



Department of Psychology
Kashi Naresh University, Bhadohi

SYLLABUS FOR BACHELOR OF ARTS IN PSYCHOLOGY

Board of Studies:

Name	Designation & Affiliation	Post
Dr. Seemi Azam	Assistant Professor and Department/Subject-in-Charge, Department of Psychology, Kashi Naresh University, Bhadohi	Convener
Prof. Rajendra Prasad Yadav	Professor and Dean, Faculty of Arts, Kashi Naresh University, Bhadohi	Ex-officio Member
Dr. Vipul Kumar	Assistant Professor, Department of Psychology, Kashi Naresh University, Bhadohi	Member
Prof. Ashok Kumar Singh	Principal, G.D. Binani P.G. College, Mirzapur	Invited expert
Prof. Sanjewa Kumar Singh	Professor and Head, Department of Psychology, Uday Pratap College, Varanasi	Invited expert

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**Common Minimum Syllabus for all U.P. State Universities/
Colleges as per New Education Policy 2020
Subject: Psychology**

Name	Designation	Affiliation
Steering Committee		
Mrs. Monika S. Garg, (I.A.S.), Chairperson Steering Committee	Additional Chief Secretary	Dept. of Higher Education U.P., Lucknow
Prof. Poonam Tandan	Professor, Dept. of Physics	Lucknow University, U.P.
Prof. Hare Krishna	Professor, Dept. of Statistics	CCS University Meerut, U.P.
Dr. Dinesh C. Sharma	Associate Professor	K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P.
Supervisory Committee - Arts and Humanities Stream		
Prof. Divya Nath	Principal	K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P.
Prof. Ajay Pratap Singh	Dean, Faculty of Arts	Ram Manohar Lohiya University, Ayodhya
Dr. Nitu Singh	Associate Professor	HNB Govt P.G College Prayagaraj
Dr. Kishor Kumar	Associate Professor	K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P.
Dr. Shweta Pandey	Assistant Professor	Bundelkhand University, Jhansi

Syllabus Developed by:

S. N.	Name	Designation	Department	College/ University
1	Dr. N.K. Saxena	Retired Principal & HoD	Department of Psychology	PPN PG College (CSJM University), Kanpur
2	Dr. Anubhuti Dubey	Professor & Head	Department of Psychology	Deen Dayal Upadhyay Gorakhpur University, Gorakhpur
3	Dr. Dhananjay Kumar	Professor	Department of Psychology	Deen Dayal Upadhyay Gorakhpur University, Gorakhpur

Semester-wise Titles of the Papers in B.A. (PSYCHOLOGY)

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

UNDERGRADUATE PSYCHOLOGY PROGRAM

YEAR-WISE COURSE CURRICULAR

Subject prerequisites: Open to all

Program Outcome (After 3 Years)

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

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

Semester I
Paper 1
Theory

Program/Class: Certificate		Year: First	Semester: First
Subject: Psychology			
Course Code: A090101T		Course Title: Basic Psychological Processes	
Course Outcome: The students will learn about the fundamental processes and core psychological concepts, models, classical theories, varied perspectives, and will be able to apply them in their own and in others' lives. It will also give the learner a clear understanding of the concepts like intelligence, motivation, emotion and personality. It will develop critical analytical skills regarding these individualistic traits.			
Credits: 4		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics		No. of Lectures
I	Psychology: Nature, Scope and Applications; Approaches: Psychodynamic, Behavioristic, Cognitive, Humanistic & Indigenous Indian Psychology (with special reference to Shrimad Bhagwad Gita)		8
II	Attention Processes: Selective and Sustained Attention: Nature and Determinants; Perceptual Processes: Nature and Determinants; Perceptual Organization		7
III	Learning: Classical Conditioning and Operant Conditioning-Methods and Procedures		8
IV	Memory and Forgetting: Stages of Memory: Encoding, Storage and Retrieval; Types of Memory: Sensory, Short Term and Long Term Memory (Basic Introduction); Forgetting: Interference and Cue-Dependent Forgetting. (Basic Introduction)		8
V	Intelligence: Nature and Definition; Concept of IQ; Theories of Intelligence (Introduction of Basic Concepts): Spearman, Guilford, Sternberg		8
VI	Personality: Definition and Determinants; Approach of Personality (Basic Concepts): Psychodynamic (Freud); Humanistic (Rogers and Maslow).		8
VII	Motivation: Nature and Concept (Needs, Drives, Instincts); Types of Motives: Biological and Social Motives; Pull and Push Mechanism; Intrinsic Motivation (Basic Introduction)		7

VIII	Emotion: Nature and types of Emotion; Theories of Emotion: James-Lange, Cannon-Bard, Schachter-Singer.	6
Suggested Readings: 1. Baron, R. & Misra, G. (2016). <i>Psychology</i> (5th edition). New Delhi: Pearson. 2. Ciccarelli, S. K., White, N.J., & Misra, G. (2017). <i>Psychology</i> (5th ed., South Asian Edition). New Delhi: Pearson Education. 3. Cornelissen, M., Mishra, G. & Verma, S. (2014). <i>Foundations of Indian Psychology</i>. New Delhi: Pearson Education. 4. De Silva, P. (2005). <i>An introduction to Buddhist psychology</i>. Springer. 5. Galotti, K.M. (2014). <i>Cognitive Psychology: In and Out of the Laboratory</i> (5th ed.). New Delhi: Sage. 6. Feldman, R. S. (2006). <i>Understanding Psychology</i>. India: Tata McGraw Hill. 7. Mishra, G. (Edited) (2019). <i>Personality in Indigenous Tradition</i>. In ICSSR Research Surveys & explorations Psychology (Vol.2): Individual and the Social Processes & Issues. New Delhi: Oxford University Press. 8. Morgan, C.T., King, R.A., Weiss, R.A., & Schopler, J. (2004). <i>Introduction to Psychology</i> (7th ed.). New York: McGraw Hill. 9. Suhotra (2007). <i>Vedantic Psychology: India's ancient vision of the Mind</i>. The Bhaktivedanta Academy. 10. Swami Akhilanand (2001 edition). <i>Hindu Psychology: It's meaning for the West</i>. Taylor & Francis. 11. सेह, अरुण कुमार (2006). उच्चतर सामान्य मनोविज्ञान I विराणकी: मोतीलाल बनारसी दल प्रकाशन I 12. विपाठी, ललबलकिं अलन. (2001). अधुवनक प्रायोविक मनोविज्ञान I अलरल :हरप्रद भलंगल 13. Zimbardo, P.C. & Weber, A.L. (1997). <i>Psychology</i>. New York: Harper Collins College Publishers. 14. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org		
This course can be opted as an elective: Open to all		
Suggested Continuous Evaluation Methods: • Assignment/ Seminar (10 Marks) • Written Test (10 Marks) • Attendance (5 Marks)		
Course prerequisites: 10+2 in any discipline		
Suggested equivalent online courses: • Coursera • Swayam		

Semester-I**Paper 2****Practical**

Program/Class: Certificate		Year: First	Semester: First
Subject: Psychology			
Course Code: A090102P		Course Title: Lab Work	
Course Outcome: Students will be imparted a variety of skills to design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report.			
Credits: 2		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
Unit	Topics		No. of Lectures
I	Any one experiment based on Attention/Perceptual Processes		8 (16 hrs)
II	Any one experiment based on Classical Conditioning/Operant Conditioning		8 (16 hrs)
III	Any one experiment based on Memory/Forgetting		7 (14 hrs)
IV	Any one experiment based on Motivational/Emotional Processes		7 (14 hrs)
Suggested Readings:			
1. विपाठी ,लालबहादुर अग्रवाल .(2001).आधुनिक प्रायोगिक मनोविज्ञान I आगरा :हर प्रकाश भास्कर ।			
2. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx			
This course can be opted by the students who has opted psychology as a subject.			
Suggested Continuous Evaluation Methods:			
• Presentation of practical file (15marks) • Attendance (10 marks)			
Course prerequisites: Only for those who took psychology as a subject			

Semester II
Paper I
Theory

Program/Class: Certificate		Year: First	Semester: Second
Subject: Psychology			
Course Code: A090201T		Course Title: Basic Research Methodology and Statistics	
Course Outcome: The learners will be able to comprehend psychological data and can put them on appropriate scaling method. Moreover, they will be getting hold of essentials of psychological testing along with various kinds of tests implemented.			
Credits: 4		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics		No. of Lectures
I	Measurement: Nature and Scales of Psychological Measurement; Properties and Functions of Measurement.		6
II	Research Methods: Experimental, Correlational; Variable: Concept and Types; Hypothesis: Meaning and Types; Sampling: Concept		8
III	Psychological Statistics: Introduction; Significance of Statistics; Descriptive Statistics: Measures of Central Tendency and Measures of Variability-SD and Percentile; Graphical Representation of Data: Frequency polygon and Histogram		8
IV	The Normal Distribution: Meaning and Uses; t-test :Independent sample		8
V	Correlation: Types and Interpretation		7
VI	Tests: Concept and Types; Psychometric Properties of Tests: Reliability, Validity, Norms and Standardization		7
VII	Intelligence Testing: Measurement of abilities: Wechsler Test of Intelligence- Meaning and application		8
VIII	Personality Tests: Nature and Types		8

Suggested Readings:

1. Anastasi, A. (1950). *Psychological Testing*. Prentice Hall.
2. Cronbach, L.J. (1960) (2nd Edition). *Essentials of Psychological Testing*. New York: Harper.
3. Freeman, F.S. (1962) (3rd Edition). *Theory and practice of psychological testing*. New York: Holt, Rinehart & Winston.
4. Garrett, H. E. (1966). *Statistics in Psychology and Education*. Paragon International Publishers.
5. Gregory, R.J. (2014) (6th Edition). *Psychological Testing: History, Principles and Applications*. New Delhi: Pearson India Education.
6. Guilford, J.P. (1936). *Psychometric Methods*. London: McGraw Hill Publishing Company.
7. Kerlinger, F.N. (1983). *Foundations of Behavioral Research*. New Delhi: Surjeet Publications.
8. लाल . जे . एन . (1999). मनोविज्ञान एिं वशक्षा में ेांिंवययकी , नीलकमल प्रकाशन , िोरखपुर I
9. वमश्रा, बब्बन तथा विपाठी, लाल बचन (1994). मनोिैज्ञावनक ेांिंवययकी, हर प्रेाद भांिगि, आरा I
10. Singh, A.K. (2006). *Tests, Measurement and Research Methods in Behavioral Sciences*. Patna: Bharti Bhavan.
11. श्रीिंस्ति, डी .एन.(2011). ेांिंवययकी एिं मापन, आरा :अग्राल पवब्लके शन्े
Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>

Semester-II
Paper 2
Practical

Program/Class: Certificate	Year: First	Semester: Second
Subject: Psychology		
Course Code: A090202P	Course Title: Lab Work/ Psychological Testing	
Course Outcome: Students will be conferred an array of skills to carry out experiments in lab settings, design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report.		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
I	Plan, conduct and report an experiment using experimental method	8 (16 hrs)
II	Calculate Mean and SD using the provided data set and report	7 (14 hrs)
III	Administer any one Self-Report Inventory on a participant, score and report	7 (14 hrs)
IV	Calculate significance of Mean using t-test on provided data set and report	8 (16 hrs)
Suggested Readings:		
1- विपाठी ,ला०ब०ए० अन्व .(2001).आधुवनक प्रायोविक मनोविज्ञान । आिरा :हरप्र०ाद भा०गि।		
2- Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx , www.pytoolkit.org		
This course can be opted by the students who took psychology as a subject.		
Suggested Continuous Evaluation Methods:		
• Presentation of Practical file (15 Marks) • Attendance (10 marks)		
Course prerequisites: Only for those who took Psychology as a subject		

Semester III

Paper 1

Theory

Program/Class: Diploma		Year: Second	Semester: Three
Subject: Psychology			
Course Code: A090301T		Course Title: Psychology of Social Behavior	
Course Outcome: By the end of the course, students will be able to summarize general information, through in-class discussion and assignments, pertaining to social psychological theories and an opportunity to apply social psychological theories to their lives. Critically evaluate research to understand and explain distressing human social behavior and relate social psychological concepts and theories to the context of historic and current world, national, and local events.			
Credits: 4		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics		No. of Lectures
I	Social Psychology: Nature, and Scope; Methods of Studying Social Behavior: Observation, Survey, Field study, Interview		8
II	Person Perception: Concept, Determinants of Impression Formation.		7
III	Social Cognition: Nature and concept; Attribution of Causality: Harold Kelly and Bernard Weiner.		7
IV	Attitude: Nature, Formation and Measurement		8
V	Aggression: Concept, Theories: Biological (Instinctive and Ethological), Frustration-Aggression Hypothesis, Social Learning Theory of Aggression.		8
VI	Pro-social Behavior: Nature and Determinants: Personal, Situational and Socio-cultural.		7
VII	Groups: Nature and types & Cohesiveness. Group Influence Processes: Social Facilitation; Social Loafing		8
VIII	Social Influence Processes: Conformity, Compliance. Obedience Intergroup Relations: Prejudice and Discrimination.		7

Suggested Readings:

1. Baron, R.A. & Branscombe, N.R. (2012). *Social Psychology* (13th ed.) New Delhi: Pearson.
2. Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). *Social Psychology* (12thed). New Delhi: Pearson.
3. Baumeister, R.F. & Bushman, B.J.(2013). *Social Psychology and Human Nature*. (3rd ed.). Wadsworth Pub. Co.
4. सेहं, अरुण कुमार (2001). सामाजिक मनोविज्ञाना िाराणी: मोतीलाल बनारसीदास I
5. Taylor, S.E., Paplau, L.A., & Sears, D.O. (2006). *Social Psychology* (12thed). New Delhi: Pearson Publications.
6. विपाठी, एलबी० एिं० हयोिी (2001). आधुवनक सामाजिक मनोविज्ञान I आरा: हरप्रदा भागिI
7. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>
<http://www.apa.org>
<http://www.yale.edu>

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

Suggested Continuous Evaluation Methods:

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

Course prerequisites: Open to All

Suggested equivalent online courses:

- Coursera,
- Swayam

Semester-III**Paper 2****Practical**

Program/Class: Diploma		Year: Second	Semester: Third
Subject: Psychology			
Course Code: A090302P		Course Title: Lab Work and Measurement of Social Behavior	
Course Outcome: Students will be exposed to the mixture of skills such as how to conduct a psychological experiment for understanding social behavior as well as psychological measurements and scientific reporting of the data.			
Credits: 2		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
Unit	Topics		No. of Lectures
I	Measurement of Attitude/ Interpersonal Attraction		7 (14 hrs)
II	Measurement of Helping Behavior/ Prejudice		7 (14 hrs)
III	Conduct an experiment on Attribution/Aggression/Impression Formation		8 (16 hrs)
IV	Conduct an experiment on Social Facilitation/ Conformity/ Compliance		8 (16 hrs)
Suggested Readings:			
1. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx www.pytoolkit.org			
This course can be opted by the students who took Psychology as a subject.			
Suggested Continuous Evaluation Methods:			
• Presentation of Practical file (15 Marks); • Attendance (10 marks)			
Course prerequisites: Only to Psychology Students			

Semester IV**Paper 1****Theory**

Program/Class: Diploma		Year: Second	Semester: Four
Subject: Psychology			
Course Code: A090401T		Course Title: Abnormal Psychology	
Course Outcome: The students will be able to understand criteria of abnormality and one's own behavior and behavior of others. By applying the knowledge of assessment, diagnosis, classification system and DSM categories, the learners' will develop the sensitivity towards individual diversity and various approaches to the diagnosis and treatment of psychological disorders. Summarize clinical features of symptoms, etiology and valid and reliable treatment of diagnostic categories of mental health disorders.			
Credits: 4		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics		No. of Lectures
I	Abnormal Psychology: Concept and Criteria of Abnormality, Classification of Abnormality (DSM V): An Introduction.		6
II	Anxiety Disorders: Clinical Picture and Etiology: Generalized Anxiety Disorder (GAD), Phobia, Panic Disorder and Obsessive-Compulsive Disorder (OCD).		8
III	Somatic and Dissociative Disorders: Somatic Symptoms and Related Disorders, Dissociative Disorders- Types, Clinical Picture and Etiology.		8
IV	Depressive and Bipolar Disorders: Types, Clinical Picture and Etiology.		8
V	Schizophrenia: Types, Clinical Picture and Etiology.		7
VI	Learning Disabilities: Reading, Written expression and Mathematics disorder		7
VII	Substance Related Disorder: Substance Abuse and Dependence; Alcohol, Nicotine, Marijuana, Sedatives and Stimulants: Etiology.		8

VIII	Clinical Picture and Etiology of Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorders	8
Suggested Readings: 1. Barlow D. H. & Durand V. M, & Stewart, S. H. (2009). <i>Abnormal Psychology</i>. New Delhi: Cengage Learning. 2. Bennett, P. (2006). <i>Abnormal and Clinical Psychology: An introductory textbook</i>. New York: Open University Press. 3. Brewer, K. (2001). <i>Clinical Psychology</i>. Oxford: Heinemann Educational Publishers 4. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). <i>Abnormal Psychology</i>. New Delhi: Pearson. 5. Kearney, C. A. & Trull, T. J. (2012). <i>Abnormal Psychology and Life: A dimensional approach</i>. New Delhi: Cengage learning 6. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.orgwww.nimh.nih.gov		
This course can be opted as an elective: Open to all		
Suggested Continuous Evaluation Methods: • Assignment/ Seminar (10 Marks) • Written Test (10 Marks) • Attendance (5 Marks)		
Course prerequisites: Open to All		
Suggested equivalent online courses: • Coursera;		
• Swayam		

**Paper 2
Practical**

Program/Class: Diploma	Year: Second	Semester: Four
Subject: Psychology		
Course Code: A090402P	Course Title: Assessment/Testing	
Course Outcome: At the end of the course, the students will be imparted a variety of proficiency to conduct the screening and assessment of psychological tools for examining developmental issues and disorders. The practicum of case study will let the students learn and execute an in-depth investigation of a single person, group, event or community.		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
I	Administration, Scoring and Interpretation of any anxiety test	7 (14 hrs)
II	Administration, Scoring and Interpretation of any test of Depression	7 (14 hrs)
III	Administration, Scoring and Interpretation of any test of Intelligence	8 (16 hrs)
IV	Administration, Scoring and Interpretation of any Neuropsychological test/Cognitive function test	8 (16 hrs)
Suggested Readings:		
1. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org		
This course can be opted by the students who took psychology as a subject		
Suggested Continuous Evaluation Methods:		
• Presentation of Practical file (15 marks) • Attendance (10 marks)		
Course prerequisites: Only for psychology students		

**Research Project
(OPTIONAL)**

Program/Class: Degree		Year: Third	Semester: Six
Subject: Psychology			
Course Code: A090604R		Course Title: Research Project	
Course Outcome: It will help the learner to critically reflect on, review the scientific basis for, and integrate what you have learned and accomplished as a psychology student and will prepare to explore the cultural, social, and ethical impact of psychological application on community and daily life.			
Credits: 3		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks:	
Unit	Topics		No. of Lectures
I	Based on the field visit observations and experiences, the learner get in Semester V, plan to visit to identified unit, organization, community etc. to get an understanding of the same and do data collection either through questionnaire, or interview or with the help of audio-visual medium based on the identified research problems/ issues.		25(50 hrs.)
	Analyze the data and submit a detailed report and a presentation. The student will work in groups in completing the project, but will write the final paper individually. Each student will be evaluated on diligence in writing the research project as per APA guidelines.		20(40 hrs.)
Suggested Readings:			
1. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org			
This course can be opted by the students who took psychology as a subject			
Suggested Continuous Evaluation Methods:			
• Making of short film or presentation of observed unit (20 Marks) • Attendance (5 Marks)			
Course prerequisites: Only for psychology students			
A second-year, fourth-semester student who wishes to undertake a 3-credit research project in Psychology on any ONE selected topic shall complete the project in the fourth semester; if not completed, it should be completed in the fifth semester and shall be considered passed fourth semester after successful completion.			

Semester V

Paper 1

Theory

Program/Class: Degree		Year: Third	Semester: Five
Subject: Psychology			
Course Code: A090501T		Course Title: Life Span Human Development	
Course Outcome: At the end of the course, the student will able to develop an ability to identify the milestones in diverse domains of human developments across the child, adolescent and adulthood stages, understand the contributions of socio-cultural context toward shaping human development and acquire an ability to decipher key developmental challenges and issues.			
Credits: 4		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics		No. of Lectures
I	Human Development: Introduction; Principles of Development; Methods of Studying Human Development.		8
II	Prenatal Development: Stages and hazards; Neonatal Development: Sensory and Motor Capacity.		8
III	Infancy: Physical, Social and Language Development.		7
IV	Childhood Development: Cognitive, Emotional and Moral Development.		8
V	Adolescence: Physical Changes (Puberty and Growth spurts); Development of Identity, Cognitive, Social, Emotional and Moral Development.		8
VI	Early Adulthood: Sex - Role Adjustment, Diversity of Adult Lifestyles, Career Development.		7
VII	Middle Adulthood: Changes in Mental Abilities, Adapting To Physical Changes in Midlife, Relationship at Midlife, Vocational Life.		7
VIII	Late Adulthood: Life Expectancy, Physical Changes, Change in Self Concept and Personality, Psychological Well-Being, Retirement and Leisure		7

Suggested Readings:

1. Berk, L. E. (2010). *Child Development* (9th ed.). New Delhi: Prentice Hall.
2. Berk, L.E. (2017). *Development through the Life span* (7th ed.). Allyn & Bacon: Pearson.
3. Feldman, R.S. & Babu. N. (2011). *Discovering the Lifespan*. New Delhi: Pearson.
4. Misra, G. (2011). *Handbook of Psychology in India* (Section IV), New Delhi: Oxford University Press.
5. Santrock, J. W. (2011). *Child Development* (13th ed.). New Delhi: McGraw-Hill.
6. Santrock, J.W. (2012). *Life Span Development* (13th ed.). New Delhi: McGraw-Hill.
7. Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi: NCERT.

8. विपाठी, एल० बी० एिं पाण्डेय, ए० (2009). मानि विका० का मनोविज्ञान I नई ददल्ली: कािं०००
पब्लसशिं किं पनी I
9. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>
<http://www.apa.org>

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

Suggested Continuous Evaluation Methods:

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

- Course prerequisites: Open to All

Suggested equivalent online courses:

- Coursera,
- Swayam

Semester- V
Paper 2
Theory

Program/Class: Degree	Year: Third	Semester: Five
Subject: Psychology		
Course Code: A090502T	Course Title: Positive Psychology	
Course Outcome: By the end of the course, the students will be able to understand the basic principles of positive psychology, the major areas within positive psychology that have received a considerable amount of attention, the use of positive psychology tools and techniques in own and in other’s life. It will also ease the understanding of positive aspects of human behavior through the wisdom embedded in Indian scriptures like Vedas, Upnishad, Shrimad Bhagwad Gita, Buddhist literature and folk tales.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	Positive Psychology: Assumptions and Goals; Eastern and Western Perspectives on Positive Psychology	7
II	Positive Emotional State: The Broaden and Build Theory of Positive Emotions; Concept and Mindfulness in Buddhism.	8
III	Positive Cognitive States: Hope, Optimism, Self efficacy, Resilience: concept	8
IV	Gratitude, Forgiveness, Empathy and Compassion: Concept, and Measurement; Cultivation exercises in Positive Psychology	8
V	Self Awareness: Concept, Techniques to enhance self- awareness.	7
VI	Social Competence: The Value of Social Support and Relationships in a Fulfilling and Meaningful Life; Love and Belongingness	8
VII	Happiness: Eudemonics and Hedonistic View; Authentic Happiness	7
VIII	Psychological and Subjective Wellbeing: Concept, and Components	7

Suggested Readings:

- 1- Baumgardner, S.R. & Crothers, M.K. (2009). *Positive Psychology*. Pearson.
- 2- Carr, A. (2004). *Positive Psychology: The Science of Happiness and Human Strength* U.K.: Routledge.
- 3- Gilman, R., Hubner, E. & Furlong, M.J. (Eds.) (2009). *Handbook of Positive Psychology in Schools*. New York: Routledge.
- 4- Lyubomirsky, Sonja. (2008). *The How of Happiness: A Scientific Approach to Getting the Life You Want*. The Penguin Press.
- 5- Noddings, N (2003). *Happiness in Education*, New York, Cambridge Press.
- 6- Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford University

Press.

- 7- Seligman, M. E. P. (2002). *Authentic Happiness*. New York: Free Press.
- 8- Synder, C.R. & Lopaz, S.J. (2011). *Positive Psychology: The Scientific and practical exploration of Human Strengths*. Thousand Oaks, CA: Sage.
- 9- Synder, C. R. & Shane, J.L. (2005). *Handbook of Positive Psychology*. Oxford University Press.

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

<http://www.apa.org>

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

Suggested Continuous Evaluation Methods:

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

Course prerequisites: Open to All

Suggested equivalent online courses:

- Coursera,
- Swayam

Semester - V
Paper (Practical)

Program/Class: Degree		Year: Third	Semester: Five
Subject: Psychology			
Course Code: A090503P		Course Title: Lab Work/Survey/ Field Visit	
Course Outcome: After completing this practicum, the student will have an understanding about how to frame research objectives and questions, plan, decide and execute appropriate methods of research, data analysis, interpretation and discussion of the findings.			
Credits: 2		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
Unit	Topics		No. of Lectures
I	Write a Reflection. For Example- Gratitude or Forgiveness reflection or any other of your choice by recording your entries at least 2-3 times a week and report your Reflection like any thoughts and feelings that may arise as you become aware of that. What benefits could you gain from developing this habit of mind, short and long term? Be aware of any shifts from stress/anxiety to enhanced well-being and calm.		10 (20 hrs)
II	Conduct a survey research. For Example; meaning of life/happiness index/positive and Negative Affect/life satisfaction/optimism/well being etc. (10- 12 students group can be formed)		10 (20 hrs)
III	Conduct a field study on anyone topic of human development. Analyze the data and report (10-12 student groups can be formed)		10 (20 hrs)
Suggested Readings:Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org			
This course can be opted by the students who took psychology as a subject			
Suggested Continuous Evaluation Methods: Presentation of Practical file (20 Marks) Attendance (5 Marks)			
Course prerequisites: Only for psychology students			
Suggested Continuous Evaluation Methods:			
- PPT Presentation of experiences of observed unit and research proposal (20 Marks) - Attendance (5 Marks) Course prerequisites: Only for psychology students			

Semester VI
Paper 1 (Theory)

Program/Class: Degree	Year: Third	Semester: Six
Subject: Psychology		
Course Code: A090601T	Course Title: Community and Health Psychology	
Course Outcome: At the end of the course the student will be able to recognize that individuals relate to their communities and the reciprocal effect of communities on individuals and will be able to understand and resolve community issues, analyze the data, and recommend interventions that promote community wellness. Moreover, they will be able to use the psychological theories on health-related practices and will be able to examine persons' health history and describe and enact a positive, proactive attitude toward healthy living for oneself and others.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	Community Psychology: Nature, Fields of Community Psychology	7
II	Approaches of Community Psychology: Mental Health approach; Social Problems approach	8
III	Community Intervention Issues: Poverty and Prolonged Deprivation	8
IV	Community Interventions: Community Mental Health; Gender, Discrimination and related interventions	7
V	Health Psychology: Nature and Goals of Health. Psychology; Biopsychosocial Model of Health.	6
VI	Health Behavior: Health Compromising and Health Enhancing Behaviors; Theories of Health Behavior: Health Belief Model, Planned Behavior and Reasoned Action Theory.	8
VII	Stress and Health: Nature and Types of Stress, Stress appraisal; Coping with Stress.	8
VIII	Chronic Illnesses: Coronary Heart Disease (CHD) and Diabetes: Major Symptoms, Diagnosis and Psychological correlate.	8
Suggested Readings:		
1. Dalal, A.K. (2016). Cultural Psychology of Health in India: Well-being, Medicine and Traditional Health Care. New Delhi: Sage Publications India Pvt. Ltd.		
2. Dalal, A.K. (2015). Heath Beliefs and Coping with Chronic Diseases. New Delhi: Sage Publications India Pvt. Ltd.		
3. Ghosh, Manika (2015). <i>Health Psychology: Concepts in Health and Well-being</i> . New		

Delhi: Pearson. 4. Kloos, B., Hill, J., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). <i>Community Psychology: Linking Individuals and Communities</i>. Wadsworth, Cengage Learning. 5. Marks, D. F. Murray, M. Evans, B. & Willing, C. (2000). <i>Health Psychology: Theoretical, Research and Application</i>. New Delhi: Concept. 6. Misra, G. (1999). <i>Psychological perspectives on stress and health</i>, New Delhi: Concept Publishing Company. 7. Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). <i>Applied Social Psychology: Understanding and addressing Social and Practical Problems</i>. New Delhi: Sage publication. 8. Sarafino, E.P. & Smith, T.W. (2012). <i>Health Psychology: Biopsychosocial Interaction</i>. (7th ed.). U.K.: John Wiley & Sons. 9. Taylor, S.E. (2013). <i>Health Psychology</i>. New Delhi: McGraw-Hill Education Pvt. Ltd. 10. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org
This course can be opted as an elective: Open to all
Suggested Continuous Evaluation Methods: • Assignment/ Seminar (10 Marks) • Written Test (10 Marks) • Attendance (5 Marks)
Course prerequisites: Open to All

Semester – VI
Paper (Theory)

Program/Class: Degree	Year: Third	Semester: Six
Subject: Psychology		
Course Code: A090602T	Course Title: Counseling Psychology	
Course Outcome: At the end of the paper, students will able to understand how to establish rapport and use various approaches in counseling.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	Counseling: Meaning, Goals; Types of Counseling: An Overview.	7
II	Theoretical Bases of Counseling: Psychoanalytic; Phenomenological, Cognitive-Behavioral; Indian Contribution to Counseling	8
III	Counseling Processes: Counseling Interview; Counseling Micro Skills: Attending, Paraphrasing, Encouragers, Confronting and Summarizing.	7
IV	Counseling Techniques: Person- Centered and Cognitive-Behavioral (Beck and Albert Elis).	8
V	Counseling in Schools and Family Counseling: Assumptions and Procedures.	7
VI	Career, Marriage and Group Counseling: An Introduction	8
VII	Counseling for Substance-abuse, Child Abuse: An Introduction	8
VIII	Counseling Ethics; Referrals and Reporting	7
Suggested Readings:		
1. Edward, N. (2011). <i>Counseling Theory and Practice</i> . Cengage Learning.		
2. Gelso, C. J. & Pretz, B.R. (1995). <i>Counseling Psychology</i> . Bangalore: Prism Books Pvt. Ltd.		
3. Gibson, R. L. & Mitchell, M.H. (2005). <i>Introduction to Counseling and Guidance</i> (6th		

Ed.) Pearson Education.
4. Kapur, Malavika (2011). <i>Counseling Children with Psychological Problems</i>. Pearson Publications. 5. Nelson-Jones, R. (2011). <i>Theory and Practice of Counseling & Therapy</i>. New Delhi: sage South Asia Edition. 6. Patri, V. R. (2008). <i>Counseling Psychology</i>. New Delhi: Authors Press. 7. राय, ए० ए० अस्थाना, एम्० (2003). आधुनिक परामर्शगमन मनोविज्ञान. नईदिल्ली: मोतीलाल बनारसीदास 8. Rao, S. N. (1991). <i>Counseling and Guidance</i>. New Delhi: Tata McGraw-Hill. 9. Woolfe, R., Dryden, W. & Strawbridge, S. (2003). <i>Handbook of Counseling Psychology</i> (2nded.). London: Sage Publication Ltd.
This course can be opted as an elective: Open to all
Suggested Continuous Evaluation Methods: • Assignment/ Seminar (10 Marks) • Written Test (10 Marks) • Attendance (5 Marks)
Course prerequisites: Open to All
Suggested equivalent online courses: • Coursera, • Swayam

Semester _VI
Paper 3 (Practical)

Program/Class: Degree		Year: Third	Semester: Six
Subject: Psychology			
Course Code: A090603R		Course Title: Survey/Field Visit	
Course Outcome: After completing this practicum, the student will have an understanding about how to frame research objectives and questions, plan, decide and execute appropriate methods of research, data analysis, interpretation and discussion of the findings.			
Credits: 2		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
Unit	Topics		No. of Lectures
I	Field Visit to any Community Center/Social Service Center/ School and submit a report (10-12 students group can be formed)		15 (30 hrs.)
II	Conduct a survey on any Health Related issues and submit the report (10-12 students group can be formed)		15 (30 hrs.)
This course can be opted by the students who took psychology as a subject			
Suggested Continuous Evaluation Methods: - Presentation of Practical file (20 Marks) - Attendance (5 Marks)			
Course prerequisites: Open to All			