

**Draft of Proposed
Syllabus for B.A.(Hons.)
Nilamber Pitamber University,
Medininagar**

Implemented from session 2018-19

**University Department of
Psychology,
Nilamber Pitamber University,
Medininagar**

**DRAFT OF PROPOSED
Syllabus for B.A.(Hons.)
PSYCHOLOGY
Nilamber Pitamber University,
Medininagar
(CHOICE BASED CREDIT SYSTEM)**

Implemented for the Session 2018 onwards

**University Department of Psychology
Nilamber Pitamber University,
Medininagar**

PROPOSED SCHEME FOR CHOICE BASED CREDIT SYSTEM IN

SEME STER	CORE COURSE(14)	ABILITY ENHANCEMENT COMPULSORY COURSE (AECC) (2)	SKIL ENHANC EMENT	ELECTIVE DISCIPLINE SPECIFIC DSE (4)	ELECTIVE GENERIC (GE) (4)
1.	C-PSY-01 Introduction to psychology (theory +practical)	(English Communication/MIL)/ Environmental Science			GE-1
	C-PSY-02 Statistical Methods for Psychological Research-1 (Theory + Tutorial)				
2.	C-PSY-03 Biopsychology (Theory + Tutorial)	Environmental science /(English communication/MIL)			GE-2
	C-PSY-04 Psychology of individual Differences (Theory +practical)				
3.	C-PSY-05 Development of psychological Thought (Theory + Tutorial)		SEC-I		GE-3
	C-PSY-06 Psychological Research (Theory + Practical)				
	C-PSY-07 Social Psychology (Theory + Tutorial)				
4.	C-PSY-08 Understanding Psychological Disorder (Theory + Tutorial)		SEC-2		GE-4
	C-PSY-09 Statistical Methods for Psychological Research-II (Theory + Tutorial)				
	C-PSY-10 Applied Social Psychology (Theory + Practical)				
5.	C-PSY-11 Understanding and Dealing with Psychological Disorders		DSE-1		

	(Theories + Practical)				
	C-PSY-12 Development Psychology (Theories + Practical)		DSE-2		
6.	C-PSY-13 Organizational Behaviour (Theories + Practical)		DSE-3		
	C-PSY-14 Counselling Psychology (Theories + Practical)		DSE-4		

PSYCHOLOGY (Hons.)

CORE COURSES (C-PSY)

C-PSY-01 Introduction to psychology

C-PSY-02 Statistical methods for psychological . research -I .

C-PSY-03 Biopsychology.

C-PSY-04 Psychology of individual Differences

C-PSY-05 Development of psychological thoughts.

C-PSY-06 Psychological research.

C-PSY-07 Social Psychology.

C-PSY-08 Understanding psychological Disorders

C-PSY-09 Statistical methods for psychological research .

C-PSY-10 Applied Social Psychology

C-PSY-11 Understanding and dealing psychological Disorders

C-PSY-13 Organizational Behaviour

C-PSY-14 Counselling psychology

C-PSY 01: INTRODUCTION TO PSYCOLOGY

UNIT-1: INTRODUCTION

- What is psychology? Definitions and subject matter of psychology.
- Methods of psychology:
 - ✓ Experiment
 - ✓ Observation
 - ✓ Interview
- Branches of psychology.
- Development of psychology in modern india.

UNIT -2: PERCEPTION

- Processes of perception.
- Role of attention perception.
- Perceptual organization.
- Determinants of perception.
- Perceptual consistencies.
- Depth perception.
- Perception of distant movement and movement.
- Illusion and hallucination.

UNIT -3: LEARNING AND MOTIVATION.

- The concept of learning.
- Theories of learning.
 - ✓ Thorndike's connectionism.
 - ✓ Pavlov's conditioning.
 - ✓ Kohler and Koffka's Insight theory.
- Motivation: concept and types.
- Role of motivation in learning.
- Conflict among motives.

UNIT -4: MEMORY

- Concept of memory : Ebbinghaus vrs. Barlet's theory.

- Types of memory: Sensory memory, short term memory (STM) and long term memory (LTM).
- Factors improving memory.
- Forgetting; Nature and causes.

PRACTICUM

Any two practicum selecting one from each unit.

UNIT-1: Sensory –Motor Learning.

- Effect of practice on sensory motor learning.
- Bi-lateral transfer (positive transfer).
- Habit interference (negative transfer).

UNIT-2: Verbal Learning

Memorizing non-sense syllable by the methods of :

- Simple reproduction.
- Serial reproduction

Suggested Readings

Baron, R. & Misra, G. (2013). Psychology. New Delhi: Pearson.

Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. New Delhi: Pinnacle Learning.

Ciccarelli, S.K., & Meyer, G. E. (2010). Psychology : South Asian Edition. New Delhi: Pearson Education.

Garrett, H.G.E. (1981). Statistics in psychology and education. Indian edition.

Mohsin, S.M. (1982). Experiment in psychology. Motilal Banarsidas.

Passer, M.W. & Smith, R.E. (2010). Psychology : The science of mind behaviour. New Delhi: Tata McGraw-Hill.

Suleman, M. (1996). Manovagyanik Prayog aur Parkshan.

C-PSY02: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH

UNIT-1: INTRODUCTION

- What is psychological research?
- Relevance of statistics in psychological research.

- Descriptive and inferential statistics.
- Levels of measurement.

UNIT-2: GRAFICAL REPRESENTATION OF FREQUENCY DISTRIBUTION

- The Histogram.
- The frequency polygon.
- The cumulative frequency.

UNIT-3: MEASURES OF CENTRAL TENDENCY

- Uses and limitation of mean, Median and Mode.
- Calculation of mean, Median and Mode.

UNIT -4: MEASUREMENT OF VARIABILITY

- Properties and calculation of Range, Quartile Deviation, Average Deviation and standard Deviation.

UNIT-5: NORMAL PROBABILITY CURVE

- Nature and characteristics of normal probability curve.

PRACTICUM

- Any two Tutorial instead of practicum.

Reading List

Chadha, N.K. (1991). Statistics for Behavioral and social sciences. Reliance Pub. House: New Delhi.

Coolican, H.(2006). Introduction to Research Methodology in psychology. London:Hodder Arnold.

Gravetter, F.J. & Wallnau,L.B.(2009).Statistics for the Behavioral Sciences (9th Ed.).USA : Cengage Learning.

King, B.M. & Minium, E.W. (2007). Statistical Reasoning in the Behavioral Sciences (5th Ed.). USA: John Wiley & Sons.

Mangal, S.K.(2012). Statistics in psychology and Education (2nd Ed.). New Delhi : PHI Learning Pvt. Ltd

C- PSY 03: BIO –PSYCHOLOGY

UNIT-1: INTRODUCTION TO BIO –PSYCHOLOGY

- Nature and scopes of Bio- psychology.
- Methods of Bio- Psychology.

UNIT 2:

- Structure and functions of Neurons.
- Neural conduction and synaptic transmission

UNIT-3: NERVOUS SYSTEMS

Structure and functions of

- Central Nervous system (CNS).
- Peripheral Nervous system (PNS).
- Autonomic Nervous System (ANS).

UNIT-4: BEHAVIOURAL REGULATION

- Biological basis of emotions , Learning, Memory and human Communication (speech).

UNIT -5 : NEURO-ENDOCRINE SYSTEM

- Structure;function and abnormalities of glands:
 - ✓ Pituitary ,Thyroid and Adrenal glands
 - ✓ Pancreas and Pineal

PRACTICUM

Any two Tutorial instead of Practcum

READING LIST

Breedlove, S.M., Rosenzweig, M.R. & Watson,N.V.(2007). Biological psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 5TH Edition. Sinauer Associates. Inc., Sunderland, Massachusetts.

Carlson,N.R.(2009)Foundation of Physiological Psychology,6th Edition. Pearson Education, New Delhi. Pinel,J.P.J(2011).biopsychology,8th Edition. Pearson Education, New Delhi.

Singh,A.K.Samany Maovigyan ki Ruprekha, Motilal Banarsi das publication.

Singh,A.K. Uchhtar .Samany Maovigyan,Motilal Banarsidas publication.

C-PSY 04:PSYCHOLOGY OF INDIVIDUAL DIFFERENCE

UNIT-1: PERTIONALITY

- Nature of pertionality
- Biological foundation of pertionality
- Cuture,gender and pertionality
- Psychodynamic,humanisti and social cognition approach.

UNIT-2: INTELLIGENCE

- Concept of intellegence.
- Effect of heredity and environment on intelligence
- Emotional intellegence.

UNIT-3: SELF AND IDENTITY

- Indian approach to self and identity.

UNIT-4: ENHANCING INDIVIDUAL POTENTIAL

- Enhancing cognitive potential
- Self regulation and self enhancement
- Fastening creativity

PRACTICUM-II (TESTING)

Any two practicum selecting one from each unit

UNIT-1.Intelligence Tests

General Intelligence Tests

Alexander performance Battery test

UNIT-2: Pertionality Measurement

- Maudsley pertionality inventory

- Mohsin-Samshad Adaptation of Bells Adjustment Inventory.

READING LIST

Carr,A.(2011):Positive psychlogy. Routledge.

Chadha, N.K. & Seth, S. (20140).The psychological Realm : An introduction. Pinnacle Learning , New Delhi.

Ciccarelli, S.K., & Meyer , G.E. (2010).Psychology:Suoth Asian Edition . New Delhi: PearsonEducation.

Matthijs Cornelissen, Misra and Suneet Verma (eds.)(2011), Foundations of Indian Psychology (Vol. 10, Theoies and concepts . pezarson.

Mentis, M., Mentis, M., & Skuy, M., (2009). Bridging leaning : Unlocking cognitive potential in and out of the classroom .Corwin.

Passer, M.W. & Smith , R.E. (2010). Psychology: The Science of mind and behaviour . New Delhi; Tata McGraw- Hill.

C-PSY 05: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT

UNIT-1: UNDERSTANDING PSYCHE

- Classical schools
 - ✓ Structuralism
 - ✓ Functionalism.

UNIT-2: POSITIVIST ORIENTATION

- Behaviourism
- Watson and Neo Behaviourism

UNIT -3: PSYCHOANALYTIC AND HUMANISTIC EXISTENTIAL ORIENTATION

- Psychoanalysis
- Adler
- Jung

UNIT-4: CONTEMPORARY DEVELOPMENT

- Feminism.
- Development of Psychology in Indian.

PRACTICUM

Any two from the following

- **Psychophysical Methods:** Determination of Riez Liemen and Differential Liemen by the Methods of limits.
- Measurement of distractionp of attention
- Knowledge of Result.

READING LIST

Frith, Hannah. (2001). Young Women ,Feminism and the Futur: Dialogues and Discoveries. *Feminism and Psychology*, Vol.11 92): 147-151.

Gergen, K.J. (1985). The Social Constructionist Movement in Modern Psychology. *American Psychologist*,40, 266-275.

Kakar, Sudhir. (2006). Cultureand Psychoanalysis: A personal Journey. *Social Analysis*, Volume 50, Number2, Summer 2006,pp.25-44.

King, D.B., Viney,W.& Woody , W.D. (2008).A history of psychology . Ideas and context. (4thEd.). Pearson education.

Leahey, T.H.(2005). Ahistory of psychology: Main current in Psychological thought (6thEd.). Sigapore: pearson education.

Pananjpe, A.C.(1984).Theoretical Psychology: The meaningof East and West.New York: Plenum Press.

St. Clair, Michael. (1999). Object reletions and self –Psychology: An Introduction . Wadsworth Publishing Company.

Schultz & Schultz (1999). A History of modern Psycholoy .Harcourt College Publishers/Latest edition available.

Thomas, Teo. (2005). The Critique of psychology : From Kant to Post Colonial Theory . Springer.

Sharma , Ramnath Manovigyan Ka itihis.

Singh, Manovigyan Ka sampraday.

C-PSY 06 : PSYCHOLOGICAL RESEARCH

UNIT-1: BASICS OF RESEARCH IN PSYCHOLOGY

- Definition and Goal of psychological research.
- Qualities of good research.
- Ethics in psychological research.

- **Types:**

- ✓ Quantative and Qualitative orientation and their steps.
- ✓ Formulation of Research Problems and developing testable hypothesews /questions.

UNIT -2: SAMPLING

- Definations
- Types of sampling.

UNIT -3: METHODS OF DATA COLLECTION

- Case study
- Observation
- Interview and
- Questionnaire.

UNIT -4: PSYCHOLOGICAL TESTING

- Characteristics of test
- Reliability
- Validity
- Norms and
- Standardization.

PRACTICUM

- A project work on any psychological issue may be prepared and on the basis of project report and vice -voce examination, credits will be given.

READING LIST

Bryman, A.(2004). Quantity and Quality in Social Reseach . Routledge.

Chadha, N.K. (2009). Applied Psychometry. Sage Pub; New Delhi.

Dyer, c. (2001) Researchin Psychology: A practicalGuide to Reseach Methodology and Statistics (2ndEd.) Oxford: Blackwell Publishers.

Gregory, R.J. (2006). Psychological Testing : History , Principles, and Applications (4th Ed.). New Delhi : Pearson Education.

Kerlinger, F.N. Lee, H.B. (1999). Foundations of Behavioural Research Wadsworth.

Murphy , K.R. and Davuidshfer,l C.O.(2004). Psychological Testing: Prining & Applications (6th Ed.) New Jersey: Hall.

Neuman, W.L. (2006). Social Research Methods: Qualitative and Quantitative Approaches (6th Ed.) Boston: Pearson Education.

Willig, C. (2001). Introducing qualitative research in psychology ; Adventures in theory and method. Philadelphia : Open University Press.

C-PSY 07 : SOCIAL PSYCHOLOGY

UNIT -1: INTRODUCTION

- Nature and scope of social psychology
- History of social psychology
- Relation with Sociology and Anthropology
- Current status of Social Psychology in India.

UNIT-2: UNDERSTANDING SOCIAL WORLD

- Social cognition – Nature , factors affecting social cognition.
- Social perception-Nature , factors affecting social cognition.

UNIT- 3: ATTITUDE

- Nature and definitions
- Formation of attitude
- Strategies for attitude change.

UNIT-4: SOCIAL INTERACTION AND INFLUENCES

- Interpersonal Attraction – Nature , factors affecting Interpersonal attraction.
- Pro- Social behavior – Nature, factors , developing pro –social behavior.

UNIT-5: GROUP DYNAMICS AND INTER GROUP RELATIONS.

- Nature of Groups.
- Structure and function of Groups kinds of group.
- Inter group relation – Prejudice and inter group conflict.

PRACTICUM

- *Any two Tutorial in the place of practicum*

READING LIST

- Baron , R.A., Byrne, D. & Bhardwaj, G.(2010). Social psychology (12th Ed.). New Delhi: Pearson.
- Baumeister , R.F.,& Bushman, B.J. (2013). Social psychology and Human Nature. Wadsworth.
- Franzoi , S.L.(2009). Social psychology (5th Ed).New York:McGraw-Hill
- Holl,M.&Vaughan , G.M. (2008).Social Psychology. Prentice Hall.
- Kassin, S. , Fein, S. ,& Markus, H.R. (2008).Social Psychology. New York: Houghton Mifflin.
- Misra, G.(2009). Psychology in India, Vol. 4: Theoretical and Methodological Developments(ICSSR Survey of Advances in Research).New Delhi: Pearson.
- Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). Social Psychology (12thEd.).New Delhi:Pearson.
- Suleman, M. Adunik Samaj ManovigyanSingh, A.K. Uchhatar Samaj Manovigyan.

C-PSY 08: UNDERSTANDING PSYCHOLOGICAL DISORDERS

UNIT-1

- The concept of Normality and Abnormality.
- Criteria and classification

UNIT- 2: CLINICAL PICTURES AND ETIOLOGY

- Clinical picture of General Anxiety disorders and Obsessive Compulsive Disorder.
- Somatoform Disorder:
 - ✓ Conversion Disorder
 - ✓ Hypochondriasis.

UNIT-3: SCHIZOPHRENIA

- Nature, types and symptoms of : Schizophrenia.

UNIT -4: MANIC – DEPRESSIVE PSYCHOSIS

- Symptoms and etiology

UNIT-5: DISORDERS OF RELATED TO DEVELOPMENT

- Mental Retardation.
- Autism.

PRACTICUM

Any two Tutorials in the place of practicum.

READING LIST

Bennett,P. (2006). Abnormal and Clinical Psychology; An introductory textbook. New York ; Open University Press.

Brewer, (2001). Clinical psychology . Oxford: Heiemann Educational Pulishers.

Carson, R,C., Butcher,J. N., Mineka, S. & Hooley, J.M. (2008). Abnormal psycology . New Delhi; Pearson.

David Barlow H. & Durand V. Mark, 7th Edition, e-book (2013) Abnormal Psychology: Cengage Learnig India Edition.

Kearney , C.A. & Trull, T.J. (2012). Abnormal Psychology and Life : Adimensioal approach . New Delhi : Cengage learning.

Singh , A.K. Asamanya Kanovigyan.

Suleman, M Asamanya Manoviqyan ki Ruprekha.

C- PSY- 09 : STATISTICAL METHODS OR PSYCHOLOGICAL RESEARCH

UNIT- 1:

• CORRELATION

- ✓ Meaning of correlation.
- ✓ Calculating Pearson's correlation of coefficient.
- ✓ Spearman's Rank Order correlation.

UNIT-2: HYPOHESES TESTING

- Differece between two independent means (uncorelated).
- Hypothesis testing for Correlated means.

UNIT-3: HYPOTHESIS TESTING FOR DIFFERENCE AMONG THREE OR MORE GROUPS

- One way Analysis of Variances (ANOVA).

UNIT-4: NULL HYPOTHESIS

- The Chi –Square tests

PRACTICUM

Any two Tutorial instead of Praticum

READING LIST

Aron, A., Aron, E.N., & Coups, E.J. (2007). Statistics for psychology (4th Ed.) India: prentice Hall.

Chadha, N.K., (1991) Statistics for behavioral and social science. Relaince pub .House : New Delhi

Field, A. (2009). Discovering Statistics using SPSS (3rd Ed.)New Delhi : Sage .

King, B.M. & Minium , E.W. (2007). Statistical Reasoningin the Behavioral Sciences.

(5th Ed.). USA: John Willey.

Mangal, S.K. (2012).Statistcs in Psychology & Education. (2nd Ed.). New Delhi . PHI learnig Pvt. Ltd.

Suleman, M. Manovigyan, shiksha Avam Sankhiki.

Shingh, Ram Itar, Manovigyan, mein Sankhiki.

C-PSY-10: APPLIED SOCIAL PSYCHOLOGY

UNIT -1: INTRODUCTION

- Definitions and nature of applied social psychology.
- Importance and application of applied social psychology.
- Current status of applied social psychology.

UNIT-2: PSYCHOLOGY AND ENVIRONMENT

- **Pollution:**

- ✓ Air
- ✓ Water
- ✓ Noise
- ✓ Crowding; causes and consequences.

UNIT-3: PSYCHOLOGY OF CRIME AND CORRUPTIO

- **Crime:**

- ✓ Definitions , nature and characteristics of crime.
- ✓ Psychological , Biological and Socio-Cultural correlates of crime and preventive measures.

- **Corruption:**
 - ✓ Concept , causes , types and controlling measures.

UNIT -4; VIOLENCE AGAINST WOMAN

- Definitions , nature and characteristics.
- Types , causes and consequences.
- Legal acts for prevention.

PRACTICUM

Any two from the following

- Environmental Behaviour Scale
- Psychological Wellbeing Scale by David Goldberg.
- Gender equality.(Nari Samanta Scale).

READING LIST

Kloos, B., Hill, J., Thomas , E., Wandersman, Elias, M.J., & Dalton, J.H. (2012). Community Psychology: Linking individuals and communities . Wadsworth, Cengage. Mikkelson, B. (1995) . Methods for development work and research : A guide for practioner .New Delhi : Sage.

Schneider,F.W., Gruman , A., coults , L. M. (Eds). (2012). Applied social Psychology: Understanding and addressing social and pratical problems. New Delhi : Sage Publications.

Smith , P.B., Bond , M.H., & Kagitcibasi, C. (2006). Understanding social psychology across cultures . New Delhi : Sage publication.

Suleman, M. Manovigyan aur Samajik Samasyach.

C-PSY-11: THERAPEUTIC INTERVENTION FOR PSYCHOLOGICAL DISORDERS

UNIT-1: ETIOLOGY AND INTERVENTION FOR SCHIZOPHRENIA

UNIT-2: PSYCHOANLYTIC PERSPECTIVE IN UNDERSTANDING

Conversion disorder and OCD; Humanistic-Existential. Perspective in understanding psychological disorder

UNIT-3: BEHAVIORIAL AND COGNITIVE EXPLANATION AND INTERVENTION IN PHOBIA ,DEPRESSON AND EATING DISORDER

UNIT-4 :FAMILY AND GROUP THERAPY

PRACTICUM

Any two test selecting one from each group.

UNIT-1. Projective Techniques:

- ✓ TAT
- ✓ WAT

UNIT-2: Anxiety Test

- ✓ Singha anxiety
- ✓ Shamsad Jasbir Old Age Adjustment Inventory.

READING LIST

Bennett,P(2011)Abnormal and Clinical Psycholog:An introductory Text Book, Mc Graw Hill.

Carson,R.C,Butcher, J.N., Mineka, S.&Hooley, J.M. (2008). Abnormal Psychology. New Delhi:Pearson.

Plante, T.G.Contemporary Clinical psychology John Wiley& sons.

Riskind,J.H., Manos,M.J. and Alloy (2004) .Abnormal psychology: Current Perspective.McGraw Hill

C-PSY-12 DEVELOPMENTAL PSYCHOLOGY

UNIT-1: INTRODUCTION

- Concepts of human development
- Theories of human development
 - ✓ Piaget and Vygotsky
 - ✓ Perspective of Kohlberg

UNIT-2: STAGE OF LIFE SPAN DEVELOPMENT

Prenatal Development, Birth and Infancy, Childhood, Adolescents, Adulthood and Elderly

UNIT-3: DOMAINS OF HUMAN DEVELOPMENT: NATURE AND CHARACTERISTICS.

- Cognitive development
- Language development
- Emotional development
- Personality development

UNIT-4: SOCIO-CULTURAL CONTEXT FOR HUMAN DEVELOPMENT

- Family
- Peer group
- Media and schooling
- Human Development

PRACTICUM

- Self concept questionnaire by Raj kumar Saraswat
- Mangal Emotional Intelligence Inventory by S.K. Mangal & Shubhra Mangal.
- Parental Encouragement questionnaire by K.G. Agarwal.
- Work Motivation Scale by R.R. Sharma.

READING LIST

Berk, L.E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall.

Feldman, R.S. & Babu. N. (2011). Discovering the Life span. Pearson.

Georgas, J., John W. Berry., van de Vijver, F.J.R., Kagitcibasi, Cigdem, Poortinga, Y.P. (2006). Family across Thirty Cultures: A thirty Nation Psychological Study. Cambridge Press.

Mitchell, P. and Ziegler, F. (2007). Fundamentals of development : The Psychology of childhood. New York : Psychology Press.

Papalia, D.E., Old, S.W. & Feldman R.D. (2006). Human development (9th Ed.). New Delhi : McGraw Hill.

Santrock, J.W. (2011). Child Development (13th Ed.). New Delhi: McGraw Hill.

Santrock, J.W. (2012). Life span Development (9th Ed.). New Delhi; McGraw Hill.

Saraswathi, T.S. (2003). Cross cultural perspectives in Human Development Theory Research and Applications New Delhi Sage Publications.

Srivastava, A.K. (1997) . Child Development : An Indian perspective. New Delhi.

Hurlock, Developmental Psychology.

Sinha, RRP- Vikasaatmk Monovigyan.

C-PSY-13: ORGANIZATIONAL BEHAVIOR

UNIT-1: INTRODUCTION

- Nature and definition .
- Historical perspective.
- Contemporary trends challenges
- Challenges and Indian settings

UNIT-2: INTRODUCTION OF WORK RELATED ATTITUDES AND WORK MOTIVATION:

- Employee attitude and job satisfaction
- Work motivation
- Job involvement

UNIT-3: READERSHIP : BASIC APPROCHES

- Trait Theory
- Behavioral theories
- Contingency theories
- Indian perspective on leadership

UNIT-4: DYNAMICS OF ORGANIZATIONAL BEHAVIOR:

- Organizational culture
- Stress in organization: Nature sources and Techniques in managing stress.

PRACTICUM

UNIT-1:

- Measurement of job satisfaction.
- Occupational stress Index.

UNIT-2:

- Measurement of leadership behavior by T.N.Sinha & J. Prashad
- Measurement of Work Motivation.

READING LIST

- Chadha, N.K. (2007). Organizational Behavior poin Galgotia Publishers : New Delhi.
- Greenberg, J. & Baron , R.A. (2007). Behaviorur in organizations (9th Ed.). Indian :Dorling kindersley.
- Griffin, R.W.& Moorhead, G. (2009). Organizational behaviour: Managing people & Organization .New Delhi: Biztantra Publishers.
- Landy, F.J. & CONT, J.M. (2007). Work in the 21st Century: An Introduction to Industrial and Organizational Psychology . New York: Wiley Blackwell.
- Luthans, F. (2009). Organizational behaviour. New Delhi : McGraw Hill.
- Muchinsky, P. (2006). Psychology applied to work : An introduction to indutrial and organizational psychology . NC: Hypergraphic Press.
- Pareek, A.(2010). Understanding Organizational behaviour . Oxford : Oxford University Press.
- Prakash , A. (2011). Organizational behaviour in India : An indigenous perspective. In G. Misra (Ed.). Handbook of Psychology . New Delhi : Oxford University Press.
- Robbins, S.P. & Judge , T.A. (2007). Organizational behaviour (12thEd.). New Delhi: Prentice Hall of India.
- Schermerhorn, J.R. , Hunt, J.G. & Osborn, R.N. (2008). Organizational behaviour (10th Ed.) NewDelhi: Wiley India Pvt. Ltd.
- Singh, K.(2010). Organizational behavior: Text & Cases, India: Dorling Kindersly
- Sinha, J.B.P. (2008). Culture and Organizational Behavior.New Delhi: sage.

C-PSY- 14: COUNCELLING PSYCHOLOGY

UNIT-1: INTRODUCTION

- Nature and goals
- Counseling as profession
- Characteristics of counselor
- Status of effective counseling

UNITS-2: COUNSELING PROCESS

- Building counseling relationship
- Working in a counseling relationship
- Closing counseling relationship

UNIT-3: TECHNIQUES OF COUNSELING

Psychoanalytic, humanistic, Behavioral and cognitive techniques;
Indian technique-Yoga and Meditation

UNIT- 4: APPLICATION OF COUNSELING

Child counseling, Family counseling, career counseling, crisis
Intervention- suicide, grief and sexual abuse.

PRACTICUM: Any two tutorial

READING LIST

Aguilera, D.C. (1998). Crisis Intervention: Theory and Methodology (8th Ed.)
Philadelphia: Mosby.

Belkin, G.S. (1998) Introduction to counseling (3rd Ed.) Iowa: W.C. Brown.

Cpuzzi, D. & Gross, D.R. (2007). Counseling psychotherapy : Theories and
Intervention (4th Ed.) . New Delhi. Pearson.

Corey, G. (2009) Counseling psychotherapy Theory and practice. (7th Ed.)
New Delhi: Cengage Learning.

Friedlander, M.L. & Diamond, G.M. (2012). Couple and Family therapy.
In E.M. Altmaier and J.C. Hansen (Eds.). The Oxford Handbook of counseling
psychology. New York: Oxford University Press.

Geldard, K. & Geldard, D. (2011). Counselling Children : A Practical
Introduction (3rd Ed.) New Delhi: Sage.

Gibson, R.L. & Mitchell, M.H. (2012). Introduction to counselling and
Guidance (7th Ed.) New Delhi: Pearson.

Gladding, S.T. (2012). Counselling: A Comprehensive Profession . (7th
Ed.) New Delhi: Pearson.

porary Counselling Psychology. In E.M. Altmaier and J.C. Hansen (Eds.). The
Oxford Handbook of Counselling Psychology. New York: Oxford University
Press.

Kapur, M. (2011). Counselling Children with Psychological Problems. New
Delhi, Pearson.

Rao, K. (2010). Psychological Interventions: From Theory to Practice. In G.
Misra (Ed.): Psychology in India. Volume 3: Clinical and Health Psychology.
New Delhi . ICSSR/Pearson.

Rao, S.N. & Sahajpal, P. (2013). COUNSELLING AND Guidance . New Delhi; Tata
McGraw Hill.

Seligman, L.& Reichenberg , L.W. (2010). Theories of Counselling and Psychotherapy:Systems , Strategies, and Skills . 3rd (Ed.) Indian Reprint Pearson.

Sharf, R.S. (2012). Theories of Psychotherapy & Counselling : Concepts and Cases (5th Ed.) Brooks / Cole Cengage Learning.

Udupa, K.N. (1985). Stress and its Management by Yoga . Delhi: Mtilal Banasidas.

PSYCHOLOGY (HONS)

SKILL ENHANCEMENT COURSE (SEC)

SEC- PSY-01 Emotional Intelligence.

SEC-PSY-02 Effective Decision Making.

Discipline Specific Elective (DSE)

DSE- PSY 01 Positive psychology or Health psychology.

DSE-PSY-02 Community psychology.

DSE-PSY-03 Project / Dissertation.

DSE-PSY-04 Psychology of Disability or stress Management.

Generic Elective (GE)

GE-PSY-01 Introduction of psychology

GE-PSY-02 Social psychology

GE-PSY-03 Psychopathology

GE-PSY-04 Psychological Statistics

GE-PSY-05 Counselling and Guidance

GE-PSY-06 Techniques of Counseling

GE-PSY-07 Educational psychology

GE-PSY-08 Clinical psychology.

Any four from the above

GE-PSY-01 Paper 01/ 02

GE-PSY-02 Paper 03/ 05

GE-PSY-03 Paer 06/ 07

GE-PSY-04 Paper 04/ 08

SKILL ENHANCEMENT COURSE(SCE)

SEC-PSY-01 Emotional Intelligence

UNIT-1: Introduction: Definition, Models of emotional intelligence; EQ Competencies; Self-regulation, motivation, empathy and interpersonal skills; Importance of emotional intelligence.

UNIT-2: Knowing one's own and other emotions: Levels of emotional awareness recognizing emotions in one self, Emotional expression, perceiving emotion accurately in others.

UNIT-3: Managing emotion: The relationship between emotion, thought and behaviour, techniques to manage emotions.

UNIT-4: Application: Work place, Relationship, Conflict management, Effective leadership.

READING LIST

Golman, D.(1995). Emotional Intelligence. New York : Bantam Book.

Singh, D. (2003). Emotional Intelligence at Work (2nd Ed.). New Delhi: Response Books.

SEC-PSY-02 Effective Decision Making

UNIT-1: Introduction: What is decision making? Importance of making good decision.

UNIT-2: Decision regarding Career, Discovering self and creating a healthy acceptance of self ; Learning to connect with self with vocational choices/ career.

UNIT-3: Decision making in interpersonal context: Learning about conflict Management in interpersonal relations; negotiation in interpersonal conflict ; handling difficult people and finding solution.

UNIT-4: Decision making at the workplace: Developing competencies and skills required for effective decision making.

Discipline Specific Elective (DSE)

DSE-PSY-01: Positive Psychology

Any four 2 for sem V and II for Sem VI may be selected from the following ,05

Unit 1: **Introduction** :Positive Psychology ;An Introduction , Perspectives on positive Psychology ;Western and Eastern ,Character Strength .

Unit 2: **Positive Emotional States and Processes** : Happiness and well being, positive emotions emotional intelligence ,Resilience .

Unit 3: **Positive Cognitive States and Processes** : Self efficacy , Optimism, Hope, Wisdom , flow , mindfulness.

Unit 4 : **Application**-Work, Education ,Ageing ,Health.

PRACTICUM:

- Self-efficacy -Measurement and interpretation of Data .
- Administration of self-confidence Inventory (SEAI) BY K.N. Sharma and interpretation of results,

READING LISTS

Carr, A. (2004). Positive Psychology: The science of happiness and human strength. U.K.

Snyder, C.R. & Lopez, S. (Eds). (2002). Handbook of Positive Psychology. New York: Oxford.

DSE-PSY-02

Health Psychology

Unit 1: Introduction to Health psychology: Components of health; Social, Emotional cognitive and physical aspects, Mind-body relationship, Goals of Health psychology, Bio-psychology-social Models of health.

Unit 2: Behaviour and Health: Characteristics of health behaviour; Theories of health behaviour, Barriers to health behaviour, and their implications.

Unit 3: Health Enhancing Behavior: Exercise, Nutrition, Safety, Stress Management.

Unit 4: Health and Well Being : Happiness, Life satisfaction; Resilience, Optimism, and Hope.

PRACTICUM:

Anyone of the following

1. Mental Health- Measurements of Mental Health of the Subject.

2. Resilience- Measurement of Resilience of the subject.

READING LISTS

Allen, F. (2011). *Health Psychology and Behaviour*. Tata Mc. Graw Hill Edition.

DSE-PSY-03 Community Psychology

Unit 1 : **Introduction** : definition of Community psychology , Types of Communities Models.

Unit 2: **Core -Values** : Individual and family wellness ;Sense of Community . Respect for human diversity ; Social justice , Empowerment.

Unit 3 :**Health Promotion** : process of Community organization for health promotion, Importance , Community Programme for child and material health , Physical challenged and old age in Indian context.

Unit 4 : **Interventions** : Community Development and empowerment , Case Studies in Indian context.

PRAVTICIUM :

- Application of value orientation scale and result interpretation
- Application of life Satisfaction scale and result interpretation.

READING LISTS

Mishra ,G.(Ed).(2010) Psychology in Indian . Indian Counsel of Socail Science Research.Dorling Kindedley (Indian) Pvt. Ltd.Pearson Education.

DSE-PSY-04 PROJECT/DISSERTATION/INTERNSHIP

Objectives : Students should be enabling to design and conduct an original and ethical research. They should be able to write a brief project report.

Evaluation : Vivo Jointly by one internal and external examiner

DSE-PSY-05 PSYCHOLOGY OF DISABILITY

UNIT 1: An Introduction to Disability: Beliefs and Attitudes Towards disability, Definitional conundrum, Diagnosis and assessment, Disability policy in India, Rehabilitation Council of India.

UNIT -2 : Making Of A Disabled Identity Documenting Disability : Problems and certification, Issues of Access; Buit and psychological, Issues of education and employment, Family care and support structure.

Unit-3: MODELS OF DISABILITY: Charity Model, Welfare Medical Model, Social Model, Culture as disability, Empowerment Model.

Unit-4: DESIGNING INTERVENTIONS: Legislation psychotherapeutic approaches, Contempony debates: on Euthanasia.

PRACTICUM

Tutorial instead of practical.

DSC-PSY-06 Stress Management

Unit-1: Introduction: Nature of stress symptoms of stress.

Unit-2: VARIOUR SOURCES OF STRESS: Environmental, social, physical logical and psychological.

Unit-3:STRESS & HEALTH : Effect of stress on health, mental and physical.

Unit-4: MANAGING STRESS: Methods yoga, Meditation, Relaxation, Technique, problem focus & emotion fussed approaches.

PRACTICUM

Tutorial instead of practical.

READING LIST :

Bechtel, Robert B . (1997); Environment and Behaviour –An Introduction, New Delhi: Sage publication.

GENERIC ELECTIVE

GE-PSY-01: INTRODUCTION TO PSYCHOLOGY

UNIT-1: Definition, Scope and goal of psychology.

- ✓ Methods of psychology
 - ✓ Observation
 - ✓ Experiment
 - ✓ Interview

Unit-2: PERCEPTION

- ✓ Definitions
- ✓ Role of attention in perception
- ✓ PERCEPTUAL Organization

Unit-3: LEARNING.

- ✓ Meaning, Nature and Definitions of Learning.
- ✓ Role of Motivation in Learning.
- ✓ Theories of learning.
 - Trial and Error theory.
 - Insight theory.

UNIT-4: Memory

- ✓ Meaning, Nature and Definitions of Memory.
- ✓ Process of memory.
- ✓ Types of memory.

PRACTICUM

- **Verbal Learning**
 - ✓ Simple Reproduction Method.
 - ✓ Serial Reproduction Method.
 - ✓

GE-PSY-02: SOCIAL PSYCHOLOGY

Unit-1: INTRODUCTION

- Nature, Definitions, scope.
- Relationship with SOCIOLOGY and Anthropology.

UNIT- 2: SOCIALIZATION

- Process and factors influencing Socialization.

Unit-3: GROUP

- Structure, functions and kind of group.

Unit-4: ATTITUDE

- Definitions, formation and change.

PRACTICUM

- Nari Samanta.
- Colour Preference.

READING LISTS

Baron, R.A.& Byrne, D.(1998). SOCIAL Psychogyan : New Delhi: Prentice Hall.

Singh, A.K. (2010). Samaj Manovigyan ki Ruprekha: New Delhi: motilal Banarsidas.

GE-PSY-03: PSYCHOPATHOLOGY

UNIT-1: INTRODUCTION

- Nature and Definitions.
- Characteristics of abnormal behaviour.

- Methods of Abnormal Psychology:
 - ✓ Psychoanalysis.
 - ✓ Case study.
 - ✓ Interview.

UNIT- 3: TOPOGRAPHICAL ASPECTS OF MIND

- Nature and Characteristics of:
 - ✓ Conscious.
 - ✓ Sub-Conscious.
 - ✓ Unconscious.

Unit-4: Dynamic Aspects of Mind

- Characteristics and functions of:
 - ✓ Id.
 - ✓ Ego.
 - ✓ Super Ego.

READING LIST

Coleman, J.C. (1976). Abnormal Psychology and Modern Life. Scott, Foresman and Company.

Sinha, R.R.P. & Mishra, B.K. (1996). Abnormal Psychology. Bharti Bhawan.

PRACTICUM

- Maudsley Personality Inventory (MPI).
- General Intelligence Test (GIT).

GE- PSY-04: PSYCHOLOGICAL STATISTICS

UNIT-1: INTRODUCTION

- Meaning and applications of Statistics in psychology.

Unit-2: FREQUENCY DISTRIBUTION

- Frequency Distribution.
- Graphical Representation of Grouped Data.

Unit-3: MEASURES OF CENTRAL TENDENCY

- Mean.
- Median.
- Mode.

Unit-4: MEASURES OF VARIABILITY

- Range.
- Quartile Deviation.
- Standard Deviation.

PRACTICUM

- **Sensory Motor Learning**
 - ✓ Effect of practice by Card Sorting & Mirror drawing
 - ✓ Habit Interference

READING LISTS

Mohsin, S.M. (1982). Experiments in Psychology Motilal Banarsidas.

Sinha, R.R.P.& Mishra, B.K. (1984). Experiments and Statistics in Psychology. Bharti Bhawan.

Hussain. S. (1996). Elementary Statistics in Psycho.

GE-PSY-05: COUNSELLING AND GUIDANCE

UNIT-1: INTRODUCTION

- Meaning and goal of Counseling.

UNIT-2: APPLICATION OF COUNSELLING

- Career counseling.
- Family counseling.

UNIT-3 GUIDANCE

- Nature and importance of guidance.

UNIT-4:

- Major stages of guidance.

PRACTICUM

- **Testing**
 - ✓ **Intelligence test**
 - Pass Along Block Design.
 - Alexender Battery.

GE-PSY-06: TECHNIQUES OF COUNSELLING

Unit-1: Stages and phases of Counselling.

Unit-2: Methods of Counsellin.

- Interview and its various tpyes.

Unit-3: Approaches of Counselling.

- Behavioural approach.
- Connitive approach.

Unit-4: Skills and Qualities of a good Counsellor.

PRACTICUM:

- ✓ Bilateral Trasfer of Training.
- ✓ Habit Interference.

READING LIST

AGUILERA, D.C. (1998). Crisis Intervention: Theory and Methodology (8th Ed.) Philadelphia: Mosby.

Belkin, G.S. (1998). Introduction to Counselling (3rd Ed.) Iowa W.C. Bron.

Capuzzi, D. & Gross, D.R. (2007). Counselling and Psychotherapy: Theories and Interventions (4th Ed.) New Delhi. Pearson.

Corey, G. (2009) Counselling and Psychotherapy; Theory and Practice. (7th Ed.) New Delhi: Cengage Learning.

Friedlander, M.L. & Diamond , G.M. (2012). Couple and Family Therapy .

In E. M. Altmaier And J.C. Hansen (Eds.) The Oxford handbooks psychology. New York: University Press.

- Geldard, K. & Geldard, D. (2011). *Counselling Children : A Practical Introduction* (3rd Ed.) New Delhi : Sage.
- Gibson , R.L. & Mitchell, M.H. (2012). *Introduction to Counseling and Guidance* (7th Ed.) New Delhi : Pearson.
- Glading S.T. (2012) . *Counselling : A Comprehensive Profession .* (7th Ed.) New Delhi: Pearson.
- Hansen, J.C. (2012) . *Contemporary Counselling Psychology*. In E.M. Altmaier and J.C. Hansen (Eds)*The Oxford Handbook of Counseling Psychology*. New York : Oxford University Press.
- Kapur, M.(2011). *COUNSELLING Children with Psychological problems*. New Delhi; Pearson.
- Rao, K. (2010) *Psychological Interventions: From Theory practice .* In G. Misra (Ed): *Psychology in India . sVolume 3: Clinical and Health Psychology .* New Delhi: ICSSR/ Pearson.
- Rao, S.N. & Sahajpal , P. (2013) *Counseling and Guidance .* New Delhi : Tata McGraw Hill.
- sSeligman, L.& Reichenberg L.W. (2010). *Theories of Counselling and Psychotherapy : Systems , Strategies, and Skills .* 3rd (Ed.) . Indian reprint; Pearson.
- Sharf , R.S. (2012). *Theories of Psychotherapy & Counselling: Concepts and Cases* (5th Ed.). Books / Cole Cengage Learning .
- sUdupa, K.N. (1985). *Stress and its Management by Yoga .* Delhi; Motilal Banarasidas.

GE-PSY-07: EDUCATIONAL PSYCHOLOGY

UNIT-1: Introduction

- Definitions
- Aims
- Importance of Educational Psychology

UNIT-2: Education for Specific Children

- Concept and Education of mentally retarded children.

UNIT-3: Educational Technology and Programme Learning

- Meaning and Nature of Programme Learning.
- Skinner's view points of programme Learning.

UNIT-4: Class Room Management

- Ecology of class room.
- Discipline and Communication.

PRACTICUM

- Sinha Anxiety Scale
- Word Association Test (WAT)

READING LISTS

Shaffer, G.W. and Lazarus, R.S. (1952). Fundamental Concepts in Clinical Psychology,

Mc. Graw Hill.

Hassan, S.(2001). Naidanik Manovigyan, Motilal Banarsi Das.

GE-PSY-08: CLINICAL PSYCHOLOGY

UNIT-1: INTRODUCTION

- Definitions and Problems of Clinical Psychology.
- Relationship with Psychiatry.

UNIT-2: Diagnosis

- Sources of Diagnosis.
 - ✓ Case study
 - ✓ Psychological tests.

UNIT-3 : Psychotherapeutic unit

- Psychoanalytic Techniques
- Behaviour Therapy

UNIT-4: Role of clinical Psychology

- Mental Hospital
- Child and Guidance center
- Schools.

PRACTICUM

- Sinha Anxiety Scale
- Bell's Adjustment Inventory.

READING LISTS

Shaffer, G.W. and Lazarus, R.S. (1952). Fundamental Concepts in Clinical Psychology, Mc. Graw Hill.

Hassan, S. (2001). Naidanik Manovigyan, Motilal Banarsi Das.