

NATIONAL EDUCATION POLICY-2020

**Common Minimum Syllabus for all
Uttarakhand State Universities and Colleges for
First Three Years of Higher Education**

**PROPOSED STRUCTURE OF
UG - PSYCHOLOGY
SYLLABUS**

2021

Curriculum Design Committee, Uttarakhand

Sr.No.	Name & Designation
1.	Prof. N.K. Joshi Vice-Chancellor , Kumaun University Nainital Chairman
2.	Prof. O.P.S. Negi Vice-Chancellor , Uttarakhand Open University Member
3.	Prof. P. P. Dhyani Vice-Chancellor , Sri Dev Suman Uttarakhand University Member
4.	Prof. N.S. Bhandari Vice-Chancellor, Soban Singh Jeena University Almora Member
5.	Prof. Surekha Dangwal Vice-Chancellor, Doon University, Dehradun Member
6.	Prof. M.S.M. Rawat Advisor, Rashtriya Uchchatar Shiksha Abhiyan, Uttarakhand Member
7.	Prof. K. D. Purohit Advisor, Rashtriya Uchchatar Shiksha Abhiyan, Uttarakhand Member

EXPERT COMMITTEE

S.N	Name	Designation	Department	Affiliation
1.	Prof. Madhu Lata Nayal	Professor & Head .	Department of Psychology	S.S.J Campus S.S.J University Almora
2.	Dr.Renu Jalal	Assistant Professor	Department of Psychology	M.B.Govt. P. College Haldwani Kumaun University, Nainital
3.	Dr. Rekha Joshi	Assistant Professor	Department of Psychology	M.B.Govt. P. College Haldwani KUmaun University, Nainital

SYLLABUS PREPARATION COMMITTEE

S.N	Name	Designation	Department	College/University
1	Prof. Madhu Lata Nayal	Professor & Head .	Department of Psychology	S.S.J Campus S.S.J University Almora
2	Dr.Renu Jalal	Assistant Professor	Department of Psychology	M.B.Govt. P. College Haldwani Kumaun University, Nainital
3	Dr. Rekha Joshi	Assistant Professor	Department of Psychology	M.B.Govt. P. College Haldwani Kumaun University, Nainital

**List of all Papers in Six Semester
Semester-wise Titles of the Papers in**

Year	Sem.	Course Code	Paper Title	Theory/ Practical	Credits
Certificate Course in.....[title]					
FIRST YEAR	I	PSYC-101T	Basic Psychological Processes	Theory	4
		PSYC-102P	Lab work / Psychological Test	Practical	2
	II	PSYC-201T	Social Psychology	Theory	4
		PSYC-202P	Lab work / Psychological Test	Practical	2
Diploma in [title]					
SECOND YEAR	III	PSYC-301T	Psychopathology	Theory	4
		PSYC-302P	Lab work / Psychological Test	Practical	2
	IV	PSYC-401T	Psychological Statistics	Theory	4
		PSYC-402P	Lab work / Psychological Test	Practical	2
Bachelor of					
THIRD YEAR	V	PSYC-501T	Psychological Assessment	Theory	4
		PSYC-502T	Systems of Psychology	Theory	4
		PSYC-503P	Lab work / Survey / Field Visit	Practical	4
		PSYC-504R	Research Project	Project	3
	VI	PSYC-601T	Environmental psychology	Theory	4
		PSYC-602T	Human Development	Theory	4
		PSYC-603P	Lab work / Survey / Field Visit	Practical	4
		PSYC-604R	Research Project	Project	3

Subject prerequisites:

Open to all

COURSE INTRODUCTION

Under the new Education policy the course has been implemented for U.G level students. Department of psychology will be offered various course / paper during six semester. In the first, second, third and fourth semester the students will be offered one-one compulsory theory paper (each of 4 credits : total 16 credit) and a practical course based on the theory papers (each semester 2 credits ; total 8 credits). One minor electric course in First and second semester and one minor electric course in third and fourth semester (each of 4/5/6credits). Vocational course is also to be done in first, second, third,and fourth semester (each of 3 credits). During the fifth semester the students will have to go through two discipline specific core in theory paper (each of 4 credits ; total 8 credits).In the final semester (VI semester) students will have to go through two discipline specifics core in theory paper (each of 4 credits; 8 credits). Apart from this co-curricular course is must in each semester. The major research project is compulsory in fifth and six semester separately. (each of four credits)

Programme outcomes (POs):	
PO 1	This course will provide student, the basic concept of psychology
PO2	Students will get information about human behavior
PO 3	Students learn PTSD (post traumatic stress disorder) in psychological Aid.
PO 4	Students will be able to know about mental health and wellness.
PO 5	Will be able to study neuro transmitters and biological effects in the branch of biopsychology.
PO 6	
Programme specific outcomes (PSOs): <i>UG I Year / Certificate course Basic Psychological Process</i>	
1. I st and II nd semester certificate course	
Programme specific outcomes (PSOs): <i>UG II Year/ (Diploma in Psychology)</i>	
1. III rd and IV th semester Diploma in Psychology	

Programme specific outcomes (PSOs): <i>UG III Year / Bachelor of Art</i>
Vth and VIth semester Bachelor of Art
After 3 years of study in psychology under graduate progress
To know the theories major concepts and mechanism which explain human behavior or various psychological phenomena.
To enhance ability of students interpreted design and conduct basic psychological research.
To gain familiarity with psychological instruments and develop ability to understand sensitivity towards diverse contexts, ethics group marginalized group and generation
To identity strategies to manage organization more effectively and will be expert in topic like motivation, stress management , health and well being etc

**Year wise Structure of.....(CORE /
ELECTIVE COURSES & PROJECTS)**

Subject:											Total Credits /hrs/
Course/Entry -Exit Levels	Year	Se m.	Pa per 1	Credi t/ hrs	Paper 2	Credit/ hrs	P a p e r 3	Credit s /hrs	Resear ch Project	Cred it/	
Certificate Course In..... [title]	I	I	Basic Psychological Processes	4	(G.E) Psychology for Living	4/5/6	(VC) Managing Stress	3	N il l	Nill	13
		II	Social psychology	4		-	(V.C) Psychology in human life	3	-	-	7
Diploma in [title]	II	III	Psychopathology	4	(G.E) Health and well being	4/5/6	(V.C) psychology in education	3			13
		IV	Psychological Statistics	4			(V.C) Personality and life skill development	3			7
Bachelor of		v	Psychological Assessment	4	Systems of Psychology	4			Research Project	4	12

II

		VI	Environmental psychology	4	Human Development	4			Research Project	4	12
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Comments		

Semester I

Paper 1

Theory

Program/Class: Certificate	Year: First	Semester: First
Subject: Psychology		
Course Code: PSYC101T	Course Title: Basic Psychological Processes	
Course Outcome: 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 individually stic 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		
Objective: To introduce students to the basic concepts of the field of psychology with an emphasis on application of psychology in everyday life.		
Unit	Topics	No. of Lectures
I	Introduction: Definition, goals and scope of psychology; Approaches: biological, psychodynamic, behavioristic, and cognitive; Method: Observation, Experiment, Interview, Questionnaire and Case study.	8
II	Biological Bases of Behaviour: Human evolution: Genes and behavior; Hormones and Glands; Nervous System: Neuron, Central Nervous system and Peripheral nervous system.	7
III	Sensation and Perception: Meaning and characteristics of sensation, Types of sensation; Visual sensation: Structure of eye and phenomena of visual sensation; Colour sensation; Auditory sensation: Structure of ear and theories of audition; Nature and characteristics of perception; Gestalt theory of perception: figure and ground, Laws of perceptual organization	8
IV	Attention: Meaning and characteristics of attention; Types of attention: Kinds of attention; Determinants of attention; Fluctuation of attention.	8
V	Learning: Nature of learning; Theories of learning: Thorndike's trial and error theory of learning. Theory of conditioning: Classical conditioning and Instrumental conditioning, Phenomena of conditioning.	8
VI	Memory and Forgetting: Definition of memory; Processes involved in memory; Methods of measuring retention; Types of memory: sensory memory, short-term memory, and long-term memory. Process of forgetting; Determinants or causes of forgetting; Interference: proactive and retroactive interference, Ziegarnik effect.	8

VII	Motivation and Emotion: Nature of motivation; Major concepts related to motivation; Types of motivation: Biogenic and sociogenic motives; Theories of motivation: The need hierarchy model and Arousal theory of motivation. Meaning and definition of emotion, Physiological changes in emotion; Theories of emotion: James-Lange theory and Cannon-bard	7
VIII	Intelligence: Meaning and definition of intelligence, Theories of intelligence: Unifactor theory, Spearman's theory, Thorndike's theory, Thurston's theory, Guilford's theory. Measurement of Intelligence: concept of I.Q., Types of intelligence test	6

Suggested Readings:

Baron, R.A. Psychology: The Essential Science. New York: Allyn & Bacon
 Zimbardo, P.G. & Weber, A.L. Psychology, New York: Harper Collins College Publi. Lefton, L.A. Psychology. Boston: Allyn & Bacon
 Garrett , Introduction to Psychology: Indian reprint, Oxford IBH General Osycho logy,
 Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J., (1993), Introduction to psychology , New Dehli Tata McGraw hill, education private limited.
 Zimbardo, P.C. & Weber, A.L. (1997). Psychology. New York: Harper Collins College Publishers.

Zimbardo, P.C. & Weber, A.L. (1997). Psychology. New York: Harper Collins College Publishers.

Suggested digital platforms weblinks-

<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)

Paper 2 Practical

Program/Class: Certificate	Year: First	Semester: First
Subject: Psychology		
Course Code: PSYC 102P	Course Title: Lab Work	
Course Outcome: Students will be imparted a variety of skills to design and conduct psychological experiments ensuring controlled conditions, report writing and interpretation of their 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	Bilateral transfer of training \ Maze learning	8(16hrs)
II	Attitude scale \ Effect of knowledge of results on performance	8(16hrs)
III	Retroactive Inhibition \ Memory span for digits/words	7(14hrs)
IV	Verbal test of intelligence Reaction Time	7(14hrs)
Suggested Readings: 1. http://www.upsdc.gov.in/Content/Content.aspx?ContentID=102P 2. Suggested digital platforms weblinks - 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 (15 marks) Attendance (10 marks)		
Course prerequisites: Only for those who took psychology as a subject		

Semester II
Paper 1 Theory

Program/Class: Cert	Year: Second	Semester: Three
Course Code: PSYC201T	Subject: Psychology	Course Title: Social Psychology
Course Outcome: 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.		
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		
Objective : 1) Develop an understanding of the individual in relation to the social world 2) Introduce students to the realm of social influence, as to how individuals think feel and behave in social situations.		
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. Inter group Relations: Prejudice and Discrimination.	7
VIII	Groups: Norms, Roles, Status & Cohesiveness. Group Influence Processes: Social Facilitation; Social Loafing and De-individuation.	8

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Suggested Readings:

1. Baron,R.A.&Branscombe,N.R.(2012).SocialPsychology(13thed.)NewDelhi:Pears on.
2. Baron,R.A.,Byrne,D.&Bhardwaj,G.(2010).SocialPsychology(12thed).NewDelhi:P ears on.
3. Baumeister,R.F.&Bushman,B.J.(2013).SocialPsychologyandHumanNature.(3rde d.).W adsworthPub. Co.
4. flag] v:.k dqekj %2001%] lkekftd eukfoKkuA okjk.klh% eksrhyky cukjlnkIA
5. Taylor,S.E.,Paplau,L.A.,&Sears,D.O.(2006).SocialPsychology(12thed).NewDelhi :P earson Publications.
6. f=ikBh] ,y0ch0,oa lg;ksxh %2001%] vk/kqfud lkekftd eukfoKkuA vkxjk% gjizlkn HkkxZoA
7. Suggestedigitalplatformsweblinks-

<http://heecontent.upsc.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 on line courses:

Coursera,

Swayam

Paper 2 Practical

Program/Class: Certificate	Year: First	Semester: Second
Subject: Psychology		
Course Code:PSYC202P	Course Title: Lab Work/ Psychological Test	
Course Outcome: 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.PassingMarks:10+25	
TotalNo.ofLectures-Tutorials-Practical(inhoursperweek):L-T-P:0-0-2		
Unit	Topics	No.ofLectures
I	Measurement of Attitude/Interpersonal Attraction	7(14hrs)
II	Prejudice scale/Sociometry	7(14hrs)
III	Social conformity/ Religiosity	8(16hrs)
IV	Adjustment /Aggression scale	8(16hrs)
Suggested Readings: Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx , 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 (15Marks); Attendance(10marks)		
Course prerequisites: Only to Psychology Students		

**Semester III
Paper 1
Theory**

Program/Class: Diploma	Year: Second	Semester: Third
Subject: Psychology		
CourseCode:PSYC301T	Course Title: Psychopathology	
<p>Course Outcome: 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.</p>		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min.PassingMarks:10+25	
TotalNo.ofLectures-Tutorials-Practical(inhoursperweek):L-T-P:4-0-0		

Objective : The paper aims at providing an overview of the concept of abnormality and the symptoms and etiology of various psychological disorders this will sensitize them to information on psychopathology and dispel myths regarding it.

Unit	Topics	No. of Lectures
I	Abnormal Psychology: Concept and Criteria of Abnormality,	6
	Classification of Abnormality (DSMV): An Introduction.	
II	AnxietyDisorders:ClinicalPictureandEtiology:.GeneralizedAnxietyDi	8
	sorder(GAD),Phobia,PanicDisorderandObsessive-	
	Compulsive Disorder(OCD).	
III	Somatic and Dissociative Disorders: Somatic Symptom and Related	8
	Disorders, Dissociative Disorders-Types, Clinical Picture and	
	Etiology.	
IV	Depressive and Bipolar Disorders: Types, Clinical Picture and	8
	Etiology.	
V	Schizophrenia: Types, Clinical Picture and Etiology.	7

VI	Learning Disabilities: Reading, Written expression and Mathematics disorders	7
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VII	Substance Related Disorder: Substance Abuse and Dependence; Alcohol, Nicotine, Marijuana, Sedatives and Stimulants: Etiology.	8
VIII	Clinical Picture and Etiology of Neuro developmental Disorders: Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorders, Intellectual Disability.	8

1. Barlow D.H. & Durand V.M. & Stewart, S.H. (2009). *Abnormal Psychology*. New Delhi: Cengage eLearning.
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. Suggested digital platforms weblinks - <http://heecontent.upsc.gov.in/Home.aspx>
<http://www.apa.org> www.nimh.nih.gov

Assignment/Seminar (10

Marks) Written Test (10 Marks)

Attendance (5 Marks)

Swayam

Paper 2 Practical

Program/Class: Diploma	Year: Second	Semester: Thirdly
Subject: Psychology		
CourseCode:PSYC302P	Course Title: Lab Work / Psychological Test	
Course Outcome: 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.		
Credits:2	Core Compulsory	
Max. Marks: 25+75	Min.PassingMarks:10+25	
TotalNo.ofLectures-Tutorials-Practical(inhoursperweek):L-T-P:0-0-2		
Unit	Topics	No. of Lectures
I	Performance test of intelligence\Sociometry	7(14hrs)
II	Adjustment\Anxiety	7(14hrs)
III	S.C.T.\Self Disclosure Inventory	8(16hrs)
IV	Stress coping\Self-concept/Emotional Maturity Scale\Projective Techniques (TAT / Rorschac	8(16hrs)
Suggested Readings: Suggestivedigitalplatformsweblinks- 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: Presentation of Practical file(15 marks) Attendance(10marks)		
Course prerequisites: Only for psychology students		

Semester IV

Paper 1 - Theory

Program/Class: Diploma	Year: Second	Semester: Four
Subject: Psychology		
Course Code:PSYC401T	Course Title: Psychological Statistics	
Course Outcome: 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.PassingMarks:10+25	
TotalNo.ofLectures-Tutorials-Practical(inhoursperweek):L-T-P:4-0-0		
Objective : To introduce basic statically method, psychological testing and qualitative methods and their uses.		
Unit	Topics	No. of Lectures
I	Introduction:. Steps involved in Experimentation. Problem , Hypothesis and Variables: Statement of problem, sources and characteristics of problem. Meaning and types of hypothesis Variables: Meaning and types of variable and control of variables	6
II	Statistics in Psychology: Meaning and purpose of statistics in psychology. Discrete and continuous variables.	8
III	Frequency distribution and their graphical representation: frequency polygon, histogram, cumulative frequency curve, and ogive.	8
IV	Measures of Central Tendency: Mean, Median, and Mode: meaning, computation and application.	8
V	Measure of variability: Range, Quartile deviation, and Standard deviation: Meaning. application and computation.	7
VI	Correlation: Concept of correlation, Linear and Non-linear correlation, Pearson's product moment correlation (real and assumed mean), Spearman's Rank order correlation.	7
VII	Normal distribution: Concept of Probability, Characteristics of NPC, Skewness and Kurtosis.	8
VIII	Hypothesis testing and Making inferences: sampling distribution, standard error of mean. df. Nature and assumption of t-distribution: Computation of t-values for independent sample, interpretation of t-values – level of significance; Type I and Type II errors in inferences	8

Suggested Readings:

1. **Anastasi,A.(1950).Psychological Testing. Prentice Hall.**
2. **Cronbach,L.J.(1960)(2ndEdition).EssentialsofPsychologicalTesting.NewYork:Harper.**
3. **Freeman,F.S.(1962)(3rdEdition).Theoryandpracticeofpsychologicaltesting.NewYork:Hol t, Rinehart & Winston.**
4. **Garrett,H.E.(1966). Statistics in Psychology and Education. Paragon International Publishers.**

5. **Gregory,R.J.(2014)(6thEdition).PsychologicalTesting:History,PrinciplesandApplications .New Delhi: Pearson India Education.**
6. **Guilford,J.P.(1936).PsychometricMethods.London:McGrawHillPublishingCompany.**
7. **Kerlinger,F.N.(1983).FoundationsofBehavioralResearch.NewDelhi:SurjeetPublications.**
- 8 **yky-ts-,u- %1999%] eukfoKku ,oa f"kk e l[f[;dh] uhydey idk'ku] xksj[kiqjA**
- 9 **Singh,A.K.(2006). Tests,Measurementand Research Methodsin Behavioral Sciences.Patna:BhartiBhavan.**
- 10 **JhokLro] Mh-,u- %2011%] lkaf[;dh ,oa ekiu] vkxjk % vxzoky ifCyds'kUl**
- 11 **.Suggestivedigitalplatformsweblinks-<http://heecontent.upsdc.gov.in/Home.aspx>**

Practical

Program/ Class: Diploma	Year: Second	Semester: Four
Subject: Psychology		
CourseCode:PSYC402P	Course Title: Lab Work/Psychological Testing	
CourseOutcome: 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	Performance test of intelligence /Sociometry	8(16hrs)
II	Adjustment/Anxiety	7(14hrs)
III	S.C.T./Self Disclosure Inventory/Stress copin	7(14hrs)
IV	Self-concept/Emotional Maturity Scale/Projective Techniques (TAT / Rorschach	8(16hrs)
Suggested Readings:		
Suggested digital platforms weblinks- http://heecontent.upsdc.gov.in/Home.aspx , <div style="text-align: center;">www.psytoolkit.org</div>		
This course can be opted by the students who took psychology as a subject.		
Suggested Continuous Evaluation Methods:		
Presentation of Practical file (15Marks) Attendance (10marks)		
Course prerequisites: Only for those who took Psychology as a subject		

**Paper V
PAPER 1
Theory**

Program/Class: Degree	Year: Third	Semester: Five
Subject: Psychology		
Course Code: PSYC501T	Course Title: Psychological Assessment	
Credits:4	Core Compulsory	

Max. Marks: 25+75	Min. Passing Marks: 10+25
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Total No. of Lectures-Tutorials-Practical(in hours per week):L-T-P:4-0-0

**Objective: 1) To train students various psychological assessment technique.
2) To impart skills necessary for selecting and applying different tests for the different purposes such as evaluations, training, rehabilitation etc.**

Unit	Topics	No.of Lectures
I	Introduction: - Nature and scope of human assessments ,levels of assessments.	7
II	Psychological Tests:- principles of test construction and standardization-Item analysis, reliability, validity and development of norms	8
III	Types of psychological; test-Individual, group, performance, verbal, nonverbal	8
IV	Psychological scaling, Methods of scaling	8
V	Assessment of Ability:- Assessment of general abilities- Intelligence, Interest, interpersonal interaction.	7
VI	Assessment of personality :- Assessment of personality- Use of self-report inventories, interview, projective and non-projective tests	8

Suggested Readings:

- 1- Anastasi, A . (1988), Psychological Testing, New Yourk: MacMillan**
- 2- Mishra, G. C. & other (2018). Psychological Assessment, Kalyani Publishe, New Delhi.**

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

Suggested Continuous Evaluation Methods:

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

Course prerequisites: Open to All

Paper 2 Theory

Program/ Class: Degree	Year: Third	Semester: Five
Subject: Psychology		
Course Code: PSYC502T	Course	Title: Systems of Psychology
Course Outcome: The Students will be learn about the theory of Psychologists. Gestalt Theory will Learn Perception, learning and thinking. Other than this theory of Freud, Adler and Jung. Evaluation of psychoanalysis theory.		

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	

Objective – To provide framework for understanding human behavior, thought and development.

Unit	Topics	No. of Lectures
I	Development of Psychology: Contribution of Weber, Fechner, Helmholtz, Galton, William James and Cattell	7
II	Structuralism: Contribution of Wundt and Titchner, Criticism of structuralism.	8
III	Behaviorism: Watson's behaviorism - Characteristics and evaluation..	8
IV	Neo-Behaviorism: Contribution of Tolman, Guthrie, Hull and Skinner	7
V	Gestalt Psychology: Gestalt psychology as a school, Elements of Gestalt theory- Perception, learning and thinking.	6
VI	Psychoanalysis: Freudian contribution- Theory of Freud, Adler and Jung. Evaluation of psychoanalysis theory.	8
VII	Neo-Freudian Theory: Contribution of Horney, Fromm and Sullivan.	8

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

Practical

Program/Class: Degree	Year: Thirdly	Semester: Fifth
Subject: Psychology		
Course Code: PSYC503P	Course Title: Lab Work/Psychological Testing	
Course Outcome: Students will be confer rredanarray of skills to carry out experiments in labsettings,designandconductpsychologicalexperimentsensuringcontrolledconditions,report Writing and in perpetration of their port.		
Credits:2	Core Compulsory	
Max. Marks: 25+75	Min.PassingMarks:10+25	

Total No. of Lectures-Tutorials-Practical(in hours per week):L-T-P:0-0-2		
Unit	Topics	No. of Lectures
I	Mental Fatigue /Stress Management	8(16hrs)
II	Religiosity Scale/CONFLICT SCALE	7(14hrs)
III	Job Satisfaction /Vocational/ Educational	7(14hrs)
IV	Interest Test/Achievement Motivation Scale Adjustment/Academic Anxiety Mental Health	8(16hrs)

1-Suggestivedigitalplatformsweblinks-<http://heecontent.upsdc.gov.in/Home.aspx>,
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
(15Marks) Attendance(10marks)**

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

Internal Assessment & External Assessment			
Internal Assessment		External Assessment	
Marks 25		Marks 75	
Assignment per subject		Practical	
Max. Marks – 25+75			

Paper 4

Research Project

Program/Class: Degree	Year: Third	Semester: Five
Subject: Psychology		
Course Code:PSYC504R	Course Title: Research Project	
Course Outcome: 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		
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 getting semester, plan to visitor 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(50hrs.)
	Analyze the data and submitted tailed report and presentation. The student will working rousing completing the project, but will write the final paper individually. Each student will be evaluated on diligence in writing the research projects per Guidelines.	20(40hrs.)
Suggested Readings: 1.Suggestivedigitalplatformsweblinks- 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: Making of short film or presentation of observed unit(20 Marks) Attendance(5Marks)		
Course prerequisites: Only for psychology students		

Semester VI (Paper 1-Theory)		
Program/Class: Degree	Year: Third	Semester: Six
Subject: Psychology		
CourseCode:PSYC601T	Course Title: ENVIRONMENTAL PSYCHOLOGY	
Course Outcome: In Environmental psychology Students will learn about environment history. Student will get information about all the moments of uttarakhand. A part from this students will learn about noise pollution, chemical pollution.		
Credits: 4	CoreCompulsory	
Max.Marks: 25+75	Min.PassingMarks:10+25	
TotalNo.ofLectures-Tutorials-Practical(inhoursperweek):L-T-P:4-0-0		
Objective: 1) To highlight the simultaneous mutual interaction of environment and behavior. 2) To delineate psychological approaches to the study of environment. 3) To discuss the impact of ecological degradation and the need for enhanced awareness program		
Unit	Topics	No. of Lectures
I	Environment and behavior: - Definition, history and scope of environment psychology. Earth as living system: The Gaia Hypothesis; Deep ecology. Effects of behavior on environment: Perception, preference and awareness of environment. Effects of environment on behavior: Noise pollution, chemical pollution, crowding and personal space.	10
II	Ecology and Development :- Human Nature and Environmental problems : Pro-environment behavior. Ecosystems and their components, Demography : Mortality and Fertility. Recourse Use : Common Property Resources , Sustainable Development . Ecology Acculturation and psychological adaptation.	10
III	Psychological Approaches to Environment :- Eco-cultural psychology (Bery). Bio-social psychology (Dawson). Ecological psychology (Barker). Person Environmental Transactions (Sokols:Ittelson)	10
IV	Environmental Assessment :- Socio-psychological dimensions of environmental impact, Environmental deprivation: nature and consequences. Creating environmental awareness Social movements (Chipko, Tehri, Narmada, Appilo). Naturalistic Observation and field surveys.	10
Suggested Readings:		
<ol style="list-style-type: none"> 1. Dreze. J. & Sen. A. (Eds.) (1992). Indian development. Delhi: Oxford University Press. 2. Gadgil. M & Guha .R. (1995). Equity. New Delhi: Penguin Books. 3. Goldsmith E (1991). The way : The ecological world-view . Boston : Shambhala 		
This course can be opted by the students who took psychology as a subject		
Suggested Continuous Evaluation Methods:		
Presentation of Practical file(20Marks) Attendance (5Marks)		
Course prerequisites: Open to All		

Practical
Any four from the following

History & scope of environmental psychology

1. Student Behavior Survey
2. Aggression Scale Questionnaire
3. Environmental Awareness ability measure
4. Youth problem Inventory

Semester VI
Paper 2 Theory

Program/Class: Diploma	Year: Second	Semester: Four
Subject: Psychology		
CourseCode:PSYC401T	Course Title: Human Development	
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min.PassingMarks:10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week):L-T-P:4-0-0		
Objective: To understand human life from conception to adulthood and domain of development.		
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 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 (9thed.).New Delhi: Prentice Hall.
2. Berk,L.E.(2017). Development through the Lifespan (7th ed.).Allyn & Bacon: Pearson.
3. Feldman,R.S.& Babu.N.(2011).Discovering the Lifespan. New Delhi: Pearson.
4. Misra,G.(2011).HandbookofPsychologyinIndia(SectionIV),NewDelhi:OxfordUniversityPress.
5. Santrock,J.W.(2011). Child Development (13th ed.). New Delhi:McGraw-Hill.
6. Santrock,J.W.(2012).Life Span Development(13thed.).New Delhi:McGraw-Hill.
7. Srivastava,A.K.(1997).ChildDevelopment:AnIndianPerspective.NewDelhi:NCERT.

Suggested digital platforms weblinks-

<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 (10Marks)

Attendance(5Marks)

Coursera,

Swayam

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

Suggested Continuous Evaluation Methods:

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

Course prerequisites: Open to All

Program/Class: Degree	Research Project Year: Third	Semester: Six
Subject: Psychology		
Course Code:PSYC604R		Course Title: Research Project
Course Outcome: After completing this practicum the student will have a comprehensive understanding about carrying out research project, how to frame search 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:
Unit	Topics	No.of Lectures
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 student 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. 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.	25(50 hrs.)

Suggested Readings:-<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(20Marks)
Attendance(5Marks)

Course prerequisites: Only for psychology students

Paper 1- Theory

Program/Class: Citification	Year: First	Semester: First/Second
Subject: Psychology		
Course Code: EG	Course Title:	Psychological for living
	Credits: 4	Core Compulsory
Objective :- To understand Psychology factors, physical illness, Self and relationship and growth.		
Unit	Topics	No. of Lectures
I	Introduction : What is psychology , relevance of psychology, Psychology factors and physical illness, body image, lifestyle interventions.	4
II	Self and relationship : important of family and peer groups in one's life, importance of emotional intelligence, role of culture. Orientation of emotional intelligence scale.	4
III	self in disintegrative experiences : anxiety, stress , depression, coping. Orientation of Depression anxiety stress scale(DASS).	4
IV	Growth and actualizing self : self-direction, subjective well-being, hope, optimism, resilience. Orientation of subjective wellness scale and psychological capital scale.	3
SuggestedReadings: 1. 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		

Paper 2- Theory

Program/Class: Diploma	Year: Second	Semester: Third and Fourth
Subject: Psychology		
Course Code:- DS- PSYTE 604	Course Title: Health and wellbeing	
Credits: 4	Core Compulsory	
Objective: 1) To develop an understanding of health and how to maintain health and well-being. 2) To understand the relationship between psychological factors and physical health and how to enhance well-being		
Unit	Topics	No.ofLectures

I	Introduction to Health Psychology components of health relationship between health and psychology mind and body relationship goals of health psychology.	
II	Well Being: components of well being life satisfaction affect.	
III	Stress illness and pain causes consequences and coping with stress pain and illness.	
IV	Health enhancing behaviors: Implications for well being psychological factors resilience, optimism exercise. safety, nutrition	

Suggested Readings:

1. Dr Matte. M.R and Marti. L.R. (2002). Health psychology, New Delhi Pearson.
2. Sarafino. E.P. (2002) Health psychology Bio psychosocial interactions (4th ed.) NY. Wiley.
3. Snyder.C.R. & Lopez.S.J (2007) Positive psychology. The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
4. Taylor, S.E (2006) health Psychology (6th ed.)New York: Tata McGraw Hill.

