

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 w. e. f. 2024-25
(in phased manner)**

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 (in phased manner)**

DEPARTMENT OF PSYCHOLOGY

INDIRA GANDHI UNIVERSITY, MEERPUR

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 Wellbeing	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
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
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	Experimental Psychology	3	3	20	50	70	100	3hrs.
			Practical	1	2	10	20	30		3hrs.
B & C	MCC-5 4credits	24L5.0-PSY- 302	Developmental 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							

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

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

INDIRA GANDHI UNIVERSITY, MEERPUR
DEPARTMENT OF PSYCHOLOGY

SECONDYEAR: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	Physiological 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	Abnormal Psychology	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
MDC : Multidisciplinary Course
VAC : Value Added Course

CC-M : Core Course Minor

INDIRA GANDHI UNIVERSITY, MEERPUR
DEPARTMENT OF PSYCHOLOGY

THIRDYEAR: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	Organizational Behavior	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	100	3hrs.		
			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										

CC : Core Course
MDC : Multidisciplinary Course
SEC : Skill Enhancement Course
DSE : Discipline Specific Elective Course

CC-M(V) : Core Course Minor (Vocational)
AEC : Ability Enhancement Course
VAC : Value Added Course

INDIRA GANDHI UNIVERSITY, MEERPUR
DEPARTMENT OF PSYCHOLOGY

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	Psychological Testing	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	100
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								

CC: Core Course
MDC: Multidisciplinary Course
SEC: Skill Enhancement Course
DSE: Discipline Specific Elective Course

CC-M (V): Core Course Minor (Vocational)
AEC: Ability Enhancement Course
VAC: Value Added Course

INDIRA GANDHI UNIVERSITY, MEERPUR
DEPARTMENT OF PSYCHOLOGY

FOURTH YEAR: SEMESTER-VII (FOR HONOURS/ HONOURS WITH RESEARCH)										
Applicable Scheme	Course	Course Code	Nomenclature of Course	Credits	Contact Hours/Week	Internal marks	End Term Marks	Total Marks	Exam Duration	
B&C	CC-H1 4 credits	24L6.0 PSY-701	Counseling Strategies & Techniques	4	4	30	70	100	3hrs.	
	CC-H2 4 credits	24L6.0 PSY-702	Clinical Assessment & Psycho diagnostics	4	4	30	70	100	3hrs.	
	CC-H3 4 credits	24L6.0 PSY- 703	Applied Social Psychology	4	4	30	70	100	3hrs.	
	DSE-H1 4 credits	24L6.0 PSY- 704	Environmental Psychology	4	4	30	70	100	3hrs.	
	OR									
			24L6.0 PSY- 705	Rehabilitation Psychology	4	4	30	70	100	3hrs.
		PC-H1 4 credits	24L6.0 PSY- 706	Practicum	4	8	30	70	100	6hrs.
	CC-HM1 4 credits	From Available Core Courses in Minor subject of 4 credits as per NEP								

CC-H: Core Course in Honors Subject

DSE-H: Discipline Specific Elective Course in Honors Subject

CC-HM: Core Course in Minor Subject of Honors Programme

PC-H: Practicum Course in Honors Subject

INDIRA GANDHI UNIVERSITY, MEERPUR
DEPARTMENT OF PSYCHOLOGY

SEMESTER- VIII (FOR HONOURS)										
Applicable Scheme	Course	Course Code	Nomenclature of Course	Credits (Theory+Tutorial)	Contact Hours/ Week	Internal marks	End Term Marks	Total Marks	Exam Duration	
B & C	CC-H4 4 credits	24L6.0 PSY-801	Educational & Vocational Psychology	4 (3+1)	4 (L-3,T-1)	30	70	100	3hrs.	
	CC-H5 4 credits	24L6.0 PSY- 802	Positive Psychology	4 (3+1)	4 (L-3,T-1)	30	70	100	3hrs.	
	CC-H6 4 credits	24L6.0 PSY-803	Psychology of Individual Differences	4 (3+1)	4 (L-3,T-1)	30	70	100	3hrs.	
	DSE-H2 4 credits		24L6.0 PSY-804	Psychometric	4 (3+1)	4 (L-3,T-1)	30	70	100	3hrs.
			OR							
			24L6.0 PSY-805	Victimology Psychology	4 (3+1)	4 (L-3,T-1)	30	70	100	3hrs.
	PC-H2 4 credits		24L6.0 PSY-806	Practicum	4	8	30	70	100	6hrs.
CC-HM2 4 credits	From Available Core Courses in Minor subject of 4 credits as per NEP									
OR SEMESTER-8(FOR HONOURS WITH RESEARCH)										
Applicable Scheme	Course	Course Code	Nomenclature of Course	Credits	Contact Hours/ Week	Internal marks	End Term Marks	Total Marks	Exam Duration	
Honors with Research in Psychology Scheme B&C	CC-H4 4 credits	24L6.0 PSY-801	Educational and Vocational Psychology	4 (3+1)	4 (L-3,T-1)	30	70	100	3hrs.	
	CC-H5 4 credits	24L6.0 PSY-802	Positive Psychology	4 (3+1)	4 (L-3,T-1)	30	70	100	3hrs.	
	Research 12 credits	24L6.0 PSY- 807	Project work /Dissertation	12	-	-	300	300	-	
	CC-HM2 4 credits	From Available Core Courses in Minor subject of 4 credits as per NEP								

CC: Core Course
PC: Practicum Course

CC-HM: Core Course- Honours Minor
DSE: Discipline Specific Elective Course

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		Developing Career Competencies	2	2	15	35	50	75	3 hrs.
			Practical	1	2	5	20	25		3 hrs
	SEC-3		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.

(Established under Haryana Act No. 29 of 2013)

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

Session:2024-25	
PartA-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	3Perweek	2perweek/Per group	5perweek /per Group
Max.Marks:100 InternalAssessmentMarks:30EndTermExamMarks: 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; Historical Perspectives in Psychology. Methods to Study Behavior: Interview, Observation and Experimental.	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	Learning: Meaning and Types of Learning. Theories of Learning: Trial and Error, Insight and Classical Conditioning.	14
IV	Memory And Forgetting: Concept of Memory, Process, Factors affecting memory. Stages of Memory: Sensory – STM & LTM Theories of Forgetting : Interference and Decay	14

<p>Practical</p> <ol style="list-style-type: none"> 1. Retinal Colour Zones/Colour Blindness 2. Maze Learning. 3. Simple Reaction Time 4. Serial Position Effect. 5. LTM. 6. STM 7. Bilateral Transfer of Learning 8. Sound Localization <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(20Marks) • Class Participation: 05Marks • Seminar/presentation/assignment/quiz/classstestetc.:05Marks • Mid-Term Exam: 10Marks ➤ Practical(10Marks) • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Labrecordsetc.:10Marks • Mid-Term Exam: Nil 	<p>End Term Examination:</p> <p>50Marks</p> <p>20Marks</p>
<p>Part C -Learning Resources</p>	

Recommended Books/e-resources/LMS:

1. Baron, R. A & Misra, G.(2016).Psychology .New Delhi: Pearson Education.
2. Saundra, K. Ciccarelli, White, J. Noland, and Misra, G.(2022). Psychology: South Asian Edition. New Delhi: Pearson Education.
3. Passer, M.W and Smith, R.E.(2013).Psychology: The Science of Mind and Behavior. New Delhi: Tata McGraw-Hill
4. Singh, A.K. (2009). Uchatar Samnya Manovigyan Delhi: Motilal Banaridas.
5. Chadha. (2014) The Psychological Realm – An Introduction, New Delhi, Pinnacle Learning.
6. Srivastava, D.N. (2020). General Psychology, New Delhi, Vinod Pustak Mandir
7. Jain, S. (2019). Introduction to Psychology. Delhi: Kalyani Prakashan.

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

Session: 2024-25			
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)	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):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. demonstrate an understanding of the foundational concepts of social behavior and methods of study. 2. demonstrate understanding of socialization process, person perception and attitudes. 3. acquaint with interpersonal attraction, pro-social behavior and aggression. 4. Understand the concept of leadership and dynamics of group and collective behavior. 5. Acquaint with different types of psychological test related to social phenomenon. 		
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, Meaning and Scope. Determinants of Social Behavior. Method 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, Formation, Types and Functions of Group. Leadership: Nature, Characteristics and Types. Collective Behavior: Crowd and Mob.	14
	<p>Practical</p> <ol style="list-style-type: none"> 1. Sociometry 2. Measurement of Attitude 3. Altruism Scale 4. Aggression Scale 5. Leadership Styles 6. Social Maturity Scale 7. Social Conformity 8. Social Facilitation <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:

- **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 records etc.: **10 Marks**
 - Mid-Term Exam: **Nil**

End Term Examination:

50 Marks

20 Marks

Part C-Learning Resources

Recommended Books/e-resources/LMS:

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

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

Session: 2024-25			
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/VA C)	CC-M		
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. 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

Max. Marks: 50
Internal Assessment Marks:10
End Term Exam Marks: 20

Time: 3 Hours (Each theory)

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
	Practical <ol style="list-style-type: none"> 1. Well-being Scale 2. Stress Inventory 3. Resilience Scale 4. General Health Questionnaire 5. Optimism Scale 6. Happiness Scale 7. Type A/ B Personality Inventory 8. Mental Toughness Questionnaire <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</p> <p>:</p> <p>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>

Part C-Learning Resources

Recommended Books/e-resources/LMS:

1. Feuerstein, M, Elise, R.L. and Kuczmier cigk, A.R. (1986). Health Psychology A Psychological perspective. New York: Plenum Press.
2. Friedman- Di-mateo (1989). Health Psychology. New York: Prentice Hall.
3. Sarafino, E.P. (2002). Health psychology: Bio Psychosocial interactions (4th Ed.).NY: Wiley.
4. Schmidt L.R. Schwenkemgger, P. weinment, J. and maes, S. (1990). Theoretical and Applied Aspects of Health Psychology. London: Hardwood/Academic.
5. Spaceman, S. and Oskamp, S. (1988). The Social Psychology of Health. New York: Sage Publications.
6. Taylor, S.E. (2006). Health Psychology (6th Ed.). New York: Tata McGraw Hill.

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

Session: 2024-25			
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)	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):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 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:

- **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 records etc.: **10 Marks**
 - Mid-Term Exam: **Nil**

End Term Examination:

50 Marks

20 Marks

Part C-Learning Resources

Recommended Books/e-resources/LMS:

1. Guilford, J.P., and Fruchter, B. (1978). Fundamental statistical in Psychology and education. New York: Mc Graw Hill. Kanji, G.K. (1993).
2. Singh, R., Shyam, R. and Gupta, L. (2015). Fundamental Statistics for Social Sciences. Rohtak: Intellectual Foundations India.
3. Broota, K.D. (2003). Experimental designs in behavioural research. New Age International.
4. Coolican, H. (2019). Research methods and statistics in psychology. (7th ed.).Psychology Press.
5. Goodwin, C. J. (2016). Research in psychology: Methods and designs (8th ed.).
6. Gravetter, F. J., and Amp; Forzano, L.B (2018). Research methods for the behavioural sciences (6th ed.). Cengage.
7. Heiman, G. W. (2014). Basic statistics for the behavioural sciences (7th ed.).Cengage.
8. Lune, H., & Berg. B. L. (2012). Qualitative research methods for the social sciences (8th ed.). Pearson
9. Kerlinger, F. N., & Lee, H. B. (2000). Foundations of behavioural research.
10. Kothari, C. R. (2004). Research methodology methods and techniques. New age International.
11. Singh, A.K. (2017). Tests, measurements and research methods in behavioural sciences (5th ed.). Bharati Bhavan Publishers and Distributors.
12. Garrett, H.E. and Woodworth, R.S. (1986). Statistics in Psychology and Education. New York: Longmans, Green and Co.

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

Session: 2024-25			
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: <ol style="list-style-type: none"> 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 Werber.	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
	<p>Practical</p> <ol style="list-style-type: none"> 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 <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> <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. 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

Session: 2024-25			
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:10 End Term Exam Marks: 20		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>	

Suggested Evaluation Methods

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

Session: 2024-25			
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
	<p>Practical</p> <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		

<p>Internal Assessment:</p> <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 	<p>End Term Examination:</p> <p>35 Marks</p> <p>20 Marks</p>
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Part C-Learning Resources
<p>Recommended Books/e-resources/LMS:</p> <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 <p>Inc.</p>

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

Session: 2024-25			
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/VAC)	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: <ol style="list-style-type: none"> 1. <i>Self and Core Competency</i> 2. <i>Techniques of Self- Awareness</i> 3. <i>Building a positive attitude</i> 4. <i>Building emotional competence</i> 		
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

	<p>Practical</p> <ol style="list-style-type: none"> 1. Self Concept 2. Self Confidence 3. Self Esteem 4. Attitude 5. Emotional Intelligence 6. Emotions 7. Anger scale 8. Adjustment Inventory 9. Healthy Lifestyle Skills <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 (15 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 05Marks ➤ 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 	<p>End Term Examination:</p> <p>35 Marks</p> <p>20 Marks</p>
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

Session: 2024-25			
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/VA C)	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
	<p>Practical</p> <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		

<p>Internal Assessment:</p> <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 	<p>End Term Examination</p> <p>:</p> <p>35 Marks</p> <p>20 Marks</p>
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Part C-Learning Resources

Recommended Books/e-resources/LMS:

1. Baron, R. A., Branscombe, N. R., Byrne, D., & Bhardwaj, G. (2009) Social psychology. New Delhi: Pearson.
2. Keyton, J. (2006). Communicating groups-building relationships in group effectiveness. New York: Oxford University Press.
3. Smith, P. B., Bond, M. H., & Kagitcibasi, C. (2006). Understanding social psychology across culture. New Delhi: Sage Publications.
4. Zorsyth, D. R. (2009). Group Dynamics. Broke/Cole: Wadsworth.

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

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	II		
Name of the Course	Developing Career Competencies		
Course Code			
Course Type:(CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	SEC-1		
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	2Perweek	2perweek/Per group	4perweek /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 Window 2. Conflict Questionnaire 3. Picture Perception and Description test 4. Reflection or Learning 5. Chinese Whisper 6. Commonly confused words – Practice sheet 7. Individual and Group Presentation 8. 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

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

Session:2024-25			
Part A-Introduction			
Subject	Psychology		
Semester	III		
Name of the Course	Psychology & Mental Health		
Course Code			
Course Type:(CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VA healthC)	SEC-2		
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	2Perweek	2perweek/Per Group	4perweek /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 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 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

<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory(15Marks) <ul style="list-style-type: none"> • Class Participation: 05Marks • Seminar/presentation/assignment/quiz/classstestetc.:05Marks • Mid-Term Exam: 05Marks ➤ Practical(5Marks) <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>:</p> <p>35Marks</p> <p>20Marks</p>
<p>Recommended Books/References:</p> <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 	<p style="text-align: center;">32</p>

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

Semester –IV VAC-3

Session: 2024-25			
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		
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 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	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	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

<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory – 15marks • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 05 Marks 	<p>End Term Examination:</p> <p>50 Marks</p>
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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: 2024-25			
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		
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. 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

<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory 15 Marks • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 05 Marks 	<p>End Term Examination:</p> <p>50 Marks</p>
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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,

