



**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              | 75 (15+50+10)                                                                                     |
| 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> |                    |                                                                                                                                                     |                |                 |                    |
|---------------------------------------------------------|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-----------------|--------------------|
| <b>Unit</b>                                             | <b>Title</b>       | <b>Content</b>                                                                                                                                      | <b>Lecture</b> | <b>Tutorial</b> | <b>Total hours</b> |
| 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.<br>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 = 3                                                                                                                                                                                                                                                                                                                                                                                               |
| Contact hours                      | 45                                                                                                                                                                                                                                                                                                                                                                                                    |
| Distribution of Marks              | 75 (15+50+10)                                                                                                                                                                                                                                                                                                                                                                                         |
| 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. | 13             | 2               | 15                 |
| 2                                                           | Managing Emotions | Managing Emotions ; The relationship between emotions, thought and behaviour , Techniques to manage emotions , Application of Emotional Intelligence ; workplace , Relationships and Academics.                                                     | 13             | 2               | 15                 |
| 3                                                           | Practical         | Students have to carry out any practicum based on the syllabus or any related topic.                                                                                                                                                                | 13             | 2               | 15                 |

**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                        | PSYSEC03013                                                                                                                                                                                                                                                                                                                                                          |
| Total Credit ( theory +practical)  | 2+1=3                                                                                                                                                                                                                                                                                                                                                                |
| Contact hours                      | 45                                                                                                                                                                                                                                                                                                                                                                   |
| Distribution of Marks              | 75 (15+50+10)                                                                                                                                                                                                                                                                                                                                                        |
| Course outcomes                    | CO1: Define decision-making principles and contrast foundational models (rational, bounded rationality, intuitive, and political) to understand how choices are formulated in diverse environments.<br>CO2: Analyze the significance of high-quality decision-making in optimizing resource allocation, managing risk, and driving strategic organizational success. |

| <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 decision making , creativity in decision Making | 13             | 2               | 15                 |
| 3                       | Practical                        | Students have to carry out any practicum based on the syllabus or any related topic.                                                             | 13             | 2               | 15                 |