

Annexure-III

**DEPARTMENT OF PSYCHOLOGY
MAHARSHI DAYANAND UNIVERSITY ROHTAK**

PROCEEDINGS OF MEETING OF THE P.G. BOARD OF STUDIES IN PSYCHOLOGY

A meeting of the Post-Graduate Board of Studies (PGBOS) in Psychology was held on 16.09.2023 at 01:00 P.M. in Committee Room. The following members attended the meeting:

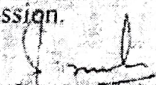
1. Prof. Sandeep Singh Rana	Outside Expert
2. Prof. Sonia Malik	-do-
3. Prof. Shalini Singh	-do-
4. Prof. Anjali Malik	-do-
5. Prof. Deepti Hooda	-do-
6. Dr. Bijender Singh	-do-
7. Dr. Shashi Rastogi	-do-
8. Prof. Sarvdeep Kohli	Chairperson

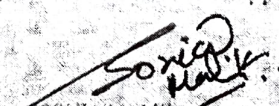
The following matter was taken up:-

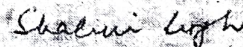
1. **Confirmation of the minutes of the last meeting held on 16.08.2023.**
Resolved that the minutes of the last meeting already circulated among the members are Confirmed.
2. **Consider the scheme and syllabus of Multidisciplinary Course and Minor Course of Psychology for Five years Integrated Programme as per NEP-2020 w.e.f. Academic Session 2023-24.**

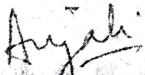
The scheme and syllabi of Multidisciplinary Course and Minor Course of Psychology for Five years Integrated Programme as per NEP-2020 w.e.f. Academic Session 2023-24 as recommended by DC, were discussed and approved for onward

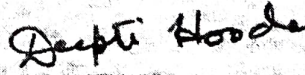
transmission.

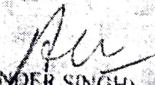

(SANDEEP SINGH RANA)
(Attended Online)

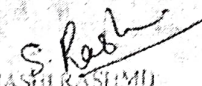

(SONIA MALIK)



(SHALINI SINGH)


(ANJALI MALIK)


(DEEPTI HOODA)


(BIJENDER SINGH)


(SHASHI RASTOGI)

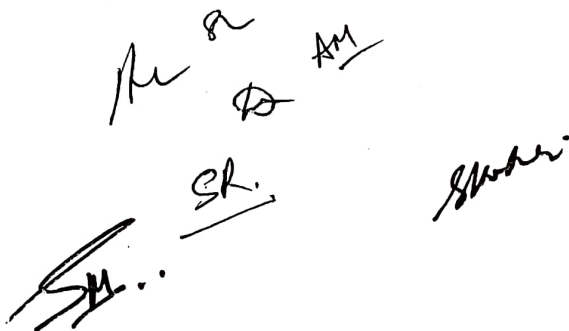

(SARVDEEP KOHLI)

MAHARSHI DAYANAND UNIVERSITY ROHTAK
DEPARTMENT OF PSYCHOLOGY
(NAAC Accredited – A+ Grade)
Scheme and Syllabi for Multidisciplinary Course

w.e.f. Academic Session 2023-24

The Department will float a Multidisciplinary Course in 3rd Semester.

	Nomenclature of Paper	Paper Code	Hours/Week		Marks		Total Marks	Credit
			L	T	Theory	Int. Ass		
MDC-I	Psychology for Everyday Life	24PSYX03MD01	3	0	50	25	75	03



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Name of the Department-- **Psychology Department**
 Name of the Multidisciplinary Course-- **Psychology for Everyday Life**
 Offered in Semester--**3rd Semester**

Course Code	24PSYX03MD01	Course Credits	03 (L:3 T: 0)
Max. Marks	75	Time of end term examination	3 Hours
Internal Assessment	25		
Theory Examination	50		
<p>The examiner will set nine questions in total. Answer to question no. 1 shall be compulsory comprising of questions from all four units and would contain four short answer questions of 2.5 marks each. The remaining eight questions shall be set by taking two questions (10 marks each) from each unit. The students have to attempt five questions in total, first being compulsory and selecting one from each unit (5x10=50 marks).</p>			
<p>Course Objectives:</p> <ol style="list-style-type: none"> 1. To familiarize the students with the basics of Psychology. 2. To impart fundamental knowledge of theories and approaches in Psychology. 3. To provide knowledge of theoretical perspectives of Intelligence and Personality. 4. To provide the knowledge of sources of stress and coping with Stress. 5. To familiarize the students with the administration of Psychological Tests. 			
<p>Course Outcomes:</p> <ol style="list-style-type: none"> 1. Students will gain the knowledge of basic concepts of Psychology. 2. Students will gain knowledge about classical paradigms of Psychology. 3. Students will develop an understanding of Intelligence and Personality. 4. Students will gain the knowledge of coping strategies to manage Stress. 5. Students will gain the knowledge to assess the Psychological Attributes 			
Unit - I			
Science of Psychology: Definition, Goals, Basic and Applied areas of Psychology. Self: Nature of self, Self-Regulation and Personal Growth.			
Unit – II			
Intelligence: Definition; Theories: Theory of multiple intelligence, Triarchic theory, Emotional Intelligence. Administration: Any one test of Intelligence/Emotional Intelligence.			
Unit – III			
Personality: Definition; Theories: Trait and Type: Eysenck; Psychoanalytical: Freud; Humanistic: Maslow. Administration: Any one objective test of Personality.			
Unit – IV			
Stress and Coping: Nature of Stress. Sources, Stress reactions, Factors that influence reactions to stress. Coping with Stress: Modifying environment, Altering lifestyle.			
<p>Suggested Readings:</p> <ol style="list-style-type: none"> 1. Baron, R.A., & Misra, G. (2016). <i>Psychology</i>. Delhi: Pearson. 2. Ciccarelli, S.K. & Meyer, G.E. (2006). <i>Psychology</i>. Noida: Pearson. 3. Khatoon, N. (2012). <i>General Psychology</i>. Delhi: Pearson. 			

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MAHARSHI DAYANAND UNIVERSITY ROHTAK
DEPARTMENT OF PSYCHOLOGY
(NAAC Accredited – A+ Grade)
Scheme and Syllabi for Minor Course

w.e.f. Academic Session 2023-24

	Nomenclature of Paper	Paper Code	Hours/Week			Marks			Total Marks	Credit
			L	T	P	The	Int	P		
Minor 1	Introduction to Psychological Processes	23PSY501MI01	3	0	2	50	(T:25+ P:5)	20	100	4
Minor 2	Social Psychology: An Introduction	23PSY502MI01	3	0	2	50	(T:25+ P:5)	20	100	4
Minor 3	Applications of Psychology	24PSY503MI01	3	0	2	50	(T:25+ P:5)	20	100	4
Minor 4	Mental Health	26PSY507MI01	3	0	2	50	(T:25+P:5)	20	100	4
Minor 5	Guidance and Counselling	26PSY508MI01	3	0	2	50	(T:25+P:5)	20	100	4

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Name of the Department/Centre/Institute—**Department of Psychology**
 Name of the Minor Course--**Introduction to Psychological Processes**
 Offered in semester—**1st Semester**

Course Code	23PSY501MI01	Course Credits	3
Max. Marks	75	Time of end term examination	3 Hours
Internal Assessment	25		
Theory Examination	50		

Examiner will set nine questions in total. Answer to question no. 1 shall be compulsory comprising of questions from all four units and would contain four short answer questions of 2.5 marks each. The remaining eight questions shall be set by taking two questions from each unit (10 marks each). The students have to attempt five questions in total, first being compulsory and selecting one from each unit.

Course Objectives:

1. To familiarize the students with the historical development of Psychology.
2. To impart fundamental knowledge of theories and approaches in Psychology.
3. To familiarize the students with Learning Processes.
4. To provide knowledge of the theoretical perspective of Memory and Emotions.
5. To impart knowledge of nature and theories of Intelligence and Personality.

Course Outcomes:

1. Students will gain theoretical knowledge of historical developments in the field of Psychology.
2. Students will gain knowledge of theories and approaches in Psychology.
3. Students will gain knowledge about the paradigms of Learning.
4. Students will gain knowledge about various concepts of Memory and Emotions.
5. Students will develop a conceptual understanding of Intelligence and Personality.

Unit - I

Psychology: History, Emergence as Science, Subject matter.
 Methods of Psychology: Experimental, Observation, Interview.

Unit - II

Perception: Nature, Perception of form – Figure and ground, Perceptual Organization,
 Depth Perception–cues.
 Learning : Nature and Paradigms of Learning: Classical and Operant .

Unit - III

Memory: Nature, Types, Improving Memory.
 Emotion: Nature, Bodily changes, Theories of Emotion: James-Lange, Cannon-Bard and Schachter-Singer.

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 Ar², SH, AM, R, D, S, J.

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Unit – IV

Personality: Nature, Determinants of Personality, Type and Trait approach.
Intelligence: Nature, Theories: Spearman, Gardener, and Sternberg.

Suggested Readings:

1. Atkinson, R.L., & Atkinson, R.L. (1985). *Introduction to Psychology*. New York: HBJ Publishers.
2. Ciccarelli, S.K., & White, J.N. (2018). *Psychology*. New Delhi: Pearson Education.
3. Singh, A.K. (2009). *Ucchatar Samanya Manovigyan* New Delhi: Motilal Banarsidass.
4. Singh, A.K. (2006). *Adhunik Samanya Manovigyan: Modern General Psychology*. (Hindi, English). New Delhi: Motilal Banarsidass.
5. Singh, A.K. (2007). *Saral Vyavaharik Manovigyan* (Hindi, English). New Delhi: Motilal Banarsidass.
6. Singh, R. & Shyam, R. (2008) *Adhunik Sangyanatmak Manovigyan*. Panchkula: Haryana Sahitya Akadami.

Name of the Department/Centre/Institute—**Department of Psychology**

Name of the Minor Course--**Practicals**

Offered in semester—**1st Semester**

Course Code	23PSY501MI01	Course Credits	1
Max. Marks	25	Time of end term examination	3 Hours
Internal Assessment	05		
Practical Examination	20		

Note:

1. Students have to conduct and report at least **Two (2)** practicals.
2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.

List of Practicals

1. Personality Assessment (EPI / EPQ)
2. Verbal Test of Intelligence
3. Performance Test of Intelligence/RPM
4. Observation Test (Speed and Accuracy)
5. Test of Motivation
6. Depth Perception

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Name of the Department/Centre/Institute—**Department of Psychology**
 Name of the Minor Course--**Social Psychology: An Introduction**
 Offered in semester—**2st Semester**

Course Code	23PSY502MI01	Course Credits	3
Max. Marks	75	Time of end term examination	3 Hours
Internal Assessment	25		
Theory Examination	50		

Examiner will set nine questions in total. Answer to question no. 1 shall be compulsory comprising of questions from all four units and would contain four short answer questions of 2.5 marks each. The remaining eight questions shall be set by taking two questions from each unit (10 marks each). The students have to attempt five questions in total, first being compulsory and selecting one from each unit.

Course Objectives:

1. To familiarize the students with the subject matter and methods of Social Psychology.
2. To impart knowledge about the process and agencies of Socialization.
3. To provide theoretical knowledge about the sources of Social Influences and Attitudes.
4. To impart the knowledge about the Cooperation, Conflict and Nature of Social Perception.
5. To familiarize the students with the concepts of Pro-social Behaviour and Aggression.

Course Outcomes:

1. Students will develop an understanding of the nature and methods of Social Psychology.
2. Students will acquire knowledge about the process of Socialization.
3. Students will gain knowledge about Social Influences on behaviour and the process of Attitude Change.
4. Students will acquire the knowledge of Conflict Resolution Techniques.
5. Students will be apprised of Pro-social Behaviour and prevention of Aggressive Behaviour.

Unit - I

Introduction: Nature and Subject-matter; Methods: Sociometry and Case study.
 Socialization: Nature, Process and Agents of Socialization.

Unit - II

Social Influence: Meaning and Nature of Compliance, Conformity and Obedience.
 Attitude: Characteristics, Development and Attitude Change.

Unit - III

Social Processes: Meaning of Cooperation and Conflict, Conflict Resolution Techniques.
 Social Perception: Impression Formation, Attribution Theory: Heider.

Unit – IV

ssion: Nature, Determinants and Prevention.

Social Behaviour: Nature, Determinants (Situational, Social and Cultural), Cognitive Model.

Suggested Readings:

1. Aronson, E., Wilson, T.D., Akert, R.M., & Sommers, S.R. (2018). *Social Psychology*. New Delhi: Pearson Education.
2. Baron, R.A., & Byrne, D. (2008). *Samajik Manovigyan* (Hindi Sanskaran). New Delhi: Pearson Education.
3. Baron, R.A., Branscombe, N.R., Byrne, D., & Bhardwaj, G. (2012). *Fundamentals of Social Psychology*. New Delhi: Pearson Education.
4. Crisp, R.J., & Turner, R.N. (2014). *Essentials of Social Psychology*. New Delhi: Sage Pub.
5. Rai, B.C. (1989). *Social Psychology*. Delhi: Sultan Pub.
6. Singh, A.K. (2009). *Samaj Manovigyan Ki Rooprekha*. New Delhi: Motilal Banarsidass.
7. Shetgovekar, S. (2017). *An Introduction to Social Psychology*. New Delhi: Sage.

Name of the Department/Centre/Institute—Department of Psychology

Name of the Minor Course--**Practicals**

Offered in semester—2nd Semester







Course Code	23PSY502MI01	Course Credits	1
Max. Marks	25	Time of end term examination	3 Hours
Internal Assessment	05		
Practical Examination	20		

Note:

1. Students have to conduct and report at least **Two (2)** practicals.
2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.

List of Practicals

1. Sociometry
2. Social Facilitation / Loafing
3. Social Conformity
4. Measurement of Attitude
5. Aggression / Anger Expression
6. Conflict Resolution

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Name of the Department/Centre/Institute—**Department of Psychology**
 Name of the Minor Course--**Applications of Psychology**
 Offered in semester—**3rd Semester**

Course Code	24PSY503MI01	Course Credits	3
Max. Marks	75	Time of end term examination	3 Hours
Internal Assessment	25		
Theory Examination	50		

The examiner will set nine questions in total. Answer to question no. 1 shall be compulsory comprising of questions from all four units and would contain four short answer questions of 2.5 marks each. The remaining eight questions shall be set by taking two questions (10 marks each) from each unit. The students have to attempt five questions in total, first being compulsory and selecting one from each unit (5x10=50 marks).

Course Objectives:

1. To familiarize the students with the Applications of Psychology.
2. To impart fundamental knowledge about the basic concept of Guidance and Counselling.
3. To familiarize the students with the Models of Clinical Psychology.
4. To provide knowledge of the theoretical concepts of Leadership and Group Dynamics.
5. To impart knowledge of the theoretical perspectives of Sports and Exercise Psychology.

Course Outcomes:

1. Students will develop an understanding of various fields of Psychology.
2. Students will gain knowledge of the basic concept of Guidance and Counselling.
3. Students will acquire knowledge about Models of Clinical Psychology.
4. Students will develop an understanding of various types of Leadership Styles.
5. Students will be apprised of the theoretical perspectives of Sports and Exercise Psychology.

Unit - I

Guidance: Principles, Areas of Guidance.

Counselling: Need, Goals, Types of Counselling, Qualities of Effective Counsellor.

Unit - II

Clinical Psychology: Introduction, Models of Clinical Psychology: Psychoanalysis, Behavioural, Cognitive-Behavioural and Humanistic.

Unit - III

Industrial-Organizational Psychology: Difference between Industrial and Organizational Psychology, Processes of Organization: Leadership and Group Dynamics, Leadership Styles: Autocratic, Democratic and Laissez-Faire.

Unit - IV

Sports and Exercise Psychology: Difference between Sports and Exercise Psychology, Theories of Sports Psychology: Self Determination Theory, Arousal and Performance Relationship Theory.

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ed Readings:

1. Jamodt, M.G.(2012). *Industrial /Organizational Psychology*. USA: Wadsworth Cengage Learning.
2. Carson, R.C., Butcher, J.N., Mineka, S.,& Hooley, J.M. (2007). *Abnormal Psychology* (13th Ed.). New Delhi: Pearson.
3. Comer, R. J. (2003). *Abnormal Psychology*. New York: Freeman.
4. Cox, R.H. (2002). *Sport Psychology: Concepts and Applications*. New York: McGraw-Hill.
5. Gelso, C., & Fretz, B. (2001). *Counselling Psychology*. USA: Harcourt College.
6. Gibson, R.L., & Mitchell, M.H. (2008). *Introduction to Counselling and Guidance*. Delhi: PHI Learning.
7. Nietzel, M. T., Bernstein, D. A. & Millich, R. (1994). *Introduction to Clinical Psychology*. New Jersey: Prentice Hall.
8. Robbins, P.S.(2003). *Organizational Behaviour*. New Delhi: Prentice Hall of India Private Limited.
9. Sharma, R. A. (2007). *Fundamentals of Guidance and Counselling*. Meerut: R. Lall Book.
10. Singh, R. (2014). *Sport Psychology*. New Delhi: Friends Publications.
11. Weinberg, R.S. &Gould, D. (2011). *Foundations of Sport and Exercise Psychology*. United States of America: Human Kinetics.
12. Robbins P.S.(2003).*Organizational Behaviour*. New Delhi: Prentice Hall of India Private Limited.

Name of the Department/Centre/Institute—**Department of Psychology**

Name of the Minor Course--**Practicals**

Offered in semester—**3rd Semester**

Course Code	24PSY503MI01	Course Credits	1
Max. Marks	25	Time of end term examination	3 Hours
Internal Assessment	05		
Theory Examination	20		

Note:

1. Students have to conduct and report at least **Two (2)** practicals.
2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.

List of Practical

1. Arousal and Performance
2. Measurement of Leadership Style
3. Guidance Needs Inventory
4. Coping
5. Sports Anxiety
6. BMI

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Name of the Department/Centre/Institute—**Department of Psychology**
 Name of the Minor Course—**Mental Health**
 Offered in semester—**7th Semester**

Course Code	26PSY507M101	Course Credits	3
Max. Marks	75	Time of end term examination	3 Hours
Internal Assessment	25		
Theory Examination	50		

Examiner will set nine questions in total. Answer to question no. 1 shall be compulsory comprising of questions from all four units and would contain four short answer questions of 2.5 marks each. The remaining eight questions shall be set by taking two questions from each unit (10 marks each). The students have to attempt five questions in total, first being compulsory and selecting one from each unit.

Course Objectives:

1. To familiarize the students with the concept of Mental Health.
2. To impart knowledge about Anxiety and Depression.
3. To provide theoretical knowledge about the nature of Stress and Coping.
4. To impart the knowledge about Positive Emotional States.
5. To familiarize the students with the concept of Well-being.

Course Outcomes:

1. Students will develop an understanding of the concept of Mental Health.
2. Students will acquire knowledge about the symptoms and causes of Anxiety and Depression.
3. Students will gain knowledge about the nature of Stress and Coping.
4. Students will acquire the knowledge of Positive Emotional States.
5. Students will develop an understanding the concept of Well-being.

Unit - I

Health: Nature, Mind-Body Relationship: Bio-Psychosocial Model.
 Mental Health: Nature and Determinants.

Unit - II

Mental Illness:
 Anxiety: GAD-Symptoms and Causes.
 Depression: Symptoms and Causes.

Unit - III

Stress: Nature, Sources and Effects of Stress.
 Coping: Nature, Types, Coping Outcomes and Coping Intervention.

Unit - IV

Subjective Well-being: Life Satisfaction, Positive-Negative Affect, Causes and Determinants of SWB, Well-being Enhancement Strategies.

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Recommended Readings:

1. Carr, A. (2012). *Clinical Psychology: An Introduction*. New York: Routledge.
2. Carr, A. (2005). *Positive Psychology: The Science of Happiness and Human Strengths*. New York: Routledge.
3. Comer, R. J. (2003). *Abnormal Psychology*. New York: Freeman.
4. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2007). *Abnormal Psychology* (13th Ed.). New Delhi: Pearson.
5. Nietzel, M. T., Bernstein, D. A. & Millich, R. (1994). *Introduction to Clinical Psychology* (4th Ed). New Jersey: Prentice Hall.
6. Snyder, C.R., & Lopez, S.J. (2008). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. New Delhi: Sage.

Name of the Department/Centre/Institute—**Department of Psychology**

Name of the Minor Course—**Practicals**

Offered in semester—**7th Semester**

Course Code	26PSY507MI01	Course Credits	1
Max. Marks	25	Time of end term examination	3 Hours
Internal Assessment	05		
Practical Examination	20		

Note:

1. Students have to conduct and report at least **Two (2)** practicals.
2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.

List of Practical

1. Stress Measurement
2. Relaxation
3. Subjective Well-being
4. Depression
5. Assessment of Health
6. Measurement of Anxiety

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Name of the Department/Centre/Institute—**Department of Psychology**
 Name of the Minor Course--**Guidance and Counselling**

Offered in semester—**8th Semester**

Course Code	26PSY508MI01	Course Credits	3
Max. Marks	75	Time of end term examination	3 Hours
Internal Assessment	25		
Theory Examination	50		
<p>Examiner will set nine questions in total. Answer to question no. 1 shall be compulsory comprising of questions from all four units and would contain four short answer questions of 2.5 marks each. The remaining eight questions shall be set by taking two questions from each unit (10 marks each). The students have to attempt five questions in total, first being compulsory and selecting one from each unit.</p>			
<p>Course Objectives:</p> <ol style="list-style-type: none"> 1. To orient the students with the theoretical perspective of the Organizing Guidance Program. 2. To familiarize the students with the Organization of Guidance Program in School setup. 3. To orient the students with basic concepts of Educational and Vocational Guidance. 4. To acquaint the students with the initiation of the Counselling Process. 5. To orient the students with the Goal Settings in the Counselling Process. 			
<p>Course Outcomes:</p> <ol style="list-style-type: none"> 1. Students will gain knowledge of the theoretical perspective of the Organization of Guidance Program. 2. Students will develop an understanding of the Organization of Guidance Program in School setup. 3. Students will be able to acquire conceptual knowledge of Educational and Vocational Guidance. 4. Students will be able to develop an understanding of the initiation of the Counselling Process. 6. Students will develop an understanding of Goal Setting in the Counselling Process. 			
Unit - I			
<p>Organization of Guidance Program: Need, Objectives, Principles Organization of a Guidance Program: Primary School Stage and Secondary Stage.</p>			
Unit - II			
<p>Educational Guidance: Nature, Functions, Counsellor as Educational Consultant; Vocational Guidance: Nature, Theories: Holland's and Super Vocational Choice, Collection and Dissemination of Career Information.</p>			
Unit - III			
<p>The Counselling Process I: Inviting and building the counselling relationship, Core Conditions of the counselling, Counsellor's actions impeding the counselling session.</p>			

Unit – IV

Counselling Process II: Goals and methods of In-depth exploration, Commitment to action, Termination.

Suggested Readings:

1. Bhatnagar, A., & Gupta, N. (1999). *Guidance & Counselling: A Practical Approach (Vol. I & II)*. New Delhi: Vikas.
2. Gelso, C., & Fretz, B. (2001). *Counselling Psychology*. USA: Harcourt College.
3. Gibson, R. L., & Mitchell, M. H. (2008). *Introduction to Counselling and Guidance*. Delhi: PHI Learning.
4. Sharma, R. A. (2007). *Fundamentals of Guidance and Counselling*. Meerut: R. Lall Book
5. Welfel, E.R., & Patterson, L.E. (2005). *The Counselling Process: A Multitheoretical Integrative Approach*. New Delhi: Cengage Learning India.

Name of the Department/Centre/Institute—**Department of Psychology**

Name of the Minor Course—**Practicals**

Offered in semester—**8th Semester**

Course Code	26PSY508MI01	Course Credits	1
Max. Marks	25	Time of end term examination	3 Hours
Internal Assessment	05		
Practical Examination	20		

Note:

1. Students have to conduct and report at least **Two (2)** practicals.
2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.

List of Practicals

1. Adjustment in School Setup
2. Youth Problem Inventory
3. VIR
4. Self-Concept
5. Self-Disclosure
6. Case Study (Educational/Vocational Guidance)