



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

# **Syllabus for FYUGP**

**Subject: psychology**

**Course Type: major**

**Approved by:**

**Board of Studies meeting held on 24-12-2025 &  
Academic Council vide Resolution no. 2, Dated-29-12-2025**

A Comprehensive Summary of the Total Number of Papers and Credits for All Semesters under the FYUGP  
Darrang College (Autonomous)

| Semester | Discipline specific Courses core                 | Minor | Major Credits | Credit distribution of the course |   |   |  |  |  |
|----------|--------------------------------------------------|-------|---------------|-----------------------------------|---|---|--|--|--|
|          |                                                  |       |               | L                                 | T | P |  |  |  |
| 1        | Major 1<br>Introduction to Psychology            |       | 4             | 3                                 | 0 | 1 |  |  |  |
| 2        | Major 2<br>Bio-Psychology                        |       | 4             | 3                                 | 0 | 1 |  |  |  |
| 3        | Major 3<br>Cognitive Psychology                  |       | 4             | 3                                 | 0 | 1 |  |  |  |
|          | Major 4<br>Psychology of individual difference   |       | 4             | 3                                 | 0 | 1 |  |  |  |
| 4        | Major 5<br>Developmental Psychology              |       | 4             | 3                                 | 0 | 1 |  |  |  |
|          | Major 6<br>Social Psychology                     |       | 4             | 3                                 | 0 | 1 |  |  |  |
|          | Major 7<br>Psychological Research                |       | 4             | 4                                 | 0 | 0 |  |  |  |
|          | Major 8<br>Statistical methods in Psychology     |       | 4             | 4                                 | 0 | 0 |  |  |  |
| 5        | Major 9<br>Positive Psychology                   |       | 4             | 3                                 | 0 | 1 |  |  |  |
|          | Major 10<br>Development of Psychological thought |       | 4             | 4                                 | 0 | 0 |  |  |  |
|          | Major 11<br>Abnormal Psychology                  |       | 4             | 3                                 | 0 | 1 |  |  |  |

|   |                                                                                     |  |    |   |   |   |  |  |  |
|---|-------------------------------------------------------------------------------------|--|----|---|---|---|--|--|--|
| 6 | Major 12<br>Dealing with<br>Psychological<br>Disorder                               |  | 4  | 3 | 0 | 1 |  |  |  |
|   | Major 13<br>Counseling<br>Psychology                                                |  | 4  | 3 | 0 | 1 |  |  |  |
|   | Major 14<br>Psychology of Indian<br>Knowledge system                                |  | 4  | 4 | 0 | 0 |  |  |  |
|   | Major 15<br>Organizational<br>Behaviour                                             |  | 4  | 3 | 0 | 1 |  |  |  |
|   | UNDER GRADUATE DEGREE WITH HONORS / UNDER GRADUATE DEGREE WITH HONORS WITH RESEARCH |  |    |   |   |   |  |  |  |
| 7 | Major 16<br>Psychology of<br>Personality                                            |  | 4  | 3 | 0 | 1 |  |  |  |
|   | Major 17<br>Advance Cognitive<br>Psychology                                         |  | 4  | 3 | 0 | 1 |  |  |  |
|   | Major 18<br>Psychometric<br>Techniques                                              |  | 4  | 3 | 0 | 1 |  |  |  |
|   | Major 19<br>Advanced Psycho<br>pathology                                            |  | 4  | 3 | 0 | 1 |  |  |  |
|   | UNDER GRADUATE DEGREE WITH HONORS                                                   |  |    |   |   |   |  |  |  |
| 8 | Major 20<br>Advanced Psycho<br>therapy                                              |  | 4  | 3 | 0 | 1 |  |  |  |
|   | Major 21<br>Geriatric Psychology                                                    |  | 4  | 0 | 0 | 0 |  |  |  |
|   | Major 22<br>Psychology of<br>Gender                                                 |  | 4  | 0 | 0 | 0 |  |  |  |
|   | Research Mini<br>Project/Dissertation                                               |  | 4  | 0 | 0 | 0 |  |  |  |
| 8 | UNDER GRADUATE DEGREE WITH HONORS WITH RESEARCH                                     |  |    |   |   |   |  |  |  |
|   | Major 20<br>Research/Dissertatio<br>n                                               |  | 12 | 3 | 0 | 1 |  |  |  |

|  |                                                                 |  |   |  |  |  |  |  |  |
|--|-----------------------------------------------------------------|--|---|--|--|--|--|--|--|
|  | Major 21<br>Seminar/Project<br>based course and<br>Presentation |  | 4 |  |  |  |  |  |  |
|--|-----------------------------------------------------------------|--|---|--|--|--|--|--|--|

### **Aims of the course in FYUGP is to**

- Provide students with a comprehensive understanding of the field.
- Encompassing basic concepts, research methodologies, and ethical considerations.
- Fostering critical thinking, self-directed learning, and practical application of psychological principles.
- To equip students with the knowledge and skills necessary for further academic pursuits or careers in various psychology-related fields.

### **Program Outcome:**

- Describe theoretical constructs in the discipline of Psychology including recent advances.
- Administer psychological tests on individuals and in social settings ,as and when required to render services to humankind and society at large.
- Learn the skills of Counselling and Psychotherapy following appropriate ethics for positive mental health in society.
- Produce scientific research output to cultivate happier, healthier and more sustainable society.

**Teaching learning process:** The teaching learning process encourages active and experiential learning through innovative pedagogies such as blended learning, project-based assignments, and the integration of digital tools. Emphasis is laid on skill development, research, internships, and value-based education, aiming to nurture critical thinking, creativity, and lifelong learning among students.

**Teaching Learning tools:** A variety of innovative teaching-learning tools are encouraged to enhance student engagement and promote holistic learning. These include experiential learning, project-based learning, ICT-enabled tools, and blended learning methods. Teachers will use Learning Management Systems (LMS), online platforms (like SWAYAM, DIKSHA, and MOOCs), along with interactive

classroom strategies such as group discussions, role plays, and flipped classrooms. Skill-based assignments, internships, and fieldwork are integrated into the curriculum to ensure real-world application of knowledge. Additionally, formative assessment methods, peer learning, and portfolio development are used to track and support student progress throughout the programme.

**Evaluation/ Assessment:** Descriptive and Objective written exam, followed by practical Covering all the Units.

### Course Structure:

#### Detail syllabus of 1st semester Major

| <b>1<sup>ST</sup> SEMESTER MAJOR</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|--------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                  | INTRODUCTION TO PSYCHOLOGY                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Course code                          | PSYMJ01014                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Total Credit ( theory +practical)    | 3+1= 4                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Contact hours                        | 60                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Distribution of Marks                | 100 (45+25+30) (T+P+I)                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Course outcomes                      | <ul style="list-style-type: none"> <li>Identify the key concepts of the field of psychology with an emphasis on applications of psychology in everyday life.</li> <li>Explain and interweave basic concepts of learning, memory, motivation and emotion In Psychology.</li> <li>Discuss key figures, diverse theoretical perspectives and research findings that has shaped some of the major areas of contemporary psychology.</li> </ul> |

| UNIT   | TITLE                          | CONTENT                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | Introduction                   | Meaning, Nature and Goals of Psychology, Historical Background, Scope and Subfields of Psychology, Methods of Psychology, Major approaches.                                                                                                                                                                                                                                                                                                                                  | 13      | 2        | 15          |
| Unit 2 | Perception                     | Perceptual processing, Role of attention in perception, Perceptual organization, Perceptual sets, Perceptual constancies, depth perception, distance and movement perception, Illusions.                                                                                                                                                                                                                                                                                     | 13      | 2        | 15          |
| Unit 3 | Learning, Memory & Motivation. | <b>Learning:</b> Nature of learning, Principles and applications of Classical Conditioning, Operant Learning, Observational Learning, and Cognitive Learning.<br><b>Memory:</b> Definition, Models of memory, Levels of processing : Parallel Distributed processing model, information processing model, Concept and Theories of Forgetting, Improving memory<br><b>Motivation:</b> Nature, Perspectives, Types of Motivation, relationship between motivation and emotion. | 16      | 2        | 18          |
| Unit 4 | Practical                      | Any one laboratory experiment based on Learning.<br>Any one laboratory experiment based on Memory.                                                                                                                                                                                                                                                                                                                                                                           | 10      | 2        | 12          |

**Reading list:**

- Baron, R., & Misra, G. (2016). *Psychology* (5th ed.). New Delhi: Pearson.
- Feldman, R.S. (2011). *Understanding Psychology* (10th ed.). New York: McGraw Hill.
- Galotti, K.M. (2014). *Cognitive Psychology In and Out of the Laboratory* (5th ed.). New Delhi: Sage.
- Passer, M.W., & Smith, R.E. (2010). *Psychology: The science of mind and behaviour* New Delhi: Tata McGraw-Hill.
- Zimbardo, P.G., Johnson, R.L., & McCann, V.M. (2012). *Psychology: Core concepts* (7th ed.). U.S.A.: Pearson.
- Singh, K. (2022). There isn't only cultural blindness in psychology; psychology is culture blind. In Robert W. Hood, Jr. & Sariya Cheruvallil-Contractor (Eds.), *Research in the social scientific study of religion, volume 32* (pp. 399-426). Boston: Brill.
- Morgan, C. And King, R. A. (2017) *Introduction to Psychology* 7th Eds. McGraw Hill.

**DETAIL SYLLABUS OF 2<sup>nd</sup> SEMESTER:**

| <b>2<sup>ND</sup> SEMESTER MAJOR</b> |                                                                                                                                                                                                                                                                                                                |
|--------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Title of the course</b>           | <b>Biopsychology</b>                                                                                                                                                                                                                                                                                           |
| Course code                          | PSYMJ02014                                                                                                                                                                                                                                                                                                     |
| Total Credit ( theory +practical)    | 4+0 = 4                                                                                                                                                                                                                                                                                                        |
| Contact hours                        | 60                                                                                                                                                                                                                                                                                                             |
| Distribution of Marks                | 100(60+40) (T+I)                                                                                                                                                                                                                                                                                               |
| Course outcomes                      | 1. Explain the nature and scope of Bio Psychology and its applications in Psychology<br>2. Describe the structure and functions of Neuron and the importance of action potential and synaptic activity<br>3. Organization of nervous system<br>4. Examine the role of endocrine glands in mediating behaviour. |

| <b>2<sup>ND</sup> SEMESTER MAJOR Biopsychology</b> |                                      |                                                                                           |                |                 |                    |
|----------------------------------------------------|--------------------------------------|-------------------------------------------------------------------------------------------|----------------|-----------------|--------------------|
| <b>Unit</b>                                        | <b>Title</b>                         | <b>Content</b>                                                                            | <b>Lecture</b> | <b>Tutorial</b> | <b>Total hours</b> |
| 1                                                  | <b>Introduction to Biopsychology</b> | Nature, scope and divisions of biopsychology, Methods and Ethics in bio psychology.       | <b>13</b>      | <b>2</b>        | <b>15</b>          |
| 2                                                  | <b>Nerve Impulse:</b>                | Structure and function of Neurons, action potential/nerve impulse, synaptic transmission. | <b>13</b>      | <b>2</b>        | <b>15</b>          |

|   |                                       |                                                                                                                                                                                                                                                                     |    |   |    |
|---|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---|----|
| 3 | <b>Organization of nervous system</b> | CNS and PNS: Structure and function, Hypothalamus , functional abnormalities of neuro transmitter- Dopamine and serotonin hypothesis, Neuro plasticity of Brain (Neural degeneration, Neural re generation and neural re -organization.) Hemispheric specialization | 13 | 2 | 15 |
| 4 | <b>Endocrine System:</b>              | Endocrine basis of behaviour, Types, Structure, function and abnormalities (Pituitary,Adrenal, Thyroid and Gonads)                                                                                                                                                  | 13 | 2 | 15 |

Total Contact Hours: 60

**Reading list:**

Pinel, J. P. J. (2016). *Biopsychology* (9th ed.). New Delhi: Pearson Education. (Pp 25-39,pp 75-120).

Carlson, N. R.(2009). *Foundations of Physiological Psychology* (6th ed.). New Delhi: Pearson Education. (Latest ed., pp. 26-59; pp. 62-92).

Khosla, M. (2017). *Physiological Psychology: An Introduction*. Delhi: Sage Texts.

Leukel, F. (1976). *Introduction to Physiological Psychology*. Pearson: New Delhi. (pp35-55).

Levinthal, C. F. (1983). *Introduction to Physiological psychology*. New Delhi. PHI. (pp116- 151).

Kolb, B., & Whishaw, I. Q. (2009). *Fundamentals of Human Neuropsychology*, 6<sup>th</sup> Edition. Worth Publishers: New York. Pg 51-81, 110-131

Rains, G. D. (2002). *Principles of Human Neuropsychology*. McGraw Hill: New York. Pg 45-

| <b>3<sup>rd</sup> SEMESTER (MAJOR 3)</b> |                                                                                                                                                                                                                                  |
|------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                      | Cognitive Psychology                                                                                                                                                                                                             |
| Course code                              | PSYMJ03014                                                                                                                                                                                                                       |
| Total Credit ( theory +practical)        | 3+1=4                                                                                                                                                                                                                            |
| Contact hours                            | 60                                                                                                                                                                                                                               |
| Distribution of Marks                    | 100 (45+25+30) (T+P+I)                                                                                                                                                                                                           |
| Course outcomes                          | CO1: Identify basic theoretical, empirical, and applied knowledge that has shaped Cognitive Psychology.<br>CO2: Describe various cognitive processes.<br>CO3: Apply strategies of effective problem solving and decision making. |

| UNIT   | TITLE                                 | CONTENT                                                                                                                           | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | Introduction to Cognitive Psychology: | Brief history, Nature, Scope and Domains of Cognitive Psychology, Paradigms- Information processing, Connectionist, Evolutionary, | 13      | 2        | 15          |

|        |                                                                               |                                                                                                                                                                                                                                |    |   |    |
|--------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---|----|
|        |                                                                               | Ecological, Current status: Indian approaches to cognition                                                                                                                                                                     |    |   |    |
| Unit 2 | Sensation, Perception and Attention:                                          | Sensory processes: Auditory, Visual, Touch, Taste, Smell, Perception: Approaches to perception, Perception of object and forms, Illusion, Attention: Meaning , Nature and Definition, Issues of Attention; Selective attention | 13 | 2 | 15 |
| Unit 3 | Thinking, Problem Solving and Decision Making:<br><br>Artificial Intelligence | Components of thoughts, imagery and cognitive maps, Strategies and barriers of effective problem solving; Decision making: biases and methods. Artificial Intelligence                                                         | 16 | 2 | 18 |
| Unit 4 | Practical                                                                     | Any two laboratory experiment/Standardize Test based on Human Cognition.                                                                                                                                                       | 10 | 2 | 12 |

Reading list-

- Cognitive Psychology: Eighth Edition : Robert L. Solso

| <b>3<sup>rd</sup> SEMESTER (MAJOR 4)</b> |                                                                                                                                                                                                                                                                                                                               |
|------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                      | Psychology of individual difference                                                                                                                                                                                                                                                                                           |
| Course code                              | PSYMJ03024                                                                                                                                                                                                                                                                                                                    |
| Total Credit ( theory +practical)        | 3+1=4                                                                                                                                                                                                                                                                                                                         |
| Contact hours                            | 60                                                                                                                                                                                                                                                                                                                            |
| Distribution of Marks                    | 100 (45+25+30) (T+P+I)                                                                                                                                                                                                                                                                                                        |
| Course outcomes                          | CO1: Explain the concept of individual differences with the goal to promote self-reflection and understanding of self and others.<br>CO2: Illustrate the concept of intelligence, emotional intelligence and creativity.<br>CO3: Examine different theories of personality and to develop skills for personality enhancement. |

| UNIT  | TITLE                | CONTENT                                                                                                                                                                                                               | LECTURE | TUTORIAL | TOTAL HOURS |
|-------|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit1 | <b>Personality:</b>  | Nature of personality; Biological foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic, Phenomenological- humanistic: Carl Rogers, Abraham Maslow, Trait and type. | 13      | 2        | 15          |
| Unit2 | <b>Intelligence:</b> | Concept of intelligence: Psychometric and cognitive approaches to intelligence; Gardner's multiple intelligences; Emotional                                                                                           | 13      | 2        | 15          |

|        |                                          |                                                                                                                                    |    |   |    |
|--------|------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----|---|----|
|        |                                          | Intelligence, Heredity, environment and intelligence; Group differences in intelligence; Extremes of intelligence,                 |    |   |    |
| Unit3  | <b>Enhancing individual's potential:</b> | Motivation: Self-determination theory; Enhancing cognitive potential, Self- regulation and self enhancement; Fostering creativity. | 16 | 2 | 18 |
| Unit 4 | Practicum                                | Any two practicum based on syllabus (one based on intelligence and one based on personality.                                       | 10 | 2 | 12 |

#### Reading list-

- Carr, A. (2011): Positive psychology. Routledge.
- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Baron, R. A. & Mishra, G. (2015). Psychology. Pearson Education Limited. ISBN-13: 9788131773444.
- Aleem, S. (2012). Theories of Personality. Published by Dorling Kindersley (India) Pvt. Ltd.
- Matthijs Cornelissen, Girishwar Misra and Suneet Varma (eds.) (2011), Foundations of Indian Psychology (Vol. 1), Theories and concepts .Pearson.
- Solso RL.2004, Cognitive Psychology(6<sup>th</sup> Edition), PerasonEducation.
- Hall, C.Sand Lindzey, G. 1978. Theories Of Personality, New Delhi: Wiley Eastern.

| <b>4<sup>th</sup> SEMESTER (MAJOR 5)</b> |                                                                                                                                                                                                                                                                                  |
|------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                      | Developmental Psychology                                                                                                                                                                                                                                                         |
| Course code                              | PSYMJ04014                                                                                                                                                                                                                                                                       |
| Total Credit ( theory +practical)        | 3+1=4                                                                                                                                                                                                                                                                            |
| Contact hours                            | 60                                                                                                                                                                                                                                                                               |
| Distribution of Marks                    | 100 (45+25+30)                                                                                                                                                                                                                                                                   |
| Course outcomes                          | CO1: Explain the concept and significance of Developmental Psychology<br>CO2: Understand the concept and process of human development across the lifespan,<br>CO3: Analyze the various domains of human development<br>CO4: Describe socio-cultural context of human development |

| UNIT   | TITLE               | CONTENT                                                                                                                    | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|---------------------|----------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | <b>Introduction</b> | Concept of Human Development, stage and research methods, Role of Family, Peers, Media and Schooling on human development. | 13      | 2        | 15          |

|        |                                         |                                                                                                                                                                            |    |   |    |
|--------|-----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---|----|
| Unit 2 | <b>Periods of Life Span Development</b> | Prenatal development, Birth and Infancy, Childhood, Adolescence, Adulthood, Old age: characteristics, developmental task and hazards.                                      | 13 | 2 | 15 |
| Unit 3 | <b>Domains of Human Development</b>     | Cognitive development: perspectives of Piaget and Vygotsky, Language development, Physical development, Emotional development, Moral development, Personality development. | 16 | 2 | 18 |
| Unit 4 | Practical                               | Any two practicum based on syllabus.                                                                                                                                       | 10 | 2 | 12 |

Reading List:

- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Baron, R. A. & Mishra, G. (2015). Psychology. Pearson Education Limited. ISBN-13: 9788131773444.

| <b>4<sup>th</sup> SEMESTER (MAJOR 6)</b> |                                                                                                                                                                                                                                                                                                                                     |
|------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                      | Social Psychology                                                                                                                                                                                                                                                                                                                   |
| Course code                              | PSYMJ04024                                                                                                                                                                                                                                                                                                                          |
| Total Credit ( Theory +practical)        | 3+1=4                                                                                                                                                                                                                                                                                                                               |
| Contact hours                            | 60                                                                                                                                                                                                                                                                                                                                  |
| Distribution of Marks                    | 100 (45+25+30)                                                                                                                                                                                                                                                                                                                      |
| Course outcomes                          | CO1: Develop an understanding of the nuances of the social world as well as different perspectives on relations between individual and society.<br>CO2: Critically analyze the social influence and behavior, as to how individuals think, feel and behave in social situations.<br>CO3: Explain group behavior and group dynamics. |

| UNIT   | TITLE                                         | CONTENT                                                                                                                                                                           | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|-----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | <b>Introduction</b>                           | Introduction: Nature and scope of social psychology; Overview of the history of social psychology (including development in India); Relationship with sociology and anthropology. | 13      | 2        | 15          |
| Unit 2 | Understanding and evaluating the social world | Self and its processes: Self concept, Self-esteem, and self-presentation; Social cognition, Attitudes and attitude formation, Strategies for attitude change.                     | 13      | 2        | 15          |

|        |                                  |                                                                                                                                                                                                                                         |    |   |    |
|--------|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---|----|
| Unit 3 | Social interaction and Influence | Interpersonal attraction, Pro-Social Behaviour, Aggression: basic concept, causes and management, Social influence: social facilitation, conformity and social loafing, Group Dynamics and inter-group relations, inter-group conflict. | 16 | 2 | 18 |
| Unit 4 | Practical                        | Any two practicum based on syllabus.                                                                                                                                                                                                    | 10 | 2 | 12 |

| 4 <sup>th</sup> SEMESTER (MAJOR 7) |                                                                                                                                                                                                                                                                                                                            |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                | Psychological Research                                                                                                                                                                                                                                                                                                     |
| Course code                        | PSYMJ04034                                                                                                                                                                                                                                                                                                                 |
| Total Credit ( theory +practical)  | 4                                                                                                                                                                                                                                                                                                                          |
| Contact hours                      | 60                                                                                                                                                                                                                                                                                                                         |
| Distribution of Marks              | 100(60+40)                                                                                                                                                                                                                                                                                                                 |
| Course outcomes                    | CO1: Explain the fundamental concepts, goals, and ethical principles underlying psychological research, distinguishing between quantitative and qualitative research orientations.<br>CO2: Examine various sampling techniques and estimate the implications of sampling errors and applications in psychological studies. |

| UNIT   | TITLE                                                            | CONTENT                                                                                                                                                                                                                                                                               | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | <b>Basics of Research in Psychology and Research Traditions:</b> | Concept of Psychological Research; the Goals of Psychological Research; Principles of Good Research; Ethics in Psychological Research;<br><br>Quantitative and Qualitative Orientations towards Research and their Steps; Comparing Qualitative and Quantitative Research Traditions. | 13      | 2        | 15          |
| Unit 2 | <b>Sampling:</b>                                                 | Meaning, Techniques, Types of sampling, Applications, Strengths and limitations, Sampling Error.                                                                                                                                                                                      | 13      | 2        | 15          |
| Unit 3 | <b>Methods of Data Collection:</b>                               | Case Study; Observation; Surveys, Focus Group Discussion, Interviews, Experiment, Use of secondary data.                                                                                                                                                                              | 16      | 2        | 18          |
| Unit 4 | <b>Research Design:</b>                                          | Single case design, group design – randomized group design (between group design) and                                                                                                                                                                                                 | 10      | 2        | 12          |

|  |  |                                               |  |  |  |
|--|--|-----------------------------------------------|--|--|--|
|  |  | repeated measure design (within group design) |  |  |  |
|--|--|-----------------------------------------------|--|--|--|

| 4 <sup>th</sup> SEMESTER (MAJOR 8) |                                                                                                                                                                                                                                                                                                                                 |
|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                | Statistical methods in Psychology                                                                                                                                                                                                                                                                                               |
| Course code                        | PSYMJ04044                                                                                                                                                                                                                                                                                                                      |
| Total Credit ( Theory )            | 4                                                                                                                                                                                                                                                                                                                               |
| Contact hours                      | 60                                                                                                                                                                                                                                                                                                                              |
| Distribution of Marks              | 100(60+40)                                                                                                                                                                                                                                                                                                                      |
| Course outcomes                    | CO1: Explain the psychological research and basics of statistical methods<br>CO2: Analyze the tools used in descriptive statistics of quantitative research.<br>CO3: Understand the graphical representation of data<br>CO4: Examine the different properties of Normal Curve<br>CO5: Discuss the basic concept of correlation. |

| UNIT   | TITLE                                                                   | CONTENT                                                                                                                                                                                                                                                                                                                                                                                                                      | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|-------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | <b>Introduction</b>                                                     | Relevance of Statistics in Psychological research; Descriptive and Inferential Statistics; Variables and Constants; Measurement Scales; Frequency Distributions, Percentiles, and Percentile Ranks.<br><b>Organizing Quantitative data:</b> Constructing a grouped frequency distribution, a relative frequency distribution and a cumulative frequency distribution; Computation of Percentiles and Percentile Ranks.       | 13      | 2        | 15          |
| Unit 2 | <b>Graphic Representation of Data And Measures of Central Tendency:</b> | <b>Graphic Representation of Data</b><br>Basic procedures; The Histogram; The Frequency Polygon; The Bar Diagram; The Pie Chart; The Cumulative Frequency Graph; Factors Affecting the Shape of Graphs.<br><b>Measures of Central Tendency:</b> Mode; Median; Mean; Properties and Relative Advantages and Disadvantages of the Mode, the Median and the Mean; Central Tendency Measures in Normal and Skewed Distributions. | 13      | 2        | 15          |

|        |                                |                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |   |    |
|--------|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---|----|
| Unit 3 | <b>The Normal Distribution</b> | The Nature and Properties of the Normal Probability Distribution; Standard Scores and the Normal Curve; The Standard Normal Curve: Finding areas when the score is known; The Standard Normal Curve: Finding scores when the area is known. The Normal Curve as a Model for Real Variables; The Normal Curve as a Model for Sampling Distributions; Divergence from Normality (Skewness and Kurtosis).                                    | 16 | 2 | 18 |
| Unit 4 | <b>Correlation</b>             | The Meaning of Correlation; The Scatterplot of Bivariate Distributions; Correlation: A Matter of Direction; Correlation: A Matter of Degree; The Coefficient of Correlation; Calculating Pearson's Correlation Coefficient from Deviation Scores; Calculating' Pearson's Correlation Coefficient from Raw Scores; Spearman's Rank-Order Correlation Coefficient; Correlation and Causation; Cautions Concerning Correlation Coefficients. | 10 | 2 | 12 |

| <b>5<sup>th</sup> SEMESTER (MAJOR 9)</b> |                                                                                                                                                                                                                                                                      |
|------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                      | Positive Psychology                                                                                                                                                                                                                                                  |
| Course code                              | PSYMJ05014                                                                                                                                                                                                                                                           |
| Total Credit ( theory +practical)        | 3+1=4                                                                                                                                                                                                                                                                |
| Contact hours                            | 60                                                                                                                                                                                                                                                                   |
| Distribution of Marks                    | 100 (45+25+30)                                                                                                                                                                                                                                                       |
| Course outcomes                          | CO1: Describe the basic concepts of the growing approach of positive psychology.<br>CO2: Illustrate the concepts of Psychological wellbeing, happiness, emotional intelligence and resilience.<br>CO3: Apply the concepts of Positive Psychology into everyday life. |

| UNIT   | TITLE                                       | CONTENT                                                                                                                                                              | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | <b>Introduction to Positive Psychology:</b> | Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues. Applications of Positive psychology at Work and in the field of education | 13      | 2        | 15          |
| Unit 2 | <b>Positive Emotional States and</b>        | Happiness and Well being, Positive Affect and Positive Emotions, Emotional                                                                                           | 13      | 2        | 15          |

|        |                                                                       |                                                                                                                                                                                                                                                                 |    |   |    |
|--------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---|----|
|        | <b>Processes:</b>                                                     | Intelligence, Resilience                                                                                                                                                                                                                                        |    |   |    |
| Unit 3 | <b>Positive Cognitive States and Processes: Positive Environments</b> | <b>Positive Cognitive States and Processes:</b> Self-efficacy, Optimism, Hope, Wisdom, Flow, And Mindfulness.<br><b>Positive Environments:</b> Positive schooling, good work: psychology of gainful employment. The Me/ We balance: building better communities | 16 | 2 | 18 |
| Unit 4 | Practical                                                             | Any two practicum based on syllabus.                                                                                                                                                                                                                            | 10 | 2 | 12 |

| <b>5<sup>th</sup> SEMESTER (MAJOR 10)</b> |                                                                                                                                                                                                                                                                                                                                            |
|-------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                       | Development of Psychological thought                                                                                                                                                                                                                                                                                                       |
| Course code                               | PSYMJ05024                                                                                                                                                                                                                                                                                                                                 |
| Total Credit ( Theory )                   | 4                                                                                                                                                                                                                                                                                                                                          |
| Contact hours                             | 60                                                                                                                                                                                                                                                                                                                                         |
| Distribution of Marks                     | 100(60+40)                                                                                                                                                                                                                                                                                                                                 |
| Course outcomes                           | CO1: Understand the development of the psychological thought both from the Indian as well as Western perspective.<br>CO2: Illustrate early schools of Psychological thoughts and their functions.<br>CO3: Discuss the issues and debates in contemporary psychology.<br>CO4: Explain Psychoanalytic and Humanistic-Existential Orientation |

| UNIT   | TITLE                                                  | CONTENT                                                                                                                                                                                                                                                                                                            | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | <b>Understanding Psyche from Indian Perspectives :</b> | Universal quest for understanding consciousness; Consciousness from the Indian perspectives: Bhagawad Gita, Vedanta, Integral Yoga and Buddhism.                                                                                                                                                                   | 13      | 2        | 15          |
| Unit 2 | <b>Early Schools of Psychology:</b>                    | Western perspectives of content and methodology with reference to Classical schools; Emergence of Modern Psychology. Associationism, Structuralism and Functionalism (Brief Introduction); Developments in Behaviourism (Watson), Neo Behaviouristic traditions (Skinner), Cognitive revolution- A paradigm shift. | 13      | 2        | 15          |

|        |                                                              |                                                                                                                                           |    |   |    |
|--------|--------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|----|---|----|
| Unit 3 | <b>Psychoanalytic and Humanistic-Existential Orientation</b> | Freudian psychoanalysis, the turn towards 'social' — Adler, Jung, ego psychology — Erik Erikson, cultural psychoanalysis (Sudhir Kakkar). | 16 | 2 | 18 |
| Unit 4 | <b>Essential aspects of knowledge paradigm</b>               | Ontology, Epistemology and methodology. Positivism, Post-positivism, Critical perspectives, social- constructivism.                       | 10 | 2 | 12 |

| <b>5<sup>th</sup> SEMESTER (MAJIR 11)</b> |                                                                                                                                                                                                                                                  |
|-------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                       | Abnormal Psychology                                                                                                                                                                                                                              |
| Course code                               | PSYMJ05034                                                                                                                                                                                                                                       |
| Total Credit ( Theory +practical)         | 3+1=4                                                                                                                                                                                                                                            |
| Contact hours                             | 60                                                                                                                                                                                                                                               |
| Distribution of Marks                     | 100 (45+25+30)                                                                                                                                                                                                                                   |
| Course outcomes                           | CO1: Explain the concept of abnormal behaviour.<br>CO2: Discuss the clinical picture and dynamics of various psychological disorders.<br>CO3: Understand Psychotic disorders and their etiology<br>CO4: Describe mood and personality disorders. |

| UNIT   | TITLE                                                 | CONTENT                                                                                                                                                                                                           | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|-------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | <b>Introduction to Abnormal Psychology:</b>           | Meaning, definition, brief history and criteria/indicators, Biological, Psychological, Social, Behavioral, and Cognitive-behavioral and cultural causes of abnormal behavior, ICD-11 and DSM-5                    | 13      | 2        | 15          |
| Unit 2 | Schizophrenia spectrum and other psychotic disorders. | Clinical picture and causal factors of- Schizophrenia, Delusional disorder, Anxiety Disorder: Panic disorder, Phobia, Generalized anxiety disorder.                                                               | 13      | 2        | 15          |
| Unit 3 | Personality Disorders and Mood Disorders:             | Antisocial Personality Disorder and Borderline Personality Disorder; Obsessive- compulsive Disorder, Mood disorders: causal factors and subtypes of mood disorder; <b>Suicide:</b> Identification and prevention. | 16      | 2        | 18          |

|        |           |                                      |    |   |    |
|--------|-----------|--------------------------------------|----|---|----|
| Unit 4 | Practical | Any two practicum based on syllabus. | 10 | 2 | 12 |
|--------|-----------|--------------------------------------|----|---|----|

| <b>6<sup>th</sup> SEMESTER (MAJOR 12)</b> |                                                                                                                                                                                                                                                                                        |
|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                       | Dealing with Psychological Disorder                                                                                                                                                                                                                                                    |
| Course code                               | PSYMJ06014                                                                                                                                                                                                                                                                             |
| Total Credit ( theory +practical)         | 3+1=4                                                                                                                                                                                                                                                                                  |
| Contact hours                             | 60                                                                                                                                                                                                                                                                                     |
| Distribution of Marks                     | 100 (45+25+30)                                                                                                                                                                                                                                                                         |
| Course outcomes                           | CO1: Understand the clinical picture and dynamics of psychological disorders.<br>CO2: Explain the concept of Psycho-diagnostic assessment<br>CO3: Illustrate the classifications of disorders.<br>CO4: Describe the therapeutic interventions for the various psychological disorders. |

| UNIT   | TITLE                                                                 | CONTENT                                                                                                                                                                                                                                                                                         | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | <b>Introduction to Clinical Psychology:</b>                           | Basic concept and brief history of Clinical Psychology, role of Clinical Psychologists, distinguishing Clinical Psychology from related professions, Ethics in Clinical practice                                                                                                                | 13      | 2        | 15          |
| Unit 2 | <b>Psycho diagnostic Assessments and classification of disorders:</b> | Stages of Psychological assessments, Application of Psychological test in the assessment of abnormal behavior: Projective methods, Objective methods, Behavioral assessments. Diagnostic and Statistical Manual of mental disorders (DSM-5), International Classification of Disorders (ICD-11) | 13      | 2        | 15          |
| Unit 3 | <b>Treatment of Psychologic al disorders:</b>                         | Concept of psychotherapy, Psychoanalytic therapy, Behaviour therapy, Cognitive-Behaviour therapy, Yoga therapy.                                                                                                                                                                                 | 16      | 2        | 18          |
| Unit 4 | Practical                                                             | Any two practicum based on syllabus.                                                                                                                                                                                                                                                            | 10      | 2        | 12          |

Reading list:

- Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Integrated Approach (4th Ed.). Wadsworth: New York.
- Korchin, S. J. (1976). Modern clinical psychology: Principles of intervention in the clinic and community.
- Hecker, J. E, & Thorpe, G. L. (2004). Introduction to clinical psychology : science, practice, and ethics. Boston (Mass.): Pearson/Allyn and Bacon.
- Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
- Brewer, K. (2001). Clinical Psychology. Oxford : Heinemann Educational Publishers
- Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
- Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi: Cengage learn
- Rao, K. (2010); Psychological Interventions: From Theory to Practice. In G. Misra (Ed): Psychology in India. Volume 3: Clinical and Health Psychology. New Delhi. ICSSR/ Pearson.

| 6 <sup>th</sup> SEMESTER (MAJOR 13) |                                                                                                                                                                                                             |
|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                 | Counselling Psychology                                                                                                                                                                                      |
| Course code                         | PSYMJ06024                                                                                                                                                                                                  |
| Total Credit ( theory +practical)   | 3+1=4                                                                                                                                                                                                       |
| Contact hours                       | 60                                                                                                                                                                                                          |
| Distribution of Marks               | 100 (45+25+30)                                                                                                                                                                                              |
| Course outcomes                     | CO1: Understand the basic concepts, skills, goals and objectives of Counseling.<br>CO2: Discuss the process and stages of Counseling.<br>CO3: Illustrate the applicability of counseling in various fields. |

| UNIT   | TITLE                                                | CONTENT                                                                                                                                                                                 | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | <b>Introduction to Counselling Psychology:</b>       | Definition, Nature and Scope, Goals and Objectives of Counseling, Counseling skills and Ethics; The Effective Counsellor.                                                               | 13      | 2        | 15          |
| Unit 2 | <b>Counselling process, stages and relationship:</b> | Intake, Initial Disclosure, In-depth Exploration, Goal Setting, Termination, Building Counseling Relationships; Working in Counselling Relationship; Closing Counselling Relationships. | 13      | 2        | 15          |
| Unit 3 | <b>Applications of Counselling:</b>                  | Child Counseling, Family-Counseling, and Career Counseling. Crisis intervention: suicide, substance abuse and sexual abuse, Gender related issues.                                      | 16      | 2        | 18          |

|        |           |                                      |    |   |    |
|--------|-----------|--------------------------------------|----|---|----|
| Unit 4 | Practical | Any two practicum based on syllabus. | 10 | 2 | 12 |
|--------|-----------|--------------------------------------|----|---|----|

Reading list:

- Welfel, E.R.N Patterson, L. E. The Counseling Process: A multi theoretical integrative approach, Thomson.
- Capuzzi, D. & Gross, D. R. (2007). Counseling and Psychotherapy: Theories and Interventions (4th Ed.) New Delhi. Pearson.
- Corey, G. (2009) Counseling and Psychotherapy; Theory and Practice. (7th Ed.) New Delhi: Cengage Learning.
- Gibson, R. L. & Mitchell, M. H. (2012). Introduction to Counseling and Guidance (7th Ed.) New Delhi: Pearson
- Gladding, S. T. (2012). Counseling: A Comprehensive Profession. (7th Ed) New Delhi. Pearson.
- Hansen, J.C. (2012). Contemporary Counseling Psychology. In E. M. Altmaier and J.C. Hansen (Eds) The Oxford Handbook of Counseling Psychology. New York: Oxford University Press.
- Nelson-Jones, Richard. (2008). Basic Counseling Skills: A helper's manual, Second Edition, Sage, South Asia Edition
- Rao, K. (2010); Psychological Interventions: From Theory to Practice. In G. Misra (Ed): Psychology in India. Volume 3: Clinical and Health Psychology. New Delhi. ICSSR/ Pearson.
- Rao, S.N. & Sahajpal, P. (2013) Counseling and Guidance. New Delhi: Tata McGraw Hill.

| <b>6<sup>th</sup> SEMESTER (MAJOR 14)</b> |                                                                                                                                                                                                                                                                                                           |
|-------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                       | Psychology of Indian Knowledge system                                                                                                                                                                                                                                                                     |
| Course code                               | PSYMJ06034                                                                                                                                                                                                                                                                                                |
| Total Credit ( Theory )                   | 4                                                                                                                                                                                                                                                                                                         |
| Contact hours                             | 60                                                                                                                                                                                                                                                                                                        |
| Distribution of Marks                     | 100(60+40)                                                                                                                                                                                                                                                                                                |
| Course outcomes                           | CO1: To explore the psychological concepts embedded in Indian philosophical and spiritual traditions.<br>CO2: To introduce indigenous frameworks of cognition, personality, self, and mental health.<br>CO3: To develop critical appreciation for integrating Indian and Western psychological knowledge. |

| UNIT   | TITLE                                  | CONTENT                                                                                                                                                                                                                  | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | Foundations of Indian Knowledge System | Meaning and scope of Indian Knowledge System (IKS); Holistic worldview of Indian psychology: Integration of body, mind, and consciousness; Methods of knowledge: Pramanas (perception, inference, testimony, comparison) | 13      | 2        | 15          |
| Unit 2 | Concepts of Mind and Self              | Models of mind: Antahkarana Chatushtaya – Manas, Buddhi, Ahamkara, Chitta; Concept of Self (Atman), Jiva, Purusha (Samkhya), and Alayavijnana                                                                            | 13      | 2        | 15          |

|        |                                                             |                                                                                                                                                                                                                                                                                    |    |   |    |
|--------|-------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---|----|
|        |                                                             | (Buddhist); Comparisons with Western models of mind and self                                                                                                                                                                                                                       |    |   |    |
| Unit 3 | Emotions, Motivation, and Personality in Indian Perspective | Concept of Rasa and Bhava (from Natyashastra), Triguna theory (Sattva, Rajas, Tamas) and its implications for personality; Motivation and the concept of Purusharthas (Dharma, Artha, Kama, Moksha); Emotional regulation and equanimity (Stitha Prajna)                           | 16 | 2 | 18 |
| Unit 4 | Mental Health, Well-being and Therapy                       | Ayurveda and Yoga perspectives on mental health (Manas Roga, Gunas, Doshas); Meditation, Pranayama, and their psychological effects, Well-being in Indian context: Sukha, Dukha, Ananda, Moksha; Indian models of counseling: Bhagavad Gita as a dialogue of psychological support | 10 | 2 | 12 |

### Reading list:

1. Rao, K. R. (2011). *Cognitive Anomalies, Consciousness and Yoga*. Springer.
2. Dalal, A. K. & Misra, G. (2010). *Psychology in India: Retrospect and Prospect (Vols 1–4)*. ICSSR.
3. Cornelissen, R. M. M., Misra, G., & Varma, S. (2014). *Foundations of Indian Psychology (Vols 1 & 2)*. Pearson.
4. Chakrabarti, K. (1999). *Classical Indian Philosophy of Mind: The Nyaya Dualist Tradition*. SUNY.
5. Mohan, K. (2014). *Yoga Psychology*. Himalayan Institute Press.

| 6 <sup>th</sup> SEMESTER (MAJOR 15) |                          |
|-------------------------------------|--------------------------|
| Title of the course                 | Organizational Behaviour |
| Course code                         | PSYMJ06044               |
| Total Credit ( theory +practical)   | 3+1= 4                   |
| Contact hours                       | 60                       |

|                       |                                                                                                                                                                                                        |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Distribution of Marks | 100 (45+25+30)                                                                                                                                                                                         |
| Course outcomes       | CO1: Understand the concepts related to organizational behavior.<br>CO2: Analyze connectivity between concepts and practices of organizations.<br>CO3: Discuss the dynamics of Organizational Behavior |

| UNIT   | TITLE                                                                 | CONTENT                                                                                                                                                                                                                                                                                        | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|-----------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | <b>Introduction</b>                                                   | <b>Nature and definition; Historical antecedents of Organizational Behaviour; Contemporary Trends and Challenges; Organizational Behavior: Challenges in the Indian Setting.</b>                                                                                                               | 13      | 2        | 15          |
| Unit 2 | <b>Individual level processes</b>                                     | Employee attitudes: Job satisfaction, Organizational Commitment, Organizational Citizenship Behaviour; <b>Work Motivation:</b> Early theories: Maslow, McClelland, Two factor; Contemporary theories: Goal setting, Equity, Expectancy; Applications: Job Characteristics Model, Job redesign. | 13      | 2        | 15          |
| Unit 3 | <b>Dynamics of Organizational Behavior and organizational culture</b> | Power and Politics: Influence, empowerment, sexual harassment, organizational politics; Positive empowerment, organizational politics; Positive Organizational Behavior; <b>Leadership:</b> Basic approaches: Trait theories, Behavioral theories, Contingency theories.                       | 16      | 2        | 18          |
| Unit 4 | Practical                                                             | Any two practicum based on syllabus.                                                                                                                                                                                                                                                           | 10      | 2        | 12          |

Reading list:

Luthans, F. (2009). Organizational behavior. New Delhi: McGraw Hill.  
Pareek, U. (2010). Understanding organizational behaviour. Oxford: Oxford University Press.  
Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.  
Griffin, R.W. & Moorhead, G. (2009). Organizational Behavior: Managing People & Organizations. New Delhi : Biztantra publishers.  
Landy, F.J. & Conte, J.M. (2007) Work in the 21st Century: An Introduction to Industrial and Organizational Psychology. New York : Wiley Blackwell.

Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), Handbook of Psychology. New Delhi: Oxford University Press.  
 Robbins, S. P. & Judge, T.A. (2007) Organizational Behavior( 12 Ed). New Delhi: Prentice Hall of India  
 Chadha, N.K. (2007). Organizational Behavior. Galgotia Publishers: New Delhi.

UNDER GRADUATE DEGREE WITH HONORS  
 Or  
 UNDER GRADUATE DEGREE WITH HONORS WITH RESEARCH

| 7 <sup>th</sup> SEMESTER(MAJOR 16) |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                | Psychology of Personality                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Course code                        | PSYMJ07014                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Total Credit ( theory +practical)  | 3+1= 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Contact hours                      | 60                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Distribution of Marks              | 100 (45+25+30)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Course outcomes                    | <ul style="list-style-type: none"> <li>● Describe the scope of the study of personality and the concept of personality.</li> <li>● Discuss the various personality theories.</li> <li>● Explain personality assessment and the credibility of Bogus Personality Assessment</li> <li>● Critically analyse the concept of personality.</li> <li>● Illustrate psychoanalytic approach to personality. Discuss and compare the theories of Freud, Jung, Adler, and Erik.</li> <li>● Differentiate among various approaches to personality and compare trait and type approaches</li> <li>● Examine existentialism and humanism; critically evaluate the various theories.</li> <li>● Explain behaviourism and Cognitive approaches.</li> </ul> |

| UNIT   | TITLE                                                                                     | CONTENT                                                                                                                                                                                                                                                                        | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | <b>Introduction</b>                                                                       | The scope of the study of personality; The concept of personality; personality theories; Personality assessment; the credibility of Bogus Personality Assessment; Personality change.                                                                                          | 13      | 2        | 15          |
| Unit 2 | <b>The Factor Approach –</b>                                                              | Introduction to the factor approach. Trait and Type Approaches: Allport's trait approach, typologies, heritable aspects of personality, Cattell's trait approach, The Big Five Factors or the Super Traits.                                                                    | 13      | 2        | 15          |
| Unit 3 | Phenomenology and the Phenomenological Approach- The Behavioural and Cognitive Approach – | Existentialism and humanism, Maslow's hierarchical theory of human motivation, Roger's theory of the self, Kelley's theory of personal constructs. Radical and Methodological Behaviourism. Social learning theories: Rotter, Bandura. Mischel's Cognitive-Behavioural theory. | 16      | 2        | 18          |
| Unit 4 | Practical                                                                                 | Any two practicum based on syllabus.                                                                                                                                                                                                                                           | 10      | 2        | 12          |

**Readinglist:**

- Liebert, R.M. & Spiegler, M.D. Personality: Strategies and issues. Pacific Grove, California: Brooks/Cole Publishing Company.
- Biscoff, L.J. (1970). Interpreting personality theories. New York: Harper & Roe.
- Hall, C.S. & Lindzey, G. (1978). Theories of personality, 3<sup>rd</sup> Ed. New York: J. Wiley & Sons.
- Hjelte, L.A. & Ziegler, D.J. (1991). Personality theories: Basic assumptions, research and applications. 2<sup>nd</sup> Ed. International Student Edition. McGraw Hill International Book Company.
- Ryckman, Richard M. (2008). Theories of Personality (Ninth Edition). Thomson Wadsworth.

| 7 <sup>th</sup> SEMESTER (MAJOR 17) |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                 | Advanced Cognitive Psychology                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Course code                         | PSYMJ07024                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Total Credit ( theory +practical)   | 3+1=4                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Contact hours                       | 60                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Distribution of Marks               | 100 (45+25+30)                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Course outcomes                     | <ul style="list-style-type: none"> <li>● Identify and gain insight into the different types and models of memory</li> <li>● Explain about the nature and complexity of cognitive processes</li> <li>● Discuss human beings as information processing organisms.</li> <li>● Describe importance of analogical thinking in model making</li> <li>● Explain heuristics in human problem solving</li> <li>● Evaluate role of artificial intelligence in problem solving</li> </ul> |

| UNIT   | TITLE              | CONTENT                                                                                                                                                                                                                                                                             | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | SHORT TERM MEMORY: | Short Term Memory; Serial Position Curve, Recency and STM capacity, Long term Recency; Constant ratio rule, Drugs and STM, Amnesia and Recency effects                                                                                                                              | 13      | 2        | 15          |
| Unit 2 | LONG TERM MEMORY:  | Concept and Models of Long Term Memory, Amnesia and Episodic- Semantic Distinction, Declarative Vs Procedural Memory, Implicit and Explicit Memory. Models of Memory; Waugh & Norman, Atkinson & Shiffrin, Levels of Recall, Levels of Processing, Connectionist's model of memory. | 13      | 2        | 15          |

|        |                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |    |   |    |
|--------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---|----|
| Unit 3 | Knowledge representation & mental imagery thinking ,reasoning and problem solving | The Representation of Knowledge, Knowledge as Proposition, Imagery as an Experimental Variable, The Dual Coding Hypothesis, Arguments against Mental Imagery, Imagery and Perception, Neuropsychological Evidence for Mental Imagery. Concept Formation, Logic, Inference and Deductive Reasoning, Syllogistic Reasoning, Decision Making Problem Solving: State G, Goals, and Operators, Heuristics, Analogy, Games and Expertise, Creativity, Human Intelligence. | 16 | 2 | 18 |
| Unit 4 | Practical                                                                         | Any two practicum based on syllabus.                                                                                                                                                                                                                                                                                                                                                                                                                                | 10 | 2 | 12 |

#### Readinglist

- Solso, R.L.(2014). *Cognitive Psychology*. (8<sup>th</sup> Ed.). New Delhi. Pears on Education India.
- Parkin, A.J.(2015). *Essential Cognitive Psychology*. Psychology Press. East Sussex.
- Solso, R.,(2008). *Experimental Psychology: A Case Approach* (7th ed.). Pearson.
- Woodworth, R.S., Schlosberg, H.(1971). *Experimental Psychology*. Oxford & Ibh Publishing.
- Hansen, C., Myers, A.(2005). *Experimental Psychology*. Wadsworth Publishing Co.
- Eysenck, M., & Keane, M.(2010). *Cognitive psychology: A student's handbook* (6th Ed.). Psychology Press.
- Anderson, J.R.(2014). *Cognitive Psychology and its Implications*. (8<sup>th</sup> Ed.). Worth.
- Harré, R.(2000). *Cognitive Science: A Philosophical Introduction*. Sage: London.
- Baddeley, A., Eysenck, M.W., Anderson, M.C.,(2014). *Memory*. (2<sup>nd</sup> Ed.) Psychology Press.
- Galotti, K.M.(2017). *Cognitive Psychology In and Out of the Laboratory*. (6<sup>th</sup> Ed.). Sage Publications.
- Frankish, K. & Ramsey, W.M.(Ed.)(2012). *The Cambridge Handbook of Cognitive Science*. CUP.
- Goldstein, E.B.(2018). *Cognitive Psychology: Connecting Mind, Research, and Everyday Experience*. (5<sup>th</sup> Ed.). Wadsworth Publishing Co Inc.

| 7 <sup>th</sup> SEMESTER (MAJOR 18) |                         |
|-------------------------------------|-------------------------|
| Title of the course                 | Psychometric Techniques |
| Course code                         | PSYMJ07034              |
| Total Credit ( theory +practical)   | 3+1= 4                  |
| Contact hours                       | 60                      |

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Distribution of Marks | 100 (45+25+30)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Course outcomes       | <ul style="list-style-type: none"> <li>Outline the meaning and definition of measurement in psychology and Identify sources of error in measurement and Interpret different scales or levels of measurement explain the nature and origin of psychometrics.</li> <li>Identify the steps involved in scale/test construction and apply the process of scale standardization include Classical Test Theory and Item Response Theory.</li> <li>Apply psychological tests in various settings such as clinical, organizational, school and educational and developmental settings.</li> <li>Apply psychological tests in career counselling and guidance, forensic, sports, defence, and military services.</li> <li>Outline international guidelines for psychological testing, Identify sources of bias in psychological testing, about professional, illustrate moral, and social issues involved in psychological testing, develop culture-faire tests.</li> </ul> |

| UNIT   | TITLE                                                            | CONTENT                                                                                                                                                                                           | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | <b>Introduction -</b>                                            | Meaning & definition of measurement; sources of error in Measurement; scales or levels of measurement; nature and origin of psychometrics; history of intelligence testing; ethics of IQ testing. | 13      | 2        | 15          |
| Unit 2 | <b>Test/Scale construction -</b>                                 | Steps followed in scale/test construction, Scale Standardization; Classical Test theory and Item Response theory. Ethical issues in psychological testing.                                        | 13      | 2        | 15          |
| Unit 3 | <b>Application of psychological tests in different settings-</b> | Clinical, Organizational, School and educational, developmental settings.<br><br>Career counselling and guidance, forensic, sports, defence and military services.                                | 16      | 2        | 18          |
| Unit 4 | <b>Practical</b>                                                 | Any two practicum based on syllabus.                                                                                                                                                              | 10      | 2        | 12          |

#### Readinglist

- Gregory, R.J. (2008). Psychological Testing. (2nd Ed.). New Delhi. Dorling Kindersley
- Kaplan, R.M., Saccuzzo, D.P. (2013). Psychological Testing: Principles, Application and Issues. (8th Ed.). Belmont, CA. Wadsworth
- Anastasi, A., Ubrina, S. (2009). Psychological Testing. (7th Ed.). New Delhi. PHI Pvt. Ltd.
- Goldstein, G., Hersen, M. (2000). Handbook of Psychological Assessment. Elsevier
- Nunnally, J.C., Bernstein, I.H. (2010). Psychometric Theory. Tata McGraw-Hills.
- Miller, L.A., Lovler, R.L. (2015). Foundations of Psychological Testing. (5th Ed.). Sage Publications.
- Rust, J., Golombok, S. (2008). Modern Psychometrics: The Science of Psychological Assessment. (3rd Ed.). Routledge.
- Singh, A.K. (2017). Tests, Measurements and Research Methods in Behavioural Sciences. Bharati Bhawan Publishers & Distributors.
- Cohen, R.J., Swerdlik, M.E. (2018). Psychological Testing and Assessment: An Introduction to Tests and Measurement. (9th Ed.). McGraw Hill Education.

- American Psychological Association. (1993). Standards for Educational and Psychological Testing. American Psychological Association.

| 7 <sup>th</sup> SEMESTER (MAJOR 19) |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                 | <b>Advanced Psycho-pathology</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Course code                         | PSYMJ07044                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Total Credit ( Theory)              | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Contact hours                       | 60                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Distribution of Marks               | 100(60+40)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Course outcomes                     | <ul style="list-style-type: none"> <li>Describe the meaning, criteria, and causes of psychopathology and reflect critically on the diagnosis and classification of mental disorders, considering cultural issues and challenges as well as learn to diagnose and examine psychiatric patients using DSM-5 and ICD-10.</li> <li>Demonstrate various psychological disorders including anxiety, depression, trauma, stress, Obsessive Compulsive Disorder and related disorders</li> <li>Detect various lifestyle disorders including internet disorders, sleep disorders, eating disorders, and body image disorders.</li> <li>Explain the importance of empathy building, policy and awareness in integrated schooling and point out the importance of social inclusion and the role of a psychologist in addressing these issues.</li> </ul> |

| UNIT   | TITLE                                          | CONTENT                                                                                                                                                                                                          | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | Concept of Psychopathology-                    | Meaning criteria, causes; Critical reflection on diagnosis and classification-cultural issues and challenges, diagnosis and examination of psychiatric patients, DSM-5 and ICD-10.                               | 13      | 2        | 15          |
| Unit 2 | Overview of Psychological disorders-           | Anxiety, Depression, trauma and stress, Obsessive Compulsive Disorder and related disorders.                                                                                                                     | 13      | 2        | 15          |
| Unit 3 | Lifestyle disorders-, Problematic internet use | Lifestyle disorders- obesity, type 2 diabetes, hypertension cardiovascular diseases, cancer etc.<br><br>Internet /mobile phone/ Social media addiction, sleep disorders, eating disorders, body image disorders. | 16      | 2        | 18          |
| Unit 4 | Current issues and social inclusion-           | Empathy building, Role of a psychologist to challenges and                                                                                                                                                       | 10      | 2        | 12          |

|  |  |                                                                                                                           |  |  |  |
|--|--|---------------------------------------------------------------------------------------------------------------------------|--|--|--|
|  |  | threats to social inclusion, sexuality and gender related issues; (LGBTQ Etc ) media and mental health issues and Ethics. |  |  |  |
|--|--|---------------------------------------------------------------------------------------------------------------------------|--|--|--|

Readinglist:

- Comer,R.&Comer,J.(2017).Abnormalpsychology(10thEd.).NewYork:Worth Publishers.Plante, T. G. (2011), Contemporary Clinical Psychology 3rd edition.
- John Wiley & Sons, Inc.Hooley,J., Butcher,J., Nock,M.&Mineka,S.(2016). Abnormalpsychology(17thed.).Pear son.
- Kring,A.,Johnson, S.&Davison, G. (2013). Abnormalpsychology(12thed.).Hoboken, N.J.:Wiley.
- Nevid,J.,Rathus,S.&Greene,B.(2017).Abnormalpsychologyinachangingworld(10thed.).Pearson.
- Whitbourne,S.(2019).AbnormalPsychology:ClinicalPerspectivesonPsychological Disorders (9thed.).NewYork,NY:McGraw-Hill.

| 8 <sup>th</sup> SEMESTER (MAJOR 20) |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                 | Advanced Psychotherapy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Course code                         | PSYMJ08014                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Total Credit ( theory +practical)   | 3+1=4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Contact hours                       | 60                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Distribution of Marks               | 100 (45+25+30)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Course outcomes                     | <ul style="list-style-type: none"> <li>●Apply Cognitive Therapy by Aaron Beck and Rational Emotive Behavioral Therapy by Albert Ellis practical situations. Apply of the third wave of psychology as techniques in therapy. Represent Carl Rogers' Person-cantered therapy and Victor Frankl's Logo therapy and apply these approaches in practical situations.</li> <li>●Apply Gestalt techniques including the Empty Chair Technique, Dialogue, Discussion dreams, Attention to body language, Top dog-Underdog, Fantasy, and The Body as a Vehicle of Communication and indicate the strengths, weaknesses of Gestalt Therapy.</li> <li>●Apply Transactional Analysis, Psychodrama, and Expressive therapy and its types, Indigenous therapies based on transpersonal psychology including trauma- informed therapy, yoga, and mindfulness.</li> </ul> |

| UNIT   | TITLE                                                                                        | CONTENT                                                                                                                                                                                                                                                                                                                                                                                                                                                | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | <b>Cognitive Behavioral Therapy-</b>                                                         | Cognitive therapy by Aron Beck; Rational Emotive Behavior Therapy by Albert Ellis.                                                                                                                                                                                                                                                                                                                                                                     | 13      | 2        | 15          |
| Unit 2 | <b>Third wave of Psychology and recent development</b>                                       | Its applications as techniques in therapy; Humanistic Approach: Carl Rogers Person Centered therapy; Existential Approach: Logo therapy. Recent development- 4 <sup>th</sup> wave.                                                                                                                                                                                                                                                                     | 13      | 2        | 15          |
| Unit 3 | <b>Gestalt technique- Therapy in special conditions and other therapeutic interventions-</b> | Empty Chair technique; Dialogue; Attention to body language; Discussion dreams; Top dog-Underdog; Fantasy; The body as a vehicle of communication-Repetition and Exaggeration; Application of Gestalt Therapy; strengths and Weaknesses. Substance use; HIV/AIDS; Family therapy approaches and techniques; Learning Disabilities; Intellectual disabilities; Transactional analysis; Psychodrama; Expressive therapy and its types: yoga, mindfulness | 16      | 2        | 18          |

|        |           |                                      |    |   |    |
|--------|-----------|--------------------------------------|----|---|----|
| Unit 4 | Practical | Any two practicum based on syllabus. | 10 | 2 | 12 |
|--------|-----------|--------------------------------------|----|---|----|

**Readinglist:**

- Boorstein,S.(2000).Transpersonalpsychotherapy.AmericanJournalofPsychotherapy,54(3),408-423
- Brems,C.(2001).BasicskillsinPsychotherapy&Counselling.PacificGrove,CA:Brooks/Cole ThomsonLearning.
- Cortright,B.(1997).Psychotherapyandspirit:Theoryandpracticeintranspersonalpsychotherapy.SUNYPress.
- Jena,S.P.K.(2008).BehaviourTherapy:Techniques,ResearchandApplications NewDelhi:Sage.
- Kazdin,A.E.(2001).BehaviourModificationinAppliedsettings,6thEd
- Wadsworth Nelson-Jones,R.(2010).Theory and practice of counselling and therapy. Sage.
- Palmer,S.(Ed.).(2000).IntroductiontoCounselling&Psychotherapy:theessentialguide.Sage.
- SharfR.S.(2015).TheoriesofPsychotherapy&Counselling:Concepts&cases.Cengage Learning.

| 8 <sup>th</sup> SEMESTER (MAJOR 21) |                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                 | <b>Geriatric Psychology</b>                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Course code                         | PSYMJ08024                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Total Credit ( Theory )             | 4                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Contact hours                       | 60                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Distribution of Marks               | 100(60+40)                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Course outcomes                     | <ul style="list-style-type: none"> <li>• Understand the concept of Geriatric Psychology and its importance.</li> <li>• Apply basic principles from lifespan development to the study of aging.</li> <li>• Recognize important normal and pathological age-related changes.</li> <li>• Describe the different age related diseases and coping strategies.</li> <li>• Examine the importance of care and welfare needs of the aged.</li> </ul> |

| UNIT   | TITLE                              | CONTENT                                                                                                                                                                                                      | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | UNDERSTANDING GERIATRIC PSYCHOLOGY | Definition of Geriatric Psychology ,importance and scope, Old age- definition, meaning and concept, demographics of aging, myths and stereotypes about aging.                                                | 13      | 2        | 15          |
| Unit 2 | DEVELOPMENTAL CHANGES IN OLD AGE   | Cognitive changes, physical changes, psychological and social changes, theories of successful ageing                                                                                                         | 13      | 2        | 15          |
| Unit 3 | AGING AND HEALTH                   | Diseases like Osteoporosis, Arthritis, Sensory dysfunction Psychological disorders in later period- Depression, Dementia, Stress, Anxiety, Panic disorder, phobia, Alcohol abuse and other drugs, loneliness | 16      | 2        | 18          |
| Unit 4 | CARE AND WELFARE NEEDS             | Needs of elderly people- physical, intellectual, emotional and social needs, issues in family support and caregiving, types of caregiving: formal and informal, caregivers stress and management             | 10      | 2        | 12          |

## ReadingList

- Birren,J.E.&Schaie.K.W.(2006).HandbookofPsychologyofAging(6thEdition). Boston: Elsevier Academic Press.
- John,W.Santrock(2011).LifeSpanDevelopment(13thEdition).NewYork:The McGraw Hill Companies.
- Malcom,L.Johnson(2005).TheCambridgehandbookofAgeandAging.NewYork: Cambridge University press
- Stuart,I&Hamilton(2011).AnIntroductiontoGerontology.NewYork;Cambridge University Press

| 8 <sup>th</sup> SEMESTER (MAJOR 22) |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title of the course                 | Psychology of Gender                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Course code                         | PSYMJ08034                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Total Credit ( Theory)              | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Contact hours                       | 60                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Distribution of Marks               | 100(60+40)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Course outcomes                     | <ul style="list-style-type: none"><li>●Describe the concept of sex and gender and identify the similarities and differences.</li><li>●Illustrate on Stigma and Discrimination as the basis of Gender Inequality.</li><li>●Explain the role of Gender in Mental Health; Challenges of adolescence-gender intensification, puberty, body image, peer influence.</li><li>●Examine the psychological components of gender, Challenges of adolescence and adjustment issues.</li><li>●Critically analyze the psychological theories related to gender.</li></ul> |

| UNIT   | TITLE                              | CONTENT                                                                                                                                                                                                                          | LECTURE | TUTORIAL | TOTAL HOURS |
|--------|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|-------------|
| Unit 1 | Understanding psychology of gender | Concept of Sex and Gender: Definition, Similarity and difference; Role of Chromosomes and Hormones; Salience of Gender; Gender Issues and stereotyping, Stigma and Discrimination as the basis of Gender Inequality              | 13      | 2        | 15          |
| Unit 2 | Gender and mental health           | Gender and Mental Health; Challenges of adolescence- gender intensification, puberty, body image, peer influence; Adjustment to illness-male- female gender roles, Sex differences in mental illness, Suicide-the gender paradox | 13      | 2        | 15          |

|        |                                        |                                                                                                                                                                                                                     |    |   |    |
|--------|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---|----|
| Unit 3 | Gender and its psychosocial components | Conception of Self-Confidence & Self-Esteem; Achievement and Attribution; Interactive and Leadership Styles; Parenting style; Gender and Language                                                                   | 16 | 2 | 18 |
| Unit 4 | Perspectives in psychology of gender   | Observations of Sex Comparison- Cognitive domain, Social domain, Moral domain; Theories of Sex Comparison- Biological Theories, Social Learning Theory, Cognitive Development Theory; Gender Schema Theory, ethics. | 10 | 2 | 12 |

### Reading List

- Cohen,B.(Producer)&Mendes,S.(Director).(2008).*Revolutionary Road*[Motion Picture].  
MODULEed States: Paramount Vantage DreamWorks Pictures.
- Helgeson, V. S. (2012). *Psychology of Gender* (4th Edition). New Delhi: Pearson
- Magnusson, E. & Marecek, J. (2012). *Gender and Culture in Psychology: Theory and practice*. New York: Cambridge University Press
- Rudman, L. A. & Glick, P. (2010). *The Social Psychology of Gender: How power and intimacy shape gender relations*. New York; London: The Guilford Press
- Bordo, S. (1997). *Anorexia Nervosa: Psychopathology as the crystallization of culture*. In Gergen, Mary M. & Davis, Sara N. (Ed.), *Towards a New Psychology of Gender*. New York: Routledge
- Lama Abu-Odeh. (1997). *Post-Colonial Feminism and the Veil, Thinking the difference*.

InGergen, Mary M. & Davis, Sara N. (Ed.), *Towards a New Psychology of Gender*. New York: Routledge

- Hare-Mustin, Rachel. (1997). Discourse in the Mirrored Room, Postmodern Analysis of Therapy. In Gergen, Mary M. & Davis, Sara N. (Ed.), *Towards a New Psychology of Gender*. New York: Routledge
- Gilligan, Carol. (1997). Remapping the Moral Domain: New Images of the Self in Relationship. In Zanardi, Claudia (Ed.), *Essential Papers on the Psychology of Women*. New York: New York University Press.

| 8 <sup>th</sup> SEMESTER (MAJOR 23) |                                    |
|-------------------------------------|------------------------------------|
| Title of the course                 | Research Mini Project/Dissertation |
| Course code                         | PSYMJ08044                         |
| Total Credit ( Theory)              | 4                                  |
| Contact hours                       | 60                                 |
| Distribution of Marks               | 100(60+40)                         |
| Course outcomes                     |                                    |

#### UNDER GRADUATE DEGREE WITH HONORS WITH RESEARCH

| 8 <sup>th</sup> SEMESTER (MAJOR 20) |                                    |
|-------------------------------------|------------------------------------|
| Title of the course                 | Research Mini Project/Dissertation |
| Course code                         | PSYMJ0804                          |
| Total Credit ( theory +practical)   | xxxxxxxxxxxx                       |
| Contact hours                       | 60                                 |
| Distribution of Marks               | 100                                |
| Course outcomes                     |                                    |

| 8 <sup>th</sup> SEMESTER (MAJOR 21) |                                               |
|-------------------------------------|-----------------------------------------------|
| Title of the course                 | Seminar/Project based course and Presentation |
| Course code                         |                                               |
| Total Credit ( theory +practical)   | 4                                             |
| Contact hours                       | 60                                            |
| Distribution of Marks               | 100                                           |
| Course outcomes                     |                                               |