

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

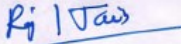
**FOUR-YEAR UNDERGRADUATE PROGRAMME**  
**SEMESTER WISE PAPER TITLES WITH DETAILS**

<b>UG9109 BA Psychology</b>												
#	NHEQF	Semester	Type	Title	Psychology				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 - Bio-Psychology	4	0	0	4				
18	7	V	MJR	UG9109 - PSY-75P-352 - Psychology Lab-IX	0	0	2	2				

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UG9109 B A Psychology								
#	NHEQF	Semester	Type	Title	Credits			
					L	T	P	Total
19	7	V	MJR	UG9109 - PSY-75T-353 - Developmental Psychology	4	0	0	4
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

  
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## Examination Scheme

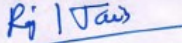
- 1 credit = 25 marks for examination/evaluation
- For Regular Students there will be Continuous assessment, in which sessional work and the terminal examination will contribute to the final grade. Each course in Semester Grade Point Average (SGPA) has two components- Continuous assessment (20% weightage) and (End of end-semester examination) EoSE (80% weightage).
- For Regular Students, 75% Attendance is mandatory for appearing in the EoSE.
- 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.
- 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	<b>20</b>	<b>10</b>
<b>1</b>	<b>Mid-term Exam</b>	<b>50%</b>	<b>10</b>	<b>5</b>
<b>2</b>	<b>Assignment</b>	<b>25%</b>	<b>5</b>	<b>2.5</b>
<b>3</b>	<b>Attendance</b>	<b>25%</b>	<b>5</b>	<b>2.5</b>
	<b>Regular Class</b>	= 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.

  
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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 – BA Psychology	CA	1 Hrs	CA	20 Marks
EoSE	3 Hrs			EoSE	80 Marks	EoSE	32 Marks

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

#### PART-A: 20 Marks

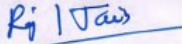
Part A will be compulsory having 10 very short answer-type questions (with a limit of 20 words) of two marks each.

#### 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 – BA Psychology	CA	1 Hrs	CA	10 Marks
EoSE	4 Hrs			EoSE	40 Marks	EoSE	16 Marks

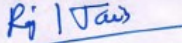
The Practical Examination will consist of the conduction of one practical, writing of the report and viva voce. Students have to submit the Practical record for evaluation.

  
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**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.				

  
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## 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

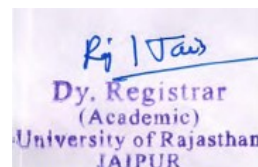
**Personality:** Definition; Type Theories- Sheldon, Kretchmer, and Jung; Trait Theories- Allport, Cattell, McCrae, and Costa; Personality Assessment- Self-report Inventories, Projective Tests and Behavioral Assessments. (15 Lectures)

#### 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. आधुनिक सामान्य मनोविज्ञान, अरुणकुमार (2017). नईदिल्ली : मोतीलाल बनारसीदास ।

#### Suggested E-resources:

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



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### Course Learning Outcomes:

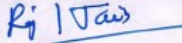
By the end of the Course, Students will be able to:

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				

  
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<b>Objectives of the Course:</b>	<ol style="list-style-type: none"> <li>1. To understand the nature, significance, and different methods of studying psychology.</li> <li>2. To get information about various tests of Personality assessment.</li> <li>3. To gain an understanding of the experimenting/testing of the principles of motivation and emotion.</li> <li>4. To learn about the procedure and relevance of the Observation technique.</li> </ol>
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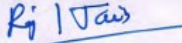
### **PSY-51P-152 Psychology Lab-I**

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. Observation Method

### **UG9109 - PSY-51T-153 - Social Psychology**

#### **I-Semester Psychology**

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
<b>I</b>	<b>PSY-51T-153</b>	<b>Social Psychology</b>			<b>5</b>	<b>04</b>
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
<b>100-199</b>	<b>Major</b>	<b>04</b>	<b>-</b>	<b>04</b>	<b>No</b>	Lectures, including diagnostic and formative assessments

  
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<b>List of Programme Codes in which Offered as Minor Discipline</b>	
<b>Prerequisites</b>	XII Pass
<b>Objectives of the Course:</b>	<ol style="list-style-type: none"> <li>1. To understand the nature, scope, and different methods of social psychology and also grasp the meaning and nature of person and social perception.</li> <li>2. To understand the nature, functions, formation, changes, and measurement of attitudes and the nature and origin of prejudice and discrimination.</li> <li>3. To learn about the theories, determinants, prevention, and control of aggressive behavior and also understand the meaning, nature, and types of social problems.</li> <li>4. To learn the meaning, nature, types, and barriers of communication and the concept of interpersonal attraction.</li> </ol>

## 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

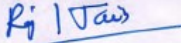
**Attitudes, Prejudice, and Discrimination:** Attitudes: Nature, Functions, Formation, Change, and Measurement; Prejudice and Discrimination: Nature and Origin; Reduction of Prejudice and Discrimination. (15 Lectures)

#### 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:** Meaning, Nature, and Types: Verbal and Non-Verbal; Barriers of Communication; Interpersonal Attraction: Proximity and Affective basis,

  
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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. **समाज मनोविज्ञान की रूपरेखा**, Singh, A.K. (2017)., New Delhi, Motilal Banarsidas.

### Suggested E-resources:

Online Lecture Notes and Course Materials:

### Course Learning Outcomes:

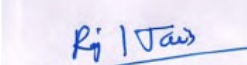
By the end of the course, students will be able to:

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 an insight of 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



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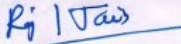
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
100-199	Major	-	02	02	No	60 hrs. of Laboratory experiments, testing, and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered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

### 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. Social Distance Scale
7. Sociometric Method
8. Survey Method

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

### II-Semester Psychology

  
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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"> <li>1. To understand the meaning, nature, and principles of attention, sensation, and perception.</li> <li>2. To understand the nature and different theories of learning and also to explore the meaning, types, and models of memory.</li> <li>3. To gain information about thinking and problem-solving behavior.</li> <li>4. To understand the meaning, nature, and assessment methods of intelligence.</li> </ol>				

## Detailed Syllabus

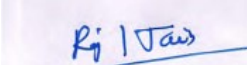
### PSY-52T-155 - Basic Cognitive Processes

#### 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



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

### Unit-IV

**Intelligence:** Definition and Theories-Binet, Spearman, Thurstone, Guilford, Cattell, Sternberg, Gardner; Meaning of IQ; Intelligence Tests: Nature and Types.  
(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. आधुनिक सामान्य मनोविज्ञान, अरुणकुमार, (2017), नईदिल्ली : मोतीलालबनारसीदास ।

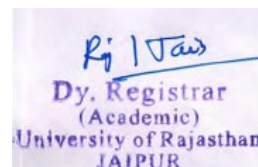
### Suggested E-resources:

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.



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

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

**PSY-52P-156 - Psychology Lab-III**

1. Figure-Ground Reversal Experiment
2. Span of Attention Experiment
3. Problem Solving Experiment

  
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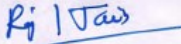
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4. Human Maze Learning
5. Experiment of Memory (Meaningful and Non-Sense Syllables using Memory Drum)
6. Measurement of Intelligence –SPM
7. Performance Test of Intelligence (Bhatia Battery)
8. Interview Method

## UG9109 - PSY-52T-157 - Abnormal Psychology

### II-Semester Psychology

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

  
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## Detailed Syllabus

### PSY-52T-157 - Abnormal Psychology

#### Unit-I

Introduction: Concept of Abnormality and Normalacy; 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 and Somatic Symptoms Disorders: Types, Clinical Picture, and Causal Factors. 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.

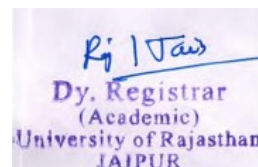
#### Suggested E-resources:

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.



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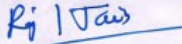
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## UG9109 PSY-52P-158 Psychology Lab-IV

### II-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
<b>II</b>	<b>PSY-52P-158</b>	<b>Psychology Lab-IV</b>			<b>5</b>	<b>02</b>
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
<b>100-199</b>	<b>Major</b>	<b>-</b>	<b>02</b>	<b>02</b>	<b>No</b>	60 hrs. of Laboratory experiments, testing and field study- including diagnostic and formative assessments.
<b>List of Programme Codes in which Offered as Minor Discipline</b>						
<b>Prerequisites</b>		UG9109 – I-Semester – Psychology				

  
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<b>Objectives of the Course:</b>	<ol style="list-style-type: none"> <li>1. To understand the nature, significance, and different methods of studying abnormal psychology.</li> <li>2. To gain information about various measurement tools for stress, anxiety, depression, mood states, and coping styles.</li> <li>3. To gain an understanding of risk factors related to suicide ideation.</li> <li>4. To learn about the procedure and relevance of the Mental Status Examination.</li> </ol>
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### **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. 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
<b>III</b>	<b>PSY-63T-251</b>	<b>Positive Psychology</b>			<b>6</b>	<b>04</b>
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
<b>200-299</b>	<b>Major</b>	<b>04</b>	<b>-</b>	<b>04</b>	<b>No</b>	Lectures, including diagnostic and

  
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						formative assessments
<b>List of Programme Codes in which Offered as Minor Discipline</b>						
<b>Prerequisites</b>	UG9109 – II-Semester – Psychology					
<b>Objectives of the Course:</b>	<ol style="list-style-type: none"> <li>1. To understand the subject matter of Positive Psychology</li> <li>2. To gain knowledge about the various concepts of Positive psychology.</li> <li>3. To know about the concept of well-being and happiness</li> <li>4. To gain an understanding of the various positive cognitive states.</li> </ol>					

## 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)

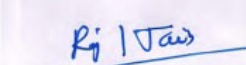
#### UNIT-III

**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:



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1. **Positive Psychology**, Snyder, C.R. & Lopez, S.J. & Pedrotti, J.J. (2024), (*2<sup>nd</sup> 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). (*3<sup>rd</sup> Edition*), Routledge.

**Suggested E-resources:**

Online Lecture Notes and Course Materials:

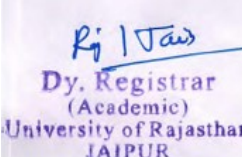
**Course Learning Outcomes:**

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

### **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 Mental Health
7. Measurement of Mindfulness
8. Case Study Method

### **Syllabus**

  
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## 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"><li>1. To understand the meaning and methods of Psychological Tests.</li><li>2. To get knowledge about Test Construction.</li><li>3. To gain an understanding of the Concepts of Reliability, Validity, and Norms.</li><li>4. To learn about the types of Psychological Tests and their applications in different settings.</li></ol>				

### 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

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**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

**Application 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. **मनोविज्ञान में मापन और मूल्यांकन**, अरुण कुमार सिंह (2002) नई दिल्ली मोतीलाल बनारसीदास।
6. **Applied Psychometry**, Singh, A.K. (2022), India: Motilal Banarsidass.

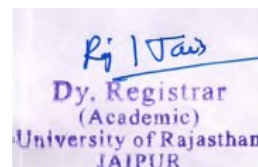
### Suggested E-resources:

#### 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.



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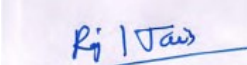
## UG9109 - PSY-63P-254 - Psychology Lab-VI

### III-Semester Psychology

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

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

1. Assessment of Creativity
2. Self-Directed Search (John Holland)



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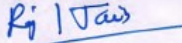
3. Group Intelligence Test
4. Word-association Test
5. Career Interest Checklist
6. Measurement of Social Maturity
7. Muller Lyer Illusion
8. Introspection Method

## Syllabus

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

#### IV-Semester – Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
<b>IV</b>	<b>PSY-64T-255</b>	<b>Counselling Psychology</b>			<b>6</b>	<b>04</b>
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
<b>200-299</b>	<b>Major</b>	<b>04</b>	<b>-</b>	<b>04</b>	<b>No</b>	Lectures, including diagnostic and formative assessments
<b>List of Programme Codes in which Offered as Minor Discipline</b>						
<b>Prerequisites</b>		UG9109 – III-Semester – Psychology				

  
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**Objectives of the Course:**

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, Purpose 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, Exploration and the Identification of Goals. (15 Lectures)

#### UNIT-II

**Personal and Professional Aspects of Counsellors:** Personal Qualities and Educational Background; **Building Counselling Relationships:** Types and Conduction of Initial Interview; Counsellor Skills, Transference and Countertransference; Closing Counselling Relationships. (15 Lectures)

#### UNIT-III

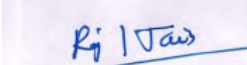
**Theories of Counselling:** Psychoanalytical and Psychodynamic Approaches; Person-Centred and Existential Theories; Cognitive and Behavioural Approach: Rational Emotive Behaviour Therapy, Techniques of Behavioural Counselling. (15 Lectures)

#### UNIT-IV

**Counselling in Diverse Settings:** Career Counselling: Importance and Application 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.



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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:**

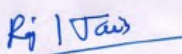
By the end of the course, students will be able to:

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.

  
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<b>List of Programme Codes in which Offered as Minor Discipline</b>	
<b>Prerequisites</b>	UG9109 – III-Semester – Psychology
<b>Objectives of the Course:</b>	<ol style="list-style-type: none"> <li>1. To understand the nature, significance, and different functions of psychological tests.</li> <li>2. To get information about various measurement tools in different settings across ages.</li> <li>3. To gain an understanding of projective techniques.</li> <li>4. To learn about the procedure and relevance of the Introspection Method.</li> </ol>

### **PSY-64P-256 - Psychology Lab-VII**

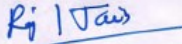
1. Assessment of Aptitude
2. Strong Vocational Interest Blank
3. Assessment of Empathy
4. Quality of Life Assessment
5. Effective Counsellor Self Examination
6. Measurement of Emotional Maturity
7. Measurement of Spiritual Intelligence
8. Role Play Method

### **Syllabus**

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

### **IV-Semester – Psychology**

<b>Semester</b>	<b>Code of the Course</b>	<b>Title of the Course/Paper</b>	<b>NHEQF Level</b>	<b>Credits</b>
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<b>IV</b>	<b>PSY-64T-257</b>	<b>Statistics in Psychology</b>			<b>6</b>	<b>04</b>
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
<b>200-299</b>	<b>Major</b>	<b>04</b>	<b>-</b>	<b>04</b>	<b>No</b>	Lectures, including diagnostic and formative assessments
<b>List of Programme Codes in which Offered as Minor Discipline</b>						
<b>Prerequisites</b>		UG9109 – III-Semester – Psychology				
<b>Objectives of the Course:</b>		<ol style="list-style-type: none"> <li>1. To understand the basics of Statistics used in Psychology.</li> <li>2. To gain knowledge about the various concepts of statistics.</li> <li>3. To learn about the measurement of descriptive statistics and inferential statistics.</li> </ol>				

## Detailed Syllabus

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

#### UNIT-I

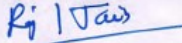
**Introduction:** Nature and Scope of Statistics and Psychological Data; Application of Statistics in Psychology; Nature and Levels of Measurement- Categorical and Continuous Variables. Graphical Representation of Grouped Data-Histogram, Frequency Polygon. (15 Lectures)

#### 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

  
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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 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.

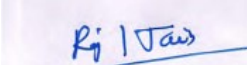
#### Suggested E-resources:

##### 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.



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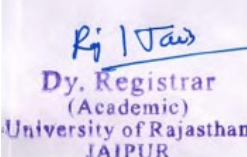
## UG9109 - PSY-64P-258 - Psychology Lab-VIII

### 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.
<b>List of Programme Codes in which Offered as Minor Discipline</b>						
<b>Prerequisites</b>		UG9109 – III-Semester – Psychology				
<b>Objectives of the Course:</b>		<ol style="list-style-type: none"> <li>1. To understand the nature and significance of statistical data in relation to studying psychology.</li> <li>2. To get information about methods of representation of data.</li> <li>3. To gain an understanding of the experimenting/testing of the principles of reaction time, concept formation, and transfer of training.</li> <li>4. To learn about the procedure and relevance of the calculation of various statistical tests.</li> </ol>				

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

1. Two-point Threshold
2. Normal Probability Curve
3. Bilateral Transfer of Training
4. Draw a Man Test
5. Concept formation



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6. Reaction Time Experiment
7. Measurement of Stress: Calculation of Mean and SD (Group Data)
8. Measurement of Stress: Calculation of 't' (Group Data)

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