

Indira Gandhi University, Meerpur, Rewari



Scheme of Examination and Syllabus for Under-Graduate Programme (Subject: Psychology)

**Under Multiple Entry-Exit, Internship and CBCS-LOCF
in accordance to NEP- 2020, Session 2024-25 (Revised)**

Type of Courses in UG Programme

AEC	Ability Enhancement Course
CC	Core Course
CC-H	Core course in Honours discipline
CC-HM	Core Course in Minor Subject of of Honours Program
DSE	Discipline Specific Elective Course
DSE-H	Discipline specific elective course in Honours
H	Honours
M	Minor
MDC	Multi-Disciplinary Course
PC	Practicum Course
PC-H	Practicum Course in Honours
SEC	Skill Enhancement Course
V	Vocational
VAC	Value Added Course

INDIRA GANDHI UNIVERSITY, MEERPUR

**Scheme of Examination Subject: Psychology for Under-Graduate Programme under Multiple Entry-Exit,
Internship and CBCS-LOCF in accordance to NEP-2020 w. e. f. 2024-25 (Revised)**

DEPARTMENT OF PSYCHOLOGY

		FIRST YEAR: SEMESTER- I								
Applicable Scheme	Course	Course Code	Nomenclature of Course	Credits	Contact Hours/ Week	Internal marks	End Term Marks	Total (T+P)	Total	Exam Duration
A,B&C	CC-1 MCC-1 4 credits	24L4.5- PSY-101	Foundations of Psychology	3	3	20	50	70	100	3hrs.
			Practical	1	2	10	20	30		3hrs.
C	MCC-2 4 credits	24L4.5-PSY-102	Introduction to Social Psychology	3	3	20	50	70	100	3hrs.
			Practical	1	2	10	20	30		3hrs.
A,B&D	*CC-M1 2 credits	24L4.5-PSY-103	Psychology of Health and Well-being	1	1	10	20	30	50	3hrs.
			Practical	1	2	5	15	20		3hrs.
C	CC MI		From Available CC-1/MCC-1 for 4 credits as per NEP							
A,B&C	MDC-1		From Available Pool of Multi Disciplinary Courses from a subject of Different Discipline (Arts)							
A,B&C	AEC-1		From Available AEC-1 for 2 credits as per NEP							
	SEC -1		From Available SEC-1 for 3 credits as per NEP							
	VAC-1		From Available VAC-1 for 2 credits as per NEP							

*** CC-M1 (2 Credits) – for students who opt Psychology as Minor Subject**

CC : Core Course
MDC : Multidisciplinary Course
SEC : Skill Enhancement Course

CC-M: Minor Course
AEC : Ability Enhancement Course
VAC : Value Added Course

INDIRA GANDHI UNIVERSITY, MEERPUR

**Scheme of Examination Subject: Psychology for Under-Graduate Programme under Multiple Entry-Exit,
Internship and CBCS-LOCF in accordance to NEP-2020 w. e. f. 2024-25 (Revised)**

DEPARTMENT OF PSYCHOLOGY

		FIRST YEAR: SEMESTER- II									
Applicable Scheme	Course	Course Code	Nomenclature of Course		Credits	Contact Hours/ Week	Internal marks	End Term Marks	Total (T+P)	Total	Exam Duration
A,B&C	CC-2 MCC-3 4 credits	24L4.5- PSY-201	Basic Research & Statistics in Psychology		3	3	20	50	70	100	3hrs.
			Practical		1	2	10	20	30		3hrs.
C	DSEC-1 4 credits	24L4.5-PSY-202	Systems of Psychology		3	3	20	50	70	100	3hrs.
			Practical		1	2	10	20	30		3hrs.
A,B&D	*CC–M2 2credits	24L4.5-PSY-203	Stress & Coping		1	1	10	20	30	50	3hrs.
			Practical		1	2	5	15	20		3hrs.
A,B&C	Internship	24L4.5-PSY-204		Internship of 4 Credits of 4-6 weeks after 2 nd semester (mandatory in case of exit)							
C	CC-M2		From Available CC-2/MCC-3 for 4 credits as per NEP								
A,B&C	MDC-2		From Available Pool of Multi Disciplinary Courses from a subject of Different Discipline as per NEP (Arts)								
A,B&C	AEC-2		From Available AEC 2 for 2 credits as per NEP								
	SEC-2		From Available SEC 2 for 3 credits as per NEP								
	VAC-2		From Available VAC 2 for 2 credits as per NEP								

* CC-M2 (2 Credits) – for students who opt Psychology as Minor Subject

CC : Core Course

MDC : Multidisciplinary Course

SEC : Skill Enhancement Course

DSE : Discipline Specific Elective Course

CC-M : Minor

AEC : Ability Enhancement Course

VAC : Value Added Course

INDIRA GANDHI UNIVERSITY, MEERPUR

**Scheme of Examination Subject: Psychology for Under-Graduate Programme under Multiple Entry-Exit,
Internship and CBCS-LOCF in accordance to NEP-2020 w. e. f. 2024-25 (Revised)**

DEPARTMENT OF PSYCHOLOGY

		SECOND YEAR: SEMESTER- III								
Applicable Scheme	Course	Course Code	Nomenclature of Course	Credits	Contact Hours/ Week	Internal marks	End Term Marks	Total (T+P)	Total	Exam Duration
A,B&C	CC-3 MCC-4 4credits	24L5.0-PSY-301	Developmental Psychology	3	3	20	50	70	100	3hrs.
			Practical	1	2	10	20	30		3hrs.
B & C	MCC-5 4credits	24L5.0-PSY- 302	Physiological Psychology	3	3	20	50	70	100	3hrs.
			Practical	1	2	10	20	30		3hrs.
B	MCC-2 4 credits	24L5.0-PSY- 303	Healthy Lifestyle Skills	3	3	20	50	70	100	3hrs.
			Practical	1	2	10	20	30		3hrs.
A&C	CC-M3 4credits		From Available pool of CC–3/MCC-4 for 4 credits as per NEP							
B	CC-M3 (V) 4 credits		From Available pool of Minor Vocational courses- VOC-1 as per NEP							
A,B&C	MDC-3		From Available Pool of Multi Disciplinary Courses from a subject of Different Discipline as per NEP (Arts)							
A,B&C	AEC-3		From Available pool of AEC-3 of 2 credits as per NEP							
	SEC-3		From Available pool of SEC-3 of 3 credits as per NEP							
C	VAC-3		From Available pool of VAC-3 of 2 credits as per NEP							

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CC-M : Core Course-Minor
AEC : Ability Enhancement Course
VAC : Value Added Course

INDIRA GANDHI UNIVERSITY, MEERPUR

Scheme of Examination Subject: Psychology for Under-Graduate Programme under Multiple Entry-Exit, Internship and CBCS-LOCF in accordance to NEP-2020 w. e. f. 2024-25 (Revised)

DEPARTMENT OF PSYCHOLOGY

	SECOND YEAR: SEMESTER- IV											
Applicable Scheme	Course	Course Code	Nomenclature of Course		Credits	Contact Hours/ Week	Internal marks	End Term Marks	Total (T+P)	Total	Exam Duration	
A,B&C	CC-4 MCC-6 4credits	24L5.0 – PSY- 401	Experimental Psychology		3	3	20	50	70	100	3hrs.	
			Practical		1	2	10	20	30		3hrs.	
B & C	MCC-7 4credits	24L5.0 – PSY-402	Eastern Perspectives in Psychology		3	3	20	50	70	100	3hrs.	
			Practical		1	2	10	20	30		3hrs.	
B & C	MCC-8 4credits	24L5.0 – PSY-403	Psychopathology		3	3	20	50	70	100	3hrs.	
			Practical		1	2	10	20	30		3hrs.	
B & C	DSE-1 4 credits	24L5.0 –PSY-404	Cognitive Psychology		3	3	20	50	70	100	3hrs.	
			Practical		1	2	10	20	30		3hrs.	
			OR									
		24L5.0 –PSY- 405	Developing Life Skills		3	3	20	50	70	100	3hrs.	
			Practical		1	2	10	20	30		3hrs.	
A,B &C	Internship	24L5.0-PSY -406		Internship of 4 credits of 4-6 weeks duration for students who wish to exit after 4 th semester (Mandatory in case of exit if not done after 2 nd semester)								
A,B &C	CC-M4 (V)		From Available pool of Minor Vocational courses- VOC-2 as per NEP									
A,B&C	AEC-4		From Available pool of AEC-4 of 2 credits as per NEP									
A&B	VAC-3		From Available pool of VAC-3 of 2 credits as per NEP									
C	VAC-4		From Available pool of VAC-4 of 2 credits as per NEP									

CC : Core Course
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CC-M: Core Course Minor

INDIRA GANDHI UNIVERSITY, MEERPUR

**Scheme of Examination Subject: Psychology for Under-Graduate Programme under Multiple Entry-Exit,
Internship and CBCS-LOCF in accordance to NEP-2020 w. e. f. 2024-25 (Revised)**

DEPARTMENT OF PSYCHOLOGY

	THIRD YEAR: SEMESTER- V									
Applicable Scheme	Course	Course Code	Nomenclature of Course	Credits	Contact Hours/ Week	Internal marks	End Term Marks	Total (T+P)	Total	Exam Duration
A,B&C	CC-5 MCC-9 4 credit	24L5.5 PSY- 501	Research Method & Statistics	3	3	20	50	70		3hrs.
			Practical	1	2	10	20	30		3hrs.
B & C	MCC-10 4 credit	24L5.5 PSY- 502	Introduction to Personality	3	3	20	50	70	100	3hrs.
			Practical	1	2	10	20	30		3hrs.
B & C	DSE-2 4 credits	24L5.5 PSY- 503	Guidance & Counseling	3	3	20	50	70	100	3hrs.
			Practical	1	2	10	20	30		3hrs.
		OR								
		24L5.5 PSY- 504	Organisational Behaviour	3	3	20	50	70	100	3hrs.
			Practical	1	2	10	20	30		3hrs.
		B & C	DSE-3 4 credits	24L5.5 PSY- 505	Assessment of Personality & Intelligence	3	3	20	50	70
Practical	1				2	10	20	30	3hrs.	
OR										
24L5.5 PSY- 506	Motivation & Emotion			3	3	20	50	70	100	3hrs.
	Practical			1	2	10	20	30		3hrs.
A, B & C	Internship 4 credits			24L5.5 PSY-507	Internship of 4 credits of 4-6 weeks duration If not done after II & IV Semester)					
A & C	CC-M5(V) 4 credits	From Available pool of VOC-1 of 4 credits as per NEP								

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CC-M(V) : Core Course Minor (Vocational)
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INDIRA GANDHI UNIVERSITY, MEERPUR

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	THIRD YEAR: SEMESTER-VI									
Applicable Scheme	Course	Course Code	Nomenclature of Course	Credits	Contact Hours/ Week	Internal marks	End Term Marks	Total (T+P)	Total	Exam Duration
A,B&C	CC-6 MCC-11 4 Credits	24L5.5 PSY-601	Clinical Psychology	3	3	20	50	70	100	3hrs.
			Practical	1	2	10	20	30		3hrs.
B&C	MCC-12 4credits	24L5.5 PSY 602	Applied Social Psychology	3	3	20	50	70	100	3hrs.
			Practical	1	2	10	20	30		3hrs.
B&C	DSE-4 4 credits	24L5.5 PSY- 603	Child Psychology	3	3	20	50	70	100	3hrs.
			Practical	1	2	10	20	30		3hrs.
		OR								
		24L5.5 PSY- 604	Consumer Psychology	3	3	20	50	70	100	3hrs.
			Practical	1	2	10	20	30		3hrs.
		B&C	DSE-5 4 credits	24L5.5 PSY-605	Sports Psychology	3	3	20	50	70
Practical	1				2	10	20	30	3hrs.	
OR										
24L5.5 PSY- 606	Elementary Concept of Forensic Psychology			3	3	20	50	70	100	3hrs.
	Practical			1	2	10	20	30		3hrs.
A	CC-M6 4credits				From Available Pool of CC-6/MCC-11 of 4 credits as per NEP					
B	CC-M5(V) 4credits		From Available Pool of VOC-3 of 4 credits as per NEP							
C	CC-M6(V) 4credits		From Available Pool of VOC-3 of 4 credits as per NEP							
A	CC-M7(V) 4credits		From Available Pool of VOC-3 of 4 credits as per NEP							
C	SEC-4 2credit		From Available Pool of SEC-4 of 2 credits as per NEP							

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CC-M (V): Core Course Minor (Vocational)
AEC: Ability Enhancement Course
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Scheme of MDC, SEC and VAC

Pool of Multidisciplinary Courses (MDC)

Applicable Scheme	Course	Course Code	Nomenclature of Course	Credits	Contact Hours/ Week	Internal marks	End Term Marks	Total Marks	Total Marks (T+P)	Exam Duration
A,B,C& D	MDC-1 3 credits	24L4.5-MDC-PSY-101	Psychology for Everyday Life	2	2	15	35	50	75	3hrs.
			Practical	1	2	5	20	25		3hrs.
A,B,C& D	MDC - 2 3credits	24L4.5-MDC-PSY-102	Understanding Self and Others	2	2	15	35	50	75	3hrs.
			Practical	1	2	5	20	25		3hrs
A,B,C&D	MDC-3 3 credits	24L5.0-MDC-PSY-103	Inter Group Relations	2	2	15	35	50	75	3hrs.
			Practical	1	2	5	20	25		3hrs.

POOL OF SKILL ENHANCEMENT COURSES (SEC)

Applicable Scheme	Course Type	Course Code	Nomenclature of course	Credits	Contact Hours/ Week	Internal Marks	End Term Marks	Total Marks	Total Marks (T+P)	Duration of Exam
A,B,C&D	SEC-2	24L 4.5-SEC-PSY-201	Developing Career Competencies	2	2	15	35	50	75	3 hrs.
			Practical	1	2	5	20	25		3 hrs
	SEC-3	24L 5.0-SEC-PSY-301	Psychology and Mental Health	2	2	15	35	50	75	3 hrs.
			Practical	1	2	5	20	25		3 hrs.

POOL OF VALUE-ADDED
COURSES (VAC)

Applicable Scheme	Course Type	Course Code	Nomenclature of course	Credits	Contact Hours/ Week	Internal Marks	End Term Marks	Total Marks	Duration of Exam
A,B,C&D	VAC-3		Art of Happiness	2	2	15	35	50	3 hrs.
C	VAC-4		Psychology of Gender Identity	2	2	15	35	50	3 hrs.

INDIRA GANDHI UNIVERSITY, MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –I

Part-A-Introduction			
Subject	Psychology		
Semester	I		
Name of the Course	Foundations of Psychology		
Course Code	24L4.5-PSY-101		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC/MCC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	10+2or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Demonstrate an understanding of foundational concepts of psychology and human behavior. 2. understand the structure and function of sensory processes. 3. comprehend theoretical concepts of emotion and motivation. 4. Understand various theories and factors affecting personality and intelligence. 5. Conduct experiments and tests related to Foundations of Psychology 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/Per group	5 per week /per Group
Max.Marks:100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time:3Hours (Each theory & practical)	

Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of **NINE** questions out of which the candidate would be required to attempt **FIVE** questions. The first question will be compulsory and will have **5** short answer questions (2 marks each) uniformly spread over entire syllabus. The remaining **EIGHT** questions will be set taking **TWO** questions from each of the four units. Each question will carry **10** marks. The candidate would be required to attempt **ONE** question from each unit in addition to the compulsory question.

Unit	Topics	Contact Hours
I	Introduction: Nature and Scope of Psychology. Psychology as Science. Major fields of Psychology. Methods to Study Behavior: Introspection, Experimental and Interview.	14
II	Sensation: Nature, Characteristics and Types. Structure and Functions of Visual and Auditory sensory processes. Perception: Nature, Principles of perceptual organisations and illusions.	14
III	Motivation: Nature, Biological and Psychological Motivation. Emotion: Nature, Bodily changes Theories of emotion: Physiological and cognitive.	14
IV	Intelligence: Nature and theories (Spearman and Thurstone) Personality: Nature and Determinants Type and trait approach to Personality	14
	Practical <ol style="list-style-type: none"> 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 <p>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.</p>	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/classstetetc.:05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Labrecordsetc.:10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C -Learning Resources <ol style="list-style-type: none"> 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 Jain, S. (2019). Introduction to Psychology. Delhi: Kalyani Prakashan.	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –I

Part A – Introduction			
Subject	Psychology		
Semester	I		
Name of the Course	Introduction to Social Psychology		
Course Code	24L4.5-PSY- 102		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC/MCC		
Level of the course (As per Annexure-I	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <div>1. demonstrate an understanding of the foundational concepts of social behavior and methods of study.</div> <div>2. demonstrate understanding of socialization process, person perception and attitudes.</div> <div>3. acquaint with interpersonal attraction, pro-social behavior and aggression.</div> <div>4. Understand the concept of leadership and dynamics of group and collective behavior.</div> <div>5. Acquaint with different types of psychological test related to social phenomenon.</div>		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per Group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Introduction: Nature and Scope of Social Psychology. Relationship with Sociology and Anthropology. Methods of Study: Observation, Sociometry and Survey.	14
II	Socialization: Nature, Agencies and Factors Affecting Socialization. Person Perception: Nature and Determinants. Attitude: Nature, Formation, Change and Resistance to Change.	14
III	Interpersonal Attraction: Nature and Determinants. Pro-social Behavior: Meaning, Stages and Determinants. Aggression: Nature, Causes and Control.	14
IV	Group Behavior: Meaning and Formation, Types and Functions of Group. Group Dynamics: Nature of Groups, Propaganda and Prejudice	14
	<p>Practical</p> <ol style="list-style-type: none"> 1. Sociometry 2. Measurement of Attitude 3. Altruism Scale 4. Aggression Scale 5. Social Maturity Scale 6. Social Conformity 7. Social Facilitation 8. Prejudice <p>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.</p>	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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. 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –I

Part A – Introduction			
Subject	Psychology		
Semester	I		
Name of the Course	Psychology of Health and Well-being		
Course Code	24L4.5-PSY-103		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-M		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. gain understanding regarding the concept of health psychology and related discipline. 2. get acquainted with concept of wellbeing. 3. understand the phenomenon of stress and pain. 4. get acquainted with health promoting behaviours. 5. conduct tests related to health and health related behaviour. 		
Credits	Theory	Practical	Total
	1	1	2
Contact Hours	1 Per week	2 per week / per Group	3 per week / per Group

Part B- Contents of the course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 4 short answer questions (1 mark each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 4 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Introduction to Health Psychology: Meaning and Components of Health psychology, Relationship of Health with Psychology.	7
II	Well-being: Components of Well-being: Eudemonia and Hedonism, Life Satisfaction and Affect.	7
III	Stress: Causes and Consequences. Coping with Stress. Illness and Pain	7
IV	Health Enhancing Behaviors: Resilience, Hope, Optimism.	7
	<p>Practical</p> <ol style="list-style-type: none">1. Well-being Scale2. Stress Inventory3. Resilience Scale4. General Health Questionnaire5. Optimism Scale6. Happiness Scale7. Type A/ B Personality Inventory8. Mental Toughness Questionnaire <p>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.</p>	32
Suggested Evaluation Methods		

<p>Internal Assessment:</p> <p>➤ Theory (10 Marks)</p> <ul style="list-style-type: none"> • Class Participation: 03 Marks • Seminar/presentation/assignment/quiz/class test etc.: 02 Marks • Mid-Term Exam: 05 Marks 	<p>End Term Examination : 20 Marks</p>
<p>➤ Practical (05 Marks)</p> <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 05 Marks • Mid-Term Exam: Nil 	<p>15 Marks</p>

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –II

Part A – Introduction			
Subject	Psychology		
Semester	II		
Name of the Course	Basic Research and Statistics in Psychology		
Course Code	24L4.5-PSY-201		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1 develop insight about statistics and level of measurements. 2 have in depth understanding of types, frequency distribution and graphical representation of data. 3 have knowledge about measures of central tendency and variability. 4 develop insight about normal probability curve and methods of correlation. 5 draw different types of graph and calculations of central tendencies through excel.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per Group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Introduction: Meaning, Characteristics, Types, Need and emergence of Statistics. Relevance and Application of Statistics in Psychology. Limitations of Statistics	14
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.	14
III	Measures of Central Tendency: Mean, Median and Mode. Measures of Variability: Range, Average Deviation, Standard Deviation and Quartile Deviation.	14
IV	Normal Probability Curve: Characteristics, Divergence from Normalcy (Skewness and Kurtosis). Correlation: Meaning and Concept. Methods: Pearson's Product Moment, Spearman's Rank Difference.	14
	<p>Practical</p> <p>Each student will collect data on a psychological parameter and demographic data (N=15) and:</p> <ol style="list-style-type: none"> 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. <p>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.</p>	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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. 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –II

Part A – Introduction			
Subject	Psychology		
Semester	II		
Name of the Course	Systems of Psychology		
Course Code	24L4.5-PSY-202		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSEC		
Level of the course (As per Annexure-I	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Students would gain knowledge about the theoretical foundation in Psychology. 2. Students would be able to understand the different theory of Psychoanalysis in psychology. 3. Students would be able to understand the different theory of Behaviorism in psychology 4. Students would be able to understand the knowledge of mental abilities and human behavior.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per Group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.		
Unit	Topics	Contact Hours
I	Birth of Modern Psychology: Associationism and Structuralism: Associationism of Stimulus- Response; Structuralism (Wundt and Titchener's contribution to structuralism).	14
II	Functionalism and Psychophysics: Functionalism (William James, Harvey Carr contribution to functionalism). Psycho-physics: Problems, threshold: AL and DL, Contribution of Weber.	14
III	Behaviorism and Gestalt Psychology: Behaviorism: Watson and Skinner's contribution. Gestalt Psychology: contribution of Wertheimer, Kohler and Koffka.	14
IV	Psychoanalysis: Sigmund Freud's Psychoanalysis & Neo-Freudians (Adler and Jung).	14
	<u>Practical</u> 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 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

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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. 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –II

Part A – Introduction			
Subject	Psychology		
Semester	II		
Name of the Course	Stress and Coping		
Course Code	24L4.5-PSY-203		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-M		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. acquaint with the main symptoms and sources of stress. 2. understand the effect of stress on health. 3. learn various stress management techniques. 4. learn different ways of coping with stress. 		
Credits	Theory	Practical	Total
	1	1	2
Contact Hours	1 Per week	2	3 per week/per group
Max. Marks: 50 Internal Assessment Marks:15 End Term Exam Marks: 35		Time: 3 Hours	

Part B- Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 4 short answer questions (1 mark each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 4 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Stress- Its meaning, Impact and Sources. Stress Cycle. Appraisal of Stress. Coping Styles Model of stress- GAS Model, The Fight or Flight Response.	7
II	Types of Stressors- Physical, Social, Biological, Familial and Psychological. Life Events and Daily Hassles. Habits and Stress. PTSD. Hardiness.	7
III	Coping- Meaning, Nature and Coping Styles Coping with Stress: Problem based, and Solution based coping.	7
IV	Managing Stress: Assertiveness Training, Communication Skills and Time Management Meditation and Visualization, Vipasana, Relaxation Techniques and Yoga .	7
	<p>Practical</p> <ol style="list-style-type: none"> 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 Trate Anxiety Inventory (STAI). <p>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.</p>	

<p>Suggested Evaluation Methods</p> <p>Internal Assessment:</p> <p>➤ Theory (10 Marks)</p> <ul style="list-style-type: none"> • Class Participation: 03 Marks • Seminar/presentation/assignment/quiz/class test etc.: 02 Marks • Mid-Term Exam: 05 Marks <p>➤ Practical (05 Marks)</p> <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 05 Marks • Mid-Term Exam: Nil 	<p>End Term Examination:</p> <p>20 Marks</p> <p>15 Marks</p>
<p>Part C-Learning Resources</p>	
<p>Recommended Books/e-resources/LMS:</p> <ol style="list-style-type: none"> 1. Taylor, S.E. (2006). Health Psychology, 6th Edition, New Delhi: Tata McGraw Hill. 2. Brehm, A. Barbara (1998): Stress Management: Increasing Your Stress Resistance. 3. Pearson, New Delhi. 4. Sarafino, E.P. & Smith, T.W. (2012): Health Psychology: Biopsychosocial Inteactions. 5. Wiley, New Delhi. 6. Komoroff, A. L. (2008): Stress Management: Approaches for Preventing and Reducing 7. Stress. Boston, Harvard University, Harvard Health Publication. 8. Lovallo, W.R. (2016) 3rd Edit: Stress & Health: Biological and Psychological 9. Interactions. Sage Publication, Oklahoma, USA. 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –III

Part A – Introduction			
Subject	Psychology		
Semester	III		
Name of the Course	Developmental Psychology		
Course Code	24L5.0-PSY- 301		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC/MCC		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Develop understanding regarding concepts, process, domains and different perspectives of human development. 2. Grasp understanding of beginning of human life and birth process. 3. Inculcate knowledge regarding nature of development across life Span 4. To understand the transitional processes during adolescence and old age. 5. Conduct tests related to their theory paper.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per Group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Human Development: Concept, Principles and Issues. Factors in human development: Biological, Psychological, and Social	14
II	Prenatal development: determinants and stages. Postnatal development and hazards: Physical, Cognitive and Social Development.	14
III	Childhood: Characteristics, Perceptual, Motor, Emotional, Cognitive Development. Adolescents: Characteristics, problems and adjustment of adolescents.	14
IV	Adulthood: Early adulthood, late adulthood. Aging: Factors; Biological and Psychological.	14

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –III

Session:2025-26	
Part-A-Introduction	
Subject	Psychology
Semester	III
Name of the Course	Physiological Psychology
Course Code	24L5.0-PSY-302
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC
Level of the course (As per Annexure-I)	200-299
Pre-requisite for the course (if any)	10+2or equivalent
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. Develop an understanding regarding nature and fields of physiological psychology along with its methods. 2. Acquaint themselves with nature of neural activities along with CNS. 3. Develop insight into peripheral nerves system and effect of hormones on behavior. 4. Understand physiological mechanisms associated with hunger and thirst. 5. Conduct experiments related to theory paper.

Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 Per week/Per group	5 Per week /per Group
Max.Marks:100 Internal Assessment Marks: 30 End Term Exam Marks: 70		Time:3 Hours (Each theory & practical)	

Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of **NINE** questions out of which the candidate would be required to attempt **FIVE** questions. The first question will be compulsory and will have 5 short answer questions (2 marks each) uniformly spread over entire syllabus. The remaining **EIGHT** questions will be set taking **TWO** questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt **ONE** question from each unit in addition to the compulsory question.

Unit	Topics	Contact Hours
I	Physiological Psychology: Nature, Scope and Relation with disciplines of Neuroscience Methods of Study: Imaging Techniques, Recording Physiological Activity and Brain Lesion.	14
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.	14
III	Peripheral Nervous System: Structure and Functions of Somatic and Autonomic Nervous System. Hormones and Behavior: Pituitary, Adrenal, Pancreas, Gonads.	14
IV	Physiological Mechanisms associated with Learning and Memory. Motivation: Physiological Mechanisms of Hunger, and Thirst.	14

	<p>Practical</p> <ol style="list-style-type: none"> 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 <p>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.</p>	32
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Suggested Evaluation Methods

<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory (20 Marks) • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/classstestetc.:05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Labrecordsetc.:10Marks • Mid-Term Exam: Nil 	<p>End Term Examination:</p> <p>50 Marks</p> <p>20 Marks</p>
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Part C -Learning Resources

Recommended Books/e-resources/LMS:

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

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –III

Part A – Introduction			
Subject	Psychology		
Semester	III		
Name of the Course	Healthy Lifestyle Skills		
Course Code	24L5.0-PSY-303		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC		
Level of the course (As per Annexure-I	200-299		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):D	After completing this course, the learner will be able to: 1. Identify the key components of a healthy lifestyle 2. Understand the cognitive-behavioural approach to Health Behaviour. 3. Demonstrate practical skills for developing and maintaining a balanced diet and regular exercise routine. 4. have familiarity with various positive correlates of Healthy life.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per Group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2 marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.		
Unit	Topics	Contact Hours
I	Health Behavior: Role of Behavioural factors in Disease. Changing Health Habits Cognitive- Behavioural Approach to Health Behaviors	14
II	Enhancing Behaviors: Exercise, Weight Control: Obesity, Factors affecting obesity, Stress and Eating. Accident Prevention Fatigue, Chronic Fatigue Syndrome	14
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.	14
IV	Positive Correlates of Health: Subjective Well-Being, Happiness, Spirituality.	14
	<p><u>Practical</u></p> <ol style="list-style-type: none"> 1. General Health Questionnaire 2. Happiness 3. Copping Inventory 4. Stress 5. Subjective Well-being 6. Spirituality Assessment Scale (SAS). <p>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.</p>	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ul style="list-style-type: none"> ➤ Bloom, B.L. (1988). Health psychology: A psychological perspective. Prentice Hall. ➤ Cook, E., & Wood, L. (2021). Health psychology. Routledge. ➤ Feist, J, Updegraff, J., & Brannon, L. (2017). Health psychology: An introduction to behavior and health. Wadsworth publishing Co Inc. ➤ Hariharan, M. (2020). Health psychology: Theory, practice and research. Sage publications. ➤ 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. ➤ Snooks, M. K. (2009). Health psychology: Biological, psychological, and sociocultural perspective. Jones and Bartlett Publishers. ➤ Taylor, S.E. (2018). Health psychology. McGraw Hill. 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –IV

Part-A-Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Experimental Psychology		
Course Code	24L5.0-PSY-401		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC/MCC		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	10+2or equivalent		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. Develop understanding regarding experimental procedure and perception. 2. Develop an understanding regarding nature and methods of classical psychophysics. 3. Acquaint with processes of Learning and Memory. 4. Acquire understanding regarding Problem Solving and elementary Statistics. 5. Conduct experiments related to their theory paper. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 Per week/Per group	5 Per week /per Group
Max.Marks:100 Internal Assessment Marks: 30 End Term Exam Marks: 70		Time:3 Hours (Each theory & practical)	

Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of **NINE** questions out of which the candidate would be required to attempt **FIVE** questions. The first question will be compulsory and will have **5** short answer questions (2 marks each) uniformly spread over entire syllabus. The remaining **EIGHT** questions will be set taking **TWO** questions from each of the four units. Each question will carry **10** marks. The candidate would be required to attempt **ONE** question from each unit in addition to the compulsory question.

Unit	Topics	Contact Hours
I	Experimental Psychology: Nature and Historical Development. Perceptual Processes: Nature, Perception of Form, Depth and Movement.	14
II	Psychophysics: Nature and Problems. Methods of Psychophysics: Method of Limits, Constant Stimuli and Average Error.	14
III	Learning: Meaning and Factors affecting Learning. Types of Learning: Trial & Error, Insight, Classical and Operant Conditioning.	14
IV	Memory And Forgetting: Concept, Process and Factors affecting memory. Stages of Memory: Sensory – STM & LTM Theories of Forgetting: Decay and Interference.	14

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –IV

Part A – Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Eastern Perspectives in Psychology		
Course Code	24L5.0-PSY- 402		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. To introduce students to foundational concepts of mind, self, and consciousness from Eastern perspectives. 2. To explore the psychological significance of major Indian philosophical systems. 3. To highlight the relevance of practices like yoga, meditation, and mindfulness in psychological well-being. 4. To encourage students to appreciate culturally rooted approaches to psychology. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per Group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Eastern Psychology: Introduction and Scope of Eastern Psychology. Key differences between Eastern and Western perspectives. Concept of self in Eastern traditions: Atman, Anatta, Purusha	14
II	Psychological concepts in Patanjali's Yoga Sutras, Eight Limbs of Yoga and their psychological relevance, Influence of Gunas on personality.	14
III	Buddhist Psychology: The Four Noble Truths and Eightfold Path. The concept of mind and suffering (dukkha), Mindfulness and its psychological applications.	14
IV	Eastern practices in stress reduction and emotional regulation. Relevance of Eastern perspectives in positive psychology and mental well-being. Ethical values in Eastern systems: Compassion, detachment, and equanimity.	14

<p>Practical</p> <ol style="list-style-type: none"> 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 <p>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.</p>	32
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Suggested Evaluation Methods	
<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	<p>End Term Examination:</p> <p>50 Marks</p> <p>20 Marks</p>
Part C-Learning Resources	
<p>Recommended Books/e-resources/LMS:</p> <ol style="list-style-type: none"> 1. Rao, K.R. & Paranjpe, A.C. (2016). <i>Psychology in the Indian Tradition</i> 2. Dalal, A.S. (2001). <i>Yoga Psychology and the Path of Self-Transformation</i> 3. Thera, N. (1998). <i>The Heart of Buddhist Meditation</i> 4. Mohan, M. (2003). <i>Yoga for Health</i> 5. Misra, G. (Ed.). (2011). <i>Psychology in India</i> 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –IV

Part A – Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Psychopathology		
Course Code	24L5.0-PSY- 403		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. Distinguish abnormal behaviour from normal behaviour 2. Identify psychological disorders pertaining to DSM 3. Classify the different types of psychological disorders and its symptoms. 4. Identify various developmental and mood disorder. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per Group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
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).	14
II	Anxiety Based Disorders – Causes and symptom: Generalized Anxiety Disorder, Phobias, Separation Anxiety Disorder, Selective Mutism. Obsessive Compulsive Disorder, Dissociative Disorders: Dissociative identity Disorder, Dissociative Amnesia, Dissociative Fugue	14
III	Developmental Disorders- Causes and symptom: Autism, ADHD, and Learning Disabilities. Eating disorders: Anorexia Nervosa and Bulimia Nervosa. Substance/drug abuse: Nature and cause of addiction.	14
IV	Mood Disorders: Overview of Depression and Mania, Bipolar Disorder, Depressive Disorder, Premenstrual Dysphoric Disorder. SCHIZOPHRENIA: Symptoms, Subtypes and Etiology.	14
	<p><u>Practical</u></p> <ol style="list-style-type: none"> 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. <p>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.</p>	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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. 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –IV

Part A – Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Cognitive Psychology		
Course Code	24L5.0-PSY-404		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. acquaint themselves about history of cognitive psychology, and understand different methods to study cognition. 2. have in-depth understanding of nature and types of attention and different models of selective attention. 3. have familiarity with process of pattern recognition along with reasoning. 4. have acquaintance with nature, structure of language development and problem solving. 5. conduct tests related to their theory paper. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per Group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.		
Unit	Topics	Contact Hours
I	Cognitive Psychology: Nature, Scope, Historical background and Current Status of Cognitive Psychology. Methods to Study Cognition - Behavioral and Physiological.	14
II	Attention: Nature & concept. Factors affecting Division of Attention. Theories of Attention: Filter (Broadbent and Treisman).	14
III	Memory: Nature, Types, Models-Atkinson and Shiffrin, Levels of Processing. Forgetting: Nature, Factors, and Theories-Interference and Decay.	14
IV	Language: Nature, Properties, and Structure. Stages of Language Development. Problem Solving: Nature and Classification of Problems, Factors Affecting Problem Solving.	14
	<u>Practical</u> 1. Attention (Selective / Focused) 2. Problem Solving 3. Stroop Effect 4. Letter Cancellation 5. Trail Making 6. Maze Learning 7. Tower of Hanoi 8. Language 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

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 1. Eysenck, M.W., & Keane, M.P (2000). Cognitive Psychology: A students guide, Psychology Press. 2. Kellogg, R.T. (2012). Fundamentals of Cognitive Psychology. Lab Angles: Sage. 3. Matlin, M.W. (2008), Cognition. New York: Wiley. 4. Solso, R.L. (2001). Cognitive Psychology. Delhi: Pearson Education. 5. Sternberg, R.J. (2007). Cognitive Psychology. Delhi: Thomson. 6. Goldstein, B. E. (2005). Cognitive Psychology. Wadsworth, London. 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –IV

Part A – Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Developing Life Skills		
Course Code	24L5.0-PSY- 405		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. Improve self-awareness and coping mechanisms to deal with challenges of everyday life. 2. Understand and master the social and interpersonal skills required for promoting healthy relationships. 3. Understand the role of self-esteem, through developing positive concepts. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per Group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Self-Awareness: Importance, Components. Empathy: Definition, Importance, Process. Effective Communication: Importance, Components, Process, Barriers. Interpersonal Relationship: Types, Factors affecting Relationship, Importance, Process.	14
II	Creative and Critical Thinking: Importance, Process. Problem Solving: Need and Importance. Decision Making: Need, Importance, consequences of Decision Making.	14
III	Coping with emotions: Types, emotional intelligence, importance, coping strategies. Coping with stress: Stressors, sources of stress, factors in stress reaction, importance, coping strategies.	14
IV	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	14
	<u>Practical</u> Self-Concept / Self Awareness Test TTCT Problem Solving Thinking Coping Style Violence Guilford's Alternative Test 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.	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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. 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –V

Part-A-Introduction	
Subject	Psychology
Semester	V
Name of the Course	Research Methods & Statistics
Course Code	24L5.5-PSY-501
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC/MCC
Level of the course (As per Annexure-I)	300-399
Pre-requisite for the course (if any)	10+2or equivalent

Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Identify the various types of data and techniques for data collection. 2. Demonstrate the knowledge of various types of sampling techniques. 3. Explain the basic principles of Statistics applied to implementation of research. 4. Apply the principle of carrying out an experiment to address questions of causation. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 Per week/Per group	5 Per week /per Group
Max.Marks:100 Internal Assessment Marks: 30 End Term Exam Marks: 70		Time:3 Hours (Each theory & practical)	

Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2 marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to the compulsory question.

Unit	Topics	Contact Hours
I	Research in Psychology: Meaning, Principles, Types and goals. Nature and types of variables, formulation of problem and hypothesis.	14
II	Sampling: Meaning, Fundamentals, Probability and Non-probability Sampling Techniques. Statistics: Meaning and Types. Measure of Central Tendency: Mean, Median and Mode.	14
III	Measure of Variability: Range, Average Deviation, Quartile Deviation and Standard Deviation. Correlation: Meaning, Types and Methods (Product Moment and Spearman Rank Order)	
IV	Parametric and Non-Parametric Statistics: Meaning and Assumptions. T-test and chi-square test. Research Report- Steps and guideline for writing research report.	14
	<p>*Practical</p> <p>Graphical Representation of Data:</p> <ol style="list-style-type: none"> 1. Histogram 2. Bar Diagram 3. Frequency Polygon 4. Ogive <p>Computation of Data:</p> <ol style="list-style-type: none"> 5. Mean in Excel/Spreadsheet. 6. Median in Excel/Spreadsheet 7. Standard Deviation. 8. Correlation 9. Mean difference. <p>*Note:- Minimum requirement of data for each of above practicals = 25 (N)</p> <p>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.</p>	32

Suggested Evaluation Methods	
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Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab record setc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
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Part C -Learning Resources	
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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.

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –V

Part A – Introduction			
Subject	Psychology		
Semester	V		
Name of the Course	Introduction to Personality		
Course Code	24L5.5-PSY- 502		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC		
Level of the course (As per Annexure-I)	300-399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Various determinants of personality. 2. Various approaches and theories of personality. 3. Techniques of Assessment of personality. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per Group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Personality: Meaning, Nature and Determinants. Approaches to Personality: Idiographic and Nomothetic.	14
II	Type Theories: Triguna, Tridosha, Sheldon, Kreshmer.	14
III	Trait Theories: Allport, Cattell, Eysenck.	14
IV	Theories of Personality: Freud, Jung, Adler, Erickson, Rogers, and Bandura. Assessment of Personality: 16 PF, EPQ and TAT.	14
	<p>Practical</p> <ol style="list-style-type: none"> 1. Indian Adaption of Zuckerman–Kuhlman Personality Questionnaire 2. Tridosha 3. EPQ 4. 16 PF 5. TAT 6. MMPI-II 7. Self-Concept <p>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.</p>	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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. 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –V

Part A – Introduction			
Subject	Psychology		
Semester	V		
Name of the Course	Guidance & Counselling		
Course Code	24L5.5-PSY-503		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE		
Level of the course (As per Annexure-I)	300-399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. Students would be able to understand the nature and objectives of Guidance and Counselling. 2. Students would be able to understand the Counselling Procedure. 3. Students would be able to apply the different approaches of guidance and counselling. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per Group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.		
Unit	Topics	Contact Hours
I	Guidance and Counselling: Historical Perspective, Objectives and Principles. Types of Guidance: Personal, Educational and Vocational. Personal qualities of effective counsellors.	14
II	Counselling Procedure: Organization and Conduct of guidance. The group approach in guidance. Counselling in individual situation. Observation for counselling purpose.	14
III	Characteristics of counselling relationship. Relationship Techniques: Rapport techniques, Reflection of feelings. Terminating skills.	14
IV	Special relationship problems: Transference, Countertransference and Resistance. Holistic approach to therapy: Yoga, Meditation, bio-feedback.	14
	<u>Practical</u> 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.	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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. 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –V

Part A – Introduction			
Subject	Psychology		
Semester	V		
Name of the Course	Organizational Behavior		
Course Code	24L5.5 PSY-504		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE		
Level of the course (As per Annexure-I)	300-399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Students would be able to understand the scope of organizational psychology. 2. Students would be able to understand the importance of organizational psychology. 3. Students would be able to identify various factors in Human Performance. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per Group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours	

Part B- Contents of the Course		
Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.		
Unit	Topics	Contact Hours
I	Organizational Psychology: Nature, history and scope. Consistency vs. individual differences. Theory: classical, contingency, and X-Y theory.	14
II	Job analysis: Objectives, methods; Job evaluation: Importance, methods. Personnel selection: Setting personnel specifications and criteria, methods of assessment.	14
III	Job and work environment: Human factors in job design, job enrichment; work environment Hawthorne studies, Accidents and safety.	14
IV	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.	14
	<p><u>Practical</u></p> <ol style="list-style-type: none"> 1. Burnout 2. Job satisfaction 3. Organisational commitment 4. Job Analysis 5. Interview 6. Work motivation 7. Personality 8. Occupational Stress <p>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.</p>	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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 (11thEd.). N.Y.: McGraw Hill. 5. McMormik, E. J. & Ilgen (1980). Industrial and organizational Psychology (8thEd.). N.J.: Prentice Hall. 6. Miner, J. B. (1991). Industrial-Organizational Psychology. N.Y.: McGraw Hill. 7. Mohanty, G. (1990). Industrial and Organizational Psychology. New Delhi: Oxford and IBH. 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –V

Part A – Introduction			
Subject	Psychology		
Semester	V		
Name of the Course	Assessment of Personality and Intelligence		
Course Code	24L5.5-PSY-505		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE		
Level of the course (As per Annexure-I	300-399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Understand basic nature of personality assessment tools and get acquainted with most widely used self-report measures of personality. 2. Understand the characteristic features of projective techniques and to have in-depth knowledge of prominent techniques and their application. 3. Application of various intelligence tests.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per Group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.		
Unit	Topics	Contact Hours
I	Personality: Meaning and purpose of Personality Assessment. Personality Tests: MMPI, 16 PF and EPQ-R. Ethical Issues in Personality Assessment.	14
II	Projective Technique: Nature and Salient Features. Word Association Test, Sentence Completion Test, Rorschach Inkblot Test.	14
III	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	14
IV	Measurement of Intelligence: Wechsler Adult Intelligence Scale, Wechsler Intelligence Scale for Children. Difference between Individual and Group Testing.	14
	<u>Practical</u> 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.	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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. 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –V

Part A – Introduction			
Subject	Psychology		
Semester	V		
Name of the Course	Motivation and Emotion		
Course Code	24L5.5-PSY-506		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE		
Level of the course (As per Annexure-I)	300-399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. Understanding the basic concept of motivation and emotions. 2. Understanding of different methods to study motivation. 3. Demonstrate the ability to understand the role of motivation and emotion. 4. Understanding of various theories of emotional and motivation. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per Group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Motivation: meaning and nature, basic motivational concepts, kinds of motivation. Measurement of motives: projective techniques and questionnaire method.	14
II	Theories of Motivation: Instinct Theories, Drive Theory, Incentive Theories, Opponent Process Theory, Need Hierarchy Theories.	14
III	Emotions: Nature, Characteristics, Components, Types of Emotions, functions of Emotions. Physiological Bases of Emotions, Role of Hemisphere in Emotions, Measuring Human Emotions.	14
IV	Theories of Emotions: James-Lange Theory, Cannon-Bard, Schachter-singer and Lazarus.	14
	<p><u>Practical</u></p> <ol style="list-style-type: none"> 1. Motivation 2. Aggression 3. Facial Expression Test 4. Social maturity 5. Well-being 6. Stroop Effect 7. EQ Test 8. Achievement Motivational Inventory <p>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.</p>	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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. 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –VI

Part A – Introduction			
Subject	Psychology		
Semester	VI		
Name of the Course	Clinical Psychology		
Course Code	24L5.5-PSY-601		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC/MCC		
Level of the course (As per Annexure-I	300-399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Knowledge about the conceptual and historical foundations of clinical psychology and its relation with other allied fields. 2. Knowledge about role and responsibilities of Clinical psychologist along with related issues. 3. Knowledge about various methods used to study the behavioral patterns of individuals with clinical diagnosis. 4. Knowledge about nature and factors related to clinical interventions.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per Group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
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.	14
II	Approaches to Clinical Psychology: Biological, Psychoanalytic, Behaviouristic. Clinical Intervention Models: Gestalt, Cognitive & Humanistic.	14
III	Clinical Intervention: Cognitive-CBT, REBT; Humanistic- Client-centered, Behavioural- Systematic desensitization, Contingency management, Token economy.	14
IV	Sexual and Gender Identity Disorders: Clinical picture, Types, Etiology. Eating Disorders: Clinical features, Types, Etiology.	14
	<p><u>Practical</u></p> <ol style="list-style-type: none"> 1. State-Trait Anxiety 2. Psychological Distress 3. Case Study 4. Counselling Interview 5. Mental Health 6. GHQ 7. Self-Disclosure 8. Health Problem. <p>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.</p>	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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. 	

INDIRA GANDHI UNIVERSITY MEERPUR
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Undergraduate Programs (Psychology) Syllabus,
Semester –VI

Part A – Introduction			
Subject	Psychology		
Semester	VI		
Name of the Course	Applied Social Psychology		
Course Code	24L5.5 -PSY-602		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC		
Level of the course (As per Annexure-I)	300-399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. To demonstrate an understanding of the foundational concepts of social behavior and methods of study. 2. To demonstrate understanding of socialization process, person perception and attitudes. 3. To acquaint with interpersonal attraction, pro-social behavior and aggression. 4. Understand the concept of leadership and dynamics of group and collective behavior. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2	5 per week/per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each for theory and practical)	

Part B- Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions (2 mark each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 14 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Introduction: Nature, subject matter, Sociometric method. Socialization: Nature, Process and Agents of Socialization.	14
II	Group: Types and functions; Social Norms: Meaning, Characteristics and formation. Leadership: Types, Function, Theories– Trait, Situational, and Interactional.	14
III	Attitudes: Characteristics, Development and Attitude change. Prejudice: Nature, Development and Stereotypes.	14
IV	Prosocial Behaviour: Nature, Determinants, Cognitive Model. Aggression: Nature, determinants and prevention.	14
	<p><u>Practical</u></p> <ol style="list-style-type: none"> 1. Sociometry 2. Observation 3. Leadership Style 4. Aggression 5. Altruism Inventory 6. Cognitive Difficulty Scale 7. Social Norms 8. Attitude <p>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.</p>	32

Suggested Evaluation Methods		
	Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks

Part C-Learning Resources
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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.

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –VI

Part A – Introduction			
Subject	Psychology		
Semester	VI		
Name of the Course	Child Psychology		
Course Code	24L5.5-PSY-603		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE		
Level of the course (As per Annexure-I)	300-399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Distinguish different stages of child development. 2. Describe different research methods to study a child's behavior. 3. Explain and predict a child's behavior in day-to-day life. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per Group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.		
Unit	Topics	Contact Hours
I	Child Psychology: Nature and Scope, Genetic and Environmental Determinants of Development, Heredity-Environment interaction. Basic Issues in study of Child Development	14
II	Prenatal Development: How life begins, Birth Process, Major periods in Prenatal Development, Prenatal Environmental Influences, Maternal Factors.	14
III	Physical Development: Course of Physical Growth, Development of Brain, Factors affecting Physical Growth. Motor Development: Development in Early and Middle Childhood, Hormonal Influences, Sex Differences in Motor Development and Perceptual	14
IV	Theories of Development: Contribution of Freud, Erikson, Piaget, Vygotsky, and Kohlberg. Stages of Development and related issues.	14
	<u>Practical</u> <ol style="list-style-type: none"> 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 <p>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.</p>	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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. 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –VI

Part A – Introduction			
Subject	Psychology		
Semester	VI		
Name of the Course	Consumer Psychology		
Course Code	24L5.5-PSY-604		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE		
Level of the course (As per Annexure-I)	300-399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. Understand Nature and Historical Development of Consumer Psychology. 2. Have indepth understanding of consumer motivation and emotion. 3. Acquaint with consumer knowledge, learning and skill. 4. Have indepth understanding of advertisement and their impact on consumer. 5. Conduct experiments and tests related to Consumer Psychology. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per Group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.		
Unit	Topics	Contact Hours
I	Consumer Psychology: Nature and Historical Background, Goals of Consumer Psychology, Methods of Consumer Psychology.	14
II	Consumer Motivation and Emotion: Motivational Determinants of Consumer Behaviour, Maslow's Theory and Consumer Behaviour. Role of Emotion in Consumer Behaviour.	14
III	Stages of Consumer Socialization. Development of Consumer Knowledge, Skills and Values. Consumer Learning and Memory: Nature and Factors Affecting.	14
IV	Advertising Psychology: Nature of Advertisement, Role of Attention in Advertisement. Central and Peripheral Route to Persuasions. Impact of Advertisement on Consumer Behaviour.	14
	<u>Practical</u> 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.	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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. Hacrgt vedt, C.P. Hers, P.M. & Kardes, F.R. (2008). 5. Handbook of Consumer Psychology (Fd). New York: Taylor and Franas 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –VI

Part A – Introduction			
Subject	Psychology		
Semester	VI		
Name of the Course	Sports Psychology		
Course Code	24L5.5-PSY-605		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE		
Level of the course (As per Annexure-I	300-399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Understand nature and scope of Sports Psychology and Role of Sport Psychologist. 2. Understand motivation in Sports and techniques to enhance Motivation. 3. Understand the role of attention and interest in Sports. 4. Understand the relationship between Personality and Sports. 5. Conduct experiments and tests related to Sports Psychology.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per Group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	
Part B- Contents of the Course			

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Introduction to Sports Psychology: Nature, History and Subject matter of Sports psychology. Career in Sports psychology, Need of Psychology in Sports.	14
II	Competition and Anxiety: Competition in Sports, Pros and Cons of Competition, Anxiety in Sports, Strategies for Managing Anxiety. Relationship, Understanding Sports Motivation, Techniques of Motivation Enhancement, Motivation-Performance	14
III	Attention and Interest : Attention Nature, Characteristics of Attention, Role of Attention in Sports: Strategies for Improving Attention. Interest- Definition, Types of Interest, Enhancement of Interest in Sports.	14
IV	Personality and Sports: Nature, Dimensions of Personality – and Sports Concept of four “C” Confidence, Control, Commitment & Concentration.	14
	<p><u>Practical</u></p> <ol style="list-style-type: none"> 1. Complex Reaction time 2. JPMR 3. Personality Inventory/Questionnaire 4. Security-Insecurity Questionnaire 5. Anxiety Test 6. Interest Test 7. Span of Attention <p>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.</p>	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –VI

Part A – Introduction			
Subject	Psychology		
Semester	VI		
Name of the Course	Elementary Concept of Forensic Psychology		
Course Code	24L5.5-PSY-606		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE		
Level of the course (As per Annexure-I	300-399		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Understanding the psychological theories and factors that contribute to criminal behavior, including biological, social, and environmental influences. 2. Evaluate the techniques used by forensic psychologists for assessing criminal offenders, victims, and witnesses.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per Group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions (2marks each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.		
Unit	Topics	Contact Hours
I	Forensic Psychology: Nature and Scope, Role and Functions of Forensic Psychologist, Assessment and Evaluation in Forensic Psychology.	14
II	Introduction to Criminal Psychology: Biological, Social and Psychological Determinant of Criminal Behaviour. , Juvenile Delinquency	14
III	Eyewitness Testimony and Identification Dynamics of Serial Killings, Psychology of Lying and the Detection of Deception Correctional Psychology in Adult settings, Jury and Decision Making.	14
IV	Psychology of Sexual Violence; Sexual Offending, Psychology of Violence and Intimidation; Homicide, Practical and Ethical Issue in Forensic Psychology.	14
	<p><u>Practical</u></p> <ol style="list-style-type: none"> 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 <p>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.</p>	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 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, Praeger An Imprint of ABC-CLIO, LLC 	

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –I (MDC)

Part A – Introduction			
Subject	Psychology		
Semester	I		
Name of the Course	Psychology for Everyday Life		
Course Code	24L4.5-MDC-PSY-101		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MDC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 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. 2. The students will learn usage of mnemonics as a learning strategy, challenges to healthy living and role of psychological skills in improving health. 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 Per week	2 per week/ Per Group	4 per week / per Group
Max. Marks: 75 Internal Assessment Marks:20 End Term Exam Marks: 55		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions (1 mark each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Concept and Meaning of Psychology, Psychology in Everyday Life: Formation and Challenges. Character Strength and Virtues, Practice of Everyday Living.	7
II	Concept; Meaning of Educational Psychology, Teaching Learning Process, Understanding Learners Need. Learning Strategies – Mnemonics.	7
III	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.	7
IV	Role of Psychology in Health Challenging to Healthy Living, Stress, Model Linking Psychology and Physical health. Psychological Skills for enhancing Intrapersonal Experiences.	7
	Practical <ol style="list-style-type: none"> 1. Structured Interview 2. Case study Performa 3. Observation. 4. Self Concept 5. EPQ 6. Verbal Intelligence Test 7. Perceived Stress Scale <p>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.</p>	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (15 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 05 Marks ➤ Practical (5 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 5 Marks • Mid-Term Exam: Nil 	End Term Examination: 35 Marks 20 Marks

Part C-Learning Resources
Recommended Books/e-resources/LMS: <ol style="list-style-type: none"> 1. Gazzaniga, M. Heatherton, T. Halpern, D. & Heine Steve (2012): Psychological Science New York: Norton & Company. Inc. 2. Clifford T. Morgan, Richard King, John R. Weis and John Schopler (1993). Introduction to 3. Psychology (7th Edition). Tata McGraw Hill Book Co. New Delhi. 4. Larsen, R.J. & Buss, D.M. (2011). Personality Psychology: Domains of Knowledge about Human 5. Nature. New Delhi: Tata McGraw-Hill. 6. Baron, R.A., & Byrne, D. (2004). Social Psychology. Singapore: Pearson Education 7. Atkinson, R.L., Atkinson, R.L. et. Al. (1985). Introduction to Psychology. N.Y. HBJ Publishers. 8. Khatoon, N. (2012). General Psychology. Delhi: Pearson. 9. Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas. 10. Ciccarelli, S.K. & Meyer, G.E. (2006). Psychology. New Delhi: Pearson Education

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –II (MDC)

Part A – Introduction			
Subject	Psychology		
Semester	II		
Name of the Course	Understanding Self & Others		
Course Code	24L4.5-PSY-102		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VA C)	MDC -2		
Level of the course (As per Annexure-I	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Self and Core Competency 2. Techniques of Self- Awareness 3. Building a positive attitude 4. Building emotional competence		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 Per week	2 per week/ Per Group	4 per week / per Group
Max. Marks: 75 Internal Assessment Marks:20 End Term Exam Marks: 55		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions (1 mark each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
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	7
II	Self Awareness: Framing a Charter for Self, Stages – Self-Awareness, Self-Acceptance and Self-Realization. Meaning & Importance, Components of Self-Esteem, High and low Self -Esteem.	7
III	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.	7
IV	Building Emotional Competence: Emotional Intelligence – Meaning, Components, Importance and Relevance. Positive and Negative Emotions, Healthy and Unhealthy expression of Emotions.	7

Part C-Learning Resources

Recommended Books/e-resources/LMS:

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

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester –III (MDC)

Part A – Introduction			
Subject	Psychology		
Semester	III		
Name of the Course	Intergroup Relations		
Course Code	24L5.0-MDC-PSY-103		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MDC		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Understanding Group dynamics 2. Identify the nature of relationships between groups. 3. Recognizing social Categorization & its consequences. 4. Identify and apply the ways of conflict resolution. 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 Per week	2 per week/ Per group	4 per week / per Group
Max. Marks: 75 Internal Assessment Marks:20 End Term Exam Marks: 55		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the course		
Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions (1 mark each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.		
Unit	Topics	Contact Hours
I	Group Dynamics: Stages and Formation. Nature and Types of Groups. Group Norms: Nature, Formation and Functions. Nature of Intergroup Relations: Cooperation Vs. Competition.	7
II	Group Conflicts: Social Categorization, In-group vs. Out-group. Consequences of Social Categorization: Cognitive Biases and Stereotypes, Conflicts, Prejudice and Discrimination.	7
III	Attitude: Nature, Types, Formation and Changes. Prejudice: Nature, Formation and Changes.	7
IV	Cultural Aspects of Intergroup Relations: Social Identity. Leadership- Nature, Styles and Theories. Resolving Intergroup Conflict: Intergroup Contact; Promoting Intergroup Cooperation; Conflict Management Strategies.	7
	Practical <ol style="list-style-type: none"> 1. Attitude Change 2. Prejudice 3. Leadership 4. Social Identity 5. Conflict Management 6. Attitude Formation 7. Cognitive Style 8. Stereotype <p>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.</p>	32

Suggested Evaluation Methods	
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory (15 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 05 Marks ➤ Practical (5 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 5 Marks • Mid Term Exam: Nil 	End Term Examination : 35 Marks 20 Marks

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester-II (SEC)

Part A-Introduction			
Subject	Psychology		
Semester	II		
Name of the Course	Developing Career Competencies		
Course Code	24L 4.5-SEC-PSY-201		
Course Type:(CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	SEC-2		
Level of the course(As per Annexure-I	100-199		
Pre-requisite for the course(if any)	10+2or equivalent		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Students should be able to understand the theoretical knowledge of the resume and CV. 2. gain knowledge about Job Interviews Processes. 3. Develop skill to face any type of interviews. 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 Per week	2 per week/Per group	4 per week /per group
Max.Marks:75 InternalAssessmentMarks:20 EndTermExamMarks:55		Time:3Hours (Each theory &practical)	

Part B-Contents of the Course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions (1 mark each) uniformly spread over the entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to the compulsory question.

Unit	Topics	Contact Hours
I	Letter Writing, Resume Writing, CV Writing, Differences between bio-data, Resume and CV.	7
II	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.	7
III	Delivering a Presentation, Tools that Enhance the Effect of the Presentation, Conducting Presentations, in a Smooth and Self-Assured Manner.	7
IV	Netiquettes: effective e-mail messages; power-point presentation; enhancing editing skills using computer software.	7

	<p>Practicals:</p> <ol style="list-style-type: none">1. Johari Window2. Conflict Questionnaire3. Picture Perception and Description test4. Reflection or Learning5. Chinese Whisper6. Commonly confused words – Practice sheet7. Individual and Group Presentation8. Non – Verbal Communication Skills: Science of Body Language.9. Email and Resume Writing <p>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.</p>	32
Suggested Evaluation Methods		
<p>Internal Assessment:</p> <p>➤ Theory(15Marks)</p> <ul style="list-style-type: none">• Class Participation: 05Marks• Seminar/presentation/assignment/quiz/classstestetc.:05Marks• Mid-Term Exam: 05Marks <p>➤ Practical(5Marks)</p> <ul style="list-style-type: none">• Class Participation: Nil• Seminar/Demonstration/Viva-voce/Labrecordsetc.:5Marks• Mid-Term Exam: Nil	<p>End Term Examination:</p> <p>35Marks</p> <p>20Marks</p>	
Part C-Learning Resources		
<p>Recommended Books/e-resources/LMS:</p> <ol style="list-style-type: none">1. Sethi, J & et al. A Practice Course in English Pronunciation, Prentice Hall of India, New Delhi.2. Sen, Leena. Communication Skills, Prentice Hall of India, New Delhi.3. Prasad, P. Communication Skills, S.K. Kataria & Sons.		

4. Bansal, R.K. and J.B. Harrison. Spoken English, Orient Language.
5. Roach Peter. English Phonetics and Phonology.
6. A.S. Hornby's. Oxford Advanced Learners Dictionary of Current English, 7th Edition. T.

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,
Semester–III

Part A-Introduction			
Subject	Psychology		
Semester	III		
Name of the Course	Psychology & Mental Health		
Course Code	24L 5.0-SEC-PSY-301		
Course Type:(CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VA healthC)	SEC-3		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. Understanding the status of mental health problem in India and the world. 2. Starting conversations around mental health and creating mental health awareness amongst non-Psychology students. 3. being able to identify people suffering from common mental health problems like anxiety and depression. 4. Learning to provide psychological first aid to people. 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 Per week	2 per week/Per Group	4perweek /per group

Part B-Contents of the course

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions (1 mark each) uniformly spread over the entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to the compulsory question.

Unit	Topics	Contact Hours
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 Mental Illness.	7
II	Anxiety: Signs and Symptoms and Causes. Depression: Signs and Symptoms and Causes.	7
III	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).	7
IV	Mental Health Practice and Care: Counseling, Therapy, Guidance, Mentoring; Peer Mentoring: Concept and Skills	7
	Practicals 1. BDI 2. Mental Health Battery 3. STAI 4. Suicidal Ideation & Attitude Scale 5. Hospital Anxiety & Depression Scale 6. Mental Health Questionnaire 7. Rating Scale for Assessing Listening Skills 8. 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.	32

Suggested Evaluation Methods		
Internal Assessment: <ul style="list-style-type: none"> ➤ Theory(15 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 05 Marks ➤ Practical(5 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab record etc.: 5 Marks • Mid-Term Exam: Nil 		End Term Examination : 35 Marks 20 Marks
	Recommended Books/References: <ol style="list-style-type: none"> 1. Butcher, J.N., Hooly, J. M, Mineka, S. & Dwivedi, C.B (2017). Abnormal Psychology. New Delhi: Pearson. 2. Muir-Cochrane, E., Barkway, P. & Nizette, D. (2018). Pocketbook of Mental Health (3rd Edition). Elsevier 3. Snider, Leslie and WHO (2011). Psychological First Aid: Guide for Field Workers. Retrieved from 4. 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.pdf 	32

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,

Semester –IV (VAC)

Part A – Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Art of Happiness		
Course Code			
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	VAC-3		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1 get awareness regarding nature, sources and factors affecting happiness. 2 understand the role of culture in happiness and relationship happiness and money. 3 develop insight about happiness as a intrinsic value, age relationship with happiness and ways to increase happiness. 4 know about key indicators and index of happiness, and status of happiness in India. 		
Credits	Theory	Practical	Total
	2	N/A	2
Contact Hours	2	N/A	2
Max. Marks: 50 Internal Assessment Marks:15 End Term Exam Marks: 35		Time: 3 Hours	

Part B- Contents of the Course

Instructions for Paper-Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 07 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Happiness: Definition and Nature. Sources of Happiness, Factors Affecting Happiness.	7
II	Culture and Happiness. Eastern and Western Approaches to Happiness. Relationship between Happiness and Money.	7
III	Happiness as Intrinsic Value. Age and Happiness. Ways to Increase Happiness.	7
IV	Measuring Happiness: Key Indicators. Happiness Index. Happiness in India.	7

Suggested Evaluation Methods

Internal Assessment: ➤ Theory – 15marks • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 05 Marks	End Term Examination: 35 Marks
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Part C-Learning Resources

Recommended Books/e-resources/LMS:

1. Seligman, M. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press.
2. Selin, H. and Davey, G. (2012). Happiness Across Cultures. Springer.
3. H H Lama, D. and Cutler, H. C. (2009). The Art of Happiness: A Handbook of Living (10th Anniversary Edition). New York: Riverhead Books.
4. Clark, A. E., Fleche, S., Layard, R., Powdthavee, N. and Ward, G. (2019). The Origins of Happiness. NJ: Princeton University Press.
5. Yew – Kwang Ng (2022). Happiness- Concept, Measurement and Promotion. Springer

INDIRA GANDHI UNIVERSITY MEERPUR
(Established under Haryana Act No. 29 of 2013)
Undergraduate Programs (Psychology) Syllabus,

Semester –IV(VAC-4)

Session: 2025-26			
Part A – Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	The Psychology of Gender Identity		
Course Code			
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	VAC-4		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. To understand a person's innermost concept of self as male, female or something else. 2. To understand gender identity disorders and support systems. 		
Credits	Theory	Practical	Total
	2	NA	2
Contact Hours	2	NA	2
Max. Marks: 50 Internal Assessment Marks:15 End Term Exam Marks: 35		Time: 3 Hours	

Part B- Contents of the Course

Instructions for Paper-Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 07 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Introduction: Gender, Gender differences, Gender Identity, Gender Expression and Gender Role. Different Types of Gender Identities; Methods in Gender Research.	7
II	Development of Gender Identity; Factors Influencing Gender Identity (Physiological, Social and Environmental). Sexual Orientation and Sexuality; Interpersonal Relationships;	7
III	Psychology & history of LGBTQ+ Communities. Gender Equity; Sex Differences in Health; Work and Harassment; Legal Issues in Gender.	7
IV	Gender Dysphoria; Gender Identity Disorders; Mental Health Issues; Common Psychological Disorders Among LGBTQ+ Communities. Mental Health Support Systems for LGBTQ+ Communities; Methods of Support System.	7

Suggested Evaluation Methods

Internal Assessment: ➤ Theory 15 Marks • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 05 Marks	End Term Examination: 35 Marks
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Part C-Learning Resources

Recommended Books/e-resources/LMS:

1. Hegelson, VS. Psychology of Gender, 5th Edition, Routledge Publication.
2. Butcher, JN., Hooley, JM., Mineka, S. & Dwivedi, CB. Abnormal Psychology, 17th Edition; Pearson.
3. Education Inc. Bosom, JK., Buckner, CE & Vandello, JA (2021), Psychology of Sex and Gender, 2nd Edition,