



**Darrang College  
(Autonomous),  
Tezpur-784001**

# **Syllabus for FYUGP**

**Subject: PSYCHOLOGY**

**Course Type: SEC**

**Approved by:**

**Board of Studies meeting held on 24-12-2025**

**&**

**Academic Council vide Resolution no. 2, dated- 29-12-2025**

**SYLLABUS FYUGP Department of Psychology  
Darrang College (Autonomous)**

**(SEC)**

<b>1<sup>ST</sup> SEMESTER SEC</b>	
Title of the course	Stress Management (SEC)
Course code	PSYSEC01013
Total Credit ( theory +practical)	2+1= 3
Contact hours	45
Distribution of Marks	100
Course outcomes	Students will learn how they can make adjustment and manage to cope with stress more effectively.

<b>1<sup>ST</sup> SEMESTER SEC (Stress Management )</b>					
Unit	Title	Content	Lecture	Tutorial	Total hours
1	Stress and Health.	Introduction, Nature, Symptoms, and sources of Stress Environmental, Social, Physiological and psychological, Effect of stress on health, Eustress.	<b>13</b>	<b>2</b>	<b>15</b>
2	Managing Stress	Methods of yoga, Meditation, relaxation techniques, Problem focused and emotion focused approaches	<b>13</b>	<b>2</b>	<b>15</b>
3	Practical	Students have to carry out any practicum based on the syllabus or any related topic. e.g- Meditation, Relaxation techniques etc.	<b>13</b>	<b>2</b>	<b>15</b>

Total Contact Hours: 45

Readings:

Carr,A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.

DiMatteo, M.R. & Martin, L.R. (2002). Health Psychology New Delhi :Pearson, W.& Lloyd,

M.A(2007) Psychology applied to modern life. Thomas Detmar Learning.

Sarafina, EP (2009;Health Psychology; Bio psychological interaction 9th Ed). NY:Wiley.

<b>2<sup>ND</sup> SEMESTER SEC</b>	
Title of the course	Emotional Intelligence
Course code	PSYSEC02013
Total Credit ( theory +practical)	2+1
Contact hours	45
Distribution of Marks	
Course outcomes	<ol style="list-style-type: none"> <li>1. To understand the theoretical concept of emotional intelligence and its various models.</li> <li>2. To foster the ability to identify and manage one's own emotions, as well as the emotions of others.</li> <li>3. To understand the application of emotional intelligence in myriad settings, such as the workplace, relationships, Academics.</li> </ol>

<b>2<sup>ND</sup> SEMESTER SEC (EMOTIONAL INTELLIGENCE)</b>					
<b>Unit</b>	<b>Title</b>	<b>Content</b>	<b>Lecture</b>	<b>Tutorial</b>	<b>Total hours</b>
1	Introduction	Emotional Intelligence; Models of emotional Intelligence; EQ Competencies; Self awareness; Self management; Empathy and interpersonal Skills: Importance of Emotional Intelligence, Knowing own and others emotions, Levels of emotional awareness.	<b>13</b>	<b>2</b>	<b>15</b>
2	Managing Emotions	Managing Emotions ; The relationship between emotions, thought and behaviour , Techniques to manage emotions , Application of Emotional Intelligence ; workplace , Relationships and Academics.	<b>13</b>	<b>2</b>	<b>15</b>
3	Practical	Students have to carry out any practicum based on the syllabus or any related topic.	<b>13</b>	<b>2</b>	<b>15</b>

**Total Contact Hours: 45**

**Reading list:**

Bar-On, R., & Parker, J.D.A (Eds) (200) The handbook of emotional intelligence . San Francisco, California: Jossey Bros.

Goleman, D. (1995) Emotional Intelligence . New York: Bantam Books.

Singh, D.(2003) Emotional intelligence at work(2 nd ed.) New Delhi: Response Books.

<b>3<sup>rd</sup> SEMESTER SEC</b>	
Title of the course	Effective Decision Making
Course code	
Total Credit ( theory +practical)	2+1=3
Contact hours	
Distribution of Marks	
Course outcomes	

<b>3rd SEMESTER SEC</b>					
<b>Unit</b>	<b>Title</b>	<b>Content</b>	<b>Lecture</b>	<b>Tutorial</b>	<b>Total hours</b>
1	Introduction to decision Making	Meaning and definition of decision making and effective decision making, Models of decision making, Significance of making good decision.	13	2	15
2	Use of effective decision Making	Decision Making at workplace , skills and competencies for effective decision making , errors of is decision making , creativity of decision Making	13	2	15
3	Practical		13	2	15