

Name of University	University of Rajasthan, Jaipur
Name of Faculty	Science
Name of Discipline	Psychology
Type of Discipline	Major
List of Programme, where offered as Minor Discipline	-
Offered to Non-Collegiate Students	Yes

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

UG0802/UG0803B.Sc.Psychology								
#	NHEQF	Semester	Type	Title	Credits			
					L	T	P	Total
1	5	I	MJR	UG0802/UG0803- PSY-51T-101 -Introduction to Psychology	4	0	0	4
2	5	I	MJR	UG0802/UG0803- PSY-51P-102 - Psychology Lab-I	0	0	2	2
3	5	II	MJR	UG0802/UG0803- PSY-52T-103 - Basic Cognitive Processes	4	0	0	4
4	5	II	MJR	UG0802/UG0803- PSY-52P-104 -Psychology Lab-II	0	0	2	2
5	6	III	MJR	UG0802/UG0803- PSY-63T-201 - Social Psychology	4	0	0	4
6	6	III	MJR	UG0802/UG0803- PSY-63P-202 -Psychology Lab-III	0	0	2	2
7	6	IV	MJR	UG0802/UG0803- PSY-64T-203 - Abnormal Psychology	4	0	0	4
8	6	IV	MJR	UG0802/UG0803- PSY-64P-204 -Psychology Lab-IV	0	0	2	2
9	7	V	MJR	UG0802/UG0803- PSY-75T-301 - Positive Psychology	4	0	0	4
10	7	V	MJR	UG0802/UG0803- PSY-75P-302 - Psychology Lab-V	0	0	2	2
11	7	VI	MJR	UG0802/UG0803- PSY-76T-303 - Counselling Psychology	4	0	0	4
12	7	VI	MJR	UG0802/UG0803- PSY-76P-304 - Psychology Lab-VI	0	0	2	2
13	8	VII	MJR	UG0802/UG0803- PSY-87T-401 - PsychologicalTesting	4	0	0	4
14	8	VII	MJR	UG0802/UG0803- PSY-87P-402 - Psychology Lab-VII	0	0	2	2
15	8	VIII	MJR	UG0802/UG0803- PSY-88T-403 - Statistics in Psychology	4	0	0	4
16	8	VIII	MJR	UG0802/UG0803- PSY-88P-404 - Psychology Lab-VIII	0	0	2	2

Examination Scheme

- 1 credit = 25 marks for examination/evaluation
- For Regular Students there will be Continuous assessment, in which sessional work and the terminal examination will contribute to the final grade. Each course in Semester Grade Point Average (SGPA) has two components- Continuous Assessment (20% weightage) and (End of Semester examination) EoSE (80% weightage).
- For Regular Students, 75% Attendance is mandatory for appearing in the EoSE.
- To appear in the EoSE examination of a course/subject a regular student must appear in the mid-semester examination and obtain at least a C grade in the course/subject.
- Credit points in a Course/Subject will be assigned only if, the regular student obtains at least a C grade in the CA and EoSE examination of a Course/Subject.
- In the case of Non-Collegiate Students there will be no Continuous Assessment and credit points in a course/subject will be assigned only if, the non-collegiate student obtains at least a C grade in the EoSE examination of a Course/Subject.

Examination Scheme for Continuous Assessment (CA)

S. No.	Category	Weightage	Theory	Practical
		Total	20	10
1	Mid-term Exam	50%	10	5
2	Assignment	25%	5	2.5
3	Attendance <i>Regular Class</i>	25%	5	2.5
		= 75%	2	1
		75-80%	3	1.5
		80-85%	4	2
		> 85%	5	2.5

Note:

- Continuous assessment will be the sole responsibility of the teacher concerned.
- For continuous assessment no remuneration will be paid for paper setting, Evaluation, Invigilation, etc.
- For continuous assessment Paper setting and Evaluation responsibility will be of teacher concern.
- For continuous assessment no Answer sheets/question papers etc. will be provided by the University.
- Colleges are advised to keep records of continuous assessment, attendance, etc.

Examination Scheme for EoSE-

CA – Continuous Assessment

EoSE – End of Semester Examination

Regular Students –

Type of Examination	CourseCode and Nomenclature	Duration of Examination		Maximum Marks		Minimum Marks	
Theory	UG0802/UG0803B.Sc.Psychology	CA	1 Hrs	CA	20 Marks	CA	08 Marks
		EoSE	3 Hrs	EoSE	80 Marks	EoSE	32 Marks

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

PART-A: 20 Marks

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

PART-B: 60 Marks

Part B of the question paper shall be divided into four units comprising question numbers 2-5. There will be one question from each unit with internal choice. Each question will carry 15 marks.

Type of Examination	CourseCode and Nomenclature	Duration of Examination		Maximum Marks		Minimum Marks	
Practical	UG0802/UG0803B.Sc.Psychology	CA	1 Hrs	CA	10 Marks	CA	04 Marks
		EoSE	4 Hrs	EoSE	40 Marks	EoSE	16 Marks

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

Non-Collegiate Students-

Type	Course Code and Nomenclature	Duration of Examination	Maximum Marks (EoSE)	Minimum Marks (EoSE)
Theory	UG0802/UG0803B.Sc.Psychology	3 Hrs	100 Marks	40 Marks

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

PART-A: 20 Marks

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

PART-B: 80 Marks

Part B of the question paper shall be divided into four units comprising question numbers 2-5. There will be one question from each unit with internal choice. Each question will carry 20 marks.

Type of Examination	CourseCode and Nomenclature	Duration of Examination		Maximum Marks		Minimum Marks	
Practical	UG0802/UG0803B .Sc. Psychology	EoSE	4 Hrs	EoSE	50 Marks	EoSE	20 Marks

Non-collegiate students have to attend the contact classes for Practicals at the college allocated for the purpose.

Permission for appearing in the EoSE will be given after the submission of the attendance certificate.

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

Programme Outcomes for B.Sc. Psychology (UG0802/UG0803)

Programme Outcome: The students who complete 4 years of full-time study of an undergraduate programme in Psychology will be awarded a Bachelor's Degree. The B.Sc. (Psychology) course is designed to introduce students to the fundamental concepts of psychology, develop their understanding of mental processes and behavior, and equip them with theoretical and practical knowledge to address psychological and societal challenges.

- **PO1:** Develop foundational knowledge of psychological concepts, theories, and methodologies.
- **PO2:** Enable students to think critically and scientifically about mental processes, behavior, and social issues.
- **PO3:** Gain expertise in subfields such as positive psychology, counseling, abnormal psychology, and psychological testing.
- **PO4:** Engage in scientific research and deliver thoughtful and well-prepared presentations of research findings.
- **PO5:** Build practical skills through laboratory experiments and assessments to apply psychology in real-life scenarios.
- **PO6:** Foster ethical reasoning, empathy, and cultural sensitivity in psychological practice and research.

- **PO7:** Prepare students for advanced academic pursuits and professional roles in psychology and related fields.
- **PO8:** Promote personal growth, self-awareness, and strategies for enhancing mental health and well-being.

Syllabus

UG0802/UG0803- PSY-51T-101 Introduction to Psychology I-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
I	PSY-51T-101	Introduction to Psychology			5	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
100-199	Major	04	-	04	Yes	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		XII Pass				
Objectives of the Course:		1. To understand the meaning, goals, history and different methods of psychology. 2. To get information about neurons and to explore the structure and functions of the central nervous and peripheral nervous system. 3. To learn about the meaning, nature, types, and theories of motivation and emotion. 4. To comprehend the definition, types, theories, and assessment methods of personality.				

Detailed Syllabus

PSY-51T -101 Introduction to Psychology

Unit – I

Introduction: Definition and Goals of Psychology; Schools of Psychology-Structuralism, Functionalism, Behaviorism, Gestalt and Psychoanalysis; Modern Perspectives-Biological, Psychodynamic, Behavioral, Cognitive, Humanistic, Evolutionary, and Socio-cultural; Methods-Observation, Case Study, Survey and Experimental Method. (15 Lectures)

Unit – II

Biological Basis of Behaviour: Structure and Functions of Neuron; Structure and Functions of Central Nervous System and Peripheral Nervous Systems. Role of Neurotransmitters and Endocrine Glands in Behaviour. (15 Lectures)

Unit – III

Motivation and Emotion: Motivation: Meaning and Approaches-Instinct, Drive-Reduction, Arousal, Incentive and Humanistic. Emotion: Elements-Physiology, Expression, and Subjective Experience; Theories-Cannon Bard, James Lange, Schachter – Singer, Opponent- Process Theory. (15 Lectures)

Unit – IV

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

Suggested Books and References –

1. **Psychology**, Baron, R.A. & Misra, G. (2023)., New Delhi: Pearson Education India.
2. **Psychology**, Ciccarelli, S.K., White, J.N. & Misra, G. (2022). New Delhi: Pearson Education
3. **Introduction to Psychology**, Okon, Abigail Edem (2019), University of Calabar.
4. **Introduction to Psychology**, Morgan, C.T., King, R.A., & Schopler, J. (2004) New Delhi: Tata McGraw Hill.
5. **Understanding Psychology**, Kalat, J.W. (2016). New York: Cengage Learning
6. आधुनिकसामान्य मनोविज्ञान, अरुणकुमार(2017).नईदिल्ली : मोतीलालबनारसीदास।

Suggested E-resources:

1. Online Lecture Notes and Course Materials:

Course Learning Outcomes:

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

1. Develop an understanding of the epistemology of psychology
2. Analyze and appreciate psychology as a science and its biological basis.
3. Apply the principles of major concepts of psychology, such as motivation and emotion.
4. Develop an understanding of different theories and methods to study personality.

UG0802/UG0803- PSY-51P-102Psychology Lab-I

I-SemesterPsychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
I	PSY-51P-102	Psychology Lab-I			5	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
100-199	Major	-	02	02	Yes	60 hrs. of Laboratory experiments, testing and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		XII Pass				
Objectives of the Course:		1. To understand the nature, significance, and different methods of studying psychology. 2. To get information about various tests of Personality assessment. 3. To gain an understanding of the experimenting/testing of the principles of motivation and emotion. 4. To learn about the procedure and relevance of the Observation technique.				

PSY-51P-102 PsychologyLab-I

1. Steps of Report Writing (Test and Experiment)
2. Personality Assessment through HSPQ
3. Eysenck Personality Questionnaire-Revised
4. Measurement of Emotions by Facial Expression
5. Neuropsychological Assessment
6. Sentence Completion Test
7. Level of Aspiration
8. Field Work and Report Writing using Observation Method

Syllabus

UG0802/UG0803- PSY-52T-103 Basic Cognitive Processes

II-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
II	PSY-52T-103	Basic Cognitive Processes			5	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
100-199	Major	04	-	04	Yes	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG0802/UG0803- I-Semester – Psychology				
Objectives of the Course:		1. To understand the meaning, nature, and principles of attention, sensation, and perception. 2. To understand the nature and different theories of learning and also to explore the meaning, types, and models of memory. 3. To gain information about thinking and problem-solving behavior. 4. To understand the meaning, nature, and assessment methods of intelligence.				

Detailed Syllabus

PSY-52T-103 Basic Cognitive Processes

Attention, Sensation, and Perception: Attention-Meaning and Nature; Sensation-Meaning, Sensory Receptors, Sensory Thresholds, Habituation and Sensory Adaption. Perception-Meaning, Constancies-Size, Shape and Brightness, Gestalt Principles, Factors Influencing Perception. (10 Lectures)

Unit-II

Learning and Memory: Definition and Theories-Classical Conditioning, Operant Conditioning, Cognitive Learning, Observational Learning; Memory: Definition; Encoding, Storage and Retrieval Processes; Models: Level of Processing, Parallel Distributed Processing and Information Processing-Sensory, Short-Term and Long-Term Memory; Forgetting-Nature and Causes. (20 Lectures)

Unit-III

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

Unit-IV

Intelligence and Creativity:Definition and Theories-Binet, Spearman, Thurstone, Guilford, Cattell, Sternberg, Gardner; Meaning of IQ; Intelligence Tests: Nature and Types; Creativity: Nature and Theories.(15 Lectures)

Suggested Books and References –

1. **Psychology**, Baron, R.A. & Misra, G. (2023)., New Delhi: Pearson Education India.
2. **Psychology**, Ciccarelli, S.K., White, J.N. & Misra, G. (2022). New Delhi: Pearson Education
3. **Introduction to Psychology**, Okon, Abigail Edem (2019), University of Calabar.
4. **Introduction to Psychology**, Morgan, C.T., King, R.A., &Schopler, J. (2004) New Delhi: Tata McGraw Hill.
5. **Understanding Psychology**, Kalat, J.W. (2016). New York: Cengage Learning
6. आधुनिकसामान्य मनोविज्ञान,अरुणकुमार, (2017), नईदिल्ली : मोतीलालबनारसीदास ।

Suggested E-resources:

Online Lecture Notes and Course Materials:

Course Learning Outcomes:

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

1. Analyze and understand the concepts of sensation, attention, and perception and their role in day-to-day life.
2. Critically analyze the concepts and theories related to learning and memory.
3. Develop an understanding of processes related to thinking and problem-solving.
4. Comprehend the concept and understanding of intelligence and its measurement.

UG0802/UG0803- PSY-52P-104 Psychology Lab-II

II-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
II	PSY-52P-104	Psychology Lab-II			5	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
100-199	Major	-	02	02	Yes	60 hrs. of Laboratory experiments, testing and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG0802/UG0803- I-Semester – Psychology				
Objectives of the Course:		1. To understand the nature, significance, and different methods of studying cognitive processes. 2. To get information about various tests of Intelligence assessment. 3. To gain an understanding of experimenting with the principles of attention, perception, and memory. 4. To learn about the procedure and relevance of the Interview technique.				

PSY-52P-104 Psychology Lab-II

1. Figure-Ground Reversal Experiment
2. Span of Attention Experiment
3. Problem Solving Experiment
4. Human Maze Learning
5. Experiment of Memory (Meaningful and Non-Sense Syllables using Memory Drum)
6. Measurement of Intelligence –SPM
7. Performance Test of Intelligence (Bhatia Battery)
8. Field Work and Report Writing using Interview Method

UG0802/UG0803- PSY-63T-201 Social Psychology
III-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
III	PSY-63T-201	Social Psychology			6	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
200-299	Major	04	-	04	Yes	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG0802/UG0803- II-Semester - Psychology				
Objectives of the Course:		1. To understand the nature, scope, and different methods of social psychology and also grasp the meaning and nature of person and social perception. 2. To understand the nature, functions, formation, changes and measurement of attitudes and the nature and origin of prejudice and discrimination. 3. To learn about the theories, determinants, prevention and control of aggressive behavior and also understand the meaning, nature, and types of social problems. 4. To learn the meaning, nature, types, and barriers of communication and the concept of interpersonal attraction.				

Detailed Syllabus

PSY-63T -201 Social Psychology

Unit – I

Introduction: Meaning, Nature, and Scope of Social Psychology; Methods of Social Psychology: Experimental and Non-Experimental Methods; Person Perception and Social Perception: Meaning and Nature, Role of Non-Verbal Cues; Perceivers' Characteristics and Role of Ongoing Interaction. (15 Lectures)

Unit – II

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

Unit – III

Aggression and Social Problems: Aggression-Theories, Determinants, Prevention and Control; Social Problems-Meaning and Nature; Types of Social Problems-Poverty, Deprivation, Population Explosion, Economic Development; Solutions to Social Problems. (15 Lectures)

Unit – IV

Communication and Interpersonal Attraction: Meaning, Nature, and Types: Verbal and Non-Verbal; Barriers of Communication; Interpersonal Attraction: Proximity and Affective basis, Acquaintance and Need to Affiliate; Effects of Observable Characteristics, Similarity and Mutual liking. (15 Lectures)

Suggested Books and References –

1. **Exploring Social Psychology**, Myers, D.G. (2022). New York: McGraw Hill.
2. **Social Psychology**, Branscombe, N.R. & Baron, R.A. (2022). Noida: Pearson India Education
3. **Exploring Social Psychology**, Myers, D.G. (2021). New York: McGraw Hill
4. **समाजमनोविज्ञानकीरूपरेखा**, Singh, A.K. (2017)., New Delhi, Motilal Banarsidas.

Suggested E-resources:

Online Lecture Notes and Course Materials:

Course Learning Outcomes:

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

1. Understand the development of Social Psychology and apply the principles of Social Psychology
2. Critically appraise the concept of Attitude, its' formation, and methods to reduce Prejudice and Discrimination
3. Develop an understanding of social problems and the necessity of a peaceful society
4. Learn about the importance of verbal and non-verbal Communication and an insight of factors related to interpersonal attraction.

UG0802/UG0803- PSY-63P-202 Psychology Lab-III

III-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
III	PSY-63P-202	Psychology Lab-III			6	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
200-299	Major	-	02	02	Yes	60 hrs. of Laboratory experiments, testing, and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG0802/UG0803- II-Semester – Psychology				
Objectives of the Course:		1. To understand the nature, significance, and different methods of studying social processes. 2. To get information about various tests of Attitude, Aggression, Social Support, etc. 3. To gain an understanding of exploring the concepts of social distancing and interpersonal attraction. 4. To learn about the procedure and relevance of Survey techniques.				

PSY-63P-202 Psychology Lab-III

1. Measurement of Attitude
2. Measurement of Aggression
3. Measurement of Attribution Style
4. Measurement of Social Support
5. Measurement of Altruism
6. Social Distance Scale
7. Sociometric Method
8. Field Work and Report Writing using Survey Method

Syllabus

UG0802/UG0803- PSY-64T-203 Abnormal Psychology

IV-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
IV	PSY-64T-203	Abnormal Psychology			6	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
200-299	Major	04	-	04	Yes	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG0802/UG0803- III-Semester – Psychology				
1. Objectives of the Course:		1. To understand the meaning and indicators of abnormality. 2. To attain the concept of classification systems of mental disorders and to provide information about Mental Health Professionals. 3. To learn about the risk factors and causes of abnormal behavior. 4. To gain an understanding of the Diathesis-stress models and different perspectives of abnormality. 5. To understand the nature, types, clinical picture, and causal factors related to various mental disorders.				

Detailed Syllabus

PSY-64T-203 Abnormal Psychology

Unit-I

Introduction: Concept of Abnormality and Normalcy; Mental Disorder: Definition and Meaning; Indicators of Abnormality; Latest DSM and ICD Classification Systems; Mental Health Professionals. (15 Lectures)

Unit-II

Causal Factors and Perspectives: Risk Factors and Causes; Diathesis-Stress Models; Biological, Psychological and Social Perspectives. (15 Lectures)

Unit-III

Anxiety, Obsessive Compulsive, and Mood Disorders: Types, Clinical Picture and Causal Factors; **Suicide:** Clinical Picture and Causal Pattern; Prevention and Intervention. (15 Lectures)

Unit-IV

Dissociative, Somatic Symptoms, Schizophrenia and other Psychotic Disorders: Types, Clinical Picture, and Causal Factors. (15 Lectures)

Suggested Books and References –

1. **Abnormal Psychology**, Hooley, J.M., Butcher, J.N., Nock, M. K. & Mineka, S. (2019) Noida: Pearson India Education.
2. **Abnormal Psychology**, Oltmanns, T.F. & R.E. (2021). Noida: Pearson India Education.
3. **Abnormal Psychology**, Ray, W.J. (2020). New Delhi: Sage Publications.
4. **Abnormal Psychology**, Singh, A.K. (2017). New Delhi Motilal Banarsidass.

Suggested E-resources:

Online Lecture Notes and Course Materials:

Course Learning Outcomes:

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

1. Develop an understanding of the meaning and nature of Psychological Disorders
2. Understand the classification systems of Mental Disorders
3. Analyze and understand the clinical picture, causal factors, and treatment of various Psychological Disorders.

UG0802/UG0803- PSY-64P-204 Psychology Lab-IV

IV-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
IV	PSY-64P-204	Psychology Lab-IV			6	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
200-299	Major	-	02	02	Yes	60 hrs. of Laboratory experiments, testing, and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG0802/UG0803- III-Semester – Psychology				
Objectives of the Course:		1. To understand the nature, significance, and different methods of studying abnormal psychology. 2. To gain information about various measurement tools for stress, anxiety, depression, mood states, and coping styles. 3. To gain an understanding of risk factors related to suicide ideation. 4. To learn about the procedure and relevance of the Mental Status Examination.				

PSY-64P-204 Psychology Lab-IV

1. Assessment of Mental Health
2. Assessment of State and Trait Anxiety
3. Measurement of Academic Stress
4. Measurement of Coping-Styles
5. Eight-State Questionnaire
6. Measurement of Depression
7. Suicide Ideation Scale
8. Field Work and Report Writing using Mental Status Examination

Syllabus

UG0802/UG0803- PSY-75T-301 Positive Psychology

V-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
V	PSY-75T-301	Positive Psychology			7	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
300-399	Major	04	-	04	Yes	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG0802/UG0803 - IV-Semester – Psychology				
Objectives of the Course:		1. To understand the subject matter of Positive Psychology 2. To gain knowledge about the various concepts of Positive psychology and the concept of well-being and happiness 3. To gain an understanding of the various positive cognitive states. 4. To understand the concept of Self-Regulation and Self-Control				

Detailed Syllabus

PSY-75T-301 Positive Psychology

UNIT-I

Introduction: Definition and Goals of Positive Psychology; Relationship with Other Branches of Psychology; **Virtues and Strengths of Character:** Classification and Measures of Human Strengths: Gallup's Clifton Strength Finder and VIA Classification. (15 Lectures)

UNIT-II

Happiness and Well-Being: Meaning; Hedonic and Eudaemonic Viewpoint; Theoretical Perspectives; Determinants and Sources; Authentic Happiness; **Mental Health and Well-Being:** Subjective Well-Being, Psychological Well-Being and Social Well-Being. (15 Lectures)

UNIT-III

Positive Cognitive States and Processes: Self-Efficacy, Optimism, Hope, Mindfulness, Flow and Spirituality. **Resilience:** Meaning and Sources; Developmental and Clinical Perspectives. (15 Lectures)

UNIT-IV

Emotional Intelligence: Meaning, Components, and Theories; **Pro-Social Behaviour:** Empathy, Altruism, Gratitude, and Forgiveness. (15 Lectures)

Suggested Books and References –

1. **Positive Psychology**, Snyder, C.R. & Lopez, S.J. & Pedrotti, J.J. (2024), (2nd ed.). New Delhi: Sage.
2. **Handbook of Positive Psychology**, Snyder, C.R. & Lopez, J. (2021), New York: Oxford.
3. **Positive Psychology**, Baumgardner, S. & Crothers, M. (2019), Noida: Pearson Education India.
4. **Positive Psychology**, Carr, A. (2022). (3rd Edition), Routledge.

Suggested E-resources:

Online Lecture Notes and Course Materials:

Course Learning Outcomes:

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

1. Analyze and understand the nature and significance of Mental Health and Well-Being.
2. Develop an understanding of the concepts of Resilience, Emotional Intelligence, Human Strengths, and Pro-Social Behaviour.
3. Understand the relevance of various Positive Cognitive processes and mechanisms of development.
4. Develop self-regulation, pro-social behavior, and strategies for enhancing personal and social well-being.

UG0802/UG0803PSY-75P-302Psychology Lab-V

V-SemesterPsychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
V	PSY-75P-302	Psychology Lab-V			7	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
300-399	Major	-	02	02	Yes	60 hrs. of Laboratory experiments, testing and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG0802/UG0803 - IV-Semester – Psychology				
Objectives of the Course:		1. To assess human strengths using Clifton Strength Finder and VIA Classification. 2. To measure happiness and well-being aspects through practical tools. 3. To practice techniques for enhancing positive cognitive states like mindfulness and resilience. 4. To develop strategies for self-regulation and pro-social behaviours.				

PSY-75P-302 PsychologyLab-V

1. Assessment of Happiness
2. Assessment of Optimism
3. Measurement of Forgiveness
4. Measurement of Emotional Intelligence
5. Measurement of Resilience
6. Measurement of Subjective Well-Being
7. Measurement of Mindfulness
8. Field Work and Report Writing Using Case Study Method

Syllabus

UG0802/UG0803PSY-76T-303 Counselling Psychology

VI-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
VI	PSY-76T-303	Counselling Psychology			7	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
300-399	Major	04	-	04	Yes	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG0802/UG0803-V – Semester – Psychology				
Objectives of the Course:		1. To understand the emergence and significance of Counselling Psychology 2. To gain knowledge about the various concepts and processes of Counselling Psychology. 3. To learn about the techniques of Counselling. 4. To gain an understanding of the various theoretical perspectives of Counselling.				

Detailed Syllabus

PSY-76T-303 - Counselling Psychology

UNIT-I

Introduction: Meaning and Goals; History and Current Trends in Counselling. Counselling Process and Counselling Relationships: Nature and Determinants; Steps of Counselling Process; Initial Interview: Types and Conduction; Working in and Closing Counselling Relationship.

(15 Lectures)

UNIT-II

Personal and Professional Aspects of Counsellors: Personal Qualities and Educational Background; Professional Aspects: Levels of Helping and Helping Specialties; Credentials; Ethical and Legal Aspects. (15 Lectures)

UNIT-III

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

UNIT-IV

Career Counselling over the Life Span: Importance of Career Counselling, Scope of Career Counselling and Careers, Career Information, Career Counselling with Diverse Populations; Counselling Aged Populations; Gender-Based Counselling; Multicultural Counselling. (15 Lectures)

Suggested Books and References:

1. **Counselling A Comprehensive Profession**, Gladding, S.T. & Batra, P. (2018), New Delhi: Pearson Publication.
2. **Introduction to Counselling and Guidance**, Gibson, R.L. & Mitchell, M.H. (2005), New Delhi: Pearson India Education.
3. **Counselling Theory and Practice**, George, R.L. & Cristiani, T.S. (1994), New Delhi: Prentice-Hall.
4. **Counselling Psychology; Practices, Issues and Interventions**, Gelso, C.G. & Fretz, B. (2007), New Delhi: Cengage learning.
5. **Counselling and Psychotherapy**, Capuzzi, S. (2008), New Delhi: Pearson Education.

Suggested E-resources:

Online Lecture Notes and Course Materials:

Course Learning Outcomes:

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

1. Develop an understanding of the nature of Counselling and Personal and Professional aspects of Counselling.
2. Analyse and understand the concepts related to the Counselling process and relationships.
3. Critically analyze the Theoretical approaches of Counselling.
4. Explore the scope and application of career counselling across diverse and multicultural populations.

UG0802/UG0803PSY-76P-304 Psychology Lab-VI

VI-SemesterPsychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
VI	PSY-76P-304	Psychology Lab-VI			5	02
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
300-399	Major	-	02	02	Yes	60 hrs. of Laboratory experiments, testing and field study- including diagnostic and formative assessments.
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		UG0802/UG0803- V-Semester – Psychology				
Objectives of the Course:		1. To develop skills for conducting initial interviews and goal-setting in the counseling process. 2. To practice applying counseling techniques from various theoretical approaches. 3. To enhance proficiency in building and managing effective counseling relationships. 4. To gain hands-on experience in career counselling with diverse and multicultural populations.				

PSY-76P-304 PsychologyLab-VI

1. Assessment of Aptitude
2. Strong Vocational Interest Blank
3. Social Intelligence Scale
4. Quality of Life Assessment
5. Effective Counsellor Self Examination
6. Measurement of Emotional Maturity
7. Measurement of Empathy
8. Field Work and Report Writing using Role Play Method