

**BA (Honors) Applied  
Psychology  
CBCS  
Batch 2017-20**

**Syllabus: Bird's eye view**

<p><b>BA I</b>            Introductory Psychology            Applied Social Psychology            Cognitive Psychology            Physiological Psychology  <b>Minor track: Introductory Psychology            Applied Social Psychology</b></p> <p>Reading in Psychology            Psychological Practical I            Foreign Language            Communication Skill            Behavioral Science</p> <p><b>Domain Electives:</b></p> <ul style="list-style-type: none"> <li>• Project (with presentation and evaluation)</li> <li>• Article/Feature Writing</li> <li>• Human Rights, Values and Ethics</li> </ul>	<p><b>BA II</b>            Life Span Development            Educational Psychology            Theories of Personality            Gender Psychology  <b>Minor track: Life Span Development            Theories of Personality</b></p> <p>Reading in Psychology            Psychological Practical II            Foreign Language            Communication Skill            Behavioral Science            EVS</p> <p><b>Domain Electives:</b></p> <ul style="list-style-type: none"> <li>• Project (with presentation and evaluation)</li> <li>• Article/Feature Writing</li> <li>• Psychology of Ageing</li> </ul>
<p><b>BA III</b>            Abnormal Psychology            Counseling Psychology            Health Psychology            Clinical Psychology  <b>Minor track: Abnormal Psychology            Counseling Psychology</b></p> <p>Reading in Psychology            Psychological Practical III            Foreign Language            Communication Skill            Behavioral Science</p> <p><b>Domain Electives:</b></p> <ul style="list-style-type: none"> <li>• Project (with presentation and evaluation)</li> <li>• Article Writing</li> <li>• Scientific Research Paper</li> </ul>	<p><b>BA IV</b>            Statistics in Psychology            Psychometric Testing            Research Methodology            Experimental Psychology  <b>Minor track: Psychometric Testing            Experimental Psychology</b></p> <p>Reading in Psychology            Psychological Practical IV            Foreign Language            Communication Skill            Behavioral Science</p> <p><b>Domain Electives:</b></p> <ul style="list-style-type: none"> <li>• Project (with presentation and evaluation)</li> <li>• Article/Feature Writing</li> <li>• Term Paper</li> <li>• Workshop/Certification</li> </ul>
<p><b>BA V</b>            Indian Psychology and Logic            Psychology of Peace            Community Psychology            Positive Psychology  <b>Minor track: Indian Psychology and Logic            Positive Psychology</b></p> <p>Project (with Presentation &amp; Evaluation)            Practical-V            Foreign Language            Communication            Behavioral Science</p> <p><b>Domain Electives:</b></p> <ul style="list-style-type: none"> <li>• Scientific Research Paper</li> <li>• Article/ Feature Writing</li> <li>• Term Paper</li> <li>• Seminar</li> </ul>	<p><b>BA VI</b>            Sports Psychology            Human Engineering            Environmental psychology  <b>Minor track: Sports Psychology            Human Engineering</b></p> <p>Dissertation            Scientific Research Paper            Psychological Practical-VI</p> <p><b>Domain Electives:</b></p> <ul style="list-style-type: none"> <li>• Project (with Presentation &amp; Evaluation)</li> <li>• Workshop</li> <li>• Internship-NGO</li> <li>• Seminar</li> </ul>

**Name of program-B.A. (Hons.) Applied Psychology**

**Semester I**

Code	Course	Category				Credits
			L	T	P/ FW	
PSY 101	Introductory Psychology	CC	2	1	-	3
PSY 102	Applied Social Psychology	CC	2	1	-	3
PSY 103	Cognitive Psychology	CC	2	1	-	3
PSY 104	Physiological Psychology	CC	2	1	-	3
PSY 120	Psychological Practical- I	CC	-	-	4	2
<u>FLF/</u> <u>FLG/</u> <u>FLS/FLC</u> 101	French/German/Spanish/ Chinese	VA	2	-	-	2
BCS 101	Communication Skill		1	-	-	1
BSS 103	Behavioural Science		1	-	-	1
		OE				3
<b>DE Electives: Student has to select 3 credits from the list of following DE electives</b>						
PSY 105	Human Right Value and Ethics	DE	1	1		2
PSY 110	Reading in Psychology(NTCC)	CC	-	-	-	2
PSY 160	Project (with Presentation & Evaluation)	DE	-	-	-	3
PSY 170	Article/ Feature Writing	DE	-	-	-	1
	TOTAL					24
Note:- CC - Core Course, VA - Value Added Course, OE - Open Elective, DE - Domain Elective, FW - Field Work						

## Semester II

Code	Course	Category	L	T	P/ FW	Credits	
PSY 201	Life Span Development	CC	2	1	-	3	
PSY 202	Educational Psychology	CC	2	1	-	3	
PSY 203	Theories of Personality	CC	2	1	-	3	
PSY 204	Gender Psychology	CC	1	1	-	2	
PSY 220	Psychological Practical- II	CC	-	-	4	2	
<u>FLF/</u> <u>FLG/</u> <u>FLS/FLC</u> 201	French/German/Spanish/ Chinese	VA	2	-	-	2	
BCS 201			Communication	1	-	-	1
BSS 203			BS	1	-	-	1
EVS 001			EVS	4			4
		OE				3	
<b>DE Electives: Student has to select 3 credits from the list of following DE electives</b>							
PSY 205	Psychology of Ageing	DE	1	1	-	2	
PSY 210	Reading in Psychology	CC	-	-	-	2	
PSY 260	Project (with Presentation & Evaluation)	DE	-	-	-	3	
PSY 270	Article/ Feature Writing	DE	-	-	-	1	
	<b>TOTAL</b>					<b>28</b>	
Note:- CC - Core Course, VA - Value Added Course, OE - Open Elective, DE - Domain Elective, FW - Field Work							

### Semester III

<b>Code</b>	<b>Course</b>	<b>Category</b>	<b>L</b>	<b>T</b>	<b>P/ FW</b>	<b>Credits</b>
PSY 301	Abnormal Psychology	<b>CC</b>	<b>2</b>	<b>1</b>	-	3
PSY 302	Counseling Psychology	<b>CC</b>	<b>2</b>	<b>1</b>	-	3
PSY 303	Health Psychology	<b>CC</b>	<b>2</b>	<b>1</b>	-	3
PSY 304	Clinical Psychology	<b>CC</b>	<b>2</b>	<b>1</b>	-	3
PSY 320	Psychological Practical- III	<b>CC</b>	-	-	<b>4</b>	2
<u>FLF/</u> <u>FLG/</u> <u>FLS/FLC</u> 301	French/German/Spanish/ Chinese	<b>VA</b>	<b>2</b>	-	-	2
BCS 301	Communication		<b>1</b>	-	-	1
BSS 303	BS		<b>1</b>	-	-	1
		<b>OE</b>				3
<b>DE Electives: Student has to select 3 credits from the list of following DE electives</b>						
PSY 310	Reading in Psychology	<b>CC</b>	-	-	-	2
PSY 330	Term Paper	<b>DE</b>	-	-	-	1
PSY 360	Project (with Presentation & Evaluation)	<b>DE</b>	-	-	-	3
PSY 370	Article/ Feature Writing	<b>DE</b>	-	-	-	1
	<b>TOTAL</b>					<b>24</b>
Note:- CC - Core Course, VA - Value Added Course, OE - Open Elective, DE - Domain Elective, FW - Field Work						

### Semester IV

<b>Code</b>	<b>Course</b>	<b>Category</b>	<b>L</b>	<b>T</b>	<b>P/ FW</b>	<b>Credits</b>
PSY 401	Statistics in Psychology	<b>CC</b>	<b>2</b>	<b>1</b>	-	3
PSY 402	Psychometric testing	<b>CC</b>	<b>2</b>	<b>1</b>	-	3
PSY 403	Research methodology	<b>CC</b>	<b>2</b>	<b>1</b>	-	3
PSY 404	Experimental Psychology	<b>CC</b>	<b>2</b>	<b>1</b>	-	3
PSY 420	Psychological Practical-IV	<b>CC</b>	-	-	<b>4</b>	2
<u>FLF/</u> <u>FLG/</u> <u>FLS/FLC</u> 401	French/German/Spanish/ Chinese	<b>VA</b>	<b>2</b>	-	-	2
BCS 401	Communication		<b>1</b>	-	-	1
BSS 403	BS		<b>1</b>	-	-	1
		<b>OE</b>				3
<b>DE Electives: Student has to select 3 credits from the list of following DE electives</b>						
PSY 410	Reading in Psychology	<b>CC</b>	-	-	-	2
PSY 430	Term Paper	<b>DE</b>	-	-	-	1
PSY 450	Workshop	<b>DE</b>	-	-	-	1
PSY 460	Project (with Presentation & Evaluation)	<b>DE</b>	-	-	-	3
PSY 470	Article/ Feature Writing	<b>DE</b>	-	-	-	1
	<b>TOTAL</b>					<b>24</b>
Note:- CC - Core Course, VA - Value Added Course, OE - Open Elective, DE - Domain Elective, FW - Field Work						

### Semester V

Code	Course	Category	L	T	P/ FW	Credits
PSY 501	Indian Psychology and Logic	CC	2	1	-	3
PSY 502	Psychology of Peace	CC	2	1	-	3
PSY 503	Community Psychology	CC	1	1	-	2
PSY 504	Positive Psychology	CC	2	1	-	3
PSY 520	Practical-V	CC	-	-	4	2
<u>FLF/</u> <u>FLG/</u> <u>FLS/FLC</u> 501	French/German/Spanish/ Chinese	VA	2	-	-	2
BCS 501	Communication		1	-	-	1
BSS 503	BS		1	-	-	1
		OE				3
<b>DE Electives: Student has to select 3 credits from the list of following DE electives</b>						
PSY 530	Term Paper	DE	-	-	-	1
PSY 555	Seminar	DE	-	-	-	1
PSY 560	Project (with Presentation & Evaluation)	CC	-	-	-	3
PSY 570	Article/ Feature Writing	DE	-	-	-	1
PSY 580	Scientific Research Paper	DE	-	-	-	1
	<b>TOTAL</b>					<b>24</b>
Note:- CC - Core Course, VA - Value Added Course, OE - Open Elective, DE - Domain Elective, FW - Field Work						

### Semester VI

<b>Code</b>	<b>Course</b>	<b>Category</b>	<b>L</b>	<b>T</b>	<b>P/ FW</b>	<b>Credits</b>
PSY 601	Sports Psychology	CC	2	1	-	3
PSY 602	Human Engineering	CC	2	1	-	3
PSY 603	Environmental psychology	CC	1	1	-	2
PSY 620	Psychological Practical-VI	CC	-	-	4	2
PSY 690	Dissertation	CC	-	-	-	6
		OE				3
<b>DE Electives: Student has to select 3 credits from the list of following DE electives</b>						
PSY 650	Workshop	DE	-	-	-	1
PSY 655	Seminar	DE	-	-	-	1
PSY 680	Scientific Research Paper	CC	-	-	-	1
PSY 691	Internship-NGO	DE	-	-	-	2
	<b>TOTAL</b>					<b>24</b>
Note:- CC - Core Course, VA - Value Added Course, OE - Open Elective, DE - Domain Elective, FW - Field Work						

I Semester

# INTRODUCTORY PSYCHOLOGY

Course Code: PSY101

L:2,T:1,P:0 C: 03

## Course Objective:

This course is designed to introduce the science of psychology. It identifies and defines the theories, terms, methods, and various fields of psychology. This course can be used as a foundation towards continued education in more specific areas of psychology. Upon completion of this course, student should have completed the following objectives:

- To know the major psychologist and the ideas, theories and schools with which they are associated.
- To understand the major concepts of general psychology.

## Course Contents:

### Module I: Introduction

8 hours

Meaning, Definition, Nature, Goals, Scope and Branches of Psychology

### Module II: Methods

8 hour

Methods of Psychology: Introspection, Observation, Experimental Interview, Questionnaire and Field Survey

### Module III: History and Schools

9 hours

Background and historical perspectives of Psychology  
Structuralism, Functionalism, Psychoanalysis  
Contemporary schools of psychology: Behaviorism, Gestalt, Humanism, Existentialism.

### Module IV: Intelligence and Personality

9 hours

Intelligence: Meaning and Nature of intelligence,  
Factors influencing intelligence and Theories of intelligence:  
Unitary Theory, Two Factor Theory, Multifactor Theory and Group Factor Theory.  
Personality: Meaning, Nature and Theories of personality: Trait and Type Theory  
Conceptual understanding of learning, memory, sensation, attention, perception and intelligence

### Module V: Emotion and Motivation

8 hours

Emotion: Meaning, Nature and Theories of emotions  
Motivation: Meaning, Nature and Theories of motivation

## Examination Scheme:

Components	CT	CT/H/P/V/Q	A	EE
Weightage (%)	15	10	5	70

CT-Class Test; H-Home Assignment; P-Presentation; V-Viva; Q-Quiz; A-Attendance; EE-End Session Exam

**(a) Suggested Text Books:**

T1. Morgan, C.T. & King, R. (2001). *Introduction to Psychology*. (7th ed.). New Delhi: Tata McGraw Hill Publishing Company Limited.

T2. Nevid, J. S. (2003). *Psychology: Concepts and applications*. Boston: Houghton Mifflin Company

T3. Baron, R. A. (2001). *Psychology* (5th ed.). Needham Heights, MA: Allyn and Bacon.

**(b) Suggested Reference Books:**

R1. Atkinson, R. L., Atkinson, R. C., Smith, E. E., Bem, D. J., & Nolen-Hoeksema, S. (2000). *Hilgard's introduction to psychology* (13th ed.). Fort Worth, TX: Harcourt Brace.

R2. Mishra, B. K (2008). *Psychology. The study of human Behaviour*. Kolkata. PHI Learning Pvt. Ltd.

R3. Myers, D. (2004). *Psychology* (7th ed.). New York: Worth.

R4. Nairne, J. S. (2003). *Psychology: The adaptive mind* (3rd ed.). Belmont, CA: Thomson/Wadsworth.

R5. Passer, M., & Smith, R. (2004). *Psychology: The science of mind and behavior* (2nd ed.). Boston: McGraw Hill.

# APPLIED SOCIAL PSYCHOLOGY

Course Code: PSY102

L:2,T:1,P:0 C: 03

## Course Objective:

Social Psychology is the study of social interaction and social influence on human behaviour. This course has following objectives.

- To expand knowledge about social psychology and human behavior.
- To foster respect for human diversity, particularly with regard to matters of gender, race and ethnicity.
- To enable students to (a) understand the forces that create group differences in patterns of social behavior, (b) understand and adjust to the behavior of other people, (diverse array of groups and social categories to which they do belong) (c) recognize the limits in generalizing psychological research to all cultural/gender/ethnic/age groups, and (d) understand the dynamics of intergroup relationships, conflict, and cooperation.

## Course Contents:

### Module I: Introduction 9 hours

Meaning and Nature of Social Psychology

Scope and Development of Social Psychology

Methods and their Application: Correlation Method, Sociometry method, Cross sectional method.

Relationship of Social Psychology with other discipline

### Module II: Social Perception and Cognition 9 hours

Perceiving ourselves: Self-Concept, Self-esteem and Self-Presentation

Perceiving others: Forming impressions and role of verbal and non-verbal cues

Attribution: Understanding the causes of others' behavior

Attribution Biases

### Module III: Interpersonal Attraction 8 hours

Concept and Meaning of interpersonal attraction

Factors affecting interpersonal attraction,

Theories of interpersonal attraction: Reinforcement Theory, Complementary Theory, Exchange Theory

### Module IV: Collective Behaviour 8 hours

Prosocial Behaviour: Meaning, Nature, and Determinants, Bystander effect

Crowd behavior: Nature, Types and Theories, Social exchange theory

Aggression: Meaning, Theories of Aggression Social, Cultural, Personal and Situational factors,

Prevention and Control of Aggression

### Module V: Social influences and Leadership 8 hours

Social influence: Conformity, Compliance, and Obedience

Leaderships: Types and theories-Fiedler's, Theory Mc Gregor's Theory, Transactional and

Transformational Theory, Trait Theories, Path-Goal Theory, Mount and Blake model of leadership

**Examination Scheme:**

<b>Components</b>	<b>CT</b>	<b>CT/H/P/V/Q</b>	<b>A</b>	<b>EE</b>
<b>Weightage (%)</b>	<b>15</b>	<b>10</b>	<b>5</b>	<b>70</b>

**CT**-Class Test; **H**-Home Assignment; **P**-Presentation; **V**-Viva; **Q**-Quiz; **A**-Attendance; **EE**-End Session Exam

**Text & References:****Text:**

- Robert A. Baron, Byrne, Social Psychology

**References:**

- Merton R. K. (1972). Social Theory and Social Structure; New Delhi: Amerind Publishing Co.
- Robert S. Feldman, Social Psychology, Edition: 3, Prentice Hall, 2000
- Seccord & Beckman, Introduction to Social Psychology
- Sherriff & Sherriff, Social Psychology
- Kuppusawmi, (2002), Introduction to Sociology; Media Promoters and Publishers, Bombay

# COGNITIVE PSYCHOLOGY

Course Code: PSY103

L:2,T:1,P:0

C:03

## Course Objective:

The course deals with the understanding of higher mental processes and their relevance in daily living. The study of normal processes is essential to enable the understanding of neurological or abnormal dysfunctions. The objectives of this course are (a) to provide an understanding of normal mental processes and their relationship to brain, mind and behavior, and (b) to study the concept of cognition and its application.

## Course Contents:

### Module I: Introduction and Sensation

7 hours

Introduction, History and Background of Cognitive Psychology  
Sensory Process: Meaning and Types of Senses, Sensation and Sensitivity

### Module II: Attention and Perception

9 hours

Attention: Nature, Process Types and Determinants of attention  
Theories of attentions  
Perceptual Process: Meaning and Nature of Perception  
Principles of Perceptual organization  
Perception of Space, Depth–Visual Monocular Cues and Binocular Cues, Perception of Distance and Direction  
Perceptual constancy  
Perceptual Illusions, Delusions and Hallucinations

### Module III: Learning

8 hours

Learning: Meaning, Nature and Types of learning (Verbal, Motor, Concept etc)  
Theories of Learning –Trial and Error Theory, Classical Conditioning Theory, Operant / Instrumental Conditioning, Insight Learning Theory  
Transfer of Training: Meaning, Types and Theories of Transfer

### Module IV: Thinking, Problem Solving & Language

9 hours

Thinking: Nature, and Types of Thinking  
Tools of thinking: Images, Concept, Symbols and Signs, Language, Muscle Activities and Brain Function  
Problem solving: Meaning and Methods of Problem solving.  
Role of set in problem solving  
Decision Making: Meaning, Types and Hindrances  
Language: Definition, Elements of Language, Development, Acquisition, Influence of Culture

### Module V: Intelligence

9 hours

Intelligence: Meaning and Nature  
Theories of intelligence: Unitary Theory, Two Factor Theory, 3-D Model of Intellect , Process Theories of Intelligence, Multi-factor Theory (Howard Gardener), Emotional Intelligence, Social Intelligence, Spiritual Intelligence and Cultural Intelligence

## Examination Scheme:

Components	CT	CT/H/P/V/Q	A	EE
Weightage (%)	15	10	5	70

CT-Class Test; H-Home Assignment; P-Presentation; V-Viva; Q-Quiz; A-Attendance; EE-End Session Exam

**(e). Suggested Text Books**

T-1. Kellogg, R. T.(2012).*Fundamentals of Cognitive Psychology*. New Delhi: Sage Publication

T-2. Morgan, C.T., King, R.A., Weisz, J.R. & Schopler, J. (1993). *Introduction to Psychology*. New Delhi; Tata McGraw Hill

T-3. Tiwari, G. &Pal, R. (2001). *Experimental Psychology: A Dynamic Approach*. Vinod Pustak Mandir.

T-4. Solso, R. L. (2006). *Cognitive Psychology*. New Delhi. Pearson Education

**(f). Suggested Reference Books**

R-1. Esgate, A., & Groome, D. (2005). *An introduction to applied cognitive psychology*. New York: Psychology Press.

R-2. Best, J.B. (1994). *Cognitive Psychology* (4th ed.) New York: West Publishing Company.

R-3.Hilgard, E.R. Atkinson, R.C. & Atkinson, R.L. (1975). *Introduction to Psychology* (6th ed.) New Delhi: Oxford and IBH Publishing Co.

R-4. Mishra, B. K.(2008). *Psychology*. New Delhi; PHI Learning Pvt. Ltd

R-5. Snyder, C. R. & Lopez, S. J. (2007). *Positive Psychology*. London: Sage Publications.

## PHYSIOLOGICAL PSYCHOLOGY

Course Code: PSY104

L:2,T:1,P:0 C:03

### Course Objective:

The paper on Physiological Psychology correlates the discipline to the physiological aspect of human life and emphasizes the need to study physiology for complete understanding of human beings.

### Course Contents:

#### Module I: Introduction

8 hours

Physiology & Behavior

Physiological Psychology- Definition, Techniques used to study brain

#### Module II: Neural conduction Mechanism

9 hours

Neurons: Structure of Neuron, synapse, reflexes

Neural Impulse Transmission

Neurotransmitters

#### Module III: Nervous system

9 hours

Central and Peripheral Nervous System

Lateralization of brain (Left and Right brain)

The Endocrine system and behaviour

#### Module IV: Physiological basis of behavior

8 hours

Learning and memory

Motivation and emotion

#### Module V: Sleep and Circadian Rhythm

8 hours

Homeostasis, Consciousness and its states, Circadian Rhythm, Dreams, Disorders of sleep

### Examination Scheme:

Components	CT	CT/H/P/V/Q	A	EE
Weightage (%)	15	10	5	70

CT-Class Test; H-Home Assignment; P-Presentation; V-Viva; Q-Quiz; A-Attendance; EE-End Session Exam

### Text & References:

#### Text:

- Leukel, F., (1968), Introduction to Physiological Psychology

#### References:

- Levinthal, G. G., (1990), Introduction to Physiological Psychology
- Anthony, C.P & Thobidean G.A., (1987), Text Book of Anatomy & Physiology, New Jersey.

## Psychological Practical-I

Course Code: PSY120

L:0,T:0,P:4

C: 02

### Course Objective:

This course will enable students to understand and apply the general concepts of psychology through experiments & psychological tests.

Every student is expected to perform and write any 10 experiments & tests mentioned below.

### List of Practicals:

1. Muller Lyer Illusion
2. Stroops Test
3. Movie/Film/TV serial analysis (Psychology theme)
4. Test of Intelligence (Raven's Standard Progressive Matrices)
5. Test of Personality (MBTI)
6. Achievement Motivation
7. Prejudice test
8. Multiple IQ
9. Learning Style Questionnaire
10. Aggression Test
11. Bilateral Transfer of Training
12. Span of attention
13. **PROJECT:** Visit to hospital to understand the techniques of studying physiological behavior (MRI, CT Scan, etc.)

A student will be examined in any one experiment/test as assigned to him. Classification of marks will be as follows:

Practical (Continuous)	Viva Voce	Record Book	Total
40 Marks	30 Marks	30 Marks	100 Marks

### (f). Suggested Text Books

T-1. Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (1993). *Introduction to Psychology*. New Delhi; Tata McGraw Hill

T-2. Munn N.L.(1967). *Introduction to Psychology*. Oxford and I.B.H. Pub Co. Bombay, 6th Ed

T-3. Solso, R. L. (2006). *Cognitive Psychology*. New Delhi. Pearson Education

T-4. Tiwari, G., & Pal, R. (2001). *Experimental Psychology: A Dynamic Approach*. Vinod PustakMandir.

### (g). Suggested Reference Books:

R-1. Hilgard. E.R. Atkinson, R.C., & Atkinson, R.L. (1975). *Introduction to Psychology* (6th Ed.) New Delhi: Oxford and IBH Publishing Co.

R-2. Kerlinger F.N. (2004). *Foundations of Behavioural Research*. 8<sup>th</sup> print

**PROJECT  
(WITH PRESENTATION & EVALUATION)**

**Course code: PSY160**

**L:0,T:0,P:0 C:03**

**Course Objective:**

The project can be defined as a scholarly inquiry into a problem or issues, involving a systematic approach of gathering and analysis of information / data, leading to production of a structured report. The aim of the project is to provide the students with an opportunity to apply their knowledge of psychology in understanding human behavior in field setting.

**Chapter Scheme and distribution of marks:**

Chapter 1: Introduction – 10 marks

Chapter 2: Conceptual Framework/ National/International Scenario – 25 marks

Chapter 3: Presentation, Analysis & Findings -- 25 marks

Chapter 4: Conclusion & Recommendations -- 10 marks

Chapter 5: Bibliography -- 05 marks

<b>Project Report</b>	<b>Power Point Presentation &amp; Viva</b>
75 marks	25 marks

**Components of a Project Report**

The outcome of Project Work is the Project Report. A project report should have the following components:

**1) Cover Page:** This should contain the title of the project proposal, to whom it is submitted, for which degree, the name of the author, name of the supervisor, year of submission of the project work, name of the University.

**2) Acknowledgement:** Various organizations and individuals who might have provided assistance /co-operation during the process of carrying out the study.

**3) Table of Content:** Page-wise listing of the main contents in the report, i.e., different Chapters and its main Sections along with their page numbers.

**4) Body of the Report:** The body of the report should have these four logical divisions

a) **Introduction:** This will cover the background, rationale/ need / justification, brief review of literature, objectives, methodology (the area of the study, sample, type of study, tools for data collection, and method of analysis), Limitations of the Study, and Chapter Planning.

b) **Conceptual Framework / National and International Scenario:** (relating to the topic of the Project).

c) **Presentation of Data, Analysis and Findings:**(using the tools and techniques mentioned in the methodology).

d) **Conclusion and Recommendations:** In this section, the concluding observations based on the main findings and suggestions are to be provided.

**5) Bibliography or References:** This section will include the list of books and articles which have been used in the project work, and in writing a project report.

**6) Annexures:** Questionnaires (if any), relevant reports, etc.

(The main text of the Project should normally be in the range of 5000 words. However, there may be annexure in addition to the main text)

## **The Steps of a Project Report**

**Step I :** Selection of the topic for the project by taking following points into consideration:

- Suitability of the topic.
- Relevance of the topic
- Time available at the disposal.
- Feasibility of data collection within the given time limit.
- Challenges involved in the data collection (time & cost involved in the data collection, possibility of getting responses, etc.)

**Step II:** Finalization of the Topic and preparation of Project Proposal in consultation with the Supervisor.

**Step III:** Collection of information and data relating to the topic and analysis of the same.

**Step IV:** Writing the report dividing it into suitable chapters, viz.,

Chapter 1: Introduction,

Chapter 2: Conceptual Framework / National & International Scenario,

Chapter 3: Analysis & Findings

Chapter 4: Conclusion and Recommendations.

**Step V:** The following documents are to be attached with the Final Project Report.

- 1) Approval letter from the supervisor(Annexure-IA)
- 2) Student's declaration (Annexure-IB)
- 3) Certificate from the Competent Authority of the Organisation / Institution, if the student undertakes the Project Work in any Organisation / Institution.

### **Guidelines for evaluation:**

- Each of the students has to undertake a Project individually under the supervision of a teacher and to submit the same following the guidelines stated below.
- Language of Project Report and Viva-Voce Examination may be English. The Project Report must be typed and hard bound.
- Failure to submit the Project Report or failure to appear at the Viva-voce Examination will be treated as —Absentll in the Examination. He /she has to submit the Project Report and appear at the Viva-Voce Examination in the subsequent years (within the time period as per University Rules).
- No marks will be allotted on the Project Report unless a candidate appears at the Viva-Voce Examination. Similarly, no marks will be allotted on Viva-Voce Examination unless a candidate submits his/her Project Report.
- Evaluation of the Project Work to be done jointly by one internal expert and one external expert with equal weightage, i.e., average marks of the internal and external experts will be allotted to the candidate.

## ARTICLE/FEATURE WRITING

Course Code: PSY 170

L:0,T:0,P:0 C:01

### Course Objective:

The objective of this course is to develop the scientific bent of mind and judge the understanding as well as application of the knowledge gained by the students. The aim of an article is to provide the students an opportunity to further enhance their knowledge in an area of their choice by undertaking different **aspects of human behavior and analyzing it** at a level commensurate with the learning outcomes of the various courses taken up by them in the ongoing semester.

The purpose of the article is for the students to draw upon their interest in currently published research literature with the aim of furthering theoretical work in the field of interest.

### Guidelines:

1. The article will be related to the contemporary Psychological issue and the topic will be given by the department. The article will be written in around 3000 words.
2. The presentation of the article is scheduled to be held before the commencement of Semester examinations.
3. The article will carry 100 marks that will be marked on the basis of selection of topic, article writing and viva.
4. There are a number of types of articles that are published in psychological journals, including reports of empirical studies (psychological reports), review articles, case studies and theoretical articles. Students may critically assess existing theories, identifying flaws or arguing for the superiority of one theory over another. This is often done through examining a theory's internal consistency and evaluating the level of empirical support for the theory (i.e. studies/experiments). This type of theoretical analysis is what we are expecting from students at undergraduate level.

### Examples of a few broad areas for articles (List is indicative, not exhaustive)

- Personality theories
- Emotional Intelligence
- Positive thinking
- Learning
- Self concept
- Motivation
- Emotion
- Cognitive process
- Cross cultural Psychology
- Memory enhancement

### Evaluation Scheme:

Selection of topic & its significance	Article writing		Viva	Total
	Content	References (studies quoted)		
10	30	20	40	100

## READINGS IN PSYCHOLOGY

**Course Code: PSY110**

**L:0,T:0,P:0**

**C:02**

### **Course Objective:**

The objective of this paper is to inculcate reading habit along with value addition to the existing understanding of the subject. The book reading would be a kind of knowledge enhancer that would envision the student about some current thoughts related to the discipline. The book reading and its critical analysis would help broaden the intellectual horizon of the student and develop the ability of critical analysis and synthesis. A contemporary and relevant book will be selected by the concerned department.

### **Guidelines:**

The student is expected to thoroughly go through the discipline related prescribed book with the objective of critically reviewing each aspect and character of the book. The student is supposed to have a detailed insight into the following:

1. Content
2. Writing style
3. Information/learning
4. Content handling
5. Characters(if any)
6. Thematic Clarity

The report is to be submitted in about 3000 words on A4 size sheets, Font 12pt., Times New Roman, 1.5 spacing. Headings in Font Size16.

### **Evaluation Scheme:**

<b>Report on the Book in 3000 words</b>	<b>Written Test</b>
50 marks	50 marks

## HUMAN RIGHTS, VALUES AND ETHICS

**Course Code: PSY 105**

**L:1,T:1,P:0 C:02**

**Course Objective:**

The course will address the evolution of international human rights and of the legal instruments designed for their protection. It is a study the theoretical foundations of the idea of human rights in India.

**Course Contents:**

**Module I: Introduction to Human Rights**

**6 hours**

Historical Perspective of Human rights  
Meaning and Evolution of Human rights  
Theories of Human Rights  
Universalization of Human Rights

**Module II: Human Rights in Indian Context**

**5 hours**

Indian constitution and Human rights  
Fundamental Rights, Directive Principles of State Policy  
Implementation of human rights in India  
Personal and family rights

**Module III: Human Rights Education**

**6 hours**

History and Determinants if Human Right Education  
Awareness of Human Rights in Children  
Principles of Human Rights Education  
Protection of Human Rights in School  
Global Need of Human Right Education

**Module IV: Human and Civil Rights**

**6 hours**

Property Rights - Copyright - Intellectual Property  
Crime and Social Deviance  
National Human Rights Commission: Structure and Powers  
Police — Law Enforcement: International Law Enforcement Agencies and National Law Enforcement Agencies, Interpol

**Module V: Values and ethics In India**

**5 hours**

Values and Ethics : Concept and classification  
Indian and Western Values and Ethics: Review and Interpretation of Indian and foreign scriptures  
Global values

**Examination Scheme:**

Components	CT	CT/H/P/V/Q	A	EE
Weightage (%)	15	10	5	70

CT-Class Test; H-Home Assignment; P-Presentation; V-Viva; Q-Quiz; A-Attendance; EE-End Session Exam

**Text & References:**

**Text:**

- Shelley Wright (2001). International Human Rights, Decolonisation and Globalization: Becoming Human. London: Routledge.

**References:**

- Anthony J. Langlois. (2001), The Politics of Justice and Human Rights: Southeast Asia and Universalist Theory. Cambridge: Cambridge University Press.
- Parish, Steven M. (1994). Moral Knowing in a Hindu Sacred City. N.Y.: Columbia University Press.

# II Semester

## LIFE SPAN DEVELOPMENT

**Course Code: PSY201**

**L:2,T:1,P:0 C: 03**

### **Course Objective:**

The paper will familiarize the students with the psycho-physiological development of infants and children. The course includes the development and changes during adolescence, adulthood and old age. The objective of this paper is:

- To critically evaluate the role of heredity, maturation, and the environment in development.
- To critically examine the relationship between scientific theories of development and the reality of development in everyday life.

### **Course Contents:**

#### **Module I: Introduction -**

**8 hours**

Meaning and Concept of Development: Life Span Perspective  
Theoretical Perspective on Development, Factors influencing development; Principles of growth & development: Difference between growth, maturation, development & learning.

#### **Module II: Development in Infancy and Toddlerhood (birth to 2years) -**

**8 hours**

Conception and Prenatal Development: The Interaction of Heredity and Environment;  
Birth and newborn: Birth Complications, Competent Newborn.

#### **Module III: Development in Childhood the Middle Childhood**

**9 hours**

*Childhood the Preschool years (3-6 Years)*

Physical Development Cognitive Development: Intellectual and Language development  
Social and Personality Development, Moral and Emotional Development

*The Middle Childhood (6-12 Years)*

Physical Development Cognitive Development: Intellectual and Language development  
Social and Personality Development, Moral and Emotional Development

#### **Module IV: Development in Adolescence and Early Adulthood**

**9 hours**

*Adolescence (12-19 years):*

Physical and Cognitive development in Adolescence and School Performance

Contexts of development: Family, School Peers, Role of Media

Contemporary Psychosocial Issues

Social, Personality, Moral and Emotional Development

*Early Adulthood (19-35 years):*

Physical Development: Physical Limitations and Challenges

Cognitive Development: Intelligence and Higher Education

Social and Personality Development: Forming Relationship and Choosing Career

Contemporary Psychosocial Issues

#### **Module V: Development in Middle and Late Adulthood Middle Adulthood**

**8 hours**

*Middle Adulthood (35-55 years):*

Physical Development: Sexuality and Health

Cognitive Development: Memory and Remembering

Social and Personality Development: Cultural Dimensions

*Late Adulthood (55 years to death):*

Physical Development: Health and Wellness

Cognitive Development: Memory and Forgetting

Social and Personality Development: Successful Aging

Death, Dying and Bereavement

**Examination Scheme:**

<b>Components</b>	<b>CT</b>	<b>CT/H/P/V/Q</b>	<b>A</b>	<b>EE</b>
<b>Weightage (%)</b>	15	10	5	70

**CT**-Class Test; **H**-Home Assignment; **P**-Presentation; **V**-Viva; **Q**-Quiz; **A**-Attendance; **EE**-End Session Exam

**Text & References:****Text:**

- Berk, L.E. (1989), Child Development; Boston: Allyn & Bacon.
- Brodzinsky, D.M., Gormly, A.V., & Anibron, S.R. (1986) Life Span Human Development; New Delhi:
- Heatherington, E.M., & Parke, R.D. (1986), Child Psychology; New York: McGraw-Hill
- Hurlock, E.B., (1981), Developmental Psychology; A Life Span Approach; Tata McGraw-Hill

**References:**

- Asthana, H.S. & J. Pandey, (1998) Psychology in India: The State of the Art Vol. I; New Delhi, Sage
- American Psychologist (1989), Special issue, Children and their Development: Knowledge base Research Agenda and Social Policy Application 44(2), 95-490.
- Daton, R.A. (1987), Adult Development and Ageing; Annual Review of Psychology, 38, 153-280
- Kirmmel, D.C. (1980). Adulthood and Ageing – An Inter disciplinary Developmental view; New York: John Wiley & Sons.
- Maier, H.W. (1969) Three Theories of Child Development; New York: Harper & Row.
- Rogoff, B. (1981). Schooling and the Development of Cognitive Skills, In H.C. 'Triandis & Heron (Eds.) Handbook of Cross Cultural Psychology, Vol 4; Baston: Allyn & Bacon.
- Peterson, A.C. (1988) Adolescent Development; Annual Review of Psychology. 38, 583-607.

## EDUCATIONAL PSYCHOLOGY

Course Code: PSY202

L:2,T:1,P:0 C: 03

### Course Objective:

Through this course students will be able to apply the knowledge of experimental, social and child psychology and theories related to learning, motivation and transfer of learning to educational setup. Course also spans knowledge about individual differences, problems of adjustment in the classroom and also about special education.

### Course Contents:

#### Module I: Relationship of Psychology to Education

8 hours

Nature and Scope of Educational Psychology

Methods of Educational Psychology: Differential, Clinical and Experimental

Concept of Growth and Development: Physical, Mental, Social and Emotional Development during childhood and adolescence

#### Module II: Individual Differences

8 hours

Individual Differences: Concept and Areas

Determinants of Individual Differences

Role of Heredity and Environment in developing Individual Differences

Implications of Individual differences for organizing educational program

#### Module III: Learning & Motivation

9 hours

Concept and Theories of learning: Trial & Error learning, Conditioning and Cognitive learning theory, Contribution of Gestalt.

Perpetual approach to learning; Gagne's hierarchy of learning types;

Factors influencing learning, Educational Implications

Theories of motivation, Factors affecting motivation, Educational Implications

#### Module IV: Personality & Creativity

9 hours

Meaning of personality, Trait and Type Approaches to Personality

Assessment of personality by subjective, objective and projective techniques

Role of teacher in fostering individual's personality.

Creativity: nature and characteristics

Development of creativity, Theories, Assessment and identification of creativity.

Role of teachers in fostering creativity.

#### Module V: Children with Special needs and Education

8 hours

Exceptional Children: Gifted, Mentally Retarded, Backward children, Children with learning disabilities

Educational Implications

### Examination Scheme:

Components	CT	CT/H/P/V/Q	A	EE
Weightage (%)	15	10	5	70

CT-Class Test; H-Home Assignment; P-Presentation; V-Viva; Q-Quiz; A-Attendance; EE-End Session Exam

### Text & References:

- Dash M & Dash N, Fundamentals of Educational Psychology
- Mangal S K, Advanced Educational Psychology; Prentice Hall of India Pvt. Ltd

## THEORIES OF PERSONALITY

Course Code: PSY203

L:2,T:1,P:0 C: 03

### Course Objective:

This course introduces description and critical evaluation of different theories of personality in the background of the empirical evidence. It enables students to

1. Become familiar with the major theories related to the study of personality.
2. To understand the underlined themes, methodology and assumption of each theory to enhance understanding of personality and behavior.
3. To orient the students in application of this knowledge in case analysis and therapeutic formulation
4. To develop the skills in personality assessment.

### Course Contents:

#### Module I: Introduction 8 hours

Concept and Definition of Personality: Western Perspective, Eastern Perspective  
Methods of Personality Assessment.

#### Module II: Determinants of Personality 8 hours

Nature / Nurture Controversy:  
Biological Determinants: Role of Genes and Endocrine Glands  
Role of Physical Environment: Natural Environment, Constructed Environment, Behavioural  
Role of Socio – Cultural Environment: Early Social Experiences and Impact of parenting styles  
Role of family in the formation of personality

#### Module III: Trait and Type Theories of Personality 9hours

Hippocrates, Sheldon, Kretschmer, Allport, Cattell, Eysenck, Sheldon, and Friedman, Kobasa.

#### Module IV: Psychoanalytic Theories of Personality 9 hours

Sigmund Freud, Alfred Adler, Erich Fromm, Karen Horney and Erik Erikson's Theories

#### Module V: Social, Cognitive and Humanistic Theories of Personality 8 hours

Behavioural Theory: Skinner  
Social-Cognitive Theory: Miller & Dollard; Bandura  
Humanistic Theory: Abraham Maslow; Carl Rogers

### Examination Scheme:

Components	CT	CT/H/P/V/Q	A	EE
Weightage (%)	15	10	5	70

CT-Class Test; H-Home Assignment; P-Presentation; V-Viva; Q-Quiz; A-Attendance; EE-End Session Exam

**(e) Suggested Text books:**

T1- Adams, D.P., (1990), An Introduction to Personality Psychology; New York: Harcourt brace & Javan vich.

T2- Hall, C.S. & Lindzey, G. (1998), Theories of Personality; New Delhi: Wiley Eastern Ltd.

T3- Feist, J. (1985), Theories of personality; New York, Holt Rineharat & Winston

**Reference Books/Journals/Other Study Material:**

R1- Paranjpe, A.C. (1984), Theoretical Psychology, Meeting of East and West; New York, Penguin Press

R2- Mairet, P. (1977), Existentialism & Humanism of J.P. Sartre; London, Methuen

R3- Kuppuswamy, B. (1990), Elements of Ancient Indian Psychology; Delhi: Konark publishers

R4- Allport, G.W. (1996), Pattern in Growth in Personality; New York: Holt Rinechart & Winton

R5- McClland, D.C. (1951), Personality; New York: Holt Rinechart & Winston.

# GENDER PSYCHOLOGY

Course Code: PSY204

L:1,T:1,P:0 C: 02

## Course Objective:

This course is designed to introduce students to primary concepts of gender psychology. The course will familiarize them with psychological theories and research findings regarding the differences and similarities between men and women and the effects of gender in social situations. Students will learn to understand the complexity and diversity of gendered experiences in the society.

## Course Contents:

### Module I: Introduction to Gender Psychology

5 hours

Historical development: Role of Early Schools, Eminent women Psychologists(Anna Freud, Calkins, Ainsworth, Karen Horney, Melanie Klein, Hollingworth, Calkins, Sandra Bem, Ainsworth), Role of psychological assessment in development of Gender Psychology

### Module II: Various Perspectives

6 hours

Biological: Role of Heredity, Hormones and Nervous System  
Psychological: Freudian and Neo-Freudian, Socio- Cognitive, Humanistic  
Sociological and Economic perspectives: Social Norms, Social Conflict, Economic models

### Module III: Gender Constructs & Stereotypes

6 hours

Gender Role and Gender Identity: Components of Gender Constructs  
Stereotype in Religious, Global/Cultural Contexts  
Effects of stereotypes and roles, Media and Depiction of gender

### Module IV: Gender Differences

6 hours

Areas of gender difference: Physical, cognitive, affective and social abilities, Health & Fitness, Stress, Coping & Psychopathology, Internalizing and Externalizing Behavioral Problems

### Module V: Contemporary Issues

5 hours

Third gender issues: Transgender concept and approaches, global scenario  
Women empowerment: Feminism: Movement and Branches Need for gender sensitization

## Examination Scheme:

Components	CT	CT/H/P/V/Q	A	EE
Weightage (%)	15	10	5	70

CT-Class Test; H-Home Assignment; P-Presentation; V-Viva; Q-Quiz; A-Attendance; EE-End Session Exam

## Text & References:

### Text:

- Brannon, L. (2001), Gender: Psychological Perspectives (3rd edition); Needam Heights, MA: Allyn and Bacon.
- Kimmel, M. S. and Aronson, A. (2000), The Gendered Society Reader; New York: Oxford University Press.

### References:

- Mustin R.T. & Marecek J., (1990) ,Making a Difference: Psychology and the Construction of Gender; New Haven, CT: Yale UP
- Golombok S. & Fivush R., (1994), Gender Development ;Cambridge, UK: Cambridge UP

## READINGS IN PSYCHOLOGY

**Course Code: PSY 210**

**L:0,T:0,P:0 C:02**

### **Course Objective:**

The objective of this paper is to inculcate reading habit along with value addition to the existing understanding of the subject. The book reading would be a kind of knowledge enhancer that would envision the student about some current thoughts related to the discipline. The book reading and its critical analysis would help broaden the intellectual horizon of the student and develop the ability of critical analysis and synthesis. A contemporary and relevant book will be selected by the concerned department.

### **Guidelines:**

The student is expected to thoroughly go through the discipline related prescribed book with the objective of critically reviewing each aspect and character of the book. The student is supposed to have a detailed insight into the following:

1. Content
2. Writing style
3. Information/learning
4. Content handling
5. Characters (if any)
6. Thematic Clarity

The report is to be submitted in about 3000 words on A4 size sheets, Font 12pt., Times New Roman, 1.5 spacing. Headings in Font Size16.

### **Evaluation Scheme:**

<b>Report on the Book in 3000 words</b>	<b>Written Test</b>
50 marks	50 marks

## Psychological Practical-II

Course Code: PSY220

L:0,T:0,P:4 C:02

### Course Objective:

This course will enable the students to understand and apply the general concepts of psychology through experiments & psychological tests.

The students are required to perform & write any 10 practical.

### List of Experiments/Tests:

1. Finger Dexterity (on a child)
2. Learning Disability
3. Test of Well-being
4. Youth Problem Inventory
5. Reading and Writing Motivation
6. Risk behaviour Inventory
7. Hardiness
8. Masculinity and Femininity
9. Old age fears
10. Life Satisfaction
11. Test of Adjustment
12. Attachment Style
13. Parent child relationship test
14. Case study of an adolescent problem behaviour/old age/ any childhood behaviour problem.

### Examination Scheme:

A student will be examined in any one experiment/test as assigned to him. Classification of marks will be as follows:

Practical (Continuous)	Viva Voce	Record Book	Total
40 Marks	30 Marks	30 Marks	100 Marks

### (f). Suggested Text Books

- T-1. Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. (1993). *Introduction to Psychology*. New Delhi; Tata McGraw Hill
- T-2. Munn N.L.(1967). *Introduction to Psychology*. Oxford and I.B.H. Pub Co. Bombay, 6th Ed
- T-3. Solso, R. L. (2006). *Cognitive Psychology*. New Delhi. Pearson Education
- T-4. Tiwari, G., &Pal, R. (2001). *Experimental Psychology: A Dynamic Approach*. Vinod PustakMandir.

### (g). Suggested Reference Books:

- R-1. Hilgard. E.R. Atkinson, R.C., & Atkinson, R.L. (1975). *Introduction to Psychology* (6th Ed.) New Delhi: Oxford and IBH Publishing Co.
- R-2. Kerlinger F.N. (2004). *Foundations of Behavioural Research*. 8<sup>th</sup> print

**PROJECT  
(WITH PRESENTATION & EVALUATION)**

**Course code: PSY260**

**L:0,T:0,P:0 C:03**

**Course Objective:**

The project can be defined as a scholarly inquiry into a problem or issues, involving a systematic approach of gathering and analysis of information / data, leading to production of a structured report. The aim of the project is to provide the students with an opportunity to apply their knowledge of psychology in understanding human behavior in field setting.

**Chapter Scheme and distribution of marks:**

Chapter 1: Introduction – 10 marks

Chapter 2: Conceptual Framework/ National/International Scenario – 25 marks

Chapter 3: Presentation, Analysis & Findings -- 25 marks

Chapter 4: Conclusion & Recommendations -- 10 marks

Chapter 5: Bibliography -- 05 marks

<b>Project Report</b>	<b>Power Point Presentation &amp; Viva</b>
75 marks	25 marks

**Components of a Project Report**

The outcome of Project Work is the Project Report. A project report should have the following components:

**1) Cover Page:** This should contain the title of the project proposal, to whom it is submitted, for which degree, the name of the author, name of the supervisor, year of submission of the project work, name of the University.

**2) Acknowledgement:** Various organizations and individuals who might have provided assistance /co-operation during the process of carrying out the study.

**3) Table of Content:** Page-wise listing of the main contents in the report, i.e., different Chapters and its main Sections along with their page numbers.

**4) Body of the Report:** The body of the report should have these four logical divisions

a) **Introduction:** This will cover the background, rationale/ need / justification, brief review of literature, objectives, methodology (the area of the study, sample, type of study, tools for data collection, and method of analysis), Limitations of the Study, and Chapter Planning.

b) **Conceptual Framework / National and International Scenario:** (relating to the topic of the Project).

c) **Presentation of Data, Analysis and Findings:**(using the tools and techniques mentioned in the methodology).

d) **Conclusion and Recommendations:** In this section, the concluding observations based on the main findings and suggestions are to be provided.

**5) Bibliography or References:** This section will include the list of books and articles which have been used in the project work, and in writing a project report.

**6) Annexures:** Questionnaires (if any), relevant reports, etc.

(The main text of the Project should normally be in the range of 5000 words. However, there may be annexure in addition to the main text)

## **The Steps of a Project Report**

**Step I:** Selection of the topic for the project by taking following points into consideration:

- Suitability of the topic.
- Relevance of the topic
- Time available at the disposal.
- Feasibility of data collection within the given time limit.
- Challenges involved in the data collection (time & cost involved in the data collection, possibility of getting responses, etc.)

**Step II:** Finalisation of the Topic and preparation of Project Proposal in consultation with the Supervisor.

**Step III:** Collection of information and data relating to the topic and analysis of the same.

**Step IV:** Writing the report dividing it into suitable chapters, viz.,

Chapter 1: Introduction,

Chapter 2: Conceptual Framework / National & International Scenario,

Chapter 3: Analysis & Findings

Chapter 4: Conclusion and Recommendations.

**Step V:** The following documents are to be attached with the Final Project Report.

1) Approval letter from the supervisor (Annexure-IA)

2) Student's declaration (Annexure-IB)

3) Certificate from the Competent Authority of the Organisation / Institution, if the student undertakes the Project Work in any Organisation / Institution.

### **Guidelines for evaluation:**

- Each of the students has to undertake a Project individually under the supervision of a teacher and to submit the same following the guidelines stated below.
- Language of Project Report and Viva-Voce Examination may be English. The Project Report must be typed and hard bound.
- Failure to submit the Project Report or failure to appear at the Viva-voce Examination will be treated as —Absentll in the Examination. He /she has to submit the Project Report and appear at the Viva-Voce Examination in the subsequent years (within the time period as per University Rules).
- No marks will be allotted on the Project Report unless a candidate appears at the Viva-Voce Examination. Similarly, no marks will be allotted on Viva-Voce Examination unless a candidate submits his/her Project Report.
- Evaluation of the Project Work to be done jointly by one internal expert and one external expert with equal weightage, i.e., average marks of the internal and external experts will be allotted to the candidate.

## ARTICLE/FEATURE WRITING

Course Code: PSY270

L:0,T:0,P:0 C: 01

### Course Objective:

The objective of this course is to develop the scientific bent of mind and judge the understanding as well as application of the knowledge gained by the students. The aim of an article is to provide the students an opportunity to further enhance their knowledge in an area of their choice by undertaking different **aspects of human behavior and analyzing it** at a level commensurate with the learning outcomes of the various courses taken up by them in the ongoing semester.

The purpose of the article/feature writing is for the students to draw upon their interest in currently published research literature with the aim of furthering theoretical work in the field of interest.

#### Guidelines:

1. The article will be related to the contemporary Psychological issue and the topic will be given by the department. The article will be written in around 3000 words.
2. The presentation of the article is scheduled to be held before the commencement of Semester examinations.
3. The article will carry 100 marks that will be marked on the basis of selection of topic, article writing and viva.
4. There are a number of types of articles that are published in psychological journals, including reports of empirical studies (psychological reports), review articles, case studies and theoretical articles. Students may critically assess existing theories, identifying flaws or arguing for the superiority of one theory over another. This is often done through examining a theory's internal consistency and evaluating the level of empirical support for the theory (i.e. studies/experiments). This type of theoretical analysis is what we are expecting from students at undergraduate level.

Examples of a few broad areas for articles (List is indicative, not exhaustive) :

Personality theories  
Emotional Intelligence  
Positive thinking  
Learning  
Self concept  
Motivation  
Emotion  
Cognitive process  
Cross cultural Psychology  
Memory enhancement

### Evaluation Scheme:

Selection of topic & its significance	Article writing		Viva	Total
	Content	References(studies quoted)		
10	30	20	40	100

## PSYCHOLOGY OF AGEING

Course Code: PSY 205

L:1,T:1,P:0 C: 02

### Course Objective:

This paper will enable the students to have a better understanding of the needs, theories and processes of ageing. Also, to empower the students with the wider knowledge on how to deal with the issues and problems related to old age.

### Course Contents:

#### Module I: Introduction

6 hour

Gerontology- Meaning, Nature & Scope  
Historical perspective of Ageing  
Global Picture- Researches & Studies in Indian and Western Context  
Morbidity & Mortality  
Ageing- Myths & Facts  
Major Needs of Older Adults

#### Module II: The Process of Ageing

5 hours

Developmental Aspects of Ageing  
Biological & Physiological Aspects of Ageing  
Psychological Aspects of Ageing  
Social Aspects of Ageing

#### Module III: Health Needs & Care for Older Adults

6 hours

Assessment, Diagnosis & Planning  
Major Illnesses- Physical & Psychological  
Care giving- Mild & Chronic Illnesses  
Mental Health  
Palliative Care

#### Module IV: Individual & Social Issues

5 hours

Adaptation to Old Age, Attitudes towards Old People  
Adjustment to Changes:

- Family Patterns
- Loss of Spouse
- Living Alone
- Remarriage in Old Age
- Physical, Motor & Mental Abilities

#### Module V: Ethical, Legal & Financial Issues

6 hours

Welfare Policy for Elderly  
Old Age/Shelter Homes for Elderly, Retirement  
Identifying Excellence in Care of Elderly  
Ethical Theories & Principles  
Constitutional Rights, Policy & Services  
Legislation & Public Policy

**Examination Scheme:**

<b>Components</b>	<b>CT</b>	<b>CT/H/P/V/Q</b>	<b>A</b>	<b>EE</b>
<b>Weightage (%)</b>	15	10	5	70

**CT**-Class Test; **H**-Home Assignment; **P**-Presentation; **V**-Viva; **Q**-Quiz; **A**-Attendance; **EE**-End Session Exam

**Text & References:*****Text:***

- Kenneth F. Ferraro: Gerontology: perspectives and issues, Published by Springer Pub. Co., 1990

***References:***

- Nicholas Coni, William Davison, Stephen Webster: Ageing: the facts  
Ian Stuart-Hamilton: The Psychology of Ageing: An Introduction, 4<sup>th</sup> Edition

# III Semester

## ABNORMAL PSYCHOLOGY

Course Code: PSY301

L:2,T:1,P:0 C:03

**Course Objectives:** Abnormal psychology introduces the students to a comprehensive study of abnormal behavior including the identification, etiology and classification on the basis of symptomatology of psychological disorders.

### Course Contents:

#### Module I: Introduction

9 hours

Concept of abnormality: Criteria and Perspectives

Classification: DSM IV-R, conceptual and operational evaluation.

Casual factors in Psychopathological Behaviour: (a) Biological determinants (b) Psychological determinants (c) Socio-cultural determinants

Neurosis and Psychosis: Concept and Difference between both the two

#### Module II: Anxiety Disorders

8 hours

Generalized anxiety disorders

Obsessive-Compulsive disorders

Phobic Disorders, Panic

#### Module III: Somatoform Disorders & Dissociative Disorders

9 hours

Hypochondriasis, Psychosomatic Disorder Somatoform Disorders

Conversion, Dissociative Amnesia, Dissociative Fugue, Dissociative Identity

#### Module IV: Mood Disorders & Schizophrenia

8 hours

Depression, Bipolar Depression, Schizophrenia

#### Module V: Other Types

8 hours

Substance Abuse Disorders, Impulse Control, Eating and Sleep Disorders

Childhood Disorders, Suicide: Ideation and Intention

### Examination Scheme:

Components	CT	CT/H/P/V/Q	A	EE
Weightage (%)	15	10	5	70

CT-Class Test; H-Home Assignment; P-Presentation; V-Viva; Q-Quiz; A-Attendance; EE-End Session Exam

### Text & References:

#### Text:

- Carson, R.C. & Butcher, J.N. (1992), Abnormal Psychology and Modern Life; (1st Ed.) New York: Harper Collins.
- Davsion, G.S, & Neale, J.M. (1990): Abnormal Psychology; (Vth Ed.), New York: John Wiley and Sons.

#### References:

- Kaplan, H.I. & Saddock, B.J. (Eds.) (1998), A Comprehensive Text Book of Psychiatry; (4<sup>th</sup> Ed.) Volume I & II Baltimore: Williams and Wilkins.
- Korchin, S.J. (1986). Modern Clinical Psychology; New York: Harper/ Delhi: C behavioural Science Publications.

## COUNSELING PSYCHOLOGY

**Course Code: PSY302**

**L:2,T:1,P:0 C:03**

**Course Objectives:** This course will introduce the students to key theories, approaches and skills required for counseling oneself and others. The scope of counseling in varied professional settings will also be made known through this paper.

### Course Contents:

#### **Module I: Introduction 8hours**

Meaning, Definitions and Goals of counseling  
Role of Counselor in different Setting  
Characteristics of a good counselor

#### **Module II: Counseling Process 8 hours**

Building Counseling Relationship  
Working in a Counseling Relationship  
Termination of Counseling Relationship

#### **Module III: Counseling Theories & Approaches 9 hours**

Insight-Oriented Counseling: Client-Centred  
Action-Oriented Counseling: Behavioural  
Psychodynamic Approaches  
Humanistic Approach  
Testing, Assessment and Diagnosis in Counseling

#### **Module IV: Counseling Applications 9hours**

Child Counseling and Counseling in School  
Adolescent Counseling and Counseling in College  
Career Counseling: Theories of Career Development  
Group Counseling and Family Counseling  
Addiction Counseling

#### **Module V: Current Issues in Counseling 8hours**

Ethical and Legal Issues  
Mental Health Counseling  
Counseling in a Multicultural Society  
Counseling with Diverse Population

### Examination Scheme:

Components	CT	CT/H/P/V/Q	A	EE
Weightage (%)	15	10	5	70

**CT**-Class Test; **H**-Home Assignment; **P**-Presentation; **V**-Viva; **Q**-Quiz; **A**-Attendance; **EE**-End Session Exam

## **Text & References:**

### **Text:**

T1. Corey, G. (2009), *Theory and Practice of Counseling and Psychotherapy*. CA Thomson Brooks/Cole

T2. Capuzzi, D. and Gross, D. R. (1982) *Counselling and Psychotherapy*. Delhi: Pearson Prentice Hall

### **References:**

R1. Windy, D. (1988) (ed.) *Counselling in Action*. New York: Sage Publication.

R2 Brammer, L. M. & Shostrom, E. L. (1977) *Therapeutic psychology: Fundamentals of Counselling Psychotherapy; (3<sup>rd</sup> Ed.)*. Englewood Cliffs: Prentice Hall

R3 Udupa, K. N. (1985) *Stress and its Management by Yoga*. Delhi: Moti Lal Bansari Das.

## HEALTH PSYCHOLOGY

Course Code: PSY303

L:2,T:1,P:0 C:03

**Course Objectives:** This course will acquaint the students with key theories and perspectives of health psychology. The students will be familiarized with causes of illnesses and coping mechanisms and ways to maintain good health.

### Course Contents:

#### Module I: Introduction

8 hours

Definition of Health Psychology; Mind-Body Relationship; Changing Patterns of Illness; Medical Acceptance; Health care services

Models of health Psychology: Bio-Psycho-Social Model vs Biomedical model

#### Module II: The Immune System

9 hours

Psycho-Neuro Immunology- the Immune System & immune functioning. Disorders of the Immune System- Infectious Diseases (viral infections & disease); Co-factor theory; Behavioral factors and common cold; AIDS (Transmission of HIV-AIDS & its consequences, coping with AIDS); Cancer- (Psychological factors in Cancer, causes of cancer)

#### Module III Theories of Health Behavior

8 hours

Health Belief Model, Theories of Reasoned Action/Planned Behavior, Learning Theories, Social Cognitive Theory, Transtheoretical or Stages of Change Model , Precaution Adoption Process Model  
Application of health behavior model in accident prevention, AIDs prevention, regulation of eating, weight control

Treatment compliance and health behaviors: in life terminal illness

#### Module IV: Health Promotion & Disease Prevention

9 hours

Stress- Theories of stress (Selye & Lazarus); Responses to stress; Dimensions of Stress; Coping with Stress. Health compromising behavior- Alcohol abuse, Drug abuse, Smoking.

Improving health & wellbeing: Personality and Individual Differences

Personality and Social Support in context of stress

#### Module V: Management of Pain

8 hours

Definition, Measurement, Psycho-social factors,

Techniques to control pain: Physical Methods: Medication, Surgery, Physical Therapy/Exercise, Physical Stimulation

Psychological Methods: Hypnosis, Biofeedback, Relaxation and Distraction

### Examination Scheme:

Components	CT	CT/H/P/V/Q	A	EE
Weightage (%)	15	10	5	70

CT-Class Test; H-Home Assignment; P-Presentation; V-Viva; Q-Quiz; A-Attendance; EE-End Session Exam

## CLINICAL PSYCHOLOGY

**Course Code: PSY304**

**L:2,T:1,P:0, C:03**

**Course Objectives:** This course will familiarize the students with scope of clinical psychology and role of clinical psychologist. The paper will provide students knowledge about techniques used by a clinical psychologist for diagnosis and treatment of psychological disorders.

### Course Contents:

**Module I: Foundation of Clinical Psychology** **8 hours**

Introduction to Clinical Psychology: Meaning and nature of discipline,  
Historical Development of Clinical Psychology

**Module II: Contemporary Issues** **9 hours**

Professional Activities of Clinical Psychologist  
Subspecialties of Clinical Psychology  
Organizations in Clinical Psychology  
Ethical and Legal Issues in Clinical Psychology

**Module III: Diagnosis and Assessment** **8 hours**

Nature and Purpose of Clinical Diagnosis and Assessment  
Stages in the Assessment Process  
Clinical Assessment Techniques: Clinical Interview  
Personality and Behavioural Assessment

**Module IV: Psychotherapy** **8 hours**

Definition, Goals and Stages of Psychotherapy  
Essential Process in Psychotherapy  
Models of Psychotherapy: Individual Therapy, Group Therapy  
Couples Therapy, Family Therapy

**Module V: Approaches to Psychotherapy** **9 hours**

Psychodynamic Psychotherapy  
Behavioural Psychotherapy  
Cognitive Psychotherapy  
Humanistic Psychotherapy

### Examination Scheme:

Components	CT	CT/H/P/V/Q	A	EE
Weightage (%)	15	10	5	70

CT-Class Test; H-Home Assignment; P-Presentation; V-Viva; Q-Quiz; A-Attendance; EE-End Session Exam

## READINGS IN PSYCHOLOGY

Course Code: PSY310

L:0,T:0,P:0 C: 02

### Course Objective:

The objective of this paper is to inculcate reading habit along with value addition to the existing understanding of the subject. The book reading would be a kind of knowledge enhancer that would envision the student about some current thoughts related to the discipline. The book reading and its critical analysis would help broaden the intellectual horizon of the student and develop the ability of critical analysis and synthesis. A contemporary and relevant book will be selected by the concerned department.

### Guidelines:

The student is expected to thoroughly go through the discipline related prescribed book with the objective of critically reviewing each aspect and character of the book. The student is supposed to have a detailed insight into the following:

1. Content
2. Writing style
3. Information/learning
4. Content handling
5. Characters(if any)
6. Thematic Clarity

The report is to be submitted in about 3000 words on A4 size sheets, Font 12pt., Times New Roman, 1.5 spacing. Headings in Font Size 16.

### Evaluation Scheme:

Report on the Book in 3000 words	Written Test
50 marks	50 marks

## PSYCHOLOGICAL PRACTICAL-III

Course Code: PSY320

L:0,T:0,P:4 C:02

### Course Objective:

This paper will enable students to understand and apply the general concepts of psychology through experiments & psychological tests.

The students are required to perform & write any 10 practical enlisted.

### List of Experiments/Tests:

1. Mental Health Assessment (Anxiety, Depression, Stress, Schizophrenia)
2. Test of Suicide Ideation
3. Eating Behavior Disorder tests
4. Alcohol and Nicotine Addiction Assessment
5. Lifestyle Survey
6. Personality Profile of a character diagnosed with a disorder from a critically acclaimed motion picture.
7. Overall Health Survey (GHQ)
8. Test of Creativity
9. Aptitude Test
10. Projective Testing (TAT/CAT/Rorschach)
11. Assessment of Interest
12. Review of DSM latest edition and training in Mental Status Examination under guided supervision.

### Examination Scheme:

A student will be examined in any one experiment/test as assigned to him. Classification of marks will be as follows:

<b>Practical (Continuous)</b>	<b>Viva Voce</b>	<b>Record Book</b>	<b>Total</b>
<b>40 Marks</b>	<b>30 Marks</b>	<b>30 Marks</b>	<b>100 Marks</b>

**PROJECT  
(WITH PRESENTATION & EVALUATION)**

**Course code: PSY360**

**L:0,T:0,P:0 C: 03**

**Course Objective:**

The project can be defined as a scholarly inquiry into a problem or issues, involving a systematic approach of gathering and analysis of information / data, leading to production of a structured report. The aim of the project is to provide the students with an opportunity to apply their knowledge of psychology in understanding human behavior in field setting.

**Chapter Scheme and distribution of marks:**

Chapter 1: Introduction – 10 marks

Chapter 2: Conceptual Framework/ National/International Scenario – 25 marks

Chapter 3: Presentation, Analysis & Findings -- 25 marks

Chapter 4: Conclusion & Recommendations -- 10 marks

Chapter 5: Bibliography -- 05 marks

<b>Project Report</b>	<b>Power Point Presentation &amp; Viva</b>
75 marks	25 marks

**Components of a Project Report**

The outcome of Project Work is the Project Report. A project report should have the following components:

**1) Cover Page:** This should contain the title of the project proposal, to whom it is submitted, for which degree, the name of the author, name of the supervisor, year of submission of the project work, name of the University.

**2) Acknowledgement:** Various organizations and individuals who might have provided assistance /co-operation during the process of carrying out the study.

**3) Table of Content:** Page-wise listing of the main contents in the report, i.e., different Chapters and its main Sections along with their page numbers.

**4) Body of the Report:** The body of the report should have these four logical divisions

a) **Introduction:** This will cover the background, rationale/ need / justification, brief review of literature, objectives, methodology (the area of the study, sample, type of study, tools for data collection, and method of analysis), Limitations of the Study, and Chapter Planning.

b) **Conceptual Framework / National and International Scenario:** (relating to the topic of the Project).

c) **Presentation of Data, Analysis and Findings:** (using the tools and techniques mentioned in the methodology).

d) **Conclusion and Recommendations:** In this section, the concluding observations based on the main findings and suggestions are to be provided.

**5) Bibliography or References:** This section will include the list of books and articles which have been used in the project work, and in writing a project report.

**6) Annexures:** Questionnaires (if any), relevant reports, etc.

(The main text of the Project should normally be in the range of 5000 words. However, there may be annexure in addition to the main text)

## **The Steps of a Project Report**

**Step I:** Selection of the topic for the project by taking following points into consideration:

- Suitability of the topic.
- Relevance of the topic
- Time available at the disposal.
- Feasibility of data collection within the given time limit.
- Challenges involved in the data collection (time & cost involved in the data collection, possibility of getting responses, etc.)

**Step II:** Finalisation of the Topic and preparation of Project Proposal in consultation with the Supervisor.

**Step III:** Collection of information and data relating to the topic and analysis of the same.

**Step IV:** Writing the report dividing it into suitable chapters, viz.

Chapter 1: Introduction,

Chapter 2: Conceptual Framework / National & International Scenario,

Chapter 3: Analysis & Findings

Chapter 4: Conclusion and Recommendations.

**Step V:** The following documents are to be attached with the Final Project Report.

1) Approval letter from the supervisor (Annexure-IA)

2) Student's declaration (Annexure-IB)

3) Certificate from the Competent Authority of the Organisation / Institution, if the student undertakes the Project Work in any Organisation / Institution.

### **Guidelines for evaluation:**

- Each of the students has to undertake a Project individually under the supervision of a teacher and to submit the same following the guidelines stated below.
- Language of Project Report and Viva-Voce Examination may be English. The Project Report must be typed and hard bound.
- Failure to submit the Project Report or failure to appear at the Viva-voce Examination will be treated as —Absent in the Examination. He /she has to submit the Project Report and appear at the Viva-Voce Examination in the subsequent years (within the time period as per University Rules).
- No marks will be allotted on the Project Report unless a candidate appears at the Viva-Voce Examination. Similarly, no marks will be allotted on Viva-Voce Examination unless a candidate submits his/her Project Report.
- Evaluation of the Project Work to be done jointly by one internal expert and one external expert with equal weightage, i.e., average marks of the internal and external experts will be allotted to the candidate.

## ARTICLE/FEATURE WRITING

Course Code: PSY370

L:0,T:0,P:0 C: 01

### Course Objective:

The objective of this course is to develop the scientific bent of mind and judge the understanding as well as application of the knowledge gained by the students. The aim of an article is to provide the students an opportunity to further enhance their knowledge in an area of their choice by undertaking different **aspects of human behavior and analyzing it** at a level commensurate with the learning outcomes of the various courses taken up by them in the ongoing semester.

The purpose of the article/feature writing is for the students to draw upon their interest in currently published research literature with the aim of furthering theoretical work in the field of interest.

### Guidelines:

1. The article will be related to the contemporary Psychological issue and the topic will be given by the department. The article will be written in around 3000 words.
2. The presentation of the article is scheduled to be held before the commencement of Semester examinations.
3. The article will carry 100 marks that will be marked on the basis of selection of topic, article writing and viva.
4. There are a number of types of articles that are published in psychological journals, including reports of empirical studies (psychological reports), review articles, case studies and theoretical articles. Students may critically assess existing theories, identifying flaws or arguing for the superiority of one theory over another. This is often done through examining a theory's internal consistency and evaluating the level of empirical support for the theory (i.e. studies/experiments). This type of theoretical analysis is what we are expecting from students at undergraduate level.

### Examples of a few broad areas for articles (List is indicative, not exhaustive)

- Personality theories
- Emotional Intelligence
- Positive thinking
- Learning
- Self-concept
- Motivation
- Emotion
- Cognitive process
- Cross cultural Psychology
- Memory enhancement

### Evaluation Scheme:

Selection of topic & its significance	Article writing		Viva	Total
	Content	References (studies quoted)		
10	30	20	40	100

## TERM PAPER

Course Code: PSY330

L:0,T:0,P:0 C: 01

### Course Objective:

The rationale behind introducing the term paper for BA Students (III Sem) is to enhance the reading and writing habits of the students and to make them aware about the process of carrying out a research work. This helps them to develop insight into the course they are studying which creates an academic interest among the students. Presentation of the term paper plays an important role as it facilitates knowledge sharing and improvement in presentation skills, which will further enhance the confidence of the students. The overall objective of this term paper is to develop research orientations in students and to make them understand and enhance skills in Research Methodology.

### Guidelines for Term Paper:

1. Topic
2. Introduction
3. Review research
4. Key Learnings
5. Conclusion
6. References
7. No. of pages in the compilation of the work (minimum 25 pages).

### Examination Scheme:

Compilation of Term Paper	50 Marks
Viva Voce	25 Marks
Presentation of Term Paper	25 Marks
Total	100 Marks

# IV Semester

**Course Objectives:** The paper on Statistics introduces quantification and interpretation of data related to psychology. The students will learn primary concepts and methods of statistical analysis in psychology.

**Course Contents:**

**Module I: Introduction**

**9 hours**

Meaning, Definition, Importance and Limitations of Statistics in Psychology  
Population and Sample, Graphical presentation of Data: Histograms, Frequency polygon, Frequency Curve, Cumulative Frequency Curve (Ogive), Cumulative Percentage Curve  
The Normal Curve: Characteristics and Problems in Normal Probability Curve (NPC), The Standard Normal Curve.

**Module II: Central tendency & variation**

**8 hours**

Measures of Central Tendency: Meaning, Application and Computation of Mean, Median and Mode  
Measures of Variability: Range and Variation; Average deviation, Quartile deviation and Standard deviation

**Module III: Parametric Statistics**

**8 hours**

Assumptions  
t-Test (Independent & correlated)  
ANOVA (One way) and Factorial  
Correlation-Pearson Product moment correlation (Linear correlation).

**Module IV: Non-Parametric Statistics**

**9 hours**

Introduction, Assumptions  
Chi square- Equal probability, 2x2 contingency and 3x3 contingency  
Mann Whitney and Wilcoxon rank test  
Spearman's rank order correlation

**Module V: SPSS**

**8 hours**

SPSS- training in parametric and non-parametric data analyses.

**Examination Scheme:**

Components	CT	CT/H/P/V/Q	A	EE
Weightage (%)	15	10	5	70

CT-Class Test; H-Home Assignment; P-Presentation; V-Viva; Q-Quiz; A-Attendance; EE-End Session Exam

**(a) Suggested Text**

- Garrett, H. E., & Woodworth, R.S. (2011). *Statistics in psychology and education*. Mumbai: Paragon International Publishers.
- Gupta, S. C. (2007). *Fundamentals of statistics*. New Delhi: Himalaya.
- Siegel, S. (1956). *Non parametric statistics*. New York: McGraw Hill.
- Broota, K. D. (1989). *Experimental design in behavioural research*. New Delhi: New Age International.

**(b) References:**

- Guilford, J. P. (1942). *Fundamental statistics in psychology and education*. USA: McGraw Hill.
- Minimum, E. W., King, H. M., & Bear G. (1993). *Statistical reasoning in psychology & education*. (3rd ed.). New York: John Willey & Sons.

# PSYCHOMETRIC TESTING

Course Code: PSY402

L:2,T:1,P:0 C:03

**Course Objectives:** The course enables students to understand the concepts and methodology of psychological tests' development, administration and interpretation of test data. The students will also know about application of some popular psychological tests

**Course Contents:**

**Module I: Introduction**

**9 hours**

Brief Historical perspectives, Meaning and types of classification of psychological tests based on criteria of scoring, administration, time limit, content  
Characteristics of a good psychological test  
Uses and abuses of psychological test  
Ethical consideration

**Module II: Measurement**

**8 hours**

Nature and significance of Measurement  
Distinction between assessment and measurement  
Levels of measurement  
Techniques of Attitude Measurement

**Module III Reliability and validity**

**8 hours**

Reliability and validity - Meaning, types, ways of improving, factor influencing.  
Relationship between reliability and validity

**Module IV Test Construction**

**9 hours**

Item framing, Item analysis-Item selection, Item discrimination, Item of difficulty  
Norms-Types of norms and their application.

**Module V: Application of Testing**

**8 hours**

Administration and interpretation of Speed and Power tests of intelligence, aptitude, achievement, interest, personality, attitude/value tests; Application in diverse fields

**Examination Scheme:**

Components	CT	CT/H/P/V/Q	A	EE
Weightage (%)	15	10	5	70

CT-Class Test; H-Home Assignment; P-Presentation; V-Viva; Q-Quiz; A-Attendance; EE-End Session Exam

**Text & References:**

**Text:**

- Anastasi, A., (1988), Psychological Testing; 6<sup>th</sup> Ed. New York: Mc Millan Publishing Company.
- Kerlinger, F. N., (1933), Foundation of Behavioural Research; New Delhi: Surjeet Publication.

**Reference:**

- Freeman, F.S. (1962). Theory and Practice of Psychological Testing; New Delhi: Oxford IBH
- Pandey, J. (1988). Psychology in India: The State of the Art Vol. I (Personality and Mental Processes) New Delhi; Sage.

## RESEARCH METHODOLOGY

Course Code: PSY403

L:2,T:1,P:0 C:03

**Course Objectives:** The paper on Research Methodology introduces manner of research conducted in psychology, its range and scope. Various techniques of data collection, research designs and report writing will be covered in this paper.

### Course Contents:

#### Module I: Introduction

9 hours

Meaning, nature, Importance and limitations of scientific researches. Problem and hypothesis – sources, types, characteristics, errors

Understanding data: Variables approach: IV, DV, intervening variables, confounding variables, moderating and extraneous variable; Data Collection approach : Primary and secondary data; level of measurement approach

#### Module II: Stages in research

8 hours

Problem identification, Hypothesis formulation, Identification and manipulation of variables, Formulation research design, Tool development, Data collection. Data analysis, Summarizing and Conclusion

#### Module III Sampling

8 hours

Fundamental of sampling: Statistics vs parameter, sampling frame, confidence interval and significance level, sampling design

Importance of Probability and non-probability sampling

Sampling error

#### Module IV Data Collection and Research design

9 hours

Method of data collection – Observation, Questionnaire, Interview, Survey, Sociometric technique, Field studies,

Types of Research design

Experimental Research design –Fundamentals; Between Group and Within Group Design

Non-experimental research design – Correlation, ex-post facto

Quasi –experimental design

#### Module V Proposal writing

8 hours

Report writing-APA style

Ethical consideration

### Examination Scheme:

Components	CT	CT/H/P/V/Q	A	EE
Weightage (%)	15	10	5	70

CT-Class Test; H-Home Assignment; P-Presentation; V-Viva; Q-Quiz; A-Attendance; EE-End Session Exam

### Text & References:

#### Text:

- Anastasi A, (1988), Psychological Testing; 6<sup>th</sup> Edition, New York: McMillan Publishing Company
- Kerlinger F N, (1933), Foundations of Behavioral Research; New Delhi: Surjeet Publication

#### References:

- Freeman S, (1962), Theories and Practice of Psychological Testing; New Delhi: Oxford IBH
- Pandey J, (1988), Psychology in India: The State of the Art Vol I (Personality & Mental Processes), New Delhi; Sage

## EXPERIMENTAL PSYCHOLOGY

Course Code: PSY404

L:2,T:1,P:0 C:03

**Course Objectives:** Through this course, the students will be introduced to a branch considered as one of the most scientific fields of psychology. The students will be taught popular theories related with the field and will be made acquainted with fundamentals of conducting a psychology experiment in laboratory setting.

### Course Contents:

#### Module I: Introduction

8 hours

History of Experimental Psychology

Nature of Science and Scientific Methods, Scope of Experimental Psychology

#### Module II: Experimental Methods

9 hours

Steps of Experimental Method

Problem and Hypothesis: Nature, Types and Sources

Variables: Nature and types and controlling techniques

Types of experiments

#### Module III: Memory

9 hours

Memory Stages (Encoding, Storage and Retrieval)

Information Processing Model

Types of Memory: Sensory Register, Short Term and Long Term Memory

Methods of Measuring Memory Techniques of Improving Memory

#### Module IV: Forgetting

8 hours

Nature, Causes and Theories of Forgetting: Trace Decay Theory, Interference Theory, Consolidation Theory and Repressive Forgetting

Amnesia

#### Module V: Conduction of Experiments in Laboratory

8 hours

Laboratory Factors and Individual factors influencing results

Conduction of experiments related to Psychophysics, Memory, Forgetting, Learning

### Examination Scheme:

Components	CT	CT/H/P/V/Q	A	EE
Weightage (%)	15	10	5	70

CT-Class Test; H-Home Assignment; P-Presentation; V-Viva; Q-Quiz; A-Attendance; EE-End Session Exam

### Text & References:

#### Text:

- Woodworth & Scholasberg, (1971), Experimental Psychology

#### References:

- Postman & Egan, (1983), Experimental Psychology
- Hillgard & Atkinson, Experimental Psychology
- Kuppuswamy, An Introduction to Experimental Psychology
- Amato D, Experimental Psychology

## READINGS IN PSYCHOLOGY

Course Code: PSY410

L:0,T:0,P:0 C: 02

### Course Objective:

The objective of this paper is to inculcate reading habit along with value addition to the existing understanding of the subject. The book reading would be a kind of knowledge enhancer that would envision the student about some current thoughts related to the discipline. The book reading and its critical analysis would help broaden the intellectual horizon of the student and develop the ability of critical analysis and synthesis. A contemporary and relevant book will be selected by the concerned department.

### Guidelines:

The student is expected to thoroughly go through the discipline related prescribed book with the objective of critically reviewing each aspect and character of the book. The student is supposed to have a detailed insight into the following:

1. Content
2. Writing style
3. Information/learning
4. Content handling
5. Characters (if any)
6. Thematic Clarity

The report is to be submitted in about 3000 words on A4 size sheets, Font 12pt., Times New Roman, 1.5 spacing. Headings in Font Size 16.

### Evaluation Scheme:

Report on the Book in 3000 words	Written Test
50 marks	50 marks

## PSYCHOLOGICAL PRACTICAL-IV

Course Code: PSY420

L:0,T:0,P:4 C: 02

### Course Objective:

This paper will enable students to understand and apply the general concepts of psychology through experiments & psychological tests.

The students are required to perform & write any 10 practical.

- 1) Effect of Chunking
- 2) Family Environment Scale
- 3) 16 PF
- 4) Bhatia's Battery of Intelligence
- 5) Sentence Completion Test
- 6) Picture Frustration Test
- 7) PGI Memory Scale
- 8) Maze Learning
- 9) Self Designed Experiment related to Colour /Music Psychology
- 10) Serial Position
- 11) Computing Reliability and validity of standardized test
- 12) Analyzing data collected through observation.
- 13) Secondary Data Analysis.

### Examination Scheme:

A student will be examined in any one experiment/test as assigned to him. Classification of marks will be as follows:

<b>Practical (Continuous)</b>	<b>Viva Voce</b>	<b>Record Book</b>	<b>Total</b>
<b>40 Marks</b>	<b>30 Marks</b>	<b>30 Marks</b>	<b>100 Marks</b>

## PROJECT (WITH PRESENTATION & EVALUATION)

Course code: PSY460

L:0,T:0,P:0 C: 03

### Course Objective:

The project can be defined as a scholarly inquiry into a problem or issues, involving a systematic approach of gathering and analysis of information / data, leading to production of a structured report. The aim of the project is to provide the students with an opportunity to apply their knowledge of psychology in understanding human behavior in field setting.

### Chapter Scheme and distribution of marks:

Chapter 1: Introduction – 10 marks

Chapter 2: Conceptual Framework/ National/International Scenario – 25 marks

Chapter 3: Presentation, Analysis & Findings -- 25 marks

Chapter 4: Conclusion & Recommendations -- 10 marks

Chapter 5: Bibliography -- 05 marks

Project Report	Power Point Presentation & Viva
75 marks	25 marks

### Components of a Project Report

The outcome of Project Work is the Project Report. A project report should have the following components:

**1) Cover Page:** This should contain the title of the project proposal, to whom it is submitted, for which degree, the name of the author, name of the supervisor, year of submission of the project work, name of the University.

**2) Acknowledgement:** Various organizations and individuals who might have provided assistance /co-operation during the process of carrying out the study.

**3) Table of Content:** Page-wise listing of the main contents in the report, i.e., different Chapters and its main Sections along with their page numbers.

**4) Body of the Report:** The body of the report should have these four logical divisions

a) **Introduction:** This will cover the background, rationale/ need / justification, brief review of literature, objectives, methodology (the area of the study, sample, type of study, tools for data collection, and method of analysis), Limitations of the Study, and Chapter Planning.

b) **Conceptual Framework / National and International Scenario:** (relating to the topic of the Project).

c) **Presentation of Data, Analysis and Findings:** (using the tools and techniques mentioned in the methodology).

d) **Conclusion and Recommendations:** In this section, the concluding observations based on the main findings and suggestions are to be provided.

**5) Bibliography or References:** This section will include the list of books and articles which have been used in the project work, and in writing a project report.

**6) Annexures:** Questionnaires (if any), relevant reports, etc.

(The main text of the Project should normally be in the range of 5000 words. However, there may be annexure in addition to the main text)

## **The Steps of a Project Report**

**Step I:** Selection of the topic for the project by taking following points into consideration:

- Suitability of the topic.
- Relevance of the topic
- Time available at the disposal.
- Feasibility of data collection within the given time limit.
- Challenges involved in the data collection (time & cost involved in the data collection, possibility of getting responses, etc.)

**Step II:** Finalisation of the Topic and preparation of Project Proposal in consultation with the Supervisor.

**Step III:** Collection of information and data relating to the topic and analysis of the same.

**Step IV:** Writing the report dividing it into suitable chapters, viz.,

Chapter 1: Introduction,

Chapter 2: Conceptual Framework / National & International Scenario,

Chapter 3: Analysis & Findings

Chapter 4: Conclusion and Recommendations.

**Step V:** The following documents are to be attached with the Final Project Report.

1) Approval letter from the supervisor (Annexure-IA)

2) Student's declaration (Annexure-IB)

3) Certificate from the Competent Authority of the Organisation / Institution, if the student undertakes the Project Work in any Organisation / Institution.

### **Guidelines for evaluation:**

- Each of the students has to undertake a Project individually under the supervision of a teacher and to submit the same following the guidelines stated below.
- Language of Project Report and Viva-Voce Examination may be English. The Project Report must be typed and hard bound.
- Failure to submit the Project Report or failure to appear at the Viva-voce Examination will be treated as —Absentll in the Examination. He /she has to submit the Project Report and appear at the Viva-Voce Examination in the subsequent years (within the time period as per University Rules).
- No marks will be allotted on the Project Report unless a candidate appears at the Viva-Voce Examination. Similarly, no marks will be allotted on Viva-Voce Examination unless a candidate submits his/her Project Report.
- Evaluation of the Project Work to be done jointly by one internal expert and one external expert with equal weightage, i.e., average marks of the internal and external experts will be allotted to the candidate.

## ARTICLE/FEATURE WRITING

Course Code: PSY470

L:0,T:0,P:0 C: 01

### Course Objective:

The objective of this course is to develop the scientific bent of mind and judge the understanding as well as application of the knowledge gained by the students. The aim of an article is to provide the students an opportunity to further enhance their knowledge in an area of their choice by undertaking different **aspects of human behavior and analyzing it** at a level commensurate with the learning outcomes of the various courses taken up by them in the ongoing semester.

The purpose of the article/feature writing is for the students to draw upon their interest in currently published research literature with the aim of furthering theoretical work in the field of interest.

### Guidelines:

1. The article will be related to the contemporary Psychological issue and the topic will be given by the department. The article will be written in around 3000 words.
2. The presentation of the article is scheduled to be held before the commencement of Semester examinations.
3. The article will carry 100 marks that will be marked on the basis of selection of topic, article writing and viva.
4. There are a number of types of articles that are published in psychological journals, including reports of empirical studies (psychological reports), review articles, case studies and theoretical articles. Students may critically assess existing theories, identifying flaws or arguing for the superiority of one theory over another. This is often done through examining a theory's internal consistency and evaluating the level of empirical support for the theory (i.e. studies/experiments). This type of theoretical analysis is what we are expecting from students at undergraduate level.

### Examples of a few broad areas for articles (List is indicative, not exhaustive)

Personality theories  
Emotional Intelligence  
Positive thinking  
Learning  
Self concept  
motivation  
Emotion  
Cognitive process  
Cross cultural Psychology  
Memory enhancement

### EVALUATION

Selection of topic & its significance	Article writing		Viva	Total
	Content	References (studies quoted)		
10	30	20	40	100

## WORKSHOP/CERTIFICATION

Course Code: PSY450

L:0,T:0,P:0 C: 01

### Course Objective

A workshop is primarily an activity based academic event that is organized to provide the students a one to one and hands on experience on any aspect of their learning. The communication in a workshop has to be necessarily two way. The trainer has to make sure that the aspects covered are practically practiced by the participants. The student will choose the option of workshop from amongst their concentration electives. The evaluation will be done by Board of examiners comprising of the faculties.

### Major Themes for Workshop

The workshop may be conducted on any of the following major themes:

- 📖 Positive Psychology
- 📖 Health Psychology
- 📖 Industrial Psychology
- 📖 Community Psychology

These themes are merely indicative and other recent and relevant topics of study may be included.

### Guidelines for Workshop

The procedure for earning credits from workshop consists of the following steps:

1. Relevant study material and references will be provided by the trainer in advance.
2. The participants are expected to explore the topic in advance and take active part in the discussions held
3. Attending and participating in all activities of the workshop
4. Group Activities have to be undertaken by students as guided by the trainer.
5. Evaluation of workshop activities would be done through test and quiz at the end of the workshop.
6. Submitting a write up of atleast 500 words about the learning outcome from the workshop.

### Methodology

The methodology followed at the workshop could be based on any one or more of the following methods:

Case Study

Group Activity

Role Play

Quiz

Evaluation Scheme: Attendance	Active Participation	Multiple Choice Questions/ Quiz	Solving the case/ Assignment/ Write up	Total
10	30	30	30	100

## TERM PAPER – III

Course Code: PSY430

L:0,T:0,P:0 C: 01

### Course Objective:

The rationale behind introducing the term paper for BA Students (IIIrd Year) is to enhance the reading and writing habits of the students and to make them aware about the process of carrying out a research work. This helps them to develop insight into the course they are studying which creates an academic interest among the students. Presentation of the term paper plays an important role as it facilitates knowledge sharing and improvement in presentation skills, which will further enhance the confidence of the students. The overall objective of this term paper is to develop research orientations in students and to make them understand and enhance skills in Research Methodology

### *Guidelines for Term Paper:*

1. Topic
2. Introduction
3. Review Research
4. Key Learnings
5. Conclusion
6. References
7. No. of pages in the compilation of the paper 25-30 (minimum 25 pages)

### Examination Scheme:

Compilation of Term Paper: 50 Marks

Viva Voce: 25 Marks

Presentation of Term Paper: 25 Marks

**Total 100 Marks**

# **V Semester**

## INDIAN PSYCHOLOGY AND LOGIC

Course Code: PSY501

L:2,T:1,P:0 C: 03

### Course Objective:

This course would help students understand basic concepts of logic and philosophy to facilitate their thinking, clearly & cogently through the philosophical & conceptual problems. Through this students would be able to express themselves in a coherent & persuasive manner.

### Course Contents:

#### Module I: Linkage between philosophy and psychology

8 hrs

Schools of Indian Philosophy;  
Branches of Philosophy  
Carvaka School: Its epistemology, metaphysics, and ethics.  
Buddhism & Jainism : Primary principles

#### Module II: Yoga Psychology and Vedanta

8hr

Eight fold means of Yoga  
Concept of Purusa, Prakriti & the Gunas  
Consciousness, Different levels of Consciousness

#### Module III: Logic

9hrs

Definition, Nature and scope of logic, Utility of logic  
Deductive reasoning, Difference between deduction and induction.  
The traditional Square of opposition  
Exercises based on the relations of opposition  
Education: Conversion, Obversion, Contraposition

#### Module IV: Categorical syllogisms

8 hrs

Standard form categorical syllogisms  
Rules and fallacies, Proving Validity by Venn diagram  
Reasoning exercises based on syllogistic rules

#### Module V: Definition of Truth Function

9hrs

Negation, Conjunction, Alternation (or Disjunction)  
Conditional (or Material Implication)  
Bi-conditional (or Material Equivalence),  
Use of truth table for deciding consistency (contingency)  
Inconsistency (contradiction)  
Validity (tautology)

### Examination Scheme:

Components	A	IA	CTI	EE1
Weightage (%)	5	5	20	70

## PSYCHOLOGY OF PEACE

Course Code: PSY502

L:2,T:1,P:0 C: 03

### Objectives :

1. To inform students about the efforts to develop sustainable societies through prevention of destruction, conflict and violence.
2. To help students develop a sense of empowerment for individual to promote peace related values .
3. To disseminate perspectives to build culture of peace and harmony in community life.

### Module I: Introduction to psychology of peace

8hrs

Causes of violence and its consequence  
ces-role of individual and societies. role of individual and societies in peace

### Module II: Peace and nonviolence

8hrs

Perspective from Gandhi, and Martin Luther king,  
Values of non-cooperation and Indian Experience.

### Module III : Psychology of Specific Conflicts and Peace efforts

9hrs

War Ethics and Geneva Convention,  
Role of organizations in promoting Peace; accounts and challenges.

### Module IV: Life, Peace and Culture:

8hrs

Role of Peace education, Collaboration,  
humility and social values in promoting peace in individual and social living.

### Module V: Ways to achieve personal peace

9hrs

Mindfulness  
Yoga  
Other Relaxation techniques

### Examination Scheme:

Components	A	IA	CTI	EE1
Weightage (%)	5	5	20	70

## COMMUNITY PSYCHOLOGY

Course Code: PSY503

L:1,T:1,P:0 C: 02

**Objectives :** This course would help the students be acquainted with the students about the history & present status of community mental health services. It would also help them develop a community based orientation towards mental health.

**Module I : Historical and social contexts of community psychology: 5hrs**  
Concept, evolution and nature of community mental health.

**Module II Models of mental health services: 5hrs**  
Mental, social, organizational and ecological  
Family model, school model

**Module III Community mental health intervention and community based rehabilitation 5hrs**  
Community based rehabilitation(CBR): Issues, principles and programmes; evaluation of CBR; training of the para-professional and non-professionals.

**Module IV Role of mental health professionals in community 8hrs**  
Crisis intervention – (a) the concept of crisis (b) crisis intervention (c) necessary conditions for crisis intervention program (d) the technique of crisis intervention and (e) anticipatory crisis intervention  
Consultation – (a) definition (b) types (c) general characteristics (d) faces in the consultation process and (e) consultation with groups.  
Non-professional in community psychology – (a) why non professionals (b) what can non professionals contribute (c) selection and training of non professionals (d) changes in the non professional himself (e) problems in the use of non professionals.  
Mental health education – (a) goals and problems (b) what do people know and believe about mental illness (c) effectiveness of mental health education.

**Module V: Community mental health in India: Issues & challenges 5hrs**  
Victims of abuse, orphanage, elderly people, special children, divorce, delinquency and truancy, HIV rehabilitation.

### Examination Scheme:

Components	A	IA	CTI	EE1
Weightage (%)	5	5	20	70

## POSITIVE PSYCHOLOGY

Course Code: PSY504

L:2,T:1,P:0 C: 03

### Course Objective:

This course would enable students to understand the theory and research related to positive psychology and equip students to develop and apply positive psychology for enhancement of their self and others.

### Course Contents:

#### Module I: Introduction to Positive Psychology 8hrs

Introductory & Historical Overview  
Positive Psychology, Prevention & Positive Therapy

#### Module II: Positive Emotional States and Processes 8hrs

Broaden & Build Theory of Positive Emotions  
Positive Emotions: Hope & Optimism, Love, Empathy  
The Positive Psychology of Emotional Intelligence

#### Module III: Positive Psychology and Relationship to Goals 9hrs

Self control, Regulation and Personal goal setting  
The value of self control; Personal goals and self regulation;  
Personal goal and well-being; goals that create self regulation;  
Everyday explanations for self control failure problems  
SWOT analysis

#### Module IV: Strengths & Virtues & Resilience 9hrs

VIA  
Character Strengths and Virtues  
Resilience: Developmental and clinical perspectives; Sources of resilience in children, during adulthood and later in life

#### Module V: Applications of Positive Psychology 8hrs

Problem Solving Workshops,  
Tension Reduction Theories  
Community building: Ensuring diversity

### Examination Scheme:

Components	A	IA	CTI	EE1
Weightage (%)	5	5	20	70

### Text & References:

#### Text:

- Goleman, Daniel: Emotional Intelligence
- C. R. Snyder, Shane J. Lopez, The Handbook of Positive Psychology

### References:

- C. R. Snyder, Shane J. Lopez, Positive Psychology: The Scientific and Practical Explorations of Human Strengths
- Rich Gilman, Michael Furlong, E. Scott Huebner, A Handbook of Positive Psychology in Schools
- Ilona Boniwell, Positive Psychology in a Nutshell

## PROJECT

(With Presentation & Evaluation)

Course code: PSY560

L:0,T:0,P:0 C: 02

Course Objective:

The project can be defined as a scholarly inquiry into a problem or issues, involving a systematic approach of gathering and analysis of information / data, leading to production of a structured report. The aim of the project is to provide the students with an opportunity to apply their knowledge of psychology in understanding human behavior in field setting.

Chapter Scheme and distribution of marks:

Chapter 1: Introduction – 10 marks

Chapter 2: Conceptual Framework/ National/International Scenario – 25 marks

Chapter 3: Presentation, Analysis & Findings -- 25 marks

Chapter 4: Conclusion & Recommendations -- 10 marks

Chapter 5: Bibliography -- 05 marks

Project Report	Power Point Presentation & Viva
75 marks	25 marks

Components of a Project Report

The outcome of Project Work is the Project Report. A project report should have the following components:

**1) Cover Page:** This should contain the title of the project proposal, to whom it is submitted, for which degree, the name of the author, name of the supervisor, year of submission of the project work, name of the University.

**2) Acknowledgement:** Various organizations and individuals who might have provided assistance /co-operation during the process of carrying out the study.

**3) Table of Content:** Page-wise listing of the main contents in the report, i.e., different Chapters and its main Sections along with their page numbers.

**4) Body of the Report:** The body of the report should have these four logical divisions

a) **Introduction:** This will cover the background, rationale/ need / justification, brief review of literature, objectives, methodology (the area of the study, sample, type of study, tools for data collection, and method of analysis), Limitations of the Study, and Chapter Planning.

b) **Conceptual Framework / National and International Scenario:** (relating to the topic of the Project).

c) **Presentation of Data, Analysis and Findings:**(using the tools and techniques mentioned in the methodology).

d) **Conclusion and Recommendations:** In this section, the concluding observations based on the main findings and suggestions are to be provided.

**5) Bibliography or References:** This section will include the list of books and articles which have been used in the project work, and in writing a project report.

**6) Annexures:** Questionnaires (if any), relevant reports, etc.

(The main text of the Project should normally be in the range of 5000 words. However, there may be annexure in addition to the main text)

## **The Steps of a Project Report**

**Step I :** Selection of the topic for the project by taking following points into consideration:

- Suitability of the topic.
- Relevance of the topic
- Time available at the disposal.
- Feasibility of data collection within the given time limit.
- Challenges involved in the data collection (time & cost involved in the data collection, possibility of getting responses, etc.)

**Step II:** Finalization of the Topic and preparation of Project Proposal in consultation with the Supervisor.

**Step III:** Collection of information and data relating to the topic and analysis of the same.

**Step IV:** Writing the report dividing it into suitable chapters, viz.,

Chapter 1: Introduction,

Chapter 2: Conceptual Framework / National & International Scenario,

Chapter 3: Analysis & Findings

Chapter 4: Conclusion and Recommendations.

**Step V:** The following documents are to be attached with the Final Project Report.

- 1) Approval letter from the supervisor(Annexure-IA)
- 2) Student's declaration (Annexure-IB)
- 3) Certificate from the Competent Authority of the Organisation / Institution, if the student undertakes the Project Work in any Organisation / Institution.

### **Guidelines for evaluation:**

- Each of the students has to undertake a Project individually under the supervision of a teacher and to submit the same following the guidelines stated below.
- Language of Project Report and Viva-Voce Examination may be English. The Project Report must be typed and hard bound.
- Failure to submit the Project Report or failure to appear at the Viva-voce Examination will be treated as —Absentll in the Examination. He /she has to submit the Project Report and appear at the Viva-Voce Examination in the subsequent years (within the time period as per University Rules).
- No marks will be allotted on the Project Report unless a candidate appears at the Viva-Voce Examination. Similarly, no marks will be allotted on Viva-Voce Examination unless a candidate submits his/her Project Report.
- Evaluation of the Project Work to be done jointly by one internal expert and one external expert with equal weightage, i.e., average marks of the internal and external experts will be allotted to the candidate.

## PSYCHOLOGICAL PRACTICAL- V

**Course Code: PSY520**

**L:0, T:0,P:4 C: 02**

**Course Objective:**

This course will enable students to understand and apply the general concepts of psychology through experiments & psychological tests.

Every student is expected to perform and write any 10 experiments & tests mentioned below.

**Course Objective:**

To apply the general concepts of psychology through the medium of experiments

Every student is expected to perform and write any 10 experiments out of the following.

**List of Practical:**

1. Attitude towards epilepsy/mental illness
2. Rosenzweig-Picture Frustration Test
3. Values Survey
4. Spirituality/Religiosity Scale
5. Psychological Impact of Positive Media – Self Designed Experiment
6. Triguna Scale
7. Positive Psychological Capital (PsyCAP) Profiling of students.
8. Mindfulness Training and its effect on stress
9. Character Strength
10. Meaning in Life Scale
11. Documentary making on real life inspirational positive persons.
12. **PROJECT:**Each student will be engaged in a community based program for the orientation and awareness in the society and write a report.

A student will be examined in any one experiment/test as assigned to him. Classification of marks will be as follows:

<b>Practical (Continuous)</b>	<b>Viva Voce</b>	<b>Record Book</b>	<b>Total</b>
<b>40 Marks</b>	<b>30 Marks</b>	<b>30 Marks</b>	<b>100 Marks</b>

**Domain Elective:**

**Scientific Research Paper**

**Course Code: PSY580**

**L:0,T:0,P:0 C: 01**

Students are required to publish a research paper under faculty supervision. The publication should be in a refereed peer reviewed National/International Journal.

Evaluation scheme:

Internal Supervisor Evaluation 30 marks

Publication 70 marks

## ARTICLE/FEATURE WRITING

Course Code: PSY570

L:0,T:0,P:0 C: 01

### Course Objective:

The objective of this course is to develop the scientific bent of mind and judge the understanding as well as application of the knowledge gained by the students. The aim of an article is to provide the students an opportunity to further enhance their knowledge in an area of their choice by undertaking different **aspects of human behavior and analyzing it** at a level commensurate with the learning outcomes of the various courses taken up by them in the ongoing semester.

The purpose of the article is for the students to draw upon their interest in currently published research literature with the aim of furthering theoretical work in the field of interest.

### Guidelines:

1. The article will be related to the contemporary Psychological issue and the topic will be given by the department. The article will be written in around 3000 words.

2. The presentation of the article is scheduled to be held before the commencement of Semester examinations.

3. The article will carry 100 marks that will be marked on the basis of selection of topic, article writing and viva.

4. There are a number of types of articles that are published in psychological journals, including reports of empirical studies (psychological reports), review articles, case studies and theoretical articles. Students may critically assess existing theories, identifying flaws or arguing for the superiority of one theory over another. This is often done through examining a theory's internal consistency and evaluating the level of empirical support for the theory (i.e. studies/experiments). This type of theoretical analysis is what we are expecting from students at undergraduate level.

### Examples of a few broad areas for articles (List is indicative, not exhaustive)

- Personality theories
- Emotional Intelligence
- Positive thinking
- Learning
- Self concept
- Motivation
- Emotion
- Cognitive process
- Cross cultural Psychology
- Memory enhancement

### Evaluation Scheme:

Selection of topic & its significance	Article writing		Viva	Total
	Content	References (studies quoted)		
10	30	20	40	100

## TERM PAPER

Course Code: PSY530

L:0,T:0,P:0 C: 01

### Course Objective:

The rationale behind introducing the term paper for BA Students (IIIrd Year) is to enhance the reading and writing habits of the students and to make them aware about the process of carrying out a research work. This helps them to develop insight into the course they are studying which creates an academic interest among the students. Presentation of the term paper plays an important role as it facilitates knowledge sharing and improvement in presentation skills, which will further enhance the confidence of the students. The overall objective of this term paper is to develop research orientations in students and to make them understand and enhance skills in Research Methodology

### *Guidelines for Term Paper:*

1. Topic
2. Introduction
3. Review research
4. Key Learnings
5. Conclusion
6. References
7. No. of pages in the compilation of the work (minimum 25 pages).

### Examination Scheme:

Compilation of Term Paper: 50 Marks

Viva Voce: 25 Marks

Presentation of Term Paper: 25 Marks

**Total 100 Marks**

## SEMINAR

**Course Code : PSY555**

**L:0,T:0,P:0 C: 01**

### **Course Objective:**

This course would help to develop in students the skills of documentation of data for conducting theoretically correct and practically relevant research.

### **Methodology:**

Each student will engage themselves in interaction and observation of Psychological Processes in a subject/field of their choice.

Students will then present the findings in the form of a paper for Seminar discussion.

### **Examination Scheme of Seminar**

International Faculty Interaction	-	10 Marks
Research Paper Documentation	-	20 Marks
Research Paper Presentation	-	30 Marks
Peer Assessment	-	20 Marks
Questions & Answers	-	20 Marks
<b>Total</b>		<b>100 Marks</b>

# **VI Semester**

**SPORTS PSYCHOLOGY**

**Course Objectives:**

This course would help the student trace the development of sports psychology as an independent discipline with its multidimensional perspectives; to identify the relationship of personality and situational factors with performance on individual and team events; and to apply the psychological interventions in sports.

**Course Contents:****Module I: Introduction****8hrs**

Nature, Historical &amp; recent perspectives on sports psychology

**Module II: Stress Management in Sports****8hrs**

The role of stress, arousal, anxiety and attention in the performance of individual and team sports

**Module III: Individual Psychological Attributes****8hrs**

Motivation, skills and performance, personality profiles of successful sports persons

**Module IV: Enhancing individual and team performance****9hrs**

Cognitive and social psychological dimensions of individual &amp; team sports

**Module V: Coaching & Intervention****9hrs**

Training/Coaching techniques, cognitive and behavioral interventions, the role of Sports Psychologists

**Examination Scheme:**

<b>Components</b>	<b>A</b>	<b>IA</b>	<b>CTI</b>	<b>EE1</b>
<b>Weightage (%)</b>	5	5	20	70

**Text & References:**

- Jarvis, M. Sport psychology. Routledge Publication

## ORGANIZATIONAL PSYCHOLOGY

Course Code: PSY602

L:2,T:1,P:0 C: 03

### Course Objective:

- (1) To understand how the findings of psychology are applied to the problems involving human behavior in the workplace for providing optimum solutions.
- (2) To demonstrate the application of relevant psychological theory and research problems faced by employees and organizations.
- (3) To understand how the findings of psychology are applied to the problems involving human behavior in the workplace for providing optimum solutions.

### Course Contents:

#### Module 1: Introduction

8hours

History of organizational psychology,  
Current status (Context to India and Global) and its Scope  
Research methods and ethical consideration  
Application of key principles

#### Module II: Organizational Functioning

8hours

Job analysis  
Organization and work teams  
Performance Appraisal  
Training and development

#### Module III: Work related Attitude

9hours

Job Satisfaction  
Group influence and individual behavior  
Work engagement  
Work motivation and commitment  
Concept, Laws, Types; Perceptual Judgments; Displays: Perceptual and Attention related Constraints  
Spatial Displays and Virtual Displays

#### Module IV: Human Relations

8hours

Principles of Industrial relations  
Industrial fatigue and burn out  
Importance of Consumer psychology

#### Module V: Ergonomics

9hours

Human Engineering  
Relevance of environmental psychology  
Work design, Physical conditions and psychological conditions

### Examination Scheme:

Components	A	IA	CTI	EE1
Weightage (%)	5	5	20	70

### Texts & Reference:

Schultz, D. and Schultz, S.E. (2002). *Psychology and Work Today*. (8<sup>th</sup> ed.). New Delhi: Pearson Education.

Prasad, L. M. (2006). *Organisational Behaviour*. Sultan Chand & Sons: New Delhi.

Kinicki, A. and Kreitner, R. (2009). *Organisational Behaviour: Key concepts, skills & best practices*. Tata McGraw-Hill: New Delhi.

Luthans, F. (1998). *Organizational Behaviour*. New York: McGraw-Hill

Mayers D.G. (2013). *Psychology*, Worth Psychology 10<sup>th</sup> ed.

## MINOR TRACK

### HUMAN ENGINEERING

Course Code: PSY602

L:2,T:1,P:0 C: 03

**Objectives:** Engineering Psychology and Human Performance is an area of scientific inquiry that attempts to answer questions like these. Engineering psychology spans psychophysics, cognitive psychology, ergonomics, and engineering design. This paper will introduce students to basic concepts in psychology such as perception, decision making, and motor control and show how knowledge of these concepts is critical for the intelligent design of human-technological systems. For the psychologist, this paper will provide an introduction to how psychological principles can be taken from the laboratory and applied to real-world problems. For the engineer, this paper will provide insight into how to design for the most complex, unpredictable, and error-prone component of any human-technological system--the human

#### Course Contents:

**Module 1: Introduction** 8hrs

Meaning and Scope

Application of key principles

Scientific Management

**Module II: Psychophysics** 8hrs

Meaning, Methods

Signal Detection and Vigilance

**Module III: Vision & Perception:** 9hrs

Concept, Laws, Types; Perceptual Judgments ;Displays: Perceptual and Attention related Constraints  
Spatial Displays and Virtual Displays

Conditions of work: work design, physical conditions and psychological conditions

**Module IV: Motion and Time Studies** 8hrs

Principles of Motion Economy

Time study techniques

**Module V: Human performance** 9hrs

Principles of human performance

Perceptual motor skill

Information processing behavior

Industrial fatigue and its effect on performance

#### Examination Scheme:

Components	A	IA	CTI	EE1
Weightage (%)	5	5	20	70

## ENVIRONMENTAL PSYCHOLOGY

Course Code: PSY603

L:1,T:1,P:0 C: 02

### Course Objective:

The paper on Environmental Psychology imparts knowledge on individual's relation to environment, the processes involved therein and manner of research done.

### Course Contents:

#### Module I: Introduction to Environmental Psychology

5hrs

Concept of Environment: Physical, Social and Institutional, Origin & Scope

#### Module II: Approaches to the study of Environmental Psychology

6hrs

Approaches in Environmental Psychology: Arousal Approach, Understanding Approach, Adaptation Level Approach, Behavior Constraint Approach

#### Module III: Environmental Stress

6hrs

Environmental Stress: Population, Pollution, Environmental Remodeling, Environmental Competence, Environmental Awakening, Social Accommodation  
Coping with environmental Stress

#### Module IV: Environmental Assessment

5hrs

Management of Natural Environment,  
Natural Hazards, Development and changing environment.

#### Module V: Applications of Environmental Psychology to Community Problems

6hrs

The Built Environment: Architectural Factors and Social behaviour in Housing, Human responses to protect the environment

### Examination Scheme:

Components	A	IA	CTI	EE1
Weightage (%)	5	5	20	70

### Text & References:

#### *Text:*

- Nagar D., Environmental Psychology. New Delhi: Concept Publishing Company.
- Trivedi, P.R., Environmental Education. New Delhi: APH Publishing Corporation.

#### *References:*

- Paul A. Bell, Thomas C Greene, Jeffery D. Fisher, Andrew S. Baum, Environmental Psychology  
Published by Routledge, 2005

Mirilia Bonnes, Gianfranco Secchiaroli, Claire Montagna, Environmental psychology: a psycho-social introduction. Published by SAGE, 1995

## DISSERTATION

**Course Code : PSY690**

**L:0,T:0,P:0 C:05**

### **Course Objective:**

This course allows students to follow a particular topic in depth and develop independent research skills. It helps the students to gather **primary data**, to write a report covering a review of relevant literature, the research question, and explanation and justification of the design, a description of the conduct and analysis of the data, and a discussion of the findings therein. The aim of present course is to enable students to get a first hand understanding of research issues and their implications in the field of counselling psychology.

### **Examination Scheme:**

Internal Faculty Interaction 10 Marks

Daily Dairy Report 10 Marks

Feedback from External Supervisor 20 Marks

Viva Voce 30 Marks

Field Report 30 Marks

**Total 100 Marks**

## **SCIENTIFIC RESEARCH PAPER**

**Course Code PSY 680**

**L:0,T:0,P:0 C: 01**

Students are required to publish a research paper under faculty supervision. The publication should be in a refereed peer reviewed National/International Journal.

Evaluation scheme:

Internal Supervisor Evaluation	50 marks
Publication	50 marks

## PSYCHOLOGICAL PRACTICAL- VI

**Course Code: PSY620**

**L:0,T:0,P:4 C: 02**

### **Course Objective:**

This course will enable students to understand and apply the general concepts of psychology through experiments & psychological tests.

Every student is expected to perform and write any 10 experiments & tests mentioned below.

### **Course Objective:**

To apply the general concepts of psychology through the medium of experiments

Every student is expected to perform and write any 10 experiments out of the following.

### **List of Practical:**

1. Leadership Style For Sports Coaches
2. Classical Psychophysics Experiment: Method of constant stimuli
3. Signal Detection Experiment Absolute threshold (two point threshold)
4. Accident Proneness
5. Effects of Yoga on Stress among sportspersons- self designed field experimental study
6. Sports anxiety Scale
7. Environmental Attitude Scale
8. Perception of Green Space – Qualitative Analysis / Perception of Green Space Questionnaire Development
9. Personal Space and Family (Family Environment Scale)
10. Design a zoo exhibit – 3D or 2D
11. Critical Analysis of Film Biophilic Design – The Architecture of Life (2011, 62mins)
12. Lifestyle Survey

A student will be examined in any one experiment/test as assigned to him. Classification of marks will be as follows:

<b>Practical (Continuous)</b>	<b>Viva Voce</b>	<b>Record Book</b>	<b>Total</b>
<b>40 Marks</b>	<b>30 Marks</b>	<b>30 Marks</b>	<b>100 Marks</b>

## WORKSHOP/CERTIFICATION

Course Code: PSY650

L:0,T:0,P:0 C: 01

### Course Objective

A workshop is primarily an activity based academic event that is organized to provide the students a one to one and hands on experience on any aspect of their learning. The communication in a workshop has to be necessarily two way. The trainer has to make sure that the aspects covered are practically practiced by the participants. The student will choose the option of workshop from amongst their concentration electives. The evaluation will be done by Board of examiners comprising of the faculties.

### Major Themes for Workshop

The workshop may be conducted on any of the following major themes:

- Positive Psychology
- Health Psychology
- Industrial Psychology
- Community Psychology

These themes are merely indicative and other recent and relevant topics of study may be included.

### Guidelines for Workshop

The procedure for earning credits from workshop consists of the following steps:

1. Relevant study material and references will be provided by the trainer in advance.
2. The participants are expected to explore the topic in advance and take active part in the discussions held
3. Attending and participating in all activities of the workshop
4. Group Activities have to be undertaken by students as guided by the trainer.
5. Evaluation of workshop activities would be done through test and quiz at the end of the workshop.
6. Submitting a write up of atleast 500 words about the learning outcome from the workshop.

**Methodology** The methodology followed at the workshop could be based on any one or more of the following methods:

Case Study  
Group Activity  
Role Play  
Quiz

<b>Evaluation Scheme:</b>	<b>Active Participation</b>	<b>Multiple Choice Questions/ Quiz</b>	<b>Solving the case/ Assignment/ Write up</b>	<b>Total</b>
<b>Attendance</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>100</b>

## INTERNSHIP – INDUSTRY/NGO

**Course Code: PSY 691**

**L:0,T:0,P:0 C: 02**

### **Course Objective:**

- To enable the students with the practical exposure in their core area of interest (Corporate Sector, NGOs, Hospitals etc.), which in turn will be the pathway to their personal and professional training.
- It will also help students to develop report writing skills.

**Duration: Four Months (Jan. - April)**

### **Methodology:**

Students get opportunity in diversified Institutes e.g. Corporate Sector, Schools, NGOs and Hospitals. They will be guided by an internal and external supervisor. Students will submit their reports after **90 Hrs of Fieldwork (15 days\* 6hrs per day)**, with their supervised daily reporting, at the end of the academic year. **The days for fieldwork are Fridays & Saturdays.** The student will submit the Log Sheet to their internal supervisor on every Monday.

### **Examination Scheme:**

Internal Faculty Interaction	20 Marks
Feedback from External Supervisor	20 Marks
Viva Voce	30 Marks
Report Writing	30 Marks
<b>Total</b>	<b>100 Marks</b>

## SEMINAR

**Course Code: PSY655**

**L:0,T:0,P:0 C: 01**

### **Course Objective:**

This course would help to develop in students the skills of documentation of data for conducting theoretically correct and practically relevant research.

### **Methodology:**

Each student will engage themselves in interaction and observation of Psychological Processes in a subject/field of their choice.

Students will then present the findings in the form of a paper for Seminar discussion.

### **Examination Scheme of Seminar**

International Faculty Interaction	-	10 Marks
Research Paper Documentation	-	20 Marks
Research Paper Presentation	-	30 Marks
Peer Assessment	-	20 Marks
Questions & Answers	-	20 Marks
<b>Total</b>		<b>100 Marks</b>