinants: Personal, Situational and Socio-cultural. Bystander Effect.	7
VII	Social Influence Processes: Conformity and Compliance. Intergroup Relations: Prejudice and Discrimination.	7
VIII	Group Dynamics: Structure, Function and Types of Groups; Group Influence Processes: Social Facilitation; Social Loafing and De-individuation.	8

**Suggested Readings:**

- 1- Baron, R.A. & Branscombe, N.R. (2017). *Social Psychology*. New Delhi: Pearson.
- 2- Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). *Social Psychology* (12<sup>th</sup>ed). New Delhi: Pearson.
- 3- Baumeister, R.F. & Bushman, B.J. (2013). *Social Psychology and Human Nature*. (3<sup>rd</sup>ed.). Wadsworth Pub. Co.
- 4- सिंह, आर० एन०. (2011). आधुनिक सामाजिक मनोविज्ञान। आगरा; अग्रवाल पब्लिकेशन।
- 5- सिंह, अरुण कुमार. (2001). सामाजिक मनोविज्ञान। वाराणसी; मोतीलाल बनारसीदास।
- 6- सिंह, आर० एन० एवं भारद्वाज, एस०. एस०. (2017). सामाजिक मनोविज्ञान की भूमिका। आगरा; अग्रवाल पब्लिकेशन।
- 7- श्रीवास्तव, रामजी. एवं अन्य (2008). आधुनिक सामाजिक मनोविज्ञान। वाराणसी; मोतीलाल बनारसीदास।
- 8- Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>

<http://www.apa.org>

<http://www.yale.edu>

This course can be opted as an elective: Open to all

**Suggested Continuous Evaluation Methods:**

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

**Suggested equivalent online courses:**

- Coursera,
- Swayam

**Paper 2**

**Practical**

<b>Program/Class: Diploma</b>		<b>Year: Second</b>	Semester: Third
<b>Subject: Psychology</b>			
Course Code: A090302P		Course Title: <b>Lab Work and Measurement of Social Behavior</b>	
<b>Course Outcome:</b> Students will be exposed to the mixture of skills such as how to conduct a psychological experiment for understanding social behavior as well as psychological measurements and scientific reporting of the data.			
Credits: 2		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
<b>Unit</b>	<b>Topics</b>		<b>No. of Lectures</b>
<b>I</b>	Measurement of Attitude/ Interpersonal Attraction		7 (14 hrs)
<b>II</b>	Measurement of Helping Behavior/ Prejudice		7 (14 hrs)
<b>III</b>	Any one experiment/test on Attribution/Aggression/Impression Formation		8 (16 hrs)
<b>IV</b>	Any one Experiment/test on Social Facilitation/ Conformity/ Compliance		8 (16 hrs)
<b>Suggested Readings:</b>			
1. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.psytoolkit.org">www.psytoolkit.org</a>			
This course can be opted by the students who took Psychology as a subject.			
<b>Suggested Continuous Evaluation Methods:</b>			
<ul style="list-style-type: none"> <li>• Presentation of Practical file (15 Marks);</li> <li>• Attendance (10 marks)</li> </ul>			
Course prerequisites: Only to Psychology Students			

## Semester IV

### Paper 1

#### Theory

<b>Program/Class: Diploma</b>	<b>Year: Second</b>	<b>Semester: Four</b>
Subject: <b>Psychology</b>		
Course Code: A090401T	Course Title: <b>Abnormal Psychology</b>	
<b>Course Outcome:</b> The students will be able to understand criteria of abnormality and one's own behavior and behavior of others. By applying the knowledge of assessment, diagnosis, classification system and DSM categories, the learners' will develop the sensitivity towards individual diversity and various approaches to the diagnosis and treatment of psychological disorders. Summarize clinical features of symptoms, etiology and valid and reliable treatment of diagnostic categories of mental health disorders.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Abnormal Psychology: Concept and Criteria of Abnormality, Classification of Abnormality (DSM V): An Introduction.	6
<b>II</b>	Anxiety Disorders: Clinical Picture and Etiology: Generalized Anxiety Disorder (GAD), Phobia, Panic Disorder and Obsessive-Compulsive Disorder (OCD).	8
<b>III</b>	Somatic and Dissociative Disorders: Somatic Disorders: Clinical Picture and Etiology of Hypochondriasis, Pain Disorders and Body dysmorphic disorders; Dissociative Disorders: Clinical Picture and Etiology of Amnesia, Fugue, Dissociative Identity Disorder and Depersonalization Disorder.	8
<b>IV</b>	Mood Disorders: Unipolar or Depressive and Bipolar Disorders or Manic Depressive Disorder: Clinical Picture and Etiology.	8
<b>V</b>	Schizophrenia: Types, Clinical Picture and Etiology.	7

<b>VI</b>	Learning Disabilities: Reading and Speech Disorder	7
<b>VII</b>	Substance Related Disorder: Substance Abuse and Dependence; Alcohol, Nicotine, Marijuana, Sedatives and Stimulants: Etiology.	8
<b>VIII</b>	Neurodevelopmental Disorders: Clinical Picture and Etiology of Autism Spectrum Disorders (ASD), Intellectual Disability or Mental Retardation.	8

**Suggested Readings:**

1. Barlow D. H. & Durand V. M, & Stewart, S. H. (2009). *Abnormal Psychology*. New Delhi: Cengage Learning.
2. Bennett, P. (2006). *Abnormal and Clinical Psychology: An introductory textbook*. New York: Open University Press.
3. Brewer, K. (2001). *Clinical Psychology*. Oxford: Heinemann Educational Publishers
4. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). *Abnormal Psychology*. New Delhi: Pearson.
5. Kearney, C. A. & Trull, T. J. (2012). *Abnormal Psychology and Life: A dimensional approach*. New Delhi: Cengage learning
6. सिंह, आर०. एन०. एवं अन्य (2023). असामान्य मनोविज्ञान: अवधारणाएं एवं उपागम। आगरा; अग्रवाल पब्लिकेशन।
7. सिंह, आर०. एन०. एवं अन्य (2008). आधुनिक असामान्य मनोविज्ञान। आगरा; अग्रवाल पब्लिकेशन।
8. श्रीवास्तव, रामजी. (2019). मनोविकृति विज्ञान। वाराणसी; मोतीलाल बनारसीदास।
9. जायसवाल, ए० के०. (2020). आधुनिक मनोविकृति विज्ञान। आगरा; विनोद पुस्तक मन्दिर।
10. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

This course can be opted as an elective: Open to all

**Suggested Continuous Evaluation Methods:**

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

Suggested equivalent online courses:

- Coursera;
- Swayam

**Paper 2  
Practical**

<b>Program/Class: Diploma</b>	<b>Year: Second</b>	<b>Semester: Four</b>
<b>Subject: Psychology</b>		
Course Code: A090402P	<b>Course Title: Assessment/Testing</b>	
<p><b>Course Outcome:</b> At the end of the course, the students will be imparted a variety of proficiency to conduct the screening and assessment of psychological tools for examining developmental issues and disorders. The practicum of case study will let the students learn and execute an in-depth investigation of a single person, group, event or community.</p>		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
<b>I</b>	Administration, Scoring and Interpretation of any anxiety test	7 (14 hrs)
<b>II</b>	Administration, Scoring and Interpretation of any test of Depression	7 (14 hrs)
<b>III</b>	Administration, Scoring and Interpretation of any test of Intelligence.	8 (16 hrs)
<b>IV</b>	Administration, Scoring and Interpretation of any test of any Neuropsychological test/Cognitive function test	8 (16 hrs)
<b>Suggested Readings:</b>		
<p>1. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.apa.org">http://www.apa.org</a></p>		

This course can be opted by the students who took psychology as a subject



Suggested Continuous Evaluation Methods: <ul style="list-style-type: none"> <li>• Presentation of Practical file (15 marks)</li> <li>• Attendance (10 marks)</li> </ul>
Course prerequisites: Only for psychology students

**Semester V**

**Paper 1**

**Theory**

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Five</b>
<b>Subject: Psychology</b>		
Course Code: A090501T	Course Title: <b>Life Span Human Development</b>	
<b>Course Outcome:</b> At the end of the course, the student will able to develop an ability to identify the milestones in diverse domains of human developments across the child, adolescent and adulthood stages, understand the contributions of socio-cultural context toward shaping human development and acquire an ability to decipher key developmental challenges and issues.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	

**Note: Research Project will be assigned in V<sup>th</sup> semester while its evaluation will be done by the end of VI<sup>th</sup> Semesters.**

Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Human Development: Introduction; Principles of Development; Methods of Studying Human Development.	8
<b>II</b>	Foundations and developmental pattern: Heredity and Environment – Meaning and Effects, Relative Importance of Heredity and Environment, Effects of Maturation and Learning on Development.	8
<b>III</b>	Prenatal Development: Stages and Determinants; Neonatal Development: Properties Related to Physical Development.	8
<b>IV</b>	Infancy: Physical, Social and Language Development. Sensory Capacity.	7

<b>V</b>	Childhood Development: Cognitive, Emotional and Moral Development.	7
<b>VI</b>	Adolescence: Physical Changes (Puberty and Growth spurts); Development of Identity, Cognitive, Social, Emotional and Moral Development.	7
<b>VII</b>	Early Adulthood: Sex - Role Adjustment, Career Development. Middle Adulthood/ Middle Age: Changes in Mental Abilities, Adapting to Physical Changes. Vocational Life.	8
<b>VIII</b>	Late Adulthood / Old Age: Major Problems of Old Age. Aging and Personal, Social and Family Adjustment. Factor Influencing Adjustment During Aging.	7

**Suggested Readings:**

1. Berk, L. E. (2010). *Child Development* (9th ed.). New Delhi: Prentice Hall.
2. Berk, L.E. (2017). *Development through the Life span* (7<sup>th</sup> ed.). Allyn & Bacon: Pearson.
3. Feldman, R.S. & Babu. N. (2011). *Discovering the Lifespan*. New Delhi: Pearson.
4. Misra, G. (2011). *Handbook of Psychology in India* (Section IV), New Delhi: Oxford University Press.
5. Santrock, J. W. (2011). *Child Development* (13th ed.). New Delhi: McGraw-Hill.
6. Santrock, J.W. (2012). *Life Span Development* (13th ed.). New Delhi: McGraw-Hill.
7. Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi: NCERT.
8. सिंह, आर० एन० (2011). आधुनिक विकासात्मक मनोविज्ञान। आगरा; अग्रवाल पब्लिकेशन।
9. श्रीवास्तव, रामजी एवं अन्य (2014). आधुनिक विकासात्मक मनोविज्ञान। वाराणसी; मोतीलाल बनारसीदास।
9. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>

This course can be opted as an elective: Open to all

**Suggested Continuous Evaluation Methods:**

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All
Suggested equivalent online courses: <ul style="list-style-type: none"> <li>• Coursera,</li> <li>• Swayam</li> </ul>

**Paper 2  
Theory**

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Five</b>
<b>Subject: Psychology</b>		
Course Code: A090502T	Course Title: <b>Positive Psychology</b>	
<p><b>Course Outcome:</b> By the end of the course, the students will be able to understand the basic principles of positive psychology, the major areas within positive psychology that have received a considerable amount of attention, the use of positive psychology tools and techniques in own and in other's life. It will also ease the understanding of positive aspects of human behavior through the wisdom embedded in Indian scriptures like Vedas, Upnishad, Shrimad Bhagwad Gita, Buddhist literature and folk tales.</p>		
Credits: 4	Core Compulsory	

Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Positive Psychology: Assumptions and Goals; Eastern and Western Perspectives on Positive Psychology	7
<b>II</b>	Positive Emotional State: The Broaden and Build Theory of Positive Emotions. Concept of Mindfulness.	8
<b>III</b>	Positive Cognitive States: Definition and nature of Hope, Optimism, Self-efficacy, Resilience.	8

<b>IV</b>	Gratitude, Forgiveness, Empathy and Compassion: Meaning and Nature; Cultivation exercises in Positive Psychology.	8
<b>V</b>	Self-Awareness: Concept, Techniques to enhance self- awareness.	7
<b>VI</b>	Social Competence: The Value of Social Support and Relationships in a Fulfilling and Meaningful Life; Love and Belongingness.	8
<b>VII</b>	Happiness: Concept and Definition, Perspectives of Happiness- Eudemonics and Hedonistic.	7
<b>VIII</b>	Psychological and Subjective Wellbeing: Concept, and Components	7

**Suggested Readings:**

- 1- Baumgardner, S.R. & Crothers, M.K. (2009). *Positive Psychology*. Pearson.
- 2- Carr, A. (2004). *Positive Psychology: The Science of Happiness and Human Strength* U.K.: Routledge.
- 3- Gilman, R., Hubner, E. & Furlong, M.J. ( Eds.) (2009). *Handbook of Positive Psychology in Schools*. New York: Routledge.
- 4- Lyubomirsky, Sonja. (2008). *The How of Happiness: A Scientific Approach to Getting the Life You Want*. The Penguin Press.
- 5- Noddings, N (2003). *Happiness in Education*, New York, Cambridge Press.
- 7- Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford University Press.
- 8- Seligman, M. E. P. (2002). *Authentic Happiness*. New York: Free Press.
- 9- Synder, C.R. & Lopaz, S.J. (2011). *Positive Psychology: The Scientific and practical exploration of Human Strengths*. Thousand Oaks, CA: Sage.
- 10- Synder, C. R. & Shane, J.L. (2005). *Handbook of Positive Psychology*. Oxford University Press.

Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>

<http://www.apa.org>

This course can be opted as an elective: Open to all

<p>Suggested Continuous Evaluation Methods:</p> <ul style="list-style-type: none"> <li>• Assignment/ Seminar (10 Marks),</li> <li>• Written Test (10 Marks)</li> <li>• Attendance (5 Marks)</li> </ul>
<p>Course prerequisites: Open to All</p>
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> <li>• Coursera,</li> <li>• Swayam</li> </ul>

### Paper 3

#### Practical

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Five</b>
<b>Subject: Psychology</b>		
Course Code: A090503P	Course Title: <b>Lab Work/Survey/ Field Visit</b>	
<p><b>Course Outcome:</b> After completing this practicum, the student will have an understanding about how to frame research objectives and questions, plan, decide and execute appropriate methods of research, data analysis, interpretation and discussion of the findings.</p>		

Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
<b>I</b>	Select a variable and formulate a questionnaire of 15 to 25 items based on the subjective knowledge of psychology and current syllabus. This questionnaire can be further used for the survey/research/ field study.	10 (20 hrs)

<b>II</b>	Conduct a survey research. For Example; meaning of life/happiness index/positive and Negative Affect/life satisfaction/optimism/well-being etc. (10- 12 students group can be formed)	10 (20 hrs)
<b>III</b>	Conduct a field study on anyone topic of human development. Analyze the data and report (10-12 student groups can be formed)	10 (20 hrs)
<b>Suggested Readings:</b>		
1. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.apa.org">http://www.apa.org</a>		
This course can be opted by the students who took psychology as a subject		
<b>Suggested Continuous Evaluation Methods:</b>		
<ul style="list-style-type: none"> <li>• Presentation of Practical file (20 Marks)</li> <li>• Attendance (5 Marks)</li> </ul>		
Course prerequisites: Only for psychology students		

**Paper 4**  
**Research Project**

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Five</b>
<b>Subject: Psychology</b>		
Course Code: A090504R	<b>Course Title: Problem Identification &amp; Research Proposal Writing</b>	
<b>Course Outcome:</b> After completing this practicum, the student will have a comprehensive understanding about carrying out research project, how to frame research objectives and questions, plan, decide and execute appropriate methods of research, and intended data analysis.		
Credits: -	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks:	
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>

I	<p>Visit to any community of the surrounding and identification of problems, issues, good practices, skills, community services etc.</p> <p>For example- Health Services, Women Self Help Groups, NGOs, Banks, Organizations, Industries, Villages, Panchayat etc. (10-12 students group can be formed)</p>	20 (40 hrs.)
II	<p>Based on the field visit observations and experiences, each student will write a research proposal in this semester.</p> <p>The research proposal is an important process in providing a clear statement of the problem, a review of literature, how the literature relates to the proposed study, formal research questions and hypotheses, a full methods section, and the data analysis you intend to conduct.</p> <p>The student will work in groups in completing the project, but will write the proposal and final paper individually.</p> <p>Each student will be evaluated on diligence in writing the research proposal as per APA guidelines.</p>	25 (50 hrs.)
<p><b>Suggested Readings:</b></p> <p>2. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>  <a href="http://www.apa.org">http://www.apa.org</a></p>		
<p>This course can be opted by the students who took psychology as a subject</p>		
<p><b>Suggested Continuous Evaluation Methods:</b></p> <ul style="list-style-type: none"> <li>• PPT Presentation of experiences of observed unit and research proposal (20 Marks)</li> <li>• Attendance (5 Marks)</li> </ul>		
<p>Course prerequisites: Only for psychology students</p>		

## Semester VI

### Paper 1

#### Theory

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Six</b>
Subject: <b>Psychology</b>		
Course Code: A090601T	Course Title: <b>Community and Health Psychology</b>	
<b>Course Outcome:</b> At the end of the course the student will be able to recognize that individuals relate to their communities and the reciprocal effect of communities on individuals and will be able to understand and resolve community issues, analyze the data, and recommend interventions that promote community wellness. Moreover, they will be able to use the psychological theories on health-related practices and will be able to examine persons' health history and describe and enact a positive, proactive attitude toward healthy living for oneself and others.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Community Psychology: Meaning and Nature, Fields of Community Psychology	7
<b>II</b>	Approaches of Community Psychology: Mental Health approach; Social Problems approach	8
<b>III</b>	Community Intervention Issues: Poverty and Prolonged Deprivation; Marginalization; Migration & Immigration issues; Superstitions in Indian society.	8
<b>IV</b>	Community Interventions: Community Mental Health; Gender, Discrimination and Power Issues related interventions; School Intervention; Rural development Intervention.	7
<b>V</b>	Health Psychology: Nature, Development and Goals of Health Psychology; Biopsychosocial Model of Health.	6



<b>VI</b>	Health Behavior: Health Compromising and Health Enhancing Behaviors; Theories of Health Behavior: Health Belief Model, Planned Behavior and Reasoned Action Theory.	8
<b>VII</b>	Stress and Health: M e a n i n g , Nature and Types of Stress, Stress appraisal; Coping strategies of Stress.	8
<b>VIII</b>	Mental Health: Definition and Determinants; Approaches to Mental Health: Psychoanalytic, Behavioristic and Humanistic.	8

**Suggested Readings:**

1. Jason, L. A., Glantsman, O. & O'Brien, J. F. (2019). Introduction to Community Psychology.
2. Deb, S., Sunny. A. M., Sanyal, N. & Deb, S. (2023). Community Psychology: Emerging Issues and Challages. Routledge.
3. Kloos, B., Hill, J., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). *Community Psychology: Linking Individuals and Communities*. Wadsworth, Cengage Learning.
4. Gurung, R. A. R., (2010). Health Psychology: A Cultural Approach. Wadsworth.
5. Allen, F. (2010). Health Psychology and Behaviour. Tata McGraw Hill.
6. Ghosh, Manika (2015). *Health Psychology: Concepts in Health and Well-being*. New Delhi: Pearson.
7. Marks, D. F. Murray, M. Evans, B. & Willing, C. (2000). *Health Psychology: Theoretical, Research and Application*. New Delhi: Concept.
8. Dalal, A.K. (2015). Heath Beliefs and Coping with Chronic Diseases. New Delhi: Sage Publications India Pvt. Ltd.
9. Taylor, S.E. (2013). *Health Psychology*. New Delhi: McGraw-Hill Education Pvt. Ltd.
10. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>

This course can be opted as an elective: Open to all
<p>Suggested Continuous Evaluation Methods:</p> <ul style="list-style-type: none"> <li>• Assignment/ Seminar (10 Marks)</li> <li>• Written Test (10 Marks)</li> <li>• Attendance (5 Marks)</li> </ul>
Course prerequisites: Open to All

## Paper 2

### Theory

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Six</b>
<b>Subject: Psychology</b>		
Course Code: A090602T	Course Title: <b>Counseling Psychology</b>	
Course Outcome: At the end of the paper, students will able to understand how to establish rapport and use various approaches in counseling.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Counseling: Meaning, Goals; Types of Counseling.	7
<b>II</b>	Counseling Processes: Phases of Counseling, Counseling Interview; Counseling Skills of Counselor.	7
<b>III</b>	Approaches of Counseling: Basic Assumptions and Techniques of Psychoanalytic (Freudian); Humanistic-Existential (Person Centered and Gestalt), and Cognitive-Behavioral (Behavioral and Cognitive).	8
<b>IV</b>	Evaluation of Counseling: Criteria of Evaluation, Approaches to Evaluation of Counseling – Survey, Case Study and Experimental. Measures of Quality Evaluation.	8

<b>V</b>	Counseling in Schools and Career Counseling: Assumptions and Procedures.	7
<b>VI</b>	Group Counseling: Marriage and Family Counseling.	8
<b>VII</b>	Counseling for Substance-abuse, Child Abuse: An Introduction	8
<b>VIII</b>	Counseling Ethics	7

**Suggested Readings:**

1. Edward, N. (2011). *Counseling Theory and Practice*. Cengage Learning.
2. Gibson, R. L. & Mitchell, M.H. (2005). *Introduction to Counseling and Guidance* (6<sup>th</sup> Ed.) Pearson Education.
3. Gladding, S. T. (2018). *Counseling*. Pearson.
4. Kapur, Malavika (2011). *Counseling Children with Psychological Problems*. Pearson Publications.
5. Nelson-Jones, R. (2011). *Theory and Practice of Counseling & Therapy*. New Delhi: sage South Asia Edition.
6. Rao, S. N. (1991). *Counseling and Guidance*. New Delhi: Tata McGraw-Hill.
7. Woolfe, R., Dryden, W. & Strawbridge, S. (2003). *Handbook of Counseling Psychology* (2<sup>nd</sup>ed.). London: Sage Publication Ltd.
8. राय, ए. एवं अस्थाना, एम. (2003). आधुनिक परामर्शन मनोविज्ञान। नई दिल्ली; मोतीलाल बनारसीदास।

This course can be opted as an elective: Open to all

**Suggested Continuous Evaluation Methods:**

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

**Suggested equivalent online courses:**

- Coursera,
- Swayam

**Paper 3  
Practical**

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Six</b>
<b>Subject: Psychology</b>		
Course Code: A090603P	Course Title: <b>Survey/Field Visit</b>	
<b>Course Outcome:</b> After completing this practicum, the student will have an understanding about how to frame research objectives and questions, plan, decide and execute appropriate methods of research, data analysis, interpretation and discussion of the findings.		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Field Visit to any Community Center/Social Service Center/ School and submit a report (10-12 students group can be formed)	15 (30 hrs.)
<b>II</b>	Conduct a survey on any Health Related issues and submit the report (10-12 students group can be formed)	15 (30 hrs.)
This course can be opted by the students who took psychology as a subject		
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none"> <li>• Presentation of Practical file (20 Marks)</li> <li>• Attendance (5 Marks)</li> </ul>		
Course prerequisites: Open to All		

**Paper 4**

**Research Project**

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Six</b>
<b>Subject: Psychology</b>		

Course Code: A090604R		Course Title: <b>Research Project</b>
<p><b>Course Outcome:</b> It will help the learner to critically reflect on, review the scientific basis for, and integrate what you have learned and accomplished as a psychology student and will prepare to explore the cultural, social, and ethical impact of psychological application on community and daily life</p>		
Credits: 6		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks:
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Based on the field visit observations and experiences, the learner get in Semester V, plan to visit to identified unit, organization, community etc. to get an understanding of the same and do data collection either through questionnaire, or interview or with the help of audio-visual medium based on the identified research problems/ issues.	25(50 hrs.)
	Analyze the data and submit a detailed report and a presentation. The student will work in groups in completing the project, but will write the final paper individually. Each student will be evaluated on diligence in writing the research project as per APA guidelines.	20(40 hrs.)
<p><b>Suggested Readings:</b></p> <p>1. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.apa.org">http://www.apa.org</a></p>		
This course can be opted by the students who took psychology as a subject		
<p><b>Suggested Continuous Evaluation Methods:</b></p> <ul style="list-style-type: none"> <li>• Making of short film or presentation of observed unit (20 Marks)</li> <li>• Attendance (5 Marks)</li> </ul>		
Course prerequisites: Only for psychology students		