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## CH. CHARAN SINGH UNIVERSITY, MEERUT DEPARTMENT OF PSYCHOLOGY

RVC 3547  
19/6/21

VCO/23/138  
18/6/21

Ref. No.: PSY/1282

Date: 18/06/2021

### Proceedings of the Board of Studies in Psychology

A meeting of the Board of Studies (Psychology) was held on 29.05.2021 at 11:00 a.m. online through Zoom as per letter no. Committee Cell (BOS-Psychology)/4622 dated 24.05.2021. The members present were:

1. Prof. Navin Chandra Lohani, Dean Faculty of Arts, C.C.S. University, Meerut.
2. Prof. Snehlata Jaswal, Head, Deptt. of Psychology, C.C.S. University, Meerut. (Convenor-I)
3. Dr. Israil Miya, Head, Deptt. of Psychology, Meerut College, Meerut. (Convenor-II)
4. Dr. Mrs. Vandana Sharma, Deptt. of Psychology, S.D. College, Ghaziabad.
5. Dr. Mrs. Divya Agarwal, Head, Deptt. of Psychology, S.D. College, Ghaziabad.
6. Prof. Jagat Mohan Jerath (Rtd.), Panjab University, Chandigarh.
7. Prof. Nov Rattan Sharma, Deptt. of Psychology, M.D. University, Rohtak, Haryana.
8. Prof. Jyotsana, Dept. of Applied Psychology, G. J. University, Hisar, Haryana.
9. Prof. Harprit Kaur, Punjabi University, Patiala, Punjab.
10. Prof. Narayanan Srinivasan, Head, Department of Cognitive Sciences, Indian Institute of Technology, Kanpur.


#### Recommendations:

1. Syllabi for undergraduate classes in Psychology created as the Common Minimum Syllabus for all U.P. State Universities/ Colleges, under the aegis of the National Education Policy 2020, was considered, modified, and recommended for approval, with the proviso that additional papers will be designed and offered as options to students in V and VI semester (third year) within the next two years, so that students have wider career options and employment opportunities after graduation rather than only focusing on Counseling.
2. Some areas suggested for creating additional papers as options in V and VI semester were: Cognitive Psychology, Organizational Psychology, Psychometrics, Sports Psychology, etc.
3. The two papers created as 'Minors' under the aegis of the National Education Policy-2020 (to be offered to students who are not studying Psychology as a Major), were also considered, modified, and approved.
4. Only students having at least 45% marks (40% marks for SC/ST) in Class 12 will be allowed admission to Psychology courses. 5% weight will be given for having studied Psychology in school.
5. The 'PG Diploma in Psychological Counseling' in the Department of Psychology, CCSU Campus, is suspended due to COVID.
6. The panel of examiners and paper setters for different kinds of examinations such as written examinations, practical examination, viva voce, etc. for undergraduate and post-graduate classes, was modified and is recommended for approval.

The meeting ended with thanks to the Chairperson, Experts, and the Members of the Board.

  
Prof. Snehlata Jaswal  
Convenor I

  
Dr. Israil Miya  
Convenor II

  
Prof. Navin Chandra Lohani  
Dean, Faculty of Arts  
प्रो० नवीन चंद्र लोहनी  
संकायाध्यक्ष कला,  
अध्यक्ष, हिन्दो विभाग,  
चौ० चरण सिंह विश्वविद्यालय, मेरठ

Submitted for kind perusal and approval to the Hon'ble Vice Chancellor

1/C (Considered)  
  
19/06/21  
Registrar

A C to Consider  
Prof. N.C. Taneja  
Vice Chancellor

  
18/6/21

## CHAUDHARY CHARAN SINGH UNIVERSITY, MEERUT

### SYLLABI OF MINOR PAPERS FOR BA PSYCHOLOGY UNDER THE AEGIS OF THE NATIONAL EDUCATION POLICY-2020

Note: These papers are offered as options (minors) to students of other departments/ faculties.

<b>Program/Class: Certificate</b>		<b>Year: First</b>	<b>Semester: First or Second</b>
<b>Subject: Psychology</b>			
Course Code: _____		Course Title: <b>Promoting personal growth and relationships through Psychology</b>	
<b>Course Outcomes:</b> The students will know and understand how psychology can be used for personal growth and enhancing relationships. A brief introduction to various important and interesting topics will inspire the students to begin a journey of self-discovery and promote meaningful social relationships.			
Credits: 6		Minor (Optional)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 6-0-0			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Managing Emotions: Basic and Self Conscious emotions, Emotional Intelligence; Cultivating Positive Emotions: Flourishing, Strengths and Virtues.	11	
<b>II</b>	Enhancing attention and memory: Focusing attention, Dual tasking and multi-tasking, Cognitive capacity, Bilingual advantage, Training for enhancement of cognitive capacity	12	
<b>III</b>	Motivating yourself: Rewarding yourself for success, Visualizing and achieving success; Delaying gratification; Attribution styles and dealing with failure	11	
<b>IV</b>	Problem solving: Concepts and strategies; Creative thinking: Factors affecting creativity; Enhancing creativity in individuals and groups.	11	
<b>V</b>	Managing interpersonal relations: Unconditional Positive Regard, Empathy, Listening and acceptance, Gratitude, Assertiveness; Benefits of social support	11	
<b>VI</b>	Stress and Coping: Reactions to Stress, Appraisal, Coping resources and strategies – Problem Focused coping, Emotion Focused coping, Proactive coping; Dealing with negative emotions; Healthy and unhealthy negative emotions	12	
<b>VII</b>	Mindfulness and wellbeing: Concepts of Mindlessness and Mindfulness, Essential attitudes of Mindfulness, Applying Mindfulness in daily Life – Mindful Eating, Mindful Listening	11	
<b>VIII</b>	Power of positive thinking; Hope, Learned optimism, Psychological hardiness, Resilience; Authentic Happiness – Pleasant life, Good Life, Meaningful Life	11	
<b>Suggested Readings:</b>			
Baron, R., & Misra, G. (2016). <i>Psychology</i> (5 <sup>th</sup> ed.). Pearson.			
Baumgardner, S. R., & Crothers, M. K. (2009). <i>Positive psychology</i> . Pearson Education.			
Ciccarelli, S. K., White, N.J., & Misra, G. (2017). <i>Psychology</i> (5th ed., South Asian Edition). Pearson Education.			
Hoskyn, M., Iarocci, G., & Young, A. R. (Eds.). (2017). <i>Executive functions in children's everyday lives: A handbook for professionals in applied psychology</i> . Oxford University Press.			
Logie, R.H., Camos, V., & Cowan, N. (Eds.) (2021). <i>Working Memory: State of the Science</i> . Oxford University Press.			
Singh, A.K. (2002). <i>Sangyanatmak Manovigyan</i> . Motilal Banarasidas			
Snyder, C. R., & Lopez, S. J. (Eds.). (2002). <i>Handbook of positive psychology</i> . Oxford University Press.			
Srivastava R (Ed.) (2003). <i>Sangyanatmak Manovigyan</i> . Motilal Banarasidas.			
Tracy, J. L., Robins, R. W., & Tangney, J. P. (Eds.). (2007). <i>The self-conscious emotions: Theory and research</i> . Guilford Press.			
Zinn, J. K. (2017). <i>Mindfulness for beginners</i> . Jaico Publishing House.			
Weblinks: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="https://eddiener.com/">https://eddiener.com/</a> <a href="https://www.psytoolkit.org">https://www.psytoolkit.org</a> <a href="https://www.apa.org/">https://www.apa.org/</a>			
This course can be opted as a minor elective: Open to all except those with a major in Psychology			
Suggested Continuous Evaluation Methods:			
Assignment/Seminar(10 Marks) Written Test (10 Marks) Attendance (5 Marks)			
Course pre requisites: 10+2 in any discipline			
Suggested equivalent online courses: Coursera, Swayam			

*Snehlata Jaswal*

Prof. Snehlata Jaswal (Convenor I)

*Dr. Israail Miyah*

Dr. Israail Miyah (Convenor II)

## CHAUDHARY CHARAN SINGH UNIVERSITY, MEERUT

### SYLLABI OF MINOR PAPERS FOR BA PSYCHOLOGY UNDER THE AEGIS OF THE NATIONAL EDUCATION POLICY-2020

Note: These papers are offered as options (minors) to students of other departments/ faculties.

<b>Program/Class: Diploma</b>		<b>Year: Second</b>	<b>Semester: Third and fourth</b>
<b>Subject: Psychology</b>			
Course Code: _____		Course Title: <b>Psychology of everyday life</b>	
<b>Course Outcomes:</b> The students will understand how psychology is applied in different areas. They will apply the principles and skills learnt during the course to enhance their own everyday lives. They will contribute to a better society armed with this knowledge.			
Credits: 6		Minor (Optional)	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 6-0-0			
Unit	Topics	No. of Lectures	
<b>I</b>	Psychology and parenting: Stages of physical, cognitive, and psychosocial development upto adulthood; imparting values and building character; dealing with 'special' children;	11	
<b>II</b>	Psychology and education: Goals of education; Teaching and learning process, diversity in learners; changing role of the teacher; types of evaluation; factors in academic success	11	
<b>III</b>	Psychology and technology: Advantages and disadvantages of computers, internet, and social media to individuals and groups; Cultural lag and dealing with rapid pace of change	11	
<b>IV</b>	Psychology and health: Psychosocial aspects of physical health; Importance and types of exercise; Life with chronic illnesses, Psychological stress among the caregivers; Dealing with grief and death	12	
<b>V</b>	Psychology and work: Needs for relatedness, competence, autonomy; Maslow's hierarchy of needs; Extrinsic and intrinsic motivation; Contemporary employment arrangements and their effects on individuals; Work-life balance	11	
<b>VI</b>	Psychology and business: Psychological characteristics of entrepreneurs; Persuasive communication and advertising, Rational strategies of decision making, Role of intuition in decision making, Dealing with cognitive biases in decision making	11	
<b>VII</b>	Psychology and law: Challenges of law enforcement, Juvenile delinquents, Recidivism, Eye-witness testimony, Identification from line ups, Profiling, Mental illness and law.	11	
<b>VIII</b>	Psychology and a sustainable future: Environmental influences on human life: Environmental stress, Urban environments, Environment and quality of life; Health benefits of nature; Human influences on Environment: Environmental degradation; Global Warming; Loss of biodiversity; Ecological crisis and collapse; Sustainable living and pro-environment behaviour.	12	
<b>Suggested Readings:</b>			
Bekerian, D., & Levey, A. (2012). <i>Applied psychology: Putting theory into practice</i> . Oxford University Press.			
Donaldson, S. I., Csikszentmihalyi, M., & Nakamura, J. (Eds.). (2020). <i>Positive Psychological Science: Improving Everyday Life, Well-being, Work, Education, and Societies Across the Globe</i> . Routledge.			
Geller, E. S. (2016). <i>Applied Psychology</i> . Cambridge University Press.			
Hodgetts, D., Stolte, O., Sonn, C., Drew, N., Carr, S., & Nikora, L. W. (2020). <i>Social psychology and everyday life</i> . Red Globe Press.			
Singh, A.K. (2002). <i>Sangyanatmak Manovigyan</i> . Motilal Banarasidas.			
Steg, L., & De Groot, J.I.M. (Eds.). (2018). <i>Environmental Psychology: An Introduction</i> (2nd ed.). Wiley.			
Strongman, K. T. (2006). <i>Applying psychology to everyday life: A beginner's guide</i> . John Wiley & Sons.			
Suleman, M. (2009). <i>Uchchar Samaj Manovigyan</i> . Motilal Banarasidas.			
Tiwari, P.S.N. (2001). <i>Adhunik Paryavarniya Manovigyan</i> . Motilal Banarasidas.			
Weblinks: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="https://eddiener.com/">https://eddiener.com/</a> <a href="https://www.psytoolkit.org">https://www.psytoolkit.org</a> <a href="http://www.apa.org">http://www.apa.org</a>			
This course can be opted as a minor elective: Open to all except those with a major in Psychology			
Suggested Continuous Evaluation Methods:			
Assignment/Seminar (10 Marks) Written Test (10 Marks) Attendance (5 Marks)			
Course pre requisites: 10+2 in any discipline			
Suggested equivalent online courses: Coursera Swayam			

Prof. Snehlata Jaswal (Convenor I)

Dr. Israail Miyan (Convenor II)

**CHAUDHARY CHARAN SINGH UNIVERSITY MEERUT**

**SYLLABI FOR THE UNDERGRADUATE CLASSES**

**SUBJECT: PSYCHOLOGY**

**Modified version of  
Common Minimum Syllabus for all U.P. State Universities/ Colleges  
Developed under the aegis of National Education Policy-2020**

**Semester-wise titles of the papers in BA (PSYCHOLOGY)**

Year	Sem.	Course Code	Paper Title	Theory/ Practical	Credits
B.A 1	I	A090101T	Basic Psychological Processes	Theory	4
	I	A090102P	Lab Work	Practical	2
	II	A090201T	Basic Research Methodology and Statistics	Theory	4
	II	A090202P	Lab Work/ Psychological Testing	Practical	2
B.A. 2	III	A090301T	Psychology of Social Behavior	Theory	4
	III	A090302P	Lab Work and Measurement of Social Behavior	Practical	2
	IV	A090401T	Abnormal Psychology	Theory	4
	IV	A090402P	Assessment/Testing	Practical	2
B.A. 3	V	A090501T	Life Span Human Development	Theory	4
	V	A090502T	Positive Psychology	Theory	4
	V	A090503P	Lab Work/Survey/ Field Visit	Practical	2
	V	A090504R	Internship / Research Proposal	Project	3
	VI	A090601T	Community and Health Psychology	Theory	4
	VI	A090602T	Counseling Psychology	Theory	4
	VI	A090603P	Survey/Field Visit/Project Work	Practical	2
	VI	A090604R	Internship / Research Project	Project	3

**Semester-wise Course Curricula**

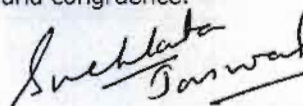
**Subject prerequisites**

Open to all with a minimum of 45% marks (40% for SC/ST) in 12<sup>th</sup> class in any stream

**Program outcomes (After 3 Years)**

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

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

  
Prof. Snehlata Jaswal (Convenor I)

  
Dr. Israil Miyán (Convenor II)

**Semester I****Paper 1 Theory**

<b>Program/Class: Certificate</b>		<b>Year: First</b>	<b>Semester: First</b>
<b>Subject: Psychology</b>			
Course Code: A090101T		Course Title: <b>Basic Psychological Processes</b>	
<b>Course Outcome:</b> The students will learn about the fundamental processes and core psychological concepts, models, classical theories, varied perspectives, and will be able to apply them in their own and in others lives. It will also give the learner a clear understanding of the concepts like intelligence, motivation, emotion and personality. It will develop critical analytical skills regarding these individualistic traits.			
Credits: 4		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Psychology: Nature, Scope and Applications; Approaches: Psychodynamic, Behavioristic, Cognitive, Humanistic, & Indigenous Indian Psychology (with special reference to Shrimad Bhagwad Gita).	8	
<b>II</b>	Biological bases of behavior: Divisions of the nervous system; Neural conduction and synaptic transmission; Structure and functioning of the brain; Endocrine glands and their effects.	8	
<b>III</b>	Attention Processes: Selective and Sustained Attention: Nature and Determinants; Perceptual Processes: Nature and Determinants; Perceptual Organization; Perceptual Illusion.	7	
<b>IV</b>	Learning: Classical Conditioning, Operant Conditioning, Learning by insight, and Observational learning.	8	
<b>V</b>	Memory and Forgetting: Stages of Memory: Encoding, Storage and Retrieval; Types of Memory: Sensory, Short Term, and Long Term Memory; Forgetting: Déca, Interference, and Cue- Dependent Forgetting.	8	
<b>VI</b>	Intelligence: Nature and Definition; Concept of IQ; Theories of Intelligence: Spearman, Thurstone, Gullford, Sternberg, Gardner.	6	
<b>VII</b>	Personality: Definition and Determinants; Approaches to Personality: Trait approaches (Allport and Cattell); Psychodynamic (Freud); Humanistic (Rogers and Maslow).	8	
<b>VIII</b>	Motivation: Nature and concepts (Needs, Drives, Instincts, Incentives); Types of Motives: Biological and Social Motives; Emotion: Nature and Types of Emotions; Expressions of Emotion: Universal Versus Culture Specific; Theories of Emotion: James-Lange, Cannon-Bard, Schachter-Singer.	7	
<b>Suggested Readings:</b>			
Baron, R., & Misra, G. (2016). Psychology (5th ed.). Pearson.			
Ciccarelli, S. K., White, N.J., & Misra, G. (2017). Psychology (5th ed., South Asian Edition). Pearson Education.			
Cornellssen, M., Mishra, G., & Verma, S. (2014). Foundations of Indian Psychology. Pearson Education.			
Mishra, G. (Edited) (2019). Personality in Indigenous Tradition. In ICSSR Research Surveys & explorations Psychology (Vol.2): Individual and the Social Processes and Issues. Oxford University Press.			
Singh, A.K. (2006). Uchhtar Samanya Manovigyan. Motilal Banarasi Das.			
Suleman, M. (2006). Samanya Manovigyan. Motilal Banarasi Das.			
Tripathi, L.B. (2001). Adhunik Prayogik Manovigyan. Bhargav Book House.			
<b>Web links:</b> <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.apa.org">http://www.apa.org</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a>			
This course can be opted as an elective: Open to all			
Suggested Continuous Evaluation Methods:			
Assignment/ Seminar (10 Marks) Written Test (10 Marks) Attendance (5 Marks)			
Course pre requisites: 10+2 In any discipline			
Suggested equivalent online courses: Coursera Swayam			

*Snehlata Jaswal*

Prof. Snehlata Jaswal (Convenor I)

*Dr. Israil Miyani*

Dr. Israil Miyani (Convenor II)

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

<b>Program/Class: Certificate</b>	<b>Year: First</b>	<b>Semester: First</b>
Subject: <b>Psychology</b>		
Course Code: A090102P		Course Title: <b>Lab Work</b>
<b>Course Outcome:</b> Students will become aware of the many possible experiments in each area and will be imparted a variety of skills to design and conduct psychological experiments ensuring controlled conditions, interpretations of the data, and report writing in APA style.		
Credits: 2		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Familiarization with computers as tools in psychology experiments	5 (10 hrs)
<b>II</b>	Plan, conduct, and report an experiment based on Attention/Perception	7 (14 hrs)
<b>III</b>	Plan, conduct, and report an experiment based on Learning/ Memory	7 (14 hrs)
<b>IV</b>	Plan, conduct, and report an experiment based on Emotions/ Motivation	7 (14 hrs)
<b>V</b>	Report writing in APA Style for the practicals conducted	1 (8 hrs)
<b>Suggested Readings:</b>		
Baron, R., & Misra, G. (2016). Psychology (5th ed.). Pearson.		
Tripathi, L.B. (2001). Adhunik Prayogik Manovigyan. Bhargav Book House.		
Web links:		
<a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="https://www.psychopy.org/">https://www.psychopy.org/</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a>		
<a href="https://www.uvm.edu/~statdhtx/methods8/">https://www.uvm.edu/~statdhtx/methods8/</a>		
<a href="https://owl.purdue.edu/owl/research_and_citation/apa_style">https://owl.purdue.edu/owl/research_and_citation/apa_style</a>		
This course is for students who have opted for psychology as a major subject.		
Suggested Continuous Evaluation Methods:		
Presentation of practical file (15 marks)		
Attendance (10 marks)		
Course prerequisites: Only for those who have taken psychology as a major subject		

*Snehlata Jaswal*  
 Prof. Snehlata Jaswal (Convenor I)

*Dr. Israail Miyan*  
 Dr. Israail Miyan (Convenor II)

**Semester II****Paper 1 Theory**

Program/Class: Certificate	Year: First	Semester: Second
Subject: <b>Psychology</b>		
Course Code: A090201T	Course Title: <b>Basic Research Methodology and Statistics</b>	
<b>Course Outcome:</b> The learners will be able to comprehend psychological data and can put them on appropriate scaling method. Moreover, they will be getting hold of essentials of psychological testing along with various kinds of tests implemented.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
<b>I</b>	Measurement: Nature and Scales of Psychological Measurement; Properties and Functions of Measurement.	6
<b>II</b>	Scientific Approach: Aim and Functions; Research Methods: Experimental, Correlational, and Observational; Variable: Concept and Types; Hypothesis: Types and Criteria; Sampling: Concept and Methods.	8
<b>III</b>	Psychological Statistics: Introduction; Descriptive Statistics: Measures of Central Tendency and Measures of Variability (Range, Quartile Deviation, Standard Deviation), Graphical Representation of Data	8
<b>IV</b>	The Normal Distribution: Meaning and Uses, Significance of Statistics, t test for independent and correlated groups	8
<b>V</b>	Correlation: Types, Calculation and interpretation of Product moment and Rank difference correlations; Chi-square tests using contingency tables	8
<b>VI</b>	Tests: Concept and Types; Psychometric Properties of Tests: Validity and Reliability: Nature and Types.	7
<b>VII</b>	Intelligence Testing: Measurement of abilities: Stanford-Binet and Wechsler Tests of Intelligence, Culture Fair Tests: Structure and Application	8
<b>VIII</b>	Personality Tests: Self Report Inventories (16-PF, NEO-PI R), Projective Techniques: Nature and Types.	7
<b>Suggested Readings:</b>		
DeVellis, R.F. (2016). Scale Development: Theory and Applications (4 <sup>th</sup> ed.). Sage.		
Garrett, H. E. (1966). Statistics in Psychology and Education. Paragon International.		
Gregory, R. J. (2017). Psychological Testing (7 <sup>th</sup> Ed.). Pearson Education.		
Guilford, J.P. (1936). Psychometric Methods. London: McGraw Hill Publishing Company.		
Howell, D.C. (2017). Fundamental statistics for the behavioural sciences (9 <sup>th</sup> Ed.. USA: Cengage		
Kerlinger, F. N. (1983). Foundations of Behavioral Research. New Delhi: Surjeet.		
Lal, J.N. (1999). Manovigyan evam Shiksha mein Sankhyaki. Neelkamal.		
Misra, B & Tripathi, L.B. (1994). Manovaigyanik Sankhyaki. Harprasad Bhargav.		
Singh, A.K. (2019). Tests, Measurement and Research Methods in Behavioral Sciences. Bharti Bhavan.		
Srivastava, D.N., & Mishra, A. (2020). Maapan Evam Sankhyaki. Agrawal.		
Web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="https://www.uvm.edu/~statdhtx/methods8/">https://www.uvm.edu/~statdhtx/methods8/</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a>		
This course can be opted as an elective: Open to all		
Suggested Continuous Evaluation Methods:		
Assignment/ Seminar (10 Marks)	Written Test (10 Marks)	Attendance (5 Marks)
Course prerequisites: Open to All		
Suggested equivalent online courses: Coursera; Swayam		

*Shehlata Jaswal*

Prof. Shehlata Jaswal (Convenor I)

*Dr. Israil Miyan*

Dr. Israil Miyan (Convenor II)

**Semester II****Paper 2 Practical**

<b>Program/Class: Certificate</b>		<b>Year: First</b>	<b>Semester: Second</b>
Subject: <b>Psychology</b>			
Course Code: A090202P		Course Title: <b>Lab Work/ Psychological Testing</b>	
<b>Course Outcome:</b> Students will be aware of a wide variety of possible experiments and tests and have an array of skills, such as designing and conducting psychological experiments ensuring controlled conditions, using psychological tests, and writing reports in APA Style.			
Credits: 2		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Plan, conduct, and report an experiment using experimental method	8 (16 hrs)	
<b>II</b>	Ascertain the reliability of any psychological test using any method of reliability and write a report	7 (14 hrs)	
<b>III</b>	Administer and score any one self-report inventory and write a report	7 (14 hrs)	
<b>IV</b>	Administer and score any one intelligence test and write a report	8 (16 hrs)	
<b>Suggested Readings:</b>			
Baron, R., & Misra, G. (2016). Psychology (5th ed.). Pearson.			
Tripathi, L.B. (2001). Adhunik Prayogik Manovigyan. Bhargav Book House.			
Web links:			
<a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="https://www.psychopy.org/">https://www.psychopy.org/</a> <a href="http://www.psytoolkit.org">www.psytoolkit.org</a>			
<a href="https://www.uvm.edu/~statdhtx/methods8/">https://www.uvm.edu/~statdhtx/methods8/</a>			
<a href="https://owl.purdue.edu/owl/research_and_citation/apa_style">https://owl.purdue.edu/owl/research_and_citation/apa_style</a>			
This course is for students who have opted for psychology as a major subject.			
Suggested Continuous Evaluation Methods:			
Presentation of Practical file (15 Marks) Attendance (10 marks)			
Course prerequisites: Only for those who have taken Psychology as a major subject			

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**Semester III****Paper 1 Theory**

<b>Program/Class: Diploma</b>		<b>Year: Second</b>	<b>Semester: Three</b>
Subject: <b>Psychology</b>			
Course Code: A090301T		Course Title: <b>Psychology of Social Behavior</b>	
<b>Course Outcome:</b> By the end of the course, students will be able to summarize general information, through in-class discussion and assignments, pertaining to social psychological theories and apply social psychological theories to their lives. They will be able to critically evaluate research to understand and explain distressing human social behavior and relate social psychological concepts and theories to historic and current world, national, and local events.			
Credits: 4		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics	No. of Lectures	
<b>I</b>	Social Psychology: Nature, and Scope; Methods of Studying Social Behavior.	8	
<b>II</b>	Social Cognition: Schema, Schematic Processing. Attribution of Causality: Kelly and Weiner.	8	
<b>III</b>	Attitude: Nature, Formation, and Measurement. Interpersonal Attraction: Concept and Determinants.	7	
<b>IV</b>	Groups: Norms, Roles, Status, and Cohesiveness. Group Influence Processes: Social Facilitation; Social Loafing; De-individuation.	7	
<b>V</b>	Aggression: Concept, Theories: Biological (Instinctive and Ethological), Frustration-Aggression Hypothesis, Social Learning theory of Aggression, General Aggression Model.	8	
<b>VI</b>	Pro-social Behavior: Motives to help; Bystander Effect; Determinants: Personal, Situational and Socio-cultural.	8	
<b>VII</b>	Social Influence Processes: Conformity and Compliance. Intergroup Relations: Prejudice and Discrimination.	7	
<b>VIII</b>	Leaders and leadership process: Types and functions of leaders, Factors in effective leadership.	7	
<b>Suggested Readings:</b>			
Branscombe, N.R., & Baron, R.A. (2017). Social Psychology (14th ed.). USA: Pearson			
Dalal, A.K., & Misra, G. (2001). (Eds.). Social Psychology. Sage.			
Kassin, S., Fein, S., & Markus, H.R. (2016). Social Psychology. (10th ed.). USA: Cengage.			
Singh, A.K. (2001). Samajik Manovigyan. Motilal Banarasi Das.			
Singh, A.K. (2015). Social Psychology. Prentice Hall of India.			
Tripathi, L.B. (2016). Adhunik Samajik Manovigyan. Harprasad Bhargav.			
Web links: <a href="http://heecontent.upsc.gov.in/Home.aspx">http://heecontent.upsc.gov.in/Home.aspx</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="http://www.apa.org">http://www.apa.org</a>			
This course can be opted as an elective: Open to all			
Suggested Continuous Evaluation Methods:			
Assignment/ Seminar (10 Marks)		Written Test (10 Marks)	Attendance (5 Marks)
Course prerequisites: Open to All			
Suggested equivalent online courses: Coursera, Swayam			

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

<b>Program/Class: Diploma</b>		<b>Year: Second</b>	<b>Semester: Third</b>
<b>Subject: Psychology</b>			
Course Code: A090302P		Course Title: <b>Lab Work and Measurement of Social Behavior</b>	
<b>Course Outcome:</b> Students will be exposed to the mixture of several skills such as how to conduct an experiment for understanding social behavior as well as measurement and scientific reporting of the data in psychological studies.			
Credits: 2		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Construction of a scale of Attitude/ Interpersonal Attraction	7 (14 hrs)	
<b>II</b>	Measurement of Helping Behavior/ Prejudice	7 (14 hrs)	
<b>III</b>	Conduct an experiment on Attribution/ Aggression/ Impression Formation	8 (16 hrs)	
<b>IV</b>	Conduct an experiment on Compliance / Social Facilitation/ Conformity/	8 (16 hrs)	
<b>Suggested Readings:</b>			
Dalal, A.K., & Misra, G. (2001). (Eds.). Social Psychology. Sage.			
Tripathi, L.B. (2016). Adhunik Samajik Manovigyan. Harprasad Bhargav.			
Web links: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="https://www.google.com/forms">https://www.google.com/forms</a>			
<a href="https://www.psytoolkit.org">https://www.psytoolkit.org</a> <a href="https://www.psychopy.org/">https://www.psychopy.org/</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a>			
<a href="https://www.uvm.edu/~statdhtx/methods8/">https://www.uvm.edu/~statdhtx/methods8/</a> <a href="https://owl.purdue.edu/owl/research_and_citation/apa_style">https://owl.purdue.edu/owl/research_and_citation/apa_style</a>			
This course is for students who have opted for psychology as a major subject.			
Suggested Continuous Evaluation Methods:			
Presentation of Practical file (15 Marks);			
Attendance (10 marks)			
Course prerequisites: Only for those who have taken Psychology as a major subject			

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

<b>Program/Class</b>	<b>Diploma</b>	<b>Year: Second</b>	<b>Semester: Four</b>
Subject: <b>Psychology</b>			
Course Code: A090401T		Course Title: <b>Abnormal Psychology</b>	
<b>Course Outcome:</b> The students will be able to understand criteria of abnormality and one's own behavior and the behavior of others. By applying the knowledge of classification systems, assessment, and diagnosis, they will develop sensitivity towards individual diversity and various approaches to the diagnosis and treatment of psychological disorders. They will be able to summarize the symptoms, etiology, and valid and reliable treatment methods of mental health disorders.			
Credits: 4		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics	No. of Lectures	
I	Abnormal Psychology: Concept and criteria, Classification of Abnormality (ICD 11 and DSM V)	6	
II	Anxiety Disorders: Clinical Picture and Etiology: Generalized Anxiety Disorder (GAD), Phobia, Panic Disorder, and Obsessive-Compulsive Disorder (OCD).	8	
III	Somatic and Dissociative Disorders: Somatic Symptom and Related Disorders, Dissociative Disorders - Types, Clinical Picture and Etiology.	8	
IV	Depressive and Bipolar Disorders: Types, Clinical Picture and Etiology.	8	
V	Schizophrenia: Types, Clinical Picture and Etiology.	7	
VI	Learning Disabilities: Reading, Written Expression and Mathematics Disorders	7	
VII	Substance Related Disorder: Substance Abuse and Dependence; Alcohol, Nicotine, Marijuana, Sedatives and Stimulants: Etiology.	8	
VIII	Clinical Picture and Etiology of Neurodevelopmental Disorders: Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorders, Intellectual Disability.	8	
<b>Suggested Readings:</b>			
American Psychiatric Association. (2013). Diagnostic and Statistical Manual of Mental Disorders, 5th Edition: DSM-5. American Psychiatric Association Publishing.			
Barlow, D.H., Durand, V.M., & Hofmann, S.G. (2018). Abnormal Psychology: An Integrative Approach (8th Ed.). Cengage.			
Hooley J.M., Butcher, J.N., Nock, M.K., & Mineka, S.M. (2017). Abnormal Psychology (17 <sup>th</sup> ed.). Pearson.			
Levy, K.N., Kelly, K.M., & Ray, W.J. (2018). Case Studies in Abnormal Psychology. Sage.			
Nevid, J.S., Rathus, S.A., & Greene, B. (2017). Abnormal Psychology in a Changing World. (10th Ed.). Pearson.			
Singh, A.K. (2001). Asaamanya Manovigyan. Motilal Banarasi Das.			
Suleman, M. (2001). Asaamanya Manovigyan. Motilal Banarasi Das.			
World Health Organization (2019). International Classification of Diseases - 11 <sup>th</sup> revision. World Health Organization.			
Weblinks- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.apa.org">http://www.apa.org</a> <a href="http://www.nimh.nih.gov">http://www.nimh.nih.gov</a>			
This course can be opted as an elective: Open to all			
Suggested Continuous Evaluation Methods:			
Assignment/ Seminar (10 Marks)		Written Test (10 Marks) Attendance (5 Marks)	
Course prerequisites: Open to All			
Suggested equivalent online courses: Coursera; Swayam			

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**Semester IV****Paper 2 Practical**

<b>Program/Class: Diploma</b>	<b>Year: Second</b>	<b>Semester: Four</b>
Subject: <b>Psychology</b>		
Course Code: A090402P		Course Title: <b>Assessment/Testing</b>
<b>Course Outcome:</b> The students will be imparted a variety of skills to conduct the screening and assessment of developmental issues and psychological disorders.		
Credits: 2		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Administration, scoring, and interpretation of any Anxiety/ Depression test	7 (14 hrs)
<b>II</b>	Administration, scoring, and interpretation of Mental Status Examination (MSE)	7 (14 hrs)
<b>III</b>	Administration, scoring, and interpretation of any test to screen for cognitive or learning impairment	8 (16 hrs)
<b>IV</b>	Administration, scoring, and interpretation of any test of any Neuropsychological or Cognitive function battery	8 (16 hrs)
<b>Suggested Readings:</b>		
Nevid, J.S., Rathus, S.A., & Greene, B. (2017). Abnormal Psychology in a Changing World. (10th Ed.). Pearson.		
Singh, A.K. (2019). Tests, Measurement and Research Methods In Behavioral Sciences. Bharti Bhavan.		
Suleman, M. (2001). Asaamanya Manovigyan. Motilal Banarasi Das.		
Web links: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="https://www.google.com/forms">https://www.google.com/forms</a>		
<a href="https://www.psytoolkit.org">https://www.psytoolkit.org</a> <a href="https://www.psychopy.org/">https://www.psychopy.org/</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a>		
<a href="https://www.uvm.edu/~statdhtx/methods8/">https://www.uvm.edu/~statdhtx/methods8/</a> <a href="https://owl.purdue.edu/owl/research_and_citation/apa_style">https://owl.purdue.edu/owl/research_and_citation/apa_style</a>		
This course is for students who have opted for Psychology as a major subject		
Suggested Continuous Evaluation Methods:		
Presentation of Practical file (15 marks)		
Attendance (10 marks)		
Course prerequisites: Only for those who have taken Psychology as a major subject		

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**Semester V****Paper 1 Theory**

<b>Program/Class/ Degree</b>	<b>Year: Third</b>	<b>Semester: Five</b>
Subject: <b>Psychology</b>		
Course Code: A090501T		Course Title: <b>Life Span Human Development</b>
<b>Course Outcome:</b> At the end of the course, the student will able to develop an ability to identify the milestones in diverse domains of human developments across the child, adolescent and adulthood stages, understand the contributions of socio-cultural context toward shaping human development and acquire an ability to decipher key developmental challenges and Issues.		
Credits: 4		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Human Development: Introduction; Principles of Development; Methods of studying Human Development.	8
<b>II</b>	Prenatal Development: Stages and hazards; Neonatal Development: Sensory and Motor Capacity.	8
<b>III</b>	Infancy: Physical, Social, and Language Development	7
<b>IV</b>	Childhood Development: Cognitive, Emotional, and Moral Development	8
<b>V</b>	Adolescence: Physical Changes (Puberty and Growth spurts); Development of Identity, Cognitive, Social, Emotional, and Moral Development	8
<b>VI</b>	Early Adulthood: Sex-Role Adjustment, Diversity of Adult Lifestyles, Career Development.	7
<b>VII</b>	Middle Adulthood: Changes in Mental Abilities, Adapting to physical changes in Midlife, Relationship at Midlife, Vocational Life.	7
<b>VIII</b>	Late Adulthood: Life Expectancy, Physical Changes, Change In Self-concept and Personality, Psychological Well-Being, Retirement and Leisure	7
<b>Suggested Readings:</b>		
Berk, L.E. (2017). Development through the Life span (7 <sup>th</sup> ed.). Pearson.		
Feldman, R.S. & Babu. N. (2011). Discovering the Lifespan. Pearson.		
Feldman, R.S. (2017). Discovering the Life Span (4th ed.). Pearson.		
Misra, G. (2011). Handbook of Psychology in India (Section IV), Oxford University Press.		
Slater, A. and Bremner, J.G.(2017) An Introduction to Developmental Psychology (3 <sup>rd</sup> edition). (BPS Textbooks in Psychology). Wiley		
Srivastava, A.K. (1997). Child Development: An Indian Perspective. NCERT.		
Tripathi, L.B., & Pandey, S. (2009). Maanav Vikas ks Manovigyan. Concept.		
Web links: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.apa.org">http://www.apa.org</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a>		
This course can be opted as an elective: Open to all		
Suggested Continuous Evaluation Methods:		
Assignment/ Seminar (10 Marks) Written Test (10 Marks) Attendance (5 Marks)		
Course prerequisites: Open to All		
Suggested equivalent online courses: Coursera, Swayam		

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**Semester V****Paper 2 Theory**

<b>Program/Class: Degree</b>		<b>Year: Third</b>	<b>Semester: Five</b>
Subject: <b>Psychology</b>			
Course Code: A090502T		Course Title: <b>Positive Psychology</b>	
<b>Course Outcome:</b> By the end of the course, the students will be able to understand the basic principles of positive psychology, the major areas within positive psychology that have received a considerable amount of attention, the use of positive psychology tools and techniques in own and in other's life. It will also ease the understanding of positive aspects of human behavior through the wisdom embedded in Indian scriptures like Vedas, Upanishad, Shrimad Bhagwad Gita, Buddhist literature, and folk tales.			
Credits: 4		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Positive Psychology: Assumptions and Goals; Eastern and Western perspectives on Positive Psychology	7	
<b>II</b>	Positive Emotional State: The Broaden and Build Theory of Positive Emotions; Happiness: Eudemonics and Hedonistic Views; Authentic Happiness	8	
<b>III</b>	Positive Cognitive States: Hope, Optimism, Self efficacy, Resilience: Concept and measurement	8	
<b>IV</b>	Gratitude, Forgiveness, Empathy and Compassion: Concept, and Measurement.	8	
<b>V</b>	Self-Awareness: Concept, Techniques to enhance self- awareness; Strengths and virtues.	7	
<b>VI</b>	Social Competence: The Value of Social Support and Relationships in a Fulfilling and Meaningful Life	8	
<b>VII</b>	Mindfulness: Concept, characteristics, and applications	7	
<b>VIII</b>	Emotional Intelligence: Concept and Measurement	7	
<b>Suggested Readings:</b>			
Baumgardner, S.R. & Crothers, M.K. (2009). Positive Psychology. Pearson.			
Carr, A. (2004). Positive Psychology: The Science of Happiness and Human Strength. Routledge.			
Gilman, R., Hubner, E. & Furlong, M.J. (Eds.) (2009). Handbook of Positive Psychology in Schools. Routledge.			
Lyubomirsky, S. (2008). The How of Happiness: A Scientific Approach to Getting the Life You Want. The Penguin Press.			
Peterson, C. (2006). A Primer in Positive Psychology. Oxford University Press			
Seligman, M. E. P. (2002). Authentic Happiness. Free Press.			
Synder, C. R. & Shane, J.L. (2005). Handbook of Positive Psychology. Oxford University Press.			
Web links: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="https://eddiener.com/">https://eddiener.com/</a> <a href="http://www.apa.org">http://www.apa.org</a>			
This course can be opted as an elective: Open to all			
Suggested Continuous Evaluation Methods:			
Assignment/ Seminar (10 Marks)		Written Test (10 Marks)	Attendance (5 Marks)
Course prerequisites: Open to All			
Suggested equivalent online courses: Coursera, Swayam			

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**Semester V****Paper 3 Practical**

<b>Program/Class: Degree</b>		<b>Year: Third</b>	<b>Semester: Five</b>
Subject: <b>Psychology</b>			
Course Code: A090503P		Course Title: <b>Lab Work/Survey/ Field Visit</b>	
<b>Course Outcome:</b> The student will have an understanding of how to frame research objectives and questions, select appropriate methods of research, plan and execute the study, and carry out the data analysis, ending with interpretation and discussion of the findings.			
Credits: 2		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Write a Reflection. For example- a Gratitude or Forgiveness reflection or any other of your choice, by recording your entries at least 2-3 times a week and report your reflections. This may include any thoughts and feelings that arise as you become aware of an issue. What benefits could you gain from developing this habit of mind, short and long-term? Be aware of any shifts from stress/anxiety to enhanced well-being and calm.	10 (20 hrs)	
<b>II</b>	Conduct a survey research using any construct related to positive psychology. For Example; meaning of life/ happiness index/ positive and negative affect/ life satisfaction/ optimism/ well-being etc. Analyze the data and report. (Groups of 10-12 students can be formed)	10 (20 hrs)	
<b>III</b>	Conduct a field study on anyone topic of human development. Analyze the data and report. (Groups of 10-12 students can be formed)	10 (20 hrs)	
<b>Suggested Readings:</b>			
Synder, C.R. & Lopez, S.J. (2011). Positive Psychology: The scientific and practical exploration of Human Strengths. Thousand Oaks, CA: Sage.			
Singh, A.K. (2019). Tests, Measurement, and Research Methods In Behavioral Sciences. Bharti Bhavan.			
Web links: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="https://eddiener.com/">https://eddiener.com/</a> <a href="https://www.google.com/forms">https://www.google.com/forms</a> <a href="https://www.psytoolkit.org">https://www.psytoolkit.org</a> <a href="https://www.psychopy.org/">https://www.psychopy.org/</a> <a href="https://www.uvm.edu/~statdhtx/methods8/">https://www.uvm.edu/~statdhtx/methods8/</a> <a href="https://owl.purdue.edu/owl/research_and_citation/apa_style">https://owl.purdue.edu/owl/research_and_citation/apa_style</a>			
This course can be opted by the students who have taken psychology as a major subject			
<b>Suggested Continuous Evaluation Methods:</b>			
Presentation of Practical file (20 Marks)			
Attendance (5 Marks)			
Course prerequisites: Only for those who have taken psychology as a major subject			

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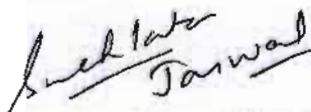
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Dr. Israil Miyah (Convenor II)

**Semester V****Paper 4 Research Project**

<b>Program/Class: Degree</b>		<b>Year: Third</b>	<b>Semester: Five</b>
Subject: <b>Psychology</b>			
Course Code: A090504R		Course Title: <b>Internship or Research Proposal Writing</b>	
<b>Course Outcome:</b> After completing this practicum, the student will have a comprehensive understanding about carrying out research project, how to frame research objectives and questions, plan, decide and execute appropriate methods of research, and intended data analysis.			
Credits: 3		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks:	
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Visit to any community of the surrounding areas and identification of problems, issues, good practices, skills, community services, etc. E.g., Health Services, Women self help groups, NGOs, Banks, Organizations, Industries, Villages, Panchayat, etc. (Groups of 10-12 students can be formed)	20 (40 hrs.)	
<b>II</b>	Based on the field visit observations and experiences, each student will write a research proposal/ internship proposal in this semester. The research proposal is an important process in providing a clear statement of the problem, a review of literature, how the literature relates to the proposed study, formal research questions and hypotheses, a full methods section, and the data analysis the student intends to conduct. The internship proposal (along-with a brief literature review) will clearly specify the person who will supervise the internship. It will further specify the place of internship, and the tasks to be undertaken during the internship as approved by the internship supervisor. Each student will write the proposal and final paper individually. Each student will be evaluated on diligence in writing the research proposal as per APA guidelines.	25 (50 hrs.)	
<b>Suggested Readings:</b>			
Singh, A.K. (2019). Tests, Measurement, and Research Methods in Behavioral Sciences. Bharti Bhavan. Web links: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="http://www.apa.org">http://www.apa.org</a> <a href="https://www.google.com/forms">https://www.google.com/forms</a> <a href="https://www.pytoolkit.org">https://www.pytoolkit.org</a> <a href="https://www.psychopy.org/">https://www.psychopy.org/</a> <a href="https://www.uvm.edu/~statdhtx/methods8/">https://www.uvm.edu/~statdhtx/methods8/</a> <a href="https://owl.purdue.edu/owl/research_and_citation/apa_style">https://owl.purdue.edu/owl/research_and_citation/apa_style</a>			
This course is for students who have opted for Psychology as a major subject			
<b>Suggested Continuous Evaluation Methods:</b>			
Presentation of experiences of observed unit and research proposal (20 Marks)			
Attendance (5 Marks)			
Course prerequisites: Only for those who have taken Psychology as a major subject.			

  
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**Semester VI****Paper 1 Theory**

Program/Class: Degree	Year: Third	Semester: Six
Subject: <b>Psychology</b>		
Course Code: A090601T	Course Title: <b>Community and Health Psychology</b>	
<b>Course Outcome:</b> The student will be able to recognize how individuals relate to their communities and the reciprocal effect of communities on individuals. They will be able to understand and resolve community issues, analyze the data, and recommend interventions that promote community wellness. Moreover, they will be able to use the psychological theories on health-related practices and will be able to examine persons' health history and describe and enact a positive, proactive attitude toward healthy living for self and others.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
<b>I</b>	Community Psychology: Nature, Historical Development, Fields of Community Psychology, Eight core values of community psychology	7
<b>II</b>	Approaches of Community Psychology: Mental Health approach; Social Problems approach; Ecological levels of Analysis	8
<b>III</b>	Community Intervention Issues: Poverty and Prolonged Deprivation; Marginalization; Superstitions in Indian society.	8
<b>IV</b>	Community Interventions: Community Mental Health; Gender, Discrimination, and Power Issues related Interventions; Rural development Intervention.	7
<b>V</b>	Health Psychology: Nature, Development and Goals of Health Psychology; Biopsychosocial model of Health.	6
<b>VI</b>	Health Behavior: Health Compromising and Health Enhancing Behaviors; Theories of Health Behavior: Health Belief Model, Planned Behavior, and Reasoned Action Theory	8
<b>VII</b>	Stress and Health: Nature and Types of Stress, Stress appraisal; Coping with Stress; Psychological Moderators of Stress (Hardiness, Social support, and Optimism).	8
<b>VIII</b>	Chronic Illnesses: Coronary Heart Disease (CHD) and Diabetes: Major Symptoms, Diagnosis and Psychological correlates.	8
<b>Suggested Readings:</b>		
Dalal, A.K. (2015). Health Beliefs and Coping with Chronic Diseases. Sage.		
Dalal, A.K. (2016). Cultural Psychology of Health in India: Well-being, Medicine and Traditional Health Care. Sage.		
DiMatteo, M.R. & Leslie, R.M. (2017). Health psychology. Pearson Education.		
Ghosh, M. (2015). Health Psychology: Concepts in Health and Well-being. Pearson.		
Kloos, B., Hill, J., Thomas, E., Wandersman, A., Elias, M. J., & Dalton, J. H. (2012). Community psychology. Cengage Learning.		
Marks, D.F., Murray, M. and Estacio, E.V. (2018). Health Psychology: Understanding the Mind-Body Connection (5 <sup>th</sup> Ed.). Sage		
Misra, G. (1999). Psychological perspectives on stress and health. Concept		
Sarafino, E.P. & Smith, T.W. (2017). Health psychology: Biopsychosocial interactions (9th ed.). Wiley.		
Schneider, F.W., Gruman, A., Coulters, L.M. (Eds.). (2012). Applied Social Psychology: Understanding and addressing social and practical problems. Sage.		
Straub, R.O. (2019). Health psychology: A biopsychosocial approach (6th ed.). Worth.		
Taylor, S.E. (2017). Health psychology. (10th ed.). McGraw-Hill Education.		
Web links: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="http://www.apa.org">http://www.apa.org</a>		
This course can be opted as an elective: Open to all		
Suggested Continuous Evaluation Methods:		
Assignment/ Seminar (10 Marks) Written Test (10 Marks) Attendance (5 Marks)		
Course prerequisites: Open to All		

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**Semester VI****Paper 2 Theory**

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Six</b>
Subject: <b>Psychology</b>		
Course Code: A090602T		Course Title: <b>Counseling Psychology</b>
Course Outcome: At the end of the paper, students will able to understand how to establish rapport and use various approaches in counseling.		
Credits: 1		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Counseling: Meaning, Goals; Types of Counseling	7
<b>II</b>	Theoretical Bases of Counseling: Psychoanalytic; Phenomenological, and Behavioral and Cognitive.	8
<b>III</b>	Counseling Processes: Counseling Interview; Counseling MicroSkills: Attending, Paraphrasing, Encouragers, Confronting, and Summarizing.	8
<b>IV</b>	Counseling Techniques: Person-Centered and Cognitive-Behavioral (Beck and Ellis).	8
<b>V</b>	Counseling in Schools and Family Counseling: Assumptions and Procedures.	8
<b>VI</b>	Grief Counseling: An Introduction	6
<b>VII</b>	Counseling for Substance-abuse, Child Abuse: An Introduction	8
<b>VIII</b>	Counseling Ethics; Referrals and Reporting	7
<b>Suggested Readings:</b>		
Capuzzi, D. & Gross, D.R. (Eds.). (2017). Introduction to the Counseling Profession (7th Ed.). Routledge.		
Corey, G. (2016). Theory and Practice of Counseling and Psychotherapy. Cengage.		
Corey, M.S. and Corey, G. (2015). Becoming a Helper (7th Ed.). Cengage.		
Hackney, H.L. & Bernard, J.M. (2016). Professional Counseling: A Process Guide to Helping (8th Ed.). Pearson.		
Kapur, M. (2011). Counseling Children with Psychological Problems. Pearson.		
Patri, V. R. (2008). Counseling Psychology. Authors Press.		
Rai, A. & Asthana, M. (2018). Adhunik Paraamarsh Manovigyan. Motilal Banarasi Das.		
Rao, S. N. & Sahajpal, P. (2017). Counseling and Guidance (3rd Ed.). McGraw-Hill Education.		
Reeves, A. (2018). An Introduction to Counselling and Psychotherapy: From Theory to Practice. (2nd ed.). Sage.		
Web links: <a href="http://hecontent.upsdc.gov.in/Home.aspx">http://hecontent.upsdc.gov.in/Home.aspx</a> <a href="https://www.counseling.org/">https://www.counseling.org/</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="https://www.psytoolkit.org">https://www.psytoolkit.org</a>		
This course can be opted as an elective: Open to all		
Suggested Continuous Evaluation Methods: Assignment/ Seminar (10 Marks)      Written Test (10 Marks)      Attendance (5 Marks)		
Course prerequisites: Open to All		
Suggested equivalent online courses: Coursera, Swayam		

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**Semester VI****Paper 3 Practical**

<b>Program/Class: Degree</b>		<b>Year: Third</b>	<b>Semester: Six</b>
<b>Subject: Psychology</b>			
Course Code: A090603R		Course Title: <b>Survey/Field Visit</b>	
<b>Course Outcome:</b> The student will have an understanding about how to frame research objectives and questions, select, plan, and execute appropriate methods of research and data analysis, and thereafter interpret and discuss the findings.			
Credits: 2		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2			
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Field Visit to any Community Center/Social Service Center/ School and submit a report	15 (30 hrs.)	
<b>II</b>	Conduct a survey on any health related issue and submit a report	15 (30 hrs.)	
<b>Suggested Readings:</b>			
Singh, A.K. (2019). Tests, Measurement, and Research Methods In Behavioral Sciences. Bharti Bhavan.			
Web links: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="http://www.apa.org">http://www.apa.org</a>			
<a href="https://www.google.com/forms">https://www.google.com/forms</a> <a href="https://www.pytoolkit.org">https://www.pytoolkit.org</a> <a href="https://www.psychopy.org/">https://www.psychopy.org/</a>			
<a href="https://www.uvm.edu/~statdhtx/methods8/">https://www.uvm.edu/~statdhtx/methods8/</a> <a href="https://owl.purdue.edu/owl/research_and_citation/apa_style">https://owl.purdue.edu/owl/research_and_citation/apa_style</a>			
This course is for students who have opted for psychology as a major subject			
Suggested Continuous Evaluation Methods:			
Presentation of Practical file (20 Marks) Attendance (5 Marks)			
Course prerequisites: Only for those who have taken Psychology as a major subject			

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**Semester VI****Paper 4 Research Project**

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Six</b>
<b>Subject: Psychology</b>		
Course Code: A090604R	Course Title: <b>Internship/ Research Project</b>	
<b>Course Outcome:</b> It will help the learners to critically reflect on, review the scientific basis for, and integrate what they have learned and accomplished as a psychology student and will prepare them to explore the cultural, social, and ethical impact of psychological applications on community and daily life.		
Credits: 3	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks:	
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Based on the internship / research proposal in Semester V, students selecting an internship will maintain a reflective diary of the same, whereas students selecting to do research will visit an identified unit, organization, community etc. to get an understanding of the same and do data collection either through questionnaire, or interview or with the help of audio-visual media based on the identified research problems/issues.	25 (50 hrs.)
<b>II</b>	Submit a detailed report and a presentation. Each student will write the final report individually and will be evaluated on diligence in writing the internship / research project as per APA guidelines.	20 (40 hrs.)
<b>Suggested Readings:</b>		
Singh, A.K. (2019). Tests, Measurement, and Research Methods in Behavioral Sciences. Bharti Bhavan.		
Web links: <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.egyankosh.ac.in/">http://www.egyankosh.ac.in/</a> <a href="http://www.apa.org">http://www.apa.org</a>		
<a href="https://www.google.com/forms">https://www.google.com/forms</a> <a href="https://www.psytoolkit.org">https://www.psytoolkit.org</a> <a href="https://www.psychopy.org/">https://www.psychopy.org/</a>		
<a href="https://www.uvm.edu/~statdhtx/methods8/">https://www.uvm.edu/~statdhtx/methods8/</a> <a href="https://owl.purdue.edu/owl/research_and_citation/apa_style">https://owl.purdue.edu/owl/research_and_citation/apa_style</a>		
This course is for students who have taken psychology as a major subject		
Suggested Continuous Evaluation Methods:		
Making of short film or presentation (20 Marks) Attendance (5 Marks)		
Course prerequisites: Only for those who have taken psychology as a major subject		

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