

**SYLLABI AND SCHEME OF
EXAMINATIONS
FOR
UNDERGRADUATE PROGRAMME
(SINGLE MAJOR IN PSYCHOLOGY)
B.A. (Psychology)**

(Based on Curriculum and Credit Framework for UG Programs under NEP)



**WITH EFFECT FROM
THE
SESSION 2024-25**

**MAHARSHI DAYANAND UNIVERSITY
ROHTAK (HARYANA)**

Program Specific Outcomes

Learning Outcomes:

1. Students would gain theoretical knowledge of basic psychological principles related to adjustment in their personal and social lives and the skills to update their wellness.
2. Students would gain knowledge of the basics of social psychology, health psychology, criminal psychology, neuropsychology, industrial and organizational psychology.
3. Students would be well acquainted with the basics of research methodology in the realm of social sciences.
4. Students would be familiarized with the basics of positive psychology and guidance and counseling to deal with their day-to-day issues.
5. Students would get an understanding of remedial aspects of psychological disorders to have a good adjustment in life.
6. Students would learn about the techniques to enhance community development in the current world.
7. Students would understand how psychology can be applied to solve problems facing humankind.

Credit Structure for Undergraduate Programmes (Single Major in Psychology)

Semester	Discipline-Specific Courses (DSC) / Major Course	Minor(MIC)/ Vocational (VOC)/ Skill Enhancement Courses (SEC)/ Internship	Multidisciplinary courses (MDC)	Ability Enhancement courses (AEC)	Dissertation	Value-Added Courses (VAC)	Total Credits
I	Fundamentals of Psychology	Introduction to Psychology	Common Pool	AEC1 @ 2 credits	-----	Common Pool	22
	Social Psychology	Life Skills Development					
II	Developmental Psychology	Fundamentals of Social Psychology	Common Pool	AEC2 @ 2 credits	-----	Common Pool	22
	Applied Social Psychology	Elementary Statistics					
Students exiting the programme after second semester and securing 48 credits including 4 credits of summer internship will be awarded UG Certificate in the relevant Discipline/Subject							
III	Cognitive Processes	Introduction to Positive Psychology	Common Pool	AEC3 @ 2 credits		Common Pool	22
	Research Methods in Psychology	Psychology of Humor					
IV	Introduction to Health Psychology	Promoting Health	-----	AEC4 @ 2 credits	-----	Common Pool	24
	Basics of Guidance and Counselling						
	Psychological Assessment and Testing						
	Practicals						
Students exiting the programme after fourth semester and securing 94 credits including 4 credits of summer internship will be awarded UG Diploma in the relevant Discipline/Subject							

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024

v	Biological Basis of Behaviour	Psychology of Community Development	-----	-----	-----	-----	24
	Understanding and Dealing with Psychological Disorders						
	Introduction to Criminal and Forensic Psychology	Internship#					
	Practicals						
vi	Introduction to Industrial Psychology	Media Psychology	-----	-----	-----	-----	22
	Neuro Psychology						
	Applied Areas of Psychology	Psychology of Group Dynamics					
	Practicals						
Students will be awarded 3-year UG Degree in relevant major Discipline/Subject upon securing 136 credits.							
vii	Theoretical Perspectives of Psychology I	Positive Psychology Or Introduction to Guidance & Counseling Skills (SEC)	-----	-----	-----	-----	24
	Experimental Psychology						
	Advanced Social Psychology						
	Research Methods, Design and Statistics						

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024

	Practicals						
VIII (4yr UG Hon.)	Theoretical Perspectives of Psychology II	Psychological Testing (SEC)	-----	-----	-----	-----	24
	Health Psychology						
	Sports and Exercise Psychology						
	Psychological Assessment						
	Practicals						
VIII (4yr UG Hon. with Research)	Theoretical Perspectives of Psychology II	Psychological Testing (SEC)	-----	-----	Research project/ Dissertation***	-----	24
	Health Psychology					TOTAL CREDITS	184

Note:

Four credits of internship earned by a student during summer internship after 2nd semester or 4th semester will be counted in 5th semester of a student who pursue 3 year UG Programmes without taking exit option.

*** Students who secure 75% marks and above in the first six semesters and wish to undertake research at the undergraduate level can choose a research stream in the fourth year. They should do a research project or dissertation under the guidance of a faculty member of the University/College. The research project/dissertation will be in the major discipline. The students, who secure 180 credits (184 credits in case of single major), including 12 credits from a research project/dissertation, are awarded UG Degree (Honours with Research). The students who secure 75% marks in first six semesters will be eligible to pursue UG Degree (Hons. with Research).

MAHARSHI DAYANAND UNIVERSITY ROHTAK
DEPARTMENT OF PSYCHOLOGY
(NAAC Accredited – A+ Grade)

Scheme of Examination and Credit Structure for Undergraduate Program as per NEP-2020
(Single Major in Psychology)
w.e.f. Academic Session 2024-25

Semester	Course Type	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
				L	T	P			L	T		P		Theory	
							Internal				External				
	Semester I														
Semester- I	DSC-1	Fundamentals of Psychology	24PSYS401DS01	3	0	1	4	3	0	2	5	25	50	25	100
	DSC-2	Social Psychology	24PSYS401DS02	3	0	1	4	3	0	2	5	25	50	25	100
	MIC-1	Introduction to Psychology	24PSY401MI01	3	0	1	4	3	0	2	5	25	50	25	100
	SEC-1	Life Skills Development	24PSY401SE01	3	0	0	3	3	0	0	3	25	50	---	75
	MDC-1	Common Pool		---	---	--	3	--	--	-	--	--	--	--	75
	VAC-1	Common Pool		---	---	--	2	--	--	-	--	--	--	--	50

L: Lecture; T: Tutorial; P: Practical

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024																
Semester	Course Type	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks	
				L	T	P			L	T		P		Theory		Practical
							Internal				External					
	Semester II															
Semester II	DSC-3	Developmental Psychology	24PSYS402DS01	3	0	1	4	3	0	2	5	25	50	25	100	
	DSC-4	Applied Social Psychology	24PSYS402DS02	3	0	1	4	3	0	2	5	25	50	25	100	
	MIC-2	Fundamentals of Social Psychology	24PSY402MI01	3	0	1	4	3	0	2	5	25	50	25	100	
	SEC-2	Elementary Statistics	24PSY402SE01	3	0	0	3	3	0	0	3	25	50	---	75	
	MDC-2	Common Pool		---	---	--	3	--	--	-	--	--	--	--	75	
	VAC-2	Common Pool		---	---	--	2	--	--	-	--	--	--	--	50	

L: Lecture; T: Tutorial; P: Practical

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024

Semester	Course Type	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks		
				L	T	P			L	T		P		Theory		Practical	
														Internal			External
	Semester III																
Semester III	DSC-5	Cognitive Processes	25PSYS403DS01	3	0	1	4	3	0	2	5	25	50	25	100		
	DSC-6	Research Methods in Psychology	25PSYS403DS02	3	0	1	4	3	0	2	5	25	50	25	100		
	MIC- 3	Introduction to Positive Psychology	25PSY403MI01	2	0	2	4	2	0	4	6	15	35	50	100		
	SEC-3	Psychology of Humor	25PSY403SE01	1	0	2	3	1	0	4	5	5	20	50	75		
	MDC-3	Common Pool		---	---	--	3	--	--	-	--	--	--	--	75		
	VAC-3	Common Pool		---	---	--	2	--	--	-	--	--	--	---	50		

L: Lecture; T: Tutorial; P: Practical

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024

Semester	Course Type	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks			Total Marks
				L	T	P		L	T	P		Theory		Practical	
												Internal	External		
	Semester IV														
Semester IV	DSC-7	Introduction to Health Psychology	25PSYS404DS01	4	0	0	4	4	0	0	4	30	70	--	100
	DSC-8	Basics of Guidance and Counselling	25PSYS404DS02	4	0	0	4	4	0	0	4	30	70	--	100
	DSC-9	Psychological Assessment and Testing	25PSYS404DS03	4	0	0	4	4	0	0	4	30	70	--	100
	DSC-10	Practicals	25PSYS404DS04	0	0	4	4	0	0	8	8	--	--	100	100
	MIC-4 (VOC)	Promoting Health	25PSY404MV01	2	0	2	4	2	0	4	6	15	35	50	100
	VAC-4	Common Pool		---	---	--	2	--	--	-	--	--	--	--	50

L: Lecture; T: Tutorial; P: Practical

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024

Semester	Course Type	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks				Total Marks
				L	T	P			L	T		P		Theory		
							Internal				External					
	Semester V															
Semester V	DSC-11	Biological Basis of Behaviour	26PSYS405DS01	4	0	0	4	4	0	0	4	30	70	--	--	100
	DSC-12	Understanding and Dealing with Psychological Disorders	26PSYS405DS02	4	0	0	4	4	0	0	4	30	70	--	--	100
	DSC-13	Introduction to Criminal and Forensic Psychology	26PSYS405DS03	4	0	0	4	4	0	0	4	30	70	--	--	100
	DSC-14	Practicals	26PSYS405DS04	0	0	4	4	0	0	8	8	--	--	100		100
	MIC- 5 (Voc.)	Psychology of Community Development	26PSY405MV01	2	0	2	4	2	0	4	6	15	35	50		100
	Internship	Internship	26PSY405IN01	---	---	--	4	--	--	-	--	--	--	30	70	100

L: Lecture; T: Tutorial; P: Practical

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024

Semester	Course Type	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks				Total Marks	
				L	T	P			L	T		P		Theory			Practical
														Internal	External		
	Semester VI																
Semester VI	DSC-15	Introduction to Industrial Psychology	26PSYS406DS01	4	0	0	4	4	0	0	4	30	70	--	--	100	
	DSC-16	Neuro Psychology	26PSYS406DS02	4	0	0	4	4	0	0	4	30	70	--	--	100	
	DSC-17	Applied Areas of Psychology	26PSYS406DS03	4	0	0	4	4	0	0	4	30	70	--	--	100	
	DSC-18	Practicals	26PSYS406DS04	0	0	4	4	0	0	8	8	--	--	100		100	
	MIC- 6 (VOC)	Media Psychology	26PSY406MV01	2	0	2	4	2	0	4	6	15	35	50		100	
	SEC-4	Psychology of Group Dynamics	26PSY406SE01	2	0	0	2	2	0	0	2	15	35	--	---	50	

L: Lecture; T: Tutorial; P: Practical

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024

Semester	Course Type	Nomenclature Of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks				Total Marks	
				L	T	P			L	T		P		Theory			Practical
														Internal	External		
	Semester VII																
Semester VII	DSC-H1	Theoretical Perspectives of Psychology I	24PSY201DS01	4	0	0	4	4	0	0	4	30	70	--	--	100	
	DSC-H2	Experimental Psychology	24PSY201DS02	4	0	0	4	4	0	0	4	30	70	--	--	100	
	DSC-H3	Advanced Social Psychology	24PSY201DS03	4	0	0	4	4	0	0	4	30	70	--	--	100	
	DSC-H4	Research Methods, Design and Statistics	24PSY201DS04	4	0	0	4	4	0	0	4	30	70	--	--	100	
	DSC-H5	Practicals	24PSY201DS05	0	0	4	4	0	0	8	8	--	--	100		100	
	SEC-5	Positive Psychology or Introduction to Guidance and Counseling Skills	24PSY201SE01 24PSY201SE02	4	0	0	4	4	0	0	4	30	70	--	--	100	

L: Lecture; T: Tutorial; P: Practical

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024

Semester	Course Type	Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks				Total Marks
				L	T	P		L	T	P		Theory		Practical		
							Internal				External					
	Semester VIII (4 Years UG Hons.)															
Semester VIII (4 Years UG Hons.)	DSC-H6	Theoretical Perspectives of Psychology II	24PSY202DS01	4	0	0	4	4	0	0	4	30	70	--	--	100
	DSC-H7	Health Psychology	24PSY202DS02	4	0	0	4	4	0	0	4	30	70	--	--	100
	DSC-H8	Sports and Exercise Psychology	24PSY202DS03	4	0	0	4	4	0	0	4	30	70	--	--	100
	DSC-H9	Psychological Assessment	24PSY202DS04	4	0	0	4	4	0	0	4	30	70	--	--	100
	DSC-H10	Practicals	24PSY202DS05	0	0	4	4	0	0	8	8	--	--	100		100
	SEC-6	Psychological Testing	24PSY202SE01	4	0	0	4	4	0	0	4	30	70	--	--	100
Semester VIII (4 Years UG Hons. With Research)																
Semester VIII (4 Years UG Hons. With Research)	DSC-H6	Theoretical Perspectives of Psychology II	24PSY202DS01	4	0	0	4	4	0	0	4	30	70	--	--	100
	DSC-H7	Health Psychology	24PSY202DS02	4	0	0	4	4	0	0	4	30	70	--	--	100
	SEC-6	Psychological Testing	24PSY202SE01	4	0	0	4	4	0	0	4	30	70	--	--	100
	Research project/ Dissertation	Research project/ Dissertation	27PSY408PD01	-	-	-	12	--	-	-	-	-	-	90	210	300

L: Lecture; T: Tutorial; P: Practical

Syllabi for Under Graduate Programme (Single Major in Psychology)

Semester -I

Part A: Theory - 75 Marks
Part B: Practicals - 25 Marks
Total Marks - 100 Marks

Part A: Theory

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Fundamentals of Psychology	Course Code	24PSYS401DS01
Hours per Week	3	Credits	3 (L:3 T:0 P:0)
Maximum Marks	75 (Internal 25 and External 50)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students will gain theoretical knowledge of historical developments in the field of psychology. CLO 2: Students will gain knowledge regarding the concept of personality. CLO 3: Students will gain knowledge about the theoretical perspectives of motives. CLO 4: Students will gain knowledge about various theoretical perspectives of emotions. CLO 5: Students will develop a conceptual understanding of intelligence.			
Unit 1: Introduction: - Definition, Historical origins of Psychology, goals and fields of psychology. Methods in Psychology: Experimental, Observation, Interview, Questionnaire and Case Study.			
Unit 2: Personality: Nature, Major Approaches- Trait and Type, Psychodynamic, Behavioural and Humanistic.			
Unit 3: Motivation: Nature, Biological and Psychosocial Motives, Frustration and Conflict. Emotion: Nature, Bodily changes, Theories of Emotion: James-Lange, Cannon-Bard and, Schachter-Singer.			
Unit 4: Intelligence: Nature, Theories: Guilford, Gardener and Sternberg.			

References:

1. Atkinson, R.L., & Atkinson, R.L. (1985). *Introduction to Psychology*. HBJ Publishers.
2. Ciccarelli, S.K., & White, J.N. (2018). *Psychology*. Pearson Education.
3. Nolen-Hoeksema, S., Fredrickson, B., Loftus, G.R., & Lutz, C. (2014). *Alkinson's Hilgard Introduction to Psychology*. Cengage.
4. Pundit, S., (2022). *Introduction to Psychology*. Sage Publications.
5. Singh, A.K. (2009). *Ucchatar Samanya Manovigyan*. Motilal Banarsidass.
6. Singh, A.K. (2006). *Adhunik Samanya Manovigyan: Modern General Psychology*. (Hindi, English). Motilal Banarsidass.
7. Singh, A.K. (2007) *Saral Vyavaharik Manovigyan* (Hindi, English). Motilal Banarsidass.
8. Singh, R. & Shyam, R. (2008). *Adhunik Sangyanatmak Manovigyan*. Haryana Sahitya Akadami.

Part B: Practicals

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Fundamentals of Psychology	Course Code	24PSYS401DS01
Hours per Week	2	Credits	1 (L:0 T:0 P:1)
Maximum Marks	25	Time of Examinations	3 Hours

Note:

1. Students have to conduct and report at least **Five (5)** practicals.
2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.

Course Learning Outcomes (CLO):

CLO 1: Students would acquire the ability to administer, interpret and report psychological tests.

List of Practicals

1. Verbal Test of Intelligence
2. Performance Test of Intelligence
3. Observation Test
4. Test of Motivation
5. Case Study
6. RPM
7. Assessment of Emotions
8. EPI/EPQ

Semester -I

Part A: Theory	-	75 Marks
Part B: Practicals	-	25 Marks
Total Marks	-	100 Marks

Part A: Theory

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Social Psychology	Course Code	24PSYS401DS02
Hours per Week	3	Credits	3 (L:3 T:0 P:0)
Maximum Marks	75 (Internal 25 and External 50)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students will develop an understanding of the nature and methods of social psychology. CLO 2: Students will acquire knowledge about the process of socialization. CLO 3: Students will gain knowledge about social influences on behaviour. CLO 4: Students will acquire the knowledge of conflict resolution techniques. CLO 5: Students will be apprised of pro-social behaviour and prevention of aggressive behaviour			
Unit 1: Introduction: Nature and Subject-matter; Methods: Sociometry and Case study. Socialization: Nature, Process and Agents of Socialization.			
Unit 2: Social Influence: Meaning and Nature of Compliance, Conformity and Obedience. Prejudice: Nature, Development and Stereotypes.			
Unit 3: Social Processes: Meaning of Cooperation and Conflict, Conflict Resolution Techniques. Social Perception: Impression Formation, Attribution Theory: Heider.			
Unit 4: Aggression: Nature, Determinants and Prevention. Pro-Social Behaviour: Nature, Determinants of Pro-Social Behaviour, Empathy- Altruism Hypothesis, Negative State Relief Hypothesis.			

References:

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

Part B: Practicals

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Social Psychology	Course Code	24PSYS401DS02
Hours per Week	2	Credits	1 (L:0 T:0 P:1)
Maximum Marks	25	Time of Examinations	3 Hours
Note: 1. Students have to conduct and report at least Five (5) practicals. 2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.			
Course Learning Outcomes (CLO): CLO 1: Students would acquire the ability to administer, interpret and report psychological tests.			
List of Practicals 1. Sociometry 2. Social Facilitation / Loafing 3. Social Conformity 4. Aggression / Anger Expression 5. Conflict Resolution 6. Altruism/ Helping Attitude Scale 7. Case Study 8. Attribution Scale 9. Prejudice / Stereotypes			

Semester -I

Part A: Theory - 75 Marks
Part B: Practicals - 25 Marks
Total Marks - 100 Marks

Part A: Theory

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Introduction to Psychology	Course Code	24PSY401MI01
Hours per Week	3	Credits	3 (L:3 T:0 P:0)
Maximum Marks	75 (Internal 25 and External 50)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students will gain theoretical knowledge of historical developments in the field of psychology. CLO 2: Students will gain knowledge regarding the concept of personality. CLO 3: Students will gain knowledge about the theoretical perspectives of motives. CLO 4: Students will gain knowledge about various theoretical perspectives of emotions. CLO 5: Students will develop a conceptual understanding of intelligence.			
Unit 1: Introduction: - Definition, Historical origins of Psychology, goals and fields of psychology. Methods in Psychology: Experimental, observation, Interview, Questionnaire and Case Study.			
Unit 2: Personality: Nature, Factors influencing Personality, Major Approaches- Trait and Type, Psychodynamic, Behavioural and Humanistic.			
Unit 3: Motivation: Nature, Biological and Psychosocial Motives, Frustration and Conflict. Emotion: Nature, Bodily changes, Theories of Emotion: James-Lange, Cannon-Bard and Schachter-Singer.			
Unit 4: Intelligence: Nature, Theories: Spearman, Guilford, Gardener and Sternberg.			

References:

1. Atkinson, R.L., & Atkinson, R.L. (1985). *Introduction to Psychology*. HBJ Publishers.
2. Ciccarelli, S.K., & White, J.N. (2018). *Psychology*. Pearson Education.
3. Nolen-Hoeksema, S., Fredrickson, B., Loftus, G.R., & Lutz, C. (2014). *Alkinson's Hilgard Introduction to Psychology*. Cengage.
4. Pundit, S., (2022). *Introduction to Psychology*. Sage Publications.
5. Singh, A.K. (2009). *Ucchatar Samanya Manovigyan*. Motilal Banarsidass.
6. Singh, A.K. (2006). *Adhunik Samanya Manovigyan: Modern General Psychology*. (Hindi, English). Motilal Banarsidass.
7. Singh, A.K. (2007) *Saral Vyavaharik Manovigyan* (Hindi, English). Motilal Banarsidass.
8. Singh, R., & Shyam, R. (2008). *Adhunik Sangyanatmak Manovigyan*. Haryana Sahitya Akadami.

Part B: Practicals

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Introduction to Psychology	Course Code	24PSY401MI01
Hours per Week	2	Credits	1 (L:0 T:0 P:1)
Maximum Marks	25	Time of Examinations	3 Hours
Note: 1. Students have to conduct and report at least Five (5) practicals. 2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.			
Course Learning Outcomes (CLO): CLO 1: Students would acquire the ability to administer, interpret and report psychological tests.			
List of Practicals 1. Verbal Test of Intelligence 2. Performance Test of Intelligence 3. Observation Test 4. Test of Motivation 5. Case Study 6. RPM 7. Assessment of Emotions 8. EPI/EPQ			

Semester -I

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Life Skills Development	Course Code	24PSY401SE01
Hours per Week	3	Credits	3
Maximum Marks	75 (Internal 25 and External 50)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students will gain knowledge of the concept of life skills. CLO 2: Students will gain knowledge of various types of life skills. CLO 3: Students will gain knowledge about life skills for self-understanding and self-management. CLO 4: Students will develop a conceptual understanding of life skills for knowing and living with others. CLO 5: Students will develop a conceptual understanding of the life skills dealing with issues and problems.			
Unit 1: Life Skills: Concept, Definition and Categories of Life Skills.			
Unit 2: Life Skills for Self- Understanding: Self-esteem, Self-efficacy and Self-Regulation.			
Unit 3: Life Skills for Interpersonal Management: Effective Communication skills, Interpersonal Relations skills and Conflict Resolution skills and Assertiveness Training.			
Unit 4: Life Skills Dealing with Issues and Problems: Critical Thinking, Creative Thinking and Problem Solving.			
References: 1. Coll (2012). <i>Life Skills: How To Do Almost Anything</i>. Agate Digital. 2. DeJaeghere J., & Murphy, G. E. (2021). <i>Life Skills Education for Youth: Critical Perspectives</i>. Springer International Publishing. 3. Joseph, K.S. (2008). <i>Equip Yourself with Life Skills</i>. Better Yourself Books. 4. Sharma, P. (2021). <i>Soft Skills Personality Development for Life Success</i>. BPP Publications.			

Syllabi for Under Graduate Programme (Single Major in Psychology)

Semester -II

Part A: Theory	-	75 Marks
Part B: Practicals	-	25 Marks
Total Marks	-	100 Marks

Part A: Theory

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Developmental Psychology	Course Code	24PSYS402DS01
Hours per Week	3	Credits	3 (L:3 T:0 P:0)
Maximum Marks	75 (Internal 25 and External 50)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would understand the basic concepts of human development. CLO 2: Students would attain an understanding of the developmental processes of prenatal and infancy. CLO 3: Students would understand the various developmental characteristics and problems of adolescence. CLO 4: Students would acquire knowledge regarding the concept of cognitive development. CLO 5: Students would attain an understanding of the importance of moral behaviour in human life.			
Unit 1: Human Development: Nature, Principles of Development and Methods and Designs in Human development:- Observation, Interview and Case Study, Designs-Cross sectional and Longitudinal. Genetic and Environmental Foundation: Genetic Foundation of Development, Environmental Contexts for Development and Relationship between Heredity and Environment.			
Unit 2: Prenatal Development: Period of prenatal development, Prenatal environmental influences, Birth Complications and maternal health at risk. Infancy: Characteristics, development and problems of infancy. Childhood: Characteristics and problems of childhood.			

Unit 3: Adolescence: Nature, characteristics and problems of adolescence. Influences of Personal and Psychosocial factors on Adolescent Adjustment and Youth and its current status. Development of self: Self-concept, Identity and Self-esteem. Role of family, peers, school & media in development.
Unit 4: Cognitive development: Nature, Approaches- Piaget's Cognitive Development Theory, Behavioural and Environmental Influence of Cognitive Development, Language Development: Components, Prelinguistic, Phonological, Semantic and Grammatical and Pragmatic and Development of Metalinguistic Awareness. Moral development: Meaning, Kohlberg's Theory of Moral Development, Influences on Moral Reasoning and Moral Reasoning of Young Children.
References: 1. Berk, L.E. (2018). <i>Development Through the Lifespan</i>. Pearsons. 2. Berk, L.E. (2013). <i>Child Development</i>. Pearsons. 3. Levin, L.E., & Munsch, J. (2014). <i>Child Development: An Active Learning Approach</i>. Sage Publication. 4. Papalia, D.E., Olds, S.W., & Feldman, R.D. (2009). <i>Human Development</i>. McGraw-Hill. 5. Santrok, J.W. (2012). <i>Development: Infancy Through Development</i>. McGraw-Hill. 6. Steinberg, L., Vandell, D. L., & Bornstein, M. (2011). <i>Development: Infancy Through Adolescence</i>. Wadsworth Cengage Learning.

Part B: Practicals

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Developmental Psychology	Course Code	24PSYS402DS01
Hours per Week	2	Credits	1 (L:0 T:0 P:1)
Maximum Marks	25	Time of Examinations	3 Hours
Note: 1. Students have to conduct and report at least Five (5) practicals. 2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.			
Course Learning Outcomes (CLO): CLO 1: Students would acquire the ability to administer, interpret and report psychological tests.			
List of Practicals 1. Test of Special Population 2. Home Environment 3. Self -Concept 4. Youth Problem 5. School/College Adjustment 6. Family Relationship/Parenting Styles 7. Emotional Maturity/Social Maturity 8. Self-Esteem 9. Moral Behaviour			

Semester -II

Part A: Theory - 75 Marks
Part B: Practicals - 25 Marks
Total Marks - 100 Marks

Part A: Theory

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Applied Social Psychology	Course Code	24PSYS402DS02
Hours per Week	3	Credits	3 (L:3 T:0 P:0)
Maximum Marks	75 (Internal 25 and External 50)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students will develop an understanding of the concept of group behaviour. CLO 2: Students will develop an understanding of the concept of prejudice and discrimination. CLO 3: Students will learn about social psychology's applications to legal and work settings. CLO 4: Students will learn about social psychology's applications to health settings. CLO 5: Students will learn about social psychology's applications in political settings.			
Unit 1: Groups: Nature, Types and Functions, Task Performance, Decision making by Groups, Potential dangers of Group Decision making.			
Unit 2: Prejudice and Discrimination: Nature, Sources and Techniques to reduce prejudice. Interpersonal Attraction: Initial factors in Attraction Process, Close Relationships, Marital Relationships.			
Unit 3: Applying Social Psychology to Legal System: Media and Perceptions about Crime, Eyewitness testimony, Factors Influencing Juror Judgment. Applying Social Psychology to Work and Business: Work-related attitudes, Job Interviews: Impression Management, Conflicts in Work Setting.			
Unit 4: Applying Social Psychology to Health: Dealing with Health- Related Information, Stress and Illness, Active Steps to Cope with Stress, Coping with Medical Care. Applying Social Psychology to Politics: Political Activism, Media Effects, Voter Behaviour, Choosing a Candidate, Characteristics of a Leader, Leadership Styles.			

References:

1. Aronson, E. (2011). *The Social Animal* (11th ed.). Worth Publishers.
2. Baron, R. A., & Branscombe, N. R. (2016). *Social Psychology* (14th ed.). Pearson/Allyn and Bacon.
3. Baron, R. A., & Byrne, D. (2003). *Social Psychology* (10th ed.). Prentice Hall.
4. Baron, R.A., Byrne, D., & Johnson, B.T. (1998). *Exploring Social Psychology*. Allyn and Bacon.
5. Baron, R.A., Branscombe, N.R., Byrne, D., & Bhardwaj, G. (2012). *Fundamentals of Social Psychology*. Pearson Education.
6. Myers, D.G., Sahajpal, P., & Behera, P. (2012). *Social Psychology*. Tata McGraw-Hill.
7. Worchel, S., Cooper, J., Goethals, G.R., & Olsons, J.M. (2000). *Social Psychology*. Wadsworth/Thomson.

Part B: Practicals

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Applied Social Psychology	Course Code	24PSYS402DS02
Hours per Week	2	Credits	1 (L:0 T:0 P:1)
Maximum Marks	25	Time of Examinations	3 Hours
Note: 1. Students have to conduct and report at least Five (5) practicals. 2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.			
Course Learning Outcomes (CLO): CLO 1: Students would acquire the ability to administer, interpret and report psychological tests.			
List of Practicals 1. Leadership Styles 2. Test of Prejudice 3. Marital Satisfaction 4. Impression Management Scale 5. Interpersonal Attraction Scale 6. Work Place Interpersonal Conflict 7. Organizational Role Stress Scale 8. Experience in Close Relationship Scale 9. Marital Adjustment Scale			

Semester -II

Part A: Theory - **75 Marks**
Part B: Practicals - **25 Marks**
Total Marks - **100 Marks**

Part A: Theory

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Fundamentals of Social Psychology	Course Code	24PSY402MI01
Hours per Week	3	Credits	3 (L:3 T:0 P:0)
Maximum Marks	75 (Internal 25 and External 50)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students will develop an understanding of the nature and methods of social psychology. CLO 2: Students will acquire knowledge about the process of socialization. CLO 3: Students will gain knowledge about Social Influences on behaviour and the process of attitude change. CLO 4: Students will acquire the knowledge of conflict resolution techniques. CLO 5: Students will be apprised of pro-social behaviour and prevention of aggressive behaviour.			
Unit 1: Introduction: Nature and Subject-matter; Methods: Sociometry and Case study. Socialization: Nature, Process and Agents of Socialization.			
Unit 2: Social Influence: Asch's Conformity and Obedience. Attitude: Characteristics, Development and Attitude Change.			
Unit 3: Social Processes: Meaning of Cooperation and Conflict, Conflict Resolution Techniques. Social Perception: Impression Formation, Non-Verbal Communication.			
Unit 4: Aggression: Nature, Determinants and Controlling Techniques. Pro-Social Behaviour: Nature, Qualities of Pro-Social Behaviour: Individual, Cultural and Gender Differences.			

References:

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

Part B: Practicals

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Fundamentals of Social Psychology	Course Code	24PSY402MI01
Hours per Week	2	Credits	1 (L:0 T:0 P:1)
Maximum Marks	25	Time of Examinations	3 Hours

Note:

1. Students have to conduct and report at least **Five (5)** practicals.
2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.

Course Learning Outcomes (CLO):

CLO 1: Students would acquire the ability to administer, interpret and report psychological tests.

List of Practicals

1. Sociometry
2. Social Facilitation / Loafing
3. Social Conformity
4. Measurement of Attitude
5. Aggression / Anger Expression
6. Conflict Resolution
7. Altruism/ Helping Attitude Scale
8. Case Study
9. Attribution Scale

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024
Semester -II

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Elementary Statistics	Course Code	24PSY402SE01
Hours per Week	3	Credits	3
Maximum Marks	75 (Internal 25 and External 50)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students will gain knowledge of statistics and its applications. CLO 2: Students will gain knowledge to draw the frequency distribution. CLO 3: Students will gain knowledge about the graphical representation of data. CLO 4: Students will develop a conceptual understanding of measures of central tendencies. CLO 5: Students will develop a conceptual understanding of measures of variability.			
Unit 1: Statistics: Meaning, Types, Scope, and Advantages and Disadvantages of Statistics. Data: Meaning, Types-Primary and Secondary, Frequency Distribution.			
Unit 2: Graphical Representation of Data: Frequency Polygon, Histogram and Bar Diagram.			
Unit 3: Measures of Central Tendencies: Mean, Median and Mode.			
Unit 4: Measures of Variability: Meaning and Types, Standard Deviation and Quartile Deviation.			
References: 1. Garrett, H.E. (2012). <i>Statistics in Psychology and Education</i>, Green and Co. 2. Suleman, M. (2016). <i>Statistics in Psychology, Education and other Social Sciences</i>. Moti Lal Bnarsi Das. 3. Singh, R., & Shyam, R. (2008). <i>Comprehensive Statistics for Behavioural Sciences</i>. Sanjay Prakashan. 4. Singh, R., & Shyam, R. (2008). <i>Adhunik Sangyanatmak Manovigyan</i>. Haryana Sahitya Akadami.			

Syllabi for Under Graduate Programme (Single Major in Psychology)

Semester-III

Part A: Theory	-	75 Marks
Part B: Practicals	-	25 Marks
Total Marks	-	100 Marks

Part A: Theory

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Cognitive Processes	Course Code	25PSYS403DS01
Hours per Week	3	Credits	3 (L:3 T:0 P:0)
Maximum Marks	75 (Internal 25 and External 50)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would gain knowledge of the basic concepts of attentional processes. CLO 2: Students would develop an understanding of the learning paradigms. CLO 3: Students would be able to gain knowledge about the concept of memory. CLO 4: Students would gain knowledge of the theoretical perspectives of forgetting. CLO 5: Students would develop a conceptual understanding of the theoretical perspectives of problem solving.			
Unit 1: Attention: Attentional Processes, Selective and Divided Attention. Perception: Gestalt's Laws of organization, Perception of Depth.			
Unit 2: Learning: Classical Conditioning: Basic Procedure, Extinction, Spontaneous Recovery, Generalization and Discrimination. Operant conditioning: Reinforcement and reinforcement schedules, Punishment.			
Unit 3: Memory: Nature and Types: Sensory, Short and Long Term Memory. Forgetting: Decay and Interference: Retroactive and proactive.			
Unit 4: Thinking: Characteristics and Types; Reasoning: Inductive and deductive reasoning. Problem-Solving: Classifications of Problems, Problem-Solving Strategies, Problem-Solving Obstacles: Problem-Solving Set and Functional Fixedness.			

References:

1. Anderson, J. R. (2020). *Cognitive Psychology and Its Implications* / John R. Anderson. 9th edition. Worth Publishers.
2. Eysenck, M.W. (2012). *Fundamentals of Cognition*. Psychology Press.
3. Eysenck, M.W., & Brysbaert, M. (2018). *Fundamentals of Cognition* (3rd ed.). Routledge.
4. Galotti K. M. (2008). *Cognitive psychology in and out of the laboratory*. Wadsworth.
5. Goldstein, E. B. (2019). *Cognitive Psychology: Connecting Mind, Research, and Everyday Experience*. Cengage.
6. Jahnke, J.C., & Nowaczyk, R.H. (1998). *Cognitive Psychology*. Prentice Hall.
7. Nolen-Hoeksema, S., Fredrickson, B., Loftus, G.R., & Lutz, C. (2014). *Alkinson's Hilgard Introduction to Psychology*. Cengage.
8. Parkin, A. J. (2013). *Essential Cognitive Psychology*. T & F India.
9. Solso, R. L., MacLin, M. K., & MacLin, O. H. (2005). *Cognitive Psychology*. Pearson Education.

Part B: Practicals

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Cognitive Processes	Course Code	25PSYS403DS01
Hours per Week	2	Credits	1 (L:0 T:0 P:1)
Maximum Marks	25	Time of Examinations	3 Hours

Note:

1. Students have to conduct and report at least **Five (5)** practicals.
2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.

Course Learning Outcomes (CLO):

CLO 1: Students would acquire the ability to design, conduct and report experiments.

List of Practicals

1. Depth Perception
2. STM
3. LTM/ Paired Association Learning
4. Problem-Solving/ Tower of Hanoi
5. Span of Attention
6. Maze Learning
7. Selective Attention
8. Forgetting

Semester-III

Part A: Theory	-	75 Marks
Part B: Practicals	-	25 Marks
Total Marks	-	100 Marks

Part A: Theory

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Research Methods in Psychology	Course Code	25PSYS403DS02
Hours per Week	3	Credits	3 (L:3 T:0 P:0)
Maximum Marks	75 (Internal 25 and External 50)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would gain knowledge of various data collection techniques.
 CLO 2: Students would be able to learn about nature of problem and hypothesis.
 CLO 3: Students would gain knowledge about the research designs.
 CLO 4: Students would gain knowledge of the sampling techniques.
 CLO 5: Students would be able to learn the pattern of writing research report.

Unit 1:

Data Collection Techniques: Experimental, Observation, Questionnaire, Interview, Sociometry.

Unit 2:

Problem: Sources, Indicators and Characteristics of problems.
 Hypothesis: Nature, Types, Formulation and Criteria of good hypothesis.

Unit 3:

Variables: Types and Control of variables.
 Sampling Techniques- Probability and Non probability Sampling.

Unit 4:

Designs: Requirement of a good design; Within – Single Group Design, Two Group Design.
 Writing up a Research Report - APA Style.

References:

1. Broota, K.D. (2021). *Experimental Design in Behavioural Research*. Wiley-Eastern.
2. Gravetter, F.J., & Wallnau, L.B. (2009). *Statistics for the Behavioural Sciences*. Wadsworth.
3. Jackson, S. L. (2006). *Research Methods and Statistics: A Critical Thinking Approach*. Thomson-Wadsworth.
4. Mc Guigan, F.J. (1990). *Experimental Psychology: Methods of Research*. Prentice-Hall of India.
5. Pagano, R.R. (2007). *Understanding Statistics in the Behavioural Sciences*. Thomson-Wadsworth.
6. Singh, R., & Shyam, R. (2008). *Comprehensive Statistics for Behavioural Sciences*. Sanjay Pub.
7. Weathington, B.L., Cunnintgham, C.J.L., & Pittenger, D.J. (2010). *Research Methods for the Behavioral and Social Sciences*. John Wiley Pearson Education.

Part B: Practicals

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Research Methods in Psychology	Course Code	25PSYS403DS02
Hours per Week	2	Credits	1 (L:0 T:0 P:1)
Maximum Marks	25	Time of Examinations	3 Hours
Note: 1. Students have to conduct and report at least Five (5) practicals. 2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.			
Course Learning Outcomes (CLO): CLO 1: Students would acquire the ability to design, conduct and report experiments. CLO2: Students would acquire the ability to administer, interpret and report psychological tests.			
List of Practicals 1. Observation Schedule 2. Interview Schedule 3. Questionnaire from any area 4. Outline of APA research report 5. Reference Writing in APA Style 6. Plan and conduct any between-group experiment 7. Plan and conduct any within-group experiment			

Semester-III

Part A: Theory	-	50 Marks
Part B: Practicals	-	50 Marks
Total Marks	-	100 Marks

Part A: Theory

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Introduction to Positive Psychology	Course Code	25PSY403MI01
Hours per Week	2	Credits	2 (L:2 T:0 P:0)
Maximum Marks	50 (Internal 15 and External 35)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would gain knowledge about the basics of positive psychology. CLO 2: Theoretical knowledge about human virtues and positive emotional states would enable the students to understand the relationship of these concepts with well-being and undertake research in this area. CLO 3: Knowledge about the latent role played by positive cognitive states in boosting well-being would prove an asset to the students in their profession. CLO4: Students would understand the relevance and the benefits of pro-social behaviour. CLO 5: Students would understand the importance of positive emotional states in human life.			
Unit 1: Introduction to Positive Psychology: Origin, Assumptions and Goals of Positive Psychology.			
Unit 2: Character Strengths: Values in Action Classification.			
Unit 3: Positive Emotional States: Positive Emotional States- Past (Life satisfaction), Present (Happiness) and Future (Hope & optimism).			
Unit 4: Pro-Social Behaviour: Gratitude and Forgiveness.			
References: 1. Carr, A. (2022). <i>Positive Psychology: The Science of Well-being and Human Strengths</i>. Routledge. 2. Snyder, C, R., & Lopez, S.L. (2008). <i>Positive Psychology: The Scientific and Practical Explorations of Human Strengths</i>. Sage.			

Part B: Practicals

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Introduction to Positive Psychology	Course Code	25PSY403MI01
Hours per Week	4	Credits	2 (L:0 T:0 P:2)
Maximum Marks	50	Time of Examinations	3 Hours
Note: 1. Students have to conduct and report at least Five (5) practicals. 2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.			
Course Learning Outcomes (CLO): CLO 1: Students would acquire the ability to administer, interpret and report psychological tests.			
List of Practicals 1. Hope 2. Optimism 3. Self-Efficacy 4. Resilience 5. Gratitude 6. Forgiveness 7. Positive Negative Affect Schedule (PANAS) 8. Self Esteem 9. Wellbeing 10. Satisfaction with Life.			
Section B: Note: 1. Students have to create two personality profiles of any past / present individuals who display these qualities. Sources of materials could be newspapers, magazines, other articles, etc.			
Course Learning Outcomes (CLO): CLO 1: Students would acquire the ability to develop personality profiles through qualitative method.			
Personality Profiling: 1. Resilience 2. Wisdom 3. Humanity 4. Bravery			

Semester-III

Part A: Theory	-	25 Marks
Part B: Practicals	-	50 Marks
Total Marks	-	75 Marks

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Psychology of Humor	Course Code	25PSY403SE01
Hours per Week	1	Credits	1(L:1 T:0 P:0)
Maximum Marks	25 (Internal 5 and External 20)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would develop an understanding of the nature and effects of humor on mental health. CLO 2: Students would gain knowledge about the effect of humor on physical health. CLO 3: Students would gain knowledge about the effect of humor on mental health. CLO 4: Students would be able to understand the effect of humor on cognitive abilities. CLO 5: Students would gain knowledge about the applications of humor in wellbeing.			
Unit 1: Humor: Nature, Forms.			
Unit 2: Effects of Humor on Physical Health.			
Unit 3: Effects of Humor on Mental Health and Wellbeing.			
Unit 4: Effects of Humor on Cognition.			
References: - Gibson, J.M. (2019). <i>An Introduction to the Psychology of Humor</i>. Routledge. - Holland, N.N. (1982). <i>Laughing: A Psychology of Humor</i>. Cornell University Press. - Martin, R. A. (2007). <i>The Psychology of Humor: An Integrative Approach</i>. Elsevier Academic Press. - Romero E.J., & Cruthirds, K.W. (2006). The use of humor in the workplace. <i>Academy of Management Perspectives</i>, 20(2), 58-69. https://doi.org/10.5465/AMP.2006.20591005			

Part B: Practicals

Name of Program	Undergraduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Psychology of Humor	Course Code	25PSY403SE01
Hours per Week	4	Credits	2 (L:0 T:0 P:2)
Maximum Marks	50	Time of Examinations	3 Hours

Section A:**Note:**

1. Students have to write at least **Five (5)** profiles of tests.
2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva-voce.

Course Learning Outcomes (CLO):

CLO 1: Students would acquire the ability to administer, interpret and report psychological tests.

Profiling: - 05 tests profile from the following areas (Any of the areas may be repeated):

1. Humor
2. Style of Humor
3. Cheerfulness

Section B:

Note: Evaluation will be based on record file, and viva-voce.

Course Learning Outcomes (CLO):

CLO 1: Students would acquire the ability to understand and analyse humor in the situation through qualitative method.

Students have to conduct in-depth psychological analysis of two comedy movies/advertisement, etc.

(The content may include – A brief description of the content, type of humor, what created humor-person or situation, personality profile of the humorous character, and psychological aspects of humor).

Syllabi for Under Graduate Programme (Single Major in Psychology)

Semester -IV

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Introduction to Health Psychology	Course Code	25PSYS404DS01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would gain knowledge about the nature and goals of health psychology. CLO 2: Students would gain basic knowledge of endocrine, cardiovascular and respiratory systems. CLO 3: Students would develop an understanding of digestive and immune systems and their disorders. CLO 4: Students would be able to understand the role of behavioural factors in disease. CLO 5: Students would gain knowledge regarding coping and psychological interventions for chronic health disorders.			
Unit 1: Health Psychology: Nature, Need, Goals of Health Psychology. Health: Meaning, Illness/Wellness Continuum, Biopsychosocial Perspective on Health and Illness. Nervous System: Overview of nervous system and Nervous system disorders.			
Unit 2: Endocrine System: Overview of glands and disorders involving the Endocrine System. Cardiovascular System: Overview of Cardiovascular system and disorders of Cardiovascular system. Respiratory System: Overview of Respiratory system and disorders of Respiratory system.			
Unit 3: Digestive System: Overview of Digestive system and disorders of Digestive system. Immune System: Overview of Immune system and disorders related to Immune system.			
Unit 4: Health Behaviours: Role of behavioural factors in disease: Health behaviours and Health habits. Chronic Illnesses: Management, Coping and Psychological Interventions for Chronic Health disorders.			

References:

1. Anisman, H. (2016). *Health Psychology*. Sage.
2. Fiest, J., & Brannon, L. (2000). *Health Psychology: Introduction to Behaviour & Health*. Wadsworth.
3. Gurung, (2010). *Health Psychology: A Cultural Approach*. Wadsworth.
4. Marks, D., Murray, M., Evans, B., & Estacio, E.V. (2015). *Health Psychology: Theory, Research and Practice*. Sage.
5. Sarafino, E. P., & Smith, T.W. (2014). *Health Psychology: Biopsychosocial Interactions*. New York: Wiley.
6. Straub, R.O. (2017). *Health Psychology: A Biopsychosocial Approach*. Worth Publishers.
7. Taylor, S.E. (2015). *Health Psychology*. McGraw-Hill Education.

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024

Semester -IV

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Basics of Guidance and Counselling	Course Code	25PSYS404DS02
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would have an understanding of the nature and scope of guidance and counselling. CLO 2: Students would be able to understand the functions of educational guidance at different stages. CLO 3: Students would be able to understand the need and process of vocational guidance. CLO 4: Students would have an understanding of the nature and types of counselling. CLO 5: Students would be acquainted with the role and responsibility of the counsellor and the different approaches of counselling.			
Unit 1: Introduction to Guidance: Nature, Need, Areas, Scope, Principles, and Objectives of Guidance. Models of Guidance: Early, Later and Contemporary Models.			
Unit 2: Educational Guidance: Need, Objectives, Principles and Functions of Educational Guidance, Educational Guidance and its functions at Different Stages: Primary School Stage, Secondary and Higher Secondary Stages and College stage. Vocational Guidance: Objectives, Need, Process of Vocational Guidance.			
Unit 3: Introduction to Counselling: Meaning, Need, Goals, Types and Stages, Skills of counsellor, Values in counselling, Counselling and Psychotherapy, Counselling and related fields.			
Unit 4: Perspective on effective counselling: Fundamental precepts of Effective counselling, Ethics in counselling, Role and Responsibilities of a counsellor. Approaches of Counselling: Directive: Meaning, Basic Assumptions; Non-directive: Meaning, Basic Assumptions.			

References:

1. Bhatnagar, A. & Gupta, N. (1990). *Guidance and Counselling: A Practical Approach* (Vol. I & II). Vikas.
2. Gibson, R.L., & Mitchell, M.H. (2008). *Introduction to Counselling and Guidance*. PHI Learning.
3. Pietrofessa, J.J., Bernstein, B., Minor, J., & Stanford, S. (1980). *Guidance: An Introduction*. Ranel Mc Nally.
4. Rao, S.N. (1997). *Counselling and Guidance*. Tata McGraw Hill.
5. Sharma, R.A. (2007). *Fundamentals of Guidance and Counselling*. R. Lall Book.
6. Srivastava, K.K. (2003). *Principles of Guidance and Counselling*. Kanishka.
7. Welfel, E.R., & Patterson, L.E. (2005). *The Counselling Process: A Multitheoretical Integrative Approach*. Cengage Learning.

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024

Semester -IV

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Psychological Assessment and Testing	Course Code	25PSYS404DS03
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would gain knowledge about the nature and utility of psychological assessment and testing. CLO 2: Students would understand the importance of reliability, validity and norms in psychological testing. CLO 3: Students would develop an understanding of various tests of ability along with their applicability. CLO 4: Students would learn about self-report and projective personality measures. CLO 5: Students would develop an understanding of ethical issues involved in psychological testing.			
Unit 1: Psychological Measurement: Meaning, Difference between Psychological and Physical Measurement, Levels of Measurement. Test Construction: Steps in the process of test construction.			
Unit 2: Reliability: Meaning and Types of reliability. Validity: Meaning and Types of Validity. Norms: Meaning and Purpose.			
Unit 3: Psychological Testing: Nature, Historical Development, Types, and Uses of Psychological Tests. Intellectual and Aptitude Assessment: Wechsler Scale-WAIS, Differential Aptitude Test.			
Unit 4: Personality Testing: Nature and evaluation of Self-Report Inventories and Projective Techniques. Ethical issues in testing; Socio-cultural issues in testing.			

References:

1. Aiken, L.R., & Groth- Marnat, G. (2009). *Psychological Testing and Assessment*. Pearson.
2. Anastasi, A., & Urbina, S. (2016). *Psychological Testing*. Prentice- Hall.
3. Friedenberg, L. (1995). *Psychological Testing: Design, Analysis and Use*. Allyn and Bacon.
4. Gregory, R.J. (2018). *Psychological Testing: History, Principles, & Applications*. Pearson Education.
5. Husain, A. (2012). *Psychological Testing*. Pearson.
6. Miller, L.A., Lover, R.L., & McIntire, S.A. (2018). *Psychological Testing*. Sage.
7. Singh, A.K. (2019). *Tests, Measurements and Research Methods in Behavioural Sciences*. Bharati Bhawan.

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Practicals	Course Code	25PSYS404DS04
Hours per Week	8	Credits	4 (L:0 T:0 P: 4)
Maximum Marks	100	Time of Examinations	3 Hours

Note:

Each student would conduct/administer **Nine** experiments/ tests by selecting **three** from each of the areas mentioned below. The student would also prepare the profiles of Four tests /instruments. The list of exact problems would be decided by the concerned teacher/s.

It would be mandatory for each student to submit a record file containing a report of all experiments/tests and profiles duly signed by the respective teachers. During examination, each student will be assigned **two** practicals and **one** profile. Evaluation would be based on record file, performance and viva.

Course Learning Outcomes (CLO):

CLO1: Students would acquire the ability to administer, interpret and report psychological tests.

CLO 2: Students would become acquainted with basic psychological tests and instruments and would be able to use the knowledge in designing future research.

a) Tests

Section A: Introduction to Health Psychology

1. Health Habits
2. General Health Questionnaire
3. Health Behaviour Questionnaire
4. Physical Health Questionnaire/ Checklist
5. Wellbeing Scale

Section B: Basics of Guidance and Counselling

1. Guidance Needs Inventory
2. Youth Problem Inventory
3. School Environment
4. Study Habits/Evaluation
5. Vocational Interest Record

Section C: Psychological Assessment and Testing

1. Test-Retest Reliability
2. Any verbal test of intelligence
3. Any test of personality
4. Any non-verbal test of intelligence
5. Any aptitude test

b) Profiling of Instruments/Tests

Four profiles of Instruments/Tests (at least **Two** instruments) to be prepared. Details of instrument/test and its working/administration, scoring, interpretation, and application would be described.

Semester -IV

Part A: Theory	-	50 Marks
Part B: Practicals	-	50 Marks
Total Marks	-	100 Marks

Part A: Theory

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Promoting Health	Course Code	25PSY404MV01
Hours per Week	2	Credits	2 (L:2 T:0 P:0)
Maximum Marks	50 (Internal 15 and External 35)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would gain knowledge about the concept of health and wellbeing.

CLO 2: Students would gain knowledge of relaxation techniques.

CLO 3: Students would develop an understanding of the concept of cognitive restructuring skills.

CLO 4: Students would be able to understand the role of relaxation skills in the promotion of health.

CLO 5: Students would gain knowledge of coping skills in the promotion of health.

Unit 1:

Wellbeing: Concept and Types.

Unit 2:

Stress: Types, Sources, General Adaptation Syndrome.

Unit 3:

Relaxation techniques- Pranayama, Exercise, Mindfulness and Meditation, and Yoga.

Unit 4:

Coping techniques- Cognitive restructuring, Time Management, Communication Skills- Verbal and Non-verbal, Conflict Management styles.

References:

1. Anisman, H. (2016). *Health Psychology*. Sage.
2. Fiest, J., & Brannon, L. (2000). *Health Psychology: Introduction to Behaviour & Health*. Wadsworth.
3. Gurung, (2010). *Health Psychology: A Cultural Approach*. Wadsworth.
4. Marks, D., Murray, M., Evans, B., & Estacio, E.V. (2015). *Health Psychology: Theory, Research and Practice*. Sage.
5. Sarafino, E. P., & Smith, T.W. (2014). *Health psychology: Biopsychosocial Interactions*. New York: Wiley.
6. Seaward, B.L. (2009). *Managing Stress: Principles and Strategies for Health and Well-Being*. Jones and Bartlett Publishers.
7. Straub, R.O. (2017). *Health Psychology: A Biopsychosocial Approach*. Worth Publishers.
8. Taylor, S.E. (2015). *Health Psychology*. McGraw-Hill Education.

Part B: Practicals

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Promoting Health	Course Code	25PSY404MV01
Hours per Week	4	Credits	2 (L:0 T:0 P:2)
Maximum Marks	50	Time of Examinations	3 Hours
Note: 1. Students have to conduct and report at least Six (06) practicals. 2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.			
Course Learning Outcomes (CLO): CLO 1: Students would acquire the ability to administer, interpret and report psychological tests. CLO 2: Students would acquire the ability to experience mindfulness and meditation. CLO 3: Students would acquire the ability to experience benefits of Yoga. CLO 4: Students would acquire the ability to employ conflict resolution skills.			
List of Practicals 1. Perceived Stress Scale 2. Type A /B Personality Scale 3. Stress Coping scale 4. Daily Hassles scale 5. Demonstration of any Mindfulness/ Meditation Technique 6. Demonstration of Conflict resolution Technique 7. Demonstration of Yoga/ Surya Namaskar			
Section B: Note: Evaluation will be based on record file and viva.			
Course Learning Outcomes (CLO): CLO 1: Students would acquire the ability to understand and analyse health promotion benefits of various schemes through qualitative method.			
Students have to make a detailed report of any two Community or Government based health promotion activity or campaign. Details will be taken from multiple sources like newspapers, TV reports, online reports, etc.			

Syllabi for Under Graduate Programme (Single Major in Psychology)

Semester -V

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Biological Basis of Behaviour	Course Code	26PSYS405DS01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would gain knowledge of genetics and behaviour. CLO 2: Students would gain an understanding of the structure and functions of neurons. CLO 3: Students would understand the structure and functions of the nervous system. CLO 4: Students will be able to explain the neural mechanisms of hunger. CLO 5: Students would gain an understanding of the biological basis of perception and movement.			
Unit 1: Genetics and Behaviour: Chromosomes and genes, Dominant – Recessive genes and Sex-linked genes. Neuron: Structure and Function of Neuron, Types of Neuron.			
Unit 2: Nervous System: Central Nervous System: Structure and Function of Brain and Spinal cord. Peripheral Nervous System: Somatic Nervous System: Cranial and Spinal nerves. Autonomic Nervous System: Sympathetic and Parasympathetic Nervous System.			
Unit 3: Emotions: Physiological Correlates of Emotions, Theories of Emotions- James – Lange, Cannon-Bard. Hunger: Glucostatic and Lipostatic Set – point. Theories of Hunger. Neural mechanisms of Hunger.			
Unit 4: Biological Basis of Perception: Vision and Audition. Biological Basis of Movement: Sensorimotor system.			
References: 1. Carlson, N. R. (2013). <i>Physiological of Behaviour</i>. Pearson. 2. Kalat, J.W. (2019). <i>Biological Psychology</i>. Cengage. 3. Klein, S.B., & Thorne, B. M. (2006). <i>Biological Psychology</i>. Worth Publishers. 4. Levinthal, C.R. (1991). <i>Introduction to Physiological Psychology</i>. Prentice Hall. 5. Pinel, P.J. (2009). <i>Biopsychology</i>. (International edition). Pearson Education.			

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Understanding and Dealing with Psychological Disorders	Course Code	26PSYS405DS02
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would develop an understanding of psychological disorders and assessment techniques. CLO 2: Students would be able to diagnose and treat the population affected by anxiety-related disorders. CLO 3: Students would understand the various symptoms and treatment modalities of mood-related disorders and schizophrenia. CLO 4: Students would develop an understanding of personality disorders. CLO 5: Students would gain knowledge of alcohol-related disorders.			
Unit 1: Meaning of Psychological Disorders, Historical Concepts, Criteria of Abnormality, Causal Factors and Classification: Meaning and DSM. Clinical Assessment: Clinical Interview, Case Study and Mental Status Examination.			
Unit 2: Anxiety and Obsessive-Compulsive Disorders: Generalized Anxiety Disorder, Specific Phobia, Posttraumatic Stress Disorder and Obsessive-Compulsive Disorder. Somatic Symptoms and Dissociative Disorders: Somatic Symptoms Disorder- Illness Anxiety Disorder and Dissociative Disorder- Dissociative Identity Disorder.			
Unit 3: Mood Disorders: Major Depressive disorder, Bipolar Disorders (I and II). Schizophrenia and other Psychotic disorders.			
Unit 4: Substance-related and Addictive Disorders: Alcohol-related disorders, Drug Abuse and Dependence Personality disorders: Cluster A- Paranoid personality disorder, Cluster B- Antisocial personality disorder, and Cluster C- Avoidant personality disorder.			

References:

1. Barlow, D.H., Durand, V.M., & Hofmann, S.G. (2018). *Abnormal Psychology: An Integrative Approach*. Cengage.
2. Bennett, P. (2003). *Abnormal and Clinical Psychology*. Open University Press.
3. Carr, A. (2012). *Clinical Psychology: An Introduction*. Routledge.
4. Comer, R. J. (2003). *Abnormal Psychology*. Freeman.
5. *Diagnostic and Statistical Manual of Mental Disorders DSM- 5TM (5TH Ed.)* (2013). Washington: CBS Publishers & Distributors.
6. Hooley, J.M., Butcher, J.N., Nock, M.K., & Mineka, M. (2018). *Abnormal Psychology*. Pearson.
7. Raskin, J.D. (2018). *Abnormal Psychology: Contrasting Perspectives*. Bloomsbury Publishing.

Semester -V

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Introduction to Criminal and Forensic Psychology	Course Code	26PSYS405DS03
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
CLO1: Students would be able to explain the various perspectives of forensic psychology. CLO2: Students would gain knowledge about various types of offenders and understand the antecedents and consequences of crime. CLO3: Students would be able to understand the role of various agencies in reducing crime rate. CLO4: Students would be acquainted with the procedures for detecting lying and measures for prevention and control of crime. CLO5: Students would gain knowledge about the basics of Interrogation and false confessions.			
Unit 1: Forensic Psychology: Nature of Forensic Psychology, Relationship Between Psychology and the Law. Conflicts Between Psychology and the Law, The Future of the Relationship Between Psychology and the Law.			
Unit 2: Offender: Youthful sexual offenders, Nature and Theories of Rape. Sexual Offender: Mental illness and sexual predators, Models of pedophilia, The preconditions model, The sexualisation model.			
Unit 3: Techniques of Criminal Investigation: Criminal Profiling and Forensic Psychology, Definitions and Recurring Mysteries, Criminal Profiling, Approaches to Criminal Profiling. Procedures Used in Criminal Profiling, Hypnosis in Criminal Investigations, The Polygraph. Technique: Use of the Polygraph in Interrogation, A Psychological Analysis.			

Unit 4:

Interrogations and Confessions, Interrogation Procedures, The Goals of Interrogations, Do and Don't of police, The Psychological Process of Interrogation and Confession. The Forensic Psychologist and Police Interrogations, The Psychology of False Confessions, Types of False Confessions.

References:

1. Fulero, S.M., & Wrightman, L.S. (2009). *Forensic Psychology*. Woodworth
2. Howitt, D. (2002). *Forensic and Criminal Psychology*. Pearson.
3. Petherick, W.A., Turvey, B.E., & Ferguson, C.E. (2010). *Forensic Criminology*. Elsevier Academic Press.
4. Shipeay, S., & Arrigo, B. (2012). *Introduction to Forensic Psychology*. Academic Press.

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Practicals	Course Code	26PSYS405DS04
Hours per Week	8	Credits	4 (L:0 T:0 P: 4)
Maximum Marks	100	Time of Examinations	3 Hours

Note:

Each student would conduct/administer **Nine** experiments/ tests by selecting three from each of the areas mentioned below. The student would also prepare the profiles of Four tests /instruments. The list of exact problems would be decided by the concerned teacher/s.

It would be mandatory for each student to submit a record file containing a report of all experiments/tests and profiles duly signed by the respective teachers. During examination, each student will be assigned **two** practicals and **one** profile. Evaluation would be based on record file, performance and viva.

Course Learning Outcomes (CLO):

CLO 1: Students would be able to design, conduct and report experiments.

CLO 2: Students would acquire the ability to administer, interpret and report psychological tests.

CLO 3: Students would become acquainted with basic psychological tests and instruments and would be able to use the knowledge in designing future research.

a) Tests

Section A: Biological Basis of Behaviour

1. Tests of Emotions
2. Sound Localization
3. Blind Spot
4. Colour Blindness
5. Retinal Mapping
6. Stroop Test

Section B: Understanding and Dealing with Psychological Disorders

1. Assessment of Anxiety
2. Irrational Thoughts
3. Assessment of Depression
4. Assessment of Stress
5. Case Study/Clinical Interview

Section C: Introduction to Criminal and Forensic Psychology

1. Aggression
2. Anger Scale
3. Moral Disengagement
4. Attitude towards Crime/Violence (Semi-Structured Interview)
5. Lie Detection

b) Profiling of Instruments/Tests

Four profiles of Instruments/Tests (at least **Two** instruments) to be prepared. Details of instrument/test and its working/administration, scoring, interpretation, and application would be described.

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024
Semester -V

Part A: Theory - 50 Marks
Part B: Practicals - 50 Marks
Total Marks - 100 Marks

Part A: Theory

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Psychology of Community Development	Course Code	26PSY405MV01
Hours per Week	2	Credits	2(L:2 T:0 P:0)
Maximum Marks	50 (Internal 15 and External 35)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would be acquainted with the nature and goals of community psychology. CLO 2: Students would be acquainted with the role of community psychologist. CLO 3: Students would be able to comprehend the concept of empowerment and social change. CLO 4: Students would be able to understand various practices used in the community psychology. CLO 5: Students would be able to comprehend the social and human services in the community.			
Unit 1: Community Psychology: Meaning, Principles, Values, Goals, and Role of Community Psychologist.			
Unit 2: Empowerment: Concept, Psychological Empowerment. Importance of Social Change: Reasons for Social Change, Types of Social Change and Difficulties bringing about Change.			
Unit 3: Community Oriented Models: Social Action, Community as Social Ties and Social Interdependence. Practices in Community Psychology: Basics Prevention Strategies, Wellness Programs.			
Unit 4: Social and Human Services in the Community: Specific Social Issues and Social Services- Child Maltreatment, Teenage Pregnancy, Intimate Partner Violence.			

References:

1. Duffy, K.G., & Wong, F.Y. (1996). *Community Psychology*. Allyn and Bacon.
2. Lewis, B. (2021). *Community Psychology*. Murphy and Moore.
3. Moristsugu, J., Vera, E., Wong, F.Y., & Duffy, K.G. (2019). *Community Psychology*. Routledge.

Part B: Practicals

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Psychology of Community Development	Course Code	26PSY405MV01
Hours per Week	4	Credits	2(L:0 T:0 P:2)
Maximum Marks	50	Time of Examinations	3 Hours
Note: Evaluation will be based on record file and viva.			
Course Learning Outcomes (CLO): CLO 1: Students would acquire the ability to conduct and record the survey.			
Practicals (Field Work) To conduct and report a survey related to any relevant problem of the community. The sample size should be a minimum of 30 subjects.			

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024
Semester -V

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Internship	Course Code	26PSYS405IN01
Hours per Week	-----	Credits	4 (Internship for 120 Hours)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Course Learning Outcomes (CLO): CLO 1: Students will gain hands-on experience and develop specific skills.			
Each student would undergo supervised training in his/her Field/Subject of choice for a period of 120 hours in an institution approved by the College/Department during the time decided by the college/department. The spread of hours will be decided keeping the viability and availability of the institution during that period. Training cost would be borne by the student himself/herself. Evaluation would be based on training report (duly signed by the concerned person/head of the training institute) and viva voce examination.			

Syllabi for Under Graduate Programme (Single Major in Psychology)

Semester -VI

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Introduction to Industrial Psychology	Course Code	26PSYS406DS01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would gain knowledge about the basics of Industrial psychology. CLO 2: Students would gain theoretical knowledge about scientific management and time and work approach in Industry. CLO 3: Students would gain knowledge about the human relational approach in industry and its application. CLO4: Students would gain knowledge about various output measures, i.e. job satisfaction, commitment and leadership skills to maximize performance. CLO5: Students would gain knowledge about how to prevent accidents in work set-up and remedies to prevent it.			
Unit 1: Industrial Psychology: Nature, History, Scope and Problems Scientific Management: Taylor's approach and Time and Motion Work study.			
Unit 2: Human Relational Approach: Hawthorne Experimentation and its applications Leadership: Skills and Types of leadership; Approaches of leadership: Trait, Behavioral and Situational.			
Unit 3: Job satisfaction: Factors and Effects; Job commitment: Types and measurement Fatigue and Boredom: Types, symptoms and causes of fatigue; Causes of Boredom and its relation with fatigue, Remedies for fatigue and boredom.			
Unit 4: Accidents and Safety: Types and Effects of Industrial accidents, Accident Proneness Principle, Accident Prevention and Safety Management System. Performance Appraisal: Pre-requisites, Challenges and Approaches of Performance Appraisal: Traditional and Modern Process of Performance Appraisal.			

References:

1. Negi, A. (2015). *Industrial Psychology*. CBS publication.
2. Aamdot, M. (2022). *Industrial/Organizational Psychology: An Applied Approach*. Wadsworth Publishing.
3. Spector, P.E. (2021). *Industrial/Organizational Psychology: Research and Practice*. Willey.

Semester -VI

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Neuro Psychology	Course Code	26PSYS406DS02
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would develop an understanding of nature and subject matter of neuropsychology. CLO 2: Students would develop an understanding of behavioural dysfunctions and symptoms. CLO 3: Students would understand the various symptoms and treatment modalities of cerebrovascular disorder and traumatic head injuries. CLO 4: Students would develop an understanding of degenerative disorders. CLO 5: Students would gain knowledge of neuropsychological assessment and neuropsychological rehabilitation.			
Unit 1: Nature and Subject matter of Neuropsychology; Relationship with other branches of Psychology: Clinical Psychology, Biological Psychology, Cognitive Psychology. Behavioural Dysfunctions and Symptoms: Agnosias; Aphasias; Apraxia; Amnesias.			
Unit 2: Cerebrovascular Disorder: Types- Transient Ischemic Attack; Infarction; Haemorrhage. Causes, Symptoms and Management. Traumatic Head Injuries: Concussion, Closed Head Injury and Penetrating Head Injury; Causes, Symptoms & Management.			
Unit 3: Intra Cranial Tumors- Infiltrating and non-infiltrating tumors. Causes, symptoms and management. Degenerative disorders: Parkinson's Disease and Alzheimer's Disease. Causes, Symptoms and management.			

Unit 4:

Neuropsychological Assessment: Halstead-Rietan and Luria-Nebraska approach and Battery.

Neuropsychological Rehabilitation: Recovery of function, Plasticity, Adaptation and overview of the Rehabilitation process.

References:

1. Breedlove, S.M., Watson, N, V., & Rosenzweig, M.R. (2010). *An Introduction to Behavioural, Cognitive and Clinical Neuroscience*. Sinauer Associates, Inc Publishers.
2. Filsknow, S.B., & Boll, J.J. (1981). *Handbook of Clinical Neuropsychology*. John Wiley.
3. Gazzaniga, M.S., Lvey, R.B., & Magun, G.R. (2002). *Cognitive Neuroscience: The Biology of the Mind*. Norton & Company.
4. Kalat, J.W. (2019). *Biological Psychology*. Cengage.
5. Klein, S.B., & Thorne, B.M. (2006). *Biological Psychology*. Worth Publishers.
6. Walsh, K. (1994). *Neuropsychology: A Clinical Approach*. Churchill Livingstone.
7. Zillmer, E.A., & Spiers M. V. (2001). *Principles of Neuropsychology*. Wadsworth Thomson.

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024

Semester -VI

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Applied Areas of Psychology	Course Code	26PSYS406DS03
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would understand the nature of applied psychology. CLO 2: Students would be acquainted with the basics of environmental psychology and its application. CLO 3: Students would achieve the fundamental knowledge regarding organizational and sports and exercise psychology. CLO 4: Students would be acquainted with the basics of school and geropsychology. CLO 5: Students would understand the nature and processes of political and military psychology.			
Unit 1: Applied Psychology: Meaning and Overview of Applied Psychology, Career Opportunities in Psychology. Environmental Psychology: Nature, Environmental Stressors and their Effects; Place Attachment and its Sources; Environmental Concerns: Determinants of Environmental Concerns, Raising Awareness for Environmental Concerns.			
Unit 2: Organizational Psychology: Difference between Industrial and Organizational Psychology, Processes of Organization: Leadership and Group Dynamics, Leadership Styles: Autocratic, Democratic and Laissez-Faire. Sports and Exercise Psychology: Nature, Goals of Sports Psychologist, Benefits of regular physical activity, Difference between Sports and Exercise Psychology.			
Unit 3: School Psychology: Nature, Changing Face of School Psychology, Characteristics, Roles, and Challenges of School Psychologist, Ethical Issues in School Psychology. Geropsychology: Overview of Geropsychology, Aging Population Trends and their Implications, Changes in Cognitive, Emotional and Social Development in Older Adults.			

Unit 4:

Political Psychology: Nature, Personality and Politics, Psychology of Political Communication and Persuasion, Psychology of Voting Behaviour.

Military Psychology: Nature, Scope and Objectives, Stress, Resilience and Coping in Military Setting, Contemporary and Emerging Issues in Military Psychology.

References:

1. Bayne, R., & Jinks, G. (2013). *Applied Psychology: Research, Training and Practice*. London: Sage.
2. Berk, L. E. (2018). *Development through the Lifespan*. Pearson education.
3. Branstetter, R. (2012). *The School Psychologist's Survival Guide*. Wiley Publications.
4. Cox, R.H. (2002). *Sport Psychology: Concepts and Applications*. McGraw–Hill.
5. Gifford, R. (2014). *Environmental Psychology: Principles and Practice*. Optimal Books.
6. Houghton, D.P. (2014). *Political Psychology: Situations, Individuals, and Cases*. Routledge.
7. Jost, J.T., & Sidanius, J. (2004). *Political Psychology: Key Readings*. Psychology Press.
8. Kennedy, C. H., & Zillmer, E. A. (2022). *Military Psychology: Clinical and Operational Applications*. Guilford Press.
9. Kuther, T. L., & Morgan, R. D. (2020). *Careers in Psychology: Opportunities in a Changing World*. Cengage Learning.
10. Merrell, K.W., Ervin, R. A., & Peacock, G.G. (2006). *School Psychology for 21st Century: Foundations and Practices*. The Guilford Press.
11. Moran, A.P. (2012). *Sport and Exercise Psychology*. Routledge.
12. Robbins, P.S. (2003). *Organizational Behaviour*. Prentice Hall
13. Steg, L., van den Berg, A. E., & de Groot, J. I. M. (2013). *Environmental Psychology: An Introduction*. BPS Blackwell.
14. Weinberg, R.S. & Gould, D. (2011). *Foundations of Sport and Exercise Psychology*. Human Kinetics.
15. Whitbourne, S. K., & Whitbourne, S. B. (2010). *Adult Development and Aging: Biopsychosocial Perspectives*. Wiley.

Semester -VI

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Practicals	Course Code	26PSYS406DS04
Hours per Week	8	Credits	4 (L:0 T:0 P: 4)
Maximum Marks	100	Time of Examinations	3 Hours
Note: Each student would conduct/administer Nine experiments/ tests by selecting three from each of the areas mentioned below. The student would also prepare the profiles of Four tests /instruments. The list of exact problems would be decided by the concerned teacher/s. It would be mandatory for each student to submit a record file containing a report of all experiments/tests and profiles duly signed by the respective teachers. During examination, each student will be assigned two practicals and one profile. Evaluation would be based on record file, performance and viva. Course Learning Outcomes (CLO): CLO 1: Students would be able to design, conduct and report experiments. CLO 2: Students would acquire the ability to administer, interpret and report psychological tests. CLO 3: Students would become acquainted with basic psychological tests and instruments and would be able to use the knowledge in designing future research.			
a) Tests			
Section A: Introduction to Industrial Psychology 1. Job Satisfaction 2. Leadership 3. Burnout 4. Job/Work Commitment 5. Interpersonal Relationship 6. Occupational Stress Section B: Neuro Psychology 1. PGI Memory Scale 2. Bender Visual Motor Gestalt Test 3. Biofeedback 4. Case Study 5. AIIMS Neuropsychological Battery Section C: Applied Areas of Psychology 1. Sports Anxiety 2. Noise Sensitivity 3. Resilience 4. School Adjustment 5. Organizational Climate 6. Coping			
b) Profiling of Instruments/Tests			
Four profiles of Instruments/Tests (at least Two instruments) to be prepared. Details of instrument/test and its working/administration, scoring, interpretation, and application would be described.			

Semester -VI**Part A: Theory - 50 Marks****Part B: Practicals - 50 Marks****Total Marks - 100 Marks****Part A: Theory**

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Media Psychology	Course Code	26PSY406MV01
Hours per Week	2	Credits	2 (L:2 T:0 P:0)
Maximum Marks	50 (Internal 15 and External 35)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would have an understanding of the theoretical concept of media psychology. CLO 2: Students would gain knowledge about the impact of media on mental health. CLO 3: Students would be able to understand the role of psychology in advertisement. CLO 4: Students would develop an understanding of social media and its influences. CLO 5: Students would have an understanding of media violence and its consequences.			
Unit 1: Introduction to Media Psychology: Nature, Types of media, Digital media and related concepts (Digital literacy, Digital citizenship).			
Unit 2: Media and Mental Health: Positive and Negative impact on Mental health, Role of parents and care givers in digital Media and Mental Health.			
Unit 3: Psychology and Advertising: Psychological factors in Advertising, Cognitive and Behavioural effects of advertising, Rise of Social media influencers. Psychology and Gaming: Gamer identity, Effects of gaming.			
Unit 4: Psychology and News: Sources of News, Fake, Bad and Serious news, Determinants of Fake News. Media violence – Consequences of viewing media violence, Characteristics of the users of violent media.			
References: 1. Beauvais C. (2022). Fake news: Why do we believe it? Joint Bone Spine, 89(4), 105371. https://doi.org/10.1016/j.jbspin.2022.105371 2. Giles. D, (2003). <i>Media Psychology</i>. Lawrence Erlbaum Associates & Publishers. 3. Kumar, N. (2021). <i>Media Psychology: Exploration and application</i>. Routledge. 4. Stever, G. S., Giles, D. C., Cohen, J., & Myers, M. E. (2021). <i>Understanding Media Psychology</i>. Routledge.			

Part B: Practicals

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Media Psychology	Course Code	26PSY406MV01
Hours per Week	4	Credits	2 (L:0 T:0 P:2)
Maximum Marks	50	Time of Examinations	3 Hours
Note: 1. Students have to conduct and report at least Five (5) practicals. 2. The examiner will allot one practical at the time of examination. Evaluation will be based on record file, performance and viva.			
Course Learning Outcomes (CLO): CLO 1: Students would acquire the ability to administer, interpret and report psychological tests.			
List of Practicals 1. Internet Addiction 2. Digital Stress Scale 3. Social Media Usage Scale 4. Problematic Gaming Scale/ Gaming Disorder Scale 5. Digital Citizenship Scale 6. Attitude towards Media Violence 7. Screen Time/ Screen Exposure Questionnaire			

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Psychology of Group Dynamics	Course Code	26PSY406SE01
Hours per Week	2	Credits	2 (L:2 T:0 P: 0)
Maximum Marks	50 (Internal 15 and External 35)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: The students would understand the fundamental concepts and elementary processes of group dynamics. CLO 2: Students would understand the process of group formation. CLO 3: The students would understand the factors and concepts of group agreements. CLO 4: The students would be able to understand the moral behaviour among groups. CLO 5: It would enable students to learn group intervention skills and strategies.			
Unit 1: Group Dynamics: Introduction, Measurement, Formation of Group, Cohesion and Group Development.			
Unit 2: Agreements in Groups: Acquisition and Development of Group Norms, Decision Making in Groups, Group Productivity.			
Unit 3: Morality in Groups: Conflict and Inequality in groups, Collective aggression in groups, and Helping Behaviour in Groups.			
Unit 4: Group Interventions: Skills and Strategies for Effective Interventions; Group Planning.			
References: 1. Baron, R. S., & Kerr, N. L. (2003). <i>Group Process, Group Decision, Group Action</i> (2nd ed.). McGraw-Hill. 2. Brandler, S., & Roman, C.P. (2015). <i>Group Work: Skills and Strategies for Effective Interventions</i> (3rd ed.). Routledge. 3. Brown, R., & Pehrson, S. (2020). <i>Group Processes: Dynamics within and Between Groups</i> (3rd ed.). Wiley-Blackwell. 4. Forsyth, D. R. (2018). <i>Group Dynamics</i> (7th ed.). Cengage Learning. 5. Hogg, M. A., & Vaughan, G. M. (2018). <i>Social Psychology</i> (8th ed.). Pearson. 6. Janis, I. L. (1982). <i>Groupthink: Psychological Studies of Policy Decisions and Fiascos</i> (2nd ed.). Houghton Mifflin. 7. Levi, D. (2020). <i>Group Dynamics for Teams</i> (6th ed.). Sage Publications. 8. Tuckman, B. W., & Jensen, M. A. C. (1977). Stages of small-group development revisited. <i>Group & Organization Studies</i>, 2(4), 419-427.			

**Syllabi for Under Graduate Programme
(Single Major in Psychology)
Semester -VII**

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Theoretical Perspectives of Psychology I	Course Code	24PSY201DS01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would gain theoretical knowledge of historical developments in the field of psychology. CLO 2: Students would develop a working knowledge of different perspectives in psychology. CLO 3: Students would gain theoretical knowledge of the basics of Gestalt Psychology. CLO 4: Students would gain theoretical knowledge of basics of Psychoanalysis. CLO 5: Students would gain theoretical knowledge of Analytic Psychology and Neo-Freudians.			
Unit 1: Need for study of history in psychology; Problems in Historiography; Philosophical issues: Mind-Body problem, Free Will vs. Determinism. Formal founding of psychology: Weber, Fechner, Wundt. Contributions of Titchener.			
Unit 2: Functionalism: Antecedents, Pioneers, Methodology and Tenets. Behaviorism: Antecedent influences- Thorndike, Pavlov; Contributions of Watson.			
Unit 3: Gestalt Psychology: Pioneers- Wertheimer, Kohler, Koffka. Field theory: Lewin Psychoanalysis: Antecedent influences, Freud.			
Unit 4: Analytic Psychology: Jung; Individual Psychology: Adler Neo-Freudians: Anna Freud, Fromm, Horney.			
References: 1. Chaplin, T., & Kraweic, T.S. (1979). <i>Systems and Theories of Psychology</i>. Thompson Learning. 2. Hergenhahn, B.R. (1997). <i>An Introduction to the History of Psychology</i>. Brooks. 3. Leahey, T.H. (1987). <i>A History of Modern Psychology</i>. Prentice Hall International 4. Schultz, D., & Schultz, S. (2000). <i>A History of Modern Psychology</i>. Harcourt Brace 5. Viney, W., & King, D.B. (1998). <i>A History of Psychology</i>. Allyn and Bacon. 6. Weiner, B.B. (1985). <i>Human Motivation</i>. Springer.			

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024
Semester -VII

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Experimental Psychology	Course Code	24PSY201DS02
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would demonstrate knowledge about the techniques of quantification of sensation. CLO 2: Students would be able to understand depth perception, movement perception and illusions along with theoretical basis of pattern recognition. CLO 3: Students would be able to understand the application of subliminal perception in daily life. CLO 4: Students would be able to use the conceptual and experimental knowledge of conditioning in further research and its applications in everyday situations. CLO 5: Students would be able to use the experimental knowledge of instrumental and operant conditioning and its applications in life.			
Unit 1: Psychophysics: Estimating Sensory Threshold: Classical Methods- Method of limits, The method of constant stimuli and The method of adjustment. Signal Detection Theory: Assumptions, Procedures.			
Unit 2: Subliminal Perception: Nature and Empirical Evidence. Perceptual Processes: Perception of Size and Movement: Depth Cues, Size Constancy and Illusions; Perception of Real movement, Types of Apparent Movement.			
Unit 3: Classical Conditioning: Basic procedure, Higher-order conditioning, Measurement of Conditioned Response; Variables affecting Classical Conditioning; Applications: Fear, Prejudice, Advertising, Taste Aversion, Immune function, Drug overdose deaths, Systematic Desensitization.			
Unit 4: Instrumental and Operant Conditioning: Reinforcement, Kinds of reinforcers, Schedules of Reinforcement; Variables affecting Reinforcement, Punishment, Variables affecting punishment, Problems with punishment, Applications: Self-Injurious Behavior, Self-control, Shaping, and Superstitious Behaviour.			

References:

1. Anderson, D.C., & Borkowski, J.G. (1978). *Experimental Psychology: Research Tactics and their Applications*. Scott foreman.
2. Babbeley, A., Eysenck, M.W., & Anderson, M.C. (2015). *Memory*. Psychology Press
3. Bartoshuk, L.M., Herz, R.S., Klatzky, R., Lederman, S. J., & Merfeld, D.M. (2012). *Sensation and Perception*. Sinauer.
4. Chance, P. (1988). *Learning and Behaviour*. Wadsworth.
5. D'Amato, M.R. (1979). *Experimental Psychology: Methodology Psychophysics and Learning*. Tata McGraw Hill.
6. Domjan, M. (2003). *The Principles of Learning and Behaviour*. Wadsworth / Thomson.
7. Foley, H.J. (2020). *Sensation and Perception* (6th ed.). Routledge.
8. Goldstein, B.E. (2002). *Sensation and Perception*. Wadsworth.
9. Kling, J.W., & Riggs, L.A. (1984). *Woodworth & Schlosberg's Experimental Psychology*. Khosla.
10. Leahey, T.H., & Harries, R.J. (1989). *Human Learning*. Prentice Hall.
11. Liberman, D.A. (1990). *Learning: Behaviour and Cognition*. Wadsworth.
12. Schwartz, B.L., & Krantz, J. H. (2016). *Sensation & Perception*. Sage.

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024
Semester -VII

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Advanced Social Psychology	Course Code	24PSY201DS03
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would have an understanding of nature and basic premises of social psychology.

CLO 2: Students would be able to understand the new arenas of social psychology.

CLO 3: Students would be acquainted with the nature and functions of attitude along with the various techniques to change for influencing others.

CLO 4: Students would develop an understanding of the social problem of crime and violence.

CLO 5: Students would be acquainted with the nature of family violence.

Unit 1:

Introduction Social Psychology: Social Psychology: Nature, Origins and Development; Theories of Social Psychology: Social Learning theory and Social Exchange theory. New frontiers in social psychological Research, Ethical issues in Psychological Research.

Unit 2:

Self-Knowledge: Independent and interdependent view of self; Knowing ourself through Introspection: Causal theory, Self Perception theory.

Attribution: Theories and Attribution Biases; Social perception: Forming and Managing Impression.

Unit 3:

Social Cognition: Social Schema & its impact; Heuristics, Prototypes and Social Representation.

Attitude: Nature, Functions, Formation and Attitude Change: Persuasive Communication, Cognitive Dissonance; Techniques of resisting Persuasive messages.

Unit 4:

Social Problems: Crime and Violence: Crime and Unemployment, Explanations of Crime and Violence, Violence and Crime.

Family Disorganization: Family Violence: Child Abuse, Battered Women, Battered Men, Abuse of the Elderly. Divorce: Factors and Consequences, Effect on children.

References:

1. Aronson, E., Wilson, T.D., & Akert, M.R. (2015). *Social Psychology*. Pearson Publication.
2. Alcock, J., & Sadava, S. (2014). *An Introduction to Social Psychology: Global Perspective*. Sage Publication.
3. Baron, R.A., & Byrne, D. (2004). *Social Psychology*. Pearson Education.
4. Baron, R.A., Byrne, D., & Johnson, B.T. (1998). *Exploring Social Psychology*. Allyn and Bacon.
5. Myers, D.G., Sahajpal, P., & Behera, P. (2012). *Social Psychology*. Tata McGraw-Hill.
6. Soroka, M. P., & Bryjak, G.J. (1995). *Social Problems: A World at Risk*. Allyn and Bacon.
7. Worchel, S., Cooper, J., Goethals, G. R., & Olsons, J. M. (2000). *Social Psychology*. Wadsworth/Thomson.

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Research Methods, Design and Statistics	Course Code	24PSY201DS04
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would be acquainted with the basics of research and descriptive statistics. CLO 2: Students would be able to apply their knowledge of applications of NPC and sampling procedures. CLO 3: Students would demonstrate knowledge of experimental and non-experimental methods and computation of correlation. CLO 4: Students would be able to use Between, Within and Quasi Experimental Designs. CLO 5: Students would be able to apply inferential statistics.			
Unit 1: Research: Meaning and Types; Research Problem; Hypotheses and Variables. Descriptive Statistics: Measures of Central Tendency and Variability.			
Unit 2: Sampling: Probability and Non- Probability Sampling Methods. Normal Probability Curve (NPC) – Applications (Area under NPC) and Deviation (Skewness and Kurtosis).			
Unit 3: Experimental and Non-Experimental Methods of Psychological Research: Experimental; Observation; Interview; Case Study and Self Report Methods. Correlation Statistics: Product Moment; Rank Order; Biserial; Tetrachoric and Kendall Concordance.			

Unit 4:

Research Designs: Between subjects; Within Groups and Quasi Experimental Design
 Inferential Statistics: t-test (Independent and Dependent Means); ANOVA (One way & two way for Separate Groups); Mann-Whitney U-test; Wilcoxon Matched Paired Test and Kruskal Wallis H-Test.

References:

1. Bordens, K.S., & Abbott, B.B. (2006). *Research and Design Methods: A Process Approach*. Tata Mc Graw Hill.
2. Broota K.D. (1989). *Experimental Design in Behavioural Research*. Willey
3. Garrett, H.E. (2005). *Statistics in Psychology and Education*. Paragon International Publishers.
4. Haslam, S.A., & Mc Garty. C. (2014). *Research Methods Statistics in Psychology*. Sage.
5. Helode, R.D. (2012). *Basic of Research in Behavioural Sciences*. Psychoscan.
6. Mangal, S.K., & Mangal, S. (2013). *Research Methodology in Behavioural Sciences*. Learning Private Limited.
7. Mc Bride, D.M.(2013). *The Process of Research in Psychology*. Sage.
8. Milluwi, J.O., & Rashid, H. (2015) *Research Methodology: Principals Methods and Practices*. Manglam.
9. Mohanty, B., & Misra, S. (2016). *Statistics for Behavioural and Social Sciences*. Sage.
10. Nestor, P.G., & Schutt, R.K. (2012). *Research Methods in Psychology: Investigating Human Behavior*. Sage.
11. Shaughnersy, J.J., Zechmeister, E.B., & Zechmeister, J.S. (2000). *Research Methods in Psychology*. McGraw Hill.
12. Singh, A.K. (2018). *Tests, Measurements and Research Methods in Behavioural Sciences*. Bharati Bhawan.
13. Singh, R., & Shyam, R., & Gupta, L. (2015). *Fundamental Statistics for Social Sciences*. Intellectual Foundation.
14. Weathington, B.L., Cunningham, C.J.L., & Pittenger, D.J. (2010). *Research Methods for the Behavioural and Social Sciences*. John Wiley.

Semester -VII

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Practicals	Course Code	24PSY201DS05
Hours per Week	8	Credits	4 (L:0 T:0 P: 4)
Maximum Marks	100	Time of Examinations	4 Hours
Note: Each student would perform five experiments and five tests from the areas mentioned below along with computer applications. The list of exact problems would be decided by the concerned teachers. It would be mandatory for each student to submit a record file containing a report of all tests, experiments, and computer applications duly signed by the respective teachers. During examination one experiment, one test and one part from computer applications would be conducted. Evaluation would be based on performance in conduct, written and viva. Course Learning Outcomes (CLO): CLO 1: Students would be able to design, conduct and report experimental research. CLO 2: Students would acquire the ability to administer, interpret and report psychological tests. CLO 3: Students would gain proficiency in data analysis using statistical software.			
a) Experiments.			
Any five experiments from following areas.			
1. Perception 2. Conditioning 3. Social Conformity 4. Psychophysics 5. Ethological observation			
b) Tests			
Any five tests from following areas.			
1. Self 2. Happiness 3. Sociometry 4. Attitude 5. Aggression 6. Attribution			
c) Computer Applications in Research.			
1. Graphical Representation 2. Central Tendencies & Variability 3. Mean Comparison 4. Correlation			

Semester -VII

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Positive Psychology	Course Code	24PSY201SE01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would gain knowledge about the nature of positive psychology. CLO 2: Students would gain knowledge about human virtues. CLO 3: Students would develop an understanding of cognitive states and processes. CLO 4: Students would gain knowledge of the concept of emotional intelligence. CLO 5: Students would develop an understanding of positive change and its processes.			
Unit 1: Positive Psychology: Historical Development of Positive Psychology, Concept of wellbeing, Classification of Human Virtues and Measuring Strengths of Character. Administration: PERMA, VIA.			
Unit 2: Cognitive States and Processes: Wisdom, Self-efficacy, Hope, Giftedness, Creativity. Administration: Self-efficacy, Creativity.			
Unit 3: Emotional Intelligence: Nature, Models – Salovey and Mayer, Bar-on and Goleman, Enhancing emotional intelligence, Emotional competence, Emotional creativity and Emotional storytelling. Administration: EQ, Case Study – Emotional storytelling after a traumatic event.			
Unit 4: Positive Change – Stages of change, Change processes, Psychotherapeutic relationship, Effectiveness of psychological therapies, Therapies that work for adults and children. Administration: Strategies for consciousness raising, Strategies for countering negative beliefs.			

References:

1. Bannink, F. (2017). *Positive Psychology Applications: Promoting Well-Being in Individuals and Communities*. W. W. Norton & Company.
2. Baumgardner, S.T., & Crothers, M, K. (2009). *Positive Psychology*. Pearson.
3. Bryant, F.B., & Veroff (2007). *Savoring: A New Model of Positive Experience*. Lawrence Erlbaum.
4. Carr, A. (2005). *Positive Psychology: The Science of Happiness and Human Strengths*. Routledge.
5. Carr, A. (2022). *Positive Psychology*. Routledge
6. Pedrotti, J. T., Lopez, S. J., McDermott, R. C., & Snyder, C. R. (2024). *Positive Psychology*. Sage.
7. Snyder, C.R., & Lopez, S.J. (2008). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. Sage.

Semester -VII

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Introduction to Guidance and Counseling Skills	Course Code	24PSY201SE02
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would be able to learn about core counseling skills. CLO 2: Students would be able to develop a good counseling relationship with the client. CLO 3: Students would develop an understanding of the ethical and moral principles of counseling. CLO 4: Students would get knowledge of self-care and personal development. CLO 5: Students would get knowledge of the essential qualities of an effective counselor.			
Unit 1: Counseling skills: Core counseling skills, Counseling skills models: Three-stage models of counseling skill. Counseling menu: Goals, tasks and methods.			
Unit 2: Building a relationship: Being trustworthy, Reliable and dependable, Being genuine, Caring, Working collaboratively. Theoretical frameworks for counseling relationships: Person-centred approach, Psychodynamic perspective, Transactional analysis (TA) approach.			
Unit 3: Ethical principles of counseling: Core ethical principles, Confidentiality, Being aware of your limits as a counselor, Dealing with risk and self-harm, Using touch, Ethical decision-making, The concept of boundary.			
Unit 4: Counselor Self-Care and Personal Development: Potential Strains of the Work of Counseling, Potential Benefits of the Work of Counseling, Evaluation of Counselor Wellness. Counselor Self-Care: Facets of Self-Care, Tools, Plan. Maintaining Mindfulness.			

References:

1. Gibson, R.L., & Mitchell, M.H. (2008). *Introduction to Counseling and Guidance*. PHI Learning.
2. Ivey, A.E., Ivey, M. B., & Simek-Downing, L. (1987). *Counseling and Psychotherapy: Integrating skills, theory and practice*. Prentice-Hall.
3. McLeod, J. (2003). *An Introduction to Counselling* (3rd ed.). Open University Press.
4. Nelson-Jones, R. (2014). *Practical Counseling and Helping Skills: Text and Activities for Life Skills Counseling Model*. Sage.
5. Parrott, L. (2003). *Counseling and Psychotherapy*. Thomson.
6. Welfel, E.R., & Patterson, L.E., (2005). *The Counseling Process: A Multitheoretical Integrative Approach*. Cengage Learning India.

**Syllabi for Under Graduate Programme
(Single Major in Psychology)
(4 Years UG Hons.)**

Semester -VIII

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Theoretical Perspectives of Psychology II	Course Code	24PSY202DS01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would gain theoretical knowledge of historical developments of Neo-Behaviourism. CLO 2: Students would develop a working knowledge of cognitive approaches. CLO 3: Students would gain theoretical knowledge of the viewpoints of the Humanistic movement. CLO 4: Students would gain knowledge regarding the theoretical perspectives of personality emotion and motivation. CLO 5: Students would gain theoretical knowledge of mental testing.			
Unit 1: Neo-Behaviourism: Contributions of Tolman, Hull, Skinner, Guthrie; Socio-behaviourism: Contributions of Bandura, Rotter.			
Unit 2: Cognitive approach: Kelly, Mischel. Humanistic movement: Contributions of Maslow, Rogers; Existential movement: Frankl, Rollo May.			
Unit 3: Theories of Personality: Cattell, Eysenck, Big five. Theories of Emotions: James Lange, Cannon-Bard, Schachter and Singer, Lazarus. Theories of Motivation: Ryan and Deci (Self-determination), McClelland.			
Unit 4: Mental testing: Cattell. Psychological testing movement. Industrial/organizational psychology movement: Walter Dill Scott. Contemporary Developments in Psychology: Cognitive Movement in Psychology: Miller, Neisser; Facets of Personality- Learned Helplessness, Sensation Seeking, Artificial intelligence; Evolutionary psychology.			

References:

1. Chaplin, T., & Kraweic, T.S. (1979). *Systems and Theories of Psychology*. Thompson Learning.
2. Hergenhahn, B.R. (1997). *An Introduction to the History of Psychology*. Brooks.
3. Leahey, T.H. (1987). *A History of Modern Psychology*. Prentice Hall International.
4. Schultz, D., & Schultz, S. (2000). *A History of Modern Psychology*. Harcourt Brace.
5. Viney, W. & King, D.B. (1998). *A History of Psychology*. Allyn and Bacon.
6. Weiner, B.B. (1985). *Human Motivation*. Springer.

Semester -VIII

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Health Psychology	Course Code	24PSY202DS02
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would gain knowledge about the nature and methods of health psychology. CLO 2: Students would gain knowledge of health behaviours and barriers to modifying poor health behaviours. CLO 3: Students would understand the nature and management of cardiovascular diseases and cancer. CLO 4: Students would be able to understand the concept of adherence to treatment. CLO 5: Students would gain knowledge regarding various stress management techniques.			
Unit 1: Health Psychology: Nature, Emergence of Health Psychology, Goals of Health psychology, Biopsychosocial Perspective of Health Psychology. Research methods of Health Psychology: Experimental Method, Quasi-Experimental, Ex-post-facto, Correlational, Genetic studies, Cross-sectional & Longitudinal Studies, and Epidemiological research.			
Unit 2: Health and Behavior: Health Behaviours, Health belief model, Theory of reasoned action, Theory of planned behaviour, Protection motivation theory, Transtheoretical model of behaviour change. Barriers to Modifying Poor Health Behaviours. Cognitive-Behavioural Approaches to Health Behaviour Change.			
Unit 3: Cardiovascular disease: Types, Psychosocial factors of CVD, Psychological Intervention of CVD. Diabetes: Types of diabetes, Psychological management of diabetes. Cancer: Psychosocial factors, Coping with cancer. Pain: Nature, Types, Biopsychosocial aspects of pain, Managing and controlling pain.			
Unit 4: Seeking & Adherence to treatment: Psychosocial factors in recognising and interpreting symptoms, Factors associated with seeking treatment; Adherence, Barriers to Adherence, Factors predicting adherence. Stress & Coping: Sources of stress, Stress and disorders (Psychosocial and other disorders); Coping: Methods of coping, Reducing the potentials of stress, Coping interventions, Factors affecting the ability to cope.			

References:

1. Anisman, H. (2016). *Health Psychology*. Sage.
2. Fiest, J., & Brannon, L. (2000). *Health Psychology: Introduction to Behaviour & Health*. Wadsworth.
3. Gurung, (2010). *Health Psychology: A Cultural Approach*. Wadsworth.
4. Marks, D., Murray, M., Evans, B., & Estacio, E.V. (2015). *Health Psychology: Theory, Research and Practice*. Sage.
5. Sarafino, E. P., & Smith, T.W. (2014). *Health Psychology: Biopsychosocial Interactions*. Wiley.
6. Straub, R.O. (2017). *Health Psychology: A Biopsychosocial Approach*. Worth Publishers.

Semester -VIII

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Sports and Exercise Psychology	Course Code	24PSY202DS03
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would understand the nature of sports and exercise psychology along with the role of competition and cooperation. CLO 2: Students would understand the role of reinforcement and punishment in influencing behaviour. CLO 3: Students would understand the role of personality and motivation in sports. CLO 4: Students would gain knowledge about the utility of leadership and team cohesion processes in sports. CLO 5: Students would be sensitized about the relation between exercise and psychological well-being, overtraining and burnout and the utility of relaxation strategies for sports persons.			
Unit 1: Sports and Exercise Psychology: Nature; Distinguishing between two specialties; Understanding present and future trends; Issues for special populations in Sports; Barriers for women in sports. Competition and Cooperation: Concept Enhancing Competition and Cooperation; Approaches to Influencing Behavior; Guidelines for using positive reinforcement and punishment.			
Unit 2: Personality and Sports: Major perspectives of Personality; Personality and Sports performance; Examining cognitive strategies and success.			
Unit 3: Motivation and Aggression: Nature; Major approaches to Motivation; Achievement Motivation in Professional Practice. Models of Aggression, Role of Aggression in sports, Controlling aggression.			

Unit 4:

Leadership and Coaching: Components of Effective Leadership; Sports oriented interactional approaches to Leadership; Recognizing Breakdowns and Communication, Dealing with Confrontation. Team cohesion: Nature; Relationship between Cohesion and Performance, Strategies for enhancing Cohesion; Building Self-confidence; Effectiveness of Goal-setting.

References:

1. Cox, R.H. (2002). *Sport Psychology: Concepts and Applications*. McGraw Hill.
2. Singh, R. (2014). *Sport Psychology*. Friends Publications.
3. Weinberg, R.S., & Gould, D. (2011). *Foundations of Sport and Exercise Psychology*. Human Kinetics.
4. Woods, R.B. (2011). *Social Issues in Sport*. Human Kinetics.

UG SINGLE MAJOR IN PSYCHOLOGY w.e.f. 2024

Semester -VIII

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Psychological Assessment	Course Code	24PSY202DS04
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours

Note:

Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students would gain knowledge about the nature of psychological assessment and issues in test design.
 CLO 2: Students would gain knowledge about designing of ability and performance tests.
 CLO 3: Students would understand the importance of norms and reliability in psychological testing.
 CLO 4: Students would be able to understand the concept of validity and item analysis.
 CLO 5: Students would be able to construct and standardize a psychological test.

Unit 1:

Psychological Measurement: Meaning, History of Psychological Measurement, Levels of Measurement (Scales), Problems of Measurement, Errors and Sources of Error in Measurement.
 Issues in Test Design: Tests Differing in Purpose, Content and Administration Format.

Unit 2:

Design of Ability Tests: Basic Design issue- Alternate Choice Formats, Free-Response Formats, Selecting Scoring System, Comparing Norm and Criterion-Referenced Scores.
 Design of Performance Tests: Objective Tests, Projective Tests, Attitude Scale and Evaluation Scales.

Unit 3:

Norms: Meaning, Steps for Developing Norms, Types of Norms- Age, Grade, Percentiles, Standard Scores and Normalized Standard Scores.
 Reliability: Meaning, Types and Calculations of Reliability Analysis, Factors Affecting Reliability, Improving Reliability.

Unit 4:

Validity: Meaning, Methods and Process of Validation, Factors affecting Validity.
 Item Analysis: Item – Difficulty, Item Discrimination, Distractor Power, Item Characteristic curves.

References:

1. Aiken, L.R., & Groth- Marnat, G. (2009). *Psychological Testing and Assessment*. Pearson.
2. Anastasi, A., & Urbina, S. (2016). *Psychological Testing*. Prentice- Hall.
3. Friedenberg, L. (1995). *Psychological Testing: Design, Analysis and Use*. Allyn and Bacon.
4. Gregory, R.J. (2018). *Psychological Testing: History, Principles, & Applications*. Pearson Education.
5. Husain, A. (2012). *Psychological Testing*. Pearson.
6. Miller, L.A., Lover, R.L., & McIntire, S.A. (2018). *Psychological Testing*. Sage.
7. Singh, A.K. (2019). *Tests, Measurements and Research Methods in Behavioural Sciences*. Bharati Bhawan.

Semester -VIII

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Practicals	Course Code	24PSY202DS05
Hours per Week	8	Credits	4 (L:0 T:0 P: 4)
Maximum Marks	100	Time of Examinations	4 Hours
Note: Each student would perform five experiments and five tests and prepare profiles of six tests/instruments. The list of exact problems would be decided by the concerned teachers. It would be mandatory for each student to submit a record file containing a report of all tests, experiments and profiles duly signed by the respective teachers. During examination one experiment, one test would be conducted, and one profile would be reported. Evaluation would be based on performance in conduct, written and viva.			
Course Learning Outcomes (CLO): CLO 1: Students would be able to design, conduct and report experimental research. CLO 2: Students would acquire the ability to administer, interpret and report psychological tests. CLO 3: Students would become acquainted with basic psychological tests and instruments and would be able to use the knowledge in designing future research.			
a) Experiments.			
Any five experiments from following areas. 1. Physiological Arousal 2. Effect of reinforcement on performance 3. Emotion 4. Motivation 5. Competition and Cooperation			
b) Tests			
Any five tests from following areas. 1. Self- efficacy 2. Personality 3. Test-Retest Reliability 4. Lifestyles and health 5. Assessment Well-being 6. Assessment of Stress			
c) Profiling of Instruments/Tests			
Six profiles of Instruments/Tests (at least three instruments) to be prepared. Details of instrument/test and its working/administration, scoring, interpretation, and application would be described.			

Semester -VIII

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Psychological Testing	Course Code	24PSY202SE01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would understand the nature and utility of psychological testing. CLO 2: Students would develop an understanding of various tests of ability and neuropsychological tests along with their applicability. CLO 3: Students would be able to assess personality using self-report and projective measures. CLO 4: Students would gain knowledge about tests for special populations along with their applicability. CLO 5: Students would develop an understanding of ethical issues involved in psychological testing.			
Unit 1: Psychological Testing: Nature, Characteristics of good test, Types of tests. Applications of Psychological testing. Test Administration: Effects of Examiner and Situational variables; Examinee's perspective; Effect of training on test performance.			
Unit 2: Measurement of Ability and Aptitude: Stanford-Binet, Wechsler scales, Multilevel Battery: Cognitive Abilities Test, Multiple Aptitude Batteries- Differential Aptitude Test (Description, Scoring and Interpretation). Neuropsychological Tests: Luria-Nebraska Neuropsychological Battery, AIIMS Comprehensive Neurological Battery (Description, Scoring and Interpretation).			
Unit 3: Personality Testing: Self-Report Inventories - MMPI, 16 PF, NEO-PI-R, Myers-Briggs Type Indicator (Description, Scoring and Interpretation). Projective Techniques: Association/Inkblot – Meaning, Types, Rorschach Inkblot Test, Construction/Pictorial -TAT (Description, Scoring and Interpretation).			

Unit 4:

Tests for Special Population: Tests for Infant & Preschool children, Tests for persons with Intellectual Disability.

Ethical and Social Issues in Psychological Testing.

References:

1. Aiken, L.R., & Groth- Marnat, G. (2009). *Psychological Testing and Assessment*. Pearson.
2. Anastasi, A., & Urbina, S. (2016). *Psychological Testing*. Prentice- Hall.
3. Gregory, R.J. (2018). *Psychological Testing: History, Principles, & Applications*. Pearson Education.
4. Husain, A. (2012). *Psychological Testing*. Pearson.
5. Miller, L.A., Lover, R.L., & McIntire, S.A. (2018). *Psychological Testing*. Sage.
6. Singh, A.K. (2019). *Tests, Measurements and Research Methods in Behavioural Sciences*. Bharati Bhawan.

**Syllabi for Under Graduate Programme
(Single Major in Psychology)
(4 Years UG Hons. With Research)**

Semester -VIII

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Theoretical Perspectives of Psychology II	Course Code	24PSY202DS01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would gain theoretical knowledge of historical developments of Neo-Behaviourism. CLO 2: Students would develop a working knowledge of cognitive approaches. CLO 3: Students would gain theoretical knowledge of the viewpoints of the Humanistic movement. CLO 4: Students would gain knowledge regarding the theoretical perspectives of personality emotion and motivation. CLO 5: Students would gain theoretical knowledge of mental testing.			
Unit 1: Neo-Behaviourism: Contributions of Tolman, Hull, Skinner, Guthrie; Socio-behaviourism: Contributions of Bandura, Rotter.			
Unit 2: Cognitive approach: Kelly, Mischel. Humanistic movement: Contributions of Maslow, Rogers; Existential movement: Frankl, Rollo May.			
Unit 3: Theories of Personality: Cattell, Eysenck, Big five. Theories of Emotions: James Lange, Cannon-Bard, Schachter and Singer, Lazarus. Theories of Motivation: Ryan and Deci (Self-determination), McClelland.			

Unit 4:

Mental testing: Cattell. Psychological testing movement. Industrial/organizational psychology movement: Walter Dill Scott. Contemporary Developments in Psychology: Cognitive Movement in Psychology: Miller, Neisser; Facets of Personality- Learned Helplessness, Sensation Seeking, Artificial intelligence; Evolutionary psychology.

References:

1. Chaplin, T., & Kraweic, T.S. (1979). *Systems and Theories of Psychology*. Thompson Learning.
2. Hergenhahn, B.R. (1997). *An Introduction to the History of Psychology*. Brooks.
3. Leahey, T.H. (1987). *A History of Modern Psychology*. Prentice Hall International.
4. Schultz, D., & Schultz, S. (2000). *A History of Modern Psychology*. Harcourt Brace.
5. Viney, W. & King, D.B. (1998). *A History of Psychology*. Allyn and Bacon.
6. Weiner, B.B. (1985). *Human Motivation*. Springer.

Semester -VIII

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Health Psychology	Course Code	24PSY202DS02
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would gain knowledge about the nature and methods of health psychology. CLO 2: Students would gain knowledge of health behaviours and barriers to modifying poor health behaviours. CLO 3: Students would understand the nature and management of cardiovascular diseases and cancer. CLO 4: Students would be able to understand the concept of adherence to treatment. CLO 5: Students would gain knowledge regarding various stress management techniques.			
Unit 1: Health Psychology: Nature, Emergence of Health Psychology, Goals of Health psychology, Biopsychosocial Perspective of Health Psychology. Research methods of Health Psychology: Experimental Method, Quasi-Experimental, Ex-post-facto, Correlational, Genetic studies, Cross-sectional & Longitudinal Studies, and Epidemiological research.			
Unit 2: Health and Behavior: Health Behaviours, Health belief model, Theory of reasoned action, Theory of planned behaviour, Protection motivation theory, Transtheoretical model of behaviour change. Barriers to Modifying Poor Health Behaviours. Cognitive-Behavioural Approaches to Health Behaviour Change.			
Unit 3: Cardiovascular disease: Types, Psychosocial factors of CVD, Psychological Intervention of CVD. Diabetes: Types of diabetes, Psychological management of diabetes. Cancer: Psychosocial factors, Coping with cancer. Pain: Nature, Types, Biopsychosocial aspects of pain, Managing and controlling pain.			

Unit 4:

Seeking & Adherence to treatment: Psychosocial factors in recognising and interpreting symptoms, Factors associated with seeking treatment; Adherence, Barriers to Adherence, Factors predicting adherence.

Stress & Coping: Sources of stress, Stress and disorders (Psychosocial and other disorders); Coping: Methods of coping, Reducing the potentials of stress, Coping interventions, Factors affecting the ability to cope.

References:

1. Anisman, H. (2016). *Health Psychology*. Sage.
2. Fiest, J., & Brannon, L. (2000). *Health Psychology: Introduction to Behaviour & Health*. Wadsworth.
3. Gurung, (2010). *Health Psychology: A Cultural Approach*. Wadsworth.
4. Marks, D., Murray, M., Evans, B., & Estacio, E.V. (2015). *Health Psychology: Theory, Research and Practice*. Sage.
5. Sarafino, E. P., & Smith, T.W. (2014). *Health Psychology: Biopsychosocial Interactions*. Wiley.
6. Straub, R.O. (2017). *Health Psychology: A Biopsychosocial Approach*. Worth Publishers.

Semester -VIII

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Psychological Testing	Course Code	24PSY202SE01
Hours per Week	4	Credits	4 (L:4 T:0 P: 0)
Maximum Marks	100 (Internal 30 and External 70)	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: Students would understand the nature and utility of psychological testing. CLO 2: Students would develop an understanding of various tests of ability and neuropsychological tests along with their applicability. CLO 3: Students would be able to assess personality using self-report and projective measures. CLO 4: Students would gain knowledge about tests for special populations along with their applicability. CLO 5: Students would develop an understanding of ethical issues involved in psychological testing.			
Unit 1: Psychological Testing: Nature, Characteristics of good test, Types of tests. Applications of Psychological testing. Test Administration: Effects of Examiner and Situational variables; Examinee's perspective; Effect of training on test performance.			
Unit 2: Measurement of Ability and Aptitude: Stanford-Binet, Wechsler scales, Multilevel Battery: Cognitive Abilities Test, Multiple Aptitude Batteries- Differential Aptitude Test (Description, Scoring and Interpretation). Neuropsychological Tests: Luria-Nebraska Neuropsychological Battery, AIIMS Comprehensive Neurological Battery (Description, Scoring and Interpretation).			
Unit 3: Personality Testing: Self-Report Inventories - MMPI, 16 PF, NEO-PI-R, Myers-Briggs Type Indicator (Description, Scoring and Interpretation). Projective Techniques: Association/Inkblot – Meaning, Types, Rorschach Inkblot Test, Construction/Pictorial -TAT (Description, Scoring and Interpretation).			

Unit 4:

Tests for Special Population: Tests for Infant & Preschool children, Tests for persons with Intellectual Disability.

Ethical and Social Issues in Psychological Testing.

References:

1. Aiken, L.R., & Groth- Marnat, G. (2009). *Psychological Testing and Assessment*. Pearson.
2. Anastasi, A., & Urbina, S. (2016). *Psychological Testing*. Prentice- Hall.
3. Gregory, R.J. (2018). *Psychological Testing: History, Principles, & Applications*. Pearson Education.
4. Husain, A. (2012). *Psychological Testing*. Pearson.
5. Miller, L.A., Lover, R.L., & McIntire, S.A. (2018). *Psychological Testing*. Sage.
6. Singh, A.K. (2019). *Tests, Measurements and Research Methods in Behavioural Sciences*. Bharati Bhawan.

Semester -VIII

Name of Program	Under Graduate (Single Major in Psychology)	Program Code	USPSY4
Name of the Course	Research project/ Dissertation	Course Code	27PSY408PD01
Hours per Week	-----	Credits	12
Maximum Marks	300 (Internal 90 and External 210)	Time of Examinations	3 Hours
Note: The Research project/ Dissertation will be completed under the supervision of a teacher in the Department / Institution as per university guidelines.			