

INDIRA GANDHI UNIVERSITY, MEERPUR- REWARI, HARYANA-122502

**(A State University Established under Haryana Act No.29 of 2013)
(Recognized u/s 12(B) & 2(f) of UGC Act, 1956)**

www.igu.ac.in



Scheme of Examination for

Under Graduate Programme in Psychology

as per NEP 2020

**Curriculum and Credit Framework for Undergraduate Programmes
(Multiple Entry-Exit, Internships and Choice Based Credit System LOCF)**

With effect from the session 2026-27 (in phased manner)

Department of Psychology

Indira Gandhi University

Meerpur-Rewari (122502)

Haryana, India

Details of Approvals

Council/Board	Date	Remark
Staff Council		
Board of Studies		
Faculty		
Academic Council		
Year of implementation		

Chairperson
(Signature with Stamp)

VISION AND MISSION OF THE UNIVERSITY

VISION

To be a globally renowned university, recognized for excellence in teaching, innovative research, and welfare of the society, imbibing the spirit of “*Vasudhaiv kutumbkam*”.

MISSION

- To introduce and implement innovation in teaching and learning process matching up the global standards to strengthen academic delivery through curriculum design, teaching pedagogy and usage of ICT.
- To develop a mechanism that attracts talented, qualified and experienced faculty from across the globe for pursuing their academic and research careers at the University.
- To offer academic programs at UG, PG, doctoral, Post-Doctoral levels which are learner-centric, industry focused, and adhere to outcome based international models.
- To create an ambiance that is conducive for undertaking sponsored research, innovation and consultancy services to a wide spectrum of societal and industrial requirements while encouraging interdisciplinary approach of learning, team work, and research.
- To establish state of art centres of excellence in frontier areas of research and design innovation through industry collaboration to innovate and incubate the products and services.
- To establish smart campus and promote e-governance activities in the university for the digitally empowered society and knowledge economy.
- To provide a hygienic, modern, environment friendly and vivacious campus attuned to the urgent needs of Green Technology.
- To consider and implement norms, metrics, standards, procedures and benchmarks for assessing and improving the quality in every aspect of University system and achieve quality certifications by National and International bodies.
- To make society self-reliant by organizing various programmes including literacy, gender sensitization, health awareness, and dissemination of information about livelihood generation.

VISION AND MISSION OF THE DEPARTMENT

VISION

To be a premier center of excellence in Psychological Studies and Research at the national level. To be a hub of Professional Psychologists in Behavioural Skills.

MISSION

- To advance the science of human behavior from clinical cognitive, development neurology organizational & social perspective.
- To producing the next generation of leaders in research in teaching & in application of psychology.
- To offer learning environments that are centered on the needs of the students in order to help them develop as people as a whole.
- To make students & researchers self- reliant by organizing various programmes like, seminar, educational tours, workshop.
- To establish smart classrooms and well-equipped laboratory for assessing and improving the quality in every aspect of academic and research.
- Providing students with knowledge & skills about mind, brain & behavior through innovative courses and experimental learning opportunities.

ABOUT THE PROGRAMME

MINIMUM ELIGIBILITY CRITERIA

As per new UG ordinance.

PASSING CRITERIA

As per new UG ordinance.

ELIGIBILITY FOR EXAMINATION

As per new UG ordinance.

Duration for Passing the Programme:

As per new UG ordinance.

PROGRAMME EDUCATIONAL OBJECTIVES (PEOs)

PEO 1: Core Competence & Practical Application

Graduates will apply fundamental knowledge of the social sciences to analyse social, political, economic, and cultural issues. They will use research and analytical skills to address real-world challenges and contribute to community development.

PEO 2: Continued Education & Professional Growth

Graduates will pursue higher education, professional development, and lifelong learning to enhance their knowledge and career opportunities. They will adapt to emerging trends and interdisciplinary approaches in the social sciences.

PEO 3: Teamwork & Technical Communication

Graduates will demonstrate effective communication, leadership, and teamwork while working with diverse groups. They will use research methods, digital tools, and critical thinking to present ideas and solutions professionally.

PEO 4: Professional Ethics & Social Awareness

Graduates will uphold ethical values, social responsibility, and respect for diversity in their professional and personal lives. They will contribute to social justice, sustainable development, and responsible citizenship through informed decision-making.

PROGRAMME LEARNING OUTCOMES (PLOs)

PLO 1	Disciplinary Knowledge	Apply fundamental and advanced concepts, principles, and theories of the discipline to understand phenomena and their applications.
PLO 2	Effective Communication	Communicate ideas, methods, and results effectively through oral, written, graphical, and digital formats.
PLO 3	Teamwork & Collaboration	Function effectively as an individual, team member, or leader in multidisciplinary and collaborative environments.
PLO 4	Social Responsibility & Ethical Awareness	Apply methods and reasoning appropriate to the discipline to assess issues related to society and the consequent responsibilities relevant to professional practice.
PLO 5	Lifelong Learning	Engage in self-directed learning and adapt to emerging knowledge, technologies, and professional demands throughout life.
PLO 6	Integrity & Professional Ethics	Demonstrate integrity, ethical conduct, and professional responsibility in academic, research/practice, and professional activities.
PLO 7	Scientific Inquiry and Research	Formulate research questions, apply appropriate research methods, analyse data, and draw evidence-based conclusions in accordance with ethical research practices.
PLO 8	Problem Solving	Identify and analyse social issues and apply disciplinary knowledge to develop informed, context-specific, and evidence-based solutions.
PLO 9	Critical and Analytical Thinking	Critically evaluate theories, evidence, and policies using logical reasoning to interpret social phenomena and make well-informed judgments.

Indira Gandhi University, Meerpur, Rewari

Scheme of Examination for the Psychology Subject in Under Graduate Programmes

as per NEP 2020 Curriculum and Credit Framework for Undergraduate Programmes

(Multiple Entry-Exit, Internships and Choice Based Credit System LOCF) with effect from the session 2026-27 (in a phased manner)

Semester-1

Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact hours L: Lecture P: Practical T: Tutorial				Internal Assessment Marks		End term Examination Marks		Total Marks	Examination hours	
				Total	Theory (Th)	Practical (P)	L	T	P	Total	Th	P	Th	P		Th	P
CC-1 MCC-1	Scheme A, B & C	26L4.5- PSY-101	Foundations of Psychology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
MCC-2	Scheme C	26L4.5-PSY-102	Basic Research & Statistics in Psychology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
*CC-M1	Scheme A,B & D	26L4.5-PSY-103	Psychology of Health and Well-being	2	1	1	1	-	2	3	5	5	20	20	50	2	2
CC-M1	Scheme C	From Available CC-1/MCC-1 of 4 credits as per NEP															
MDC 1	Scheme A, B & C	From Available pool of Multidisciplinary Courses from a subject of different discipline as per NEP.															
AEC-1	A, B & C	From Available pool of Ability Enhancement Courses as per NEP															
SEC-1	A, B & C	From Available pool of Skill Enhancement Courses as per NEP															
VAC-1	A, B & C	From Available pool of Value Added Courses as per NEP															

*For students who opt **xx** as a minor subject**Semester-2**

Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact hours L: Lecture P: Practical T: Tutorial				Internal Assessment Marks		End term Examination Marks		Total Marks	Examination hours	
				Total	Theory (Th)	Practical (P)	L	T	P	Total	Th	P	Th	P		Th	P
CC-2 MCC-3	Scheme A, B & C	26L4.5- PSY-201	Introduction to Social Psychology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
DSEC-1	Scheme C	26L4.5-PSY-202	Systems of Psychology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
*CC-M2	Scheme A, B & D	26L4.5-PSY-203	Stress & Coping	2	1	1	1	-	2	3	5	5	20	20	50	2	2
CC-M2	Scheme C	From Available CC-2/MCC-3 of 4 credits as per NEP															
MDC-2	A, B & C	From Available pool of Multidisciplinary Courses from a subject of different discipline as per NEP															
AEC-2	A, B & C	From Available pool of Ability Enhancement Courses as per NEP															
SEC-2	A, B & C	From Available pool of Skill Enhancement Courses as per NEP															
VAC-2	A, B & C	From Available pool of Value Added Courses as per NEP															
Internship	A, B & C		Internship of 4 Credits of 4-6 weeks duration after 2 nd Semester (Mandatory in case of exit)												100		

*For students who opt-----**xx**----- as a minor subject

Semester-3

Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact hours L: Lecture P: Practical T: Tutorial				Internal Assessment Marks		End term Examination Marks		Total Marks	Examination hours	
				Total	Theory (Th)	Practical (P)	L	T	P	Total	Th	P	Th	P		Th	P
CC-3 MCC-4	Scheme A, B & C	26L5.0-PSY-301	Developmental Psychology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
MCC-5	Scheme B & C	26L5.0-PSY-302	Physiological Psychology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
MCC-2	Scheme B	26L5.0-PSY-303	Healthy Lifestyle Skills	4	3	1	3	-	2	5	25	5	50	20	100	3	2
CC-M3	Scheme A & C	From Available CC-3/MCC-4 of 4 credits as per NEP															
CC-M3(V)	Scheme B	From Available pool of Minor (Vocational) Courses VOC-1															
MDC 3	Scheme A, B & C	From Available pool of Multidisciplinary Courses from a subject of different discipline as per NEP															
AEC-3	Scheme A, B & C	From Available pool of Ability Enhancement Courses as per NEP															
SEC-3	Scheme A, B & C	From Available pool of Skill Enhancement Courses as per NEP															
VAC-3	Scheme C only	From Available pool of Value Added Courses as per NEP															

Semester-4

Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact hours L: Lecture P: Practical T: Tutorial				Internal Assessment Marks		End term Examination Marks		Total Marks	Examination hours	
				Total	Theory (Th)	Practical (P)	L	T	P	Total	Th	P	Th	P		Th	P
CC-4 MCC-6	Scheme A, B & C	26L5.0-PSY-401	Experimental Psychology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
MCC-7	Scheme B & C	26L5.0-PSY-402	Eastern Perspectives in Psychology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
MCC-8	Scheme B & C	26L5.0-PSY-403	Psychopathology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
DSE-1	Scheme B & C	26L5.0-PSY-404	Cognitive Psychology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
		OR															
		26L5.0-PSY-405	Developing Life Skills	4	3	1	3	-	2	5	25	5	50	20	100	3	2
CC-M4(V)	A, B & C	From Available pool of Minor (Vocational) Courses VOC-2															
AEC-4	A, B & C	From Available pool of Ability Enhancement Courses as per NEP															
VAC-3	A & B	From Available pool of Value Added Courses as per NEP															
VAC-4	C	From Available pool of Value Added Courses as per NEP															
Internship	A, B & C	26L5.0-PSY -406	Internship of 4 Credits of 4-6 weeks duration after 4th Semester (Mandatory in case of exit if not done after 2 nd Semester)												100		

Semester-5

Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact hours L: Lecture P: Practical T: Tutorial				Internal Assessment Marks		End term Examination Marks		Total Marks	Examination hours	
				Total	Theory (Th)	Practical (P)	L	T	P	Total	Th	P	Th	P		Th	P
CC-5 MCC-9	Scheme A, B & C	26L5.5-PSY-501	Research Method & Statistics	4	3	1	3	-	2	5	25	5	50	20	100	3	2
MCC-10	Scheme B & C	26L5.5-PSY-502	Introduction to Personality	4	3	1	3	-	2	5	25	5	50	20	100	3	2
DSE-2	Scheme B & C	26L5.5-PSY-503	Guidance & Counseling	4	3	1	3	-	2	5	25	5	50	20	100	3	2
		Or															
		26L5.5-PSY-504	Organisational Behaviour	4	3	1	3	-	2	5	25	5	50	20	100	3	2
DSE-3	Scheme B & C	26L5.5-PSY-505	Assessment of Personality & Intelligence	4	3	1	3	-	2	5	25	5	50	20	100	3	2
		Or															
		26L5.5-PSY-506	Motivation & Emotion	4	3	1	3	-	2	5	25	5	50	20	100	3	2
CC-M5(V)	A & C	From Available pool of Minor (Vocational) Courses VOC-1															
Internship	A, B & C	26L5.5-PSY-507	Internship of 4 Credits of 4-6 weeks duration (After 4 th Semester)												100		

Semester-6

Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact hours L: Lecture P: Practical T: Tutorial				Internal Assessment Marks		End term Examination Marks		Total Marks	Examination hours	
				Total	Theory (Th)	Practical (P)	L	T	P	Total	Th	P	Th	P		Th	P
CC-6 MCC-11	Scheme A, B & C	26L5.5-PSY-601	Clinical Psychology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
MCC-12	Scheme B & C	26L5.5-PSY-602	Applied Social Psychology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
DSE-4	Scheme B & C	26L5.5-PSY-603	Child Psychology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
		Or															
		26L5.5-PSY-604	Consumer Psychology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
DSE-5	Scheme B & C	26L5.5-PSY-605	Sports Psychology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
		Or															
		26L5.5-PSY-606	Elementary Concept of Forensic Psychology	4	3	1	3	-	2	5	25	5	50	20	100	3	2
CC-M6	A	From Available CC-6/MCC-11 of 4 credits as per NEP															
CC-M5(V)	B	From Available pool of Minor (Vocational) Courses VOC-3															
CC-M6(V)	C																
CC-M7(V)	A																
SEC-4	C	From Available pool of Skill Enhancement Courses as per NEP															

Scheme of MDC, VAC, SEC, AEC and VOC courses
offered in the University Pool
by the
Department of Psychology

Scheme of MDC, VAC, SEC and VOC courses

Semester	Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact hours L: Lecture T: Tutorial P: Practical				Internal Assessment Marks		End term Examination Marks		Total Marks	Exam. Hours	
					Total	Theory (T)	Practical (P)	L	T	P	Total	T	P	T	P		T	P
1	MDC-1	Scheme A, B, C & D	26L4.5-MDC-PSY-101	Psychology for Everyday Life	3	2	1	2	-	2	4	15	5	35	20	75	2	2
2	MDC-2	Scheme A, B, C & D	26L4.5-MDC-PSY-201	Understanding Self and Others	3	2	1	2	-	2	4	15	5	35	20	75	2	2
3	MDC-3	Scheme A, B, C & D	26L5.0-MDC-PSY-301	Inter Group Relations	3	2	1	2	-	2	4	15	5	35	20	75	2	2
1&2	VAC	Scheme A,B,C & D	26L4.5-VAC-PSY-101/201	Human Values and Ethics	2	2	-	2	-	-	2	15	-	35	-	50	2	-
3	VAC-3	Scheme C only	26L5.0-VAC-PSY-301	Psychology of Gender Identity	2	2	-	2	-	-	2	15	-	35	-	50	2	-

4	VAC-3	Scheme A, B & D	26L5.0- VAC PSY- 401	Art of Happiness	2	2	-	2	-	-	2	15	-	35	-	50	2	-
4	VAC-4	Scheme C only	26L5.0- VAC PSY- 401	Art of Happiness	2	2	-	2	-	-	2	15	-	35	-	50	2	-
2	SEC-2	Scheme A, B, C & D	26L 4.5- SEC PSY- 201	Developing Career Competencies	3	2	1	2	-	2	4	15	5	35	20	75	2	2
3	SEC-3	Scheme A, B, C & D	26L 5.0- SEC PSY- 301	Psychology and Mental Health	3	2	1	2	-	2	4	15	5	35	20	75	2	2

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	1st		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Foundations of Psychology		
Course Code	26L4.5-PSY-101		
Course Type	CC/MCC		
Course Level	100 - 199		
Pre-requisite for the course (if any)	10+2or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Demonstrate an understanding of foundational concepts of psychology and human behavior.	
	CLO ₂	Understand the structure and function of sensory, perceptual processes and intelligence.	
	CLO ₃	Comprehend theoretical concepts of emotion, motivation and intelligence.	
	CLO ₄	Students will be able to conduct, interpret, and report basic psychological experiments and standardized tests related to sensation, perception, motivation, emotion, intelligence, and personality.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			

	Topics	CLO Attempt	Contact Hours		
Unit-I	Introduction: Nature and Scope of Psychology. Psychology as Science. Major fields of Psychology. Methods to Study Behavior: Introspection, Experimental and Interview.	1	15		
Unit-II	Sensation: Nature, Characteristics and Types. Structure and Functions of Visual and Auditory sensory processes. Perception: Nature, Principles of perceptual organisations and illusions. Intelligence: Nature and theories (Spearman and Thurstone)	2	15		
Unit-III	Motivation: Nature, Biological and Psychological Motivation. Emotion: Nature, Bodily changes. Theories of emotion: Physiological and cognitive. Personality: Nature and Determinants Type and trait approach to Personality	3	15		
Practical	1. Retinal Colour Zones/Colour Blindness 2. Depth Perception 3. Sound Localization 4. Simple Reaction Time 5. Motivation 6. Study of Emotions 7. Intelligence test 8. Personality test	4	30		
Total Contact Hours			75		
Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					
1. Baron, R. A & Misra, G.(2016).Psychology .New Delhi: Pearson Education.					
2. Saundra, K. Ciccarelli, White, J. Noland, and Misra, G.(2022). Psychology: South Asian Edition. New Delhi: Pearson Education.					

3. Passer, M.W and Smith, R.E.(2013).Psychology: The Science of Mind and Behavior. New Delhi: Tata McGraw-Hill
4. Singh, A.K. (2009). Uchatar Samnya Manovigyan Delhi: Motilal Banaridas.
5. Chadha. (2014) The Psychological Realm – An Introduction, New Delhi, Pinnacle Learning.
6. Srivastava, D.N. (2020). General Psychology, New Delhi, Vinod Pustak Mandir
7. Jain, S. (2019). Introduction to Psychology. Delhi: Kalyani Prakashan..

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	2	2	2	3	3	3	3	3
CLO ₂	3	2	2	3	3	3	3	3	3
CLO ₃	3	1	3	3	3	3	3	2	3
CLO ₄	3	2	2	2	3	2	3	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	4
Entrepreneurship	4
Skill Enhancement	7
Communication Development	3
Indian Knowledge System	5
Environmental Awareness/SDGs	-
Current Issues and Social Awareness	5
Gender issues	-
Public policies	-
Any Other	2

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	1st		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Basic Research and Statistics in Psychology		
Course Level	100 - 199		
Course Code	26L4.5-PSY-102		
Course Type	MCC		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Develop insight about statistics .	
	CLO ₂	Have in depth understanding of types, frequency distribution and graphical representation of data and level of measurements.	
	CLO ₃	Have knowledge about measures of central tendency and variability and normal probability curve and methods of correlation	
	CLO ₄	Students will be able to present and analyze psychological data using basic statistical graphs and descriptive measures in spreadsheets.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Introduction: Meaning, Characteristics, Types, Need and emergence of Statistics.	1	15

	Relevance and Application of Statistics in Psychology. Limitations of Statistics.		
Unit-II	Levels of Measurements: Nominal, Ordinal, Interval and Ratio. Graphic Representation of Data: Basic procedures, The Histogram, The Frequency Polygon, The Bar Diagram, The Pie Chart, The Cumulative Frequency Graph, Factors affecting the Shape of Graphs.	2	15
Unit-III	Measures of Central Tendency: Mean, Median and Mode. Measures of Variability: Range, Average Deviation, Standard Deviation and Quartile Deviation. Normal Probability Curve: Characteristics, Divergence from Normality (Skewness and Kurtosis). Correlation: Meaning and Concept. Methods: Pearson's Product Moment, Spearman's Rank Difference	3	15
Practical	1. Draw a Histogram 2. Draw a Bar Diagram 3. Draw a Polygon 4. Draw a Pie-chart 5. Calculate Mean in Excel/Spreadsheet. 6. Calculate Median in Excel/Spreadsheet 7. Calculate Mode in Excel/Spreadsheet.	4	30
Total Contact Hours			75

Evaluation Methods

Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):

1. Guilford, J.P., and Fruchter, B. (1978). Fundamental statistical in Psychology and education. New York: Mc Graw Hill. Kanji, G.K. (1993).
2. Singh, R., Shyam, R. and Gupta, L. (2015). Fundamental Statistics for Social Sciences. Rohtak: Intellectual Foundations India.
3. Broota, K.D. (2003). Experimental designs in behavioural research. New Age International.
4. Coolican, H. (2019). Research methods and statistics in psychology. (7th ed.). Psychology Press.
5. Goodwin, C. J. (2016). Research in psychology: Methods and designs (8th ed.).

6. Gravetter, F. J., and Amp; Forzano, L.B (2018). Research methods for the behavioural sciences (6th ed.). Cengage.
7. Heiman, G. W. (2014). Basic statistics for the behavioural sciences (7th ed.).Cengage.
8. Lune, H., & Berg. B. L. (2012). Qualitative research methods for the social sciences (8th ed.). Pearson
9. Kerlinger, F. N., & Lee, H. B. (2000). Foundations of behavioural research.
10. Kothari, C. R. (2004). Research methodology methods and techniques. New age International.
11. Singh, A.K. (2017). Tests, measurements and research methods in behavioural sciences (5th ed.). Bharati Bhavan Publishers and Distributors.
12. Garrett, H.E. and Woodworth, R.S. (1986). Statistics in Psychology and Education. New York: Longmans, Green and Co

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	1	3	3	3	3	3	3
CLO ₂	3	3	1	3	3	3	3	3	3
CLO ₃	3	3	1	3	3	3	3	3	3
CLO ₄	3	3	1	3	3	3	3	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	5
Entrepreneurship	4
Skill Enhancement	4
Communication Development	2
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	
Gender issues	
Public policies	2
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	1st		
Nature of Course/Course Composition	Theory + Practical		
Name of the Course	Psychology of Health and Well-being		
Course Code	26L4.5-PSY-103		
Course Type	CC-M		
Course Level	100 - 199		
Pre-requisite for the course (if any)	No		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Students will be able to explain the concepts of health psychology, well-being, stress, illness, pain, and health-enhancing behaviors, and apply these concepts to promote psychological well-being..	
	CLO ₂	Students will be able to administer, score, interpret, and report psychological assessments related to well-being, stress, resilience, health, optimism, happiness, personality, and mental toughness.	
	Theory	Practical	Total
Credits	1	1	2
Teaching hours per week	1	2	3
Internal Assessment Marks	05	05	10
End Term Exam Marks	20	20	40
Max. Marks	25	25	50
Examination Duration (in Hours)	02	02	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 4 questions from unit 01 with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 6 short answer type questions carrying one mark each (total 06 marks). The remaining questions will be carrying 07 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 02 questions from other 03 questions.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
Topics		CLO Attempt	Contact Hours
Unit-I	Introduction to Health Psychology: Meaning and Components of Health psychology , Relationship of Health with Psychology. Well-being: Components of Well-being:	1	15

	Eudemonia and Hedonism, Life Satisfaction and Affect. Stress: Causes and Consequences. Coping with Stress. Illness and Pain. Health Enhancing Behaviors: Resilience, Hope, Optimism.				
Practical	1. Well-being Scale 2. Stress Inventory 3. Resilience Scale 4. General Health Questionnaire 5. Optimism Scale 6. Happiness Scale 7. Type A/ B Personality Inventory 8. Mental Toughness Questionnaire	2	30		
Total Contact Hours			45		
Suggested Evaluation Methods					
Internal Assessment	TH-05	PR-05	End Term Examination: 40	TH-20	PR-20
Class Participation	5	0	Lab record	NA	5
Seminar/presentation/assignment/quiz/class test etc.	0	NA	Viva-Voce	NA	5
Seminar/Demonstration/Viva-voce/Lab records etc.	NA	5	Written Examination	20	NA
Mid-Term Exam	NA	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					
1.Baum, A., Revenson, T. A., & Singer, J. E. (Eds.). (2012). Handbook of health psychology (2nd ed.). Psychology Press.					
2.Friedman, H. S. (Ed.). (2011). The Oxford handbook of health psychology. Oxford University Press.					
3.Lehrer, P. M., Woolfolk, R. L., & Sime, W. E. (Eds.). (2021). Principles and practice of stress management (4th ed.). Guilford Press.					
4.Sarafino, E. P., & Smith, T. W. (2020). Health psychology: Biopsychosocial interactions (10th ed.). Wiley.					
5.Seligman, M. E. P. (2011). Flourish: A visionary new understanding of happiness and well-being. Free Press.					
6.Selye, H. (1956). The stress of life. McGraw-Hill.					
7.Snyder, C. R., & Lopez, S. J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Sage Publications.					

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	1	2	3	3	3	2	3	3
CLO ₂	3	1	2	3	3	2	1	2	3
CLO ₃	3	2	3	3	3	2	1	2	3
CLO ₄	3	1	2	2	3	2	2	2	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	6
Entrepreneurship	5
Skill Enhancement	5
Communication Development	4
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	4
Gender issues	1
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	2nd		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Introduction to Social Psychology		
Course Code	26L4.5-PSY- 201		
Course Type	CC/MCC		
Course Level	100 - 199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Demonstrate an understanding of the foundational concepts of social behavior and methods of study.	
	CLO ₂	Demonstrate understanding of socialization process, person perception and attitudes.	
	CLO ₃	Acquaint with interpersonal attraction, pro-social behavior and aggression and group dynamics.	
	CLO ₄	Students will be able to conduct, interpret, and report psychological assessments and experiments related to social behavior, attitudes, interpersonal relationships, and group processes.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Introduction: Nature and Scope of Social Psychology. Relationship with Sociology and Anthropology.	1	15

	Methods of Study: Observation, Sociometry and Survey.		
Unit-II	Socialization: Nature, Agencies and Factors Affecting Socialization. Person Perception: Nature and Determinants. Attitude: Nature, Formation, Change and Resistance to Change. Group Behavior: Meaning and Formation, Types and Functions of Group.	2	15
Unit-III	Interpersonal Attraction: Nature and Determinants. Pro-social Behavior: Meaning, Stages and Determinants. Aggression: Nature, Causes and Control. Group Dynamics: Nature of Groups, Propaganda and Prejudice	3	15
Practical	1. Sociometry 2. Measurement of Attitude 3. Altruism Scale 4. Aggression Scale 5. Social Maturity Scale 6. Social Conformity 7. Social Facilitation 8. Prejudice	4	30
Total Contact Hours			75

Evaluation Methods

Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):

1. Baron, R.A., Byrne, D. & Bhardwaj. G. (2010). Social Psychology (12th Ed). New Delhi: Pearson.
2. Chadha, N.K. (2012). Social Psychology. New Delhi: MacMillan.
3. Myers, D.G. (2008). Social Psychology. New Delhi: TataMcGraw-Hill.
4. Singh, A.K. (2019). Social Psychology 2 nd Edition, PHI Learning Pvt Ltd. Delhi: Motilal Banarsidas.
4. Mathur, S.S. (2020). Social Psychology, Shri Vinod Pustak Mandir

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5	PLO6	PLO7	PLO8	PLO9
CLO ₁	3	1	2	2	3	3	2	2	3
CLO ₂	3	1	2	2	3	3	2	2	3
CLO ₃	3	1	3	3	3	2	2	2	3
CLO ₄	3	1	3	3	3	2	2	2	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	2
Entrepreneurship	2
Skill Enhancement	4
Communication Development	1
Indian Knowledge System	
Environmental Awareness/SDGs	2
Current Issues and Social Awareness	2
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	2nd		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Systems of Psychology		
Course Code	26L4.5-PSY-202		
Course Type	DSEC		
Course Level	100 - 199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Students would gain knowledge about the theoretical foundation in Psychology Associationism and Structuralism	
	CLO ₂	Students would be able to understand the theory of Functionalism , Psychophysics, Psychoanalysis in psychology.	
	CLO ₃	Students would be able to understand the different theory of Behaviorism and Gestalt.	
	CLO ₄	Students will be able to conduct, interpret, and report psychological experiments and tests related to sensation, perception, learning, reaction time, and personality.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the			

external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO Attempt	Contact Hours
Unit-I	Birth of Modern Psychology: Associationism and Structuralism: Associationism of Stimulus- Response; Structuralism (Wundt and Titchener's contribution to structuralism).	1	15
Unit-II	Functionalism and Psychophysics: Functionalism (William James, Harvey Carr contribution to functionalism). Psycho-physics: Problems, threshold: AL and DL, Contribution of Weber. Psychoanalysis: Sigmund Freud's Psychoanalysis & Neo-Freudians (Adler and Jung).	2	15
Unit-III	Behaviorism and Gestalt Psychology: Behaviorism: Watson and Skinner's contribution. Gestalt Psychology: contribution of Wertheimer, Kohler and Koffka.	3	15
Practical	1. Absolute Limen – Difference Limen 2. Muller- Lyer Illusion 3. Reaction time 4. Demonstration of Weber's 5. Sentence Completion Test 6. Defense Mechanism Inventory 7. Verbal Conditioning 8. Word Association Test	4	30

Total Contact Hours	75
---------------------	----

Evaluation Methods

Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):

1. Brenman, J. F. (2004). History and Systems of Psychology (6th Ed). Delhi. Pearson Pub.
2. Goleman, D. (1996) Emotional Intelligence, New York. Bantan Books.
3. Hall, C & Lindzey, G. (1978). Theories of Personality, New York: John Willey & Sons.
4. Hillgard, E. R. & Bower, G. H. (1975). Theories of Learning, New Jersey; Prentice Hall

5. Leahey, T. H. (1987). A History of Psychology, U.S.A.: Prentice Hall International.
6. Schultz, D. and Schultz, S. (2000). A History of Modern Psychology. U.S.A.: Harcourt Brace & Co.
7. Shiraev, E. (2015). A History of Psychology- A Global Perspective. New Delhi. SAGE Publication Ltd.
8. Singh, A. k. (2013). The comprehensive History of Psychology. (6th ed). New Delhi: MLBD.
9. Viney, W. & King, D. (1998) History of Psychology. Boston: Allyn and Bacon.
10. Boring., G.E. (2008). History of Experimental Psychology. (vol- two). New Delhi: Cosmo Publications.
11. Chaplin, J.P. & Kravic, T.S. (1979). Systems and Theories of Psychology. 4th Edition. Thomson learning.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	1	2	2	3	2	2	3	3
CLO ₂	3	1	2	3	3	3	1	2	3
CLO ₃	3	1	3	3	3	3	2	2	3
CLO ₄	3	2	3	3	3	2	2	2	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	2
Entrepreneurship	
Skill Enhancement	2
Communication Development	1
Indian Knowledge System	
Environmental Awareness/SDGs	2
Current Issues and Social Awareness	2
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	2nd		
Nature of Course/Course Composition	Theory + Practical		
Name of the Course	Stress & Coping		
Course Code	26L4.5-PSY-203		
Course Type	CC-M		
Course Level	100 - 199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Students will be able to explain stress, coping, and stress management techniques, and apply psychological strategies to enhance resilience and well-being.	
	CLO ₂	Students will be able to administer, score, interpret, and report psychological assessments related to stress, coping, depression, and anxiety.	
	Theory	Practical	Total
Credits	1	1	2
Teaching hours per week	1	2	3
Internal Assessment Marks	05	05	10
End Term Exam Marks	20	20	40
Max. Marks	25	25	50
Examination Duration (in Hours)	02	02	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 4 questions from unit 01 with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 6 short answer type questions carrying one mark each (total 06 marks). The remaining questions will be carrying 07 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 02 questions from other 03 questions.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
Topics		CLO Attempt	Contact Hours
Unit-I	Stress- Its meaning, Impact and Sources. Stress Cycle. Appraisal of Stress. Coping Styles Model of stress- GAS Model, The Fight or Flight Response. Types of Stressors- Physical, Social, Biological, Familial and Psychological. Life	1	15

	Events and Daily Hassles. Habits and Stress. PTSD. Hardiness. Coping- Meaning, Nature and Coping Styles Coping with Stress: Problem based, and Solution based coping. Managing Stress: Assertiveness Training, Communication Skills and Time Management Meditation and Visualization, Vipasana, Relaxation Techniques and Yoga.				
Practical	1. Perceived Stress Scale. 2. Coping Inventory for Stressful Situations. 3. Coping Strategy Indicator. 4. DASS-21 Test – The Depression, Anxiety and Stress Scale. 5. BDI 6. State Trait Anxiety Inventory (STAI)	2	30		
Total Contact Hours			45		
Suggested Evaluation Methods					
Internal Assessment	TH-05	PR-05	End Term Examination: 40	TH-20	PR-20
Class Participation	5	0	Lab record	NA	5
Seminar/presentation/assignment/quiz/class test etc.	0	NA	Viva-Voce	NA	5
Seminar/Demonstration /Viva-voce/Lab records etc.	NA	5	Written Examination	20	NA
Mid-Term Exam	NA	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					
1. Taylor, S.E. (2006). Health Psychology, 6 th Edition, New Delhi: Tata McGraw Hill. 2. Brehm, A. Barbara (1998): Stress Management: Increasing Your Stress Resistance. Pearson, New Delhi. 3. Sarafino, E.P. & Smith, T.W. (2012): Health Psychology: Biopsychosocial Interactions.Wiley, New Delhi. 4.Komoroff, A. L. (2008): Stress Management: Approaches for Preventing and Reducing 5. Stress. Boston, Harvard University, Harvard Health Publication. 6.Lovallo, W.R. (2016) 3rd Edit: Stress & Health: Biological and Psychological 7.Interactions. Sage Publication, Oklahoma, USA.					

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	2	2	3	3	3	1	3	3
CLO ₂	3	2	2	3	3	3	2	2	3
CLO ₃	3	2	2	3	3	3	2	2	3
CLO ₄	3	2	2	3	3	2	2	2	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	3
Entrepreneurship	2
Skill Enhancement	5
Communication Development	2
Indian Knowledge System	3
Environmental Awareness/SDGs	5
Current Issues and Social Awareness	4
Gender issues	
Public policies	2
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	3rd		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Developmental Psychology		
Course Code	26L5.0-PSY- 301		
Course Type	CC/MCC		
Course Level	200 - 299		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Develop understanding regarding concepts, process, domains and different perspectives of human development and beginning of human life and birth process.	
	CLO ₂	Students will be able to explain the physical, cognitive, emotional, and social development from the postnatal period through childhood.	
	CLO ₃	To understand the transitional processes during adolescence and old age	
	CLO ₄	Students will be able to administer, score, interpret, and report psychological assessments related to adjustment, emotional development, self-concept, family environment, and adolescent behavior.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours

Unit-I	Human Development: Concept, Principles and Issues. Factors in human development: Biological, Psychological, and Social. Prenatal development: determinants and stage.	1	15		
Unit-II	Postnatal development and hazards: Physical, Cognitive and Social Development. Childhood: Characteristics, Perceptual, Motor, Emotional, Cognitive Development.	2	15		
Unit-III	Adolescents: Characteristics, problems and adjustment of adolescents. Adulthood: Early adulthood, late adulthood. Aging: Factors; Biological and Psychological	3	15		
Practical	1. Adjustment 2. Cognitive Difficulty Scale 3. Emotional Maturity Scale 4. Self-Concept 5. Youth Problem Inventory 6. Parent-Child relationship 7. Family Environment Inventory 8. Impulsiveness Scale	4	30		
Total Contact Hours			75		
Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					
1. Berk, L.E. (2004). Development Through the Life Span. Delhi: Pearson Education.					
2. Hurlock, E.B. (2001) Developmental Psychology: A life-span approach. New Delhi: Tata McGraw Hill.					
3. Sheffer, D.R. & Katherine, K. (2007). Developmental Psychology: Childhood And Adolescence New York: Thomson Wadsworth.					
4. Santrock, J.W. (1997). Life Span Development: Dubuque: Brown and Benchmark.					

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	1	2	3	3	2	1	1	3
CLO ₂	3	1	2	3	3	2	1	1	3
CLO ₃	3	1	2	3	3	1	1	1	3
CLO ₄	3	3	2	3	3	1	1	1	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	3
Entrepreneurship	
Skill Enhancement	1
Communication Development	1
Indian Knowledge System	
Environmental Awareness/SDGs	1
Current Issues and Social Awareness	4
Gender issues	2
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	3rd		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Physiological Psychology		
Course Code	26L5.0-PSY-302		
Course Type	MCC		
Course Level	200 - 299		
Pre-requisite for the course (if any)	10+2or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Develop an understanding regarding nature and fields of physiological psychology along with its methods.	
	CLO ₂	Develop insight of nature of the neural activities along with CNS and PNS.	
	CLO ₃	Develop insight into effect of hormones on behavior and Understand physiological mechanisms	
	CLO ₄	Students will be able to administer, interpret, and report neuropsychological assessments and laboratory experiments related to sensory, perceptual, motor, memory, and physiological processes.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Physiological Psychology: Nature, Scope and Relation	1	15

	with disciplines of Neuroscience. Methods of Study: Imaging Techniques, Recording Physiological Activity and Brain Lesion.				
Unit-II	Human Nervous System: Cells- Types, Structure and Functions. Neural Conduction and Synaptic Transmission. Central Nervous System: Structure and Functions of Brain and Spinal Cord. Peripheral Nervous System: Structure and Functions of Somatic and Autonomic Nervous System.	2	15		
Unit-III	Hormones and Behavior: Pituitary, Adrenal, Pancreas, Gonads. Physiological Mechanisms associated with Learning and Memory. Motivation: Physiological Mechanisms of Hunger, and Thirst.	3	15		
Practical	1. Neuropsychological Battery 2. PGI-Memory Scale 3. Galvanic Skin Response 4. Mapping of Retinal Colour Zones 5. EMG/EEG 6. Sound Localization 7. Two hand coordination. 8. Bender-Gestalt Test	4	30		
Total Contact Hours			75		
Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					
Instructions					
1. Carlson, N. R. (2008). Foundations of Physiological Psychology. Pearson / Allyn & Bacon: UK					
2. Leukel, F. (1985). Introduction to Physiological Psychology (3rd Ed.). New Delhi: CBS Publishers.					
3. Levinthal, C.F. (1990). Introduction to Physiological Psychology (3rd Ed.). New Delhi: PHI.					
4. Morgan, T.H. and Stellar, A. (1965). Physiological Psychology. New York: McGraw Hill.					

5. Ojha,R.& Bhargav,M.(1994) Sharirik Manovigyan, Har Prakash Bhargav : Agra.
6. Pinel, J.P.J. (2007). Biopsychology. New Delhi: Pearson.
- 7.Singh,R.D.(2020) Sharirik Manovigyan, Vinod Pustak Mandir: Agra

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	1	2	3	3	2	1	1	3
CLO ₂	3	1	1	2	3	2	2	2	3
CLO ₃	3	1	1	2	3	2	1	1	3
CLO ₄	3	1	1	2	3	1	1	1	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	3
Entrepreneurship	4
Skill Enhancement	5
Communication Development	2
Indian Knowledge System	
Environmental Awareness/SDGs	2
Current Issues and Social Awareness	
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	3rd		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Healthy Lifestyle Skills		
Course Code	26L5.0-PSY-303		
Course Type	MCC		
Course Level	200 - 299		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Identify the key components of a healthy lifestyle and the cognitive-behavioural approach to Health Behaviour.	
	CLO ₂	Demonstrate practical skills for developing and maintaining a balanced diet and regular exercise routine.	
	CLO ₃	Students will be able to explain the psychological aspects of pain, chronic illness, and positive health, and apply strategies for pain management, coping, and well-being.	
	CLO ₄	Students will be able to administer, score, interpret, and report psychological assessments related to health, stress, coping, happiness, subjective well-being, and spirituality.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO Attempt	Contact Hours
Unit-I	Health Behavior: Role of Behavioural factors in Disease. Changing Health Habits Cognitive- Behavioural Approach to Health Behaviors.	1	15
Unit-II	Enhancing Behaviors: Exercise, Weight Control: Obesity, Factors affecting obesity, Stress and Eating. Accident Prevention Fatigue, Chronic Fatigue Syndrome.	2	15
Unit-III	Pain and its management: Biological and Psychosocial aspects of Pain, Pain control techniques and Management of pain. Management of Chronic illness: Coping strategies and chronic illness. Positive Correlates of Health: Subjective Well-Being, Happiness, Spirituality.	3	15
Practical	1. General Health Questionnaire 2. Happiness 3. Copping Inventory 4. Stress 5. Subjective Well-being 6. Spirituality Assessment Scale (SAS).	4	30
Total Contact Hours			75

Evaluation Methods

Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources**Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):**

1. Bloom, B.L. (1988). Health psychology: A psychological perspective. Prentice Hall.

2. Cook, E., & Wood, L. (2021). Health psychology. Routledge.
3. Feist, J, Updegraff, J., & Brannon, L. (2017). Health psychology: An introduction to behavior and health. Wadsworth publishing Co Inc.
4. Hariharan, M. (2020). Health psychology: Theory, practice and research. Sage publications.
5. Kaptein, A. A., & Weinman, J. (2004). Health psychology. Wiley-Blackwell Scientific Publications. Michie, S. & Abraham, C. (2008). Health psychology in practice. Wiley-Blackwell Scientific Publications.
6. Snooks, M. K. (2009). Health psychology: Biological, psychological, and sociocultural perspective. Jones and Bartlett Publishers.
7. Taylor, S.E. (2018). Health psychology. McGraw Hill.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	1	1	2	3	1	1	1	3
CLO ₂	3	1	2	3	3	3	2	2	3
CLO ₃	3	1	2	3	3	2	2	2	3
CLO ₄	3	1	2	2	3	2	1	2	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	3
Entrepreneurship	4
Skill Enhancement	4
Communication Development	3
Indian Knowledge System	-
Environmental Awareness/SDGs	3
Current Issues and Social Awareness	5
Gender issues	-
Public policies	-
Any Other	-

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	IV		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Experimental Psychology		
Course Code	26L5.0-PSY- 401		
Course Type	CC/MCC		
Course Level	200 - 299		
Pre-requisite for the course (if any)	10+2or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Develop understanding regarding experimental procedure and perception, nature and methods of classical psychophysics.	
	CLO ₂	Acquaint with processes of Learning and Memory.	
	CLO ₃	Acquire understanding regarding Problem Solving , memory , forgetting.	
	CLO ₄	Apply experimental methods to assess sensation, perception, learning, and memory, and interpret psychological data.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Students will be able to administer, score, and interpret forensic psychological tests related to criminal behavior, deception, aggression, violence, decision-making, and mental health in correctional settings.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Experimental Psychology: Nature and Historical	1	15

	Development. Perceptual Processes: Nature, Perception of Form, Depth and Movement. Psychophysics: Nature and Problems. Methods of Psychophysics: Method of Limits, Constant Stimuli and Average Error.		
Unit-II	Learning: Meaning and Factors affecting Learning. Types of Learning: Trial & Error, Insight, Classical and Operant Conditioning.	2	15
Unit-III	Memory And Forgetting: Concept, Process and Factors affecting memory. Stages of Memory: Sensory – STM & LTM. Theories of Forgetting: Decay and Interference.	3	15
Practical	1. Absolute Limen by Method of Constant Stimuli. 2. Differential Limen by Method of limits. 3. Muller-Lyre Illusion. 4. Bilateral Transfer of Training. 5. Maze Learning. 6. Serial Learning 7. STM 8. LTM Note: Each student will perform five practical's from the above listed areas. A record file containing report of the performed practical's, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	4	30
Total Contact Hours			75

Evaluation Methods

Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):

1. Anderson, D.C. and Borkowski, J.G. (1978). Experimental Psychology: Research Tactics and their Applications. Illinois: Scott foreman.
2. D'Amato, M.R. (1970). Experimental Psychology: Methodology, Psychophysics, and Learning.

New Delhi, Tata Mc-Graw Hill Publishing Company.

3. Goldstein, E.R. (2007). Psychology of Sensation and Perception. New Delhi: Cengage Learning.

4. Kantowitz, B. H., Roediger, H. L., & Elmes, D. G. (2014). Experimental Psychology. Cengage Learning.

5. Riggs, L. A., Woodworth, R. S., Schlosberg, H., & Kling, J. W. (1972). Woodworth & Schlosberg's Experimental Psychology. London: Methuen.

6. Woodworth, R. S., & Schlosberg, H. (1971). Experimental Psychology. New Delhi Oxford and IBH

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	2	2	1	3	2	3	2	3
CLO ₂	3	2	2	2	3	3	3	3	3
CLO ₃	3	3	2	3	3	2	2	3	3
CLO ₄	3	3	3	3	3	3	3	2	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	2
Entrepreneurship	3
Skill Enhancement	5
Communication Development	
Indian Knowledge System	
Environmental Awareness/SDGs	2
Current Issues and Social Awareness	
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	IV		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Eastern Perspectives in Psychology		
Course Code	26L5.0-PSY- 402		
Course Type	MCC		
Course Level	200 - 299		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	To introduce students to foundational concepts of mind, self, and consciousness from Eastern perspectives.	
	CLO ₂	To highlight the relevance of practices like yoga, meditation, and mindfulness in psychological well-being.	
	CLO ₃	To explore the psychological significance of major Indian philosophical systems.	
	CLO ₄	Assess personality, self-concept, and well-being using psychological and yogic assessment tools.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Eastern Psychology: Introduction and Scope of Eastern	1	15

	Psychology. Key differences between Eastern and Western perspectives. Concept of self in Eastern traditions: Atman, Anatta, Purusha				
Unit-II	Psychological concepts in Patanjali’s Yoga Sutras, Eight Limbs of Yoga and their psychological relevance, Influence of Gunas on personality. Eastern practices in stress reduction and emotional regulation. Relevance of Eastern perspectives in positive psychology and mental well-being.	2	15		
Unit-III	Buddhist Psychology: The Four Noble Truths and Eightfold Path. The concept of mind and suffering (dukkha), Mindfulness and its psychological applications. Ethical values in Eastern systems: Compassion, detachment, and equanimity.	3	15		
Practical	1. Triguna Test of Personality 2. Test of Anasakti and Aasakti 3. Self Concept 4. Self Esteem 5. Self Efficacy 6. Mysore Tridosh Test 7. Any Practical on Yoga Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	4	30		
Total Contact Hours			75		
Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					
1. Rao, K.R. & Paranjpe, A.C. (2016). Psychology in the Indian Tradition					

2. Dalal, A.S. (2001). Yoga Psychology and the Path of Self-Transformation
3. Thera, N. (1998). The Heart of Buddhist Meditation
4. Mohan, M. (2003). Yoga for Health
5. Misra, G. (Ed.). (2011). Psychology in India

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	2	3	3	3	2	3	2	2
CLO ₂	3	3	2	3	3	3	2	3	3
CLO ₃	3	3	2	3	3	3	3	2	2
CLO ₄	3	3	3	3	3	3	3	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	3
Entrepreneurship	
Skill Enhancement	
Communication Development	
Indian Knowledge System	7
Environmental Awareness/SDGs	2
Current Issues and Social Awareness	
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	IV		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Psychopathology		
Course Code	26L5.0-PSY- 403		
Course Type	MCC		
Course Level	200 - 299		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Distinguish abnormal behaviour from normal behaviour, Identify psychological disorders pertaining to DSM.	
	CLO ₂	Classify the different types of psychological disorders and its symptoms.	
	CLO ₃	Identify various developmental and eating disorders.	
	CLO ₄	Apply psychological assessment techniques to evaluate personality, cognition, and mental health.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Abnormal Psychology: Nature, concept of Normality and Abnormality. Criteria of Abnormality. Need for classification, Difference between DSM & ICD system, classification of disorder as per DSM (latest edition).	1	15

	Anxiety Based Disorders – Causes and symptom: Generalized Anxiety Disorder, Phobias, Separation Anxiety Disorder, Selective Mutism.				
Unit-II	Obsessive Compulsive Disorder, Dissociative Disorders: Dissociative identity Disorder, Dissociative Amnesia, Dissociative Fugue. Mood Disorders: Overview of Depression and Mania, Bipolar Disorder, Depressive Disorder, Premenstrual Dysphoric Disorder.	2	15		
Unit-III	Developmental Disorders- Causes and symptom: Autism, ADHD, and Learning Disabilities. SCHIZOPHRENIA: Symptoms, Subtypes and Etiology. Eating disorders: Anorexia Nervosa and Bulimia Nervosa. Substance/drug abuse: Nature and cause of addiction.	3	15		
Practical	1. Clinical Analysis Questionnaire 2. Depression Scale/Inventory 3. Anxiety Scale 4. PGI Memory Scale 5. TAT / Inkblot Test 6. Case Study 7. Word Association Test. 8. Sentence Completion Test. Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	4	30		
Total Contact Hours			75		
Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS): 1.Barlow D. H. & Durand V.M. (2005). Abnormal Psychology: An Integrated Approach (4th					

Ed.).Wadsworth: New York.

2. Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.

3.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.

4.Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi: Cengage learning.

5.Kring, A. M., Johnson, S. L., Davison, G. C., & Neale, J. M. (2010). Abnormal Psychology (11th Ed.).NY: John Wiley.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	2	3	2	3	3	3	3	3
CLO ₂	3	3	2	3	3	3	3	2	3
CLO ₃	3	3	2	2	3	3	3	3	3
CLO ₄	3	3	2	3	3	3	3	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	2
Communication Development	
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	2
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	IV		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Cognitive Psychology		
Course Code	26L5.0-PSY-404		
Course Type	DSE		
Course Level	200 - 299		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Acquaint themselves about history of cognitive psychology and understand different methods to study cognition.	
	CLO ₂	Have in-depth understanding of nature and types of attention and different models of selective attention.	
	CLO ₃	Have acquaintance with nature, structure of language development and memory.	
	CLO ₄	Apply cognitive psychology experiments to assess attention, problem-solving, learning, and language processes.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO Attempt	Contact Hours
Unit-I	Cognitive Psychology: Nature, Scope, Historical background and Current Status of Cognitive Psychology. Methods to Study Cognition - Behavioral and Physiological.	1	15
Unit-II	Attention: Nature & concept. Factors affecting Division of Attention. Theories of Attention: Filter (Broadbent and Treisman). Problem Solving: Nature and Classification of Problems, Factors Affecting Problem Solving.	2	15
Unit-III	Memory: Nature, Types, Models-Atkinson and Shiffrin, Levels of Processing. Forgetting: Nature, Factors, and Theories-Interference and Decay. Language: Nature, Properties, and Structure. Stages of Language Development.	3	15
Practical	1. Attention (Selective / Focused) 2. Problem Solving 3. Stroop Effect 4. Letter Cancellation 5. Trail Making 6. Maze Learning 7. Tower of Hanoi	4	30

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	3
Communication Development	2
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	IV		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Developing Life Skills		
Course Code	26L5.0-PSY- 405		
Course Type	DSE		
Course Level	200 - 299		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Improve self-awareness and coping mechanisms to deal with challenges of everyday life.	
	CLO ₂	Understand and master the social and interpersonal skills required for promoting healthy relationships.	
	CLO ₃	Understand the role of self-esteem, through developing positive concepts.	
	CLO ₄	Assess self-awareness, creativity, thinking, problem-solving, coping, and behavioral tendencies using psychological assessment tools.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Self-Awareness: Importance, Components. Empathy: Definition, Importance, Process. Effective Communication: Importance, Components, Process,	1	15

	Barriers. Interpersonal Relationship: Types, Factors affecting Relationship, Importance, Process.				
Unit-II	Creative and Critical Thinking: Importance, Process. Problem Solving: Need and Importance. Decision Making: Need, Importance, consequences of Decision Making. Coping with emotions: Types, emotional intelligence, importance, coping strategies. Coping with stress: Stressors, sources of stress, factors in stress reaction, importance, coping strategies.	2	15		
Unit-III	Life skills to overcome Eating Disorders, Peer Pressure. Life skills to prevent and cope with drug abuse and alcohol dependence. Life skills to understand RTI/STI/ HIV and AIDS. Life skills to avoid Suicide Tendency and to handle Domestic Violence	3	15		
Practical	1. Self-Concept / Self Awareness Test 2. TTCT 3. Problem Solving 4. Thinking 5. Coping Style 6. Violence 7. Guilford's Alternative Test 8. Eating Disorder Examination Questionnaire Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	4	30		
Total Contact Hours			75		
Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					

1. Hilgard, E, Atkinson R C & Atkinson R L (1976), Introduction to Psychology (6th Edition), IBH Publishing Co., Pvt Ltd. New Delhi.
2. Hurlock, B. Elizabeth, (2007), Personality Development, Tata McGraw - Hill Publishing Company Limited, New Delhi.
3. UNESCO and Indian National Commission for Co-operation (2001): Life Skills in Non Formal Education: A Review, Paris.
4. WHO (1999): Partners in Life Skills Education: conclusions from a United Nations Interagency Meeting, Geneva.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	3	3	3	3	3	2	3
CLO ₂	3	3	3	3	3	3	3	3	3
CLO ₃	3	3	3	3	3	3	3	3	3
CLO ₄	3	3	3	3	3	3	3	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	
Communication Development	
Indian Knowledge System	
Environmental Awareness/SDGs	4
Current Issues and Social Awareness	2
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	V		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Research Methods & Statistics		
Course Code	26L5.5-PSY-501		
Course Type	CC/MCC		
Course Level	300 - 399		
Pre-requisite for the course (if any)	10+2or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Identify the various types of data and techniques for data collection, Demonstrate the knowledge of various types of sampling techniques.	
	CLO ₂	Apply measures of central tendency and variability to analyze and interpret statistical data.	
	CLO ₃	Explain the basic principles of Statistics applied to implementation of research.	
	CLO ₄	Apply statistical methods and graphical techniques to analyze, interpret, and present psychological data.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Research in Psychology: Meaning, Principles, Types and goals. Nature and types of variables, formulation of problem and hypothesis	1	15

	Sampling: Meaning, Fundamentals, Probability and Non-probability Sampling Techniques. Statistics: Meaning and Types.				
Unit-II	Measure of Central Tendency: Mean, Median and Mode. Measure of Variability: Range, Average Deviation, Quartile Deviation and Standard Deviation.	2	15		
Unit-III	Correlation: Meaning, Types and Methods (Product Moment and Spearman Rank Order) Parametric and Non-Parametric Statistics: Meaning and Assumptions. T-test and chi-square test. Research Report- Steps and guideline for writing research report.	3	15		
Practical	Graphical Representation of Data: 1. Histogram 2. Bar Diagram 3. Frequency Polygon 4. Ogive Computation of Data: 5. Mean in Excel/Spreadsheet. 6. Median in Excel/Spreadsheet 7. Standard Deviation. 8. Correlation 9. Mean difference. Note:- Minimum requirement of data for each of above practicals = 25 (N) Note: Each student will perform five practical's from the above listed areas. A record file containing report of the performed practical's, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	4	30		
Total Contact Hours			75		
Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					

1. Singh, R. & Shyam, R. (2008) Comprehensive Statistics for Behavioural Sciences (in Hindi). Sanjay Prakashan, Delhi.
2. Garrett, H.E. (1986). Statistics in Psychology and Education. New York: David, Mc Kay Co. Inc.
3. Kanji, G.K. (1993). 100 statistical Tests. New Delhi: Sage.
4. Kiss, H.O. (1996). Statistical Methods for Behavioral Sciences. Boston: Allyn and Baon.
5. Robson C. (1982). Experimental Design and Statistics in Psychology. Middlesex: Penguin.
6. Singh, A.K. (1986). Tests, Measurements and Research Methods in Behavioral Sciences.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	2	3	3	3	3	3	3
CLO ₂	3	3	3	3	3	3	3	3	3
CLO ₃	3	3	3	3	3	3	3	3	3
CLO ₄	3	3	3	3	3	3	3	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	2
Entrepreneurship	
Skill Enhancement	
Communication Development	3
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	V		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Introduction to Personality		
Course Code	26L5.5-PSY- 502		
Course Type	MCC		
Course Level	300 - 399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Various determinants of personality.	
	CLO ₂	Various approaches and theories of personality.	
	CLO ₃	Techniques of Assessment of personality.	
	CLO ₄	Assess personality traits, self-concept, and psychological characteristics using standardized assessment tools.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u> The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units. <u>Instructions for Practical Examiner</u> Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Personality: Meaning, Nature and Determinants. Approaches to Personality: Idiographic and Nomothetic.	1	15
Unit-II	Type Theories: Triguna, Tridosha, Sheldon, Kreshmer.	2	15

	Trait Theories: Allport, Cattell, Eysenck.				
Unit-III	Theories of Personality: Freud, Jung, Adler, Erickson, Rogers, and Bandura. Assessment of Personality: 16 PF, EPQ and TAT.	3	15		
Practical	1. Indian Adaption of Zuckerman–Kuhlman Personality Questionnaire 2. Tridosha 3. EPQ 4. 16 PF 5. TAT 6. MMPI-II 7. Self-Concept Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	4	30		
Total Contact Hours			75		
Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	A	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/e-resources/LMS:					
1. Engler, B. (1991). Personality Theories: Introduction. Houghton: Mifflin Co. Boston.					
2. Hall C.S., & Lindzey, G. (1978). Theories of Personality. New York: Wiley Eastern Limited.					
3. Hogan, R., Johanson, J., & Briggs, S. (1997). Handbook of Personality Psychology. New York: Academic Press.					
4. John, O.P., Robins, R.W., & Pervin, L.A. (2008). Handbook of Personality: Theory and Research (3rd Ed). NY: Oxford Press.					
5. Larsen, R.J., & Buss, D.M. (2011) Personality Psychology: Domains of knowledge about human nature. New Delhi: Tata McGraw-Hill.					

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO1	PLO2	PLO3	PLO4	PLO5	PLO6	PLO7	PLO8	PLO9
CLO1	3	3	2	3	3	3	3	3	3
CLO2	3	2	3	3	3	3	3	2	3
CLO3	3	2	2	3	3	3	3	2	3
CLO4	3	3	2	3	3	3	3	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	
Communication Development	
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	2
Gender issues	1
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	V		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Guidance & Counselling		
Course Code	26L5.5-PSY-503		
Course Type	DSE		
Course Level	300 - 399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Students would be able to understand the nature and objectives of Guidance and Counselling.	
	CLO ₂	Students would be able to understand the Counselling Procedure.	
	CLO ₃	Students would be able to apply the different approaches of guidance and counselling.	
	CLO ₄	Apply guidance and counselling techniques to assess educational, career, stress, and personal concerns.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u> The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units. <u>Instructions for Practical Examiner</u> Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Guidance and Counselling: Historical Perspective, Objectives and Principles. Types of Guidance: Personal, Educational and Vocational. Personal qualities of effective counsellors.	1	15

	Counselling Procedure: Organization and Conduct of guidance. The group approach in guidance.				
Unit-II	Counselling in individual situation. Observation for counselling purpose. Characteristics of counselling relationship. Relationship Techniques: Rapport techniques, Reflection of feelings. Terminating skills.	2	15		
Unit-III	Special relationship problems: Transference, Countertransference and Resistance. Holistic approach to therapy: Yoga, Meditation, bio-feedback.	3	15		
Practical	1.Guidance Need Inventory 2.Vocational Interest Survey 3. Case study of Educational 4. Case study of Vocational/Career Guidance 5. Counselling Interview 6. Case Study of Counselling 7. Relaxation 8. Stress Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	4	30		
Total Contact Hours			75		
Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					
1. Bernard, H.W. & Fullmer, D.W. (1977). Principles of Guidance. New York: Crowell.					
2. Burnard, P. (1989). Counselling skills for Health Professional. Madras: Chapman and Hall.					
3. Crow, L.D. & Crow, A. (1962). Introduction to Guidance. New Delhi: Imersia Pub.					
4. Gelso, G. J. & Fretz B. R. (1995). Counselling psychology, Bangalore: Prism.					
5. Jones, J. F. (1970). Principles of Guidance. NY: McGraw Hill.					
6. Lynn, S. J. & Garske, J. P. (1985). Contemporary Psychotherapies, and methods. Ohio, Bell and Howell.					

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	2	3	3	3	3	3	3
CLO ₂	3	2	3	3	3	3	3	2	3
CLO ₃	3	2	2	3	3	3	3	2	3
CLO ₄	3	3	2	3	3	3	3	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	3
Communication Development	
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	2
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	V		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Organisational Behavior		
Course Code	26L5.5 PSY-504		
Course Type	DSE		
Course Level	300 - 399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Students would be able to understand the scope of organizational psychology.	
	CLO ₂	Students would be able to understand the importance of organizational psychology.	
	CLO ₃	Students would be able to identify various factors in Human Performance.	
	CLO ₄	Assess workplace behavior, motivation, personality, and occupational well-being using psychological measures.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u> The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units. <u>Instructions for Practical Examiner</u> Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Organizational Psychology: Nature, history and scope. Consistency vs. individual differences. Theory: classical, contingency, and X-Y theory. Job analysis: Objectives, methods; Job evaluation: Importance, methods.	1	15

Unit-II	Personnel selection: Setting personnel specifications and criteria, methods of assessment Job and work environment: Human factors in job design, job enrichment; work environment Hawthorne studies, Accidents and safety.	2	15
Unit-III	Human performance: Time and motion studies, principles of performance, performance evaluation and appraisal. Work motivation: Basic concepts, motivational practices and incentives, Theories- Two factor & Equity.	3	15
Practical	1. Burnout 2. Job satisfaction 3. Organisational commitment 4. Job Analysis 5. Interview 6. Work motivation 7. Personality 8. Occupational Stress Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	4	30

Total Contact Hours	75
----------------------------	-----------

Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):

1. Blum, M. L. & Naylor, J. C. (1984). Industrial Psychology: Its theoretical and social foundations. New Delhi: CBS Publishers
2. Colquitt, J. A., LePine, J. A., & Wesson, M. J. (2011). Organizational Behaviour. New Delhi: Tata McGraw Hill.
3. Gosh, P. K. & Gorpande, M. B. (1986). Industrial Psychology. New Delhi: Himalaya Publication.
4. Luthans, F. (2006). Organizational Behaviour (11th Ed.). N.Y.: McGraw Hill.
5. Miner, J. B. (1991). Industrial-Organizational Psychology. N.Y.: McGraw Hill.
6. Mohanty, G. (1990). Industrial and Organizational Psychology. New Delhi: Oxford and IBH.

7. McMormik, E. J. & Ilgen (1980). Industrial and organizational Psychology (8thEd.). N.J.: Prentice

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	2	3	3	3	3	3	3	3
CLO ₂	3	3	2	3	3	3	3	3	3
CLO ₃	3	3	3	3	3	3	3	3	3
CLO ₄	3	3	3	3	3	3	3	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	4
Entrepreneurship	2
Skill Enhancement	
Communication Development	
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	V		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Assessment of Personality and Intelligence		
Course Code	26L5.5-PSY-505		
Course Type	DSE		
Course Level	300 - 399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Understand basic nature of personality assessment tools and get acquainted with most widely used self-report measures of personality.	
	CLO ₂	Understand the characteristic features of projective techniques and to have in-depth knowledge of prominent techniques and their application.	
	CLO ₃	Application of various intelligence tests.	
	CLO ₄	Apply psychological assessment tools to evaluate personality, intelligence, and cognitive abilities.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Personality: Meaning and purpose of Personality Assessment. Personality Tests: MMPI, 16 PF and EPQ-R. Ethical Issues in Personality Assessment.	1	15

	Projective Technique: Nature and Salient Features. Word Association Test, Sentence Completion Test, Rorschach Inkblot Test.				
Unit-II	Intelligence: Historical Background of Intelligence Testing, nature and purpose of Intelligence Test. Concept of IQ and Deviation IQ. Measures of Intelligence: Cattell's Culture Fair Test, RPM and Alexander Pass-Along Test	2	15		
Unit-III	Measurement of Intelligence: Wechsler Adult Intelligence Scale, Wechsler Intelligence Scale for Children. Difference between Individual and Group Testing.	3	15		
Practical	1.EPQ 2. Rorschach Inkblot Test 3. 16PF Questionnaire 4. Culture Fair Test 5. WAT 6. Alexander Pass Along Test 7. Sentence Completion Test 8. RPM Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	4	30		
Total Contact Hours			75		
Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					
1) Anastasi, A.&, Urbina, S., (2009). Psychological Testing. PHI Learning Private Ltd.: New Delhi.					
2) Aiken, L.S.,& Marnat, G.G.(2009). Psychological Testing and Assessment (12th edition). Dorling Kindersley India Pvt. Ltd.: New Delhi.					
3) Singh, A.K.(2012) .Tests, Measurements and Research Methods in Behavioural Sciences.: Moti Lal Banarsidas: New Delhi.					

4) Singh, A.K. (2009). Uchattar Samanaya Manovigyan.: Moti Lal Banarsidas: New Delhi.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	2	2	3	3	3	3	3	3
CLO ₂	3	3	2	3	3	3	3	3	3
CLO ₃	3	3	3	3	3	3	2	2	3
CLO ₄	3	3	2	3	3	3	3	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	1
Entrepreneurship	
Skill Enhancement	2
Communication Development	
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	V		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Motivation and Emotion		
Course Code	26L5.5-PSY-506		
Course Type	DSE		
Course Level	300 - 399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Understanding the basic concept of motivation and emotions.	
	CLO ₂	Demonstrate the ability to understand the role of motivation and emotion.	
	CLO ₃	Understanding of various theories of emotional and motivation.	
	CLO ₄	Assess motivation, emotions, social behavior, cognitive functioning, and psychological well-being using psychological tests.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u> The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u> Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Motivation: meaning and nature, basic motivational concepts, kinds of motivation. Measurement of motives: projective techniques and questionnaire method.	1	15

Unit-II	Theories of Motivation: Instinct Theories, Drive Theory, Incentive Theories, Opponent Process Theory, Need Hierarchy Theories.	2	15
Unit-III	Emotions: Nature, Characteristics, Components, Types of Emotions, functions of Emotions. Physiological Bases of Emotions, Role of Hemisphere in Emotions, Measuring Human Emotions. Theories of Emotions: James-Lange Theory, Cannon-Bard, Schachter-singer and Lazarus.	3	15
Practical	1.Motivation 2. Aggression 3. Facial Expression Test 4. Social maturity 5. Well-being 6. Stroop Effect 7. EQ Test 8. Achievement Motivational Inventory Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	4	30
Total Contact Hours			75
Evaluation Methods			
Internal Assessment	TH-25	PR-05	End Term Examination: 70
Class Participation:	5	0	Lab record
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination
Mid-Term Exam:	15	NA	Write-up and execution of the practical
Part C-Learning Resources			
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):			
1. Carlson, N. R. (2007). Foundations of physiological psychology. N.D.: Pearson Edu.			
2. Ekman, P. & Davidson, R.J. (1995). The nature of emotion: Fundamental questions. NY: Oxford University Press.			
3. Franken, R. E. (2007). Human motivation. USA: Thomson Higher Education.			
4. Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). Theories of Personality. 4 th Edn. Wiley: India			

5. Oatley, K. & Jenkins, J. M. (1992). Understanding emotions. Cambridge: Blackwell publishers
6. Salovey, P. & Sluyter, D. (eds) (1997). Emotional development and emotional intelligence: Implications Borod, J. (ed) (2000). The neuropsychology of emotions. Oxford: Oxford University Press.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	3	3	3	3	3	2	2
CLO ₂	3	3	3	3	3	3	3	2	2
CLO ₃	3	3	3	3	3	3	3	2	2
CLO ₄	3	3	2	3	3	3	3	2	2

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	2
Communication Development	2
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	2
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	VI		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Clinical Psychology		
Course Code	26L5.5-PSY-601		
Course Type	CC/MCC		
Course Level	300 - 399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Knowledge about the conceptual and historical foundations of clinical psychology and its relation with other allied fields.	
	CLO ₂	Knowledge about role and responsibilities of Clinical psychologist along with related issues.	
	CLO ₃	Knowledge about various methods used to study the behavioral patterns of individuals with clinical diagnosis.	
	CLO ₄	Assess mental health, psychological distress, and counselling needs using psychological assessment and interview techniques.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the			

external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO Attempt	Contact Hours
Unit-I	Clinical Psychology: Nature, Historical foundation, activities of a clinical psychologist. Clinical Psychology and Related Fields: Clinical psychology as a profession, Professional regulation, Training, Ethical and cultural issues.	1	15
Unit-II	Approaches to Clinical Psychology: Biological, Psychoanalytic and Behaviouristic. Clinical Intervention Models: Gestalt, Cognitive & Humanistic.	2	15
Unit-III	Clinical Intervention: Cognitive-CBT, REBT; Humanistic- Client- centered, Behavioural- Systematic desensitization, Contingency management, Token economy. Sexual and Gender Identity Disorders: Clinical picture, Types, Etiology. Eating Disorders: Clinical features, Types, Etiology.	3	15
Practical	1.State-Trait Anxiety 2. Psychological Distress 3. Case Study 4. Counselling Interview 5. Mental Health 6. GHQ 7. Self-Disclosure 8. Health Problem. Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	4	30

Total Contact Hours **75**

Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5		Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA

Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10
----------------	----	----	---	----	----

Part C-Learning Resources

Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):

1. Carr, A. (2012). Clinical Psychology: An Introduction. New York: Routledge.
2. Carson, R. C., Butcher, J. N., Mineka, S. & Hooley, J. M. (2007). Abnormal Psychology (13thEd.). New Delhi: Pearson.
3. Trull, T.J. and Phares, E.J. (2001) Clinical Psychology: Concept, Method and Profession, US:Wadsworth.
4. Korchin, S. J. (1975). Modern Clinical Psychology: Principles of Intervention in the Clinic and Community. New Delhi: CBS Publishers & Distributors.
5. Bellack, A. S. & Hersen, M. (1980). Introduction to Clinical Psychology. New York: Oxford University Press.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	3	3	3	3	3	3	3
CLO ₂	3	3	3	3	3	3	3	3	3
CLO ₃	3	3	3	3	3	3	3	3	3
CLO ₄	3	3	3	3	3	3	3	3	3

Content Mapping with NEP thrust areas.

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	1
Communication Development	2
Indian Knowledge System	

Environmental Awareness/SDGs	
Current Issues and Social Awareness	
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	VI		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Applied Social Psychology		
Course Code	26L5.5 -PSY-602		
Course Type	MCC		
Course Level	300 - 399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	To demonstrate an understanding of the foundational concepts of social behavior and methods of study.	
	CLO ₂	To demonstrate understanding of person perception and attitudes.	
	CLO ₃	To acquaint with interpersonal attraction, pro-social behavior and aggression.	
	CLO ₄	Understand and assess social behavior, attitudes, and psychological traits using various assessment methods.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Introduction: Nature, subject matter, Sociometric method.	1	15
	Socialization: Nature, Process and Agents of		

	Socialization.				
Unit-II	Group: Types and functions; Social Norms: Meaning, Characteristics and formation. Leadership: Types, Function, Theories– Trait, Situational, and Interactional.	2	15		
Unit-III	Attitudes: Characteristics, Development and Attitude change. Prejudice: Nature, Development and Stereotypes. Prosocial Behaviour: Nature, Determinants, Cognitive Model. Aggression: Nature, determinants and prevention.	3	15		
Practical	1.Sociometry 2. Observation 3. Leadership Style 4. Aggression 5. Altruism Inventory 6. Cognitive Difficulty Scale 7. Social Norms 8. Attitude Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva. 32	4	30		
Total Contact Hours			75		
Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					
1. Baron, R.A., Byrne, D. & Bhardwaj. G. (2010). Social Psychology (12th Ed). New Delhi: Pearson.					
2. Chadha, N.K. (2012). Social Psychology. New Delhi: MacMillan.					
3. Myers, D.G. (2008). Social Psychology. New Delhi: TataMcGraw-Hill.					
4. Singh, A.K. (2019). Social Psychology 2nd Edition, PHI Learning Pvt Ltd. Delhi: Motilal Banarsidas.					
5. Mathur, S.S. (2020). Social Psychology, Shri Vinod Pustak Mandir.					

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	3	3	3	2	2	3	3
CLO ₂	3	3	3	3	3	2	2	3	3
CLO ₃	3	3	3	3	3	2	2	3	3
CLO ₄	3	3	3	3	3	2	2	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	2
Communication Development	
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	4
Gender issues	2
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	VI		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Child Psychology		
Course Code	26L5.5-PSY-603		
Course Type	DSE		
Course Level	300 - 399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Distinguish different stages of child development.	
	CLO ₂	Describe different research methods to study a child's behavior.	
	CLO ₃	Explain and predict a child's behavior in day-to day life.	
	CLO ₄	Understand and apply psychological tests for assessing motives, development, memory, and behavior.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u> The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u> Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Child Psychology: Nature and Scope, Genetic and Environmental Determinants of Development. Heredity-Environment interaction. Basic Issues in study of Child Development Prenatal Development: How life begins, Birth Proces	1	15

Unit-II	Birth Process, Major periods in Prenatal Development, Prenatal Environmental Influences, Maternal Factors. Physical Development: Course of Physical Growth, Development of Brain, Factors affecting Physical Growth.	2	15
Unit-III	Motor Development: Development in Early and Middle Childhood, Hormonal Influences, Sex Differences in Motor Development and Perceptual. Theories of Development: Contribution of Freud, Erikson, Piaget, Vygotsky, and Kohlberg. Stages of Development and related issues.	3	15
Practical	1.Measurement of motives. 2. Selective listening. 3. Vineland Social Maturity Scale. 4. Developmental Test 5. Memory Test 6. Kindergarten Readiness Test 7. Direct Observation Test Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	4	30

Total Contact Hours	75
----------------------------	-----------

Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS): 1. Berk, L. E. (2017). Child Development. 9th Ed. Pearson, India 2. Demon, W. and Lerner, R. M. (2008). Child and Adolescent Development. Wiley. Hoboken, New Jersey. 3. Hurlock, EB (2004): Developmental Psychology: A Life span Approach (5th Ed. New Delhi) Tata McGraw- Hill publishing Co. Ltd. 4. Sandrock, J.W. (2017). Life-Span Development. 13th Ed. Mc-Graw Hill, India. 5. Sandrock, J.W. (2017). Child Development. 13th Ed. Mc-Graw Hill, India. 6. Valsiner, J. & Connolly, K. (2003). Handbook of Developmental Psychology. New Delhi: Sage

Publication.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	3	3	3	3	3	3	3
CLO ₂	3	3	3	3	3	3	3	3	3
CLO ₃	3	3	3	3	3	3	3	3	3
CLO ₄	3	3	3	3	3	3	3	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	2
Communication Development	1
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	2
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	VI		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Consumer Psychology		
Course Code	26L5.5-PSY-604		
Course Type	DSE		
Course Level	300 - 399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Understand Nature and Historical Development of Consumer Psychology.	
	CLO ₂	Have indepth understanding of consumer motivation and emotion., Acquaint with consumer knowledge, learning and skill.	
	CLO ₃	Have an in-depth understanding of advertisement and their impact on consumer.	
	CLO ₄	Students will be able to administer, score, and interpret basic psychological tests and experiments.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u> The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units. <u>Instructions for Practical Examiner</u> Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Consumer Psychology: Nature and Historical Background, Goals of Consumer Psychology, Methods of Consumer Psychology.	1	15
	Consumer Motivation and Emotion : Motivational		

	Determinants of Consumer Behaviour,				
Unit-II	Role of Emotion in Consumer Behaviour. , Stages of Consumer Socialization. Development of Consumer Knowledge, Skills and Values. Consumer Learning and Memory: Nature and Factors Affecting.	2	15		
Unit-III	Advertising Psychology : Nature of Advertisement, Role of Attention in Advertisement. Central and Peripheral Route to Personations. Impact of Advertisement on Consumer Behaviour.	3	15		
Practical	1.Achievement Motivation Scale. 2. Attention-Digit Forward. 3. Attention-Digit Backward. 4. Any Memory Scale. 5. Study of Emotions. 6. Consumer Satisfaction Scale. 7. An Experiment on Subliminal Perception. Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	4	30		
Total Contact Hours			75		
Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					
1. Billal, B., Avery, J. Kozinets, R.V. Raghbir, P. & Woodside, A.C. (2021) Consumer Psychology : Consumer Behaviour, Clininati : Open Mentis.					
2. Jansson – Boyd, C. V. (2010)					
3. Berkshire : Consumer Psychology. MC Graw Hill :					
4. Hacrget vedt, C.P. Hers, P.M. & Kardes, F.R. (2008).					
5. Handbook of Consumer Psychology (Fd). New York: Taylor and Franas					

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	3	3	3	3	2	3	3
CLO ₂	3	3	3	2	3	3	3	3	3
CLO ₃	3	3	3	2	3	3	3	3	3
CLO ₄	3	3	3	3	3	3	3	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	2
Entrepreneurship	2
Skill Enhancement	
Communication Development	1
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	
Gender issues	
Public policies	2
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	VI		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Sports Psychology		
Course Code	26L5.5-PSY-605		
Course Type	DSE		
Course Level	300 - 399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Understand nature and scope of Sports Psychology and Role of Sport Psychologist.	
	CLO ₂	Understand motivation in Sports and techniques to enhance Motivation.	
	CLO ₃	Understand the role of attention and interest in Sports ,Understand the relationship between Personality and Sports.	
	CLO ₄	Students will be able to administer, score, and interpret psychological tests related to reaction time, personality, anxiety, attention, interests, and security.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Introduction to Sports Psychology: Nature, History and Subject matter of Sports psychology. Career in Sports	1	15

	psychology, Need of Psychology in Sports. Competition and Anxiety: Competition in Sports, Pros and Cons of Competition, Anxiety in Sports, Strategies for Managing Anxiety.				
Unit-II	Relationship, Understanding Sports Motivation, Techniques of Motivation Enhancement, Motivation-Performance. Attention and Interest : Attention Nature, Characteristics of Attention, Role of Attention in Sports: Strategies for Improving Attention.	2	15		
Unit-III	Interest- Definition, Types of Interest, Enhancement of Interest in Sports. Personality and Sports: Nature, Dimensions of Personality – and Sports Concept of four “C” Confidence, Control, Commitment & Concentration.	3	15		
Practical	1.Complex Reaction time 2. JPMR 3. Personality Inventory/Questionnaire 4. Security-Insecurity Questionnaire 5. Anxiety Test 6. Interest Test 7. Span of Attention Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	4	30		
Total Contact Hours			75		
Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					
1. Kamlesh,M.L; (1998) Psychology in Physical Education and Sports(3rd Edition) ,Metropolitan Book Co.Pvt.Ltd. 1,Netaji Subhash Marg, New Delhi-110002,India.					
2. Sahni,S.P.(2005) Psychology and its application in Sports,D.V.S.Delhi.					

3. Cox, R. (2006). Sport Psychology. McGraw-Hill Education.
4. Singh, R. & Shyam, R. (2008) Adhunik Sangyanatmak Manovigyan. Panchkula: Haryana Sahitya
5. Gershon Tenenbaum, Robert C. Eklund (2007) Handbook of sports psychology (3rd edition), John Wiley & Sons, Inc.
6. Matt Jarvis (2006) Sports psychology A Student's Handbook; Routledge, Taylor & Francis group London and New York

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	3	3	3	2	2	3	3
CLO ₂	3	3	3	3	3	2	2	3	3
CLO ₃	3	3	3	3	3	2	2	3	3
CLO ₄	3	3	3	3	3	2	2	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	2
Communication Development	
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	2

Gender issues	2
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	VI		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Elementary Concept of Forensic Psychology		
Course Code	26L5.5-PSY-606		
Course Type	DSE		
Course Level	300 - 399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Understanding the psychological theories and factors that contribute to criminal behavior, including biological, social, and environmental influences	
	CLO ₂	Evaluate the techniques used by forensic psychologists for assessing criminal offenders, victims, and witnesses.	
	CLO ₃	Decision-making, violence, and sexual Students will be able to explain key concepts and ethical issues in forensic psychology, including correctional settings offending.	
	CLO ₄	Students will be able to administer, score, and interpret forensic psychological tests related to criminal behavior, deception, aggression, violence, decision-making, and mental health in correctional settings.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	2	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from the each of the three units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the			

external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO Attempt	Contact Hours		
Unit-I	Forensic Psychology: Nature and Scope, Role and Functions of Forensic Psychologist. Assessment and Evaluation in Forensic Psychology.	1	15		
Unit-II	Introduction to Criminal Psychology: Biological, Social and Psychological Determinant of Criminal Behaviour. , Juvenile Delinquency Eyewitness Testimony and Identification Dynamics of Serial Killings, Psychology of Lying and the Detection of Deception	2	15		
Unit-III	Correctional Psychology in Adult settings, Jury and Decision Making. Psychology of Sexual Violence; Sexual Offending, Psychology of Violence and Intimidation; Homicide, Practical and Ethical Issue in Forensic Psychology.	3	15		
Practical	1.Criminal Behaviour Inventory. 2. Test of Deception. 3. Test of Sexual Violence. 4. Decision making 5. Aggression Questionnaire. 6. Jail Mental Health Inventory. 7. Domestic Violence/Violence Inventory Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	4	30		
Total Contact Hours			75		
Evaluation Methods					
Internal Assessment	TH-25	PR-05	End Term Examination: 70	TH-50	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources**Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):**

- 1, Praeger An 1. Bartol, C.R. & Bartol, A.M. (2019). Introduction to Forensic Psychology: research and application. Thousand Oaks: SAGE Publications.
2. Bruce A. Arrigo, Introduction to Forensic Psychology (2000), Academic Press, USA
3. R.C. Nigam, Law of Crimes in India, Volume I, Asia Publishing House, New Delhi (1965)
4. Howitt, Dennis , Introduction to Forensic and Criminal Psychology, 2nd Ed. Prentice Hall, 2005
5. Peter, B. Ainsworth (2003). Offender Profiling and Crime Analysis. Lawman (INDIA) Pvt. Ltd. New Delhi.
6. Mohanty, R. K. and Mohanty, S. (2015) Textbook of Criminology Penology and Victimology, Mumbai: Himalaya Publishing House.
7. Grover Maurice Godwin (2001) Criminal Psychology and forensic Technology: A Collaborative Approach to Effective Profiling, CRC Press, Boca Raton London New York Washington, D.C.
8. Tiffany R. Masson (2016). Inside Forensic Psychology Imprint of ABC-CLIO, LLC

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	2	2	3	3	3	3	3
CLO ₂	3	2	2	3	3	3	3	3	3
CLO ₃	3	2	2	3	3	3	3	3	3
CLO ₄	3	3	3	3	3	3	3	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	2
Communication Development	1

Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	
Gender issues	
Public policies	2
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	I		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Psychology for Everyday Life		
Course Code	26L4.5-MDC-PSY-101		
Course Type	MDC		
Course Level	100 - 199		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁ : The students will be better equip for understanding the skills required to manage everyday lives and the knowledge will be significant and enhancing their own lives and society.		
	CLO ₂ : The students will learn usage of mnemonics as a learning strategy, challenges to healthy living and role of psychological skills in improving health.		
	CLO ₃ : Analyze psychological case information and prepare a comprehensive case study report using appropriate assessment formats.		
	Theory	Practical	Total
Credits	2	1	3
Teaching hours per week	2	2	4
Internal Assessment Marks	15	05	20
End Term Exam Marks	35	20	55
Max. Marks	50	25	75
Examination Duration (in Hours)	02	02	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u> The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 7 short answer type questions carrying one mark each (total 07 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from the each of the two units.			
<u>Instructions for Practical Examiner</u> Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Concept and Meaning of Psychology, Psychology in Everyday Life: Formation and Challenges. Character Strength and Virtues, Practice of Everyday Living.	1	15

	Concept; Meaning of Educational Psychology, Teaching Learning Process, Understanding Learners Need. Learning Strategies – Mnemonics.				
Unit-II	Know Thy Self: I & Me, Real-Self, Self-Concept, Self-Esteem; and Self-Efficacy. Personality: Nature, Scope and its Development. Intelligence: Basic theories and modern conception. Role of Psychology in Health Challenging to Healthy Living, Stress, Model Linking Psychology and Physical health. Psychological Skills for enhancing Intrapersonal Experiences.	2	15		
Practical Components	• Structured Interview • Case study Performa • Observation • Self Concept • EPQ • Verbal Intelligence Test • Perceived Stress Scale Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	3	30		
Total Contact Hours			60		
Evaluation Methods					
Internal Assessment	TH-15	PR-5	End Term Examination: 55	TH-35	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment /quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	35	NA
Mid-Term Exam:	5	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					

- Gazzaniga, M. Heatherton, T. Halpern, D. & Heine Steve (2012): Psychological Science New York: Norton & Company. Inc.
- Clifford T. Morgan, Richard King, John R. Weis and John Schopler (1993). Introduction to
- Psychology (7th Edition). Tata McGraw Hill Book Co. New Delhi.
- Larsen, R.J. & Buss, D.M. (2011). Personality Psychology: Domains of Knowledge about Human
- Nature. New Delhi: Tata McGraw-Hill.
- Baron, R.A., & Byrne, D. (2004). Social Psychology. Singapore: Pearson Education
- Atkinson, R.L., Atkinson, R.L. et. Al. (1985). Introduction to Psychology. N.Y. HBJ Publishers.
- Khatoon, N. (2012). General Psychology. Delhi: Pearson.
- Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas.
- Ciccarelli, S.K. & Meyer, G.E. (2006). Psychology. New Delhi: Pearson Education.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	2	3	3	3	2	3	3
CLO ₂	3	2	3	3	2	3	3	3	3
CLO ₃	3	3	3	2	3	3	3	2	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	1
Communication Development	2
Indian Knowledge System	
Environmental Awareness/SDGs	1
Current Issues and Social Awareness	1
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	II		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Understanding Self & Others		
Course Code	26L4.5-PSY-201		
Course Type	MDC		
Course Level	100 - 199		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Self and Core Competency, Techniques of Self- Awareness.	
	CLO ₂	Building a positive attitude, Building emotional competence.	
	CLO ₃	Demonstrate systematic observation skills to identify and record behavioral patterns in different settings.	
	Theory	Practical	Total
Credits	2	1	3
Teaching hours per week	2	2	4
Internal Assessment Marks	15	05	20
End Term Exam Marks	35	20	55
Max. Marks	50	25	75
Examination Duration (in Hours)	02	02	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u> The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 7 short answer type questions carrying one mark each (total 07 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from the each of the two units.			
<u>Instructions for Practical Examiner</u> Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Self: Core Competency: Understanding Self, Components of Self Identity, Self-Concept, Self Confidence, Self-Image. Exploration through Johari Wind; Mapping the key characteristics of self. Self Awareness: Framing a Charter for Self, Stages – Self- Awareness, Self-Acceptance	1	15

	and Self-Realization. Meaning & Importance, Components of Self-Esteem, High and low Self -Esteem.				
Unit-II	Building Positive Attitude: Meaning and Nature of Attitude, Components and Types of Attitudes. Relevance and Importance of Attitudes, Dealing with Problems Using a Positive Attitude. Building Emotional Competence: Emotional Intelligence – Meaning, Components, Importance and Relevance. Positive and Negative Emotions, Healthy and Unhealthy expression of Emotions.	2	15		
Practical Components	• Self Concept • Self Confidence • Self Esteem • Attitude • Emotional Intelligence • Emotions • Anger scale • Adjustment Inventory • Healthy Lifestyle Skills Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	3	30		
Total Contact Hours			60		
Evaluation Methods					
Internal Assessment	TH-15	PR-5	End Term Examination: 55	TH-35	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment /quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	35	NA
Mid-Term Exam:	5	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					

Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):

- Dressler, David and Donald E. Karns. (1973). Sociology: The Study of Human Interaction. New York: Knopf.
- Lindzey, G. and Borgatta, E: Sociometric Measurement in the Handbook of Social Psychology, Addison – Welsley, US.
- Pfeiffer, J. William (ed.) (1996): Theories and Models in Applied Behavioural Science, Vol 2, Group - Pfeiffer & Company.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	3	3	2	3	3	3	3
CLO ₂	3	2	3	2	1	3	3	2	2
CLO ₃	3	2	3	3	3	2	3	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	1
Communication Development	3
Indian Knowledge System	
Environmental Awareness/SDGs	1
Current Issues and Social Awareness	2
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	III		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Intergroup Relations		
Course Code	26L5.0-MDC-PSY-301		
Course Type	MDC		
Course Level	200 - 299		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Understanding Group dynamics and identify the nature of relationships between groups.	
	CLO ₂	Recognizing social Categorization, its consequences and apply the ways of conflict resolution.	
	CLO ₃	Analyse and apply key psychological concepts to understand individual and group behaviour in diverse social contexts.	
	Theory	Practical	Total
Credits	2	1	3
Teaching hours per week	2	2	4
Internal Assessment Marks	15	05	20
End Term Exam Marks	35	20	55
Max. Marks	50	25	75
Examination Duration (in Hours)	02	02	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 7 short answer type questions carrying one mark each (total 07 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from the each of the two units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Group Dynamics: Stages and Formation. Nature and Types of Groups. Group Norms: Nature, Formation and Functions. Nature of Intergroup Relations: Cooperation Vs. Competition. Group Conflicts: Social Categorization, In-group vs. Out- group. Consequences of Social Categorization: Cognitive	1	15

	Biases and Stereotypes, Conflicts, Prejudice and Discrimination.				
Unit-II	Attitude: Nature, Types, Formation and Changes. Prejudice: Nature, Formation and Changes. Cultural Aspects of Intergroup Relations: Social Identity. Leadership- Nature, Styles and Theories. Resolving Intergroup Conflict: Intergroup Contact; Promoting Intergroup Cooperation; Conflict Management Strategies.	2	15		
Practical Components	• Attitude Change • Prejudice • Leadership • Social Identity • Conflict Management • Attitude Formation • Cognitive Style • Stereotype Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	3	30		
Total Contact Hours			60		
Evaluation Methods					
Internal Assessment	TH-15	PR-5	End Term Examination: 55	TH-35	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment /quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	35	NA
Mid-Term Exam:	5	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					
• Aronson, E., Wilson, T. D., Akert, R. M., & Sommers, S. R. (2023). Social psychology (11th ed.). Pearson. • Baron, R. A., Branscombe, N. R., & Byrne, D. (2022). Social psychology (15th ed.). Pearson. • Myers, D. G., & Twenge, J. M. (2022). Social psychology (14th ed.). McGraw-Hill Education.					

- Hogg, M. A., & Vaughan, G. M. (2018). Social psychology (8th ed.). Pearson.
- Forsyth, D. R. (2019). Group dynamics (7th ed.). Cengage Learning.
- Northouse, P. G. (2022). Leadership: Theory and practice (9th ed.). Sage Publications.
- Brown, R. (2010). Prejudice: Its social psychology (2nd ed.). Wiley-Blackwell.
- Deutsch, M., Coleman, P. T., & Marcus, E. C. (Eds.). (2014). The handbook of conflict resolution: Theory and practice (3rd ed.). Jossey-Bass.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	3	2	3	3	1	2	2
CLO ₂	3	3	2	3	2	3	3	3	3
CLO ₃	3	2	3	2	3	3	3	1	2

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	1
Communication Development	3
Indian Knowledge System	
Environmental Awareness/SDGs	2
Current Issues and Social Awareness	3
Gender issues	1
Public policies	
Any Other	

Part A - Introduction			
Name of Programme	UG Programme Psychology		
Semester	1 st /2 nd		
Nature of Course/Course Composition	Theory		
Nomenclature of the Course	Human Values and Ethics		
Course Code	26L4.5-VAC-PSY-101/201		
Course Type	VAC		
Course Level	100 - 199		
Pre-requisite for the course (if any)	No		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Students will be able to understand Need, Content and Process for Value Education.	
	CLO ₂	Learner will be able to know the Human Values and Ethics.	
	CLO ₃	Students will be able to know the origin of Integrated Personality and Well-being.	
	CLO ₄	Learner will be able to understand the Professional Ethics and Global Citizenship.	
	Theory	Tutorial	Total
Credits	2	0	2
Teaching Hours per week	2	0	2
Internal Assessment Marks	15	0	15
End Term Exam Marks	35	0	35
Max. Marks	50	0	50
Examination Duration (in Hours)	02	0	
Part B- Contents of the Course			
<u>Instructions for Paper- Setter:</u>			
The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 07 short answer type questions carrying one mark each (total 07 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from the each of the two units.			
Unit	Topics	CLO Attempt	Contact Hours
I	Course Introduction- Need, Content and Process for Value Education Understanding the need, content and process for Value Education. Classification of Value Education: understanding Personal, Social, and Moral & Spiritual Values; Understanding the difference between ideology and values. Understanding Harmony with self, Society and Nature. Human Values and Ethics Meaning and nature of human values; Significance of human values in life;	1 & 2	15

	Relation between values and ethics. Relevance of Human values: Integrity, Empathy, Loksangrah, Brahmvihara. Theory of Naya (Jainism), Virtue Ethics,		
II	Integrated Personality and Well-being Understanding the relationship among: Self, Identity and Personality. Understanding Integrated Personality – with the three gunas theory of Sankhya, the fourAntah-karanas (inner instruments) in Yoga, and Panchkosha (five sheaths) in Upanishad. Approaching comprehensive understanding of well-being and its relation to Happiness. Professional Ethics and Global Citizenship Nature, characteristics and scope of professional ethics; Types of Professional Ethics; ProfessionalValues: Trusteeship, Inclusiveness, Commitment, Sustainability, Accountability, Transparency, Impartiality. Values for Global Citizenship: Equality, Justice, and Human Dignity.	3 & 4	15
Total Contact hours			30
Evaluation Methods			
Internal Assessment: 15 Marks		End Term Examination: 35 Marks	
• Class Participation:	5	Written Examination: 35	
• Seminar/presentation/assignment/quiz/ class test etc.:	5		
• Mid-Term Exam:	5		
Part C-Learning Resources			
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):			
• R.R. Gaur, R Sangal, G.P. Bagaria (2009): A Foundation Course in Human Values and Professional Ethics, Excel Books. • D.R. Kiran (2014) Professional Ethics and Human Values, McGraw Hill Education (India). • Happiness and Well-Being, NIOS Module V (Health and well-being) • Kiran Kumar, K. Salagame (2016): Meaning and Well-Being: Indian Perspectives, Journal of Constructivist Psychology • Dan P. McAdams, Kali Trzesniewski, Jennifer Lilgendahl, Veronica Benet-Martinez, Richard W. Robins (2021) Self and Identityin Personality Psychology, Personality Science, 2021, Vol.			

2, Article e6035, <https://doi.org/10.5964/ps.603>

- S.K. Kiran Kumar (2003): An Indian conception of wellbeing, in Henry, J. (Ed) European Positive Psychology Proceedings 2002. Leicester, UK: British Psychological Society.
- Vivian L Vignoles (2017): Identity: Personal and Social, Chapter to appear in Oxford Handbook of Personality and Social Psychology (2nd ed.), edited by Kay Deaux and Mark Snyder.
- Wong, S.-C. (2020). Competency Definitions, Development and Assessment: A Brief Review. International Journal of Academic Research in Progressive Education and Development, 9(3), 95–114.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	2	1	3	3	1	2	2	1
CLO ₂	3	1	3	3	3	2	1	2	2
CLO ₃	3	2	2	3	3	2	2	1	3
CLO ₄	3	3	3	3	2	3	2	3	2

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	4
Skill Enhancement	3
Communication Development	2
Indian Knowledge System	6
Environmental Awareness/SDGs	6
Current Issues and Social Awareness	4
Gender issues	
Public policies	2
Any Other	

Part A - Introduction			
Name of Programme	UG Programme Psychology		
Semester	III		
Nature of Course/Course Composition	Theory		
Nomenclature of the Course	Psychology of Gender Identity		
Course Code	26L5.0-VAC-PSY-301		
Course Type	VAC		
Course Level	200 - 299		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	To understand a person's innermost concept of self as male, female or something else. To understand gender identity disorders and support systems.	
	CLO ₂	Analyse psychological, social, legal, and mental health issues related to gender and diverse sexual identities to promote equity, inclusion, and well-being.	
	Theory	Tutorial	Total
Credits	2	0	2
Teaching Hours per week	2	0	2
Internal Assessment Marks	15	0	15
End Term Exam Marks	35	0	35
Max. Marks	50	0	50
Examination Duration (in Hours)	02	0	
Part B- Contents of the Course			
<u>Instructions for Paper- Setter:</u> The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 07 short answer type questions carrying one mark each (total 07 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from the each of the two units.			
Unit	Topics	CLO Attempt	Contact Hours
I	Introduction: Gender, Gender differences, Gender Identity, Gender Expression and Gender Role. Different Types of Gender Identities; Methods in Gender Research. Development of Gender Identity; Factors Influencing Gender Identity (Physiological, Social and Environmental). Sexual Orientation and Sexuality; Interpersonal Relationships;	1	15
II	Psychology & history of LGBTQ+ Communities. Gender Equity; Sex Differences in Health; Work and Harassment; Legal Issues in Gender. Gender Dysphoria; Gender Identity Disorders; Mental Health Issues;	2	15

	Common Psychological Disorders Among LGBTQ+ Communities. Mental Health Support Systems for LGBTQ+ Communities; Methods of Support System.		
Total Contact hours			30
Evaluation Methods			
Internal Assessment: 15 Marks		End Term Examination: 35 Marks	
• Class Participation:	5	Written Examination: 35	
• Seminar/presentation/assignment/quiz/ class test etc.:	5		
• Mid-Term Exam:	5		
Part C-Learning Resources			
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):			
• Hegelson, VS. Psychology of Gender, 5th Edition,Routlegde Publication. • Butcher, JN., Hooley, JM., Mineka.S. &Dwivedi, CB.Abnormal Psychology, 17th Edition; Pearson • Education Inc. Bosom, JK., Buckner, CE &Vandello, JA (2021), Psychology of Sex and Gender, 2nd Edition.			

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes

CLOs	PO ₁	PO ₂	PO ₃	PO ₄	PO ₅	PO ₆	PO ₇	PO ₈	PO ₉
CLO ₁	3	3	3	2	2	3	2	1	3
CLO ₂	3	3	2	3	3	2	3	2	3
CLO ₃	3	1	3	1	3	2	3	3	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	1
Communication Development	2
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	4
Gender issues	5
Public policies	
Any Other	

Part A - Introduction			
Name of Programme	UG Programme Psychology		
Semester	IV		
Nature of Course/Course Composition	Theory		
Nomenclature of the Course	Art of Happiness		
Course Code	26L5.0-VAC-PSY-401		
Course Type	VAC		
Course Level	300 - 399		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Understand the role of culture in happiness and relationship happiness and money, and will get awareness regarding nature, sources and factors affecting happiness.	
	CLO ₂	Develop insight about happiness as a intrinsic value, age relationship with happiness and ways to increase happiness.	
	Theory	Tutorial	Total
Credits	2	0	2
Teaching Hours per week	2	0	2
Internal Assessment Marks	15	0	15
End Term Exam Marks	35	0	35
Max. Marks	50	0	50
Examination Duration (in Hours)	02	0	
Part B- Contents of the Course			
<u>Instructions for Paper- Setter:</u> The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 07 short answer type questions carrying one mark each (total 07 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from the each of the two units.			
Unit	Topics	CLO Attempt	Contact Hours
I	Happiness: Definition and Nature. Sources of Happiness, Factors Affecting Happiness. Culture and Happiness. Eastern and Western Approaches to Happiness. Relationship between Happiness and Money.	1	15
II	Happiness as Intrinsic Value. Age and Happiness. Ways to Increase Happiness. Measuring Happiness: Key Indicators. Happiness Index. Happiness in India.	2	15
Total Contact hours			30
Evaluation Methods			
Internal Assessment: 15 Marks		End Term Examination: 35 Marks	

• Class Participation:	5	Written Examination: 35
• Seminar/presentation/assignment/quiz/ class test etc.:	5	
• Mid-Term Exam:	5	
Part C-Learning Resources		
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):		
• Seligman, M. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press. • Selin, H. and Davey, G. (2012). Happiness Across Cultures. Springer. • H H Lama, D. and Cutler, H. C. (2009). The Art of Happiness: A Handbook of Living (10th Anniversary Edition). New York: Riverhead Books. • Clark, A. E., Fleche, S., Layard, R., Powdthavee, N. and Ward, G. (2019). The Origins of Happiness. NJ: Princeton University Press. • Yew – Kwang Ng (2022). Happiness- Concept, Measurement and Promotion. Springer.		

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PO ₁	PO ₂	PO ₃	PO ₄	PO ₅	PO ₆	PO ₇	PO ₈	PO ₉
CLO ₁	3	3	1	2	3	3	2	3	1
CLO ₂	3	2	2	2	3	3	3	2	3
CLO ₃	3	3	3	3	3	2	3	2	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	
Skill Enhancement	2
Communication Development	3
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	2
Gender issues	1
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	II		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Developing Career Competencies		
Course Code	26L 4.5-SEC-PSY-201		
Course Type	SEC		
Course Level	100 - 199		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Students should be able to understand the theoretical knowledge of the resume and CV and will gain knowledge about Job Interviews Processes.	
	CLO ₂	Develop skill to face any type of interviews and will learn about Netiquettes.	
	CLO ₃	Learn effective interpersonal, communication, self-awareness, teamwork, and professional skills through practical activities and reflective exercises.	
	Theory	Practical	Total
Credits	2	1	3
Teaching hours per week	2	2	4
Internal Assessment Marks	15	05	20
End Term Exam Marks	35	20	55
Max. Marks	50	25	75
Examination Duration (in Hours)	02	02	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 7 short answer type questions carrying one mark each (total 07 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from the each of the two units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Letter Writing, Resume Writing, CV Writing, Differences between bio-data, Resume and CV.	1	15

	Job Interview: Importance and Factors Involving Job Interview; Characteristics of Job Interview; Job Interview Process; Job Interview Techniques- Manners and etiquettes to be maintained during an Interview.				
Unit-II	Delivering a Presentation, Tools that Enhance the Effect of the Presentation, Conducting Presentations, in a Smooth and Self-Assured Manner. Netiquettes: effective e-mail messages; power-point presentation; enhancing editing skills using computer software.	2	15		
Practical Components	• Johari Window • Conflict Questionnaire • Picture Perception and Description test • Reflection or Learning • Chinese Whisper • Commonly confused words – Practice sheet • Individual and Group Presentation • Non – Verbal Communication Skills: Science of Body Language. • Email and Resume Writing Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	3	30		
Total Contact Hours			60		
Evaluation Methods					
Internal Assessment	TH-15	PR-5	End Term Examination: 55	TH-35	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment /quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	35	NA

Mid-Term Exam:	5	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					
- Sethi, J & et al. A Practice Course in English Pronunciation, Prentice Hall of India, New Delhi. - Sen, Leena. Communication Skills, Prentice Hall of India, New Delhi. - Prasad, P. Communication Skills, S.K. Kataria & Sons. - Bansal, R.K. and J.B. Harrison. Spoken English, Orient Language. - Roach Peter. English Phonetics and Phonology. - A.S. Hornby's. Oxford Advanced Learners Dictionary of Current English, 7th Edition. T.					

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	2	3	2	3	2	3	3
CLO ₂	3	1	3	3	1	3	3	2	3
CLO ₃	3	3	3	2	3	3	1	3	2

Content Mapping with NEP thrust areas

Field	Content/s
Employability	2
Entrepreneurship	4
Skill Enhancement	5
Communication Development	
Indian Knowledge System	
Environmental Awareness/SDGs	
Current Issues and Social Awareness	1
Gender issues	
Public policies	
Any Other	

Part A – Introduction			
Name of the Programme	UG Programme Psychology		
Semester	III		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Psychology & Mental Health		
Course Code	26L 5.0-SEC-PSY-301		
Course Type	SEC		
Course Level	200 - 299		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO ₁	Understanding the status of mental health problem in India and the world, Starting conversations around mental health and creating mental health awareness amongst non-Psychology students.	
	CLO ₂	Being able to identify people suffering from common mental health problems like anxiety and depression, Learning to provide psychological first aid to people	
	CLO ₃	Administer, score, interpret, and report psychological assessment tools for evaluating mental health and related psychological constructs using ethical and professional practices.	
	Theory	Practical	Total
Credits	2	1	3
Teaching hours per week	2	2	4
Internal Assessment Marks	15	05	20
End Term Exam Marks	35	20	55
Max. Marks	50	25	75
Examination Duration (in Hours)	02	02	
Part B- Contents of the Course			
<u>Instructions for Theory Paper-Setter</u>			
The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be compulsory question comprising 7 short answer type questions carrying one mark each (total 07 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from the each of the two units.			
<u>Instructions for Practical Examiner</u>			
Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.			
	Topics	CLO Attempt	Contact Hours
Unit-I	Concept of Mental Health: Issues of Mental Health in India and the Globe. Importance of Mental Health, Identify Mental Health Challenges to help reduce the Stigma of	1	15

	Mental Illness. Anxiety: Signs and Symptoms and Causes. Depression: Signs and Symptoms and Causes.				
Unit-II	Reaching Out and Providing Initial Help: Recognizing the Signs that Someone May Need Support., Psychological First Aid: Utilizing the RAPID Model (Reflective Listening, Assessment of Needs, Prioritization, Intervention, and Disposition). Mental Health Practice and Care: Counseling, Therapy, Guidance, Mentoring; Peer Mentoring: Concept and Skills	2	15		
Practical Components	• BDI • Mental Health Battery • STAI • Suicidal Ideation & Attitude Scale • Hospital Anxiety & Depression Scale • Mental Health Questionnaire • Rating Scale for Assessing Listening Skills • Perceived Stress Scale Note: Each student will perform five practicals from the above listed areas. A record file containing report of the performed practicals, duly signed by the respective teacher, will be submitted by each student. One practical, allotted by the examiner, will be performed by each student during the end term examination. Evaluation would be based on conduct, written report and viva.	3	30		
Total Contact Hours			60		
Evaluation Methods					
Internal Assessment	TH-15	PR-5	End Term Examination: 55	TH-35	PR-20
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/assignment /quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	35	NA
Mid-Term Exam:	5	NA	Write-up and execution of the practical	NA	10
Part C-Learning Resources					
Recommended Books/Journals/ e-resources/ Learning Management Systems (LMS):					
• Butcher, J.N., Hooly, J. M, Mineka, S. & Dwivedi, C.B (2017). Abnormal					

Psychology. New Delhi: Pearson.

- Muir-Cochrane, E., Barkway, P. & Nizette, D. (2018). Pocketbook of Mental Health (3rd Edition). Elsevier
- Snider, Leslie and WHO (2011). Psychological First Aid: Guide for Field Workers. Retrieved from
- WHO (2003). Investing in Mental Health. Retrieved from https://www.who.int/mental_health/media/investing_mnh.pdf
[http://www.aaptuk.org/downloads/Psychological_first_aid_Guide_for field_workers](http://www.aaptuk.org/downloads/Psychological_first_aid_Guide_for_field_workers).

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO ₁	PLO ₂	PLO ₃	PLO ₄	PLO ₅	PLO ₆	PLO ₇	PLO ₈	PLO ₉
CLO ₁	3	3	3	2	3	2	2	3	3
CLO ₂	3	2	3	2	3	3	1	2	2
CLO ₃	3	2	3	2	3	3	1	1	3

Content Mapping with NEP thrust areas

Field	Content/s
Employability	
Entrepreneurship	1
Skill Enhancement	2
Communication Development	
Indian Knowledge System	
Environmental Awareness/SDGs	1
Current Issues and Social Awareness	2
Gender issues	
Public policies	
Any Other	