

**Shri Agrasen Kanya P.G. College**  
**Varanasi**  
(An Autonomous College)



**Syllabus of the Subject**

**Psychology**

**For First Three Years of Under-Graduate (UG) Programme**

As per guidelines of Common Minimum Syllabus prepared by Department of Higher Education, Uttar Pradesh Government according to the National Education Policy- 2020 (NEP-2020).

w.e.f. the Session 2021-2022)

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**Semester-wise Titles of the Papers in BA (PSYCHOLOGY)**

Year	Sem.	Course Code	Paper Title	Theory/Practical	Credits
B.A. 1	I	A090101T	Basic Psychological Processes	Theory	4
	I	A090102P	Lab Work	Practical	2
	II	A090201T	Basic Research Methodology and Statistics	Theory	4
	II	A090202P	Lab Work/ Psychological Testing	Practical	2
B.A. 2	III	A090301T	Psychology of Social Behavior	Theory	4
	III	A090302P	Lab Work and Measurement of Social Behavior	Practical	2
	IV	A090401T	Abnormal Psychology	Theory	4
	IV	A090402P	Assessment/Testing	Practical	2
B.A. 3	V	A090501T	Life Span Human Development	Theory	4
	V	A090502T	Positive Psychology	Theory	4
	V	A090503P	Lab Work/Survey/ Field Visit	Practical	4
	V	A090504R	Research Project	Project	3
	VI	A090601T	Community and Health Psychology	Theory	4
	VI	A090602T	Counseling Psychology	Theory	4
	VI	A090603P	Survey/Field Visit/Project Work	Practical	4
	VI	A090604R	Research Project	Project	3

## Undergraduate Psychology Program

### Semester-wise Course Curricula

Subject prerequisites: Open to all.

#### **Program Outcome (After 3 Years)**

The learning outcomes that a student should be able to exhibit on completion of a degree level program in Psychology are as follows:

- (i) Comprehension about the discipline, its research methods, related theories and models.
- (ii) Knack to link up theory with individual experiences and varied applied settings.
- (iii) Capacity to practice professional skills in the area of psychological testing, assessment and counseling.
- (iv) Development of skills in specific areas related to specific specialization (e.g. psychodiagnostics, counseling, learning disability, health, community mental health and organizational behavior).
- (v) A general understanding about how knowledge of psychology can be applied to benefit the management and/or amendment of problems of mankind.
- (vi) Capability to articulate ideas in appropriate manner, with scientific writing and authentic reporting.
- (vii) Sensitivity towards diverse contexts, ethnic groups, minorities, marginalized groups and gender issues
- (viii) Development of skills and attributes of empathy, team work, coordination, cooperation, conflict resolution, and congruence.

## Semester I

### Paper 1

### Theory

Program/Class: Certificate	Year: First	Semester: First
Subject: Psychology		
Course Code: A090101T	Course Title: Basic Psychological Processes	
<b>Course Outcome:</b> The students will learn about the fundamental processes and core psychological concepts, models, classical theories, varied perspectives, and will be able to apply them in their own and in others lives. It will also give the learner a clear understanding of the concepts like intelligence, motivation, emotion and personality. It will develop critical analytical skills regarding these individualistic traits.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	Psychology: Nature, Scope and Applications; Approaches: Psychodynamic, Behavioristic, Cognitive, Humanistic&Indigenous Indian Psychology (with special reference to Shrimad Bhagwad Gita, Sankhya Darshan and Buddhism).	8
II	Attention Processes: Selective and Sustained Attention: Nature and Determinants; Perceptual Processes: Nature and Determinants; Perceptual Organization; Perceptual Illusion.	7
III	Learning: Classical Conditioning, Operant Conditioning and Verbal Learning: Methods and Procedures.	8
IV	Memory and Forgetting: Stages of Memory: Encoding, Storage and Retrieval; Types of Memory: Sensory, Short Term and Long Term Memory (Basic Introduction); Forgetting: Interference and Cue-	8

	Dependent Forgetting.	
V	Intelligence: Nature and Definition; Concept of IQ; Theories of Intelligence (Introduction of Basic Concepts): Spearman, Thurston, Guilford, Sternberg, Gardner.	8
VI	Personality: Definition and Determinants; Approach of Personality (Basic Concepts): Trait approaches (Allport and Cattell); Psychodynamic (Freud); Humanistic (Rogers and Maslow).	8
VII	Motivation: Nature and Concept (Needs, Drives, Instincts); Types of Motives: Biological and Social Motives; Pull and Push Mechanism; Intrinsic Motivation.	7
VIII	Emotion: Nature of Emotion; Basic Emotions; Expressions of Emotion: Universal Versus Culture Specific; Theories of Emotion: James-Lange, Cannon-Bard, Schachter-Singer.	6

**Suggested Readings:**

1. Baron, R. & Misra, G. (2016). *Psychology* (5th edition). New Delhi: Pearson.
2. Ciccarelli, S. K., White, N.J., & Misra, G. (2017). *Psychology* (5th ed., South Asian Edition). New Delhi: Pearson Education.
3. Cornelissen, M., Mishra, G. & Verma, S. (2014). *Foundations of Indian Psychology*. New Delhi: Pearson Education.
4. De Silva, P. (2005). *An introduction to Buddhist psychology*. Springer.
5. Galotti, K.M. (2014). *Cognitive Psychology: In and Out of the Laboratory* (5th ed.). New Delhi: Sage.
6. Feldman, R. S. (2006). *Understanding Psychology*. India: Tata McGraw Hill.
7. Mishra, G. (Edited) (2019). *Personality in Indigenous Tradition*. In ICSSR Research Surveys & explorations Psychology (Vol.2): Individual and the Social Processes & Issues. New Delhi: Oxford University Press.
8. Morgan, C.T., King, R.A., Weiss, R.A., & Schopler, J. (2004). *Introduction to Psychology* (7th ed.). New York: McGraw Hill.
9. Suhotra (2007). *Vedantic Psychology: India's ancient vision of the Mind*. The Bhaktivedanta Academy.

10. Swami Akhilanand (2001 edition). *Hindu Psychology: It's meaning for the West*. Taylor & Francis.
11. सिंह, अरुण कुमार (2006). *उच्चतर सामान्य मनोविज्ञान* । वाराणसी: मोतीलाल बनारसी दस प्रकाशन ।
12. त्रिपाठी, लालबहादुर अन्वय .(2001). *आधुनिक प्रायोगिक मनोविज्ञान* आगरा :हरप्रसाद भार्गव ।
13. Zimbardo, P.C. & Weber, A.L. (1997). *Psychology*. New York: Harper Collins College Publishers.
14. Suggestive digital platforms web links- <http://hcecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>

This course can be opted as an elective: Open to all

Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: 10+2 in any discipline

Suggested equivalent online courses:

- Coursera
- Swayam

## Paper 2

### Practical

Program/Class: Certificate	Year: First	Semester: First
Subject: Psychology		
Course Code: A090102P	Course Title: Lab Work	
<b>Course Outcome:</b> Students will be imparted a variety of skills to design and conduct		

psychological experiments ensuring controlled conditions, report writing and interpretations of the report.

Credits: 2		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
I	Any one experiment based on Attention/Perceptual Processes	8 (16 hrs)
II	Any one experiment based on Classical Conditioning/Operant Conditioning/Verbal Learning	8 (16 hrs)
III	Any one experiment based on Memory/Forgetting	7 (14 hrs)
IV	Any one experiment based on Motivational/Emotional Processes	7 (14 hrs)

**Suggested Readings:**

1. त्रिपाठी, लांबा एवं अन्य .(2001). आधुनिक प्रायोगिक मनोविज्ञान। आगरा :हर प्रसाद भार्गवा
2. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>

This course can be opted by the students who has opted psychology as a subject.

**Suggested Continuous Evaluation Methods:**

- Presentation of practical file (15marks)
- Attendance (10 marks)

Course prerequisites: Only for those who took psychology as a subject

**Semester II**

Paper 1

Theory

Program/Class: Certificate	Year: First	Semester: Second
Subject: Psychology		

Course Code: A090201T		Course Title: <b>Basic Research Methodology and Statistics</b>
<b>Course Outcome:</b> The learners will be able to comprehend psychological data and can put them on appropriate scaling method. Moreover, they will be getting hold of essentials of psychological testing along with various kinds of tests implemented.		
Credits: 4		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	Measurement: Nature and Scales of Psychological Measurement; Properties and Functions of Measurement.	6
II	Scientific Approach; Aim and Functions; Research Methods: Experimental, Correlational, and Observational; Variable: Concept and Types; Hypothesis: Types and Criteria; Sampling: Concept and Methods.	8
III	Psychological Statistics: Introduction; Descriptive Statistics: Measures of Central Tendency and Measures of Variability; Graphical Representation of Data.	8
IV	The Normal Distribution: Meaning and Uses, Significance of Statistics, t test.	8
V	Correlation: Types and Interpretation; Chi- Square tests	7
VI	Tests: Concept and Types; Psychometric Properties of Tests: Validity and Reliability: Nature and Types.	7
VII	Intelligence Testing: Measurement of abilities: Stanford Binet, and Wechsler Test of Intelligence, Culture Fair Tests: Structure and Application.	8
VIII	Personality Tests: Self Report Inventories (16 PF, NEO-PIR), Projective Techniques: Nature and Types.	8
<b>Suggested Readings:</b>		
1. Anastasi, A. (1950). Psychological Testing. Prentice Hall.		



2. Chaddha, N.K. (2009). *Applied Psychometry*. New Delhi: Sage.
3. Cronbach, L.J. (1960) (2nd Edition). *Essentials of Psychological Testing*. New York: Harper.
4. Freeman, F.S. (1962) (3rd Edition). *Theory and practice of psychological testing*. New York: Holt, Rinehart & Winston.
5. Garrett, H. E. (1966). *Statistics in Psychology and Education*. Paragon International Publishers.
6. Gregory, R. J. (2014) (6th Edition). *Psychological Testing: History, Principles and Applications*. New Delhi: Pearson India Education.
7. Guilford, J.P. (1936). *Psychometric Methods*. London: McGraw Hill Publishing Company.
8. Kerlinger, F.N. (1983). *Foundations of Behavioral Research*. New Delhi: Surjeet Publications.
9. लाल . जे . एन . ( 1999 ). मनोविज्ञान एवं शिक्षा में सांख्यिकी , नीलकमल प्रकाशन , गोरखपुर ।
10. मिश्रा, वच्चन तथा त्रिपाठी, लाल बचन (1994). मनोवैज्ञानिक सांख्यिकी, हर प्रसाद भार्गव, आगरा ।
11. Singh, A.K. (2006). *Tests, Measurement and Research Methods in Behavioral Sciences*. Patna: Bharti Bhavan.
12. श्रीवास्तव, डी .एन.(2011). सांख्यिकी एवं मापन, आगरा :अग्रवाल पब्लिकेशन्स
13. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>

## Paper 2

### Practical

<b>Program/Class: Certificate</b>	<b>Year: First</b>	<b>Semester: Second</b>
<b>Subject: Psychology</b>		
Course Code: A090202P	Course Title: Lab Work/ Psychological Testing	
<b>Course Outcome:</b> Students will be conferred an array of skills to carry out experiments in lab		

settings, design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report.

Credits: 2

Core Compulsory

Max. Marks: 25+75

Min. Passing Marks: 10+25

Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2

Unit	Topics	No. of Lectures
I	Plan, conduct and report an experiment using experimental method	8 (16 hrs)
II	Ascertain the Reliability of any psychological test using any method of Reliability and report	7 (14 hrs)
III	Administer any one Self-Report Inventory on a subject, score and report	7 (14 hrs)
IV	Administer any one Intelligence Test on a subject/subjects, score and report	8 (16 hrs)

**Suggested Readings:**

- 1- त्रिपाठी, ला०ब०एवं अन्य .(2001). आधुनिक प्रायोगिक मनोविज्ञान। आगरा :हर प्रसाद भार्गव।
- 2- Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>,  
[www.psytoolkit.org](http://www.psytoolkit.org)

This course can be opted by the students who took psychology as a subject.

**Suggested Continuous Evaluation Methods:**

- Presentation of Practical file (15 Marks)
- Attendance (10 marks)

Course prerequisites: Only for those who took Psychology as a subject

**Semester III**

**Paper 1**

**Theory**

Program/Class: Diploma		Year: Second	Semester: Three
Subject: Psychology			
Course Code: A090301T		Course Title: Psychology of Social Behavior	
<p><b>Course Outcome:</b> By the end of the course, students will be able to summarize general information, through in-class discussion and assignments, pertaining to social psychological theories and an opportunity to apply social psychological theories to their lives. Critically evaluate research to understand and explain distressing human social behavior and relate social psychological concepts and theories to the context of historic and current world, national, and local events.</p>			
Credits: 4		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics		No. of Lectures
I	Social Psychology: Nature, and Scope; Methods of Studying Social Behavior.		8
II	Person Perception: Concept, Determinants of Impression Formation.		7
III	Social Cognition: Schema, Schematic Processing. Attribution of Causality: Harold Kelly and Bernard Weiner.		7
IV	Attitude: Nature, Formation and Measurement. Interpersonal Attraction: Concept and Determinants.		8
V	Aggression: Concept, Theories: Biological (Instinctive and Ethological), Frustration-Aggression Hypothesis, Social Learning Theory of Aggression.		8
VI	Pro-social Behavior: Motives to help; Bystander Effect; Determinants: Personal, Situational and Socio-cultural.		7

VII	Social Influence Processes: Conformity and Compliance. Intergroup Relations: Prejudice and Discrimination.	7
VIII	Groups: Norms, Roles, Status & Cohesiveness. Group Influence Processes: Social Facilitation; Social Loafing and De-individuation.	8

**Suggested Readings:**

1. Baron, R.A. & Branscombe, N.R. (2012). *Social Psychology*(13<sup>th</sup>ed.) New Delhi: Pearson.
2. Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). *Social Psychology* (12<sup>th</sup>ed). New Delhi: Pearson.
3. Baumeister, R.F. & Bushman, B.J.(2013). *Social Psychology and Human Nature*. (3<sup>rd</sup>ed.). Wadsworth Pub. Co.
4. Deb, Sibnath, Gireesan, A. & Prabhavalkar, P. (2019). *Social Psychology in Everyday Life*. New Delhi: Sage Publications.
5. सिंह, अरुण कुमार (2001). सामाजिक मनोविज्ञान। वाराणसी: मोतीलाल बनारसीदास ।
6. Taylor, S.E., Paplau, L.A., & Sears, D.O. (2006). *Social Psychology* (12<sup>th</sup>ed). New Delhi: Pearson Publications.
7. त्रिपाठी, एल०बी० एवं सहयोगी (2001). आधुनिक सामाजिक मनोविज्ञान । आगरा: हरप्रसादभार्गव।
8. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>  
<http://www.yale.edu>

This course can be opted as an elective: Open to all

**Suggested Continuous Evaluation Methods:**

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

Suggested equivalent online courses:

- Coursera,
- Swayam

## Paper 2

### Practical

<b>Program/Class: Diploma</b>	<b>Year: Second</b>	<b>Semester: Third</b>
<b>Subject: Psychology</b>		
Course Code: A090302P	Course Title: Lab Work and Measurement of Social Behavior	
<b>Course Outcome:</b> Students will be exposed to the mixture of skills such as how to conduct a psychological experiment for understanding social behavior as well as psychological measurements and scientific reporting of the data.		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
I	Measurement of Attitude/ Interpersonal Attraction	7 (14 hrs)
II	Measurement of Helping Behavior/ Prejudice	7 (14 hrs)
III	Conduct an experiment on Attribution/Aggression/Impression Formation	8 (16 hrs)
IV	Conduct an experiment on Social Facilitation/ Conformity/ Compliance	8 (16 hrs)
<b>Suggested Readings:</b>		
1. Suggestive digital platforms web links- <a href="http://heecontent.upsde.gov.in/Home.aspx">http://heecontent.upsde.gov.in/Home.aspx</a>		

[www.psytoolkit.org](http://www.psytoolkit.org)

This course can be opted by the students who took Psychology as a subject.

Suggested Continuous Evaluation Methods:

- Presentation of Practical file (15 Marks);
- Attendance (10 marks)

Course prerequisites: Only to Psychology Students

### Semester IV

Paper 1

Theory

<b>Program/Class: Diploma</b>	<b>Year: Second</b>	<b>Semester: Four</b>
<b>Subject: Psychology</b>		
<b>Course Code: A090401T</b>	<b>Course Title: Abnormal Psychology</b>	
<b>Course Outcome:</b> The students will be able to understand criteria of abnormality and one's own behavior and behavior of others. By applying the knowledge of assessment, diagnosis, classification system and DSM categories, the learners' will develop the sensitivity towards individual diversity and various approaches to the diagnosis and treatment of psychological disorders. Summarize clinical features of symptoms, etiology and valid and reliable treatment of diagnostic categories of mental health disorders.		
<b>Credits: 4</b>	<b>Core Compulsory</b>	
<b>Max. Marks: 25+75</b>	<b>Min. Passing Marks: 10+25</b>	
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0</b>		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Abnormal Psychology: Concept and Criteria of Abnormality, Classification of Abnormality (DSM V): An Introduction.	6

II	Anxiety Disorders: Clinical Picture and Etiology: Generalized Anxiety Disorder (GAD), Phobia, Panic Disorder and Obsessive-Compulsive Disorder (OCD).	8
III	Somatic and Dissociative Disorders: Somatic Symptom and Related Disorders, Dissociative Disorders- Types, Clinical Picture and Etiology.	8
IV	Depressive and Bipolar Disorders: Types, Clinical Picture and Etiology.	8
V	Schizophrenia: Types, Clinical Picture and Etiology.	7
VI	Learning Disabilities: Reading, Written expression and Mathematics disorders	7
VII	Substance Related Disorder: Substance Abuse and Dependence; Alcohol, Nicotine, Marijuana, Sedatives and Stimulants: Etiology.	8
VIII	Clinical Picture and Etiology of Neurodevelopmental Disorders: Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorders, Intellectual Disability.	8

#### Suggested Readings:

1. Barlow D. H. & Durand V. M., & Stewart, S. H. (2009). *Abnormal Psychology*. New Delhi: Cengage Learning.
2. Bennett, P. (2006). *Abnormal and Clinical Psychology: An introductory textbook*. New York: Open University Press.
3. Brewer, K. (2001). *Clinical Psychology*. Oxford: Heinemann Educational Publishers
4. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). *Abnormal Psychology*. New Delhi: Pearson.
5. Kearney, C. A. & Trull, T. J. (2012). *Abnormal Psychology and Life: A dimensional approach*. New Delhi: Cengage learning
6. Suggestive digital platforms web links- <http://www.apa.org>  
<http://hecccontent.upsdc.gov.in/Home.aspx>

This course can be opted as an elective: Open to all

Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

Suggested equivalent online courses:

- Coursera;
- Swayam

## Paper 2

### Practical

Program/Class: Diploma	Year: Second	Semester: Four
Subject: Psychology		
Course Code: A090402P	Course Title: Assessment/Testing	
<p><b>Course Outcome:</b> At the end of the course, the students will be imparted a variety of proficiency to conduct the screening and assessment of psychological tools for examining developmental issues and disorders. The practicum of case study will let the students learn and execute an in-depth investigation of a single person, group, event or community.</p>		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
I	Administration, Scoring and Interpretation of any anxiety test	7 (14 hrs)
II	Administration, Scoring and Interpretation of any test of Depression	7 (14 hrs)



III	Administration, Scoring and Interpretation of any test of Intelligence to screen any cognitive or learning impairment	8 (16 hrs)
IV	Administration, Scoring and Interpretation of any test of any Neuropsychological test/Cognitive function test	8 (16 hrs)
<b>Suggested Readings:</b>		
1. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.apa.org">http://www.apa.org</a>		
This course can be opted by the students who took psychology as a subject		
<b>Suggested Continuous Evaluation Methods:</b>		
<ul style="list-style-type: none"> <li>• Presentation of Practical file (15 marks)</li> <li>• Attendance (10 marks)</li> </ul>		
Course prerequisites: Only for psychology students		

### Semester V

Paper 1

Theory

Program/Class: Degree	Year: Third	Semester: Five
Subject: Psychology		
Course Code: A090501T	Course Title: Life Span Human Development	

**Course Outcome:** At the end of the course, the student will be able to develop an ability to identify the milestones in diverse domains of human developments across the child, adolescent and adulthood stages, understand the contributions of socio-cultural context toward shaping human development and acquire an ability to decipher key developmental challenges and issues.

Credits: 4

Core Compulsory

Max. Marks: 25+75

Min. Passing Marks: 10+25

Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0

Unit	Topics	No. of Lectures
I	Human Development: Introduction; Principles of Development; Methods of Studying Human Development.	8
II	Prenatal Development: Stages and hazards; Neonatal Development: Sensory and Motor Capacity.	8
III	Infancy: Physical, Social and Language Development.	7
IV	Childhood Development: Cognitive, Emotional and Moral Development.	8
V	Adolescence: Physical Changes (Puberty and Growth spurts); Development of Identity, Cognitive, Social, Emotional and Moral Development.	8
VI	Early Adulthood: Sex - Role Adjustment, Diversity of Adult Lifestyles, Career Development.	7
VII	Middle Adulthood: Changes in Mental Abilities, Adapting To Physical Changes in Midlife, Relationship at Midlife, Vocational Life.	7
VIII	Late Adulthood: Life Expectancy, Physical Changes, Change in Self Concept and Personality, Psychological Well-Being, Retirement and Leisure	7

**Suggested Readings:**

1. Berk, L. E. (2010). *Child Development* (9th ed.). New Delhi: Prentice Hall.
2. Berk, L.E. (2017). *Development through the Life span* (7<sup>th</sup>ed.). Allyn & Bacon: Pearson.
3. Feldman, R.S. & Babu. N. (2011). *Discovering the Lifespan*. New Delhi: Pearson.

4. Misra, G. (2011). *Handbook of Psychology in India* (Section IV). New Delhi: Oxford University Press.
5. Santrock, J. W. (2011). *Child Development* (13th ed.). New Delhi: McGraw-Hill.
6. Santrock, J.W. (2012). *Life Span Development* (13th ed.), New Delhi: McGraw-Hill.
7. Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi: NCERT.
8. त्रिपाठी, एल० वी० एवं पाण्डेय, एस० (2009). *मानव विकास का मनोविज्ञान*। नई दिल्ली: कांसोर्ट पब्लिशिंग कंपनी।
9. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>

This course can be opted as an elective: Open to all

Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

Suggested equivalent online courses:

- Coursera,
- Swayam

## Paper 2

### Theory

Program/Class: Degree	Year: Third	Semester: Five
Subject: Psychology		
Course Code: A090502T	Course Title: Positive Psychology	
Course Outcome: By the end of the course, the students will be able to understand the basic		

principles of positive psychology, the major areas within positive psychology that have received a considerable amount of attention, the use of positive psychology tools and techniques in own and in other's life. It will also ease the understanding of positive aspects of human behavior through the wisdom embedded in Indian scriptures like Vedas, Upanishad, Shrimad Bhagwad Gita, Buddhist literature and folk tales.

Credits: 4

Core Compulsory

Max. Marks: 25+75

Min. Passing Marks: 10+25

Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0

Unit	Topics	No. of Lectures
I	Positive Psychology: Assumptions and Goals; Eastern and Western Perspectives on Positive Psychology	7
II	Positive Emotional State: The Broaden and Build Theory of Positive Emotions; Concept and Mindfulness in Buddhism.	8
III	Positive Cognitive States: Hope, Optimism, Self efficacy, Resilience: concept and measurement	8
IV	Gratitude, Forgiveness, Empathy and Compassion: Concept, and Measurement; Cultivation exercises in Positive Psychology	8
V	Self Awareness: Concept, Techniques to enhance self-awareness.	7
VI	Social Competence: The Value of Social Support and Relationships in a Fulfilling and Meaningful Life; Love and Belongingness	8
VII	Happiness: Eudemonics and Hedonistic View; Authentic Happiness	7
VIII	Psychological and Subjective Wellbeing: Concept, and Components	7

**Suggested Readings:**

- 1- Baumgardner, S.R. & Crothers, M.K. (2009). *Positive Psychology*. Pearson.
- 2- Carr, A. (2004). *Positive Psychology: The Science of Happiness and Human Strength* U.K.: Routledge.

- 3- Gilman, R., Hubner, E. & Furlong, M.J. (Eds.) (2009). *Handbook of Positive Psychology in Schools*. New York: Routledge.
- 4- Lyubomirsky, Sonja. (2008). *The How of Happiness: A Scientific Approach to Getting the Life You Want*. The Penguin Press.
- 5- Noddings, N (2003). *Happiness in Education*, New York, Cambridge Press.
- 6- Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford University Press.
- 7- Seligman, M. E. P. (2002). *Authentic Happiness*. New York: Free Press.
- 8- Synder, C.R. & Lopez, S.J. (2011). *Positive Psychology: The Scientific and practical exploration of Human Strengths*. Thousand Oaks, CA: Sage.
- 9- Synder, C. R. & Shane, J.L. (2005). *Handbook of Positive Psychology*. Oxford University Press.

Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>

This course can be opted as an elective: Open to all

Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (10 Marks),
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

Suggested equivalent online courses:

- Coursera,
- Swayam

Paper 3

Practical

Program/Class: Degree

Year: Third

Semester: Five

<b>Subject: Psychology</b>		
Course Code: A090503P		Course Title: Lab Work/Survey/ Field Visit
<b>Course Outcome:</b> After completing this practicum, the student will have an understanding about how to frame research objectives and questions, plan, decide and execute appropriate methods of research, data analysis, interpretation and discussion of the findings.		
Credits: 2		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
I	Write a Reflection. For Example- a Gratitude or Forgiveness reflection or any other of your choice by recording your entries at least 2-3 times a week and report your Reflection like any thoughts and feelings that may arise as you become aware of that. What benefits could you gain from developing this habit of mind, short and long term? Be aware of any shifts from stress/anxiety to enhanced well-being and calm.	10 (20 hrs)
II	Conduct a survey research. For Example; meaning of life/happiness index/positive and Negative Affect/life satisfaction/optimism/well being etc. (10- 12 students group can be formed)	10 (20 hrs)
III	Conduct a field study on anyone topic of human development. Analyze the data and report (10-12 student groups can be formed)	10 (20 hrs)
<b>Suggested Readings:</b>		
1. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.apa.org">http://www.apa.org</a>		
This course can be opted by the students who took psychology as a subject		

Suggested Continuous Evaluation Methods:

- Presentation of Practical file (20 Marks)
- Attendance (5 Marks)

Course prerequisites: Only for psychology students

Paper 4

Research Project

Program/Class: Degree	Year: Third	Semester: Five
Subject: Psychology		
Course Code: A090504R	Course Title: Problem Identification & Research Proposal Writing	
Course Outcome: After completing this practicum, the student will have a comprehensive understanding about carrying out research project, how to frame research objectives and questions, plan, decide and execute appropriate methods of research, and intended data analysis.		
Credits: 3	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks:	
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
I	Visit to any community of the surrounding and identification of problems, issues, good practices, skills, community services etc. For example- Health Services, Women Self Help Groups, NGOs, Banks, Organizations, Industries, Villages, Panchayat etc. (10-12 students group can be formed)	20 (40 hrs.)
II	Based on the field visit observations and experiences, each student will write a research proposal in this semester.	25 (50 hrs.)

The research proposal is an important process in providing a clear statement of the problem, a review of literature, how the literature relates to the proposed study, formal research questions and hypotheses, a full methods section, and the data analysis you intend to conduct.

The student will work in groups in completing the project, but will write the proposal and final paper individually.

Each student will be evaluated on diligence in writing the research proposal as per APA guidelines.

**Suggested Readings:**

2. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>.

This course can be opted by the students who took psychology as a subject

**Suggested Continuous Evaluation Methods:**

- PPT Presentation of experiences of observed unit and research proposal (20 Marks)
- Attendance (5 Marks)

Course prerequisites: Only for psychology students

**Semester VI**

Paper 1

Theory

Program/Class: Degree	Year: Third	Semester: Six
Subject: Psychology		



Course Code: A090601T

Course Title: Community and Health Psychology

**Course Outcome:** At the end of the course the student will be able to recognize that individuals relate to their communities and the reciprocal effect of communities on individuals and will be able to understand and resolve community issues, analyze the data, and recommend interventions that promote community wellness. Moreover, they will be able to use the psychological theories on health-related practices and will be able to examine persons' health history and describe and enact a positive, proactive attitude toward healthy living for oneself and others.

Credits: 4

Core Compulsory

Max. Marks: 25+75

Min. Passing Marks: 10+25

Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0

Unit	Topics	No. of Lectures
I	Community Psychology: Nature, Historical Development, Fields of Community Psychology	7
II	Approaches of Community Psychology: Mental Health approach; Social Problems approach	8
III	Community Intervention Issues: Poverty and Prolonged Deprivation; Marginalization; Migration & Immigration issues; Superstitions in Indian society.	8
IV	Community Interventions: Community Mental Health; Gender, Discrimination and Power Issues related interventions; School Intervention; Rural development Intervention.	7
V	Health Psychology: Nature, Development and Goals of Health Psychology; Biopsychosocial Model of Health.	6
VI	Health Behavior: Health Compromising and Health Enhancing Behaviors; Theories of Health Behavior: Health Belief Model, Planned Behavior and Reasoned Action Theory .	8
VII	Stress and Health: Nature and Types of Stress, Stress appraisal; Coping with Stress; Psychological Moderators of Stress (Hardiness, Social support and Optimism).	8

**Suggested Readings:**

1. Dalal, A.K. (2016). *Cultural Psychology of Health in India: Well-being, Medicine and Traditional Health Care*. New Delhi: Sage Publications India Pvt. Ltd.
2. Dalal, A.K. (2015). *Health Beliefs and Coping with Chronic Diseases*. New Delhi: Sage Publications India Pvt. Ltd.
3. Deb, Sibnath, Sunny, A.M. & Sanyaal, N. (2020). *Community Psychology: Theories & Applications*. New Delhi: Sage Publications.
4. Ghosh, Manika (2015). *Health Psychology: Concepts in Health and Well-being*. New Delhi: Pearson.
5. Hariharan, Meena (2020). *Health Psychology: Theory, Practice and Research*. New Delhi: Sage Publications.
6. Kloos, B., Hill, J., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). *Community Psychology: Linking Individuals and Communities*. Wadsworth, Cengage Learning.
7. Marks, D. F. Murray, M. Evans, B. & Willing, C. (2000). *Health Psychology: Theoretical, Research and Application*. New Delhi: Concept.
8. Misra, G. (1999). *Psychological perspectives on stress and health*. New Delhi: Concept Publishing Company.
9. Crisp, R. J. & Turner, R.N. (2014). *Essential Social Psychology* (3rd Edition). New Delhi: Sage Publications.
10. Sarafino, E.P. & Smith, T.W. (2012). *Health Psychology: Biopsychosocial Interaction*. (7<sup>th</sup>ed.). U.K.: John Wiley & Sons.
11. Taylor, S.E. (2013). *Health Psychology*. New Delhi: McGraw-Hill Education Pvt. Ltd.
12. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>

This course can be opted as an elective: Open to all

**Suggested Continuous Evaluation Methods:**

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

**Paper 2****Theory**

<b>Program/Class: Degree</b>		<b>Year: Third</b>	<b>Semester: Six</b>
Subject: Psychology			
Course Code: A090602T		Course Title: Counseling Psychology	
Course Outcome: At the end of the paper, students will able to understand how to establish rapport and use various approaches in counseling.			
Credits: 4		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics		No. of Lectures
I	Counseling: Meaning, Goals; Types of Counseling: An Overview.		7
II	Theoretical Bases of Counseling: Psychoanalytic; Phenomenological, Cognitive-Behavioral; Indian Contribution to Counseling		8
III	Counseling Processes: Counseling Interview; Counseling Micro Skills: Attending, Paraphrasing, Encouragers, Confronting and Summarizing.		7

IV	Counseling Techniques: Person-Centered and Cognitive-Behavioral (Beck and Albert Allis).	8
V	Counseling in Schools and Family Counseling: Assumptions and Procedures.	7
VI	Career, Marriage and Group Counseling: An Introduction	8
VII	Counseling for Substance-abuse, Child Abuse: An Introduction	8
VIII	Counseling Ethics; Referrals and Reporting	7

#### Suggested Readings:

1. Edward, N. (2011). *Counseling Theory and Practice*. Cengage Learning.
2. Gelso, C. J. & Pretz, B.R. (1995). *Counseling Psychology*. Bangalore: Prism Books Pvt. Ltd.
3. Gibson, R. L. & Mitchell, M.H. (2005). *Introduction to Counseling and Guidance* (6th Ed.) Pearson Education.
4. Kapur, Malavika (2011). *Counseling Children with Psychological Problems*. Pearson Publications.
5. Nelson-Jones, R. (2011). *Theory and Practice of Counseling & Therapy*. New Delhi: sage South Asia Edition.
6. Patri, V. R. (2008). *Counseling Psychology*. New Delhi: Authors Press.
7. राय, ए० एवं अस्थाना, एम्० (2003). आधुनिक परामर्श मनोविज्ञान. नई दिल्ली: मोतीलाल बनारसीदास
8. Rao, S. N. (1991). *Counseling and Guidance*. New Delhi: Tata McGraw-Hill.
9. Woolfe, R., Dryden, W. & Strawbridge, S. (2003). *Handbook of Counseling Psychology* (2<sup>nd</sup> ed.). London: Sage Publication Ltd.

This course can be opted as an elective: Open to all

#### Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

Suggested equivalent online courses:

- Coursera,
- Swayam

**Paper 3**

**Practical**

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Six</b>
<b>Subject: Psychology</b>		
Course Code: A090603R	Course Title: Survey/Field Visit	
<b>Course Outcome:</b> After completing this practicum, the student will have an understanding about how to frame research objectives and questions, plan, decide and execute appropriate methods of research, data analysis, interpretation and discussion of the findings.		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Field Visit to any Community Center/Social Service Center/ School and submit a report (10-12 students group can be formed)	15 (30 hrs.)
<b>II</b>	Conduct a survey on any Health Related issues and submit the report(10-12 students group can be formed)	15 (30 hrs.)
This course can be opted by the students who took psychology as a subject		
<b>Suggested Continuous Evaluation Methods:</b>		
<ul style="list-style-type: none"> <li>• Presentation of Practical file (20 Marks)</li> <li>• Attendance (5 Marks)</li> </ul>		

Course prerequisites: Open to All

Paper 4

Research Project

Program/Class: Degree		Year: Third	Semester: Six
Subject: Psychology			
Course Code: A090604R		Course Title: Research Project	
<p><b>Course Outcome:</b> It will help the learner to critically reflect on, review the scientific basis for, and integrate what you have learned and accomplished as a psychology student and will prepare to explore the cultural, social, and ethical impact of psychological application on community and daily life.</p>			
Credits: 3		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks:	
Unit	Topics	No. of Lectures	
I	Based on the field visit observations and experiences, the learner get in Semester V, plan to visit to identified unit, organization, community etc. to get an understanding of the same and do data collection either through questionnaire, or interview or with the help of audio-visual medium based on the identified research problems/issues.	25(50 hrs.)	
	Analyze the data and submit a detailed report and a presentation. The student will work in groups in completing the project, but will write the final paper individually. Each student will be evaluated on diligence in writing the research project as per APA guidelines.	20(40 hrs.)	

**Suggested Readings:**

1. Suggestive digital platforms web links- <http://www.apa.org> <http://heecontent.upsdc.gov.in/Home.aspx>

This course can be opted by the students who took psychology as a subject

**Suggested Continuous Evaluation Methods:**

- Making of short film or presentation of observed unit (20 Marks)
- Attendance (5 Marks)

Course prerequisites: Only for psychology students

# Subject: Psychology (Vocational Course)

## Semester I

<b>Course Title: Guidance and Counselling Psychology - I</b>	<b>Credits:3</b>
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Course Outcome: The student will learn to identify and understand the major hurdles of human adjustment and coping strategies to overcome these hurdles. This course will also be able to develop practical knowledge and vocational training in learners by working in laboratories as well as in the field. After completion of the course learners will be able to understand the adjustment problems of life and importance of guidance and counselling as a therapeutic measure to cope these problems.

Unit	Topics	No. of Lectures
I	Guidance and counselling: Definition, Nature & Scope, Needs & Goals. Relationship between Guidance and counselling.	7 [L]
II	Basic principles of guidance and counselling, steps involved in guidance. Differences between Guidance and counselling. Testing : Intelligence, Aptitude and personality.	7 [L]
III	Lab Work-1 Intelligence: Understanding the concept of Intelligence and IQ. Measurement of Intelligence by General Mental Ability Test. D.T R.P.S.S. Jh	6 (L)
IV	Lab Work-2 Aptitude: Understanding the concept of Aptitude and Measurement of Aptitude by Aptitude Test.	6 (P)

### Suggested Readings:

1. Parti, V.R. - Counselling Psychology.
2. Rao, S.N. - Guidance and Counselling.
3. Sharma, R.A. - Fundamentals of Guidance and Counselling.
4. Dr. Vimal Agrawal Manovigyan Paramarsh
5. Rai, A.N. and Asthana, M. (2005), Nirdeshan Evam Paramarshan.
6. Srivastava, Ramji and etal. (2006), Manovigyanik Prayog and Parikshan.
7. Suggestive digital platform web link: <https://heecontent.upsc.gov.in/Home.aspx>.

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## Subject: Psychology (Vocational Course)

### Semester II

<b>Course Title: Guidance and Counselling Psychology - II</b>	<b>Credits:3</b>
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Course Outcome: The student will learn to identify and understand the major hurdles of human adjustment and coping strategies to overcome these hurdles. This course will also be able to develop practical knowledge and vocational training in learners by working in laboratories as well as in the field. After completion of the course learners will be able to understand the adjustment problems of life and importance of guidance and counselling as a therapeutic measure to cope these problems.

Unit	Topics	No. of Lectures
I	Areas or Programmes of Guidance and counselling; Vocational, Educational, Personal and group guidance.	5 [L]
II	Approaches to Counselling: Psychoanalytic Approach, Behaviouristic Approach, Cognitive Approach, Person Centered Approach, Eclectic Approach.	5[L]
III	Lab Work-1 Personality: Understanding the concept of Personality and Measurement of Personality by Personality Test.	5 (P)
IV	Lab Work-2 Internship/Case Study/Report writing on given topic related to any clinical dimension.	5 (P)

#### Suggested Readings:

1. Parti, V.R. - Counselling Psychology.
2. Rao, S.N. - Guidance and Counselling.
3. Sharma, R.A. - Fundamentals of Guidance and Counselling.
4. Jaiswal, S.R. Nirdeshan Evam Paramarsh.
5. Rai, A.N. and Asthana, M. (2005), Nirdeshan Evam Paramarshan.
6. Srivastava, Ramji and etal. (2006), Manovigyanik Prayog and Parikshan.
7. Suggestive digital platform web link: <https://heecontent.upsdc.gov.in/Home.aspx>.

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**Subject: Psychology (Vocational Course)**

**Semester III**

**Course Title: Guidance and Counselling Psychology - III**

**Credits:3**

Course Outcome: The student will learn to identify and understand the major hurdles of human adjustment and coping strategies to overcome these hurdles. This course will also be able to develop practical knowledge and vocational training in learners by working in laboratories as well as in the field. After completion of the course learners will be able to understand the adjustment problems of life and importance of guidance and counselling as a therapeutic measure to cope these problems.

Unit	Topics	No. of Lectures
I	Role of counsellor; Counsellor and counselee characteristics facilitating counselling; Expectations from counsellor; External conditions influencing counselling; Counsellor-client relationship	5 [L]
II	Counselling for special population: Drug addicts, Marital & family counselling, HIV, AIDS. Identification and guidance of gifted, creative, mentally retarded and underachievers, Guidance of persons with learning disabilities, visual and hearing impairment. <i>S.K. R.P.S.</i>	7[L]
III	Lab Work-1 Conducting counselling interview ( two cases ).	5 (P)
IV	Lab Work-2 Case Study: special population ( two cases ).	5 (P)

**Suggested Readings:**

1. Parti, V.R. - Counselling Psychology.
2. Rao, S.N. - Guidance and Counselling.
3. Brown, S.D., & Lent, R.W. (2002): Handbook of Counselling Psychology. New York: John Wiley & Sons.
4. Jaiswal, S.R. Nirdeshan Evam Paramarsh.
5. Alam, S. (2011). Modern Concept of Guidance and Counselling. Gayananda Prakashan, Ansari Road, New Delhi.
6. Rai, A.N. and Asthana, M. (2005), Nirdeshan Evam Paramarshan.
7. Suggestive digital platform web link: <https://heecontent.upsdc.gov.in/Home.aspx>.

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## Subject: Psychology (Vocational Course)

### Semester IV

<b>Course Title: Guidance and Counselling Psychology -IV</b>	<b>Credits:3</b>
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Course Outcome: The student will learn to identify and understand the major hurdles of human adjustment and coping strategies to overcome these hurdles. This course will also be able to develop practical knowledge and vocational training in learners by working in laboratories as well as in the field. After completion of the course learners will be able to understand the adjustment problems of life and importance of guidance and counselling as a therapeutic measure to cope these problems.

Unit	Topics	No. of Lectures
I	Counselling in Indian Context: Nature of Counselling, need and availability services in India. Indian techniques of counselling-Yoga, Meditation and Buddhist approach.	5 [L]
II	Employment settings for Guidance and Counseling: Program development, administration and supervision of Guidance Counseling services. Ethical issues in counseling psychology research.	5[L]
III	Lab Work-1  Stress Management Programme. (Two Cases)	6 (P)
IV	Lab Work-2  Every Student Shall be <del>required to undertake</del> <sup>submit project/Assignment</sup> Internship in the Guidance and counselling Center/ Hospital/ Medical Institute for two weak. <i>based on this course at the end of the semester.</i>	7 (P)

#### Suggested Readings:

1. Parti, V.R. - Counselling Psychology.
2. Rao, S.N. - Guidance and Counselling.
3. Brown, S.D., & Lent, R.W. (2002): Handbook of Counselling Psychology. New York: John Wiley & Sons.
4. Jaiswal, S.R. Nirdeshan Evam Paramarsh.
5. Alam, S. (2011). Modern Concept of Guidance and Counselling. Gayananda Prakashan, Ansari Road, New Delhi.
6. Rai, A.N. and Asthana, M. (2005), Nirdeshan Evam Paramarshan.
7. Suggestive digital platform web link: <https://heecontent.upsdc.gov.in/Home.aspx>.

Subject : Psychology (Minor Elective – 01)

Course Title : Introduction to Psychology	Credits : 4
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**Course Outcome :** The student will learn about the basics of psychology and it also give the learner a clear understanding of the concepts like nature of psychology, methods, attention, motivation, memory and many more. It will develop an understanding of processes involved in human behaviour and mental functions.

Unit	Topics	No. of Lectures
I	Introduction of Psychology : Meaning, Definition, Nature and scope	8
II	Attention : Meaning and definition of attention. Types of attention and determinants of attention.	7
III	Perception : Meaning and definition of perception, Process of perception, Factors affecting perception, Concept of Illusion.	7
IV	Learning : Nature and definition of learning. Methods of learning. Theoreis : Trial & Error and Insight theory. Factors affecting learning.	8
V	Memory : Meaning and definition of memory, Type of Memory, Factors affecting memory	7
VI	Motivation : Basic concept of motivation. Need-Drive-Incentive concept. Basic and acquired needs	8
VII	Emotion : Nature and definition of Emotion. Development of emotion.	7
VIII	Intelligence : Nature and definition of intelligence, Concept of IQ.	8

**Suggested Reading :**

1. Ruch, F – Psychology Life
2. Hilgard, Atkinson & Atkinson – An Introduction to Psychology
3. सिंह, आर०एन०, भारद्वाज, एस० (2014), मूल मनोवैज्ञानिक प्रक्रियाएँ
4. जी०डी० शर्मा, सामान्य मनोविज्ञान
5. Suggestive digital platform web link : <https://heecontent.upsdc.gov.in/Home.aspx>
6. Baron, R. & Misra, G. (2016), Psychology (5th edition), New Delhi : Pearson.

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7. Ciccarelli, S.K., White, N.J., & Misra, G. (2017), Psychology (5th ed., South Asian Edition), New Delhi : Pearson Education.
8. Feldman, R.S. (2006), Understanding Psychology, India : Tata McGraw Hill.
9. Morgan, C.T., King, R.A., Weiss, R.A., & Schopler, J. (2004), Introduction to Psychology (7th ed.), New York, McGraw Hill
10. सिंह, अरुण कुमार (2006), उच्चतर सामान्य मनोविज्ञान, वाराणसी : मोतीलाल बनारसीदास प्रकाशन।

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## Subject : Psychology (Minor Elective – 02)

Course Title : Psychology of Personality	Credits : 4
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**Course Outcome :** The student will learn the basic concept of personality by which they will be able to shape and develop their personality. It also give the learner a clear understanding approaches of personality, assessment techniques of personality, disorders and development.

Unit	Topics	No. of Lectures
I	Personality : Introduction, Nature, Meaning and definition, Nature, Types of Personality	7
II	Dimensions of Personality : Concept of Conscious, Sub-conscious and Unconscious, Id, Ego and Superego	8
III	Roots of Personality : Indian approach of personality, Western approach of Personality, Triguns theory of personality	8
IV	Understanding self : Concept of self, Nature, Scope, Self concept discrepancy and consequences	8
V	Determinants of Personality : Biological foundation, Genetic bases of personality : contribution of genes	7
VI	Theories of Personality : Psychoanalytic Classical Theory of Freud, Social Learning Theory, <i>Trait and Type Theories</i>	7
VII	Disorders of personality : Major personality disorders and their treatment approaches	7
VIII	Assessment of Personality : Personality Inventories- 16 PF, Projective Techniques – TAT	8

### Suggested Reading :

1. Michel, Introduction to Personality, Mc Graw Hill.
2. Hall and Lindzey, Theories of Personality, Willey Eastern
3. Hurlock, Personality Development, New Delhi : Mc Graw Hill
4. Bischoff. Theories of Personality
5. Sherman, Personality, Enquiry and Application, Pergamon, Series
6. Lassay et.al. Personality Theories : Basic Assumption, Research and Application, Mc Graw Hill
7. Pervin, Personality : Theory, Methods and Research.

8. Asthana, M. and Verma, K.B. Vyaktitwa Ka Manovigyan, Varanasi, Motilal Banarasi Das.
9. Singh, A. K. Vyaktitwa Ka Manovigyan, Varanasi : Motilal Banarasi Das
10. Srivastava, D.N., Vyaktitwa Ka Manovigyan, Agra : Vinod Pustak Mandir
11. Singh, A.K. Modern Abnormal Psychology, Varanasi ; Motilal Banarasi Das.



# Department of Higher Education

U.P. Government, Lucknow

National Education Policy-2020

Common Minimum Syllabus for all U.P. State Universities

Co-curricular course Semester 6

Course Title: Communication Skills and Personality Development

Name	Designation	Affiliation
Chairman Steering Committee		
Dr. Monika S. Garg (IAS)	Additional Chief Secretary	Dept. of Higher Education U.P., Lucknow
Dr. Poonam Tandan	Professor, Dept. of Physics	Lucknow University, U.P.
Dr. Hare Krishna	Professor, Dept. of Statistics	C.S. University Meerut, U.P.
Dr. Dinesh C. Sharma	Associate Professor	M. Govt. Girls P.G. College Badli B. Nagar, U.P.

**Syllabus Developed by:**

Name	Designation	Department	College/ University
Dr. Rachana Singh	Associate Professor	Psychology	Agra College, Agra
Dr. Ritu Narang	Assi. Professor	Dept. of Business Admin.	Lucknow University
Mrs. Abha Chaudhary	Senior Trainer - India	Grooming and Personality Development	Aero Aviation Acad Chandigarh

**Co-curricular Certificate course 'Communication Skills and Personality Development'**

Programme: Certificate	Year: Third	Semester: Sixth
Co-Curricular Course		
Course Code: Z060601	Course Title: Communication Skills and Personality Development	

**Learning Outcomes:**

- To understand the concept of Personality.
- To learn what personal grooming pertains.
- To learn to make good resume and prepare effectively for interview.
- To learn to perform effectively in group discussions.
- To explore communication beyond language.
- To learn to manage oneself while communicating.
- To acquire good communication skills and develop confidence.

Credits: 2	Compulsory
Max. Marks: 25+75	Mn. Passing Marks:
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 2-0-0	

R.P.S.

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Unit	Topics	No. of Lectures Total=30
I	<p align="center"><b>PERSONALITY AND PERSONAL GROOMING</b></p> <p>Understanding Personality</p> <ul style="list-style-type: none"> <li>• Definition and Meaning of Personality</li> <li>• Types of Personality</li> <li>• Components of Personality</li> <li>• Determinants of Personality</li> <li>• Assessment of Personality</li> </ul> <p>Grooming Self</p> <ul style="list-style-type: none"> <li>• Dress for success</li> <li>• Makeup &amp; skin care</li> <li>• Hair care &amp; styles for formal look</li> <li>• Art of accessorizing</li> <li>• Oral Hygiene</li> </ul>	<p align="center">7</p> <p>All topics will include practical learning</p>
II	<p align="center"><b>INTERVIEW PREPARATION AND GROUP DISCUSSION</b></p> <ul style="list-style-type: none"> <li>• Meaning and Types of Interview [ Face to Face, Telephonic, Video]</li> <li>• Interview procedure [ Opening, Listening, Closure]</li> <li>• Preparation for Interview</li> <li>• Resume Writing</li> <li>• LinkedIn Etiquette</li> <li>• Meaning and methods of Group Discussion</li> <li>• Procedure of Group Discussion.</li> <li>• Group Discussion simulation</li> <li>• Group discussion common error</li> </ul>	<p align="center">8</p> <p>Mock Interviews Included</p>
III	<p align="center"><b>BODY LANGUAGE AND BEHAVIOUR</b></p> <ul style="list-style-type: none"> <li>• Concept of human behavior</li> <li>• Individual and group behavior</li> <li>• Developing Self-Awareness</li> <li>• Behaviour and body language</li> <li>• Dimensions of body language: <ul style="list-style-type: none"> <li>Proxemics</li> <li>Haptics</li> <li>Oculistics</li> <li>Paralanguage</li> <li>Kinetics</li> <li>Sign language</li> <li>Chromatics</li> <li>Chromemics</li> <li>Olfactics</li> </ul> </li> <li>• Cultural differences in Body Language</li> <li>• Business Etiquette &amp; Body language</li> <li>• Body Language in the Post-Corona Era</li> <li>• Virtual Meeting Etiquette</li> <li>• Social Media Etiquette</li> </ul>	<p align="center">7</p>

R.O.S.S.

## ART OF GOOD COMMUNICATION

- Communication Process
- Verbal and Non-verbal communication
- 7 C's of effective communication
- Barriers to communication
- Paralinguistics
  - Pitch
  - Tone
  - Volume
  - Vocabulary
  - Word stress
  - Pause
- Types of communication
  - Assertive
  - Aggressive
  - Passive Aggressive
- Listening Skills
- Questioning Skills
- Art of Small Talk
- Email Writing

### Suggested Readings:

Allan I. Janinger, S.C., "Theories of Personality : Understanding Person", Pearson, New York, 2008, 5th edition.

Stephen P. Robbins & Michael S. Judge, "Organizational Behaviour", McGraw Hill, New York, 2005, 12th edition.

David A. Goslin & Brian D., "Social Psychology", Prentice Hall of India, 1998, 8th edition.

Richard D. DeVries, Rodman G. & Hutchinson C.C., "Understanding Human Communication", Oxford University Press : New York, 2011.

Suggestive digital platforms web links-

Suggested Continuous Evaluation Methods:

Suggested equivalent online courses:

Other Suggestions:

Handwritten notes and signatures:

- 28.1.21
- 29.12.2021
- 29.12.21
- Handwritten signatures and initials