

Four Year Undergraduate Programme

Subject: Psychology

Template for Psychology

Programme name	Eligibility Criteria of the programme, if any	Sem ester	Course name	Course code	Credits	Credit distribution of the course			Pre-requisite of the course (if any)	Internal marks	External Marks
						L	T	P			
FYUGP in Psychology (Major/ Minor)	No	1	Introduction to Psychology Major 1 & Minor1 (for Minor stream) & Minor 1 (For Major in other subject)	PSY0100104	4	4	0	0	No	40	60
		2	Positive Psychology Major 2 & Minor2 (for Minor stream & Minor 1 (For Major in other subject)	PSY0200104	4	4	0	0	No	40	60
		3	Social Psychology Major 3 &	PSY0300104	4	3	0	1	No	30	Theory-45

			Minor3 (for Minor stream)								Practica I-25
		3	Development of Psychological thought Major 4 & Minor4(For Minor stream) & Minor 3(for Major in other subject)	PSY0300204	4	4	0	0	No	40	60
		4	Cognitive Psychology Major 5 & Minor 4(For Major in other subject)	PSY0400104	4	3	0	1	PSY0100104	30	Theory-45 Practica I-25
			Bio Psychology Major6	PSY0400204	4	4	0	0	PSY0100104	40	60
			Applied Social Psychology (Major7)	PSY0400304	4	4	0	0	PSY0300104	40	60
			Psychology of Individual Differences Major 8 & Minor5 (for Minor stream)	PSY0400404	4	3	0	1	PSY0100104	30	Theory-45 Practica I-25

		5	Abnormal Psychology Major 9 & Minor 6 (for Minor stream) & Minor 5 (For Major in other subject)	PSY0500104	4	3	0	1	PSY0400204	30	Theory-45 Practical-25
			Developmental Psychology Major 10 & Minor 7	PSY0500204	4	3	0	1	PSY0100104	30	Theory-45 Practical-25
			Research Methodology Major 11	PSY0500304	4	4	0	0	No	40	60
			Psychology and Indian Knowledge System Major 12	PSY0500404	4	4	0	0	No	40	60
		6	Counselling Psychology Major 13 & Minor 8 (for Minor stream)	PSY0600104	4	4	0	0	No	40	60
			Organizational Behaviour Major 14	PSY0600204	4	3	0	1	No	30	Theory-45

											Practica I-25
			Dealing with Psychological disorders Major15 & Minor 9 (for Minor stream)	PSY0600304	4	3	0	1	No	30	Theory- 45 Practica I-25
			Statistical methods in Psychology Major16 &	PSY0600404	4	4	0	0	No	40	60

			Minor 10(for Minor stream) & Minor 6 (<i>For Major in other subject</i>)								
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Programme name (AEC/VAC/MDC/SEC)	Eligibility Criteria of the programme, if any	Semester	Course name	Course code	Credits	Credit distribution of the course			Pre-requisite of the course (if any)	Internal marks	External Marks
						L	T	P			
VAC	No	1	Psychology for Health and Well-being	VAC010010 2	2	2	0	0		10	40
VAC	No	2	Cultural and Indigenous Psychology	VAC020020 2	2	2	0	0		10	40
SEC	No	2	Emotional Intelligence	SEC0203803	2	2	0	0		25	50

Four Year Undergraduate Programme

Subject: Psychology

Program Specific Outcomes (PSO):

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

First Semester

Course Name: Introduction to Psychology

Course Code: PSY0100104

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 100-199

Prerequisites: - NIL

Theory Credit: 04

Practical Credit: 00

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO-1: Identify the key concepts of the field of psychology with an emphasis on applications of psychology in everyday life.

CO-2: Explain and interweave basic concepts of learning, memory, motivation and emotion in Psychology.

CO-3: Discuss key figures, diverse theoretical perspectives and research findings that has shaped some of the major areas of contemporary psychology.

Unit no.	Unit content	No.of classes	Marks
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1	Introduction: Meaning, Nature and Goals of Psychology, Scope and Subfields of Psychology, Indian and Western Perspectives in Psychology, Methods of Psychology	9	12
2	Learning and Memory: Learning, Nature of learning, Principles and applications of Classical Conditioning, Operant Learning, Observational Learning, and Cognitive Learning;	12	16
3	Memory: Definition, Structure and types of memory, Models of memory, Concept and Theories of Forgetting, Methods of improving memory.	12	16
4	Motivation and Emotion: Nature, Perspectives, Types of Motivation, relationship between motivation and emotion. Emotions: Nature, Functions of Emotion, Theories of emotion, Culture and Emotion - Indian perspective.	12	16

Reading list:

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

Second Semester

Course Name: Positive Psychology

Course Code: PSY020104

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 100-199

Prerequisites: - NIL

Theory Credit: 04

Practical Credit: 00

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: Describe the basic concepts of the growing approach of positive psychology.

CO2: Illustrate the concepts of Psychological wellbeing, happiness, emotional intelligence and resilience.

CO3: Apply the concepts of Positive Psychology into everyday life.

Unit no.	Unit content	No.ofclasses	Marks
1	Introduction to Positive Psychology: Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues. Applications of Positive psychology at Work and in the field of education	9	12
2	Positive Emotional States and Processes: Happiness and Well being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience	12	16
3	Positive Cognitive States and Processes: Self-efficacy, Optimism, Hope, Wisdom, Flow, And Mindfulness.	12	16
4	Positive Environments: Positive schooling, good work: psychology of gainful employment. The Me/ We balance: building better communities	12	16

Reading list:

- Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: PrenticeHall.
- Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.
- Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford UniversityPress.
- Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to
- Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon andSchuste
- Snyder, C.R., & Lopez,S.J.(2007). Positive psychology : The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
- Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press
- Luthans, F. (2009). Organizational behavior. New Delhi: McGraw Hill.

Third Semester

Course Name: Social Psychology

Course Code: PSY0300104

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 200-299

Prerequisites: - NIL

Theory Credit: 03

Practical Credit: 01

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: Develop an understanding of the nuances of the social world as well as different perspectives on relations between individual and society.

CO2: Critically analyze the social influence and behavior, as to how individuals think, feel and behave in social situations.

CO3: Explain group behavior and group dynamics.

Unit no.	Unit content	No.of classes	Mark s
1	Introduction: Nature and scope of social psychology; Overview of the history of social psychology (including development in India); Relationship with sociology and anthropology.	15	15
2	Understanding and evaluating the social world: Self and its processes: Self concept, Self-esteem, and self-presentation; Social cognition, Attitudes and attitude formation, Strategies for attitude change.	15	15

3	Social interaction and Influence: Interpersonal attraction, Pro-Social Behaviour, Aggression: basic concept, causes and management, Social influence: social facilitation, conformity and social loafing, Group Dynamics and inter-group relations, inter-group conflict.	15	15
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Reading list:

- Baron, R.A., Byrne, D. & Bhardwaj. G (2010).Social Psychology (12th Ed).New Delhi: Pearson.
- Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi
- Deaux.K & Wrightsman, L. (2001).Social Psychology. California: Cole Publishing
- Kassin,S., Fein, S., & Markus,H.R. (2008). Social psychology. New York: Houghton Mifflin.
- Misra, G. (2009). Psychology in India, Volume 4: Theoretical and Methodological Developments (ICSSR survey of advances in research). New Delhi: Pearson.
- Myers, D.G.12008). Social psychology New Delhi: Tata McGraw-Hill. Taylor,S.E., Peplau,L.A. & Sears,D.O. (2006). Social Psychology (12th Ed). New Delhi: Pearson

Third Semester

Course Name: Development of Psychological thought

Course Code: PSY0300204

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 300-399

Prerequisites: - NIL

Theory Credit: 04

Practical Credit: 00

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: Understand the development of the psychological thought both from the Indian as well as Western perspective.

CO2: Illustrate early schools of Psychological thoughts and their functions.

CO3: Discuss the issues and debates in contemporary psychology.

CO4: Explain Psychoanalytic and Humanistic-Existential Orientation

Unit no.	Unit content	No.ofClasses	Marks
1	Understanding Psyche from Indian Perspectives: Universal quest for understanding consciousness; Consciousness from the Indian perspectives: Bhagwat Gita, Vedanta, Integral Yoga and Buddhism.	9	12
2	Early Schools of Psychology: Western perspectives of content and methodology with reference to Classical schools; Emergence of Modern Psychology. Associationism, Structuralism and Functionalism (Brief Introduction); Developments in Behaviourism (Watson), Neo Behaviouristic traditions (Skinner), Cognitive revolution- A paradigm shift.	12	16
3	Psychoanalytic and Humanistic-Existential Orientation Freudian psychoanalysis, the turn towards 'social' — Adler, Jung, ego psychology — Erik Erikson, cultural psychoanalysis (Sudhir Kakkar).	12	16

4	Essential aspects of knowledge paradigm Ontology, Epistemology and methodology. Positivism, Post-positivism, Critical perspectives, social- constructivism.	12	16
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Reading list:

- Benjamin Jr. (2009). A History of Psychology: Original Sources & Contemporary Research 3rdEdn. Blackwell Publishing.
- Singh, A. K. (2015). The comprehensive history of Psychology. Motilal banarasidas publishers pvt. Ltd. Revised edition.
- Paranjpe, A. C. (1984). Theoretical psychology: The meeting of East and West. New York: Plenum Press.
- Feist & Feist. Theories of Personality Mc Graw Hill Higher Education.
- King, D.B., Viney, W. & Woody, W.D. (2008). A history of psychology: Ideas and context. (4thEd.). Pearson education.
- Kurt Pawlik. Gery D'ydwalle (2006). Psychological Concepts: An International Historical Perspective. Taylor Francis Group.
- Leahey, T.H. (2005). A History of Psychology: Main currents in psychological thought (6th Ed.). Singapore: Pearson Education.
- Mc Adams (2000). The Person: An Integrated Introduction to Personality Psychology John Wiley
- Schultz & Schultz (1999). A History of Modern Psychology. Harcourt College Publishers/ Latest edition available.

Fourth Semester

Course Name: Cognitive Psychology

Course Code: PSY040104

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 200-299

Prerequisites: - NIL

Theory Credit: 03

Practical Credit: 01

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: Identify basic theoretical, empirical, and applied knowledge that has shaped Cognitive Psychology.

CO2: Describe various cognitive processes.

CO3: Apply strategies of effective problem solving and decision making.

Unit no.	Unit content	No.of classes	Marks
1	Introduction to Cognitive Psychology: Brief history, Nature, Scope and Domains of Cognitive Psychology, Paradigms- Information processing, Connectionist, Evolutionary, Ecological, Current status: Indian approaches to cognition	15	15
2	Sensation, Perception and Attention: Sensory processes: Auditory, Visual, Touch, Taste, Smell, Perception: Approaches to perception, Perception of object and forms, Illusion, Attention: Meaning , Nature and Definition, Issues of Attention; Selective attention	15	15

3	Thinking, Problem Solving and Decision Making: Components of thoughts, imagery and cognitive maps, Strategies and barriers of effective problem solving; Decision making: biases and methods.	15	15
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Reading list:

- Solso R L.2004,Cognitive psychology(6th edition),Pearson Education
- • Braisby, N.,&Gellatly, A. (2005).*Cognitive Psychology*. Oxford University Press.
- • Galotti, K. (2013). *Cognitive Psychology In and Out of the Laboratory* (5th ed.). Sage Publications.
- Talukdar R R.2019, *Cognitive Psychology*, Psycho information technologies, New Delhi
- • Sternberg, K., & Sternberg, R. (2011). *Cognitive Psychology*. Cengage Learning.
- • Zimbardo, P.G., Johnson, R.L., & McCann, V.M. (2012). *Psychology: Core concepts*(7th ed.). U.S.A.: Pearson.
- Singh, K. (2022). There isn't only cultural blindness in psychology; psychology is culture blind. In Robert W. Hood, Jr. &Sariya Cheruvallil-Contractor (Eds.), *Research in the social scientific study of religion, volume 32* (pp. 399-426). Boston: Brill.

Fourth Semester

Course Name: Bio Psychology

Course Code: PSY040204

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 200-299

Prerequisites: - NIL

Theory Credit: 04

Practical Credit: 00

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: Explain the nature and scope of Bio Psychology and its applications in Psychology

CO2: Describe the structure and functions of Neuron and the importance of action potential and synaptic activity

CO3: Illustrate the methods to study the brain and its role in behavior.

CO4: Examine the role of endocrine glands in mediating behavior.

Unit no.	Unit content	No.of classes	Mark s
1	Introduction to Biopsychology & Nerve Impulse: Nature, scope and divisions of biopsychology, Methods and Ethics in bio psychology.	9	12
2	Neuron: structure and function of Neurons, action potential/nerve impulse, synaptic transmission.	12	16

3	Brain and Behavior: Methods (EEG, CT, fMRI), CNS and behaviour (Spinal cord and Brain functions.)	12	16
4	Endocrine System: Endocrine basis of behavior, Structure, function and abnormalities (Pituitary, Adrenal, Thyroid, Gonads)	12	16

Reading list:

- Pinel, J. P. J. (2016). *Biopsychology* (9th ed.). New Delhi: Pearson Education.(Pp 25-39,pp 75-120).
- Carlson, N. R.(2009). *Foundations of Physiological Psychology* (6th ed.). New Delhi: Pearson Education. (Latest ed., pp. 26-59; pp. 62-92).
- Khosla, M. (2017).*Physiological Psychology: An Introduction*.Delhi: Sage Texts.
- Leukel,F. (1976). *Introduction to Physiological Psychology*. Pearson: New Delhi. (pp35-55).
- Levinthal, C. F. (1983). *Introduction to Physiological psychology*. New Delhi. PHI. (pp116- 151).
- Kolb, B., & Whishaw, I. Q. (2009). *Fundamentals of Human Neuropsychology*, 6th Edition.Worth Publishers: New York. Pg 51-81, 110-131
- Rains, G. D. (2002). *Principles of Human Neuropsychology*. McGraw Hill: New York.Pg 45- 71.

Fourth Semester

Course Name: Applied Social Psychology

Course Code: PSY040304

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 200-299

Prerequisites: - NIL

Theory Credit: 04

Practical Credit: 00

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: Describe the key concepts and methods relevant to the study of social psychology.

CO2: Understand and improve the relationship between self and society.

CO3: Analyze the significance of indigenous social psychology and apply social-psychological processes in promoting change in Indian society.

Unit no.	Unit content	No.of classes	MarkS
1	Introduction: Nature and scope of Applied Social Psychology, Social influences on behaviour, Levels of analysis, Methodological approaches in social psychology: experimental and non experimental; Action research.	10	15
2	Self and the Social World: Understanding self and evaluating the social world, Concept of self, social cognition social perception. Impression management: attitude formation and change	11	15
3	Social Cognition and Attribution: Social schema, Heuristic, new directions of social cognition; Attribution theory (Heider, Kelley, Jones and Davis, Weiner); attribution biases; Person perception: impression formation and management (definition, process and factors).	12	15

4	Prejudice and Discrimination: Nature and origin of stereotyping, Formation of stereotypes, Meaning and Definition of Prejudice and Discrimination, Techniques of countering effects of Prejudice, Case studies in Indian context.	12	15
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Reading list:

- Aronson, E., Wilson, T. D., Asch, S. E., & Turner, J. C. (2020). Social Psychology (10th ed.). Pearson India Education Services Pvt. Ltd.
- Baron, R. A., Branscombe, N. R., Byrne, D., & Bhardwaj, G. (2010). Social Psychology (12th ed.). Delhi, Pearson.
- Baumeister, R. F., & Bushman, B. J. (2013). Social Psychology & Human Nature. Wadsworth.
- Hogg, M., & Vaughan, G. M. (2008). Social Psychology. Prentice Hall.
- Myers, D. G. (2005). Social Psychology (8th ed.). New Delhi: Tata McGraw-Hill Pub. Co. Ltd
- Tucker, V. (2020). Research Methods in Social Sciences. Pearson India Education services Pvt. Ltd

Fourth Semester

Course Name: Psychology of Individual Differences

Course Code: PSY040404

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 200-299

Prerequisites: - NIL

Theory Credit: 03

Practical Credit: 01

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: Explain the concept of individual differences with the goal to promote self-reflection and understanding of self and others.

CO2: Illustrate the concept of intelligence, emotional intelligence and creativity.

CO3: Examine different theories of personality and to develop skills for personality enhancement.

Unit no.	Unit content	No.of classes	Mark S
1	Personality: Nature of personality; Biological foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic, Phenomenological- humanistic: Carl Rogers, Abraham Maslow, Trait and type.	15	15
2	Intelligence: Concept of intelligence: Psychometric and cognitive approaches to intelligence; Gardner's multiple intelligences; Emotional Intelligence, Heredity, environment and intelligence; Group differences in intelligence; Extremes of intelligence,	15	15
3	Enhancing individual's potential: Motivation: Self-determination theory; Enhancing cognitive potential, Self regulation and self enhancement; Fostering creativity.	15	15

Reading list:

- Hall, C. and Lindzey, G. 1978. Theories of Personality, New Delhi: Wiley Eastern.
- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
- Solso R L. 2004, Cognitive psychology (6th edition), Pearson Education
- Carr, A. (2011): Positive psychology. Routledge.
- Ciccarelli, S.K., & Meyer, G.E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Cornelissen, R.M.M., Misra, G. & Varma, S. (2011). Foundations of Indian Psychology, Vol 1. Pearson.
- Talukdar R R. 2019, *Cognitive Psychology*, Psycho information technologies, New Delhi

Fifth Semester

Course Name: Abnormal Psychology

Course Code: PSY0500104

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 300-399

Prerequisites: - NIL

Theory Credit: 03

Practical Credit: 01

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: Explain the concept of abnormal behaviour.

CO2: Discuss the clinical picture and dynamics of various psychological disorders.

CO3: Understand Psychotic disorders and their etiology

CO4: Describe mood and personality disorders.

Unit no.	Unit content	No.of classes	Marks
1	Introduction to Abnormal Psychology: Meaning, definition, brief history and criteria/indicators, Biological, Psychological, Social, Behavioral, and Cognitive-behavioral and cultural causes of abnormal behavior, ICD-11 and DSM-5	15	15
2	Schizophrenia spectrum and other psychotic disorders. Clinical picture and causal factors of- Schizophrenia, Delusional disorder, Anxiety Disorder: Panic disorder, Phobia, Generalized anxiety disorder.	15	15
3	Personality Disorders and Mood Disorders: Antisocial Personality Disorder and Borderline Personality Disorder; Obsessive- compulsive Disorder, Mood disorders: causal factors and subtypes of mood disorder; Suicide: Identification and prevention.	15	15

Reading list:

- Butcher, J. N., Mineka, S., & Hooley, J. M. (2007). Abnormal psychology (13th ed.). Allyn & Bacon/Pearson Education
- Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Integrated Approach (4th Ed.).Wadsworth: New York.

- Bennett,P.(2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
- Brewer,K.(2001). Clinical Psychology. Oxford : Heinemann Educational Publishers Carson, R.C., Butcher,J.N.,Mineka,S.&Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
- Kearney, C. A. &Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi :Cengage learni
- Coleman, J. C. (1950). Abnormal psychology and modern life. Scott, Foresman.

Fifth Semester

Course Name: Developmental Psychology

Course Code: PSY0500204

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 300-399

Prerequisites: - NIL

Theory Credit: 03

Practical Credit: 01

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: Explain the concept and significance of Developmental Psychology

CO2: Understand the concept and process of human development across the lifespan,

CO3: Analyze the various domains of human development

CO4: Describe socio-cultural context of human development

Unit no.	Unit content	No.of classes	Mark s
1	Introduction Concept of Human Development, stage and research methods, Role of Family, Peers, Media and Schooling on human development.	15	15
2	Periods of Life Span Development Prenatal development, Birth and Infancy Childhood, Adolescence, Adulthood, Old age: characteristics, developmental task and hazards.	15	15
3	Domains of Human Development Cognitive development: perspectives of Piaget and Vygotsky, Language development, Physical development, Emotional development, Moral development, Personality development.	15	15

Reading list:

- Elizabeth B. Hurlock (1980): *Developmental Psychology: A Life-Span. Approach*, Mc Graw Hill Company.
- Berk, L.E.: (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.
- Mitchell, P. and Ziegler, F. (2007). *Fundamentals of development: The Psychology of Childhood*. New York: Psychology Press.

- Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human development* (9th Ed.). New Delhi: McGraw Hill.
- Santrock, J. W. (2011). *Child Development* (13th Ed.). New Delhi: McGraw Hill. Santrock, J.W. (2012). *LifeSpan Development* (13th) New Delhi: McGraw Hill.

- Saraswathi, T.S. (2003). *Cross-cultural perspectives in Human Development: Theory, Research and Applications*. New Delhi: Sage Publications.
- Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi.

Fifth Semester

Course Name: Research Methodology

Course Code: PSY0500304

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 300-399

Prerequisites: - NIL

Theory Credit: 04

Practical Credit: 00

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: Understand the process and the methods of quantitative and qualitative psychological research traditions.

CO2: Analyze various techniques and types of sampling.

CO3: Discuss various methods of data collection and their applications.

CO4: Explain the concept of Research Designs in social science.

Unit no.	Unit content	No.of classes	Mark s
1	Basics of Research in Psychology Concept of Psychological Research; the Goals of Psychological Research; Principles of Good Research; Ethics in Psychological Research; Research Traditions: Quantitative and Qualitative Orientations towards Research and their Steps; Comparing Qualitative and Quantitative Research Traditions.	9	12
2	Sampling: Meaning, Techniques, Types of sampling, Applications, Strengths and limitations, Sampling Error.	12	16
3	Methods of Data Collection: Case Study; Observation; Surveys, Focus Group Discussion, Interviews; Use of secondary data.	12	16
4	Research Design: single case design, group design – randomized group design (between group design) and repeated measure design (within group design)	12	16

Reading list:

- Broota, K. D. 1992. Experimental Design in Behavioral Research. ND: New Age Int. Pub.
- Sigh, A. K. 1997. Test Measurement and Research Methods in Behavioral Sciences, Bharati Bhawan.
- Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi.
- Dyer, C. (2001) Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.) Oxford: Blackwell Publishers

- Neuman, W.L. (2006). Social Research Methods: Qualitative and Quantitative Approaches (6th Ed.) Boston: Pearson Education.
- Willig, C. (2001). Introducing qualitative research in psychology: Adventures in theory and method. Philadelphia: Open University Press.
- Singh, K. (2022). There isn't only cultural blindness in psychology; psychology is culture blind. In Robert W. Hood, Jr. & Saniya Cheruvallil-Contractor (Eds.), Research in the social scientific study of religion, volume 32 (pp. 399-426). Boston: Brill.

Fifth Semester

Course Name: Psychology and Indian Knowledge System

Course Code: PSY0500404

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 300-399

Prerequisites: - NIL

Theory Credit: 04

Practical Credit: 00

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: To explore the psychological concepts embedded in Indian philosophical and spiritual traditions.

CO2: To introduce indigenous frameworks of cognition, personality, self, and mental health.

CO3: To develop critical appreciation for integrating Indian and Western psychological knowledge.

Unit no.	Unit content	No.of classes	Mark s
1	Foundations of Indian Knowledge System Meaning and scope of Indian Knowledge System (IKS); Holistic worldview of Indian psychology: Integration of body, mind, and consciousness; Methods of knowledge: Pramanas (perception, inference, testimony, comparison)	9	12
2	Concepts of Mind and Self Models of mind: Antahkarana Chatushtaya – Manas, Buddhi, Ahamkara, Chitta; Concept of Self (Atman), Jiva, Purusha (Samkhya), and Alayavijnana (Buddhist); Comparisons with Western models of mind and self	12	16
3	Emotions, Motivation, and Personality in Indian Perspective Concept of Rasa and Bhava (from Natyashastra), Triguna theory (Sattva, Rajas, Tamas) and its implications for personality; Motivation and the concept of Purusharthas (Dharma, Artha, Kama, Moksha); Emotional regulation and equanimity (Stitha Prajna)	12	16

4	Mental Health, Well-being and Therapy Ayurveda and Yoga perspectives on mental health (Manas Roga, Gunas, Doshas); Meditation, Pranayama, and their psychological effects, Well-being in Indian context: Sukha, Dukha, Ananda, Moksha; Indian models of counseling: Bhagavad Gita as a dialogue of psychological support	12	16
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Reading list:

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

Sixth Semester

Course Name: Counselling Psychology

Course Code: PSY0600104

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 300-399

Prerequisites: - NIL

Theory Credit: 04

Practical Credit: 00

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: Understand the basic concepts, skills, goals and objectives of Counseling.

CO2: Discuss the process and stages of Counseling.

CO3: Illustrate the applicability of counseling in various fields.

Unit no.	Unit content	No.of classes	Mark s
1	Introduction to Counseling Psychology: Definition, Nature and Scope, Goals and Objectives of Counseling, Counseling skills and Ethics; The Effective Counsellor.	9	12
2	Counselling process, stages and relationship: Intake, Initial Disclosure, In-depth Exploration, Goal Setting, Termination, Building Counseling Relationships; Working in Counselling Relationship; Closing Counselling Relationships.	12	16
3	Applications of Counselling: I Child Counseling, Family-Counseling, and Career Counseling.	12	16

4	Applications of Counselling: II Crisis intervention: suicide, substance abuse and sexual abuse, Gender related issues.	12	16
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Reading list:

- Welfel, E.R.N Patterson, L. E. The Counseling Process: A multi theoretical integrative approach, Thomson.
- Capuzzi, D. & Gross, D. R. (2007). Counseling and Psychotherapy: Theories and Interventions (4th Ed.) New Delhi. Pearson.
- Corey, G. (2009) Counseling and Psychotherapy; Theory and Practice. (7th Ed.) New Delhi: Cengage Learning.
- Gibson, R. L. & Mitchell, M. H. (2012). Introduction to Counseling and Guidance (7th Ed.) New Delhi: Pearson
- Gladding, S. T. (2012). Counseling: A Comprehensive Profession. (7th Ed) New Delhi. Pearson.
- Hansen, J.C. (2012). Contemporary Counseling Psychology. In E. M. Altmaier and J.C.

Hansen (Eds) The Oxford Handbook of Counseling Psychology. New York: Oxford University Press.

- Nelson-Jones, Richard. (2008). Basic Counseling Skills: A helper's manual, Second Edition, Sage, South Asia Edition
- Rao, K. (2010); Psychological Interventions: From Theory to Practice. In G. Misra (Ed): Psychology in India. Volume 3: Clinical and Health Psychology. New Delhi. ICSSR/ Pearson.
- Rao, S.N. & Sahajpal, P. (2013) Counseling and Guidance. New Delhi: Tata McGraw Hill.

Sixth Semester

Course Name: Organizational Behaviour

Course Code: PSY0600204

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 300-399

Prerequisites: - NIL

Theory Credit: 03

Practical Credit: 01

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: Understand the concepts related to organizational behavior.

CO2: Analyze connectivity between concepts and practices of organizations.

CO3: Discuss the dynamics of Organizational Behavior

Unit no.	Unit content	No.of classes	Mark s
1	Introduction Nature and definition; Historical antecedents of Organizational Behaviour; Contemporary Trends and Challenges; Organizational Behavior: Challenges in the Indian Setting.	15	15

2	Individual level processes Employee attitudes: Job satisfaction, Organizational Commitment, Organizational Citizenship Behaviour; Work Motivation: Early theories: Maslow, McClelland, Two factor; Contemporary theories: Goal setting, Equity, Expectancy; Applications: Job Characteristics Model, Job redesign.	15	15
3	Dynamics of Organizational Behavior and organizational culture Power and Politics: Influence, empowerment, sexual harassment, organizational politics; Positive empowerment, organizational politics; Positive Organizational Behavior; Leadership: Basic approaches: Trait theories, Behavioral theories, Contingency theories.	15	15

Reading list:

- Luthans, F. (2009). Organizational behavior. New Delhi: McGraw Hill.
 - Pareek,U. (2010).Understanding organizational behaviour. Oxford:Oxford UniversityPress.
 - Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9thEd.). India: Dorling Kindersley.
 - Griffin, R.W. & Moorhead, G. (2009). Organizational Behavior: Managing People & Organizations. New Delhi :Biztantra publishers.
 - Landy, F.J. &Conte,J.M.(2007) Work in the 21stCentury: An Introduction to Industrial and Organizational Psychology. New York : WileyBlackwell.
 - Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), Handbook of Psychology. New Delhi: Oxford University Press.
- Robbins, S. P. & Judge, T.A. (2007) Organizational Behavior(12 Ed). New Delhi: Prentice Hall of India
- Chadha, N.K. (2007). Organizational Behavior. Galgotia Publishers: New Delhi.

Sixth Semester

Course Name: Dealing with Psychological disorders

Course Code: PSY0600304

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 300-399

Prerequisites: - NIL

Theory Credit: 03

Practical Credit: 01

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: Understand the clinical picture and dynamics of psychological disorders.

CO2: Explain the concept of Psycho-diagnostic assessment

CO3: Illustrate the classifications of disorders.

CO4: Describe the therapeutic interventions for the various psychological disorders.

Unit no.	Unit content	No.of classes	Mark s

1	Introduction to Clinical Psychology: Basic concept and brief history of Clinical Psychology, role of Clinical Psychologists, distinguishing Clinical Psychology from related professions, Ethics in Clinical practice	15	15
2	Psycho diagnostic Assessments and classification of disorders: Stages of Psychological assessments, Application of Psychological test in the assessment of abnormal behavior: Projective methods, Objective methods, Behavioral assessments. Diagnostic and Statistical Manual of mental disorders (DSM-5), International Classification of Disorders (ICD-11)	15	15
3	Treatment of Psychological disorders: Concept of psychotherapy, Psychoanalytic therapy, Behaviour therapy, Cognitive-Behaviour therapy, Yoga therapy.	15	15

Reading list:

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

- Rao, K. (2010); Psychological Interventions: From Theory to Practice. In G. Misra (Ed):Psychology in India. Volume 3: Clinical and Health Psychology. New Delhi. ICSSR/ Pearson.

Sixth Semester

Course Name: Statistical methods in Psychology

Course Code: PSY0600404

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 300-399

Prerequisites: - NIL

Theory Credit: 04

Practical Credit: 00

No. of Required Classes:

No. of Contact Classes: 45

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: Explain the psychological research and basics of statistical methods

CO2: Analyze the tools used in descriptive statistics of quantitative research.

CO3: Understand the graphical representation of data

CO4: Examine the different properties of Normal Curve

CO5: Discuss the basic concept of correlation.

Unit no.	Unit content	No.of classes	Mark s
1	Introduction Relevance of Statistics in Psychological research; Descriptive and Inferential Statistics; Variables and Constants; Measurement Scales; Frequency Distributions, Percentiles, and Percentile Ranks. Organizing Quantitative data: Constructing a grouped frequency distribution, a relative frequency distribution and a cumulative frequency distribution; Computation of Percentiles and Percentile Ranks.	9	12
2	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. Measures of Central Tendency: Mode; Median; Mean; Properties and Relative Advantages and Disadvantages of the Mode, the Median and the Mean; Central Tendency Measures in Normal and Skewed Distributions.	12	16
3	The Normal Distribution The Nature and Properties of the Normal Probability Distribution; Standard Scores and the Normal Curve; The Standard Normal Curve: Finding areas when the score is known; The Standard Normal Curve: Finding scores when the area is known. The Normal Curve as a Model for Real Variables; The Normal Curve as a Model for Sampling Distributions; Divergence from Normality (Skewness and Kurtosis).	12	16
4	Correlation The Meaning of Correlation; The Scatterplot of Bivariate Distributions; Correlation: A Matter of Direction; Correlation: A Matter of Degree; The Coefficient of Correlation; Calculating Pearson's Correlation Coefficient from Deviation Scores; Calculating' Pearson's Correlation Coefficient from Raw Scores; Spearman's Rank-Order Correlation Coefficient; Correlation and Causation; Cautions Concerning Correlation Coefficients.	12	16

Reading list:

- Broota, K.D. (1992). Experimental Design in Behavioural Research. ND: New Age International Pub.
- Hair, Joseph F., et al. Multivariate Data Analysis: A Global Perspective. 7th ed. Upper Saddle River: Prentice Hall, 2009.
- Ferguson, G. A. (1959). Statistical analysis in psychology and education. New York: Mc Graw- Hill Book Co.
- Kazdin, A. E. (2011). Single-case research designs: Methods for clinical and applied settings. Oxford University Press.
- Keller, G. (2014). Statistics for management and economics. Nelson Education. Seltman, H. J. (2014). Experimental design and analysis. Retrieved January, 15, 2015. Siegel, S. (1986). Non parametric statistics. NY: McGraw Hill.
- Winer, B. J. (1971). Statistical principles in experimental design. NY: McGraw Hill.

COMMON COURSES**First Semester****Course Name: Psychology for Health and Well-being****Course Code: VAC0100602****Existing Base Syllabus: UG CBCS Syllabus****Course Level: 100-199****Prerequisites: - NIL****Theory Credit: 02****Practical Credit: 00****No. of Required Classes:**

No. of Contact Classes: 30

No. of Non-contact Classes: NIL

Course Objective:

CO1: To introduce the concept and significance of Psychology for Health and Well Being.

Unit no.	Unit content	No.of classes	Marks
1	Health and Well Being: Continuum and models of health and illness: Medical, Bio-Psychosocial, Holistic Health; Health and Well Being; Cultural Approaches To Medicines	15	25
2	Health Management: Health- Enhancing Behaviours: Exercise, Nutrition, Health Compromising Behaviours; Health Protective Behaviours, Health Promotion through Yoga; Illness Management	15	25

Reading list:

- Agarwala, S., Das, I., Kumar, K., & Kumar, S. (2009). Health Psychology. New Delhi, Allied Publishers. Allen, F. (2011). Health Psychology and Behaviour. New Delhi Tata McGraw Hill.
- Dalal, A. K., & Misra, G. (Eds.). (2012). New Directions in Health Psychology. New Delhi: Sage. DiMatteo, M.R., & Martin L.R. (2017). Health Psychology. Noida: Dorling Kindersley.
- Sarafino, E.P., & Smith, T.W. (2016). Health Psychology: Bio Psychosocial Interactions (9th Ed.). New York: Wiley. Snyder.
- C.R., Lopez S, J., & Pedrotti, J.T. (2011). Positive psychology: The scientific and practical explorations of human strengths. New Delhi: Sage. Taylor, S.E. (2017). Health psychology (10th Ed.) New Delhi: Tata McGraw Hill.

Second Semester

Course Name: Cultural And Indigenous Psychology

Course Code: VAC0200602

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 100-199

Prerequisites: - NIL

Theory Credit: 02

Practical Credit: 00

No. of Required Classes:

No. of Contact Classes: 30

No. of Non-contact Classes: NIL

Course Objective:

CO1: To introduce the concept and significance of Cultural and Indigenous Psychology.

Learning outcome:

LO1: To understand the similarities and differences in cultural processes.

LO2: To identify how culture helps to understand oneself.

LO3: To learn the costs and benefits of cultural diversity and globalization on psycho-social constructs.

LO4: To understand the core concepts of Indian Psychology with its implications and applications.

Unit no.	Unit content	No.of classes	Marks
1	Culture and Psychology: Cross Cultural Psychology, Cross Cultural Research, Cultural Psychology, Indigenous Psychology, Post Colonial thought in Psychology, Indigenization of Psychology in India	15	25
2	Globalization and Culture: Acculturation framework; Nature, psychological benefits and costs of cultural competence; Migration; Management of multicultural identities; Rethinking culture and identity in globalized world: Towards a transnational cultural psychology	15	25

Reading list:

- Berry, J.W., Poortinga, Y.H., Pandey, J. (1997). Handbook of Cross-Cultural Psychology. Theory and Method (Second Edition, Volume 1). M.A.: Allyn and Bacon.
- Bonvillain, N. (2019). Cultural Anthropology. (4th Edition). New York: Pearson.
- Kim, U., Shu, K., Yang, K.S. & Hwang, K.K. (2006). Indigenous and Cultural Psychology: Understanding People in Context. London, UK: Springer.
- Matsumoto, D., & Juang, L. (2016). Culture and Psychology. (6th Edition). Boston, MA: Cengage Learning.
- Miller, B.D.(2015). Cultural Anthropology. (6th Edition). New York: Pearson. Rao, K. R. (2011). Indian Psychology: Implications and Applications.

Second Semester

Course Name: Emotional Intelligence

Course Code: SEC0203803

Existing Base Syllabus: UG CBCS Syllabus

Course Level: 300-399

Prerequisites: - NIL

Theory Credit: 02

Practical Credit: 00

No. of Required Classes:

No. of Contact Classes: 30

No. of Non-contact Classes: NIL

Course Outcomes:

CO1: Critically examine the key models and components of Emotional Intelligence, including self-awareness, self-management, empathy, and interpersonal skills.

CO2: Analyze the role of emotional intelligence in understanding and managing emotions, and evaluate its impact on thought and behavior.

CO3: Apply emotional intelligence techniques in real-life domains such as workplace settings, personal relationships, and academic performance.

Unit no.	Unit content	No.of classes	Marks
1	Introduction: Emotional Intelligence; Models of Emotional Intelligence; EQ Competencies: Self- Awareness, Self-Management, Empathy, and Interpersonal Skills; Importance of Emotional Intelligence, Knowing one's own and other's emotions, Levels of emotional awareness.	15	25

2	Managing Emotions: The relationship between emotions, thought and behaviour; Techniques to manage emotions, Applications of Emotional Intelligence: Workplace; Relationships; Academics	15	25
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Reading list:

- Anand, P. (2017). Emotional Intelligence: Journey to Self Positive. New Delhi: The Readers Paradise. Bar-On, R., & Parker, J.D.A. (Eds.) (2000). The Handbook of Emotional Intelligence. San Francisco, California: Jossey Bros. Goleman, D. (1995). Emotional Intelligence. New York: Bantam Book.
- Goleman, D. (1998). Working with Emotional Intelligence. New York: Bantam Books.