



Guru Jambheshwar University of Science and Technology
Hisar-125001, Haryana
 ('A+' NAAC Accredited State Govt. University)



Scheme of Examination for Integrated Five Years Programme
[UG Four Years Programme (Single Major) + PG One Year Programme]

Name of the Programme: Integrated B.Sc. (Hons/Hons with Research)-M.Sc. Psychology
 According to National Education Policy-2020

FIRST YEAR

SEMESTER-I								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Discipline Specific Course	24PSY0101T	Introduction and History of Psychology	3	3	20	50	70	2.5
	24PSY0101P	Introduction and History of Psychology- Lab	1	2	10	20	30	2
Discipline Specific Course	24PSY0102T	Basics Psychological Processes	3	3	20	50	70	2.5
	24PSY0102P	Basics Psychological Processes Lab	1	2	10	20	30	2
Minor Course/ Vocational Course		To be opted from the pool	4	4	30	70	100	3
Multidisciplinary Course		To be opted from the pool	3	3	25	50	75	2.5
Ability Enhancement Course		To be opted from the pool	2	2	15	35	50	2
Skill Enhancement Course		To be opted from the pool	2	2	15	35	50	2
		To be opted from the pool	1	2	10	15	25	2
Value Added Course		To be opted from the pool	2	2	15	35	50	2
			22	25	170	380	550	
SEMESTER-II								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Discipline Specific Course	24PSY0201T	Social Psychology-I	3	3	20	50	70	2.5
	24PSY0201P	Social Psychology-I Lab	1	2	10	20	30	2
Discipline Specific Course	24PSY0202T	Biological basis of behaviour	3	3	20	50	70	2.5
	24PSY0202P	Biological basis of behaviour Lab	1	2	10	20	30	2
Minor Course/ Vocational Course		To be opted from the pool	4	4	30	70	100	3
Multidisciplinary Course		To be opted from the pool	3	3	25	50	75	2.5
Ability Enhancement Course		To be opted from the pool	2	2	15	35	50	2
Skill Enhancement Course		To be opted from the pool	2	2	15	35	50	2
		To be opted from the pool	1	2	10	15	25	2
Value Added Course		To be opted from the pool	2	2	15	35	50	2
			22	25	170	380	550	

COURSES OFFERS FOR THE POOLS (MIC, MIN MDC, SEC, AEC AND VAC)

SEMESTER-I								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Minor Course/ Vocational Course	24MIN0101T	Fundamentals of Psychology –I	4	4	30	70	100	3
#Minor Course/ Vocational Course	24MIC0101T	Basics of Psychology –I	2	2	15	35	50	2
Multidisciplinary Course	24MDC0102T	Self-Management and Personality Development	3	3	25	50	75	2.5
Skill Enhancement Course	24SEC0102T	Psychological Testing – I	2	2	15	35	50	2
	24SEC0102P	Psychological Testing - I Lab	1	2	10	15	25	2
Value Added Course	24VAC0107T	Character Strength and Human Values	2	2	15	35	50	2
SEMESTER-II								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Minor Course/ Vocational Course	24MIN0201T	Fundamentals of Psychology –II	4	4	30	70	100	3
#Minor Course/ Vocational Course	24MIC0201T	Basics of Psychology -II	2	2	15	35	50	2
Multidisciplinary Course	23MDC0202T	Positive Psychology and Personal Growth	3	3	25	50	75	2.5
Skill Enhancement Course	24SEC0202T	Psychological Testing – II	2	2	15	35	50	2
	24SEC0202P	Psychological Testing - II Lab	1	2	10	15	25	2
Value Added Course	24VAC0107T	Character Strength and human Values	2	2	15	35	50	2

Only for Scheme A

Note: The student opting for exit after first year must complete internship of 4 credits (120 Hrs) to get UG Certificate.



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Scheme of Examination for Integrated Five Years Programme
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Name of the Programme: Integrated B.Sc. (Hons/Hons with Research)-M.Sc. Psychology
 According to National Education Policy-2020

SECOND YEAR

SEMESTER-III								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Discipline Specific Course	24PS Y0301T	Social Psychology-II	3	3	20	50	70	2.5
	24PS Y0301P	Social Psychology-II Lab	1	2	10	20	30	2
Discipline Specific Course	24PS Y0302T	Psychology of Individual differences	3	3	20	50	70	2.5
	24PS Y0302P	Psychology of Individual differences Lab	1	2	10	20	30	2
Minor Course/ Vocational Course		To be opted from the pool	4	4	30	70	100	3
Multidisciplinary Course		To be opted from the pool	3	3	25	50	75	2.5
Ability Enhancement Course		To be opted from the pool	2	2	15	35	50	2
Skill Enhancement Course		To be opted from the pool	2	2	15	35	50	2
		To be opted from the pool	1	2	10	15	25	2
Value Added Course		To be opted from the pool	2	2	15	35	50	2
			22	25	170	380	550	
SEMESTER-IV								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Discipline Specific Course	24PS Y0401T	Cognitive Psychology	4	4	30	70	100	3
	24PS Y0402T	Basics of Research & Statistics	4	4	30	70	100	3
	24PS Y0403T	Life Span Development	4	4	30	70	100	3
	24PS Y0404P	Psychology Lab-IV	4	8	30	70	100	3
Minor Course/ Vocational Course		To be opted from the pool	2	2	15	35	50	2
			2	4	15	35	50	3
Ability Enhancement Course		To be opted from the pool	2	2	15	35	50	2
Value Added Course		To be opted from the pool	2	2	15	35	50	2
			24	30	180	420	600	
COURSES OFFERD FOR THE POOLS (MIC, MIN MDC, SEC, AEC AND VAC)								
SEMESTER-III								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Minor Course/ Vocational Course	24MIC0301T	Social Psychology	4	4	30	70	100	3
Multidisciplinary Course	24MDC0302T	Positivism, happiness and well-being	3	3	25	50	75	2.5
Skill Enhancement Course	24SEC0302T	Psychological Testing-III	2	2	15	35	50	2
	24SEC0302P	Psychological Testing-III Lab	1	2	10	15	25	2
Value Added Course	24VAC0307T	Psychology of Happiness and well – being	2	2	15	35	50	2
COURSES OFFERD FOR THE POOLS (MIC, MIN MDC, SEC, AEC AND VAC)								
SEMESTER-IV								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Minor Course/ Vocational Course	24VOC0401T	Personality and Personality Assessment	2	2	15	35	50	2
	24VOC0401P	Personality and Personality Assessment Lab	2	4	15	35	50	3
Value Added Course	24VAC0307T	Psychology of Happiness and well – being	2	2	15	35	50	2

Applied Psychology
Introduction and History of Psychology (Semester I)
Discipline Specific Course (DSC)

Course Code: 24PSY0101T

Credits: 03

Time of Exam: 2.5 Hrs

Marks: 70

Internal: 20

External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Understanding of the basic concepts of the human mind and behaviour.
- Comprehend the thoughts and important historical milestones leading to the evolution of the psychology.
- Demonstrate knowledge about the development of the field as a discipline in World and India.

Unit-I

Definition, Nature and Origin of Psychology. Scope of Psychology

Basic Issues in Psychology: - Mind vs. Body; Nature vs. Nurture; Determinism vs. Teleology; Reductionism vs. non-Reductionism

Relationship of Psychology with Sociology, Philosophy and Education

Unit-II

Schools of Thought in Psychology: Structuralism, Functionalism, Associationism, Behaviourism & Neo-Behaviourism.

Unit – III

Schools of Thought in Psychology: Gestalt Psychology, Psychoanalysis, Neo-Freudian, Humanistic Psychology, Existential and Cognitive Revolution. Present Situation of Psychology as a discipline in India.

Introduction and History of Psychology-Lab

Course Code: 24PSY0101P

Credits: 01

Time of Exam: 02 Hrs

Marks: 30

Internal: 10

External: 20

1. Sound Localization
2. Alexander Pass Along Test
3. Emotional Intelligence
4. Youth Problem Inventory
5. Effect of Knowledge of Results on performance

References:

- Chaplin, T. & Kraweic, T.S. (1979). *Systems and Theories of psychology*. Holt Rinehart & Winston.
- Hergenhahn, B. R., & Henley, T. (2013). *An introduction to the history of psychology*. Cengage Learning.
- Hothersall, D. (1995). *History of psychology*. Ohio: McGraw Hill International.
- Marx, M.H. & Cronan-Hillix, W.A. (1987). *Systems and Theories in psychology*. New York. McGraw Hill International Editions.
- Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (1999). *Introduction to Psychology*. New Delhi. Tata McGraw Hill.
- Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology, South Asian Edition*. New Delhi: Pearson Education
- King, D.B., Viney, W. & Woody, W.D. (2008). *A History of Psychology: Ideas and Context (4th Ed.)*. London, UK: Pearson Education.
- Paranjpe, A. C. (1984). *Theoretical psychology: The meeting of East and West*. New York: Plenum Press.
- Schultz, D.P. & Schultz, S.N. (2011). *A History of Modern Psychology, 10th edition*. UK: Wadsworth, Cengage Learning

Applied Psychology
Basics Psychological Processes (Semester I)
Discipline Specific Course (DSC)

Course Code: 24PSY0102T

Credits: 03

Time of Exam: 2.5 Hrs

Marks: 70

Internal: 20

External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Exhibit understanding of the basic core concepts of psychology and research related to them.

Unit-I

Sensation: Definition, Nature and Types.

Visual Sensation: Structure and Functioning of Eye, Auditory Sensation: Structure and Functioning of Ear

Perception: Definition and Nature. Perception of Form: Laws of Perceptual Organization, Figure and Ground. Depth Perception, Perceptual Constancies (Shape, Size, Colour), Illusions

Unit-II

Learning: Definition and characteristics. Types of Learning.

Trial and Error Learning, Laws of Learning, Classical Conditioning, Instrumental Conditioning, Observational Learning, Insight Learning.

Unit – III

Emotions: Definition and characteristics of emotions, Basic Emotions,

Components of emotions (physiological, cognitive, and behavioural)

Theories of Emotions: James-Lange Theory, Cannon-Bard Theory, Schachter-Singer Theory. Facial-Feedback Hypothesis.

Motivation: Definition, Motivation Cycle, Types of Motivation: Internal and External

Basic Psychological Processes-Lab

Course Code: 24PSY0102P

Credits: 01

Time of Exam: 02Hrs

Marks: 30

Internal: 10

External: 20

1. Retinal Colour zones/Colour Blindness
- 2 Depth perception
3. Study of Emotions
4. Motivation Analysis Test
5. Bilateral Transfer of Training

References:

- Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology, South Asian Edition*. New Delhi: Pearson Education
- Feldman, S.R. (2009). *Essentials of Understanding Psychology (7th Ed.)*. New Delhi: Tata McGraw Hill.
- Michael, W., Passer, & Smith, R.E. (2007). *Psychology: The Science of Mind and Behavior*. New Delhi: Tata McGraw-Hill.
- Morgan, C.T., King, R.A., Weiss, R.A., & Schopler, J. (2004). *Introduction to Psychology (7 th Edition)*. New York: Mc Graw Hill.

Applied Psychology
Fundamentals of Psychology- I (Semester I)
Minor Course (MIC)

Course Code: 24MIN0101T

Credits: 04

Time of Exam: 3 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Familiar with basic concepts of psychology.
- Understanding of psychological aspects behind learning process.
- Understanding of psychological aspects involved in memory process.

Unit-I

Psychology: Nature, Historical background, Emergence of Psychology as a Science. Methods: Experimental, Interview, Observation

Unit-II

Sensation: Definition, Nature and Types
Visual Sensation: Structure and function of eye
Auditory Sensation; Structure and function of ear

Unit-III

Perception: Definition and Nature, Sensation vs Perception
Perception of Form: Laws of Perceptual Organization, Figure and Ground
Depth Perception: Monocular and Binocular cues of perception.

Unit-IV

Attention: Nature and Types. Factors affecting Attention
Theories of Attention

References:

- Baron, R.A & Misra, G.(2014). Psychology. New Delhi: Pearson Education.
- Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Singh. A. and Singh. U. (1984). Samanya Manovigyan. Bhiwani: VaidicPrakashan.
- Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas.

Applied Psychology
Basics of Psychology-I (Semester I)
Minor Course (MIC)

Course Code: 24MIC0101T
Credits: 02
Time of Exam: 2 Hrs.

Marks: 50
Internal: 15
External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to those four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Understand basic concepts of psychology.
- Acquaint the students with sensation process in psychology.

Unit-I

Psychology: Nature, Historical background, Emergence of Psychology as a Science. Methods: Experimental, Interview, Observation

Unit-II

Sensation: Definition, Nature and Types

Visual Sensation: Structure and function of eye

Auditory Sensation; Structure and function of ear

References:

- Baron, R.A & Misra, G. (2014). Psychology. New Delhi: Pearson Education.
- Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.

Applied Psychology
Self-Management and Personality Development (Semester I)
Multidisciplinary Course (MDC)

Course Code: 24MDC0102T

Credits: 03

Time of Exam: 2.5 Hrs.

Marks: 75

Internal: 25

External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Understanding of core and basic components of self
- Exhibit strategies of boosting self-esteem and building self-confidence
- Have the understanding of personality types and traits

Unit-I

Understanding self: Defining Self; Components of self: self-concept, self-esteem, self-image
Exploring Self: Introspection, JOHARI Window

Unit-II

Self- Esteem: Concept, Importance of self-esteem
Characteristics of people with low and high self-esteem, Assessment of self-esteem
Self-Confidence- Concept and importance, Strategies of building self-concept

Unit – III

Personality: Definition, Nature
Factors affecting personality- Biological, Psychological, Sociocultural
Type and Trait Approach to Personality: Eysenck, Allport and Cattell
BIG5 Factors of Personality

References:

- Adler, R. B., & Proctor II, R.F. (2012). *Looking out/Looking in (14th ed.)*. Boston, USA: Wadsworth Cengage Learning
- Haddon, P. F. (1999). *Mastering Personal and Interpersonal Skills*. London: Thorogood
- Weiten, W. & Lloyd, M.A. (2006). *Psychology Applied to Modern Life: Adjustment in the 21st Century (8th ed.)*. Belmont, CA: Thomson Wadsworth.

Applied Psychology
Psychological Testing - I (Semester I)
Skill Enhancement Course (SEC)

Course Code: 24SEC0102T

Credits: 02

Time of Exam: 02Hrs

Marks: 50

Internal: 15

External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to those four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Summarize the historical antecedents to psychological testing
- Understanding of fundamentals of psychological testing and tool development
- Understanding of applications of psychological tools in different areas
- Enable students to apply the psychometric tools in different settings

Unit-I

History and Evolution of Psychological Measurement and Testing.
Levels of Measurement (Scales)
Psychological Test: Classification and types of Psychological Tests

Unit-II

Uses and Applications of Psychological Tests, in different areas: Industries and Organizations, Forensics, Military, Counselling and Educational Settings

Psychological Testing - I Lab

Course Code: 24SEC0102P

Credits: 01

Time of Exam: 02 Hrs.

Marks: 25

Internal: 10

External: 15

1. Simple Reaction Time
2. Maze Learning
3. Span of Attention
4. Motivation
5. Muller-Lyer Illusion

References:

- Singh A.K. (2006). *Tests, Measurement and Research Methods in Behavioural Sciences* (5th Ed.). Bharati Bhavan.
- Aiken, L.R. (1994). *Psychological Testing and Assessment*. Boston: Allyn and Bacon.
- Anastasi, A., & Urbina, S (1997). *Psychological Testing*. (7th edition) upper saddle River (NJ): Prentice Hall.
- Freeman, F.S. (1974). *Theory and practice of psychological testing*. New Delhi: Oxford and IBH.

Applied Psychology
Social Psychology-I (Semester II)
Discipline Specific Course (DSC)

Course Code: 24PSY0201T

Credits: 03

Time of Exam: 2.5 Hrs

Marks: 70

Internal: 20

External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Describe the core concepts and methods pertinent to social psychology
- Understanding of basic social phenomenon

Unit-I

Social Psychology: Nature, history. Methods for studying social psychology
Self, Self-esteem. Socialization, agents, Impact of culture, Social Learning

Unit-II

Attitudes: Formation and change. Heuristics, Schemas. Stereotypes, prejudices, discrimination

Unit – III

Prosocial behaviour: Causes, determinants of helping behaviour. Increasing prosocial behaviour.
Altruism: Stages of development and personality disposition

Social Psychology - I Lab

Course Code: 24PSY0201P

Credits: 01

Time of Exam: 02Hrs

Marks: 30

Internal: 10

External: 20

List of Practical

1. Sociometry
2. Self esteem
3. Attitude
4. Stereotype
5. Altruism

References:

- Aronson, E. (1995). *The social Animal*. New York: Freeman.
- Baron, A., & Byrne, D. (1994). *Social Psychology. Understanding Human Interaction*, New York: Prentice Hall.
- Lippa, R.A. (1990). *Introduction to Social Psychology*. Belmont: Wadsworth.
- Misra, G. (1988). *Applied Social Psychology in India*, New Delhi: Sage.
- Myers, D.G. (1994). *Exploring Social Psychology*, New York: Mc Graw-Hill.

Applied Psychology
Biological Basis of Behaviour (Semester II)
Discipline Specific Course (DSC)

Course Code: 24PSY0202T

Credits: 03

Time of Exam: 2.5 Hrs.

Marks: 70

Internal: 20

External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Understanding of brain and behaviour
- Demonstrate the methodological approaches to study human brain
- Comprehensive understanding of neural mechanism involved in psychological processes

Unit-I

Evolutionary and Genetic Foundations
Methods to study brain: Invasive and Non-invasive
Endocrine System and its effect on behaviour

Unit-II

Structure and types of neurons. Neural impulse: Origin, Conduction and Measurement. Neurotransmitters.
Structure and Function of Human Nervous System-Central Nervous System and Peripheral Nervous System

Unit – III

Development of brain. Plasticity of the brain. (Maturation of the vertebrate brain, path finding by axons) Plasticity of brain (Brain damage and short-term recovery, later mechanisms of recovery).
Sleep, wake, consciousness: Stages of sleep and disorders related to sleep

Biological Basis of Behaviour Lab

Course Code: 24PSY0202T

Credits: 01

Time of Exam: 02Hrs

Marks: 30

Internal: 10

External: 20

List of Practical:

1. Sleep Quality
2. Bender Visual Motor Gestalt Test
3. EMG
4. PGIMS
5. Biofeedback

References:

- Carlson, N. (1991). *Biology of Behavior*. Boston: Allyn and Bacon.
- Graham, R.B. (1990). *Physiological Psychology*. California: Wadsworth.
- Hoyenga, K.B., & Hoyenga, K.T. (1998). *Psychobiology: The neuron and Behavior*. California: Brooks/Cole.
- Kalat, J.N. (2001). *Biological Psychology*. California: Wadsworth.
- Pinel, Johan, P.J. (1990). *Biopsychology*. Boston: Allyn and Bacon.
- Rosenzweig, M.R., & Liemen, A.L. (1989). *Physiological Psychology*. New York: Random House.
- Rosenzweig, M.R., Leiman, A.L., & Breed I. S.M. (1999). *Biological Psychology: An Introduction to Behavioral, cognitive and Clinical Neuro Science*. 2nd edition Massachusetts: Sinauer.

Applied Psychology
Fundamentals of Psychology II (Semester II)
Minor Course (MIC)

Course Code: 24MIN0201T
Credits: 04
Time of Exam: 3 Hrs.

Marks: 100
Internal: 70
External: 30

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Get understanding of basic concepts of psychology.
- Acquaint the students with learning and memory process in psychology.
- Acquaint the students with the concept of emotion and motivation in psychology.

Unit-I

Learning: Nature and meaning,
Classical and Instrumental Conditioning.

Unit-II

Learning: Trial and error learning, Insight Learning, Observational learning
Memory: Nature, Factors Affecting Memory. Types of Memory.

Unit-III

Emotion: Nature, physiology of emotion, theories of emotion: James-Lange, Cannon-Bard, Schachter-Singer

Unit-IV

Motivation: Nature, Motivation Cycle, Factors affecting motivation, types of motives

References:

- Baron, R.A & Misra, G.(2014). Psychology. New Delhi: Pearson Education.
- Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Singh.A. and Singh.U.(1984). Samanya Manovigyan. Bhiwani: VaidicPrakashan. Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas.

Applied Psychology
Basics of Psychology II (Semester: II)
Minor Course (MIC)

Course Code:24MIC0201T

Credits: 02

Time of Exam: 2 Hrs.

Marks: 50

Internal: 15

External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to those four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Get understanding of basic concepts of psychology.
- Acquaintance with the process of perception.
- Understanding with the concept of emotion and motivation.

Unit-I

Perception: Definition and Nature, Sensation vs Perception

Perception of Form: Laws of Perceptual Organization, Figure and Ground

Depth Perception: Monocular Cues and Binocular Cues

Unit-II

Emotion: Nature, physiology of emotion, theories of emotion: James-Lange, Cannon-Bard, Schachter-Singer.

Motivation: Nature, Motivation Cycle, types of motives (Intrinsic and Extrinsic)

References:

- Baron, R.A & Misra, G.(2014). Psychology. New Delhi: Pearson Education.
- Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Singh.A. and Singh.U.(1984). Samanya Manovigyan.Bhiwani: VaidicPrakashan.Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi:Moti Lal Banarsidas.

Applied Psychology
Positive Psychology and Personal Growth (Semester II)
Multidisciplinary Course

Course Code: 24MDC0202T
Credits: 03
Time of Exam: 2.5 Hrs

Marks: 75
Internal: 25
External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Appreciate the meaning and importance of positivism in life
- Understanding of positive emotional states and their importance in well-being
- Demonstrate and apply positive states in day-to-day life

Unit-I

Positivism: Role and Importance,
Subjective well-being: concept, importance and indicators.

Unit-II

Psychological well-being: concept, dimensions and importance
PERMA and its applications.

Unit – III

Resilience-concept and importance
Sources of resilience in children, adults and elderly
Developing resilience: role of hope, optimism, flow, and spirituality.

References:

Adler, R. B., & Proctor II, R.F. (2012). *Looking out/Looking in (14th ed.)*. Boston, USA: Wadsworth Cengage Learning
Haddon, P. F. (1999). *Mastering Personal and Interpersonal Skills*. London: Thorogood
Weiten, W. & Lloyd, M.A. (2006). *Psychology Applied to Modern Life: Adjustment in the 21st Century* (8th ed.). Belmont, CA: Thomson Wadsworth.

**Applied Psychology
Psychological Testing II (Semester II)
Skill Enhancement Course**

Course Code: 24SEC202T
Credits: 02
Time of Exam: 2 Hrs.

Marks: 50
Internal: 15
External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to those four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Understanding of fundamentals of psychological tool development
- Understanding of applications of psychological tools in different areas
- Enable students to apply the psychometric tools in different settings

Unit-I

Characteristics of Standardized Psychological Tool
General steps of the construction
Sources of biases and ethical concerns in testing

Unit-II

Neuropsychological Assessment: Role of EEG, CAT, MRI, PET Scan.
Neuropsychological Battery: Bender Gestalt Test, Luria Nebraska Neuropsychological Battery

Psychological Testing II Lab

Course Code: 24SEC0202P
Credits: 01
Time of Exam: 02Hrs.

Marks: 25
Internal: 10
External: 15

1. Verbal test of intelligence
2. Adjustment
3. Personal Values
4. Observation (Speed and Accuracy)
5. Personality (EPQ-R)

References:

- Singh A.K. (2006). *Tests, Measurement and Research Methods in Behavioural Sciences* (5th Ed.). Bharati Bhavan.
- Aiken, L.R. (1994). *Psychological Testing and Assessment*. Boston: Allyn and Bacon.
- Anastasi, A., & Urbina, S (1997). *Psychological Testing. (7th edition)* upper saddle River (NJ): Prentice Hall.
- Freeman, F.S. (1974). *Theory and practice of psychological testing*. New Delhi: Oxford and IBH.

Applied Psychology
Character Strengths and Human Values (Semester I/II)
Value Added Course*

Course Code: 24VAC0107T
Credits: 02
Time of Exam: 02 Hrs.

Marks: 50
Internal: 15
External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to those four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Understand the core character strengths and human values with their implications and applications
- Develop and nurture character strengths and values for personal growth

Unit-I

Character strengths and virtues: concept and classification
Assessment and nurturance of character strengths
Barriers in developing character strengths

Unit – II

Wisdom: as a foundational strength and virtue
Definition and assessment
SOC model of effective life management
Courage as universal virtue
Nurturing and developing the virtue and strengths of courage

References:

- Baumgardner, S. R., & Crothers, M. K. (2009). *Positive psychology*. Prentice Hall/Pearson Education.
- Carr, A. (2011). *Positive psychology: The science of happiness and human strengths*. Routledge.
- Snyder. C.R, Lopez, S.J. & Jenifer T. Pedrotti (2010). *Positive Psychology: The Scientific & Practical exploration of human strengths*. New Delhi: Sage Publications

Applied Psychology
Social Psychology-II (Semester III)
Discipline Specific Course (DSC)

Course Code: 24PSY0301T

Credits: 03

Time of Exam: 2.5 Hrs

Marks: 70

Internal: 20

External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Understanding of impression formation and human emotions
- Demonstrate the methodological approaches to study Groups, aggressive behaviour and social influences.
- Comprehensive understanding of violence, obedience and compliance.

Unit-I

Impression formation, Interpersonal attraction, Love, Rejection, Relationship Maintenance

Unit-II

Groups: Formation, Functions, Classification, Group cohesiveness, Group effectiveness. Social influence: Conformity, compliance, obedience to authority.

Unit – III

Aggression: Nature, causes, control.

Violence: Causes and Interventions. Family Violence. Intimate Partner Violence.

Social Psychology - II Lab

Course Code: 24PSY0301P

Credits: 01

Time of Exam: 02 Hrs.

Marks: 30

Internal: 10

External: 20

1. Relationship Quality
2. Social Conformity
3. Parent Child Relationship
4. Aggression
5. Domestic Violence

References:

- Abelson, R. P., Frey, K. P., & Gregg, A. P. (2014). Experiments with people: Revelations from social psychology. Psychology Press.
- Aronson, E. (1995). *The social Animal* New York: Freeman.
- Krahe, B. (2020). *The social psychology of aggression*. Routledge
- Lippa, R.A. (1990). *Introduction to Social Psychology*. Belmont: Wadsworth.
- Misra, G. (1988). *Applied Social Psychology in India*, New Delhi: Sage.
- Gross, R., & McIlveen, R. (2016). *Social psychology*. Routledge.
- Riggio, R. E., & Friedman, H. S. (1986). Impression formation: The role of expressive behavior. *Journal of personality and social psychology*, 50(2), 421
- Steg, L., Keizer, K., Buunk, A. P., & Rothengatter, T. (Eds.). (2017). *Applied social psychology*. Cambridge University Press.
- Thibaut, J. W. (2017). *The social psychology of groups*. Routledge
- Warburton, W. A., & Anderson, C. A. (2015). Aggression, social psychology of. *International encyclopedia of the social & behavioral sciences*, 1, 373-380

Applied Psychology
Psychology of Individual Differences (Semester III)
Discipline Specific Course (DSC)

Course Code: 24PSY0302T

Credits: 03

Time of Exam: 2.5 Hrs

Marks: 70

Internal: 20

External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e., 12.5 marks.

Course Learning Outcomes:

- Understanding the concept and importance of individual differences.
- Gaining knowledge of personality and intelligence theories and their applications.
- Analysing the role of culture and gender in individual differences

Unit-I

Concept and nature of Individual differences

Definition and Types

Historical Perspective: Nature vs Nurture

Factors influencing Individual differences: Biological, Psychological, Social

Applications of Understanding Individual Differences:

Unit-II

Individual differences of Personality

Nature and Overview of personality

Theoretical Approaches to Personality: Type and Trait Approaches

Temperament: Nature and types

Factors affecting Temperament

Unit – III

Individual Differences of Intelligence

Nature and Overview of Intelligence

Theoretical Approaches to Intelligence: Spearman two factor theory, Gardner multiple intelligences, Sternberg Triarchic Theory

Genetic and Environmental Influences on Intelligence

Psychology of Individual Differences Lab

Course Code: 24PSY0302P

Credits: 01

Time of Exam: 02Hrs

Marks: 30

Internal: 10

External: 20

1. Personality
2. Temperament
3. Intelligence
4. Job Satisfaction
5. School Environment Inventory

References:

- Chaplin, T. & Kraweic, T.S. (1979). *Systems and Theories of psychology*. Holt Rinehart & Winston.
- Hergenhahn, B. R., & Henley, T. (2013). *An introduction to the history of psychology*. Cengage Learning.
- Hothersall, D. (1995). *History of psychology*. Ohio: McGraw Hill International.
- Marx, M.H. & Cronan-Hillix, W.A. (1987). *Systems and Theories in psychology*. New York. McGraw Hill International Editions.
- Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (1999). *Introduction to Psychology*. New Delhi. Tata McGraw Hill.
- Baron, R. A. & Misra, G. (2014). *Psychology*. Indian Subcontinent Edition. Pearson Education.
- Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology, South Asian Edition*. New Delhi: Pearson Education

Applied Psychology
Social Psychology (Semester III)
Minor Course (MIC)

Course Code: 24MIC0301T
Credits: 04
Time of Exam: 3 Hrs.

Marks: 100
Internal: 30
External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understand core concepts of social psychology, including self, attitudes, and behaviour.
- Analyze influences on pro-social behaviour, conformity, and stereotypes.
- Examine leadership and aggression, and strategies to reduce aggression.

Unit-I

Nature and Scope of Social Psychology, Socialization, Development of self
Attitudes: Nature, theories, formation and attitude change

Unit-II

Altruism and pro social behavior, factors affecting Altruism, enhancing pro social behavior
Conformity, prejudice and stereotypes.

Unit-III

Leadership: meaning and nature of leadership, characteristics of a good leader, types of leadership, functions of leader

Unit-IV

Aggression: meaning and nature of aggression, types of aggression,
Factors provoking aggression and violence, measures of preventing and reducing aggression

References:

- Baron, R. A., Branscombe, N. R., & Byrne, D. (2008). Social psychology (12th ed.). Pearson/Allyn and Bacon
- Aronson, E., Wilson, T. D., & Akert, R. M. (2018). Social psychology (10th ed.). Pearson.
- Myers, D. G., & Twenge, J. M. (2019). Social psychology (13th ed.). McGraw-Hill.

Applied Psychology
Positivism, Happiness and Well-being (Semester III)
Multidisciplinary Course (MDC)

Course Code: 24MDC0302T

Credits: 03

Time of Exam: 2.5 Hrs.

Marks: 75

Internal: 25

External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Understand and application of positive emotions
- Foster happiness and well-being for enhancement of life

Unit-I

Positive Psychology: Assumptions, Goals, Negativism to positivism
Pillars of Positive Psychology
Me/We balance, eastern and western perspective

Unit – II

Happiness: hedonic and eudaimonic; Measures of happiness, Pursuit of Happiness
Components and Correlates of happiness, Enhancing Happiness

Unit –III

Positive Emotions: Importance, Enhancing and managing positive emotions
Well-being: Psychological well-being, Social well-being, Subjective well-being
Well-being enhancement strategies- gratitude, Hope, Forgiveness, Role of Positive Approaches

References:

- Baumgardner, S. R., & Crothers, M. K. (2009). Positive Psychology. Pearson Education, India.
- Pedrotti, J. T., Lopez, S. J., McDermott, R. C., & Snyder, C. R. (2024). Positive psychology: The scientific and practical explorations of human strengths. SAGE Publications.
- Seligman, M. E. (2002). Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfilment. Simon and Schuster.
- Seligman, M. E., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction (Vol. 55, No. 1). American Psychological Association.
- Snyder, C. R., Lopez, S. J., Edwards, L. M., & Marques, S. C. (Eds.). (2020). The Oxford Handbook of positive Psychology. Oxford university press.

Applied Psychology
Psychological Testing –III (Semester III)
Skill Enhancement Course (SEC)

Course Code: 24SEC0302T

Credits: 02

Time of Exam: 2 Hrs.

Marks: 50

Internal: 15

External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to those four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Understanding of fundamentals of psychological tools for the assessment of intelligence, aptitude and interest development
- Become familiar with psychological tools applied/ used for the assessment of intelligence, aptitude and interest development
- Enable students to apply the psychometric tools in different settings

Unit-I

Intelligence: Definition, Nature, Factors determining Intelligence

Unit-II

Aptitude: Definition, Nature, Relation between Aptitude and Intelligence

Psychological Testing –III Lab

Course Code: 24SEC0302P

Credits: 01

Time of Exam: 2 Hrs

Marks: 25

Internal: 10

External: 15

1. Bhatia Battery
2. WAIS
3. Attitude Assessment
4. Interest
5. Self-Concept

References:

- Singh A.K. (2006). *Tests, Measurement and Research Methods in Behavioural Sciences* (5th Ed.). Bharati Bhavan.
- Aiken, L.R. (1994). *Psychological Testing and Assessment*. Boston: Allyn and Bacon.
- Anastasi, A., & Urbina, S (1997). *Psychological Testing. (7th edition)* upper saddle River (NJ): Prentice Hall.
- Freeman, F.S. (1974). *Theory and practice of psychological testing*. New Delhi: Oxford and IBH.

Psychology
Psychology of Happiness and Well-being (Semester III/IV)
Value Added Course (VAC)

Course Code: 24VAC0307T
Credit: 2
Exam Time: 2 Hrs.

External Marks: 35
Internal Marks: 15
Total Marks: 50

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to that four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Analyze the impact of stress on various body systems.
- Evaluate personal factors affecting well-being
- Apply interventions for enhancing happiness and well-being

Unit-I

The concept of well-being: Hedonic and eudaimonic views, nature and dimensions of well-being.
Happiness and Positive Emotions: Hope, Gratitude, Forgiveness and Self-efficacy.

Unit-II

Personal factors and well-being: The role of emotional intelligence, resilience, empathy and pro-social behavior. Wellbeing at workplace.

Happiness: Assessment and Interventions, Oxford Happiness Scale (Hills and Argyle, 2002),
Psychological well-being scale (Ryff and Keyes, 1995).

Mindfulness-Based Interventions in happiness & wellbeing. Stress coping and wellbeing.

References:

1. Seligman, M. E. (2002). Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment. Simon and Schuster.
2. Baumgardner, S. R. (2015). Positive psychology. Pearson Education India.
3. Ryff, C. D., & Singer, B. H. (Eds.). (2001). Emotion, social relationships, and health. Oxford University Press.
4. Zinn, J. K. (2017). Mindfulness for Beginners, Jaico Publishing House.

Applied Psychology
Cognitive Psychology (Semester IV)
Discipline Specific Course (DSC)

Course Code: 24PSY0401T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understanding the foundational concepts and approaches in cognitive psychology.
- Analysing key cognitive processes like attention, perception, and memory.
- Evaluating theories and models related to problem-solving and decision-making.
- Exploring the cognitive aspects of language and development.

Unit-I

Introduction to Cognitive Psychology

Current status & scope

Historical background and origins

Approaches to cognitive psychology: Information processing, connectionist models, ecological approaches

Unit-II

Attention and Perception

Nature of attention: Types and models

Selective attention, divided attention, and sustained attention

Perceptual processes: Bottom-up and top-down processing

Theories and models of perception

Unit – III

Memory

Types of memory: Sensory, short-term, long-term

Models of memory: multi-store model, Working memory model

Processes of memory: Encoding, storage, retrieval

Factors affecting memory: Forgetting and memory distortions

Unit-IV

Higher Cognitive Processes

Problem-solving: Types and strategies

Decision-making: Models and heuristics

Language: Structure and functions, theories of language development

References:

- Goldstein, E. B. (2018). *Cognitive Psychology: Connecting Mind, Research, and Everyday Experience* (5th Ed.). Cengage Learning.
- Sternberg, R. J. (2016). *Cognitive Psychology* (7th Ed.). Cengage Learning.
- Eysenck, M. W., & Keane, M. T. (2015). *Cognitive Psychology: A Student's Handbook* (7th Ed.). Psychology Press.
- Matlin, M. W. (2013). *Cognition* (8th Ed.). Wiley.
- King, D.B., Viney, W. & Woody, W.D. (2008). *A History of Psychology: Ideas and Context* (4th Ed.). London, UK: Pearson Education.
- Anderson, J. R. (2015). *Cognitive Psychology and Its Implications* (8th Ed.). Worth Publishers.
- Kellogg, R. T. (2011). *Fundamentals of Cognitive Psychology* (2nd Ed.). Sage Publications.

Applied Psychology
Basics of Research and Statistics (Semester IV)
Discipline Specific Course (DSC)

Course Code: 24PSY0402T

Marks: 100

Credits: 04

Internal: 30

Time of Exam: 03 Hrs

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understanding of fundamentals of research and statistics in psychology.
- Understanding of applications of research and statistics in psychological studies.

Unit-I

Research nature, purpose, principal and applications.

Types of research and steps of research process.

Research problem, sources of research problem and steps in the formulation of a research problem.

Unit-II

Variable nature and types.

Hypothesis nature characteristics and types of hypotheses.

Unit – III

Meaning and nature of statistics.

Types and applications of statistics.

Measures of central tendency: Mean, Median and Mode.

Unit- IV

NPC: characteristics and applications.

Measures of variability: Rang, Quartile deviation, Average deviation and Standard deviation.

References:

- Singh A.K. (2006). *Tests, Measurement and Research Methods in Behavioural Sciences* (5th Ed.). Bharati Bhavan.
- Garrett H.E, (2005). *Statistics in psychology and education*. Raragon international publisher.
- Anastasi, A., & Urbina, S (1997). *Psychological Testing. (7th edition)* upper saddle River (NJ): Prentice Hall.
- Mangal S.K. (2002). *Statistics in psychology and education. Prentice Hall india learning private Limited: 2nd edition.*
- Aron A., Coups E.J., Aron E.N. (2020). *Statistics for psychology. (6th edition) Pearson education.*

Applied Psychology
Life Span Development (Semester IV)
Discipline Specific Course (DSC)

Course Code: 24PSY0403T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understand the concept and process of development throughout the life span
- To impart understanding and to comprehend the continuity and change from conception to death and the interaction of biological, psychological and social aspects of development
- Identify key developmental milestones and stages

Unit-I

Life Span perspective: Characteristics, Nature of Development, Methods to study life span development

Prenatal development: stages, factors affecting and hazards,

Neonate: Characteristics, adjustment and hazards

Unit – II

Childhood: Sensory, Perceptual and Motor development

Adolescence: Physical and Psychological development, Cognitive Development: Piaget and Vygotsky; Socio-emotional Development: Kohlberg's Approach to moral Development

Factors affecting Development during childhood and adolescence, Issues and Challenges

Unit –III

Adulthood: Factors affecting Development; Physical, Psychological, Socio-emotional Development, Issues and Challenges

Unit-IV

Late Adulthood: Factors affecting Development; Physical, Psychological, Socio-emotional Development, Issues and Challenges-Aging, Death and dying, Grief

References:

- Berk, L. (2010). *Child development*. Prentice Hall of India.
- Mitchell, P. and Ziegler, F. (2007). *Fundamentals of Development: The Psychology of Childhood*. Psychology Press.
- Feldman, R.S. & Babu. N. (2011). *Discovering the Lifespan*. Pearson.
- Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human Development (9th Ed.)*. McGraw Hill.
- Santrock, J.W. (2012). *Life Span Development (13th Ed.)*. McGraw Hill

Applied Psychology
Psychology Lab-IV (Semester IV)
Discipline Specific Course (DSC)

Course Code: 24PSY0404P

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: Fifteen experiments/tests are to be conducted. The students will be required to perform two experiment/test in the examination, which would be assigned on the lottery basis. It would be mandatory to submit a practical record book duly signed by the supervising teacher at the time of practical examination.

Course Learning Outcomes:

- Enable students to apply the psychometric tools in different settings

List of Practical

Motivation

NEO-FFI

MBTI

Mental Health

LTM

Concept Formation

Retroactive and Proactive Inhibition

Parenting Styles

Family Environment

Adjustment

DST

Seguin form Board Test

Parent child relationship

Children Thematic Apperception Test

Computation Of Measures of Central Tendency By SPSS

Computation Of Correlation By SPSS

Applied Psychology
Personality and Personality Assessment (Semester IV)
Minor Course/ Vocational Course (VOC)

Course Code: 24VOC0401T

Credits: 02

Time of Exam: 2 Hrs.

Marks: 50

Internal: 15

External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to those four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Analyze major theories of personality and apply them to understand individual differences.
- Evaluate the role of self-concept, self-esteem and self-efficacy in personal development.

Unit-I

Introduction to Personality and Self-Concept

Definition and historical perspectives of personality

Importance of understanding personality

Determinants of personality: Biological, psychological, and social factors

Self-concept: Components and development

Unit-II

Self-confidence, self-esteem, and self-efficacy: Definitions and enhancement techniques

Self-image and its impact on personality

Techniques for self-reflection and self-awareness

Personality and Personality Assessment Lab

Course Code: 24VOC0401P

Credits: 02

Time of Exam: 3 Hrs.

Marks: 50

Internal: 15

External: 35

List of Practical:

1. Myers-Briggs Type Indicator
2. Eysenck Personality Questionnaire
3. Neo FFI personality Inventory
4. Self-concept
5. Self-esteem

References:

- Baron, R.A & Misra, G.(2014). Psychology. New Delhi: Pearson Education.
- Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. NewDelhi: Pearson Education.
- Singh. A. and Singh. U. (1984). Samanya Manovigyan. Bhiwani: VaidicPrakashan.
- Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas.