



MAA SHAKUMBHARI UNIVERSITY
SAHARANPUR

SYLLABI FOR THE UNDERGRADUATE CLASSES (UPDATED 2024-25)

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
	IV		Summer Research Project	Project	3
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	4
	V	A090504R	Research Project	Project	3
	VI	A090601T	Community and Health Psychology	Theory	4
	VI	A090602T	Counseling Psychology	Theory	4
	VI	A090603P	Survey/Field Visit/Project Work	Practical	4
	VI	A090604R	Research Project	Project	3

Shub

S

Undergraduate Psychology Program

Semester-wise Course Curricula

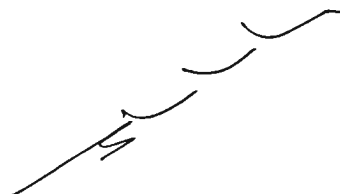
Subject prerequisites:

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

Program Outcome (After 3 Years)

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

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



Semester I**Paper 1: Theory**

Program/Class: Certificate	Year: First	Semester: First
Subject: Psychology		
Course Code: A090101T	Course Title: Basic Psychological Processes	
Course Outcome: 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		
Unit	Topics	No. of Lectures
I	Psychology: Nature, Scope and Applications; Approaches: Psychodynamic, Behavioristic, Cognitive, Humanistic.	8
II	Biological bases of Behavior: Divisions of Nervous System; Neural conduction and synaptic transmission; structure and functioning of the brain.	8
III	Attention Processes: Selective and Sustained Attention: Nature and Determinants; Perceptual Processes: Nature and Determinants; Perceptual Organization; Perceptual Illusion.	7
IV	Learning: Classical Conditioning, Operant Conditioning, learning by insight and observation learning.	8
V	Memory and Forgetting: Stages of Memory: Encoding, Storage and Retrieval; Types of Memory: Sensory, Short Term and Long Term Memory (Basic Introduction); Forgetting: Interference and Cue-Dependent Forgetting.	8

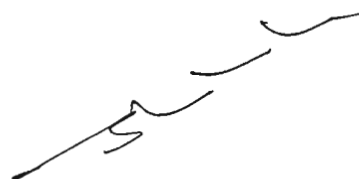



VI	Intelligence: Nature and Definition; Concept of IQ; Theories of Intelligence (Introduction of Basic Concepts)	6
VII	Personality: Definition and Determinants; Approach of Personality (Basic Concepts): Trait, Psychodynamic, and Humanistic approaches.	8
VIII	Motivation and Emotion: Nature, Concept and Theories	7

Suggested Readings:

1. Morgan, C.T., King, R.A., Weiss, R.A., & Schopler, J. (2004). *Introduction to Psychology* (7th ed.). New York: McGraw Hill.
2. Baron, R. & Misra, G. (2016). *Psychology* (5th edition). New Delhi: Pearson.
3. Ciccarelli, S. K., White, N.J., & Misra, G. (2017). *Psychology* (5th ed., South Asian Edition). New Delhi: Pearson Education.
4. Cornelissen, M., Mishra, G. & Verma, S. (2014). *Foundations of Indian Psychology*. New Delhi: Pearson Education.
5. Galotti, K.M. (2014). *Cognitive Psychology: In and Out of the Laboratory* (5th ed.). New Delhi: Sage.
6. Feldman, R. S. (2006). *Understanding Psychology*. India: Tata McGraw Hill.
7. सिंह, अरुण कुमार (2006). *उच्चतर सामान्य मनोविज्ञान*। वाराणसी: मोतीलाल बनारसी दास प्रकाशन।
8. त्रिपाठी, लालबहादुर (2001). *आधुनिक प्रायोगिक मनोविज्ञान* आगरा: हर प्रसाद भार्गवा
9. Zimbardo, P.C. & Weber, A.L. (1997). *Psychology*. New York: Harper Collins College Publishers.
10. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>
<http://www.apa.org>

This course can be opted as an elective: Open to all

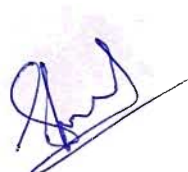
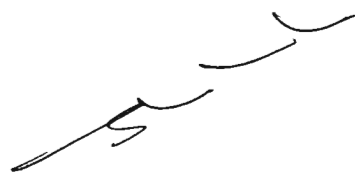



Suggested Continuous Evaluation Methods: <ul style="list-style-type: none"> • Assignment/ Seminar (10 Marks) • Written Test (10 Marks) • Attendance (5 Marks)
Course prerequisites:10+2 in any discipline
Suggested equivalent online courses: <ul style="list-style-type: none"> • Coursera • Swayam

Semester -I

Paper 2 : Practical

Program/Class: Certificate	Year: First	Semester: First
Subject: Psychology		
Course Code: A090102P	Course Title: Lab Work	
Course Outcome: Students will be imparted a variety of skills to design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report.		
Credits: 2	Core Compulsory	
Max. Marks: 100	Min. Passing Marks: 33	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
I	Familiarization with computers as tools in psychology experiments.	5 (10 hrs)
II	An experiment based on Attention/Perception.	7 (14 hrs)
III	An experiment based on Learning.	7 (14 hrs)
IV	Any one experiment based on Memory/Forgetting	7 (14 hrs)
V.	Report writing	4 (8 hrs)
Suggested Readings:		

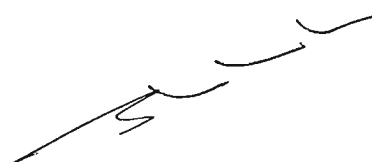



<p>1. त्रिपाठी, लांबा एवं अन्य. (2001). <i>आधुनिक प्रायोगिक मनोविज्ञान</i> । आगरा: हर प्रसाद भार्गव।</p> <p>2. Suleman, M. (सुलेमान, म). (2006). <i>Manovigyan Me Prayog aur Parikshan</i> (मनोविज्ञान में प्रयोग और परीक्षण). दिल्ली: मोतीलाल बनारसीदास.</p> <p>3. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx</p>
<p>This course can be opted by the students who has opted psychology as a major subject.</p>
<p>Marks Distribution : External Examination =100 Marks</p>
<p>Course prerequisites: Only for those who have taken psychology as a major subject.</p>

Semester II

Paper 1 : Theory

Program/Class: Certificate	Year: First	Semester: Second
Subject: Psychology		
Course Code: A090201T	Course Title: Basic Research Methodology and Statistics	
Course Outcome: 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

I	Measurement: Nature and Scales of Psychological Measurement; Properties and Functions of Measurement.	6
II	Scientific Approach: Aim and Functions; Research Methods: Experimental and, Correlational Research	8
III	Psychological Statistics: Introduction; Descriptive Statistics: Measures of Central Tendency and Measures of Variability; Graphical Representation of Data.	8
IV	The Normal Distribution: Meaning and Uses.	8
V	Correlation: Types of correlations	8
VI	Tests: Concept and Types; Psychometric Properties of Tests: Validity and Reliability	7
VII	Intelligence Testing: Measurement of abilities	8
VIII	Personality Tests: Self Report Inventories Projective Techniques: Nature and Types.	7

Suggested Readings:

1. Anastasi, A. (1950). *Psychological Testing*. Prentice Hall.
2. Chaddha, N.K. (2009). *Applied Psychometry*. New Delhi: Sage.
3. Cronbach, L.J. (1960) (2nd Edition). *Essentials of Psychological Testing*. New York: Harper.
4. Freeman, F.S. (1962) (3rd Edition). *Theory and practice of psychological testing*. New York: Holt, Rinehart & Winston.
5. Garrett, H. E. (1966). *Statistics in Psychology and Education*. Paragon International Publishers.
6. Gregory, R. J. (2014) (6th Edition). *Psychological Testing: History, Principles and Applications*. New Delhi: Pearson India Education.
7. Guilford, J.P. (1936). *Psychometric Methods*. London: McGraw Hill Publishing Company.
8. Singh, A.K. (सिंह, अ. क.) (2006). *Manovigyan . Samajshastra tatha Siksha me Sodh Vidhiyan*

(मनोविज्ञान, समाजशास्त्र तथा शिक्षा में शोध विधियाँ). दिल्ली: मोतीलाल बनारसीदास.

9. Bali, A. (बाली, आ.) (2004). *Manovigyan , Siksha tatha Anya Samajeek Vigyano Me Anusandhan Vidhiyan* (मनोविज्ञान, शिक्षा तथा अन्य सामाजिक विज्ञानों में अनुसंधान विधियाँ). आगरा: अग्रवाल पब्लिकेशन.

10. Kerlinger, F.N. (1983). *Foundations of Behavioral Research*. New Delhi: Surjeet Publications.

11. लाल . जे . एन . (1999). मनोविज्ञान एवं शिक्षा में सांख्यिकी , नीलकमल प्रकाशन , गोरखपुर ।

12. मिश्रा, बब्बन तथा त्रिपाठी, लाल बचन (1994). मनोवैज्ञानिक सांख्यिकी, हर प्रसाद भार्गव, आगरा ।

13. Singh, A.K. (2006). *Tests, Measurement and Research Methods in Behavioral Sciences*. Patna: Bharti Bhavan.

14. श्रीवास्तव, डी. एन. (2011). सांख्यिकी एवं मापन, आगरा : अग्रवाल पब्लिकेशनस

15. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>

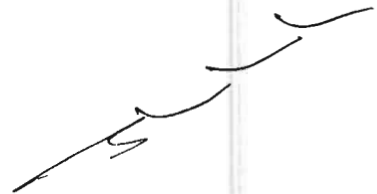
Course Prerequisites: Open to all.

Semester -II

Paper 2 : Practical

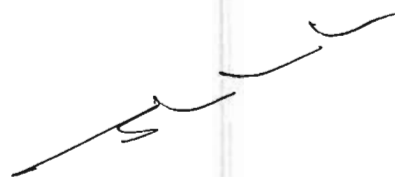
Program/Class: Certificate	Year: First	Semester: Second
Subject: Psychology		
Course Code: A090202P	Course Title: Lab Work/ Psychological Testing	
Course Outcome: Students will be conferred an array of skills to carry out experiments in lab settings, design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report.		
Credits: 2	Core Compulsory	

Max. Marks: 100		Min. Passing Marks: 33
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
I	Assessment of psychometric properties of any psychological test.	8 (16 hrs)
II	Administer and score any one personality test and write a report.	7 (14 hrs)
III	Administer and score any one self-report inventory and write a report.	7 (14 hrs)
IV	Administer any one Intelligence Test on a subject, score and report.	8 (16 hrs)
Suggested Readings: <ol style="list-style-type: none"> 1- त्रिपाठी, लालबहादुर अन्वय.(2001). <i>आधुनिक प्रायोगिक मनोविज्ञान</i> । आगरा: हर प्रसाद भार्गवा 2- Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx, www.psytoolkit.org 3- Singh, A.K. (2006). <i>Tests, Measurement and Research Methods in Behavioral Sciences</i>. Patna: Bharti Bhavan. 		
This course can be opted by the students who took psychology as a major subject.		
<ul style="list-style-type: none"> • Marks Distribution : External Examination =100 Marks 		
Course prerequisites: Only for those who have taken psychology as a major subject.		

Semester III**Paper I: Theory**

Program/Class: Diploma		Year: Second	Semester: Three
Subject: Psychology			
Course Code: A090301T		Course Title: Psychology of Social Behavior	
Course Outcome: 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 an opportunity to apply social psychological theories to their lives. Critically evaluate research to understand and explain distressing human social behavior and relate social psychological concepts and theories to the context of 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
I	Social Psychology: Nature, and Scope; Methods of Studying Social Behavior.		8
II	Social Cognition: Schema, Schematic Processing. Attribution of Causality: Harold Kelly and Bernard Weiner.		8
III	Attitude: Nature, Formation and Measurement. Interpersonal Attraction: Concept and Determinants.		7
IV	Groups: Norms, Roles, Status & Cohesiveness. Group Influence Processes: Social Facilitation; Social Loafing and De-individuation.		7
V	Aggression: Concept and Theories: Biological (Instinctive and Ethological), Frustration-Aggression Hypothesis, Social Learning Theory of Aggression.		8
VI	Pro-social Behavior: Motives to help; Bystander Effect; Determinants:		8

	Personal, Situational and Socio-cultural.	
VII	Social Influence Processes: Conformity and Compliance. Intergroup Relations: Prejudice and Discrimination.	7
VIII	Leadership : Nature , Functions and Types.	7
Suggested Readings:		
<ol style="list-style-type: none"> 1. Baron, R.A. & Branscombe, N.R. (2012). <i>Social Psychology</i>(13thed.) New Delhi: Pearson. 2. Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). <i>Social Psychology</i> (12thed). New Delhi: Pearson. 3. Baumeister, R.F. & Bushman, B.J.(2013). <i>Social Psychology and Human Nature</i>. (3rded.). Wadsworth Pub. Co. 4. Suleman , M. (सुलेमान, म.) (2009). <i>Uchchatar Samaj Manovigyan</i> (उच्चतर समाज मनोविज्ञान) . दिल्ली: मोतीलाल बनारसीदास. 5. Deb, Sibnath, Gireesan, A. & Prabhavalkar, P. (2019). <i>Social Psychology in Everyday Life</i>. New Delhi: Sage Publications. 6. सिंह, अरुण कुमार (2001). सामाजिक मनोविज्ञान वाराणसी: मोतीलाल बनारसीदास । 7. Taylor, S.E., Paplau, L.A., & Scars, D.O. (2006). <i>Social Psychology</i> (12thed). New Delhi: Pearson Publications. 8. त्रिपाठी, एल०बी० एवं सहयोगी (2001). आधुनिक सामाजिक मनोविज्ञान । आगरा: हरप्रसादभार्गवा 9. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org http://www.yale.edu 		
This course can be opted as an elective: Open to all		




Suggested Continuous Evaluation Methods: <ul style="list-style-type: none"> • Assignment/ Seminar (10 Marks) • Written Test (10 Marks) • Attendance (5 Marks)
Course prerequisites: Open to All
Suggested equivalent online courses: <ul style="list-style-type: none"> • Coursera, • Swayam

Semester III

Paper 2 : Practical

Program/Class: Diploma	Year: Second	Semester: Third
Subject: Psychology		
Course Code: A090302P	Course Title: Lab Work and Measurement of Social Behavior	
Course Outcome: Students will be exposed to a mixture of skills such as how to conduct a psychological experiment for understanding social behavior as well as psychological measurements and scientific reporting of the data.		
Credits: 2	Core Compulsory	
Max. Marks:100	Min. Passing Marks: 33	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
I	Measurement of a scale of Attitude/ Interpersonal Attraction	7 (14 hrs)
II	Measurement of Helping Behavior/ Prejudice	7 (14 hrs)
III	Assessment of Attribution/Aggression/Impression Formation	8 (16 hrs)
IV	Assessment of Social Facilitation/ Conformity/ Compliance	8 (16 hrs)




Suggested Readings:
1. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx www.psytoolkit.org
This course can be opted by the students who took Psychology as a major subject.
<ul style="list-style-type: none"> Marks Distribution : External Examination =100 Marks
Course prerequisites: Only for those who have taken psychology as a major subject.

Semester IV

Paper 1 : Theory

Program/Class: Diploma	Year: Second	Semester: Four
Subject: Psychology		
Course Code: A090401T	Course Title: Abnormal Psychology	
Course Outcome: The students will be able to understand criteria of abnormality and one's own behavior and behavior of others. By applying the knowledge of assessment, diagnosis, classification system and DSM categories, the learners' will develop sensitivity towards individual diversity and various approaches to the diagnosis and treatment of psychological disorders. Summarize clinical features of symptoms, etiology and valid and reliable treatment of diagnostic categories 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 of Abnormality,	6

	Classification of Abnormality (DSM V): An Introduction.	
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.	8
VIII	Clinical Picture and Etiology of Neurodevelopmental Disorders: Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorders, Intellectual Disability.	8

Suggested Readings:

1. Barlow D. H. & Durand V. M, & Stewart, S. H. (2009). *Abnormal Psychology*. New Delhi: Cengage Learning.
2. Bennett, P. (2006). *Abnormal and Clinical Psychology: An introductory textbook*. New York: Open University Press.
3. Singh, A.K. (2001). *Asaamanya Manovigyan*. Motilala Banarsi Das.
4. Suleman, M. (2001). *Asaamanya Manovigyan*. Motilala Banarsi Das.
5. Brewer, K. (2001). *Clinical Psychology*. Oxford: Heinemann Educational Publishers
6. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). *Abnormal Psychology*. New Delhi: Pearson.
7. Kearney, C. A. & Trull, T. J. (2012). *Abnormal Psychology and Life: A dimensional approach*. New Delhi: Cengage learning
8. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>
<http://www.apa.org> , www.nimh.nih.gov

This course can be opted as an elective: Open to all
<p>Suggested Continuous Evaluation Methods:</p> <ul style="list-style-type: none"> • Assignment/ Seminar (10 Marks) • Written Test (10 Marks) • Attendance (5 Marks)
Course prerequisites: Open to All
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • Coursera; • Swayam

Semester IV

Paper 2 : Practical

Program/Class: Diploma	Year: Second	Semester: Four
Subject: Psychology		
Course Code: A090402P	Course Title: Assessment/Testing	
<p>Course Outcome: At the end of the course, the students will be imparted a variety of proficiency to conduct the screening and assessment of psychological tools for examining developmental issues and disorders. The practicum of case study will let the students learn and execute an in-depth investigation of a single person, group, event or community.</p>		
Credits: 2	Core Compulsory	
Max. Marks: 100	Min. Passing Marks: 33	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
I	Administration, Scoring and Interpretation of any anxiety/depression test	7 (14 hrs)
II	Administration, Scoring and Interpretation of Mental health test	7 (14 hrs)

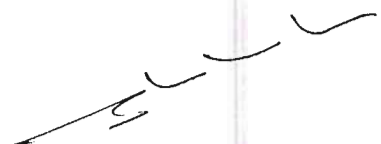



III	Administration, Scoring and Interpretation of a test to screen any cognitive or learning impairment	8 (16 hrs)
IV	Administration, Scoring and Interpretation of Neuropsychological test/Cognitive function test	8 (16 hrs)
Suggested Readings:		
<ol style="list-style-type: none"> 1. Singh, A.K. (2001). <i>Asaamanya Manovigyan</i>. Motilala Banarsi Das. 2. Suleman, M. (2001). <i>Asaamanya Manovigyan</i>. Motilala Banarsi Das. 3. Singh, A.K. (2006). <i>Tests, Measurement and Research Methods in Behavioral Sciences</i>. Patna: Bharti Bhavan. 4. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org 		
This course can be opted by the students who took psychology as a major subject		
<ul style="list-style-type: none"> • Marks Distribution : External Examination =100 Marks 		
Course prerequisites: Only for those who have taken psychology as a major subject.		

Semester IV

Paper 4 : Summer Research Project

Program/Class: Degree	Year: Second	Semester: Fourth
Subject: Psychology		
Course Code:	Course Title: Summer Research Project	
Course Outcome: After completing this project, the student will understand the nature of psycho-social issues and learn to draft a report.		
Credits: 3	Core Compulsory	
Max. Marks:	Min. Passing Marks:	
<u>Topics</u>		

Students will prepare a report on a psycho-social issue on their own.
Suggested Readings: 1. Suggestive digital platforms web links- http://heccontent.upsdc.gov.in/Home.aspx http://www.apa.org 2. Singh, A.K. (2006). Tests, Measurement and Research Methods in Behavioral Sciences.Patna: Bharti Bhavan.
This course can be opted by the students who took psychology as a major subject.
Marks Distribution :
Course prerequisites: Only for those who have taken psychology as a major subject.

Semester V

Paper 1: Theory

Program/Class: Degree	Year: Third	Semester: Five
Subject: Psychology		
Course Code: A090501T	Course Title: Life Span Human Development	
Course Outcome: 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		
Unit	Topics	No. of Lectures

I	Human Development: Introduction; Principles of Development; Methods of Studying Human Development.	10
II	Prenatal Development: Stages and hazards; Neonatal Development: Sensory and Motor Capacity.	10
III	Infancy: Physical, Social and Language Development.	10
IV	Childhood Development: Cognitive, Emotional and Moral Development.	10
V	Adolescence: Physical Changes and Psychological Changes	10
VI	Adulthood: Physical, Cognitive, Emotional and Social Changes.	10
Suggested Readings:		
<ol style="list-style-type: none"> 1. Berk, L. E. (2010). <i>Child Development</i> (9th ed.). New Delhi: Prentice Hall. 2. Berk, L.E. (2017). <i>Development through the Life span</i> (7thed.). Allyn & Bacon: Pearson. 3. Feldman, R.S. & Babu. N. (2011). <i>Discovering the Lifespan</i>. New Delhi: Pearson. 4. Santrock, J. W. (2011). <i>Child Development</i> (13th ed.). New Delhi: McGraw-Hill. 5. Santrock, J.W. (2012). <i>Life Span Development</i> (13th ed.). New Delhi: McGraw-Hill. 6. Srivastava, Ramji (श्रीवास्तव, रामजी). (2014). <i>Adhunik Vikasatmak Manovigyan</i>. आधुनिक विकासात्मक मनोविज्ञान. मोतीलाल बनारसीदास। 7. Srivastava, A.K. (1997). <i>Child Development: An Indian Perspective</i>. New Delhi: NCERT. 8. त्रिपाठी, एल० बी० एवं पाण्डेय, एस० (2009). <i>मानव विकास का मनोविज्ञान</i>। नई दिल्ली: कांसेप्ट पब्लिशिंग कंपनी। 9. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org 		
This course can be opted as an elective: Open to all		
Suggested Continuous Evaluation Methods:		
<ul style="list-style-type: none"> • Assignment/ Seminar (10 Marks) • Written Test (10 Marks) 		

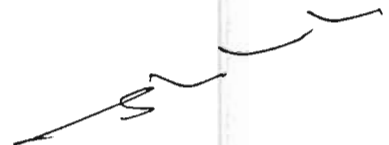



<ul style="list-style-type: none"> Attendance (5 Marks)
Course prerequisites: Open to All
Suggested equivalent online courses: <ul style="list-style-type: none"> Coursera, Swayam

Semester V

Paper 2 : Theory

Program/Class: Degree	Year: Third	Semester: Five
Subject: Psychology		
Course Code: A090502T	Course Title: Positive Psychology	
Course Outcome: 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.		
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	Positive Psychology: Assumptions and Goals.	7
II	Positive Emotional State: The Broaden and Build Theory of Positive	8

	Emotions; Concept of Mindfulness.	
III	Positive Cognitive States: Hope, Optimism, Self efficacy.	8
IV	Gratitude, Forgiveness and Empathy : Concept, and characteristics.	8
V	Self-Awareness: Concept, Techniques to enhance self- awareness.	7
VI	Social Competence: The Value of Social Support and Relationships in a Fulfilling and Meaningful Life.	8
VII	Happiness; Concept, and Characteristics. and Applications.	7
VIII	Emotional Intelligence: Concept and Measurement.	7

Suggested Readings:

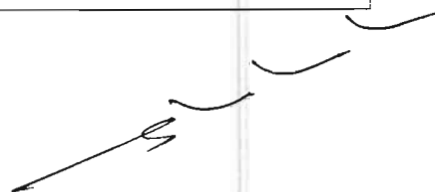
- 1- Baumgardner, S.R. & Crothers, M.K. (2009). *Positive Psychology*. Pearson.
- 2- Carr, A. (2004). *Positive Psychology: The Science of Happiness and Human Strength* U.K.: Routledge.
- 3- Gilman, R., Hubner, E. & Furlong, M.J. (Eds.) (2009). *Handbook of Positive Psychology in Schools*. New York: Routledge.
- 4- Lyubomirsky, Sonja. (2008). *The How of Happiness: A Scientific Approach to Getting the Life You Want*. The Penguin Press.
- 5- Noddings, N (2003). *Happiness in Education*, New York, Cambridge Press.
- 6- Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford University Press.
- 7- Seligman, M. E. P. (2002). *Authentic Happiness*. New York: Free Press.
- 8- Synder, C.R. & Lopaz, S.J. (2011). *Positive Psychology: The Scientific and practical exploration of Human Strengths*. Thousand Oaks, CA: Sage.
- 9- Synder, C. R. & Shane, J.L. (2005). *Handbook of Positive Psychology*. Oxford University Press.
- 10- Roy, Amarnatha (रॉय, अमरनाथ). (2023). *Sakaratomak Manovigyan (सकारात्मक*

<p>मनोविज्ञान). दिल्ली: मोतीलाल बनारसीदास.</p> <p>Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org</p>
<p>This course can be opted as an elective: Open to all</p>
<p>Suggested Continuous Evaluation Methods:</p> <ul style="list-style-type: none"> • Assignment/ Seminar (10 Marks), • Written Test (10 Marks) • Attendance (5 Marks)
<p>Course prerequisites: Open to All</p>
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • Coursera, • Swayam

Semester V

Paper 3: Practical

Program/Class: Degree	Year: Third	Semester: Five
Subject: Psychology		
Course Code: A090503P	Course Title: Lab Work/Survey/ Field Visit	
Course Outcome: After completing this practicum, the student will have an understanding about how to frame research objectives and questions, plan, decide and execute appropriate methods of research.		
Credits: 2	Core Compulsory	

Max. Marks: 100		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
I	Conduct a study using any construct related to positive psychology.	10 (20 hrs)
II	Conduct a study on emotional intelligence and submit a report.	10 (20 hrs)
III	Assessment of any one topic of human development.	10 (20 hrs)
Suggested Readings: <ol style="list-style-type: none"> Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org Snyder, C.R. & Lopaz, S.J. (2011). <i>Positive Psychology: The Scientific and practical exploration of Human Strengths</i>. Thousand Oaks, CA:Sage. 		
This course can be opted by the students who took psychology as a major subject		
<ul style="list-style-type: none"> Marks Distribution : External Examination =100 Marks 		
Course prerequisites: Only for those who have taken psychology as a major subject.		

Semester V

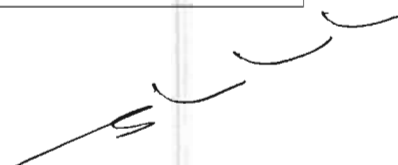
Paper 4 : Research Project

Program/Class: Degree	Year: Third	Semester: Five
Subject: Psychology		
Course Code: A090504R	Course Title: Problem Identification & Research Proposal Writing	
Course Outcome: After completing this practicum, the student will have a comprehensive understanding about carrying out a research project.		
Credits: 3	Core Compulsory	

Max. Marks: 25+75		Min. Passing Marks:
Unit	Topics	No. of Lectures
I	Any community based project.	20 (40 hrs.)
II	Based on field visit, observations or experiences, each student will write a research proposal in this semester. The student will work in groups to complete the project.	25 (50 hrs.)
Suggested Readings:		
1.Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org		
2.Singh, A.K. (2006). <i>Tests, Measurement and Research Methods in Behavioral Sciences</i> .Patna: Bharti Bhavan.		
This course can be opted by the students who took psychology as a major subject.		
Marks Distribution : External Examination =100 Marks		
Course prerequisites: Only for those who have taken psychology as a major subject.		

Semester VI**Paper 1: Theory**

Program/Class: Degree	Year: Third	Semester: Six
Subject: Psychology		
Course Code: A090601T	Course Title: Community and Health Psychology	
Course Outcome: At the end of the course the student will be able to recognize that individuals		


relate to their communities and the reciprocal effect of communities on individuals and 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 oneself 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
I	Community Psychology: Nature, Historical Development, Fields of Community Psychology	7
II	Approaches of Community Psychology: Mental Health approach; Social Problems approach	8
III	Community Intervention Issues: Poverty and Prolonged Deprivation; Marginalization; Migration & Immigration issues; Superstitions in Indian society.	8
IV	Community Interventions: Community Mental Health; Gender, Discrimination and Rural development Intervention.	7
V	Health Psychology: Nature, Development and Goals of Health Psychology; Biopsychosocial Model of Health.	6
VI	Health Behavior: Health Compromising and Health Enhancing Behaviors; Theories of Health Behavior	8
VII	Stress and Health: Nature and Types of Stress, Stress appraisal; Coping with Stress;	8
VIII	Chronic Illnesses: Coronary Heart Disease (CHD) and Diabetes: Major Symptoms, Diagnosis and Psychological correlates.	8

Suggested Readings:

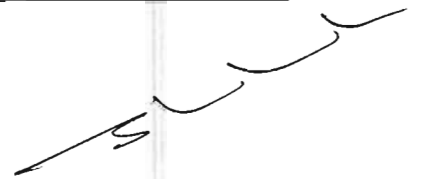
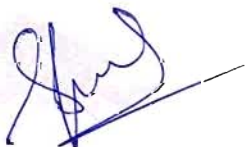
1. Dalal, A.K. (2016). *Cultural Psychology of Health in India: Well-being, Medicine and Traditional Health Care*. New Delhi: Sage Publications India Pvt. Ltd.
2. Dalal, A.K. (2015). *Health Beliefs and Coping with Chronic Diseases*. New Delhi: Sage




Publications India Pvt. Ltd.

3. Deb, Sibnath, Sunny, A.M. & Sanyaal, N. (2020). *Community Psychology: Theories & Applications*. New Delhi: Sage Publications.
4. Ghosh, Manika (2015). *Health Psychology: Concepts in Health and Well-being*. New Delhi: Pearson.
5. Hariharan, Meena (2020). *Health Psychology: Theory, Practice and Research*. New Delhi: Sage Publications.
6. Kloos, B., Hill, J., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). *Community Psychology: Linking Individuals and Communities*. Wadsworth, Cengage Learning.
7. Marks, D. F. Murray, M. Evans, B. & Willing, C. (2000). *Health Psychology: Theoretical, Research and Application*. New Delhi: Concept.
8. Misra, G. (1999). *Psychological perspectives on stress and health*. New Delhi: Concept Publishing Company.
9. Crisp, R. J. & Turner, R.N. (2014). *Essential Social Psychology* (3rd Edition). New Delhi: Sage Publications.
10. Sarafino, E.P. & Smith, T.W. (2012). *Health Psychology: Biopsychosocial Interaction*. (7thed.). U.K.: John Wiley & Sons.
11. Lal, Ramji (लाल, रामजी). (2022). *Samudayeek Manovigyan* (सामुदायिक मनोविज्ञान). दिल्ली: मोतीलाल बनारसीदास.
12. Singh, A.K. (सिंह, अ. क). (2022). *Swasthya Manovigyan*. (स्वास्थ्य मनोविज्ञान) . दिल्ली: मोतीलाल बनारसीदास.
13. Taylor, S.E. (2013). *Health Psychology*. New Delhi: McGraw-Hill Education Pvt. Ltd.
14. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>
<http://www.apa.org>

This course can be opted as an elective: Open to all

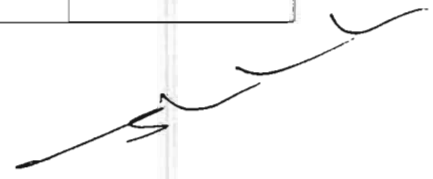


<p>Suggested Continuous Evaluation Methods:</p> <ul style="list-style-type: none"> • Assignment/ Seminar (10 Marks) • Written Test (10 Marks) • Attendance (5 Marks)
<p>Course prerequisites: Open to All</p>

Semester VI

Paper 2 : Theory

Program/Class: Degree	Year: Third	Semester: Six
Subject: Psychology		
Course Code: A090602T	Course Title: Counseling Psychology	
Course Outcome: At the end of the paper, students will be able to understand how to establish rapport and use various approaches in counseling.		
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	Counseling: Meaning, Goals; Types of Counseling: An Overview.	7
II	Theoretical Bases of Counseling: Psychoanalytic; Phenomenological, Cognitive-Behavioral.	8
III	Counseling Processes: Counseling Interview; Counseling Micro Skills: Attending, Paraphrasing, Encouragers, Confronting and Summarizing.	7
IV	Counseling Techniques: Person-Centered and Cognitive- Behavioral (Beck and Albert Ellis).	8
V	Counseling in Schools and Family Counseling: Assumptions and	7

	Procedures.	
VI	Career, Marriage and Group Counseling: An Introduction	8
VII	Counseling for Substance-abuse, Child Abuse: An Introduction	8
VIII	Counseling Ethics; Referrals and Reporting	7

Suggested Readings:

1. Edward, N. (2011). *Counseling Theory and Practice*. Cengage Learning.
2. Gelso, C. J. & Prctz, B.R. (1995). *Counseling Psychology*. Bangalore: Prism Books Pvt. Ltd.
3. Gibson, R. L. & Mitchell, M.H. (2005). *Introduction to Counseling and Guidance* (6th Ed.) Pearson Education.
4. Kapur, Malavika (2011). *Counseling Children with Psychological Problems*. Pearson Publications.
5. Nelson-Jones, R. (2011). *Theory and Practice of Counseling & Therapy*. New Delhi: sage South Asia Edition.
6. Patri, V. R. (2008). *Counseling Psychology*. New Delhi: Authors Press.
7. राय, ए० एवं अस्थाना, एम्० (2003). आधुनिक परामर्शन मनोविज्ञान. नई दिल्ली: मोतीलाल बनारसीदास
8. Rao, S. N. (1991). *Counseling and Guidance*. New Delhi: TataMcGraw-Hill.
9. Woolfe, R., Dryden, W. & Strawbridge, S. (2003). *Handbook of Counseling Psychology* (2nded.). London: Sage Publication Ltd.

This course can be opted as an elective: Open to all

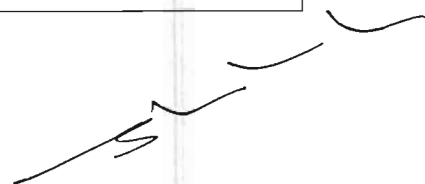
Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

Suggested equivalent online courses:

- Coursera,

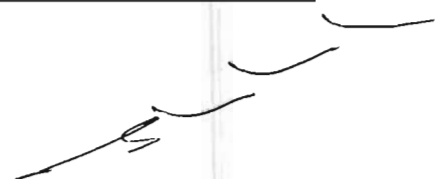



- Swayam

Semester VI

Paper 3 : Practical

Program/Class: Degree	Year: Third	Semester: Six
Subject: Psychology		
Course Code: A090603R	Course Title: Survey/Field Visit	
Course Outcome: After completing this practicum, the student will have an understanding about how to frame research objectives and questions, plan, decide and execute appropriate methods of research, data analysis, interpretation and discussion of the findings.		
Credits: 2	Core Compulsory	
Max. Marks: 100	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
I	To conduct a study related to any psychological issue and prepare a report on it.	15 (30 hrs.)
II	Conduct a study on any Health-Related issues and submit a report.	15 (30 hrs.)
This course can be opted by the students who took psychology as a subject		
Suggested Readings:		
1. Singh, A.K. (2006). <i>Tests, Measurement and Research Methods in Behavioral Sciences</i> . Patna: Bharti Bhavan.		
2. Ghosh, Manika (2015). <i>Health Psychology: Concepts in Health and Well-being</i> . New Delhi: Pearson.		
Marks Distribution : External Examination =100 Marks		
Course prerequisites: Only for those who have taken psychology as a major subject.		

Semester- VI

Paper 4 : Research Project

Program/Class: Degree		Year: Third	Semester: Six
Subject: Psychology			
Course Code: A090604R		Course Title: Research Project	
Course Outcome: It will help the learner to critically reflect on, review the scientific basis for, and integrate what you have learned and accomplished as a psychology student and will prepare to explore the cultural, social, and ethical impact of psychological application on community and daily life.			
Credits: 3		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks:	
Unit	Topics		No. of Lectures
I	Based on the field visit observations and experiences, the learner will comprehend the issue in depth.		25(50 hrs.)
II	Submit a detailed report and a presentation. Each student will write the final report.		20(40 hrs.)
Suggested Readings:			
1. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org			
3. Singh, A.K. (2006). <i>Tests, Measurement and Research Methods in Behavioral Sciences</i> . Patna: Bharti Bhavan.			




This course can be opted by the students who took psychology as a major subject.

Marks Distribution: External Evaluation =100 Marks

Course prerequisites: Only for those who have taken psychology as a major subject.

