

Name of University	University of Rajasthan, Jaipur
Name of Faculty	Science
Name of Discipline	Psychology
Type of Discipline	Major
List of Programme were offered as Minor Discipline	-
Offered to Non-Collegiate Students	No

FOUR-YEAR UNDERGRADUATE PROGRAMME
SEMESTER WISE PAPER TITLES WITH DETAILS

UG9109B.A. Psychology								
#	Level	Semester	Type	Psychology Title	Credits			
					L	T	P	Total
1	5	I	MJR	UG9109 - PSY-51T-151 - Introduction to Psychology	4	0	0	4
2	5	I	MJR	UG9109 - PSY-51P-152 - Psychology Lab-I	0	0	2	2
3	5	I	MJR	UG9109 - PSY-51T-153 - Social Psychology	4	0	0	4
4	5	I	MJR	UG9109 - PSY-51P-154 - Psychology Lab-II	0	0	2	2
5	5	II	MJR	UG9109 - PSY-52T-155 - Basic Cognitive Processes	4	0	0	4
6	5	II	MJR	UG9109 - PSY-52P-156 - Psychology Lab-III	0	0	2	2
7	5	II	MJR	UG9109 - PSY-52T-157 - Abnormal Psychology	4	0	0	4
8	5	II	MJR	UG9109 - PSY-52P-158 - Psychology Lab-IV	0	0	2	2
9	6	III	MJR	UG9109 - PSY-63T-251 - Positive Psychology	4	0	0	4
10	6	III	MJR	UG9109 - PSY-63P-252 - Psychology Lab-V	0	0	2	2
11	6	III	MJR	UG9109 - PSY-63T-253 - Psychological Testing	4	0	0	4
12	6	III	MJR	UG9109 - PSY-63P-254 - Psychology Lab-VI	0	0	2	2
13	6	IV	MJR	UG9109 - PSY-64T-255 - Counselling Psychology	4	0	0	4
14	6	IV	MJR	UG9109 - PSY-64P-256 - Psychology Lab-VII	0	0	2	2
15	6	IV	MJR	UG9109 - PSY-64T-257 - Statistics in Psychology	4	0	0	4
16	6	IV	MJR	UG9109 - PSY-64P-258 - Psychology Lab-VIII	0	0	2	2
17	7	V	MJR	UG9109 - PSY-75T-351 –Biopsychology	4	0	0	4
18	7	V	MJR	UG9109 - PSY-75P-352 - Psychology Lab-IX	0	0	2	2
19	7	V	MJR	UG9109 - PSY-75T-353 - Developmental Psychology	4	0	0	4

UG9109B.A. Psychology								
#	Level	Semester	Type	Psychology Title	Credits			
					L	T	P	Total
20	7	V	MJR	UG9109 - PSY-75P-354 -Psychology Lab-X	0	0	2	2
21	7	VI	MJR	UG9109 - PSY-76T-355 - Systems and Theories in Psychology	4	0	0	4
22	7	VI	MJR	UG9109 - PSY-76P-356 -Psychology Lab-XI	0	0	2	2
23	7	VI	MJR	UG9109 - PSY-76T-357 - Organisational Behaviour	4	0	0	4
24	7	VI	MJR	UG9109 - PSY-76P-358 -Psychology Lab-XII	0	0	2	2
25	8	VII	MJR	UG9109 - PSY-87T-451 - Health Psychology	4	0	0	4
26	8	VII	MJR	UG9109 - PSY-87P-452 - Psychology Lab-XIII	0	0	2	2
27	8	VII	MJR	UG9109 - PSY-87T-453 - Cognitive Psychology	4	0	0	4
28	8	VII	MJR	UG9109 - PSY-87P-454 - Psychology Lab-XIV	0	0	2	2
29	8	VIII	MJR	UG9109 - PSY-88T-455 - Indian Psychology	4	0	0	4
30	8	VIII	MJR	UG9109 - PSY-88P-456 - Psychology Lab-XV	0	0	2	2
31	8	VIII	MJR	UG9109 - PSY-88T-457 - Applied Psychology	4	0	0	4
32	8	VIII	MJR	UG9109 - PSY-88P-458 - Psychology Lab-XVI	0	0	2	2

Examination Scheme

1. 1 credit = 25 marks for examination/evaluation
2. For Regular Students there will be Continuous assessment, in which sessional work and the terminal examination will contribute to the final grade. Each course in Semester Grade Point Average (SGPA) has two components- Continuous assessment (20% weightage) and (End of end-semester examination) EoSE (80% weightage).
3. For Regular Students, 75% Attendance is mandatory for appearing in the EoSE.
4. To appear in the EoSE examination of a course/subject a regular student must appear in the mid-semester examination and obtain at least a C grade in the course/subject.
5. Credit points in a Course/Subject will be assigned only if, the regular student obtains at least a C grade in the CA and EoSE examination of a Course/Subject.

Examination Scheme for Continuous Assessment (CA)

S. No.	Category	Weightage	Theory	Practical
		Total	20	10
1	Mid-term Exam	50%	10	5
2	Assignment	25%	5	2.5
3	Attendance Regular Class	25%	5	2.5
		= 75%	2	1
		75-80%	3	1.5
		80-85%	4	2
		> 85%	5	2.5

Note:

1. Continuous assessment will be the sole responsibility of the teacher concerned.
2. For continuous assessment no remuneration will be paid for paper setting, Evaluation, Invigilation, etc.
3. For continuous assessment Paper setting and Evaluation responsibility will be of teacher concern.
4. For continuous assessment no Answer sheets/question papers etc. will be provided by the University.
5. Colleges are advised to keep records of continuous assessment, attendance, etc.

Examination Scheme for EoSE-

CA – Continuous Assessment
EoSE – End of Semester Examination

Regular Students –

Type of Examination	Course Code and Nomenclature	Duration of Examination		Maximum Marks		Minimum Marks	
Theory	UG9109 – B.A. Psychology	CA	1 Hrs	CA	20 Marks	CA	08 Marks
		EoSE	3 Hrs	EoSE	80 Marks	EoSE	32 Marks

The question paper will consist of **two** parts **A&B**.

PART-A: 20 Marks

Part A will be compulsory having 10 very short answer-type questions (with a limit of 20 words) of two marks each.

PART-B: 60 Marks

Part B of the question paper shall be divided into four units comprising question numbers 2-5. There will be one question from each unit with internal choice. Each question will carry 15 marks.

Type of Examination	Course Code and Nomenclature	Duration of Examination		Maximum Marks		Minimum Marks	
Practical	UG9109 – B.A. Psychology	CA	1 Hrs	CA	10 Marks	CA	04 Marks
		EoSE	4 Hrs	EoSE	40 Marks	EoSE	16 Marks

The Practical Examination will consist of the conduction of one practical, writing of the report and viva voce. Students have to submit the Practical record for evaluation.

Programme Outcomes for BA Psychology (UG9109)

Programme Outcome: The students who complete Four years of full-time study of an undergraduate programme in Psychology will be awarded a Bachelor's Degree. The BA (Psychology) course is designed to provide a comprehensive understanding of human behavior, psychological theories, sub-fields and research methods, aiming to equip students with the knowledge and skills necessary for analyzing and addressing individual and societal issues.

- **PO1:** Develop foundational knowledge of psychological theories, concepts, and methodologies.
- **PO2:** Foster critical and analytical thinking to interpret and address psychological phenomena.
- **PO3:** Enhance understanding of human behavior through academic excellence in subfields such as cognitive psychology, developmental psychology, and counseling psychology.
- **PO4:** Gain practical skills in psychological assessment and research through hands-on laboratory experiences.
- **PO5:** Apply psychological principles to real-life scenarios, promoting mental health and well-being.
- **PO6:** Build ethical reasoning and respect for cultural diversity in psychological practice and research.
- **PO7:** Prepare students for advanced studies and professional roles in psychology and related disciplines.
- **PO8:** Encourage lifelong learning and the application of psychological knowledge to contribute positively to society.

Syllabus
UG9109 - PSY-51T-151 - Introduction to Psychology
I-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
I	PSY-51T-151	Introduction to Psychology			5	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
100-199	Major	04	-	04	No	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		XII Pass				
Objectives of the Course:		1. To understand the meaning, goals, history, and different methods of psychology. 2. To get information about neurons and to explore the structure and functions of the central nervous and peripheral nervous system. 3. To learn about the meaning, nature, types, and theories of motivation and emotion. 4. To comprehend the definition, types, theories, and assessment methods of personality.				

Detailed Syllabus

PSY-51T-151 - Introduction to Psychology

Unit – I

Introduction: Definition and Goals of Psychology; Schools of Psychology-Structuralism, Functionalism, Behaviorism, Gestalt and Psychoanalysis; Modern Perspectives-Biological, Psychodynamic, Behavioral, Cognitive, Humanistic, Evolutionary, and Socio-cultural; Methods- Observation, Case Study, Survey and Experimental Method. (15 Lectures)

Unit – II

Biological Basis of Behaviour: Structure and Functions of Neuron; Structure and Functions of Central Nervous System and Peripheral Nervous Systems. Role of Neurotransmitters and Endocrine Glands in Behaviour. (15 Lectures)

Unit – III

Motivation and Emotion: Motivation: Meaning and Approaches-Instinct, Drive-Reduction, Arousal, Incentive and Humanistic. Emotion: Elements-Physiology, Expression, and Subjective Experience; Theories-Cannon Bard, James Lange, Schachter – Singer, Opponent- Process Theory. (15 Lectures)

Unit – IV

Personality: Definition; Type Theories- Sheldon, Kretchmer, and Jung; Trait Theories- Allport, Cattell, McCrae, and Costa; Personality Assessment- Self-report Inventories, Projective Tests and Behavioral Assessments. (15 Lectures)

Suggested Books and References –

1. **Psychology**, Baron, R.A. & Misra, G. (2023)., New Delhi: Pearson Education India.
2. **Psychology**, Ciccarelli, S.K., White, J.N. & Misra, G. (2022). New Delhi: Pearson Education
3. **Introduction to Psychology**, Okon, Abigail Edem (2019), University of Calabar.
4. **Introduction to Psychology**, Morgan, C.T., King, R.A., & Schopler, J. (2004) New Delhi: Tata McGraw Hill.
5. **Understanding Psychology**, Kalat, J.W. (2016). New York: Cengage Learning
6. आधुनिकसामान्य मनोविज्ञान, अरुणकुमार(2017).नईदिल्ली : मोतीलालबनारसीदास |

Suggested E-resources:

1. **Online Lecture Notes and Course Materials:**

Course Learning Outcomes:

By the end of the Course, Students will be able to:

1. Develop an understanding of the epistemology of psychology
2. Analyze and appreciate psychology as a science and its biological basis.
3. Apply the principles of major concepts of psychology, such as motivation and emotion.
4. Develop an understanding of different theories and methods to study personality.

UG9109 - PSY-51P-152 - Psychology Lab-I

I-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
I	PSY-51P-152	Psychology Lab-I			5	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
100-199	Major	-	02	02	No	60 hrs. of Laboratory experiments, testing, and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		XII Pass				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To understand the nature, significance, and different methods of studying psychology. 2. To get information about various tests of Personality assessment. 3. To gain an understanding of the experimenting/testing of the principles of motivation and emotion. 4. To learn about the procedure and relevance of the Observation technique. 				

PSY-51P-152 Psychology Lab-I

1. Steps of Report Writing (Test and Experiment)
2. Personality Assessment through HSPQ
3. Eysenck Personality Questionnaire-Revised
4. Measurement of Emotions by Facial Expression
5. Neuropsychological Assessment
6. Sentence Completion Test
7. Level of Aspiration
8. Field Work and Report Writing using Observation Method

UG9109 - PSY-51T-153 - Social Psychology

I-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
I	PSY-51T-153	Social Psychology			5	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
100-199	Major	04	-	04	No	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		XII Pass				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To understand the nature, scope, and different methods of social psychology and also grasp the meaning and nature of person and social perception. 2. To understand the nature, functions, formation, changes, and measurement of attitudes and the nature and origin of prejudice and discrimination. 3. To learn about the theories, determinants, prevention, and control of aggressive behavior and also understand the meaning, nature, and types of social problems. 4. To learn the meaning, nature, types, and barriers of communication and the concept of interpersonal attraction. 				

Detailed Syllabus

PSY-51T-153 - Social Psychology

Unit – I

Introduction: Meaning, Nature, and Scope of Social Psychology; Methods of Social Psychology: Experimental and Non-Experimental Methods; Person Perception and Social Perception: Meaning and Nature, Role of Non-Verbal Cues; Perceivers' Characteristics and Role of Ongoing Interaction. (15 Lectures)

Unit – II

Attitudes, Prejudice, and Discrimination: Attitudes: Nature, Functions, Formation, Change, and Measurement; Prejudice and Discrimination: Nature and Origin; Reduction of Prejudice and Discrimination. (15 Lectures)

Unit – III

Aggression and Social Problems: Aggression-Theories, Determinants, Prevention and Control; Social Problems-Meaning and Nature; Types of Social Problems-Poverty, Deprivation, Population Explosion, Economic Development; Solutions to Social Problems. (15 Lectures)

Unit – IV

Communication and Interpersonal Attraction: Communication: Meaning, Nature, and Types: Verbal and Non-Verbal; Barriers of Communication; Interpersonal Attraction: Proximity and Affective basis, Acquaintance and Need to Affiliate; Effects of Observable Characteristics, Similarity and Mutual liking. (15 Lectures)

Suggested Books and References –

1. **Exploring Social Psychology**, Myers, D.G. (2022). New York: McGraw Hill.
2. **Social Psychology**, Branscombe, N.R. & Baron, R.A. (2022). Noida: Pearson India Education
3. **Exploring Social Psychology**, Myers, D.G. (2021). New York: McGraw Hill
4. **समाजमनोविज्ञानकीरूपरेखा**, Singh, A.K. (2017)., New Delhi, Motilal Banarsidas.

Suggested E-resources:

Online Lecture Notes and Course Materials:

Course Learning Outcomes:

By the end of the course, students will be able to:

1. Understand the development of Social Psychology and apply the principles of Social Psychology
2. Critically appraise the concept of Attitude, its' formation, and methods to reduce Prejudice and Discrimination
3. Develop an understanding of social problems and the necessity of a peaceful society
4. Learn about the importance of verbal and non-verbal communication and gain insight into factors related to interpersonal attraction.

UG9109 - PSY-51P-154 - Psychology Lab-II

I-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
I	PSY-51P-154	Psychology Lab-II			5	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
100-199	Major	-	02	02	No	60 hrs. of Laboratory experiments, testing, and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		XII Pass				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To understand the nature, significance, and different methods of studying social processes. 2. To get information about various tests of Attitude, Aggression, Social Support, etc. 3. To gain an understanding of exploring the concepts of social distancing and interpersonal attraction. 4. To learn about the procedure and relevance of Survey techniques. 				

PSY-51P-154 - Psychology Lab-II

1. Measurement of Attitude
2. Measurement of Aggression
3. Measurement of Attribution Style
4. Measurement of Social Support
5. Measurement of Altruism
6. Measurement of Leadership
7. Social Distance Scale
8. Field Work and Report Writing using Survey Method

UG9109 - PSY-52T-155 -Basic Cognitive Processes

II-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
II	PSY-52T-155	Basic Cognitive Processes			5	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
100-199	Major	04	-	04	No	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – I-Semester – Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To understand the meaning, nature, and principles of attention, sensation, and perception. 2. To understand the nature and different theories of learning and also to explore the meaning, types, and models of memory. 3. To gain information about thinking and problem-solving behavior. 4. To understand the meaning, nature, and assessment methods of intelligence. 				

Detailed Syllabus

PSY-52T-155 - Basic Cognitive Processes

Unit-I

Attention, Sensation, and Perception: Attention-Meaning and Nature; Sensation-Meaning, Sensory Receptors, Sensory Thresholds, Habituation and Sensory Adaption. Perception-Meaning, Constancies-Size, Shape and Brightness, Gestalt Principles, Factors Influencing Perception.

(10 Lectures)

Unit-II

Learning and Memory: Definition and Theories-Classical Conditioning, Operant Conditioning, Cognitive Learning, Observational Learning; Memory: Definition; Encoding, Storage and

Retrieval Processes; Models: Level of Processing, Parallel Distributed Processing and Information Processing-Sensory, Short-Term and Long-Term Memory; Forgetting-Nature and Causes.
(20 Lectures)

Unit-III

Thinking, Problem-Solving and Language: Mental Imagery and Concepts: Nature and Types; Problem Solving-Trial and Error, Algorithms, Heuristics, Insight; Barriers to Problem-Solving; Language: Nature and Components.
(15 Lectures)

Unit-IV

Intelligence and Creativity: Definition and Theories-Binet, Spearman, Thurstone, Guilford, Cattell, Sternberg, Gardner; Meaning of IQ; Intelligence Tests: Nature and Types; Creativity: Nature and Theories.(15 Lectures)

Suggested Books and References –

1. **Psychology**, Baron, R.A. & Misra, G. (2023)., New Delhi: Pearson Education India.
2. **Psychology**, Ciccarelli, S.K., White, J.N. & Misra, G. (2022). New Delhi: Pearson Education
3. **Introduction to Psychology**, Okon, Abigail Edem (2019), University of Calabar.
4. **Introduction to Psychology**, Morgan, C.T., King, R.A., & Schopler, J. (2004) New Delhi: Tata McGraw Hill.
5. **Understanding Psychology**, Kalat, J.W. (2016). New York: Cengage Learning
6. आधुनिकसामान्य मनोविज्ञान, अरुणकुमार, (2017), नईदिल्ली : मोतीलालबनारसीदास।

Suggested E-resources:

Online Lecture Notes and Course Materials:

Course Learning Outcomes:

By the end of the course, students will be able to:

1. Analyze and understand the concepts of sensation, attention, and perception and their role in day-to-day life.
2. Critically analyze the concepts and theories related to learning and memory.
3. Develop an understanding of processes related to thinking and problem-solving.
4. Comprehend the concept and understanding of intelligence and its measurement.

UG9109 - PSY-52P-156 - Psychology Lab-III
II-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
II	PSY-52P-156	Psychology Lab-III			5	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
100-199	Major	-	02	02	No	60 hrs. of Laboratory experiments, testing, and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – I-Semester – Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To understand the nature, significance, and different cognitive process study methods. 2. To provide information about various tests of Intelligence assessment. 3. To understand and experiment with the principles of attention, perception, and memory. 4. To learn about the procedure and relevance of the Interview technique. 				

PSY-52P-156 - Psychology Lab-III

1. Figure-Ground Reversal Experiment
2. Span of Attention Experiment
3. Problem Solving Experiment
4. Human Maze Learning
5. Experiment of Memory (Meaningful and Non-Sense Syllables using Memory Drum)
6. Measurement of Intelligence –SPM
7. Performance Test of Intelligence (Bhatia Battery)
8. Field Work and Report Writing using Interview Method

UG9109 - PSY-52T-157 - Abnormal Psychology

II-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
II	PSY-52T-157	Abnormal Psychology			5	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
100-199	Major	04	-	04	No	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – I-Semester – Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To understand the meaning and indicators of abnormality. 2. To attain the concept of classification systems of mental disorders and to provide information about Mental Health Professionals. 3. To learn about the risk factors and causes of abnormal behavior. 4. To gain an understanding of the Diathesis-stress models and different perspectives of abnormality. 5. To understand the nature, types, clinical picture, and causal factors related to various mental disorders. 				

Detailed Syllabus

PSY-52T-157 - Abnormal Psychology

Unit-I

Introduction: Concept of Abnormality and Normalcy; Mental Disorder: Definition and Meaning; Indicators of Abnormality; Latest DSM and ICD Classification Systems; Mental Health Professionals. (15 Lectures)

Unit-II

Causal Factors and Perspectives: Risk Factors and Causes; Diathesis-Stress Models; Biological, Psychological and Social Perspectives. (15 Lectures)

Unit-III

Anxiety, Obsessive-Compulsive and Mood Disorders: Types, Clinical Picture and Causal Factors; **Suicide:** Clinical Picture and Causal Pattern; Prevention and Intervention. (15 Lectures)

Unit-IV

Dissociative, Somatic Symptoms, Schizophrenia and other Psychotic Disorders: Types, Clinical Picture, and Causal Factors. (15 Lectures)

Suggested Books and References –

1. **Abnormal Psychology**, Hooley, J.M., Butcher, J.N., Nock, M. K. & Mineka, S. (2019) Noida: Pearson India Education.
2. **Abnormal Psychology**, Oltmanns, T.F. & R.E. (2021). Noida: Pearson India Education.
3. **Abnormal Psychology**, Ray, W.J. (2020). New Delhi: Sage Publications.
4. **Abnormal Psychology**, Singh, A.K. (2017). New Delhi Motilal Banarsidass.

Suggested E-resources:

Online Lecture Notes and Course Materials:

Course Learning Outcomes:

By the end of the course, students should be able to:

1. Develop an understanding of the meaning and nature of Psychological Disorders
2. Understand the classification systems of Mental Disorders
3. Analyze and understand the clinical picture, causal factors, and treatment of various Psychological Disorders.

UG9109 PSY-52P-158 Psychology Lab-IV

II-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
II	PSY-52P-158	Psychology Lab-IV			5	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
100-199	Major	-	02	02	No	60 hrs. of Laboratory experiments, testing and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – I-Semester – Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To understand the nature, significance, and different methods of studying abnormal psychology. 2. To gain information about various measurement tools for stress, anxiety, depression, mood states, and coping styles. 3. To gain an understanding of risk factors related to suicide ideation. 4. To learn about the procedure and relevance of the Mental Status Examination. 				

PSY-52P-158 - Psychology Lab-IV

1. Assessment of Mental Health
2. Assessment of State and Trait Anxiety
3. Measurement of Academic Stress
4. Measurement of Coping-Styles
5. Eight-State Questionnaire
6. Measurement of Depression
7. Suicide Ideation Scale
8. Field Work and Report Writing using Mental Status Examination

Syllabus
UG9109 - PSY-63T-251 - Positive Psychology
III-Semester – Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
III	PSY-63T-251	Positive Psychology			6	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
200-299	Major	04	-	04	No	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – II-Semester – Psychology				
Objectives of the Course:		1. To understand the subject matter of Positive Psychology 2. To gain knowledge about the various concepts of Positive psychology. 3. To know about the concept of well-being and happiness 4. To gain an understanding of the various positive cognitive states.				

Detailed Syllabus
PSY-63T-251 - Positive Psychology

UNIT-I

Introduction: Definition and Goals of Positive Psychology; Relationship with Other Branches of Psychology; **Virtues and Strengths of Character:** Classification and Measures of Human Strengths: Gallup's Clifton Strength Finder and VIA Classification. (15 Lectures)

UNIT-II

Happiness and Well-Being: Meaning; Hedonic and Eudaemonic Viewpoint; Theoretical Perspectives; Determinants and Sources; Authentic Happiness. **Mental Health and Well-Being:** Subjective Well-Being, Psychological Well-Being and Social Well-Being. (15 Lectures)

UNIT-III

Positive Cognitive States and Processes: Self-Efficacy, Optimism, Hope, Mindfulness, Flow and Spirituality. **Resilience:** Meaning and Sources; Developmental and Clinical Perspectives. (15 Lectures)

UNIT-IV

Emotional Intelligence: Meaning, Components, and Theories; **Pro-Social Behaviour:** Empathy, Altruism, Gratitude, and Forgiveness. (15 Lectures)

Suggested Books and References:

1. **Positive Psychology**, Snyder, C.R. & Lopez, S.J. & Pedrotti, J.J. (2024), (2nd ed.). New Delhi: Sage.
2. **Handbook of Positive Psychology**, Snyder, C.R. & Lopez, J. (2021), New York: Oxford.
3. **Positive Psychology**, Baumgardner, S. & Crothers, M. (2019), Noida: Pearson Education India.
4. **Positive Psychology**, Carr, A. (2022). (3rd Edition), Routledge.

Suggested E-resources:

Online Lecture Notes and Course Materials:

Course Learning Outcomes:

By the end of the course, students will be able to:

1. Analyze and understand the nature and significance of Mental Health and Well-Being.
2. Develop an understanding of the concepts of Resilience, Emotional Intelligence, Human Strengths, and Pro-Social Behaviour.
3. Understand the relevance of various Positive Cognitive processes and mechanisms of development.

UG9109 - PSY-63P-252 - Psychology Lab-V

III-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
III	PSY-63P-252	Psychology Lab-V			6	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
200-299	Major	-	02	02	No	60 hrs. of Laboratory experiments, testing, and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – II-Semester – Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To understand the nature, significance, and different methods of studying Positive Psychology. 2. To get information about various measurement tools for happiness, optimism, resilience, and emotional intelligence. 3. To gain an understanding of pro-social behavior. 4. To learn about the procedure and relevance of the Case Study Method. 				

PSY-63P-252 - Psychology Lab-V

1. Assessment of Happiness
2. Assessment of Optimism
3. Measurement of Forgiveness
4. Measurement of Emotional Intelligence
5. Measurement of Resilience
6. Measurement of Subjective Well-Being
7. Measurement of Mindfulness
8. Field Work and Report Writing Using Case Study Method

Syllabus

UG9109 - PSY-63T-253 - Psychological Testing

III-Semester – Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
III	PSY-63T-253	Psychological Testing			6	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
200-299	Major	04	-	04	No	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – II-Semester – Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To understand the meaning and methods of Psychological Tests. 2. To get knowledge about Test Construction. 3. To gain an understanding of the Concepts of Reliability, Validity, and Norms. 4. To learn about the types of Psychological Tests and their applications in different settings. 				

Detailed Syllabus

PSY-63T-253 - Psychological Testing

UNIT-I

Psychological Test: Nature, Functions, and Uses of Psychological Test; Problem of Test Administration; Characteristics of Good Psychological Test. (10 Lectures)

UNIT-II

Reliability, Validity, and Norms: Meaning, Types, and Methods of Calculating Reliability and Validity; Norms: Meaning and Types of Norms. (20 Lectures)

UNIT-III

Types of Psychological Tests: Group and Individual, Verbal, Non-verbal and Performance Tests; Self-Report Inventories; Projective Techniques. (15 Lectures)

UNIT-IV

Applications of Psychological Testing: Educational, Counselling and Guidance, Clinical and Organizational Setting. (15 Lectures)

Suggested Books and References:

1. **Psychological Testing**, Anastasi, A. & Urbina, S. (2016), India: Pearson Publishing.
2. **Applied Psychometry**, Chadha, N.K. (2021), New Delhi: Sage.
3. **Psychological Testing and Assessment**, Kaplan, R.M. & Saccuzzo, D.P. (2017), New Delhi: Cengage Learning.
4. **Psychological Testing and Assessment**, Cohen, R.J, Swerdlik, M. & Struman, E.D. (2022), New Delhi: McGraw Hill.
5. **मनोविज्ञानमें मापन और मूल्यांकन**, अरुणकुमारसिंह (2002) नई दिल्ली मोतीलाल बनारसीदास।
6. **Applied Psychometry**, Singh, A.K. (2022), India: Motilal Banarsidass.

Suggested E-resources:

Online Lecture Notes and Course Materials:

Course Learning Outcomes:

By the end of the course, students should be able to:

1. Analyse and understand the concept of psychological testing
2. Critically analyze the understanding of the usage of Reliability, Validity, and Norms
3. Develop an understanding of the nature, types and usage of psychological tests across various fields.

UG9109 - PSY-63P-254 - Psychology Lab-VI

III-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
III	PSY-63P-254	Psychology Lab-VI			6	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
200-299	Major	-	02	02	No	60 hrs. of Laboratory experiments, testing and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – II-Semester – Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To understand the nature, significance, and different functions of psychological tests. 2. To get information about various measurement tools in different settings across ages. 3. To gain an understanding of projective techniques. 4. To learn about the procedure and relevance of the Introspection Method. 				

PSY-63P-254 - Psychology Lab-VI

1. Assessment of Creativity
2. Self-Directed Search (John Holland)
3. Group Intelligence Test
4. Word-association Test
5. Career Interest Checklist
6. Measurement of Social Maturity
7. Muller Lyer Illusion Experiment
8. Field Work and Report Writing using Introspection Method

Syllabus

UG9109 - PSY-64T-255 - `Counselling Psychology

IV-Semester – Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
IV	PSY-64T-255	Counselling Psychology			6	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
200-299	Major	04	-	04	No	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – III-Semester – Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To understand the emergence and significance of Counselling Psychology 2. To gain knowledge about the various concepts and processes of Counselling Psychology. 3. To learn about the techniques of Counselling. 4. To gain an understanding of the various theoretical perspectives of Counselling. 				

Detailed Syllabus

PSY-64T-255 - Counselling Psychology

UNIT-I

Introduction: Meaning and Goals; History and Current Trends in Counselling. Counselling Process and Counselling Relationships: Nature and Determinants; Steps of Counselling Process; Initial Interview: Types and Conduction; Working in and Closing Counselling Relationship.

(15 Lectures)

UNIT-II

Personal and Professional Aspects of Counsellors: Personal Qualities and Educational Background; Professional Aspects: Levels of Helping and Helping Specialties; Credentials; Ethical and Legal Aspects.

(15 Lectures)

UNIT-III

Theories of Counselling: Psychoanalytical and Psychodynamic Approaches; Humanistic and Existential Theories; Cognitive and Behavioural Approach: Rational Emotive Behaviour Therapy, Techniques of Behavioural Counselling.

(15 Lectures)

UNIT-IV

Career Counselling over the Life Span: Importance of Career Counselling, Scope of Career Counselling and Careers, Career Information, Career Counselling with Diverse Populations; Counselling Aged Populations; Gender-Based Counselling; Multicultural Counselling.

(15 Lectures)

Suggested Books and References:

1. **Counselling A Comprehensive Profession**, Gladding, S.T. & Batra, P. (2018), New Delhi: Pearson Publication.
2. **Introduction to Counselling and Guidance**, Gibson, R.L. & Mitchell, M.H. (2005), New Delhi: Pearson India Education.
3. **Counselling Theory and Practice**, George, R.L. & Cristiani, T.S. (1994), New Delhi: Prentice-Hall.
4. **Counselling Psychology; Practices, Issues and Interventions**, Gelso, C.G. & Fretz, B. (2007), New Delhi: Cengage learning.
5. **Counselling and Psychotherapy**, Capuzzi, S. (2008), New Delhi: Pearson Education.

Suggested E-resources:

Online Lecture Notes and Course Materials:

Course Learning Outcomes:

By the end of the course, students will be able to:

1. Develop an understanding of the nature of Counselling and Personal and Professional aspects of Counselling.
2. Analyse and understand the concepts related to Counselling process and relationships.
3. Critically analyze the Theoretical approaches of Counselling.

UG9109 - PSY-64P-256 - Psychology Lab-VII

IV-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
IV	PSY-64P-256	Psychology Lab-VII			6	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
200-299	Major	-	02	02	No	60 hrs. of Laboratory experiments, testing and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – III-Semester – Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To understand the nature, significance, and different functions of psychological tests. 2. To get information about various measurement tools in different settings across ages. 3. To gain an understanding of projective techniques. 4. To learn about the procedure and relevance of the Introspection Method. 				

PSY-64P-256 - Psychology Lab-VII

1. Assessment of Aptitude
2. Strong Vocational Interest Blank
3. Social Intelligence Scale
4. Quality of Life Assessment
5. Effective Counsellor Self Examination
6. Measurement of Emotional Maturity
7. Measurement of Empathy
8. Field Work and Report Writing using Role Play Method

Syllabus

UG9109 - PSY-64T-257 - Statistics in Psychology

IV-Semester – Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
IV	PSY-64T-257	Statistics in Psychology			6	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
200-299	Major	04	-	04	No	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – III-Semester – Psychology				
Objectives of the Course:		1. To understand the basics of Statistics used in Psychology. 2. To gain knowledge about the various concepts of statistics. 3. To learn about the measurement of descriptive statistics and inferential statistics.				

Detailed Syllabus

PSY-64T-257 - Statistics in Psychology

UNIT-I

Introduction: Nature and Scope of Statistics and Psychological Data; Application of Statistics in Psychology; Nature and Levels of Measurement- Categorical and Continuous Variables. Graphical Representation of Grouped Data-Histogram, Frequency Polygon. (15 Lectures)

UNIT-II

Measurement of Central Tendency: Purpose and Types; Characteristics and Computation of Mean, Median, and Mode. **Measures of Variability:** Concept and Uses; Characteristics and Computation of Range, Quartile Deviation, Average Deviation, and Standard Deviation. (15 Lectures)

UNIT-III

Correlation: Concept and Types- Pearson's Product Moment Correlation (for Ungrouped Data by Assumed Mean and Actual Mean); Spearman's Rank Order Correlation. One-Way ANOVA and Two-Way ANOVA (Theoretical). 't' test (Independent group), Interpretation of 't' values, levels of Significance. (15 Lectures)

UNIT-IV

Non-parametric Tests: Nature and Assumptions of Distribution-free Statistics; Chi-Square Test: Equal Probability, 2 x 2 Contingency Table; Median Tests. (15 Lectures)

Suggested Books and References:

1. **Statistical Reasoning in Psychology and Education**, Minium, E.W. & King, B.M. (2003), New York: John Wiley.
2. **Non-Parametric Statistics**, Siegel, S. (1994). New York: McGraw Hill.
3. **Statistics for psychology**, Aron, A., Aron, E. & Coups, E. (2022), New Delhi: Pearson Education.
4. **Statistics in Psychology and Education**, Garrett, H. (2005), Paragon International Publishers.
5. **Sankhyiki Ke Mool Tatva**, Kapil, H.K. (2020), Agra: Vinod Pustak Mandir.

Suggested E-resources:

Online Lecture Notes and Course Materials:

Course Learning Outcomes:

By the end of the course, students will be able to:

1. Analyze and understand the nature of fundamental Data.
2. Develop an understanding of different methods of statistics used in psychology.
3. Develop an understanding of Parametric and Non-Parametric Tests.
4. Develop an understanding of ANOVA and methods of calculating correlation.

UG9109 - PSY-64P-258 - Psychology Lab-VIII

IV-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
IV	PSY-64P-258	Psychology Lab-VIII			6	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
200-299	Major	-	02	02	No	60 hrs. of Laboratory experiments, testing and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – III-Semester – Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To understand the nature and significance of statistical data in relation to studying psychology. 2. To get information about methods of representation of data. 3. To gain an understanding of the experimenting/testing of the principles of reaction time, concept formation, and transfer of training. 4. To learn about the procedure and relevance of the calculation of various statistical tests. 				

PSY-64P-258 - Psychology Lab-VIII

1. Two-point Threshold Experiment
2. Bilateral Transfer of Training Experiment
3. Draw a Man Test
4. Concept Formation Experiment
5. Reaction Time Experiment
6. Normal Probability Curve (Practical Demonstration and Report Writing)
7. Measurement of Stress: Calculation of Mean, SD, and t (Group Data)
8. Statistical Software (Practical Demonstration and Report Writing)

Syllabus
UG9109 - PSY-75T-351 –Biopsychology
V-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
V	PSY-75T-351	Biopsychology			7	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
300-399	Major	04	-	04	No	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – IV-Semester – Psychology				
Objectives of the Course:		1 To understand the biological basis of behavior and neural communication. 2 To explore the structure, functions, and lateralization of the nervous system. 3 To learn the neural mechanisms of behavior, sleep, memory, and related disorders. 4 To examine the neural basis of emotions, stress, and developmental disorders.				

Detailed Syllabus
PSY-75T-351 – Biopsychology

Unit – I

Introduction: Definition, Scope, and Methods of Studying Biological Basis of Behaviour. **Cells of Nervous system:** Structure and Functions; Communication within a Neuron, Communication between Neurons.(15 Lectures)

Unit – II

Structure and Functions of Nervous System: Central Nervous System and Peripheral Nervous System: Basic Features and Functions; Neurotransmitters. **Lateralization of Brain Functions:** Difference between Left and Right Hemispheres, Cortical localization of Language, Aphasia.

(15 Lectures)

Unit – III

Ingestive Behavior: Physiological Regulatory mechanism; Brain mechanism in Eating and Eating Disorders. **Sleep and Waking:** Physiological Mechanism of Sleep and Waking; Biological Clock and Sleep Disorders. **Learning and Memory:** Neural Mechanism of Learning and Memory, Disorders of Memory.(15 Lectures)

Unit – IV

Emotion, Stress and Health: Neural Mechanism of Fear, Anger and Aggression; Stress and Health; Hormones and Emotion. **Developmental Disorders:** Genetic and Neurological basis for Autism, ADHD and Mentally Challenged.(15 Lectures)

Suggested Books and References –

1. **Biological Psychology: An Introduction to Behavioral, Cognitive, and Clinical Neuroscience**, Breedlove, S. M., & Watson, N. V. (2013). Sinauer Associates.
2. **Foundations of Physiological Psychology**, Carlson, N. R. (2007). Pearson Education.
3. **Introduction to Physiological Psychology**, Levinthal, C. F. (1983). Prentice Hall India.
4. **Biopsychology**, Pinel, J. P. J. (2021). Pearson Education.
5. **Biological Psychology**, Rosenzweig, M. R., Breedlove, S. M., & Watson, N. V. (2010), Sinauer Associates.

Course Learning Outcomes:

By the end of the Course, Students will be able to:

1. Understand the biological basis of behavior and neural communication.
2. Analyze the structure, functions, and lateralization of the nervous system.
3. Apply knowledge of neural mechanisms to behaviors like sleep, memory, and eating.
4. Evaluate the neural basis of emotions, stress, and developmental disorders.

UG9109 - PSY-75P-352 - Psychology Lab-IX

V-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
V	PSY-75P-352	Psychology Lab-IX			7	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
300-399	Major	-	02	02	No	60 hrs. of Laboratory experiments, testing, and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – IV-Semester – Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To explore the biological basis of behavior using experiments and questionnaires. 2. To study nervous system functions through practical activities and assessments. 3. To investigate neural mechanisms of behavior and disorders using tools and surveys. 4. To examine emotions, stress, and developmental disorders through questionnaires 				

PSY-75P-352 Psychology Lab-IX

1. Cornell Medical Index Health Questionnaire
2. Measurement of Dyslexia
3. Styles of learning scale
4. Assessment of Eating disorder
5. Psycho-Physiological State Inventory
6. Habit Formation Experiment
7. Measurement of General Well-being
8. Biofeedback (Practical Demonstration and Report Writing)

Syllabus
UG9109 - PSY-75T-353 -Developmental Psychology
V-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
V	PSY-75T-353	Developmental Psychology			7	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
300-399	Major	04	-	04	No	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – IV-Semester – Psychology				
Objectives of the Course:		1. To understand the definition, themes, and methods of studying human development. 2. To explore developmental tasks and personality changes in infancy, childhood, and adolescence. 3. To examine adjustments and developmental tasks in adulthood and old age. 4. To study the role of family, peers, media, and schooling in socialization and development.				

Detailed Syllabus
PSY-75T-353 -Developmental Psychology

Unit – I

Human Development: Definition and Themes of Development, Methods of Studying Development. Nature and Nurture: Controversy and Challenges. Theories of Human Development: Psychoanalytic, Learning and Cognitive Developmental Theories. (15 Lectures)

Unit – II

Early and Late Childhood: Characteristics of Infancy, Characteristics and Developmental Tasks; Personality Development in Early and Late Childhood. **Adolescence:** Characteristics of

Adolescence, Social Changes during Adolescence; Adolescent Interests; Sex Interests and Sex Behaviour; Personality Changes during Adolescence.(15 Lectures)

Unit – III

Adulthood: Characteristics and Developmental Tasks; Vocational and Marital Adjustment; Adjustment to Parenthood. **Old Age:** Mental Abilities and Interests in Old Age; Changes in Motor Abilities; Adjustment to Physical Changes; Adjustment to Retirement and Changes in Family Life (15 Lectures)

Unit – IV

Family: Socialization within the family; Parenting Styles and Development. Variations in Child Rearing, Family Transitions, Vulnerable Families and Child Mal-treatment. **Peers, Media and Schooling:** Importance of Peer Relations; Influences on Peer Sociability -Peer Groups, Peer Relations and Socialization; Television, Computers, Schooling. (15 Lectures)

Suggested Books and References –

- 1 **Child Development**, Berk, L.E. (2003). Delhi: Prentice-Hall.
- 2 **Lifespan Development**, Santrock, J.W. (1999). New York. McGraw Hill.
- 3 **Developmental Psychology**, Hurlock, E. (2003). Delhi: Tata McGraw Hill.
- 4 **Adult Development and Aging**, Papalia, S. & Feldman, C. (2002). Delhi: Tata McGraw Hill.
- 5 **Development through the Life Span**, Berk, L.E. (2010). Delhi: Pearson Education.
- 6 **Human Development**, Sigelman, C.K. & Rider, E.A. (2009). New Delhi: Thomson.

Course Learning Outcomes:

By the end of the course, students will be able to:

1. Define and explain key concepts, themes, and methods in human development.
2. Identify developmental tasks and personality changes across different life stages.
3. Analyze the adjustments and challenges faced during adulthood and old age.
4. Evaluate the influence of family, peers, media, and schooling on human development.

UG9109 - PSY-75P-354 - Psychology Lab-X

V-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
V	PSY-75P-354	Psychology Lab-X			7	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
300-399	Major	-	02	02	No	60 hrs. of Laboratory experiments, testing, and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – IV-Semester – Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To develop skills in applying research methods and techniques to study human development. 2. To observe and analyze developmental tasks and behaviors across different life stages. 3. To practice assessing personality, socialization, and adjustment using standardized tools. 4. To gain hands-on experience in interpreting data related to developmental and psychological changes. 				

PSY-75P-354 - Psychology Lab-X

1. Assessment of Moral Development
2. Assessment of Reasoning Ability
3. Youth Problem Inventory
4. Cognitive Capabilities Test
5. Type A/B Behavioural Pattern Scale
6. Vocational Attitude Maturity Scale
7. Old-age Adjustment Inventory
8. Mental Relaxation Techniques (Practical Demonstration and Report Writing)

Syllabus

UG9109 - PSY-76T-355 -Systems and Theories in Psychology

VI-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
VI	PSY-76T-355	Systems and Theories in Psychology			7	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
300-399	Major	04	-	04	No	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – V – Semester – Psychology				
Objectives of the Course:		1. To understand the foundations of psychology by Helmholtz, Weber, Fechner, and Structuralism by Wundt and Titchener. 2. To explore Functionalism and Behaviorism through the contributions of James, Thorndike, Pavlov, and Watson. 3. To learn about Psychoanalysis and Neo-Freudian theories by Freud, Jung, Adler, and others. 4. To study Gestalt and Humanistic Psychology by Wertheimer, Kohler, Rogers, and Maslow.				

Detailed Syllabus

PSY-76T-355 -Systems and Theories in Psychology

Unit-I

Psychological Foundations: Weber, and Fechner. **Structuralism:** Wundt and Titchener.

(10 Lectures)

Unit-II

Functionalism: William James and Galton **Behaviorism:** Watson and Tolman

(15 Lectures)

Unit-III

Psychoanalysis: Freud, Jung and Adler. **Neo Freudians:** Horney and Erikson,

(20 Lectures)



Unit-IV

Gestalt Psychology: Wertheimer, Koffka and Kohler. **Humanistic Psychology:** Rogers and Maslow

(15 Lectures)

Suggested Books and References –

1. **History and Systems of Psychology**, Brennan, J. F., & Houde, K. A. (2022). Cambridge University Press.
2. **A History of Psychology: *From Antiquity to Modernity***, Leahey, T. H. (2017). Routledge.
3. **Systems and Theories in Psychology**, Marx, M. H., & Hillix, W. A. (1987), McGraw-Hill.
4. **A History of Modern Psychology**, Schultz, D. P., & Schultz, S. E. (2016). (11th ed.). Cengage Learning.

Course Learning Outcomes:

By the end of the course, students will be able to:

1. Analyze foundational contributions to psychology by Helmholtz, Weber, Fechner, Wundt, and Titchener.
2. Explain Functionalism and Behaviorism through key figures like James, Thorndike, and Pavlov.
3. Evaluate Psychoanalysis and Neo-Freudian theories by Freud, Jung, and Adler.
4. Describe Gestalt and Humanistic Psychology by Wertheimer, Kohler, and Maslow.

UG9109 - PSY-76P-356 - Psychology Lab-XI
VI-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
VI	PSY-76P-356	Psychology Lab-XI			7	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
300-399	Major	-	02	02	No	60 hrs. of Laboratory experiments, testing, and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – V – Semester – Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To develop skills in conducting psychological experiments and understanding basic research methods. 2. To apply theoretical knowledge through practical experiments in areas like sensation, perception, and learning. 3. To analyze and interpret data obtained from psychological experiments and assessments. 4. To enhance observational and critical thinking skills through hands-on practice 				

PSY-76P-356 - Psychology Lab-XI

1. Thematic Apperception Test
2. Measurement of Self-Actualization
3. Measurement of Multiple Intelligence
4. Experiment on Saving Method
5. Measurement of Self-Concept and Self-Esteem
6. Measurement of Defence Mechanisms
7. Need Pattern Scale
8. Montreal Cognitive Assessment (MoCA) Test

Syllabus

UG9109 - PSY-76T-357 - Organisational Behaviour

VI-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
VI	PSY-76T-357	Organisational Behaviour			7	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
300-399	Major	04	-	04	No	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – V – Semester – Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To learn the concept of Organizational Behavior and its history. 2. To understand theories of motivation in the workplace. 3. To improve verbal and non-verbal communication skills. 4. To explore organizational change and development interventions. 				

Detailed Syllabus

PSY-76T-357 - Organisational Behaviour

Unit-I

Organizational Behavior: Meaning and Nature; History of Organizational Psychology; Diversity in Organizations; Attitudes and Job Satisfaction. (15 Lectures)

Unit-II

Power and Politics: Leadership; Power and Politics; Conflict and Negotiation; Motivation in the Work Setting; Concepts and Applications. (15 Lectures)

Unit-III

Groups and Communication: Foundations of Group Behavior; Understanding WorkTeams; Communication-Verbal, Non-Verbal, Formal and Informal Communication; Ways to Improve Communication Skills. (15 Lectures)

Unit-IV

Transforming Organization System: Foundations of Organization Structure; Organizational Culture; Organizational Change and Stress Management. (15 Lectures)

Suggested Books and References –

1. **Essentials of Organizational Behavior**, Robbins, S. P. & Judge, T. A. (2022) 15th edition Pearson Publications.
2. **Industrial/Organizational Psychology: An Applied Approach**, Aamodt, M. G. (2022). (9th ed.). Cengage Learning.
3. **Industrial/Organizational Psychology**, Levy, P., O'Malley, A., & Riordan, B. (2025). (7th ed.). Macmillan Learning.
4. **Introduction to Industrial/Organizational Psychology**. Riggio, R. E., & Johnson, S. K. (2021). (7th ed.). Routledge.
5. **Industrial and Organizational Psychology: Research and Practice**. Spector, P. E. (2021). (8th ed.). Wiley.
6. **Work in the 21st Century: An Introduction to Industrial and Organizational Psychology**, Landy, F. J., & Conte, J. M. (2019). (6th ed.). Wiley.

Course Learning Outcomes:

By the end of the course, students should be able to:

1. Understand the fundamentals of Organizational Behavior and its historical roots.
2. Apply motivation theories to enhance workplace productivity.
3. Develop effective verbal and non-verbal communication skills.
4. Analyze and implement strategies for organizational change and development.

UG9109 PSY-76P-358 Psychology Lab-XII

VI-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
VI	PSY-76P-358	Psychology Lab-XII			7	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
300-399	Major	-	02	02	No	60 hrs. of Laboratory experiments, testing and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG9109 – V – Semester – Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To analyze organizational behavior and culture through practical assessments. 2. To evaluate work-life balance and organizational effectiveness using measurement techniques. 3. To develop leadership, decision-making, and team empowerment skills. 4. To apply motivation models to understand and enhance workplace dynamics. 				

PSY-76P-358 Psychology Lab-XII

1. Assessment of Organizational Behaviour
2. Measurement of Organizational Effectiveness
3. Assessment of Work-Life Balance
4. Assessment of Organizational Culture
5. Work Motivation Test
6. Decision-Making Style scale
7. Leadership Effectiveness Scale
8. Team Empowerment Technique (Experiential Activity and Report Writing)