

U.G. Syllabus

Department of Psychology

School of Humanities and Social Sciences

HNB Garhwal University

(Srinagar Garhwal)

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(Prof AVS, Machawat)

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U.G. Course structure (for 3 years)

**Department of Psychology
School of Humanities and Social Sciences
H.N.B. Garhwal University, Srinagar Garhwal**

Semester	Course Category	Course Title	Credits
Semester-I	Core	Fundamentals of Psychology	6
	Additional Course	Psychology for Living	4
	Skill course	Psychology in Education	2
Semester-II	Core	Introduction to Social Psychology	6
	Additional Course	Self and Personal Growth	4
	Skill course	Applications of Social Psychology	2
Semester-III	Core	Psychological Distress and Well-Being	6
	Additional Course	Psychology for Living	4
	Skill Course	Managing Stress	2
Semester-IV	Core	Statistical Methods and Psychological Research	6
	Additional Course	Self and Personal Growth	4
	Skill Course	Developing Emotional Competence	2
Semester-V	Elective	Psychology of Behavioural Disorder	6
		Life Span Development	6
	Vocational Course/ Field Visit/ Entrepreneurship Skills		4
Semester-VI	Elective	Counselling Psychology	6
		Industrial & Organizational Psychology	6
	Vocational Course/ Field Visit/ Entrepreneurship Skills		4

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B.A. SYLLABUS PSYCHOLOGY (NEP)

SEMESTER I

PSYCHOLOGY CORE SUBJECT-1 (CS-1):

(CREDIT 4+2)

MAJOR PAPER: FUNDAMENTALS OF PSYCHOLOGY:

Learning outcome:

- Understand the nature and role of psychology in understanding mind and behaviour.
- To know the growth of the discipline.
- To know the different fields of psychology, its relationship with other disciplines, and professions.
- To understand the value of psychology in daily life
- To understand self and others better.

Unit 1: Introduction:

Psychology: a science and a perspective, origin and development of psychology, psychology in India, methods.

Unit 2: Cognitive processes:

Perception, nature of perception, laws of perceptual organization, learning conditioning, observational learning memory-processes, information processing model, techniques for improving memory.

Unit 3: Motivation and Emotion:

Motives: biogenic and sociogenic

Emotions: aspects of emotions, key emotions

Unit 4: Personality and Intelligence:


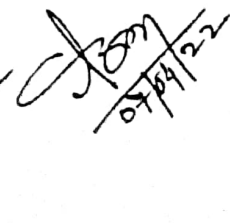
Personality: nature, theories

Intelligence: nature, theories

Practicum: Two experiments to be done on any two topics from the syllabus

Readings:

- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
- Feldman.S.R. (2009).Essentials of understanding psychology (7th Ed.) New Delhi: Tata Mc Graw Hill.
- Glassman, W.E.(2000).Approaches to Psychology(3rd Ed.) Buckingham: Open University Press.

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ADDITIONAL/ INTERDISCIPLINARY SUBJECT/ MULTIDISCIPLINARY

(CREDIT = 4)

PSYCHOLOGY FOR LIVING

Learning outcome

- Understand the nature and role of psychology in understanding mind and behaviour, state the growth of the discipline, know the different fields of psychology
- To know about self and relationship
- Understand about anxiety, stress, depression, coping
- To understand actualizing Self

Unit 1: Introduction: What is psychology, relevance of psychology, mind-body relationship, psychological factors and physical illness, body image.

Unit 2: Self and relationships: importance of family and peer groups in one's life, importance of emotional intelligence, role of culture.

Unit 3: Self in disintegrative experiences: anxiety, stress, depression, coping

Unit 4: Growth and actualizing self: Mental health & well-being, hope, optimism, resilience.

Readings:

- Atwater, E. & Grover, D. & Karen (1999). Psychology for living: Adjustment, growth and behavior today. Prentice Hall.
- Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

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SKILL COURSE:

(CREDIT- 2)

PSYCHOLOGY IN EDUCATION

Learning outcome

- To understand how the principles of psychology can be applied to the area of education.
- To understand nature, scope & relevance of Educational Psychology,
- Understanding of theoretical Perspectives in Educational Psychology
- To know characteristics of Effective Teachers, Teaching Methods Classroom Management, Responsibilities of Teachers towards learners with Special Needs

Unit I: Introduction to Educational Psychology: Nature, scope & relevance of Educational Psychology, Theoretical Perspectives in Educational Psychology

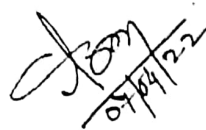
Unit II: Effective Teaching and Classroom Management

- a. Characteristics of Effective Teachers
- b. Teaching Methods
- c. Classroom Management
- d. Responsibilities of Teachers towards learners with Special Needs

Readings:

- Lahey R.B. Graham J. E., (2000) an Introduction to Educational Psychology, 6th Ed., Tata McGraw Hill Publishers, New Delhi.
- Santrock John W. (2010) Educational Psychology, Irwin Professional Publishers, Delhi.
- Woolfolk Anita (2004) Educational Psychology, 9th Edition, Allyn and Bacon, Boston.
- Woolfolk Anita & Woolfolk Hoy Anita (2008) Educational Psychology, Pearson, New Delhi.

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SEMESTER II

PSYCHOLOGY CORE SUBJECT-1 (CS-1):

(CREDIT 4+2)

MAJOR PAPER: INTRODUCTION TO SOCIAL PSYCHOLOGY

Learning outcome:

- Understand the nature and types of groups and know how they are formed,
- Examine the influence of group on individual behaviour,
- Describe the process of cooperation and competition,
- Reflect on the importance of social identity, and
- Understand the nature of intergroup conflict and examine conflict resolution strategies.

Unit 1: Introduction:

Brief history of social psychology (special emphasis on India), Scope of social psychology, levels of social behavior, approaches towards understanding social behavior

Unit 2: Individual level processes:

Person perception: attribution-theories, biases and errors
Attitude: formation, change and resistance to change

Unit 3: Interpersonal processes:

Interpersonal attraction, pro-social behavior, aggression

Unit 4: Group dynamics:

Key aspects of groups, cooperation and conflict, group decision making.

Practicum: Two tests to be done on any two topics from the syllabus.

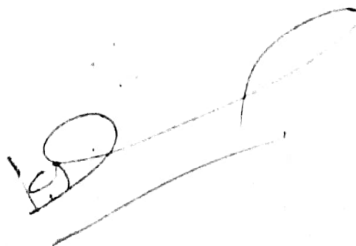
Readings:

- Baron, R.A., Byrne, D. & Bhardwaj, G (2010). Social Psychology (12th Ed). New Delhi: Pearson.
- Chadha, N.K. (2012). Social Psychology. MacMillan.
- Myers, D.G. (2008). Social psychology. New Delhi: Tata McGraw-Hill.

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ADDITIONAL/ INTERDISCIPLINARY SUBJECT/ MULTIDISCIPLINARY

SELF AND PERSONAL GROWTH

(CREDIT = 4)

Learning outcomes:

- To understand the concept of self and learn some ways for self-regulation of behaviour,
- To learn the concept of personality,
- Differentiate between various approaches to the study of personality,
- Develop insight into the development of a healthy personality, and
- Develop character strengths and virtues.

1. **Introduction:** Concept of Personality, perspectives, self as an object and as a process.
Bases of Self knowledge.
2. **Self from a Developmental Perspective:** Ideas of William James, Mead, Cooley, Carl Rogers.
3. **Self in the Indian Thought:** contributions of Indian thought to the understanding of self.
4. **Personal Growth:** Self and Personal growth; Developing character strengths and virtues.

Readings:

- Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.

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SKILL COURSE:

CREDIT- 2

APPLICATIONS OF SOCIAL PSYCHOLOGY

Learning outcomes:

- To apply the principles of social psychology to understand and deal with social issues.
- To understand importance of application of social psychological knowledge,
- To know developing interventions, impact analysis, case studies in the Indian context
- To learn Applications of social psychology: health, environment, population, law, work.

Unit 1: Introduction: Importance of application of social psychological knowledge, developing interventions, impact analysis, case studies in the Indian context

Unit 2: Applications of social psychology: health, environment, population, law, work.

Readings:

- Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012).
- Community psychology: Linking individuals and communities. Wadsworth, Cengage. Schneider, F.W., Gruman, A., Coult, L.M. (Eds.). (2012).
- Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.

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SEMESTER III

PSYCHOLOGY CORE SUBJECT-1 (CS-1): CREDIT 4+2

MAJOR PAPER: PSYCHOLOGICAL DISTRESS AND WELL-BEING

Learning outcomes:

- Understand the nature, types and sources of stress as life challenges,
- Examine the effects of stress on psychological functioning,
- Learn ways to cope with stress,
- Know about the life skills that help people to stay healthy, and
- Understand the factors that promote positive health and well-being.

Unit 1: Basic Concepts:

Psychological distress, abnormality and psychological well-being

Unit 2: Theoretical perspectives:

Biological, familial, cultural, behavioural, cognitive and psychodynamic.

Unit 3: Clinical states:

Anxiety disorders-Obsessive compulsive disorder, mood disorders-Unipolar, Bipolar, and schizophrenia.

Unit 4: Dealing with psychological distress:

Coping strategies, personal growth and well-being

Practicum: Two tests to be done on any two topics from the syllabus.

Readings:

- Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
- Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
- Frude, N. (1998). Understanding abnormal psychology. Oxford: Blackwell Publishers.

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ADDITIONAL/ INTERDISCIPLINARY SUBJECT/ MULTIDISCIPLINARY

PSYCHOLOGY FOR LIVING

(CREDIT = 4)

Learning outcome

- Understand the nature and role of psychology in understanding mind and behaviour, state the growth of the discipline, know the different fields of psychology
- To know about self and relationship
- Understand about anxiety, stress, depression, coping
- To understand actualizing Self

Unit 1: Introduction: What is psychology? & Relevance of psychology, mind-body relationship, psychological factors and physical illness, body image.

Unit 2: Self and relationships: importance of family and peer groups in one's life, importance of emotional intelligence, role of culture.

Unit 3: Self in disintegrative experiences: anxiety, stress, depression, coping

Unit 4: Growth and actualizing self: subjective well-being, hope, optimism, resilience.

Readings:

- Atwater, E. & Grover, D. & Karen (1999). Psychology for living: Adjustment, growth and behavior today. Prentice Hall.
- Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

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SKILL COURSE:

CREDIT- 2

MANAGING STRESS

Learning outcomes:

- To learn nature of stress, psychological and physiological symptoms of stress
- To understand the main symptoms and sources of stress and learn ways of coping with stress.
- To know about meditation relaxation
- To manage stress through emotion and problem focus approach

Unit 1: Stress: Nature of stress, symptoms of stress, sources of stress, Stress and health

Unit 2: Managing stress: Methods - yoga, meditation, relaxation techniques, problem focused and emotion focused approaches

Readings:

- DiMatteo, M.R. & Martin, L.R.(2002). *Health psychology*. New Delhi: Pearson.
- Neiten, W. & Lloyd, M.A (2007). *Psychology applied to Modern life*. Thomson Detmar Learning .
- Taylor, S.E. (2006). *Health psychology*, 6th Edition. New Delhi: Tata McGraw Hill.

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SEMESTER IV

PSYCHOLOGY CORE SUBJECT-1 (CS-1): CREDIT 4+2

MAJOR PAPER: STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH

Learning outcomes:

- To introduce basic statistical methods, psychological testing and qualitative methods and their uses.
- Explain the goals and nature of psychological enquiry,
- Understand different types of data used by psychologists,
- Describe some important methods of psychological enquiry,
- Understand the methods of analysing data, and
- Learn about the limitations of psychological enquiry and ethical considerations.

Unit 1: Introduction: Scales of measurement, graphical representation of data

Unit 2: Data analysis: Measures of central tendency: Mean, median, mode (properties and computation). Standard deviation: properties and computation.
Correlation: Pearson method, properties of Normal Probability Curve (NPC).

Unit 3: Psychological Testing: Introduction to psychological testing, characteristics of test, Reliability, Validity, Norms, types of tests.

Unit 4: Qualitative methods: Interview, observation, case study

Practicum: Two practicum to be done: one test and one practical based on unit 4.

Readings:

- Garrett, H.E. & Woodworth, R.S. (1987). *Statistics in Psychology and Education*. Mumbai: Vakils, Feffer & Simons Pvt. Ltd.
- Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.
- King, B.M. & Mlnium, E.W, (2007). *Statistical Reasoning in the behavioral Sciences USA: John Wiley & Sons.*

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ADDITIONAL/ INTERDISCIPLINARY SUBJECT/ MULTIDISCIPLINARY

SELF AND PERSONAL GROWTH

(CREDIT = 4)

Learning outcomes:

- To understand the concept of self and learn some ways for self-regulation of behaviour,
- Explain the concept of personality,
- Differentiate between various approaches to the study of personality,
- Develop insight into the development of a healthy personality, and
- Develop character strengths and virtues.

1. **Introduction:** Concept of Personality, perspectives, self as an object and as a process. Basis of Self- knowledge.

2. **Self from a Developmental Perspective:** Ideas of William James, Mead, Cooley, Carl Rogers.

3. **Self in the Indian Thought:** contributions of Indian thought to the understanding of self.

4. **Personal Growth:** Self and Personal growth; Developing character strengths and virtues.

Readings:

- Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.

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SKILL COURSE:

CREDIT- 2

DEVELOPING EMOTIONAL COMPETENCE

Learning outcomes:

- To help the students learn how to understand and manage their emotions and
- Developing emotional competencies.
- Understand what are attitudes, how they are formed and changed,
- Analyse how people interpret and explain the behaviour of others,
- Comprehend how the presence of others influences our behaviour,
- Explain why people help or do not help others in distress, and Understand the concept of pro-social behaviour like empathy and factors affecting it.

Unit 1: Introduction: importance of recognizing and understanding emotions in oneself and others, importance of managing one's emotions.

Unit 2: EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills

Readings:

- Goleman, D. (1995). *Emotional Intelligence*. New York: Bantam Book.
- Goleman, D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books.
- Singh, D. (2003). *Emotional intelligence at work (2nd ed.)* New Delhi: Response Books.

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SEMESTER V

PSYCHOLOGY CORE SUBJECT-1 (CS-1): CREDIT 4+2 ELECTIVE PAPER I: PSYCHOLOGY OF BEHAVIORAL DISORDER

Learning outcomes:

- To learn Classification of mental Disorders: DSM and ICD-11
- To aware about various anxiety disorders
- To know about Schizophrenia and other Psychotic Disorders
- To know about Personality Disorders

1. Classification of mental Disorders

- i. Pre- DSM-IV classifications and their critique: Brief history of DSM-V.
- ii. Multi-axial classification of Diseases: ICD-11.

2. Anxiety Disorders: Phobias, Obsessive compulsive disorder, Generalized Anxiety disorder

3. Somatoform disorders: Dissociate disorders.

4. Mood Disorders: Manic episode, Depressive episode, bipolar affective disorder, Dysthymia.

5. Schizophrenia and other Psychotic Disorders: Delusional disorder, Brief psychotic disorder. Disorders due to psychoactive substance use Alcohol & drug dependence.

6. Personality Disorders: Paranoid schizoid, disseminative, Impulsive, Borderline, Anxious, Avoidant, Dependent Personality Disorders.

Practicum: Two practicum to be done on any two topics from the syllabus.

BOOKS RECOMMENDED:

- Carson, R.C.,Butcer, J.N. Mineka, S.& Hooley, J.M.(2007).Abnormal psychology,13th ed. Pearson Education, India.
- Sarason, I.G.& Sarason, R.B. (2002). Abnormal psychology: The problem of maladaptive behavior (10th ed). Delhi: Pearson Education.Colman Scattt foresman and company
- Barlow,D.H. Durand V.M. (1999). Abnormal psychology (2nd ed). Pacific Grove: Books/cole.
- Nolen-Hoeksema,S.(2004).Abnormal psychology 3rd ed. McGraw Hill: New York, USA.
- Alloy L.B. Riskind, J.H. & manos M.J. (2005). Abnormal psychology: current perspectives. 9th ed. Tata McGraw-Hill New Delhi, India.

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PSYCHOLOGY CORE SUBJECT-2 (CS-2): CREDIT 4+2

ELECTIVE PAPER II: LIFE SPAN DEVELOPMENT

Learning outcomes:

- To understand the meaning and process of development,
 - To know the influence of heredity, environment and context on human development,
 - Identify the stages of development and describe the major characteristics of conception, infancy, childhood, adolescence, adulthood and old age, and
 - Reflect on your own course of development and related experiences.
1. **Introduction to life-span perspective:** Nature, issues and theoretical perspectives; Life-span development in the Indian context; methods and designs
 2. **Physical development:** Patterns of growth from conception till late adulthood; disability; Death and dying.
 3. **Cognitive development:** Introduction, Piagetian, Vygotskian, and Information processing approaches; Cognitive changes in adulthood and old age; Language development.
 4. **Socio-emotional development:** Emotional development; Moral development; The Self; Gender and sexuality; Successful aging.

Practicum: Two practicum to be done on any two topics from the syllabus

Readings:

- Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.
- Feldman, R.S. & Babu, N. (2011). *Discovering the life-span*. New-Delhi: Pearson.
- Santrock, J.W. (2012). *A topical approach to life-span development*. New-Delhi:Tata McGraw-Hill.

VOCATIONAL COURSE/ FIELD VISIT/ ENTREPRENEURSHIP SKILLS (CREDIT-4)

- **FIELD VISIT:** CASE STUDY/ PROJECT

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SEMESTER VI

PSYCHOLOGY CORE SUBJECT-1 (CS-1): CREDIT 4+2

ELECTIVE PAPER I: COUNSELING PSYCHOLOGY

Learning outcomes:

- To develop an understanding of basic concepts, processes, techniques of Counselling.
- To understand counselling as a helping profession;
- To know the characteristics of counselling relationship;
- To learn therapeutic value and therapeutic climate;
- Elucidate the barriers to communication which affects therapy adversely; and Analyse the core characteristics and dimensions of an effective counsellor

1. **Introduction:** Meaning and goals; Counselling process and relationship; Counsellor Effectiveness, Counselling in the Indian context
2. **Approaches:** Overview of approaches to counselling: Psychodynamic, Behavioural, Person-centred and Cognitive-behavioural
3. **Techniques:** Play, art, drama, music, dance; Yoga and meditation
4. **Applications:** Family Counselling; School and Career Counselling.

Practicum: Two practicum to be done on any two topics from the syllabus

Readings:

- Gladding, S. T. (2012) Counselling: A Comprehensive Profession. (7th ed).
- 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.

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PSYCHOLOGY CORE SUBJECT-2 (CS-1): CREDIT 4+2

ELECTIVE PAPER II: INDUSTRIAL & ORGANIZATIONAL PSYCHOLOGY

Learning outcomes:

- To understand industrial psychology;
- To understand organisational psychology;
- Differentiate between industrial and organisational psychology;
- To learn the major fields of Industrial & Organisational Psychology;
- To know the process of research in Industrial & Organisational Psychology; and
- Differentiate among various methods of research in industrial and organizational psychology.

Unit 1: Introduction: Industry and organization; Current status of I/O psychology, I/O psychology in the Indian context.

UNIT 2: Work Related Attitudes: Job satisfaction; Organizational Commitment; Organizational Citizenship Behavior; Work Engagement.

UNIT 3: Work Motivation: Theories and application; Indian perspective.

Unit 4: Leadership: Contemporary perspectives on leadership; Cross-cultural leadership issues; Indian perspective on leadership

Practicum: Two practicum to be done on any two topics from the syllabus.

Reading List:

- Aamodt, M. G. (2001) Industrial Organizational Psychology. India: Cengage Learning.
- Chadha, N.K. (2007) Organizational Behavior. Galgotia Publishers: New Delhi.
- Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.
- Luthans, F. (2009). Organizational behavior. New Delhi: McGraw Hill.
- Muchinsky, P.(2006). Psychology applied to work: An introduction to industrial and organizational psychology. NC: Hypergraphic Press.
- Pareek, U.(2010). Understanding organizational behaviour. Oxford: Oxford University Press.

VOCATIONAL COURSE/ FIELD VISIT/ ENTREPRENEURSHIP SKILLS (CREDIT-4)

- FIELD VISIT: CASE STUDY/ PROJECT

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