

**SIDDHARTH UNIVERSITY, KAPILVASTU**  
**SIDDHARTH NAGAR**



**Department of Psychology**  
**CURRICULA FOR UNIVERSITY CAMPUS AND AFFILIATED COLLEGES**  
(Revised by Board of Studies on 24th July, 2023 and Approved by Academic Council on  
25th July, 2023)

*under National Education Policy- 2020*

**Semester-wise Titles of the Papers in B.A. (Psychology)**

| Year | Sem. | Course Code | Paper Title   | Theory/<br>Practical | Credit |
|------|------|-------------|---|----------------------|--------|
| 1    | I    | A090101T    | Foundations of Psychology                                     | Theory               | 4      |
|      |      | A090102P    | Lab Work/Psychological Testing                                | Practical            | 2      |
|      | II   | A090201T    | Basic Methodology and Statistics                              | Theory               | 4      |
|      |      | A090202P    | Lab Work/Psychological Testing                                | Practical            | 2      |
| 2    | III  | A090301T    | Psychology of Social Behaviour                                | Theory               | 4      |
|      |      | A090302P    | Lab Work and Measurement of Social Behaviour                  | Practical            | 2      |
|      | IV   | A090401T    | Abnormal Psychology   | Theory               | 4      |
|      |      | A090402P    | Screening and Assessment                                      | Practical            | 2      |
| 3    | V    | A090501T    | Human Development   | Theory               | 4      |
|      |      | A090502P    | Lab Work/Survey/Field Visit Related to Human Development      | Practical            | 2      |
|      |      | A090503T    | Positive Psychology   | Theory               | 4      |
|      |      | A090504P    | Lab Work/Survey/Field Visit Related to Positive Psychology    | Practical            | 2      |
|      | VI   | A090601T    | Community and Health Psychology                               | Theory               | 4      |
|      |      | A090602P    | Survey/Field Visit Related to Community and Health Psychology | Practical            | 2      |
|      |      | A090603T    | Counseling Psychology   | Theory               | 4      |
|      |      | A090604P    | Survey/Field Visit Related to Counseling Psychology           | Practical            | 2      |

**Minor Syllabus**

|   |     |               |                            |        |   |
|---|-----|---------------|----------------------------|--------|---|
| 1 | I   | A090103T (ME) | Introduction to Psychology | Theory | 4 |
| 2 | III | A090403T (ME) | Abnormal Psychology        | Theory | 4 |

## Undergraduate Psychology Program Semester-wise Course Curricula

Subject prerequisites: Open to all.

### 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.** Knack to link up 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. psychodiagnostics, 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.** Sensitivity towards diverse contexts, ethnic groups, minorities, marginalized groups and gender issues.
- IX.** Development of skills and attributes of empathy, team work, coordination, cooperation, conflict resolution, and congruence.

## Semester I

### Paper 1

| <b>Program/Class:<br/>Certificate</b>   | <b>Year: First</b>  | <b>Semester: First</b> |
|---|---|------------------------|
| <b>Subject: Psychology</b>  |   |                        |
| <b>Course Code: A090101T</b>  | <b>Course Title: Foundations of Psychology</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+50   | Min. Passing Marks: 10+17   |                        |
| 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 & Indigenous Indian Psychology (with special reference to Shrimad Bhagwad Gita, Sankhya Darshan and Buddhism); Methods: Experimental, Correlational, and Observational.                                 | 8                      |
| II  | Attention Processes: Selective and Sustained Attention: Nature and Determinants; Perceptual Processes: Nature and Determinants; Perceptual Organization; Perceptual Illusion.   | 7                      |
| III   | Learning: Classical Conditioning, Operant Conditioning and Verbal Learning: Methods and Procedures.   | 8                      |
| IV  | Memory and Forgetting: Stages of Memory: Encoding, Storage and Retrieval; Types of Memory: Sensory, Short Term and Long-Term Memory; Reconstructive Memory; Forgetting: Decay, Interference and Cue-Dependent Forgetting.   | 7                      |
| V   | Intelligence: Nature and Definition; Concept of IQ; Theories of Intelligence (Basic Concepts): Spearman, Thurston, Guilford, Sternberg, Gardner.  | 8                      |
| VI  | Personality: Definition and Determinants; Approach of Personality (Basic Concepts): Trait approaches (Allport and Cattell); Psychodynamic (Freud); Humanistic (Rogers and Maslow); Socio-cultural (Bandura); Personality in Indigenous Tradition (Advaita Vedanta tradition, Yoga tradition, & Ayurveda tradition). | 9                      |
| VII   | Motivation: Nature and Concept (Needs, Drives, Instincts); Types of Motives: Biological and Social Motives.   | 7                      |
| VIII  | Emotion: Nature of Emotion; Basic Emotions; Expressions of Emotion; Theories of Emotion: James-Lange, Cannon-Bard, Schachter-Singer.  | 6                      |

### Suggested Readings:

1. Baron, R. & Misra, G. (2016). Psychology (5th edition). New Delhi: Pearson.
2. Ciccarelli, S. K., White, N.J., & Misra, G. (2017). Psychology (5th ed., South Asian Edition). New Delhi: Pearson Education.
3. Comelissen, M. , Mishra, G. & Verma, S. (2014). Foundations of Indian Psychology. New Delhi: Pearson Education.
4. De Silva, P. (2005). An introduction to Buddhist psychology. Springer.
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. Mishra, G. (Edited) (2019). Personality in Indigenous Tradition. In ICSSR Research Surveys & explorations Psychology (Vol.2): Individual and the Social Processes & Issues. New Delhi: Oxford University Press.
8. Morgan, C.T., King, R.A., Weiss, R.A., & Schopler, J. (2004). Introduction to Psychology' (7th ed.). New York: McGraw Hill.
9. Suhotra (2007). Vedantic Psychology : India's ancient vision of the Mind. The Bhaktivedanta Academy.
10. Swami Akhilanand (2001 edition). Hindu Psychology : It's meaning for the West. Taylor & Francis.
11. सिंह, अरूणकुमार (2006). उच्चतरसामान्य मनोविज्ञान, वाराणसीमोतीलाल, बनारसीदासप्रकाशन ।
12. त्रिपाठी, लालबच्चन एवंअन्य (2001 ).आधुनिकप्रायोगिकमनोविज्ञान, आगरा, हरप्रसाद भार्गव ।
13. Zimbardo, P.C. & Weber, A.L. (1997). Psychology. New York: Harper Collins College Publishers.
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

### Suggested Continuous Evaluation Methods:

- Assignment/ Seminar/ Research Orientation of the student, (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: 10+2 in any discipline

### Suggested equivalent online courses:

- Coursera
- Swayam

**Paper 2  
Practical**

|   |   |                        |
|---|---|------------------------|
| <b>Program/Class:<br/>Certificate</b>   | <b>Year: First</b>  | <b>Semester: First</b> |
| <b>Subject: Psychology</b>  |   |                        |
| <b>Course Code: A090102P</b>  | <b>Course Title: Lab Work Psychological Testing</b>                                     |                        |
| <b>Course Outcome:</b> 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: 25  | Min. Passing Marks: 10  |                        |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2   |   |                        |
| Unit  | Topics  | No. of Lectures        |
| I   | Any one experiment based on Attention/Perceptual Processes                              | 08                     |
| II  | Any one experiment based on Classical Conditioning/Operant Conditioning/Verbal Learning | 08                     |
| III   | Any one experiment based on Memory/Forgetting   | 07                     |
| IV  | Any one experiment based on Motivational/Emotional Processes                            | 07                     |
| <b>Suggested Readings:</b>  |   |                        |
| <ol style="list-style-type: none"> <li>1. त्रिपाठी, लालबच्चन एवंअन्य (2001 ). आधुनिकप्रायोगिकमनोविज्ञान, आगरा, हरप्रसाद भार्गव ।</li> <li>2. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a></li> </ol> |   |                        |
| This course can be opted by the students who has opted psychology as a subject.   |   |                        |
| Course prerequisites: Only for those who took psychology as a subject   |   |                        |

## Semester II

### Paper 1

#### Theory

|   |  |                         |
|---|--|-------------------------|
| <b>Program/Class:<br/>Certificate</b>   | <b>Year: First</b>   | <b>Semester: Second</b> |
| <b>Subject: Psychology</b>  |  |                         |
| <b>Course Code: A090201T</b>  | <b>Course Title: Basic 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+50   | Min. Passing Marks: 10+17  |                         |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0   |  |                         |
|   | <b>Topics</b>  | <b>No. of Lectures</b>  |
| I   | Measurement: Nature and Scales of Psychological Measurement; Properties and Functions of Measurement, Tests: Concept and Types   | 6                       |
| II  | Intelligence Testing: History, Measurement of abilities: Stanford Binet, Wechsler Test of Intelligence (WAIS), Culture Fair Tests, Structure and Application.            | 8                       |
| III   | Personality Tests: Self Report Inventories (MMPI, 16 PF, NEOPIR), Projective Techniques: Rorschach Inkblot Test.   | 8                       |
| IV  | Psychometric Properties of Tests: Validity, Reliability, Nature and Types; Norms: Concepts and Types.  | 8                       |
| V   | Scientific Approach: Aim and Functions, Types of Research, Empirical Research Methods; Variable: Concept and Types; Hypothesis: Types and Criteria.                      | 7                       |
| VI  | Research Designs: Objectives and Criteria, Major Types, Sampling: Concept and Methods.   | 7                       |
| VII   | Psychological Statistics: Introduction; The Normal Distribution: meaning and uses, Measures of Central Tendency, Standard Deviation, Significance of Statistics, t test. | 8                       |
| VIII  | Correlation; types: Spearman and Pearson Method, and interpretation; Non- Parametric Tests: Chi- Square, Mann Whitney U Test.  | 8                       |

#### Suggested Readings:

1. Anastasi, A. (1950). Psychological Testing. Prentice Hall.
2. Cronbach, L.J. (1960) (2nd Edition). Essentials of Psychological Testing. New York: Harper.
3. Freeman, F.S. (1962) (3rd Edition). Theory and practice of psychological testing. New York: Holt, Rinehart & Winston.
4. Garrett, H. E. (1966). Statistics in Psychology and Education. Paragon International Publishers.

5. Gregory, R.J. (2014) (6th Edition). Psychological Testing: History, Principles and Applications. New Delhi: Pearson India Education.
6. Guilford, J.P. (1936). Psychometric Methods. London: McGraw Hill Publishing Company.
7. Kerlinger, F.N. (1983), Foundations of Behavioral Research. New Delhi: Surjeet Publication
8. लाल . जे . एन . ( 1999 ). मनोविज्ञान एवं शिक्षा में सांख्यिकी, नीलकमल प्रकाशन गोरखपुर ।
9. मिश्रा, बब्बन तथा त्रिपाठी , लाल बचन (1994), मनोवैज्ञानिक सांख्यिकी , हर प्रसाद भार्गव , आगरा ।
10. Singh, A.K. (2006). Tests, Measurement and Research Methods in Behavioural Sciences. Patna: Bharti Bhavan.
11. श्रीवास्तव, डी0 एन0(2011). सांख्यिकी एवं मापन, आगरा :अग्रवाल पब्लिकेशन.
12. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/mome.aspx>

#### Suggested Continuous Evaluation Methods:

- Assignment/ Seminar/ Research Orientation of the student. (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

#### Suggested equivalent online courses:

- Coursera
- Swayam

**Paper 2  
Practical**

| <b>Program/Class:<br/>Certificate</b>   | <b>Year: First</b>   | <b>Semester: Second</b> |
|---|--|-------------------------|
| <b>Subject: Psychology</b>  |  |                         |
| <b>Course Code: A090202P</b>  | <b>Course Title: Lab Work/Psychological Testing</b>                        |                         |
| <b>Course Outcome:</b> 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: 25  | Min. Passing Marks: 10   |                         |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2   |  |                         |
| Unit  | Topics   | No. of Lectures         |
| I   | Plan, conduct and report an experiment using between group research design | 08                      |
| II  | Ascertain the Test-retest Reliability of any psychological test            | 08                      |
| III   | Administer any one Self-Report Inventory on a subject, score and           | 07                      |
| IV  | Administer any one Intelligence Test on a subject, score and report        | 07                      |
| <b>Suggested Readings:</b>  |  |                         |
| <ol style="list-style-type: none"> <li>1. त्रिपाठी, लालबच्चन एवंअन्य (2001 ). आधुनिकप्रायोगिकमनोविज्ञान, आगरा, हरप्रसाद भार्गव ।</li> <li>2. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>, <a href="http://www.psytoolkit.org">www.psytoolkit.org</a></li> </ol> |  |                         |
| This course can be opted by the students who took psychology as a subject.  |  |                         |
| Course prerequisites: Only for those who took Psychology as a subject   |  |                         |



**Semester III**  
**Paper I, Theory**

| <b>Program/Class: Diploma</b>  | <b>Year: Second</b>  | <b>Semester: Three</b>    |
|--|--|---------------------------|
| <b>Subject: Psychology</b>   |  |                           |
| <b>Course Code: A090301T</b>   | <b>Course Title: 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 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+50  |  | Min. Passing Marks: 10+17 |
| 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   | Person Perception: Concept, Determinants of Impression Formation.  | 7                         |
| III  | Social Cognition: Schema, Schematic Processing; Attribution of Causality: Harold Kelly and Bernard Weiner.   | 7                         |
| IV   | Attitude: Nature and Formation; Aggression: Nature, Causes and Control of Human Aggression.  | 8                         |
| V  | Pro-social Behavior: Motives to help; Bystander Effect; Determinants; Interpersonal Attraction: Concept and Determinants.  | 8                         |
| VI   | Social Influence Processes: Conformity and Compliance; Intergroup Relations: Prejudice and Discrimination; Groups: Norms, Roles, Status & Cohesiveness.  | 7                         |
| VII  | Group Influence: Social Facilitation; Social Loafing; and Deindividuation.   | 7                         |
| VIII   | Applying Social Psychology to Health, Law and Environment: Health Attitude and Health, Stress and Health; Eyewitness Identification and Testimony, Factors that affect Juror Decision Making; Human Environmental Relationship, Environmental Stress: Types and Characteristics. | 8                         |

Suggested Readings:

1. Baron, R.A. & Branscombe, N.R, (2012). Social Psychology (13<sup>th</sup>ed.) New Delhi: Pearson.
2. Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). Social Psychology (12<sup>th</sup>ed). New Delhi: Pearson.
3. Baumeister, R.F. & Bushman, B.J.(2013). Social Psychology and Human Nature. (3<sup>rd</sup>ed.). Wadsworth Pub. Co.
4. सिंह, अरुणकुमार(2001). समाजिक मनोविज्ञान, वाराणसीमोतीलाल, बनारसी दासप्रकाशन ।
5. Taylor, S.E., Papiau, L.A., & sears, D.O. (2006). Social Psycholou (12<sup>th</sup>ed). New Delhi: Pearson Publications.
6. त्रिपाठी, लालबच्चन एवंअन्य (2001 ). आधुनिक सामाजिक मनोविज्ञान, आगरा, हर प्रसाद भार्गव ।
7. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/mome.aspx>  
<http://www.apa.org>  
<http://www.ale.edu>

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

Suggested Continuous Evaluation Methods:

- Assignment/ Seminar/ Research Orientation of Students (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

Suggested equivalent online courses:

- Coursera,
- Swayam

**Paper 2  
Practical**

|  |  |                        |
|--|--|------------------------|
| <b>Program/Class: Diploma</b>  | <b>Year: Second</b>  | <b>Semester: Third</b> |
| <b>Subject: Psychology</b>   |  |                        |
| <b>Code: A090302P</b>  | <b>Course Title: Lab Work and Measurement of Social Behavior</b>     |                        |
| <b>Course Outcome:</b> Students will be exposed to the 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: 25   | Min. Passing Marks: 10   |                        |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2  |  |                        |
| Unit   | Topics   | No. of Lectures        |
| I  | Measurement of Attitude/ Interpersonal Attraction                    | 08                     |
| II   | Measurement of Helping Behavior/ Prejudice                           | 08                     |
| III  | Conduct an experiment on Attribution/Aggression/Impression Formation | 07                     |
| IV   | Conduct an experiment on Social Facilitation/ Conformity/ Compliance | 07                     |
| Suggested Readings:  |  |                        |
| 1. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.inJHome.aspx">http://heecontent.upsdc.gov.inJHome.aspx</a><br><a href="http://www.psytoolkit.org">www.psytoolkit.org</a>                                 |  |                        |
| This course can be opted by the students who took Psychology as a subject.   |  |                        |
| Course prerequisites: Only to Psychology Students  |  |                        |

**Semester IV**  
**Paper I, Theory**

| <b>Program/Class: Diploma</b>  |   | <b>Year: Second</b>                      | <b>Semester: Four</b> |
|--|---|--|-----------------------|
| <b>Subject: Psychology</b>   |   |  |                       |
| <b>Course Code: A090401T</b>   |   | <b>Course Title: Abnormal Psychology</b> |                       |
| <p><b>Course Outcome:</b> 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 the 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.</p> |   |  |                       |
| Credits: 4   |   | Core Compulsory                          |                       |
| Max. Marks: 25+50  |   | Min. Passing Marks: 10+17                |                       |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0  |   |  |                       |
| Unit   | Topics  | No. of Lectures                          |                       |
| I  | Abnormal Psychology: Concepts and Criteria of Abnormality, Classification of Abnormality (DSM V), Major Approaches to Abnormal Behavior.  | 6  |                       |
| II   | Anxiety Disorders: Types (Generalized Anxiety Disorder, Phobia, Panic Disorder), Obsessive-Compulsive Disorder, Clinical Picture and Etiology.  | 8  |                       |
| III  | Somatic and Dissociative Disorders: Somatic Symptom Disorders, Illness Anxiety Disorder, Conversion Disorder. Dissociative Disorders- Types: Dissociative Amnesia, Dissociative Identity Disorder, Clinical Picture and Etiology. | 8  |                       |
| IV   | Depressive and Bipolar Disorders: Types: Major Depressive Disorder, Bipolar I and II, Clinical Picture and Etiology.  | 8  |                       |
| V  | Schizophrenia: History, Types, Clinical Picture and Etiology.   | 7  |                       |
| VI   | Major Neurocognitive Disorders: Due to Alzheimer' s Disease, Traumatic Brain Injury and Parkinson's Disease, Etiology and Clinical Picture.   | 7  |                       |
| VII  | Substance Related Disorder: Substance Abuse and Dependence; Alcohol use Disorder, Nicotine use Disorder, Etiology and Clinical Picture.   | 8  |                       |
| VIII   | Neurodevelopmental Disorders: Tics and Tourette's Disorder, Attention- Deficit/Hyperactivity Disorder, Autism Spectrum Disorders, Intellectual Disability, Learning Disorders: Clinical Picture and Etiology.                     | 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. Brewer, K. (2001). Clinical Psychology. Oxford: Heinemann Educational Publishers
4. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
5. Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi: Cengage learning
6. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/mome.aspx>  
<http://www.apa.org> [www.nimh.nih.gov](http://www.nimh.nih.gov)

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

**Suggested Continuous Evaluation Methods:**

- Assignment/ Seminar/ Research Orientation of Students (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

**Suggested equivalent online courses:**

- Coursera;
- Swayam

**Paper 2  
Practical**

|   |  |   |                       |
|---|--|---|-----------------------|
| <b>Program/Class: Diploma</b>   |  | <b>Year: Second</b>                           | <b>Semester: Four</b> |
| <b>Subject: Psychology</b>  |  |   |                       |
| <b>Course Code: A090402P</b>  |  | <b>Course Title: Screening and Assessment</b> |                       |
| <b>Course Outcome:</b> 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. |  |   |                       |
| Credits: 2  |  | Core Compulsory                               |                       |
| Max. Marks: 25  |  | Min. Passing Marks: 10                        |                       |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2   |  |   |                       |
| Unit  | Topics   |   | No. of Lectures       |
| I   | Assessment and report of any one anxiety disorder  |   | 08                    |
| II  | Assessment and report of depressive / bipolar disorders  |   | 08                    |
| III   | Case Study/ Screening of any Intellectual Disability/<br>Attention Deficit Hyperactivity Disorder and report |   | 07                    |
| IV  | Case Study/ Screening of any Learning Disability/ Autism<br>Spectrum Disorder and report                     |   | 07                    |
| Suggested Readings:   |  |   |                       |
| <ul style="list-style-type: none"> <li>• Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a><br/><a href="http://www.apa.org">http://www.apa.org</a></li> </ul>   |  |   |                       |
| This course can be opted by the students who took psychology as a subject   |  |   |                       |
| Course prerequisites: Only for psychology students  |  |   |                       |

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

| <b>Program/Class: Degree</b>   |  | <b>Year: Third</b>                     | <b>Semester: Five</b> |
|--|--|--|-----------------------|
| <b>Subject: Psychology</b>   |  |  |                       |
| <b>Course Code: A090501T</b>   |  | <b>Course Title: Human Development</b> |                       |
| 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+50  |  | Min. Passing Marks: 10+17              |                       |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0  |  |  |                       |
| Unit   | Topics   |  | No. of Lectures       |
| I  | Introduction to Human Development: Concepts of Growth and Maturation; Developmental Stages; Principles of Development; Methods of Studying Human Development.              |  | 8                     |
| II   | Prenatal Development: Stages and hazards; Neonatal Development: Sensory and Motor Capacity.  |  | 8                     |
| III  | Infancy: Physical Development, Social and Language Development.  |  | 7                     |
| IV   | Childhood Development: Cognitive, Social, Emotional and Moral Development.   |  | 8                     |
| V  | Adolescence Development: Physical Changes (Puberty and Growth spurts); Psychological changes- Development of Identity, Cognitive, Social, Emotional and Moral Development. |  | 8                     |
| VI   | Early Adulthood: Physical, Cognitive and Psycho-social Development.  |  | 7                     |
| VII  | Middle Adulthood: Physical, Cognitive and Psycho-social Development.   |  | 7                     |
| VIII   | Late Adulthood: Physical, Cognitive and Psycho-social Development.   |  | 7                     |

Suggested Readings:

1. Berk, L. E. (2010). Child Development (9th ed.). New Delhi: Prentice Hall.
2. Berk, L.E. (2017). Development through the Life span (7<sup>th</sup> ed.). Allyn & Bacon: Pearson.
3. Feldman, R.S. & Babu. N. (2011). Discovering the Lifespan. New Delhi: Pearson.
4. Misra, G. (2011). Handbook of Psychology in India (Section IV), New Delhi: Oxford University Press.
5. Santrock, J. W. (2011). Child Development (13th ed.). New Delhi: McGraw-Hill.
6. Santrock, J.W. (2012). Life Span Development (13th ed.). New Delhi: McGraw-Hill.
7. Srivastava, A.K. (1997). Child Development: An Indian Perspective. New Delhi: NCERT.
8. त्रिपाठी, एल० बी० एवंपाण्डेय, एस०, (2009). मानवविकास का मनोविज्ञान। नई दिल्ली: कॉनसेप्टपब्लिशिंगकम्पनी।
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:

- Assignment/ Seminar/ Research Orientation of Students (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

Suggested equivalent online courses:

- Coursera,
- Swayam



**Paper 2  
Practical**

| <b>Program/Class: Degree</b>   |  | <b>Year: Third</b>   | <b>Semester: Five</b> |
|--|--|--|-----------------------|
| <b>Subject: Psychology</b>   |  |  |                       |
| <b>Course Code: A090502P</b>   |  | <b>Course Title: Lab Work/Survey/<br/>Field Visit related to Human<br/>Development</b> |                       |
| <b>Course Outcome:</b> 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: 25   |  | Min. Passing Marks: 10   |                       |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2  |  |  |                       |
| Unit   | Topics   |  | No. of Lectures       |
| I  | Conduct a field study on anyone topic of Human developmentanalyze the data and report (10- 12 students group can be formed). |  | 15                    |
| II   | Conduct a survey on any Human DevelopmentRelated issues and submit the report(10-12 students group can be formed)            |  | 15                    |
| Suggested Readings:  |  |  |                       |
| 1 . Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a><br><a href="http://www.apa.org">http://www.apa.org</a>   |  |  |                       |
| This course can be opted by the students who took psychology as a subject  |  |  |                       |
| Course prerequisites: Only for psychology students   |  |  |                       |

**Paper 3  
Theory**

| <b>Program/Class: Degree</b>   |   | <b>Year: Third</b>                       | <b>Semester: Five</b> |
|--|---|--|-----------------------|
| <b>Subject: Psychology</b>   |   |  |                       |
| <b>Course Code: A090503T</b>   |   | <b>Course Title: 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, Upnishadas, Shrimad Bhagvad Gita, Buddhist literature and folk tales, |   |  |                       |
| Credits: 4   |   | Core Compulsory                          |                       |
| Max. Marks: 25+50  |   | Min. Passing Marks: 10+17                |                       |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0  |   |  |                       |
| Unit   | Topics  | No. of Lectures                          |                       |
| I  | Positive Psychology: Historical roots; Assumptions and Goals; Eastern and Western Perspectives on Positive Psychology   | 7  |                       |
| II   | Positive Emotional State: The Broaden and Build Theory of Positive Emotions; Wellbeing and Happiness: Eudemonics and Hedonistic View; Psychological and Subjective Wellbeing; Flow: Flow State, Auto telic Personality. Concept and Mindfulness in Buddhism.  | 8  |                       |
| III  | Positive Cognitive States: Self Efficacy -Concept, measurement; Hope and Resilience -Concept, Childhood antecedents, measurements; Wisdom and Courage, Difference between intelligence and wisdom, Theories of wisdom and courage, measurement; Positive Thinking Concept of Optimism measurement and Health related outcomes | 8  |                       |
| IV   | Prosocial Behaviour.: Forgiveness:' Definition, Cultivation exercises, measurement, benefits, Buddhist view on forgiveness. Empathy and Compassion :Definition, empathy — egotism hypothesis; Gratitude: Concept, Cultivation exercises in Positive Psychology  | 8  |                       |
| V  | Personal Competence: Self —awareness: SWOT Analysis, Techniques to enhance self- awareness; Self regulation: Concept and strategies related to self-relation  | 7  |                       |
| VI   | Social Competence : The Value of Social Support and Relationships in a fulfilling and Meaningful life; Love and Belonginess   | 8  |                       |
| VII  | Application of Positive Psychology in Counseling: Model of Mental Health: Flourishing, Languishing, Floundering and Struggling Character Strength Based Counseling.   | 7  |                       |
| VIII   | Positive Psychology in School: Positive Education through The PERMA model of human flourishing & VIA Character Strengths  | 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- Synder, C.R. & Lopaz, S.J. (2011). Positive Psychology: The Scientific and practical exploration of Human Strengths. Thousand Oaks, CA: Sage.
- 8- Synder, C. R. & Shane, J.L. (2005). Handbook of Positive Psychology. Oxford University Press.
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:

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

Course prerequisites: Open to All

### Suggested equivalent online courses:

- Coursera,
- Swayam

**Paper 4  
Practical**

| <b>Program/Class: Degree</b>   |  | <b>Year: Third</b>   | <b>Semester: Five</b> |
|--|--|--|-----------------------|
| <b>Subject: Psychology</b>   |  |  |                       |
| <b>Course Code: A090504P</b>   |  | <b>Course Title: Lab Work/Survey/<br/>Field Visit related to Positive Psychology</b> |                       |
| <b>Course Outcome:</b> 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: 25   |  | Min. Passing Marks: 10   |                       |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2  |  |  |                       |
| Unit   | Topics   |  | No. of Lectures       |
| I  | Write a Journal. For Example, a Gratitude or Forgiveness Journal or any other of your choice by recording your entries at least 2-3 times a week and report your Reflection like any thoughts and feelings that may arise as you become aware of that. What benefits could you gain from developing this habit of mind, short and longterm? Be aware of any shifts from stress/anxiety to enhanced wellbeing and calm. |  | 15                    |
| II   | Conduct a survey research. For Example; meaning of life/happiness index/positive and Negative Affect/life satisfaction/optimize well being etc. (10- 12 students group can be formed).   |  | 15                    |
| Suggested Readings:  |  |  |                       |
| 1 . Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a><br><a href="http://www.apa.org">http://www.apa.org</a>   |  |  |                       |
| This course can be opted by the students who took psychology as a subject  |  |  |                       |
| Course prerequisites: Only for psychology students   |  |  |                       |

## Semester VI

### Paper 1

### Theory

| <b>Program/Class: Degree</b>   |   | <b>Year: Third</b>                                   | <b>Semester: Six</b> |
|--|---|--|----------------------|
| <b>Subject: Psychology</b>   |   |  |                      |
| <b>Course Code: A090601T</b>   |   | <b>Course Title: Community and Health Psychology</b> |                      |
| <b>Course Outcome:</b> 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+50  |   | Min. Passing Marks: 10+17                            |                      |
| 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 of Community Psychology; Historical Development of Community Psychology; Fields of Community Psychology  |  | 7                    |
| II   | Approaches of Community Psychology: Mental Health approach; Social Problems approach  |  | 8                    |
| III  | Some Community Intervention Issues: Poverty and Prolonged Deprivation; Marginalization; Migration & Immigration issues; Population and Disadvantaged Children & Family; Superstitions in Indian society; Peace and social harmony |  | 8                    |
| IV   | Community Interventions: Community Mental Health; Gender, Discrimination and Power Issues related interventions; School Intervention; Sector Intervention; 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: Health Belief Model, Protection Motivation Theory, Planned Behavior and Reasoned Action Theory and Modeling.                    |  | 8                    |
| VII  | Stress and Health: Nature and Types of Stress, Stress appraisal; Coping with Stress; Psychological Moderators of Stress.  |  | 8                    |
| VIII   | Chronic Illnesses: Coronary Heart Disease, Diabetes and Cancer: Nature, Etiology and Psychological correlates.  |  | 8                    |

Suggested Readings:

1. Dalal, A.K. (2016). 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. Ghosh, Manika (2015). Health Psychology: Concepts in Health and Well-being. New Delhi: Pearson.

4. Kloos, B., Hill, J., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community Psychology: Linking Individuals and Communities. Wadsworth, Cengage Learning.
5. Marks, D. F. Murray, M. Evans, B. & Willing, C. (2000). Health Psychology. Theoretical, Research and Application. New Delhi: Concept.
6. Misra, G. (1999). Psychological perspectives on stress and health, New Delhi: Concept Publishing Company.
7. Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied Social Psychology. Understanding and addressing Social and Practical Problems. New Delhi: Sage publication.
8. Sarafino, E.P. & Smith, T. W. (2012). Health Psychology. Biopsychosocial Interaction. (7<sup>th</sup> ed.). U.K.: John Wiley & sons.
9. Taylor, S.E. (2013). Health Psychology. New Delhi: McGraw-Hill Education Pvt. Ltd.
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:

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

Course prerequisites: Open to All

Suggested equivalent online courses:

- Coursera
- Swayam

**Paper 2  
Practical**

| <b>Program/Class: Degree</b>   |  | <b>Year: Third</b>   | <b>Semester: Six</b> |
|--|--|--|----------------------|
| <b>Subject: Psychology</b>   |  |  |                      |
| <b>Course Code: A090602P</b>   |  | <b>Course Title: Survey/Field Visit Related to Community and Health Psychology</b> |                      |
| <b>Course Outcome:</b> 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: 25   |  | Min. Passing Marks: 10   |                      |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2  |  |  |                      |
| Unit   | Topics   |  | No. of Lectures      |
| I  | Field Visit to any Community Center/Social Service Center/ School and submit a report (10-12 students group can be formed) |  | 15                   |
| II   | Conduct a survey on any Health Related issues and submit the report(10-12 students group can be formed)                    |  | 15                   |
| This course can be opted by the students who took psychology as a subject  |  |  |                      |
| Course prerequisites: Open to All  |  |  |                      |



**Paper 3  
Theory**

| <b>Program/Class: Degree</b>  |  | <b>Year: Third</b>                         | <b>Semester: Six</b> |
|---|--|--|----------------------|
| <b>Subject: Psychology</b>  |  |  |                      |
| <b>Course Code: A090603T</b>  |  | <b>Course Title: Counseling Psychology</b> |                      |
| <b>Course Outcome:</b> At the end of the paper, students will able to understand how to establish rapport and use various approaches in counseling. |  |  |                      |
| Credits: 4  |  | Core Compulsory                            |                      |
| Max. Marks: 25+50   |  | Min. Passing Marks: 10+17                  |                      |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0   |  |  |                      |
| Unit  | Topics   |  | No. of Lectures      |
| I   | Counseling: Meaning, Purpose and Goals; Types of Counseling: An Overview.  |  | 7                    |
| II  | Theoretical Bases of Counseling: Psychoanalytic; Humanistic; Cognitive-Behavioral and Indian Contribution to Counseling Theories and Techniques.   |  | 8                    |
| III   | Counseling Processes: Rapport Building and History Taking; Counseling Interview, Phases of Counseling; Counseling Micro Skills: Attending, Paraphrasing, Encouragers, Confronting and Summarizing. |  | 7                    |
| IV  | Counseling Approaches: Techniques: Psychoanalytic, PersonCentered and Cognitive- Behavioral ( Beck and Albert Allis).  |  | 8                    |
| V   | Child & Adolescents Counseling; Counseling in Schools; Family Counseling.  |  | 7                    |
| VI  | Career, Marriage and Group Counseling.   |  | 8                    |
| VII   | Counseling for Substance-abuse, Child Abuse, and Behavioral and Adjustment Issues.   |  | 8                    |
| VIII  | Professional Issues and Counseling Ethics; Referrals and Reporting   |  | 7                    |

### Suggested Readings:

1. Edward, N. (2011). Counseling Theory and Practice. Cengage Learning.
2. Gelso, C. J. & Pretz, 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, ए. एवं अस्थाना, (2003). आधुनिक परामर्शन मनोविज्ञान. नई दिल्ली : मोतीलाल बनारसी दास
8. Rao, S. N. (1991). Counseling and Guidance. New Delhi: Tata McGraw-Hill.
9. Woolfe, R., Dryden, W. & Strawbridge, S. (2003). Handbook of Counseling Psychology (2<sup>nd</sup>ed.). London: Sage Publication Ltd.

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

### Suggested Continuous Evaluation Methods:

- Assignment/ Seminar/ Research Orientation of Students (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

### Suggested equivalent online courses:

- Coursera,
- Swayam

**Paper 4  
Practical**

| <b>Program/Class: Degree</b>   |   | <b>Year: Third</b>   | <b>Semester: Six</b> |
|--|---|--|----------------------|
| <b>Subject: Psychology</b>   |   |  |                      |
| <b>Course Code: A090604P</b>   |   | <b>Course Title: Survey/Field Visit Related to Counseling Psychology</b> |                      |
| <b>Course Outcome:</b> 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: 25   |   | Min. Passing Marks: 10   |                      |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2  |   |  |                      |
| Unit   | Topics  |  | No. of Lectures      |
| I  | Field Visit to any Counseling Center/Social Service Center/ School and submit a report (10-12 students group can be formed) |  | 15                   |
| II   | Conduct a survey on any Counseling Related issues and submit the report(10-12 students group can be formed)                 |  | 15                   |
| This course can be opted by the students who took psychology as a subject  |   |  |                      |
| Course prerequisites: Open to All  |   |  |                      |

**Minor Elective Paper Syllabus**

**for**

**BA(PSYCHOLOGY)**

**Siddharth University**

**Prepared and Finalized in the Board of Studies Meeting conducted  
in online-mode on 27.8.2021**

The following members were present in the meeting:

**Dr. Anubhuti Dubey**

Professor & Head, Deen Dayal Upadhyay Gorakhpur University,  
Gorakhpur

**Dr. Dhananjay Kumar**

Professor, Deen Dayal Upadhyay Gorakhpur University, Gorakhpur

**Dr. Manju Mishra (Convener)**

Associate Professor, H.R.P.G. College, Khalilabad

Dr. Swadesh Bhatt

Assistant Professor, M.L.K. P.G. College, Balrampur

**Dr. Swadesh Bhatt**

Assistant Professor, M.L.K. P.G. College, Balrampur

# MINOR ELECTIVE PAPER FOR PSYCHOLOGY

## Semester I/II

### Paper 1

#### Theory

|   |  |                               |
|---|--|-------------------------------|
| <b>Program/Class: Certificate</b>   | <b>Year: First</b>   | <b>Semester: First/Second</b> |
| <b>Subject: Psychology</b>  |  |                               |
| Course Code: A090103T (ME)  | Course Title: <b>Introduction to Psychology</b>  |                               |
| <p><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.</p> |  |                               |
| Credits: 4  | Minor Elective   |                               |
| 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; Methods: Experimental, Correlational, and Observational.   | 8                             |
| <b>II</b>   | Attention Processes: Selective and Sustained Attention: Nature and Determinants; Perceptual Processes: Nature and Determinants; Perceptual Organization; Perceptual illusion.  | 7                             |
| <b>III</b>  | Learning: Classical Conditioning, Operant Conditioning and Verbal Learning: Methods and Procedures.  | 8                             |
| <b>IV</b>   | Memory and Forgetting: Stages of Memory: Encoding, Storage and Retrieval; Types of Memory: Sensory, Short Term and Long Term Memory; Reconstructive Memory; Forgetting: Decay, Interference and Cue-Dependent Forgetting.  | 7                             |
| <b>V</b>  | Intelligence: Nature and Definition; Concept of IQ; Theories of Intelligence (Basic Concepts): Spearman, Thurston, Guilford, Sternberg, Gardner.<br>Personality: Definition and Determinants; Approach of Personality (Basic Concepts): Trait approaches (Allport and Cattell); Psychodynamic (Freud); Humanistic (Rogers and Maslow); Socio-cultural (Bandura). | 17                            |
| <b>VI</b>   | Motivation: Nature and Concept (Needs, Drives, Instincts); Types of Motives: Biological and Social Motives.<br>Emotion: Nature of Emotion; Basic Emotions; Expressions of Emotion; Theories of Emotion: James-Lange, Cannon-Bard, Schachter-Singer.  | 13                            |

**Suggested Readings:**

1. Baron, R. & Misra, G. (2016). *Psychology* (5th edition). New Delhi: Pearson.
2. Ciccarelli, S. K., White, N.J., & Misra, G. (2017). *Psychology* (5th ed., South Asian Edition). New Delhi: Pearson Education.
3. Cornelissen, M., Mishra, G. & Verma, S. (2014). *Foundations of Indian Psychology*. New Delhi: Pearson Education.
4. DeSilva, P. (2005). *An introduction to Buddhist psychology*. Springer.
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. Mishra, G. (Edited) (2019). *Personality in Indigenous Tradition*. In ICSSR Research Surveys & explorations Psychology (Vol.2): Individual and the Social Processes & Issues. New Delhi: Oxford University Press.
8. Morgan, C.T., King, R.A., Weiss, R.A., & Schopler, J. (2004). *Introduction to Psychology* (7th ed.). New York: McGraw Hill.
9. Suhotra (2007). *Vedantic Psychology: India's ancient vision of the Mind*. The Bhaktivedanta Academy.
10. Swami Akhilanand (2001 edition). *Hindu Psychology: Its meaning for the West*. Taylor & Francis.
11. सिंह, अरुण कुमार (2006). उच्चतर सामान्य मनोविज्ञाना वाराणसी, मोतीलाल बनारसी दास प्रकाशन।
12. त्रिपाठी, ला.ब. एवं अन्य (2001). आधुनिक प्रायोगिक मनोविज्ञान। आगरा: हरप्रसाद भार्गव।
13. Zimbardo, P.C. & Weber, A.L. (1997). *Psychology*. New York: Harper Collins College Publishers.
14. Suggested digital platform weblinks - <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>

**Suggested Continuous Evaluation Methods:**

- Assignment/Seminar/Research Orientation of the student. (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: 10+2 in any discipline

**Suggested equivalent online courses:**

- Coursera
- Swayam

**Semester III/IV****Paper – II****Theory**

|   |  |                             |
|---|--|-----------------------------|
| <b>Program/Class: Diploma</b>   | <b>Year: Second</b>  | <b>Semester: Third/Four</b> |
| <b>Subject: Psychology</b>  |  |                             |
| Course Code: A090403T (ME)  | 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 behavior of others. By applying the knowledge of assessment, diagnosis, classification system and DSM categories, the learners' will develop the 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  |  | Minor Elective              |
| 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>  | Abnormal Psychology: Concept and Criteria of Abnormality, Classification of Abnormality (DSM-V), Major Approaches to Abnormal Behavior.  | 8                           |
| <b>II</b>   | Anxiety Disorders: Types (Generalized Anxiety Disorder, Phobia, Panic Disorder), Obsessive-Compulsive Disorder, Clinical Picture and Etiology.   | 10                          |
| <b>III</b>  | Somatic and Dissociative Disorders: Somatic Symptom Disorders, Illness Anxiety Disorder, Conversion Disorder. Dissociative Disorders-Types: Dissociative Amnesia, Dissociative Identity Disorder, Clinical Picture and Etiology. | 10                          |
| <b>IV</b>   | Depressive and Bipolar Disorders: Types: Major Depressive Disorder, Bipolar I and II, Clinical Picture and Etiology.   | 9                           |
| <b>V</b>  | Schizophrenia: History, Types, Clinical Picture and Etiology.  | 8                           |
| <b>VI</b>   | Contemporary approaches to Psychotherapy: Psychoanalytic, Behavioristic, Humanistic.   | 15                          |
| <b>Suggested Readings:</b>  |  |                             |
| <ol style="list-style-type: none"> <li>1. Barlow D. H. &amp; Durand V. M., &amp; Stewart, S. H. (2009). <i>Abnormal Psychology</i>. New Delhi: Cengage Learning.</li> <li>2. Bennett, P. (2006). <i>Abnormal and Clinical Psychology: An introductory textbook</i>. New York: Open University Press.</li> <li>3. Brewer, K. (2001). <i>Clinical Psychology</i>. Oxford: Heinemann Educational Publishers</li> <li>4. Carson, R. C., Butcher, J. N., Mineka, S. &amp; Hooley, J. M. (2008). <i>Abnormal Psychology</i>. New Delhi: Pearson.</li> <li>5. Kearney, C. A. &amp; Trull, T. J. (2012). <i>Abnormal Psychology and Life: A dimensional approach</i>. New Delhi: Cengage Learning</li> <li>6. Suggested digital platform weblinks - <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a><br/><a href="http://www.apa.org">http://www.apa.org</a><br/><a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a></li> </ol> |  |                             |
| <b>Suggested Continuous Evaluation Methods:</b>   |  |                             |
| <ul style="list-style-type: none"> <li>• Assignment/Seminar/Research Orientation of Students (10 Marks)</li> <li>• Written Test (10 Marks)</li> <li>• Attendance (5 Marks)</li> </ul>   |  |                             |
| <b>Course prerequisites: Open to All</b>  |  |                             |
| <b>Suggested equivalent online courses:</b>   |  |                             |
| <ul style="list-style-type: none"> <li>• Coursera;</li> <li>• Swayam</li> </ul>   |  |                             |