

S. S. Jain Subodh P.G. College, Jaipur

(Autonomous)

SYLLABUS



(Three/Four-Year Undergraduate Program)

B.A.

Subject/Discipline: Psychology

I & II Semester Examination 2026-27

III & IV Semester Examination 2027-28

V & VI Semester Examination 2028-29

As per NEP-2020

For
Dr. Purna
Asst. Prof.

S.S. JAIN SUBODH PG COLLEGE, AUTONOMOUS

THREE/FOUR-YEAR UNDERGRADUATE PROGRAMME

SEMESTER-WISE PAPER TITLES WITH DETAILS

B.A. PSYCHOLOGY (SPECIALIZATION)

Sr. No	Semester	Type	Paper No	Title	Credits
1	I	MJR	P-I	Introduction to Psychology	4
2	I	MJR	P-II	Psychology Lab-I	2
3	I	MJR	P-III	Social Psychology	4
4	I	MJR	P-IV	Psychology Lab-II	2
5	II	MJR	P-I	Basic Cognitive Processes	4
6	II	MJR	P-II	Psychology Lab-III	2
7	II	MJR	P-III	Abnormal Psychology	4
8	II	MJR	P-IV	Psychology Lab-IV	2
9	III	MJR	P-I	Positive Psychology	4
10	III	MJR	P-II	Psychology Lab-V	2
11	III	MJR	P-III	Psychological Testing	4
12	III	MJR	P-IV	Psychology Lab-VI	2
13	IV	MJR	P-I	Counselling Psychology	4
14	IV	MJR	P-II	Psychology Lab-VII	2
15	IV	MJR	P-III	Statistics in Psychology	4
16	IV	MJR	P-IV	Psychology Lab-VIII	2
17	V	MJR	P-I	Bio-Psychology	4
18	V	MJR	P-II	Psychology Lab-IX	2
19	V	MJR	P-III	Developmental Psychology	4
20	V	MJR	P-IV	Psychology Lab-X	2
21	VI	MJR	P-I	Systems and Theories in Psychology	4
22	VI	MJR	P-II	Psychology Lab-XI	2
23	VI	MJR	P-III	Organisational Behaviour	4
24	VI	MJR	P-IV	Psychology Lab-XII	2

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Programme Outcomes for B.A. Psychology

Programme Outcome: The students who complete 4 years of full-time study of an undergraduate programme in Psychology will be awarded a Bachelor's Degree. The B.A. (Psychology) course is designed to provide a comprehensive understanding of human behaviour, psychological theories, and research methods, aiming to equip students with the knowledge and skills necessary for analysing and addressing individual and societal issues.

- PO1: Develop foundational knowledge of psychological theories, concepts, and methodologies.
- PO2: Foster critical and analytical thinking to interpret and address psychological phenomena.
- PO3: Enhance understanding of human behaviour through academic excellence in subfields such as cognitive psychology, developmental psychology, and counselling psychology.
- PO4: Gain practical skills in psychological assessment and research through hands-on laboratory experiences.
- PO5: Apply psychological principles to real-life scenarios, promoting mental health and well-being.
- PO6: Build ethical reasoning and respect for cultural diversity in psychological practice and research.
- PO7: Prepare students for advanced studies and professional roles in psychology and related disciplines.
- PO8: Encourage lifelong learning and the application of psychological knowledge to contribute positively to society.

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B.A. Psychology Syllabus Semester Scheme

Eligibility -

10+2 with 48% from Rajasthan Board / CBSE from Rajasthan state and 60% for CBSE or any other equivalent recognised Board from any other state.

Examination Scheme –

1. 1 credit = 25 marks for examination/evaluation
2. For Regular Students, there will be a continuous assessment, in which sessional work and the terminal examination will contribute to the final grade. Each course in Semester Grade Point Average (SGPA) has two components- Continuous Internal Assessment (CIA) (30% weightage) and End-of-Semester Examination (EoSE) (70% weightage).

Passing Marks –

40% marks in each paper/ subject, including sessional/CIA and EoSE, put together.

Total marks for each Semester: 300

Theory Max Marks: Each Semester included 2 theory papers; both have maximum of 100 marks separately (Internal: 30 Marks + External: 70 Marks) with a total of 200 theory marks in each semester.

Practical Max Marks: Each Semester included 2 Labs both have maximum of 50 marks separately (Internal: 20 Marks + External: 30 Marks), with a total of 100 practical marks in each semester.

CIA Max Marks: 30 each paper, (10 marks: Mid Term -2 Units, 10 marks: Assignment, 10 Marks: DECA)

EoSE Max. Marks:

Each question paper (EoSE -End of Semester Examination) will consist of two parts, A & B

Part A: 14 Marks

Part A will be compulsory, having 10 very short answer-type questions (with a limit of 20 words) of two marks each, and the candidate can attempt any seven questions.

Part B: 56 Marks

Part B of the question paper shall be divided into four units comprising questions no. 2-5 and all are compulsory. There will be one question from each unit with an internal choice. Each question will carry 14 marks.

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

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A signature that appears to read "Prerna".
A signature that appears to read "Kishan".
A signature that appears to read "Sushant".

B.A. PSYCHOLOGY SEMESTER - I
INTRODUCTION TO PSYCHOLOGY

1 Credit-25 Marks

4 Credit-100 Marks

End of Semester Assessment -70 Marks

Internal Assessment-30 Marks

Course Objectives-

The main objectives of this paper are-

1. To understand the meaning, goals, history, and different methods of psychology.
2. To get information about neurons and to explore the structure and functions of the central and peripheral nervous system.
3. To learn about the meaning, nature, types, and theories of motivation and emotion.
4. To comprehend the definition, types, theories, and assessment methods of personality

Learning Outcomes-

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

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

UNIT- I

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

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UNIT- II

Biological Basis of Behaviour: Structure and Functions of Neurons; Structure and Functions of the Central Nervous System and Peripheral Nervous Systems. Role of Neurotransmitters and Endocrine Glands in Behaviour.

UNIT- III

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

UNIT- IV

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

Suggested Books and References –

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

Dr. Panna
Dr. Panna

B.A. PSYCHOLOGY SEMESTER - I
PSYCHOLOGY LAB-I

1 Credit-25 Marks

2 Credit-50 Marks

End of Semester Assessment -30 Marks

Internal Assessment-20 Marks

Course Objectives-

The main objectives of this paper are-

1. To understand the nature, significance, and different methods of studying psychology.
2. To get information about various tests of Personality assessment.
3. To gain an understanding of the experimentation/testing of the principles of motivation and emotion.
4. To learn about the procedure and relevance of the Observation technique.

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

Prof. Purna
Dr. Arslim

B.A. PSYCHOLOGY SEMESTER – I
SOCIAL PSYCHOLOGY

1 Credit-25 Marks

4 Credit – 100 Marks

End of Semester Assessment -70 Marks

Internal Assessment- 30 Marks

Course Objectives-

The main objectives of this paper are-

1. To understand the nature, scope, and different methods of social psychology and also grasp the meaning and nature of person and social perception.
2. To understand the nature, functions, formation, changes, and measurement of attitudes and the nature and origin of prejudice and discrimination.
3. To learn about the theories, determinants, prevention, and control of aggressive behaviour, and also understand the meaning, nature, and types of social problems.
4. To learn the meaning, nature, types, and barriers of communication and the concept of interpersonal attraction.

Learning Outcomes-

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

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

Prof. Prerna
Dr. Arjun

UNIT- I

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

UNIT- II

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

UNIT- III

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

UNIT- IV

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

Suggested Books and References –

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

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B.A. PSYCHOLOGY SEMESTER - I
PSYCHOLOGY LAB-II

1 Credit-25 Marks

2 Credit-50Marks

End of Semester Assessment -30 Marks

Internal Assessment-20 Marks

Course Objectives-

The main objectives of this paper are-

1. To understand the nature, significance, and different methods of studying social processes.
2. To get information about various tests of Attitude, Aggression, Social Support, etc.
3. To gain an understanding of exploring the concepts of social distancing and interpersonal attraction.
4. To learn about the procedure and relevance of Survey techniques.

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

Prerna
Dr. Arshdeep

B.A. PSYCHOLOGY SEMESTER - II
BASIC COGNITIVE PROCESSES

1 Credit-25 Marks

4 Credit – 100 Marks

End of Semester Assessment -70 Marks

Internal Assessment- 30 Marks

Course Objectives-

The main objectives of this paper are-

1. To understand the meaning, nature, and principles of attention, sensation, and perception.
2. To understand the nature and different theories of learning, and also to explore the meaning, types, and models of memory.
3. To gain information about thinking and problem-solving behaviour.
4. To understand the meaning, nature, and assessment methods of intelligence.

Learning Outcomes-

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

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

UNIT-I

Attention, Sensation, and Perception: Attention-Meaning and Nature; Sensation-Meaning, Sensory Receptors, Sensory Thresholds, Habituation and Sensory Adaptation. Perception-Meaning, Constancies-Size, Shape and Brightness, Gestalt Principles, Factors Influencing Perception.

Prof. P. R. Hastings
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UNIT-II

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

UNIT-III

Thinking, Problem-Solving and Language: Mental Imagery and Concepts: Nature and Types; Problem Solving - Trial and Error, Algorithms, Heuristics, Insight; Barriers to Problem-Solving; Language: Nature and Components.

UNIT-IV

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

Suggested Books and References –

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

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B.A. PSYCHOLOGY SEMESTER - II
PSYCHOLOGY LAB-III

1 Credit-25 Marks

2 Credit-50Marks

End of Semester Assessment -30 Marks

Internal Assessment-20 Marks

Course Objectives-

The main objectives of this paper are-

1. To understand the nature, significance, and different methods of studying cognitive processes.
2. To provide the information about various tests of Intelligence assessment.
3. To gain an understanding of experimenting with the principles of attention, perception, and memory.
4. To learn about the procedure and relevance of the Interview technique.

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

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Arshdeep

B.A. PSYCHOLOGY SEMESTER - II
ABNORMAL PSYCHOLOGY

1 Credit-25 Marks

4 Credit-100 Marks

End of Semester Assessment - 70 Marks

Internal Assessment -30 Marks

Course Objectives-

The main objectives of this paper are-

1. To understand the meaning and indicators of abnormality.
2. To attain the concept of classification systems of mental disorders and to provide information about Mental Health Professionals.
3. To learn about the risk factors and causes of abnormal behaviour.
4. To gain an understanding of the Diathesis-stress models and different perspectives of abnormality.
5. To understand the nature, types, clinical picture, and causal factors related to various mental disorders.

Learning Outcomes-

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

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

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UNIT-I

Introduction: Concept of Abnormality and Normalacy; Mental Disorder: Definition and Meaning; Indicators of Abnormality; Latest DSM and ICD Classification Systems; Mental Health Professionals.

UNIT-II

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

UNIT-III

Anxiety, Obsessive Compulsive, and Mood Disorders: Types, Clinical Picture and Causal Factors; Suicide: Clinical Picture and Causal Pattern; Prevention and Intervention.

UNIT-IV

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

Suggested Books and References –

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

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B.A. PSYCHOLOGY SEMESTER - II
PSYCHOLOGY LAB-IV

1 Credit-25 Marks

2 Credit-50Marks

End of Semester Assessment -30 Marks

Internal Assessment-20 Marks

Objectives of the course-

1. To understand the nature, significance, and different methods of studying abnormal psychology.
2. To gain information about various measurement tools for stress, anxiety, depression, mood states, and coping styles.
3. To gain an understanding of risk factors related to suicide ideation.
4. To learn about the procedure and relevance of the Mental Status Examination.

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

Prof. Preeti
Dr. Arshad



B.A. PSYCHOLOGY SEMESTER - III
POSITIVE PSYCHOLOGY

1 Credit-25 Marks

4 Credit – 100 Marks

End of Semester Assessment-70 Marks

Internal Assessment- 30 Marks

Course Objectives:

1. To understand the subject matter of Positive Psychology
2. To gain knowledge about the various concepts of Positive psychology.
3. To know about the concept of well-being and happiness
4. To gain an understanding of the various positive cognitive states.
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Learning Outcomes: By the end of the course, students will be able to:

1. Analyse and understand the nature and significance of Mental Health and Well-Being.
2. Develop an understanding of the concepts of Resilience and Emotional Intelligence.
3. Understand the relevance of various Positive Cognitive processes and mechanisms of development.
4. Develop an understanding of the concepts of Human Strengths and Pro-Social Behaviour.

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UNIT-I

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

UNIT-II

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

UNIT-III

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

UNIT-IV

Emotional Intelligence: Meaning, Components, and Theories; Pro-Social Behaviour: Empathy, Altruism, Gratitude, and Forgiveness.

Suggested Books and References:

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

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B.A. PSYCHOLOGY SEMESTER - III
PSYCHOLOGY LAB-V

1 Credit-25 Marks

2 Credit – 50 Marks

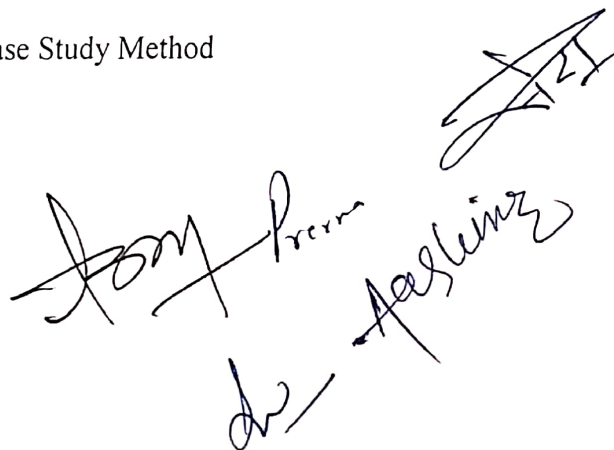
End of Semester Assessment-30 Marks

Internal Assessment- 20 Marks

Course Objectives:

1. To understand the nature, significance, and different methods of studying Positive Psychology.
2. To get information about various measurement tools for happiness, optimism, resilience, and emotional intelligence.
3. To gain an understanding of pro-social behaviour.
4. To learn about the procedure and relevance of the Case Study Method

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



B.A. PSYCHOLOGY SEMESTER - III
PSYCHOLOGICAL TESTING

1 Credit-25 Marks

4 Credit – 100 Marks

End of Semester Assessment -70 Marks

Internal Assessment- 30 Marks

Course Objectives:

1. To understand the meaning and methods of Psychological Tests.
2. To get knowledge about Test Construction.
3. To gain an understanding of the Concepts of Reliability, Validity, and Norms.
4. To learn about the types of Psychological Tests and their applications in different settings.

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

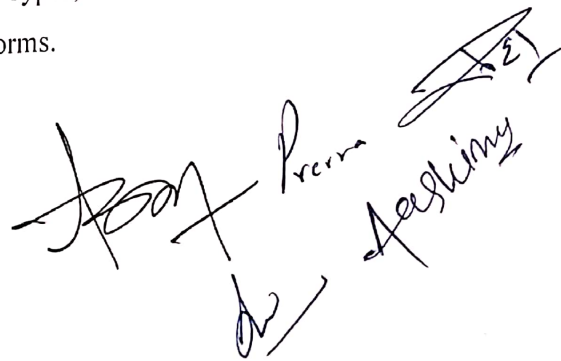
1. Analyse and understand the concept of psychological testing
2. Critically analyze the understanding of the usage of Reliability, Validity, and Norms
3. Develop an understanding of the nature, types and usage of psychological tests across various fields.

UNIT-I

Psychological Test: Nature, Functions, and Uses of Psychological Test; Problem of Test Administration; Characteristics of Good Psychological Test.

UNIT-II

Reliability, Validity, and Norms: Meaning, Types, and Methods of Calculating Reliability and Validity; Norms: Meaning and Types of Norms.



UNIT-III

Types of Psychological Tests: Group and Individual, Verbal, Non-verbal, and Performance Tests; Self-Report Inventories; Projective Techniques.

UNIT-IV

Applications of Psychological Testing: Educational, Counselling and Guidance, Clinical and Organizational Setting.

Suggested Books and References:

1. Psychological Testing, Anastasi, A. & Urbina, S. (2016), India: Pearson Publishing.
2. Applied Psychometry, Chadha, N.K. (2021), New Delhi: Sage.
3. Psychological Testing and Assessment, Kaplan, R.M. & Saccuzzo, D.P. (2017), New Delhi: Cengage Learning.
4. Psychological Testing and Assessment, Cohen, R.J, Swerdlik, M. & Struman, E.D. (2022), New Delhi: McGraw Hill.
5. Applied Psychometry, Singh, A.K. (2022), India: Motilal Banarsidass.
6. मनोविज्ञान में मापन और मूल्यांकन, अरुण कुमार सिंह (2002), नई दिल्ली, दिल्ली मोतीलाल बना

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B.A. PSYCHOLOGY SEMESTER - III

PSYCHOLOGY LAB-VI

1 Credit-25 Marks

2 Credit – 50 Marks

End of Semester Assessment -30 Marks

Internal Assessment- 20 Marks

Course Objectives:

1. To understand the nature, significance, and different functions of psychological tests.
2. To get information about various measurement tools in different settings across ages.
3. To gain an understanding of projective techniques.
4. To learn about the procedure and relevance of the Introspection Method.

1. Assessment of Creativity
2. Self-Directed Search (John Holland)
3. Group Intelligence Test
4. Word-association Test
5. Career Interest Checklist
6. Measurement of Social Maturity
7. Muller-Lyer Illusion Experiment
8. Field Work and Report Writing using the Introspection Method

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B.A. PSYCHOLOGY SEMESTER - IV
COUNSELLING PSYCHOLOGY

1 Credit -25 Marks
4 Credits - 100 Marks
End of Semester Assessment - 70 Marks
Internal Assessment - 30 Marks

Course Objectives:

The main objectives of this paper are:

1. To understand the emergence and significance of Counselling Psychology
2. To gain knowledge about the various concepts and processes of Counselling Psychology.
3. To learn about the techniques of Counselling.
4. To gain an understanding of the various theoretical perspectives of Counselling.

Learning Outcomes:

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

1. Develop an understanding of the nature of Counselling and Personal and Professional aspects of Counselling.
2. Analyse and understand the concepts related to the counselling process and relationships.
3. Critically analyse the Theoretical approaches of Counselling.
4. Describe the theoretical foundations underlying career, geriatric, gender-based, and multicultural counselling.

UNIT-I

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

UNIT-II

Personal and Professional Aspects of Counsellors: Personal Qualities and Educational Background; Professional Aspects: Levels of Helping and Helping Specialities; Credentials; Ethical and Legal Aspects.

Prof. P. Perera
Dr. Anshu



UNIT-III

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

UNIT-IV

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

Suggested Books and References:

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

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J. S. M.
Dr. J. S. M.
J. S. M.

B.A. PSYCHOLOGY SEMESTER - IV
PSYCHOLOGY LAB- VII

1 Credit- 25 Marks
2 Credits -50 Marks
End of Semester Assessment - 30 Marks
Internal Assessment- 20 Marks

Course Objective:

- To understand the nature, significance, and different functions of psychological tests.
- To get information about various measurement tools in different settings across ages.
- To gain an understanding of projective techniques.
- To learn about the procedure and relevance of the Introspection Method.

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

Prof. Prerna
Dr. Arjun
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B.A. PSYCHOLOGY SEMESTER - IV
STATISTICS IN PSYCHOLOGY

1 Credit-25 Marks

4 Credit-100Marks

End of Semester Assessment -70 Marks

Internal Assessment-30 Marks

Course Objective:

The main objectives of this paper are:

1. To understand the basics of Statistics used in Psychology.
2. To gain knowledge about the various concepts of statistics.
3. To learn about the measurement of descriptive statistics and inferential statistics.
4. To learn about the measurement of non-Parametric statistics.

Learning Outcomes:

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

1. Analyze and understand the nature of fundamental Data.
2. Develop an understanding of different methods of statistics used in psychology.
3. Develop an understanding of Parametric and Non-Parametric Tests.
4. Develop an understanding of ANOVA and methods of calculating correlation.

UNIT-I

Introduction: Nature and Scope of Statistics and Psychological Data; Application of Statistics in Psychology; Nature and Levels of Measurement- Categorical and Continuous Variables. Graphical Representation of Grouped Data: Histogram, Frequency Polygon.

UNIT-II

Measurement of Central Tendency: Purpose and Types; Characteristics and Computation of Mean, Median, and Mode. Measures of Variability: Concept and Uses; Characteristics and Computation of Range, Quartile Deviation, Average Deviation, and Standard Deviation.

Prof. P. R. Ramesh
Dr. Arslan



UNIT-III

Correlation: Concept and Types- Pearson's Product-Moment Correlation (for Ungrouped Data by Assumed Mean and Actual Mean); Spearman's Rank Order Correlation. One-Way ANOVA and Two-Way ANOVA (Theoretical). 't' test (Independent group), Interpretation of 't' values, levels of Significance.

UNIT-IV

Non-parametric Tests: Nature and Assumptions of Distribution-free Statistics; Chi-Square Equal Probability, 2 x 2 Contingency Table; Median Tests.

Suggested Books and References:

1. Statistical Reasoning in Psychology and Education, Minium, E.W. & King, B.M. (2003), New York: John Wiley.
2. Non-Parametric Statistics, Siegel. S. (1994). New York: McGraw Hill.
3. Statistics for psychology, Aron, A., Aron, E. & Coups, E. (2022), New Delhi: Pearson Education.
4. Statistics in Psychology and Education, Garrett, H. (2005), Paragon International Publishers.
5. Sankhyiki Ke Mool Tatva, Kapil, H.K. (2020), Agra: Vinod Pustak Mandir.

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B.A. PSYCHOLOGY SEMESTER - IV

PSYCHOLOGY LAB- VIII

1 Credit-25 Marks

2 Credit-50Marks

End of Semester Assessment -30 Marks

Internal Assessment-20 Marks

Course Objectives:

- To understand the nature and significance of statistical data in relation to studying psychology.
- To get information about methods of representing data.
- To gain an understanding of the experimentation/testing of the principles of reaction time, concept formation, and transfer of training.
- To learn about the procedure and relevance of the calculation of various statistical tests.

1. Two-point Threshold Experiment

2. Bilateral Transfer of Training Experiment

3. Draw a Man Test

4. Concept Formation Experiment

5. Reaction Time Experiment

6. Normal Probability Curve (Practical Demonstration and Report Writing)

7. Measurement of Stress: Calculation of Mean, SD, and t (Group Data)

8. Statistical Software (Practical Demonstration and Report Writing)

Prof. P. R. Praveen
Dr. J. J. Jayasingh
Dr. A. S. S. S.

B.A. PSYCHOLOGY SEMESTER - V
BIOPSYCHOLOGY

1 Credit-25 Marks

4 Credit-100Marks

End of Semester Assessment -70 Marks

Internal Assessment-30 Marks

Course Objective:

The main objectives of this paper are:

- 1 To understand the biological basis of behaviour and neural communication.
- 2 To explore the structure, functions, and lateralisation of the nervous system.
- 3 To learn the neural mechanisms of behaviour, sleep, memory, and related disorders.
- 4 To examine the neural basis of emotions, stress, and developmental disorders.

Learning Outcomes:

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

1. Understand the biological basis of behaviour and neural communication.
2. Analyse the structure, functions, and lateralisation of the nervous system.
3. Apply knowledge of neural mechanisms to behaviours like sleep, memory, and eating.
4. Evaluate the neural basis of emotions, stress, and developmental disorders.

UNIT – I

Introduction: Definition, Scope, and Methods of Studying the Biological Basis of Behaviour. Cells of the Nervous System: Structure and Functions; Communication within a Neuron, Communication between Neurons.

UNIT – II

Structure and Functions of Nervous System: Central Nervous System and Peripheral Nervous System: Basic Features and Functions; Neurotransmitters. Lateralisation of Brain

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Functions: Difference between Left and Right Hemispheres, Cortical Localisation of Language, Aphasia.

UNIT – III

Ingestive Behaviour: Physiological Regulatory mechanism; Brain mechanism in Eating and Eating Disorders. Sleep and Waking: Physiological Mechanism of Sleep and Waking; Biological Clock and Sleep Disorders. Learning and Memory: Neural Mechanism of Learning and Memory, Disorders of Memory.

UNIT – IV

Emotion, Stress and Health: Neural Mechanism of Fear, Anger and Aggression; Stress and Health, Hormones, and Emotion. Developmental Disorders: Genetic and Neurological Basis for Autism, ADHD and Mentally Challenged.

Suggested Books and References –

1. Biological Psychology: An Introduction to Behavioural, Cognitive, and Clinical Neuroscience, Breedlove, S. M., & Watson, N. V. (2013). Sinauer Associates.
2. Foundations of Physiological Psychology, Carlson, N. R. (2007). Pearson Education.
3. Introduction to Physiological Psychology, Levinthal, C. F. (1983). Prentice Hall India.
4. Biopsychology, Pinel, J. P. J. (2021). Pearson Education.
5. Biological Psychology, Rosenzweig, M. R., Breedlove, S. M., & Watson, N. V. (2010), Sinauer Associates.

Tom Perera
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B.A. PSYCHOLOGY SEMESTER - V
PSYCHOLOGY LAB-IX

1 Credit-25 Marks

2 Credit-50Marks

End of Semester Assessment -30 Marks

Internal Assessment-20 Marks

Course Objectives: -

1. To explore the biological basis of behaviour using experiments and questionnaires.
2. To study nervous system functions through practical activities and assessments.
3. To investigate neural mechanisms of behaviour and disorders using tools and surveys.
4. To examine emotions, stress, and developmental disorders through questionnaires

1. Cornell Medical Index Health Questionnaire
2. Measurement of Dyslexia
3. Styles of learning scale
4. Assessment of Eating disorder
5. Psycho-Physiological State Inventory
6. Habit Formation Experiment
7. Measurement of General Well-being
8. Biofeedback (Practical Demonstration and Report Writing)

Prof. Prerna
Dr. Arshdeep Singh
Dr. Arshdeep Singh

B.A. PSYCHOLOGY SEMESTER - V
DEVELOPMENTAL PSYCHOLOGY

1 Credit-25 Marks

4 Credit-100Marks

End of Semester Assessment -70 Marks

Internal Assessment-30 Marks

Course Objective:

The main objectives of this paper are:

1. To understand the definition, themes, and methods of studying human development.
2. To explore developmental tasks and personality changes in infancy, childhood, and adolescence.
3. To examine adjustments and developmental tasks in adulthood and old age.
4. To study the role of family, peers, media, and schooling in socialisation and development.

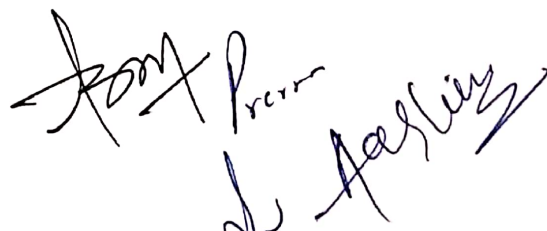
Learning Outcomes:

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

1. Define and explain key concepts, themes, and methods in human development.
2. Identify developmental tasks and personality changes across different life stages.
3. Analyse the adjustments and challenges faced during adulthood and old age.
4. Evaluate the influence of family, peers, media, and schooling on human development.

UNIT – I

Human Development: Definition and Themes of Development, Methods of Studying Development. Nature and Nurture: Controversy and Challenges. Theories of Human Development: Psychoanalytic, Learning and Cognitive Developmental Theories.



UNIT – II

Early and Late Childhood: Characteristics of Infancy, Characteristics and Developmental Tasks; Personality Development in Early and Late Childhood. **Adolescence:** Characteristics of Adolescence, Social Changes during Adolescence; Adolescent Interests; Sex Interests and Sex Behaviour; Personality Changes during Adolescence.

UNIT – III

Adulthood: Characteristics and Developmental Tasks; Vocational and Marital Adjustment; Adjustment to Parenthood. **Old Age:** Mental Abilities and Interests in Old Age; Changes in Motor Abilities; Adjustment to Physical Changes; Adjustment to Retirement and Changes in Family Life.

UNIT – IV

Family: Socialisation within the family; Parenting Styles and Development. Variations in Child Rearing, Family Transitions, Vulnerable Families and Child Maltreatment. **Peers, Media and Schooling:** Importance of Peer Relations; Influences on Peer Sociability -Peer Groups, Peer Relations and Socialisation; Television, Computers, Schooling.

Suggested Books and References –

- 1 Child Development, Berk, L.E. (2003). Delhi: Prentice-Hall.
- 2 Lifespan Development, Santrock, J.W. (1999). New York. McGraw-Hill.
- 3 Developmental Psychology, Hurlock, E. (2003). Delhi: Tata McGraw-Hill.
- 4 Adult Development and Ageing, Papalia, S. & Feldman, C. (2002). Delhi: Tata McGraw-Hill.
- 5 Development through the Life Span, Berk, L.E. (2010). Delhi: Pearson Education.
- 6 Human Development, Sigelman, C.K. & Rider, E.A. (2009). New Delhi: Thomson.

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B.A. PSYCHOLOGY SEMESTER - V
PSYCHOLOGY LAB-X

1 Credit-25 Marks

2 Credit-50Marks

End of Semester Assessment -30 Marks

Internal Assessment-20 Marks

Course Objectives –

1. To develop skills in applying research methods and techniques to study human development.
2. To observe and analyse developmental tasks and behaviours across different life stages.
3. To practice assessing personality, socialisation, and adjustment using standardised tools.
4. To gain hands-on experience in interpreting data related to developmental and psychological changes.

1. Assessment of Moral Development
2. Assessment of Reasoning Ability
3. Youth Problem Inventory
4. Cognitive Capabilities Test
5. Type A/B Behavioural Pattern Scale
6. Vocational Attitude Maturity Scale
7. Old-age Adjustment Inventory
8. Mental Relaxation Techniques (Practical Demonstration and Report Writing)

*Dr. Prem
Dr. Arslan*

B.A. PSYCHOLOGY SEMESTER - VI
SYSTEMS AND THEORIES IN PSYCHOLOGY

1 Credit-25 Marks

4 Credit-100Marks

End of Semester Assessment -70 Marks

Internal Assessment-30 Marks

Course Objective:

The main objectives of this paper are:

1. To understand the foundations of psychology by Helmholtz, Weber, Fechner, and Structuralism by Wundt and Titchener.
2. To explore Functionalism and Behaviourism through the contributions of James, Thorndike, Pavlov, and Watson.
3. To learn about Psychoanalysis and Neo-Freudian theories by Freud, Jung, Adler, and others.
4. To study Gestalt and Humanistic Psychology by Wertheimer, Kohler, Rogers, and Maslow

Learning Outcomes:

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

1. Analyse foundational contributions to psychology by Helmholtz, Weber, Fechner, Wundt, and Titchener.
2. Explain Functionalism and Behaviourism through key figures like James, Thorndike, and Pavlov.
3. Evaluate Psychoanalysis and Neo-Freudian theories by Freud, Jung, and Adler.
4. Describe Gestalt and Humanistic Psychology by Wertheimer, Kohler, and Maslow.

UNIT-I

Psychological Foundations: Weber and Fechner. Structuralism: Wundt and Titchener.

UNIT-II

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Functionalism: William James and Galton. **Behaviourism:** Watson and Tolman

UNIT-III

Psychoanalysis: Freud, Jung and Adler. **Neo Freudians:** Horney and Erikson,

UNIT-IV

Gestalt Psychology: Wertheimer, Koffka, and Kohler. **Humanistic Psychology:** Rogers and Maslow

Suggested Books and References –

1. History and Systems of Psychology, Brennan, J. F., & Houde, K. A. (2022). Cambridge University Press.
2. A History of Psychology: From Antiquity to Modernity, Leahey, T. H. (2017). Routledge.
3. Systems and Theories in Psychology, Marx, M. H., & Hillix, W. A. (1987), McGraw-Hill.
4. A History of Modern Psychology, Schultz, D. P., & Schultz, S. E. (2016). (11th ed.). Cengage Learning.

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B.A. PSYCHOLOGY SEMESTER - VI
PSYCHOLOGY LAB-XI

1 Credit-25 Marks

2 Credit-50Marks

End of Semester Assessment -30 Marks

Internal Assessment-20 Marks

Course Objectives:

1. To develop skills in conducting psychological experiments and understanding basic research methods.
2. To apply theoretical knowledge through practical experiments in areas like sensation, perception, and learning.
3. To analyze and interpret data obtained from psychological experiments and assessments.
4. To enhance observational and critical thinking skills through hands-on practice

1. Thematic Apperception Test
2. Measurement of Self-Actualization
3. Measurement of Multiple Intelligence
4. Experiment on Saving Method
5. Measurement of Self-Concept and Self-Esteem
6. Measurement of Defence Mechanisms
7. Need Pattern Scale
8. Montreal Cognitive Assessment (MoCA) Test

Dr. P. Prerna
Dr. Arslim

B.A. PSYCHOLOGY SEMESTER - VI
ORGANISATIONAL BEHAVIOUR

1 Credit-25 Marks

4 Credit-100Marks

End of Semester Assessment -70 Marks

Internal Assessment-30 Marks

Course Objective:

The main objectives of this paper are:

1. To learn the concept of Organisational Behaviour and its history.
2. To understand theories of motivation in the workplace.
3. To improve verbal and non-verbal communication skills.
4. To explore organisational change and development interventions.

Learning Outcomes:

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

1. Understand the fundamentals of Organisational Behaviour and its historical roots.
2. Apply motivation theories to enhance workplace productivity.
3. Develop effective verbal and non-verbal communication skills.
4. Analyse and implement strategies for organisational change and development.

UNIT-I

Organisational Behaviour: Meaning and Nature; History of Organisational Psychology; Diversity in Organizations; Attitudes and Job Satisfaction.

UNIT-II

Power and Politics: Leadership; Power and Politics; Conflict and Negotiation; Motivation in the Work Setting: Concepts and Applications.

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UNIT-III

Groups and Communication: Foundations of Group Behavior; Understanding WorkTeams; Communication-Verbal, Non-Verbal, Formal and Informal Communication; Ways to Improve Communication Skills.

UNIT-IV

Transforming Organization System: Foundations of Organization Structure; Organizational Culture; Organizational Change and Stress Management.

Suggested Books and References –

1. Essentials of Organizational Behavior, Robbins, S. P. & Judge, T. A. (2022) 15th edition Pearson Publications.
2. Industrial/Organizational Psychology: An Applied Approach, Aamodt, M. G. (2022). (9th ed.). Cengage Learning.
3. Industrial/Organizational Psychology, Levy, P., O'Malley, A., & Riordan, B. (2025). (7th ed.). Macmillan Learning.
4. Introduction to Industrial/Organizational Psychology. Riggio, R. E., & Johnson, S. K. (2021). (7th ed.). Routledge.
5. Industrial and Organizational Psychology: Research and Practice. Spector, P. E. (2021). (8th ed.). Wiley.
6. Work in the 21st Century: An Introduction to Industrial and Organizational Psychology, Landy, F. J., & Conte, J. M. (2019). (6th ed.). Wiley.

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B.A. PSYCHOLOGY SEMESTER - VI
PSYCHOLOGY LAB-XII

1 Credit-25 Marks

2 Credit-50Marks

End of Semester Assessment -30 Marks

Internal Assessment-20 Marks

Course Objectives –

1. To analyse organisational behaviour and culture through practical assessments.
2. To evaluate work-life balance and organisational effectiveness using measurement techniques.
3. To develop leadership, decision-making, and team empowerment skills.
4. To apply motivation models to understand and enhance workplace dynamics.

1. Assessment of Organisational Behaviour
2. Measurement of Organisational Effectiveness
3. Assessment of Work-Life Balance
4. Assessment of Organisational Culture
5. Work Motivation Test
6. Decision-Making Style scale
7. Leadership Effectiveness Scale
8. Team Empowerment Technique (Experiential Activity and Report Writing)

Dr. Argha
Argha

