



Faculty of Humanities and Social Sciences

**Scheme of Examination and Syllabus for
Under Graduate Programme**

**Under Multiple Entry and Exit, Internship and
CBCS-LOCF as per NEP-2020**

**w.e.f. session 2025-26 (in phased manner) for
batch 2023-24 onwards**

Subject: Psychology



**Guru Jambheshwar University of Science
& Technology Hisar-125001, Haryana**

(A+ NAAC Accredited State Govt. University)



Guru Jambheshwar University of Science and Technology
Hisar-125001, Haryana
(‘A+’ NAAC Accredited State Govt. University)
 Name of the Programme: Bachelor of Arts
Subject: Psychology



Scheme of Examination & Syllabus for affiliated Degree College for
 UG Programme According to National Education Policy-2020

THIRD YEAR

| SEMESTER-V | | | | | | | | |
|------------------------------------|-------------|--------------------------------------|---------|---------------|----------------|----------------|-------------|-------------------------|
| 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 | C24PSY501T | Psychopathology | 3 | 3 | 20 | 50 | 70 | 2.5 |
| | C24PSY501P | Psychopathology Lab | 1 | 2 | 10 | 20 | 30 | 2 |
| Minor Course/Vocational Course | | To be opted from pool | 2 | 2 | 15 | 35 | 50 | 2 |
| | | To be opted from pool | 2 | 4 | 15 | 35 | 50 | 2 |
| Internship | | Internship | 4 | 120 | | | 100 | |
| SEMESTER-VI | | | | | | | | |
| 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 | C24PSY601T | Applied Psychology | 3 | 3 | 20 | 50 | 70 | 2.5 |
| | C24PSY601P | Applied Psychology Lab | 1 | 2 | 10 | 20 | 30 | 2 |
| Minor Course/Vocational Course | | To be opted from pool | 2 | 2 | 15 | 35 | 50 | 2 |
| | | To be opted from pool | 2 | 4 | 15 | 35 | 50 | 2 |
| COURSES OFFERS FOR THE POOLS (MIC) | | | | | | | | |
| SEMESTER-V | | | | | | | | |
| 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 | | Introduction to Mental Disorders | 2 | 2 | 15 | 35 | 50 | 2 |
| | | Introduction to Mental Disorders Lab | 2 | 2 | 15 | 35 | 50 | 2 |
| COURSES OFFERS FOR THE POOLS (MIC) | | | | | | | | |
| SEMESTER-VI | | | | | | | | |
| Minor Course | | Guidance and Counselling | 4 | 4 | 30 | 70 | 100 | 3 |
| Minor Course/Vocational Course | | Organizational Psychology | 2 | 2 | 15 | 35 | 50 | 2 |
| | | Organizational Psychology Lab | 2 | 4 | 15 | 35 | 50 | 2 |

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

Psychology
Psychopathology (Semester V)
Discipline Specific Course (DSC)

Course Code: C24PSY501T
45 Hrs. (3 Hrs./Week)
Credit: 3
Exam Time: 2.5 Hrs.

External Marks: 50
Internal Marks: 20
Total Marks: 70

***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.*

Objective: Psychopathology helps the students to build the knowledge and skills necessary to support individuals with mental health challenges and promote mental health awareness.

Unit - 1

Concept of Normality and Abnormality

Models of Psychopathology- Biological, Psycho dynamic, Behavioral and Cognitive

Unit - 2

Classification of Psychopathology, Need for classification system, DSM system

Anxiety-based disorders- GAD, OCD and Phobic disorders- Symptoms, Causes and Intervention.

Unit -- 3

Substance abuse- Causes, Consequences and Rehabilitation.

Mood disorder- Types, Symptoms, Causes and Intervention.

Course Outcomes:

CO1 Apply knowledge of Psychological disorders to real world, including the classification and diagnosis of mental health disorders.

CO2 Analyze the complex interplay of factors like biological, psychological and environmental factors that contribute to mental health disorders.

CO3 Develop treatment plans and interventions for individuals with different psychological disorders.

CO4. Conduct experiments and tests related to Psychopathology.

Psychopathology Lab

Course Code: C24PSY501P
30 Hrs. (2 Hrs./Week)
Credit: 1
Exam Time: 2 Hrs.

External Marks: 20
Internal Marks: 10
Total Marks: 30

1. Clinical Analysis Questionnaire (CAQ)
2. Thematic Apperception Test (TAT)
3. Word Association Test (WAT)
4. Depression
5. Anxiety Scale
6. Emotional Intelligence
7. Defence Mechanism Inventory (DMI)
8. Stress Scale

References :

Anand, V. and Srivastava, R. (2003). Manovikriti Vigyan, Delhi: Moti lal Banarasi Das.

Carson, R.C. Butcher, J.N. et al. (2007) Abnormal Psychology (13th ed.). New Delhi Pearson education

Davison, G.C. and Neale, J.M. (1998) Abnormal Psychology (7th ed.) New York.

Sarason, I.G. and Sarason, B.R. (2005) Abnormal Psychology: The problem of Maladaptive Behaviour (10 ed.). New Delhi Pearson Education Inc.

Sing, A.K. (2006) Aadhunik Asamanya Manovigyan, Delhi: Motilal Banarasi Das

Shrivastava, D.N. (1991), Aadhunik Asamanya Manovigyan (6th ed.) Agra Sahitya.

Psychology
Introduction to Mental Disorders (Semester V)
Minor Course/ Vocational Course (MIC/VOC)

Course Code:
30 Hrs. (2 Hrs./Week)
Credit: 2
Exam Time: 2 Hrs.

External Marks: 50
Internal Marks: 15
Total Marks: 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 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.

Objective: This course enables the students to build the knowledge and skills necessary to support individuals with mental health challenges and promote mental health awareness.

Unit - 1

Concept of Normality and Abnormality
Models of Psychopathology-- Biological, Psycho dynamic, Behavioral and Cognitive

Unit - 2

Classification of Psychopathology, Need for classification system, DSM system
Anxiety-based disorders- GAD, OCD and Phobic disorders- Symptoms, Causes and Intervention.

Course Outcomes:

CO1 Enable students to gain knowledge of psychological disorders including their classification and diagnosis.

CO2 Analyze the complex interplay of factors like biological, psychological and environmental factors that contribute to mental health disorders.

CO3 Develop treatment plans for individuals with different psychological disorders.

Introduction to Mental Disorders Lab

Course Code:
60 Hrs. (4 Hrs./Week)
Credit: 2
Exam Time: 3 Hrs.

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

1. Clinical Analysis Questionnaire (CAQ)
2. Thematic Apperception Test (TAT)
3. Word Association Test (WAT)
4. Depression
5. Anxiety Scale
6. Emotional Intelligence
7. Defence Mechanism Inventory (DMI)
8. Stress Scale

References :

Anand, V. and Srivastava, R. (2003). Manovikriti Vigyan, Delhi: Moti lal Banarasi Das.
Carson, R.C. Butcher, J.N. et al. (2007) Abnormal Psychology (13th ed.). New Delhi Pearson education
Davison, G.C. and Neale, J.M. (1998) Abnormal Psychology (7th ed.) New York.
Sarason, I.G. and Sarason, B.R. (2005) Abnormal Psychology: The problem of Maladaptive Behaviour (10 ed.). New Delhi Pearson Education Inc.
Sing, A.K. (2006) Aadhunik Asamanya Manovigyan, Delhi: Motilal Banarasi Das
Shrivastava, D.N. (1991), Aadhunik Asamanya Manovigyan (6th ed.) Agra Sahitya.

Psychology
Applied Psychology (Semester VI)
Discipline Specific Course (DSC)

Course Code: C24PSY601T
45 Hrs. (3 Hrs./Week)
Credit: 3
Exam Time: 2.5 Hrs.

External Marks: 50
Internal Marks: 20
Total Marks: 70

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.

Objective: Studying Applied Psychology helps the student to bridge the gap between theoretical knowledge and real-world application. It helps to understand how psychological principles are utilized in various practical settings such as education, health, industry, and law. It also encourages critical thinking, ethical awareness, and evidence-based decision-making.

Unit - 1

Applied Psychology- Meaning, Scope and Careers in Psychology.
Organizational Psychology- Nature, Scope and Objective.

Unit 2

Guidance – Nature and Scope of Guidance, Principles and Types of Guidance.
Counseling- Meaning, Need for Counseling, Principles and Types of Counseling, Skills of Effective Counselor.

Unit 3

Health Psychology-- Meaning, Scope and Objectives, Concept of Health and Illness.
Psychological factors in Physical illness, lifestyle and Health, Stress and Coping.

Course Outcomes:

- CO1: Explain the key concepts, principles, and subfields of applied psychology (e.g., clinical, counseling, educational, organizational, forensic, and health psychology).
- CO2: Analyze psychological theories and apply them to real-life settings, such as workplaces, schools, healthcare, and the legal system.
- CO3: Demonstrate the ability to use psychological assessment tools and techniques relevant to different applied fields.
- CO4: Evaluate psychological research and its implications for solving practical problems.
- CO5: Design basic intervention strategies for mental health, behavior modification, or performance enhancement in various applied settings.
- CO6. Conduct experiments and tests related to Applied Psychology.

Applied Psychology Lab

Course Code: C24PSY301P
30 Hrs. (2 Hrs./Week)
Credit: 1
Exam Time: 2 Hrs.

External Marks: 20
Internal Marks: 10
Total Marks: 30

1. Stress Scale
2. Coping Styles/ Well Being Scale
3. General Health Questionnaire
4. Lifestyle Schedule Scale.
5. Healthiness Scale.
6. Job satisfaction Scale
7. Counselling Need Inventory
8. Job Stress Scale

References:

- Anastasi, A (1979) Fields of Applied Psychology (2nd ed) U.S.A.: McGraw, Hill.
Goldstem, A.P. Krasner, L. (1989) Modern Applied Psychology, New York.
Rao, S. N. (2004) Guidance and Counselling. New Delhi Discovery Publishing House.
Tailor, S. E. (2006) Health Psychology (6th edition):
Delhi Tata Macgraw Hill.
Verma, R.S. Singh & Sharma, D. (1982). Vyavaharik Manovigyan. Agra: Vinod Pustak Mandir.

Guidance and Counselling (Semester VI)
Minor Course (MIC)

Course Code:
60 Hrs. (4 Hrs. per week)
Credit: 4
Exam Time: 3 Hrs.

External Marks: 70
Internal Marks: 30
Total Marks: 100

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set 9 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 that 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 consisting of 14 marks each in addition to compulsory Question No. 1.

Objective: Studying Applied Psychology helps the student to bridge the gap between theoretical knowledge and real-world application. It helps to understand how psychological principles are utilized in various practical settings such as education, health, industry, and law. It also encourages critical thinking, ethical awareness, and evidence-based decision-making.

Unit - 1

Guidance – Nature, Need and Scope of Guidance, Principles and Goals of Guidance, Process and Stages of Guidance. Relationship and difference between Guidance and Counselling.

Unit 2

Individual and Group Guidance, Educational, Vocational, Personal and Family Guidance. Areas of Guidance: School, College, Interpersonal and Old Age.

Unit 3

Counseling: Meaning, Principles, Scope and Goals, Types of Counseling, Ethical issues in Counseling, Personal and Professional skills of effective Counseling.

Unit 4

Application of Counseling: Personal Counseling, School Counseling, Career Counseling, Family Counseling and Group Counseling.

Course Outcomes:

- CO1 Understand the foundational concepts of guidance and counseling, including its principles, types, and importance in educational and personal settings.
- CO2 Differentiate between guidance and counseling processes and apply them in various developmental and career contexts.
- CO3 Identify the roles and responsibilities of a counselor in diverse institutional and community settings.
- CO4 Demonstrate effective communication and interpersonal skills essential for building rapport and facilitating counseling sessions.
- CO5 Handle ethical and legal issues in counseling practice with a clear understanding of professional standards and boundaries.
- CO6 Design and implement guidance programs for educational, vocational, and personal development needs.

References:

1. Core, G. (2013). Theory and Practice of Counselling and Psychotherapy. New Delhi: Cengage Learning.
2. Feltham, C. (1995). What is counselling? The promise and problems of the talking therapies. New Delhi: Sage Publications
3. Gladding, S. T. & Batra, P. (2018). Counselling: A comprehensive profession. New Delhi: Pearson India
4. Kinra, A. K. (2008). Guidance and counselling. New Delhi: Pearson Education
5. McLeod, J. (2003). An Introduction to counselling. New York: open University Press
6. Rai, A. & Asthana, M. (2023). ADHUNIK PRAMARSH MANOVIGYAN. New Delhi: Motilal and Banarasi Dass.
7. Rao, S.N. & Sahajpal, P. (2013) Counseling and Guidance. New Delhi: Tata McGraw Hill. Sharma, R.A. (2014). Fundamentals of Guidance and Counseling. Meerut: R Lal Book Depot

Psychology
Organizational Psychology (Semester VII)
Minor Course/ Vocational Course (MIC/VOC)

Course Code:
30 Hrs. (2 Hrs. per week)
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.

Objective: This course applies psychological principals to workplaces to improve employee's wellbeing and organizational effectiveness.

Unit - 1

Organizational Psychology: Nature, History and Scope, Methods: Observation and Survey. Physical Environment and Work: Temperature, Noise, Pollution and Fatigue and Their Prevention.

Unit - 2

Motivation and Work, Financial and Non-Financial Incentives. Job Satisfaction: Nature and Factors Affecting. Job Stress and its Prevention.

Course Outcomes:

- CO1 Gain understanding regarding the concept of Organizational Psychology.
- CO2 Understand the effect of work environment on performance.
- CO3 Get the knowledge about the role of motivation in work outcomes.
- CO4 Conduct experiments and test related to Organizational Psychology.

Organizational Psychology Lab

Course Code:
60 Hrs. (4 Hrs. per week)
Credit: 2
Exam Time: 3 Hrs.

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

1. Job Satisfaction Scale
2. Work Motivation Scale
3. Job Analysis
4. Job Stress Scale
5. Organizational Climate Inventory
6. Leadership Style Questionnaire
7. Organizational Commitment Scale

References :

Aamodt, M.G (2001) Industrial/Organizational Psychology. Thompson Wadsworth, a division of Thompson learning Inc
Ghosh, P.K. and Ghorpade, M.B. (1986). Industrial Psychology, N.D.: Himalaya Publishing House
Kcher, D. C. (2008). Industrial and Organizational Psychology-Theory and review, Patna: Bihar Hind Granth Academy
Muchinsky, P.M. (2006) Psychology applied to work: An Introduction to Industrial and Organizational Psychology. NC: Hypergraphic press.