



SACRED HEART COLLEGE (AUTONOMOUS)

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Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

B.Sc. Psychology Program Structure 2021-22 Onwards

Sl.NO.	Part	Study Components Course Title	I n s t r u c t i o n s /w e e k	Credit	Title of the Paper	Maximum Marks		
						CIA	Sem Exam	Total
SEMESTER I								
1	I	Language-I	5	3	Tamil/Other Languages	50	50	100
2	II	English –I	5	3	English-I	50	50	100
3	III	Core Theory	5	5	General Psychology-I	50	50	100
4	III	Core Theory	5	5	Biological Psychology-I	50	50	100
5	III	Allied –I	6	4	Principles of Management	50	50	100
6	IV	Religion / Ethics	2	1	Religion / Ethics	100	--	100
7	IV	Communicative English - I		1	Communicative English - I	100	--	100
8	IV	FC	2	1	Communication Skills	100	--	100
			30	23		550	250	800
SEMESTER II								
						CIA	Sem Exam	Total
9	I	Language –II	5	3	Tamil/Other Languages	50	50	100
10	II	English – II	5	3	English-II	50	50	100
11	III	Core Theory	5	5	General Psychology-II	50	50	100
12	III	Core Theory	5	5	Biological Psychology- II	50	50	100
13	III	Allied – II	6	4	Managing Behavior in Organization	50	50	100

14	IV	Religion / Ethics	2	1	Religion / Ethics	100		100
15	IV	FC	2	1	Leadership Skills	100		100
16	IV	Communicative English - II		1	Communicative English – II	100		100
			30	23		550	250	800

B.Sc. PSYCHOLOGY

SHIFT – I UG 2021

PART	SUBJECT	DISTRIBUTION (SEMESTER WISE)						
		1	2	3	4	5	6	Total
I	Language	03	03	03	03	--	--	12
II	English	03	03	03	03	--	--	12
III	Main & Allied	14	14	14	14	27	27	110
IV	Skills Ele, Val. Ed.	3	3	2	2	--	--	10
V	Co-curricular	--	--	--	2+2	--	--	4
VI	Additional Credits	--	--	--	2	--	--	2
TOTAL CREDITS: 148+2*+4 [#]								

2* NCC

4[#] Value added Course (2 certificate courses one in the second year and one in the third year)

Evaluation Pattern

Internal Evaluation: 50 Marks

External Evaluation: 50 Marks

Internal components

Component	Marks
ICA	15
IICA	15
Attendance	5
MCQ	5
Class Tests	5
Seminar + Assignment	5
TOTAL	50

B.Sc. PSYCHOLOGYSYLLABUS
(With effect from 2021 - 2022)

SEMESTER I

GENERAL PSYCHOLOGY – I (CORE THEORY)

SUBJECT CODE: SY101

5 Hours Per Week

UNIT I: INTRODUCTION AND METHODS

What is Psychology? Definition – Goals – What is not psychology? Pseudo psychology. The History of Psychology – Schools - Modern Perspectives – Psychology in India – Psychology: The Science – Methods: Introspection – Observation – Survey – Experiment – Case Study – Correlation Research – Scope of Psychology: Branches of basic Psychology – Branches of applied Psychology

UNIT II: SENSATION

Sensation: Meaning – Psychophysics -Thresholds – Weber’s Law – Adaptation – Basic sensation: Vision – Hearing – Touch and other Skin senses – Olfaction- Gestations - Proprioception: Kinesthetic sense – Vestibular sense

UNIT III: PERCEPTION AND ATTENTION

Perception: Meaning– Organizing principles of perception –Constancies-Pattern perception, Distance perception- Errors in Perception - Illusion – Types; Hallucinations – Types; Extra Sensory Perception. - Factors that influence perception – Depth perception Attention: Meaning – Types –Determinants.

UNIT IV: CONSCIOUSNESS

States of Consciousness: Consciousness – Definition – Two Major Types – Natural State of Consciousness: Biological Rhythms – Circadian Rhythms; Waking States of Consciousness – Sleep – Functions – Stages – Sleep Disorders – Dream – Theories. Altered States of Consciousness: meaning – Hypnosis – Use of Drugs – Meditation – Other Altered States. Sensory deprivation: Near death Experience- Lucid dreaming.

UNIT V: LEARNING

Learning: Definition – Nature- Association Learning: Classical Conditioning – Basic Principles; Operant Conditioning – Basic Principles – Reinforcement – Types – Punishment – Types. Schedules of Reinforcement – Shaping – Learned Helplessness; Similarities and Differences between Classical Conditioning and Operant Conditioning. Social and Cognitive Learning: Latent Learning – Insight Learning – Observational Learning.

Textbook:

Cicarelli, K. S., Meyer, E. G. & Misra, G. (2008). *General psychology*. New Delhi, India: Pearson India Education Services Pvt Ltd.

Reference:

Baron, R. A. (2010). *Psychology* (5th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.

BIOLOGICAL PSYCHOLOGY – I (CORE THEORY)

SUBJECT CODE: SY102

5 Hours Per Week

UNIT I: BIOLOGICAL FOUNDATIONS OF BEHAVIOR

Introduction: Meaning of Biological Psychology- Viewpoints to explore Biology of Behavior – Approaches that relate brain and behavior – Levels of analysis - Correlating brain anatomy with behavior - Recording brain activity - Effects of brain damage - Effects of brain stimulation

UNIT II: NEURONS- BASIC UNIT OF NERVOUS SYSTEM

Basic features of the Nervous System: An overview, Meninges, Ventricular system and production of cerebrospinal fluid. Cells of the Nervous System: Neurons, supporting cells, the blood-brain barrier – Neural Communication: An overview, measuring electrical potentials of axons. The Membrane Potential: Balance of two forces, The Action Potential, Conduction of the action potential.

UNIT III: COMMUNICATION BETWEEN NEURONS–SYNAPTIC TRANSMISSION

Communication between Neurons: Structure of synapses, Neurotransmitter: meaning- types, Release of the Neurotransmitter: Activation of receptors- Postsynaptic potentials- Termination of postsynaptic potentials.

UNIT IV: STRUCTURE & DIVISIONS OF THE NERVOUS SYSTEM

Nervous System: Development of the central nervous system, Brain: The forebrain, The hind brain, midbrain & forebrain, Division of Nervous System: Central Nervous System, The Peripheral Nervous System- Spinal nerves, Cranial nerves, The Autonomic Nervous system – Sympathetic and Parasympathetic.

UNIT V: HORMONES AND THE BRAIN

Hormonal actions- General principles of hormonal actions, Hormonal action on cellular mechanisms- Hormonal influence on growth and activity, Feedback control mechanisms in regulating secretion of

hormones, Endocrine glands and its specific hormones: Pituitary- Pineal- Thyroid- Parathyroid-Pancreas- Adrenal- Gonads

Text books:

Carlson, N.R. (2007). *Foundations of physiological psychology* (6th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.

Kalat, J.W. (2011). *Biopsychology*. Delhi, India: Cengage Learning India Private Limited.

References:

Pinel, J. (2007). *Biopsychology* (6th ed.). New Delhi, India: Pearson India Education Services PvtLtd.

Purves, D., Brannon, E., Huettel, S.A., Labar, K.S., Platt, M.L., &Woldorff, G.M. (2008). *Principles of cognitive neurosciences*. Sunderland, MA: Sinauer Associates, Inc.Publishers.

PRINCIPLES OF MANAGEMENT – (ALLIED - I)

SUBJECT CODE: ABA101

UNIT I: Introduction: Management: Meaning – Definition – Nature - Concept of Management and Administration – Levels of Management - Role of Managers – Functional Management - Modern Theories - Contribution of Fayol, Fallet, Elton Mayo and Drucker – Management as an Art, a Science, a Profession and a Discipline – Management as a social system.

UNIT II: Functions of Management: Functions of Management – Planning – Nature, Characteristics and Importance – Advantages and Limitations – Steps in Planning – Elements – Objectives – Concept of MBO – MBE - Policies – Procedures – Rules – Strategies – Programmes.

UNIT III: Organizing: Organizing: Formal and Informal Organization – Organizational Structure – Principles of Organization – Types of Organization - Authority and Responsibility – Delegation and Decentralization – Departmentation – Decision Making – Steps in Decision Making.

UNIT IV: Staffing: Directing – Leadership – Types of Leadership – Importance of Leadership – Types of Leadership Styles – Theories – Motivation – Definition - Motivational Theories (Maslow, Herzberg X, Y and Z theories only) – Types - Span of Management – Communication – Definition – Types

UNIT V: Controlling: Controlling – Meaning – Definition - Techniques and Importance – Requirements of Effective Control System – Coordination – Definition – Principles of Coordination – Techniques – Problems – Advantages – Steps for Effective Coordination.

Text Book:

Jayashankar, Principles of Management, Prassana Publications.

References:

Koontz & Weirich, “Essentials of Management: An International perspective”, 8th Edn. Tata McGraw-Hill, New Delhi.

Koontz H. “Essentials of Management”, Tata McGraw-Hill, New Delhi.

Stephen P. Robbins & David A. Decenzo, “ Fundamentals of Management”, Pearson Education, New Delhi.

L.M. Prasad, Principles of Management, Sultan Chand Publications.

Dinkar Pagare, Business Management, Sultan Chand Publications.

Web Resources www.shrm.org, www.shrmindia.org , www.ipma-hr.org, www.ahrd.org

SEMESTER II

GENERAL PSYCHOLOGY - II (CORE THEORY)

SUBJECT CODE: SY201

5 Hours Per Week

UNIT I: MEMORY AND FORGETTING

Memory: Definition –Memory Process: Encoding – Storage – Retrieval – The information processing model – Sensory memory – Short term memory – Long term memory – Forgetting: Meaning – Forgetting curve-Theories of forgetting - Causes – Memory and Brain – Improvingmemory.

UNIT II: COGNITION

Meaning – Cognitive Psychology- Types of cognition: – Mental Imagery – Concept, Problem solving-Steps- Barriers to Effective problem solving- Strategies of problem solving: Algorithms, Heuristic, Decision making – Step, Reasoning – Inductive and Deductive reasoning, Language: Nature - Main Components of Language – Phonemes- Morphemes – Syntax - Semantics –Pragmatics.

UNIT III: MOTIVATION

Motivation: Definition – Needs – Biological Needs – Social Needs - Psychological Needs , Theories of Motivation: Instincts – Drive-reduction theory – Arousal – Incentive – Opponent-Process – Cognitive theories – Social cognitive theory – Need theories, Classification of Motives: Physiological motives – Psychological motives, Conflict: Meaning- Types. Frustration: Meaning- Causes.

UNIT IV: EMOTION AND STRESS

Emotion: Meaning – Basic emotions- Components - Physiology of emotion - Expression of emotion – Theories of Emotions, Stress: Definition – Four variations - Stressors – Effects – General Adaptation Syndrome – Individual differences - Coping mechanism.

UNIT V: INTELLIGENCE AND CREATIVITY

Intelligence: Definition - Concept of IQ - Individual differences in Intelligence –Mental retardation – Mentally gifted – Assessment of Intelligence, Emotional Intelligence: Meaning characteristics, Creativity: Definition- Nature – Steps - Characteristics of creative people Creativity tests.

Textbook:

Cicarelli, K. S., Meyer, E. G. & Misra.(2008) *General psychology*. New Delhi, India: Dorling Kingsley (India) Private Limited

Reference:

Baron, R. A. (2010) *Psychology* (5th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.

UNIT I: CIRCADIAN RHYTHMS, SLEEP AND DREAMING

Sleep: Stages of sleep, Brain activity during sleep; why do we sleep; Physiological mechanisms of sleep and waking: Neural control of sleep, arousal, wake transitions and neural control of transition to REM. Disorders of sleep: Insomnia, Narcolepsy, REM sleep behavior disorder, problems associated with slow-wave sleep. Biological clocks: Circadian rhythms and Zeitgebers, the suprachiasmatic nucleus, control of seasonal rhythms, the pineal gland and melatonin, changes in circadian rhythms: shift work and jet lag

UNIT II: BRAIN DEVELOPMENT AND PLASTICITY

Development of the brain- Maturation of the vertebrate brain, Growth and development of neurons -New neurons later in life- Path finding by axons, Determinants of neuronal survival, Neural plasticity: Meaning- Plasticity after brain damage.

UNIT III: BIOLOGICAL BASIS OF THIRST AND HUNGER

Thirst: Mechanisms of water regulation- Osmotic thirst- Hypovolemic thirst and sodium specific hunger, Hunger: Digestion and food selection-Short and long-term regulation of feeding-Brain mechanisms - Eating Disorders.

UNIT IV: BIOLOGICAL BASIS OF EMOTIONS

Emotions: Introduction, Emotions and Autonomic arousal: James-Lange theory, Brain areas associated with emotions- The functions of emotions. Attack and Escape Behaviors: Attack behavior - Escape - Fear and anxiety- Stress and Health

UNIT V: BIOLOGICAL BASIS OF LEARNING AND MEMORY

Memory: Localized representations of memory- Types of memory- The hippocampus- Theories on the function of the hippocampus- Other types of amnesia: Korsakoff's syndrome, Alzheimer's Disease- The role of the other brain areas.

Text books:

Carlson, N. R. (2007). *Foundations of physiological psychology* (6th ed.). New Delhi, India: Pearson India Education Services PvtLtd.

Kalat, J.W. (2011). *Biopsychology*. Delhi, India: Cengage Learning India Private Limited.

References:

Pinel, J. (2007). *Biopsychology* (6th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.

Purves, D., Brannon, E., Huettel, S.A., Labar, K.S., Platt, M.L., & Woldorff, G.M. (2008). *Principles of cognitive neurosciences*. Sunderland, MA: Sinauer Associates, Inc. Publishers.

MANAGING BEHAVIOR IN ORGANIZATION – (ALLIED - II)

SUBJECT CODE: ABA201

UNIT I: Introduction: Definition – Key elements of OB – Nature and Scope of OB – Need for studying OB – Contributing Disciplines to OB – Challenges faced by the Management – Organizational Behavior Process – Models of OB – Personality - Concepts and determinants – Types and Theories – Influence of Personality on OB – Measurement of Personality.

UNIT II: Individuals: Perception – Perception Vs Sensation – Perceptual Process – Factors affecting Perception – Perception and its application in OB – Attitudes – Concept and formation of attitudes – Types of Attitudes – Measurement of Attitude and Change of Attitude – Value – concept and types of Values – Formation of Values – Values and Perception.

UNIT III: Group & Decision Making: Definition and Characteristics of Group – Reason for formation of Groups – Theories of Group Formation – Types of Groups – Stages of Group formation – Group Behavior – Group Decision Making – Quality Circle – Work Teams.

UNIT IV: Organizational Conflicts & Stress: Organizational Conflicts – Definition and Sources of Conflict – Types of Conflict – Aspects of Conflict – Conflict Process – Conflict Management – Stress – Symptoms of Stress – Measurement of Stress – Causes and Consequences of Stress – Coping with Stress.

UNIT V: Organization Climate and Culture: Organizational Climate – Organizational Culture – Definition, Types, Functions – Organizational Change – Organizational Development – Characteristics – Objectives – Organizational Effectiveness.

Text Book

Jayasankar, Organizational Behavior, Margham Publications.

References

S.S. Khanka, Organizational Behavior, S. Chand.

Stephen P. Robins, Organizational Behavior, PHI Learning / Pearson Education.

Fred Luthans, Organizational Behavior, McGraw Hill.

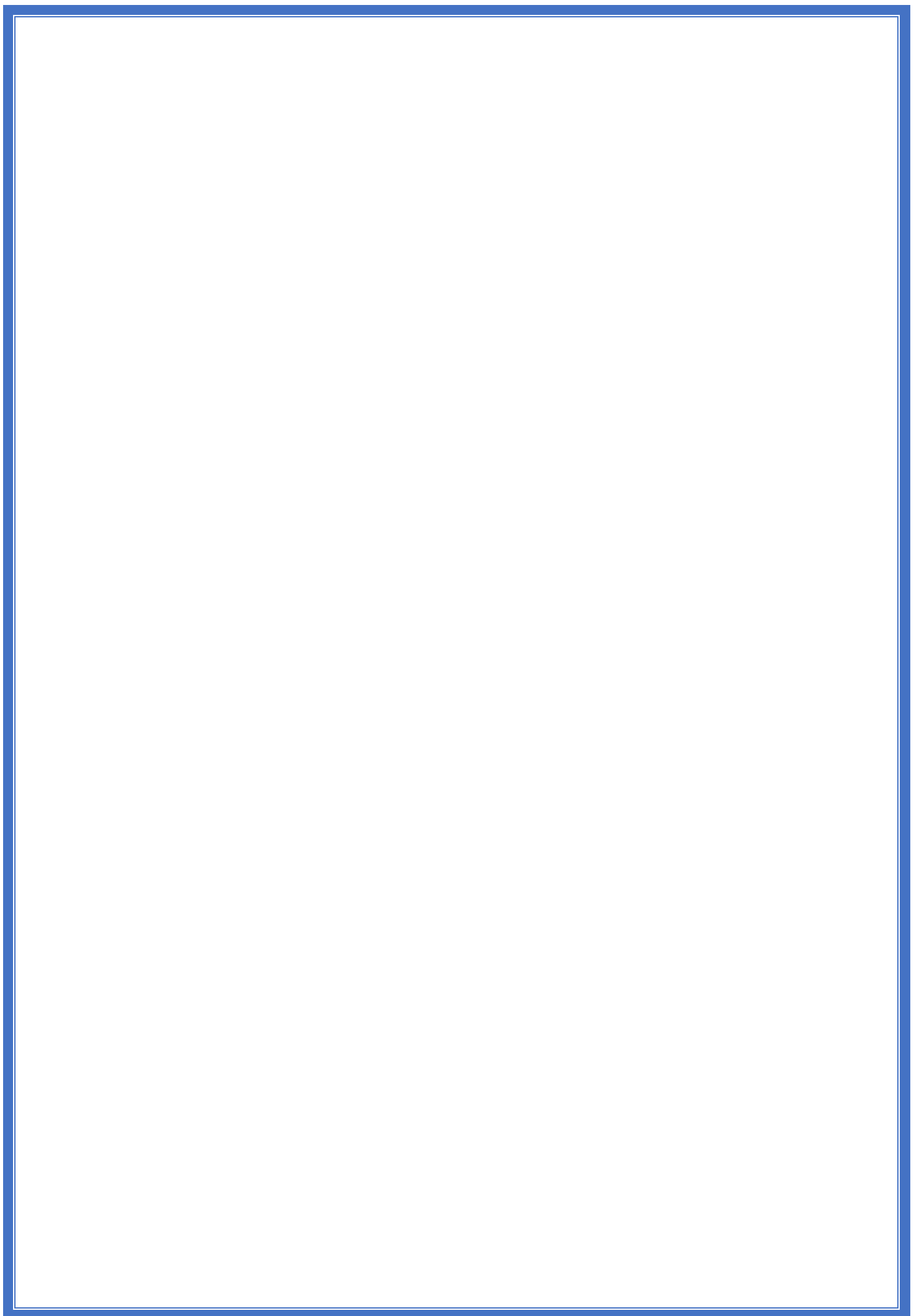
Schermerhon.Hunt and Osborn, Organizational Behavior, John wiley publications.

Web Resources:

www.obweb.org

www.obmnetwork.com

www.humanmetrics.com



B.Sc. Psychology Syllabus

2021-22Batch Onwards

PROGRAMME STRUCTURE

S.NO.	Part	Study Components	In s. hr s /week	Credit	Title of the Paper	Maximum Marks		
		Course Title				CIA	Sem Exam	Total
SEMESTER III								
17	I	Language – III	5	3	Tamil/Other Languages	50	50	100
18	II	English – III	5	3	English-III	50	50	100
19	III	Core Theory	5	5	Developmental Psychology-I	50	50	100
20	III	Core Theory	5	5	<i>Introduction to Theories of Personality</i>	50	50	100
21	III	Allied - III	6	4	Statistics in Psychology	50	50	100
22	IV	Human Rights	2	1	Human Rights	100		100
23	IV	Technical Skills	2	1		100		100
			30	22		450	250	700
SEMESTER IV						CIA	Sem Exam	Total
24	I	Language – IV	5	3	Tamil/Other Languages	50	50	100
25	II	English – IV	5	3	English-IV	50	50	100
26	III	Core Theory	5	5	Developmental Psychology-II	50	50	100
27	III	Core Theory	5	5	Abnormal Psychology-I	50	50	100
28	III	Allied – IV	6	4	Business Communication	50	50	100
29	IV	Employability Skills	2	1		100	--	100
30	IV	Environmental Studies	2	1		100		100
31	VI	NCC	-	2*		--	--	X
32	V	Co-curricular		2	Deeds	--	--	X
				2	Shelters	--	--	X
33	III	Internship		3		50	50	100
			30	31		500	300	800

B.Sc. PSYCHOLOGY

SHIFT – I UG 2021

PART	SUBJECT	DISTRIBUTION (SEMESTER WISE)						
		1	2	3	4	5	6	Total
I	Language	03	03	03	03	--	--	12
II	English	03	03	03	03	--	--	12
III	Main & Allied	14	14	14	14	27	27	110
IV	Skills Ele, Val. Ed.	3	3	2	2	--	--	10
V	Co-curricular	--	--	--	2+2	--	--	4
VI	Additional Credits	--	--	--	2	--	--	2
TOTAL CREDITS: 148+2*+4 [#]								

2* NCC

4[#] Value added Course (2 certificate courses one in the second year and one in the third year)

Evaluation Pattern

Internal Evaluation: 50 Marks

External Evaluation: 50 Marks

Internal components

Component	Marks
ICA	15
IICA	15
Attendance	5
MCQ	5
Class Tests	5
Seminar + Assignment	5
TOTAL	50

SEMESTER-III

DEVELOPMENT PSYCHOLOGY - I (CORE THEORY)

SUBJECT CODE: SY316

UNIT I: CONCEPTION THROUGH BIRTH

Meaning of developmental changes – Significant facts about development – Developmental stages – Developmental Issues–Conception of Age.

Characteristics of the Prenatal Period– How Life begins – Importance of Conception –Periods of Conception – Periods of Prenatal development – Stages of child Birth - Types of child birth – Attitudes of significant people - Prenatal hazards & complications of low birth weight.

UNIT II: INFANCY

Characteristics of Infancy, developmental tasks- Major adjustment of Infancy – Conditions influencing adjustment to postnatal life– Characteristics of the Infant– Hazards of Infancy.

UNIT III: BABY HOOD

Characteristics of Babyhood – Developmental tasks of babyhood – Physical development –Physiological development – Muscle Control – Speech development – Emotional behavior –Socialization – Interest in Play – Development of Understanding – Beginnings of Morality –Beginnings of Sex-Role typing – Family Relationships – Personality development – Hazards and Happiness.

UNIT IV: EARLY CHILDHOOD

Characteristics of Early Childhood–Developmental tasks–Physical development–Physiological habits – Skills of Early Childhood – Improvement in Speech – Emotions –Socialization – Play – Development of Understanding– Moral development– Common Interests – Sex-role Typing – Family Relationship – Personality development – Hazards and Happiness.

UNIT V: LATE CHILDHOOD

Characteristics of Late Childhood – Developmental tasks – Physical development – Skills –Speech improvement – Emotions and Emotional Expressions – Social groupings and Social behavior – Play interest and activities – Increase in Understanding – Moral attitudes and behavior – Interests – Sex-role Typing – Changes in Family relationships – Personality Changes –Hazards and Happiness.

Text Books:

Hurlock,E.(1980). *Developmental psychology*. NewDelhi, India:Tata McGraw Hill Publishing Co.

Santrock, J.W.(1999).*Life span development* (7thed.).New York,NY: McGraw Hill.

References:

Berndt,T.J.(1997).*Child development* (2nded.). Madison, WI:Brow &Benchmark Publishers.

Papalia,D.E.,&Olds,S. W.(1994).*Human development*(5thed.).New York,NY: TataMcGraw Hill.

Berk, C. L. (1996).*Child development* (3rd ed.). New Delhi, India: Prentice- Hall of India (Pvt)Ltd.

UNIT I: CONCEPT, ASSESSMENT, AND MEASUREMENT AND RESEARCH METHODS

Personality: Definition, Meaning & Nature - Individual Uniqueness – Gender – Culture – Formal Theories – Personal Theories – Subjectivity in Personality Theories - Self-Report Measure: Biological Measures – Behavioral Assessment – Projective Techniques – Clinical Interviews – Online and Social Media Analysis.

UNIT II: PSYCHOANALYTIC THEORIES

Sigmund Freud: Classical Psychoanalysis – Instincts – Structure of Mind – Psychosexual Development – Therapeutics Techniques – Free Association – Catharsis – Dream Analysis; Carl Jung: Analytical Psychology – Psychological Types – Collective Unconscious; Alfred Adler: Individual Psychology – Inferiority Feelings – Role of Birth Order.

UNIT III: LIFE-SPAN AND TRAIT PERSPECTIVES ON PERSONALITY

Erik Erikson: Identity Formation – Ego Crises – Approaches to Trait: Lexical – Statistical – Theoretical; Gordon Allport: Culture – Functional Equivalence – Personal Dispositions, Eysenck's: Hierarchical Model of Personality, Cattell's Taxonomy: The 16 Personality Factor System

UNIT IV: EXISTENTIAL- HUMANISTIC PERSPECTIVES ON PERSONALITY

Roots in Gestalt – Kurt Lewin's Field; Martin E. P. Seligman: Learned Helplessness and the Optimistic/Pessimistic Explanatory Style, Rotter: Locus of Control theory Maslow: Hierarchy of Needs – Self-Actualization, Rogers: Growth – Inner Control – Becoming One's Self.

UNIT V: BEHAVIORAL, COGNITIVE AND SOCIAL PERSPECTIVE ON PERSONALITY

Albert Bandura: Social-Cognitive Learning Theory - Self-System, Skinner: Operant Conditioning; Cognitive Style – Perceptual Mechanisms – Schema Theory – Kelly's Personal Construct Theory

Text Books:

Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). *Theories of personality* (4th ed.). Bengaluru, India: Wiley India Private Limited.

Schultz, P. D., Schultz, S. E., & Schultz, S. (2012). *Theories of personality* (10th ed.). Delhi, India: Cengage Learning.

References:

Friedman, H. S., & Schustack, M. W. (2016). *Personality: Classic theories and modern research* (6th ed.). Boston, MA: Pearson/ Allyn and Bacon.

Larsen, R. J., & Buss, D. M. (2018). *Personality psychology: Domains of knowledge about human nature* (6th ed.). Boston, MA: McGraw-Hill.

Rao, K., Paranjpe, A. C., & Dalal, A. K. (2008). *Handbook of Indian psychology*. Chennai, India: Cambridge University Press India/Foundation Books.

UNIT I: INTRODUCTION TO THE STATISTICS

Meaning of statistics- Importance of Statistics in Psychology– Parameters and Estimates-Descriptive Statistics- Inferential Statistics-Variables and their types; Levels of measurement: Nominal Scale-Ordinal Scale- Interval Scale-Ratio Scale; Frequency tables: Making a Frequency Table-Frequency tables for Nominal Variables-Grouped Frequency Tables, Frequency Graphs: Histogram, Frequency Polygon.

UNIT II: CENTRAL TENDENCY AND VARIABILITY

Central Tendency: The Mean- from Frequency Distributions - Assumed Mean Method- Properties of Mean. Median- Calculation of Median from Ungrouped data- Calculation of Median from a Frequency Distribution. The Mode -Calculation of Mode in a Frequency Distribution. Comparison of Mean, Median and Mode- Guidelines for the Use of Central Tendencies. **Variability:** The Range- Calculation of Range- the Average Deviation- Calculation of the Average Deviation. The Semi-Inter-quartile Range –Calculation of Q1, Q3 and Quartile Deviation. The variance and the Standard Deviation Methods of Calculating the Variance and the Standard Deviation from Ungrouped data- Calculation of Standard Deviation from Grouped data- Calculation of Standard Deviation from Assumed Mean.

UNIT III: THE NORMAL DISTRIBUTION AND CORRELATION

The Normal Distribution: Properties of the Normal Curve- Areas under the Normal Curve- Importance of Normal Distribution-Skewness-Kurtosis-Importance of measures of Skewness and Kurtosis. **The Correlation:** the Concept of Correlation- the Scatter Plot- the Product Moment Correlation- Calculation of Product Moment Correlation- Spearman's Rank-Difference Correlation Co-efficient- Properties of Correlation Co-efficient.

UNIT IV: THE Hypothesis Testing and the Inferential Statistics

Hypothesis Testing: the Core logic of Hypothesis Testing–the Hypothesis Testing Process- One Tailed and Two Tailed Hypothesis Tests. Decision Errors: Type I Error- Type II Error, **Inferential Statistics:** t' Tests- the t' test for a Single Sample-the 't' test for a Dependent Means- Assumptions of Single Sample and the 't' Test for a Dependent Means. The 't' test for Independent Means: the Distribution of Differences between Means- Hypothesis Testing with a 't' test for Independent Means.

UNIT V: NON-PARAMETRIC METHODS

The Chi-Square: Degrees of Freedom- Test of the Hypothesis of Normality-Calculation of the Chi-Square for 2x2 tables- Yates' Correction for Continuity- Assumptions of the Chi Square test, **The Non-parametric Methods:** Sign test-Assumptions and Uses of Sign Test- the Median Test- Run Test- the Kolmogorov and Smirnov Two Sample test- Precautions of the use of the Non-parametric tests.

Text Books:

1. Howell, D. (2012). *Statistical method for psychology* (8th ed.). Delhi, India: Cengage Learning.

References:

- Agresti, A., & Finlay, B. (2013). *Statistical methods for the social sciences*. Hoboken, NJ: Pearson Education
- Aron, A., Aron, E. N., & Coups, E. J. (2006). *Statistics for psychology* (4th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.
- Heiman, G. (2013). *Basic statistics for the behavioral sciences* (7th ed.). Belmont, CA: Cengage Learning.
- Bear, G., King, B. M., & Minium, E. W. (2008). *Statistical reasoning in psychology and education*. Bengaluru, India: Wiley India Private Limited.
- Gupta, S. P. (1999). *Statistical methods* (3rd ed.). New Delhi, India: Sultan Chand & Sons
- Garrett, H. E. (2006). *Statistics in psychology and education*. New Delhi, India: Paragon International Publishers.

Course Learning Outcomes:

This course will enable the students to:

- Insights into preliminary exploration of different types of data.
- Knowledge of various types of data, their organization and evaluation of summary measures such as measures of central tendency and dispersion etc.
- Knowledge of important continuous distributions – Normal distribution and Correlation coefficients.
- Knowledge about important inferential aspects like test of hypotheses and associated concepts.
- Concept about non-parametric method and some important non-parametric tests.

SEMESTER-IV

DEVELOPMENTAL PSYCHOLOGY - II (CORE THEORY)

SUBJECT CODE: SY416

5 Hours Per Week

UNIT I: PUBERTY

Meaning - Characteristics – Criteria – Causes –Age – Growth spurt– Body changes –Effects of puberty changes– Hazards & Happiness.

UNIT II: ADOLESCENCE

Characteristics– Developmental tasks–Physical change– Emotional changes– Social change– Interest– Morality–Sex interest and Behavior–Family relationships–Personality change–Hazards &Happiness.

UNIT III: YOUNGADULTHOOD

Characteristics – Developmental tasks – Changes in interest – Social Mobility – Sex role adjustments – Vocational adjustments – Marital Adjustments – Adjustment to parenthood –Adjustment to singlehood - Hazards of vocational and Marital adjustments – Success of Adjustment to adulthood.

UNIT IV: MIDDLE AGE

Characteristics–Developmental tasks– Adjustment to physical changes and mental changes- Social Adjustment – Vocational Adjustment – Adjustment to changed family patterns –Being single – loss of a spouse – Adjustment to approaching retirement – Vocational and Marital Hazards-Adjustment to approaching old age.

UNIT V: OLD AGE

Characteristics – Developmental tasks – Adjustment to physical changes – Change in motor and mental abilities -Changes in interests – Vocational Adjustment – Retirement – Changes in family life–loss of a spouse–Living arrangement for elderly hazards.

TextBooks:

Hurlock,E.(1980).*Developmental Psychology*.NewDelhi: Tata McGraw Hill Publishing Co.

Santrock, J.W.(1999).*Life span Development* (7thed.). McGraw Hill.

References:

Berndt, T.J.(1997).*Child development* (2nded.).Madison, WI: Brown & Benchmark Pub.

Papalia, D.E., Olds, S.W.(1994).*Child development*(5th ed.).New York, NY:Tata McGraw Hill.

Berk, L.C.(1996).*Child development*(3rded.).Delhi, India: Prentice-Hall of India (Pvt)Ltd.

SEMESTER-IV

ABNORMAL PSYCHOLOGY - I (CORE THEORY)

SUBJECT CODE: SY417

5 Hours Per Week

UNIT I: INTRODUCTION AND THEORETICAL PERSPECTIVE.

Defining Abnormal Behavior-Causes of Abnormal Behavior: Necessary, Predisposing, Precipitating and Reinforcing causes, Historical views of abnormal behavior- Brief note on DSMV and ICD 11 classification system.

UNIT II: MODELS OF ABNORMALITY

Biological–Psychodynamic–Behavior–Cognitive–Humanistic - Existential, Interpersonal perspective – Bio-cultural.

UNIT III: NEURODEVELOPMENT DISORDERS

Intellectual disability: Definition, Clinical types and Causal factor, Autism Spectrum disorder: Clinical Picture and Causal Factors, Specific Learning disorder: Clinical Picture and Causal factors, Attention Deficit/Hyperactivity disorder, Conduct Disorder, Neuro cognitive Disorder.

UNIT IV: ANXIETY RELATED DISORDERS

Meaning- Types - Brief description with Causal factors and Treatment: Generalized Anxiety Disorders- Phobic Disorder–Post Traumatic Stress Disorder – Obsessive Compulsive Disorder – Panic Disorders

UNIT V: SOMATIC DISORDER AND DISSOCIATIVE DISORDER

Somatic Symptoms and related disorders (SSD): Complex Somatic Symptom Disorder-Illness Anxiety Disorder–Functional Neurological Disorder, Dissociative Disorders: Dissociative Amnesia, Dissociative Identity Disorder, Depersonalization and De-realization Disorder–Causal factors and Treatment.

Text Books:

Butcher,J.N.,Hooley,J.M.,Mineka,S.,Dwivedi,C.B.(2017).Abnormalpsychology(16thed.).New Delhi,India: PearsonIndia EducationServicesPrivate Limited.

Barlow, D. (2017). *Abnormal psychology and casebook in abnormal psychology* (5th ed.).Belmont,CA:Wadsworth.

Comer,R.(2018).*Fundamentals of abnormal psychology*.NewYork, NY:Worth Publishers.

References:

Davison,G.C.,Neale,J.M & Kring,A.M.(2004).*Abnormal psychology*. (9thed.). Marblehead, MA: John Wiley & Sons Inc.

Alloy,L.B.,Riskind,J.H.,&Manos,M.J.(2005).*Abnormal psychology*. New Delhi, India: Tata McGraw Hill pubg Co

Cutting,J.(1997).*Principles of psychopathology*. NewYork, NY: Oxford University Press

BUSINESS COMMUNICATION – (ALLIED - IV)

SUBJECT CODE: ABA401

UNIT I: INTRODUCTION: Communication in Business – Meaning and Importance – Essentials of Effective Business, Types of Communication – Oral and Written Communication – Principles of effective communication –Types of Letter – Structure, Physical Appearance, Kinds of Business Letters.

UNIT II: TRADE LETTERS: Trade Letters – Enquires – Offers – Quotations – Orders – Confirmation – Execution – Refusal and Cancellation of an order, Acknowledging the Receipt of Goods and Payments – Claims – Complaints and Adjustments – Collection Letters – Circular Letters.

UNIT III: EXPORT AND IMPORT LETTERS: Letters relating to Export and Import – Agency Correspondence – Opening of an account, Payment of Insurance Premium, Request for a Loan and Overdraft – Dishonor of Cheque – Letter of Credit.

UNIT IV: LETTERS OF APPLICATION: Letters of Application – Application for a situation – Status Enquires and Recommendations, Appointment Letter.

UNIT V: REPORT WRITING: Report Writing: Meaning, Importance, Characteristics of a Good Reports by Individuals and committees, Drafting of Report for Press, E-Mail, Cell Phones, Pagers, Video Conferencing and Internet.

Text Book:

Radha Katherisan, Business Communication, Prassana Publications.

References:

L. Gartside, Modern Business Correspondence, Macdonald & Evans Ltd.

Ramesh and Pattenshetty, Business English and Correspondence, S. Chand & Co.

A.N. Kapoor, Business Communication, S. Chand & Co ltd.

R. Sandhanam, Business Communication, Margham Publications.

Locker & Stephen, Business communication, Building critical skills, Tata Mcgraw Hill.

AshaKaul, Business Communication, PHI Learning Private Limited.

Web Resources:

www.anebooks.com

www.ddpbooks.com

SUMMER INTERNSHIP (SI-2)

SUBJECT CODE: SY418

10 Days

During the summer holidays the second-year students undergo for three weeks summer internship training programs. The students are placed in various sectors such as: clinical psychologist, recruitment assistant, educational psychologist in local councils, HR business development, and special educators for children, etc

During the placement the students are expected to learn about the vision, mission, philosophy, administration, strategies, program, activities, and achievements and also involve with the activities of the organization to whatever extent possible.

Students should get daily activity sheets signed by the concerned persons in the organizations. They have to write daily records of their learning and submit to the department once they complete their summer internship. Successful completion is certified by the department and communicated to the Controller of Examination.

This is Course Completion Requirement and three credits are attached.

Record Work for Practicum – (summer of 4th Semester)

Cover Page

Certificate – A page with the name and the roll number and the details of the academic semester with the sign of the HOD.

Attendance Log - A page that details the whole month Reporting Time, Working Time and Checking out time with a signature from someone in the agency (Like an attendance) (Ref-1)

Table of content

Profile of Agency (Name, Address, objectives/motto/vision, Details of the target group and description of the Agency) (2-3 pages)

Activities carried out Daily (A short and general description of the activity – Like the attendance but you will describe the nature of work done on a daily basis) (Ref-2)

A self-evaluation of the three-week field placement (4-5 Pages)

Professional learning/Appraisal

Personal growth/Appraisal

Space – 1.5

Font Size – 12

No Colour

SEMESTER V

ABNORMAL PSYCHOLOGY - II (CORE THEORY)

SUBJECT CODE: SY501

COURSE OBJECTIVES:

5 Hours Per Week

To describe about the causes of mood disorder and treatment

To know the clinical features causal factor and treatment of schizophrenia

To explain the types, causes and treatment of personality disorders

To introduce types, causal and treatment of substance related disorder

To gain knowledge about the prevention and learn the different models of therapies.

COURSE OUTCOMES:

S. No	Description	Cognition Level (K-Level)
CO1:	Explain the causes of mood disorder and treatment	K2
CO2:	Outline the clinical feature, causal factor and treatment of schizophrenia and other psychotic disorder.	K4
CO3:	Gain knowledge about the types, causes and treatment of personality disorders.	K1
CO4:	Explain the types, causal and treatment of substance related disorder	K1

CO5:	Identify the different types of prevention and summarize the different models of therapies.	K1
CO6:	Explain about suicide and its causes.	K1
CO7:	Illustrate the prevention and treatment of disorders.	K2

UNIT I: MOOD DISORDERS

Unipolar mood disorder: Biological - Psychosocial - Socio- cultural Causal factors, Bipolar disorders: Biological – Psychosocial - Socio- cultural Causal Factors – Treatment, Suicide: causes-prevention

UNIT II: SCHIZOPHRENIA AND OTHER PSYCHOTIC DISORDERS.

Schizophrenia: Meaning-Clinical features positive symptoms – negative symptoms–Causes treatment-Subtypes, Other Psychotic Disorders: Causal Factors- Treatment

UNIT III: PERSONALITY DISORDER

Cluster A disorders: Meaning - types- causes- treatment, Cluster B disorders: Meaning-types-causes-treatment, Cluster C disorders: Meaning-types-causes-treatment.

UNIT IV: SUBSTANCE RELATED DISORDERS

Psychoactive drugs: Meaning–types, Concepts: Substance Abuse-Tolerance- Dependence- Addiction - withdrawal symptoms. Addiction Disorders: Alcohol Abuse and Dependence –Drug Abuse and Drug Dependence- Causal factors-Treatment.

UNIT V: PREVENTION AND TREATMENT

Perspectives on Prevention - Primary, Secondary and Tertiary Prevention, Psychological approaches to treatment: Psychodynamic therapy- Behavior therapy- Cognitive and Cognitive Behavioral therapies- Humanistic and Existential therapies- Family and Marital Therapy-Eclecticism and Integration- Indigenous systems: Yoga and Meditation.

Text Books:

Butcher,J.N., Hooley,J .M., Mineka,S., & Dwivedi, C.B.(2017). *Abnormal psychology* (16thed.). New Delhi, India:Pearson Publication.

Barlow,D.(2017). *Abnormal psychology and case book in abnormal psychology*, (5thed.). Belmont, CA: Wadsworth.

Comer,R.(2018).*Fundamentals of abnormal psychology*. New York , NY:Worth Publishers.

References:

Davison,G.C.,Neale,J.M.,&Kring,A.M.(2004).Abnormal psychology.(9thed.). Malden, MA: John Wiley & Sons Inc.

Alloy,L.B., Riskind,J.H.,& Manos, M.J. (2005). Abnormal psychology. New Delhi, India: Tata McGraw Hill publishing Co.

Cutting J. (1997)Principles of Psychopathology. New York, NY: Oxford University Press.

Mapping of COs with PSOs and POs

CO	PO								PSO								
CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean	
CO1	3	3	1	2	3	3	1	2.28	3	3	2	3	3	3	2	2.71	
CO2	3	3	1	2	3	3	2	2.24	3	3	2	2	3	2	2	2.43	
CO3	3	2	2	3	3	3	2	2.57	3	3	3	3	3	2	2	2.71	
CO4	3	3	2	3	3	2	1	2.24	3	2	2	3	2	2	3	2.43	
CO5	3	3	2	3	3	2	1	2.24	3	3	2	2	2	2	2	2.29	
CO6	3	2	3	2	2	2	1	2.14	3	3	2	2	2	2	2	2.29	
CO7	3	3	1	2	3	3	2	2.24	3	2	2	3	2	2	2	2.29	
Mean Overall Score								2.27	Mean Overall Score								2.45
Result								High	Result								High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

SOCIAL PSYCHOLOGY - I (CORE THEORY)

SUBJECT CODE: SY502

COURSE OBJECTIVES:

5 Hours Per Week

To learn the nature, history, principles and scope of social psychology

To understand the significance of self- presentation behaviors

To classify the interconnections between attitude and behavior

To understand the dynamics behind conformity, compliance and obedience

To know about the social belief and judgement.

COURSE OUTCOMES:

S. No	Description	Cognition Level (K- Level)
CO1:	Explain the nature, history, principles and scope of social psychology and methods used in social psychology research	K2
CO2:	Demonstrate the significance of self- presentation behaviors in relation to the multifaceted development of the self	K3
CO3:	Elaborate on the interconnections between attitude and behavior	K1
CO4:	Compare and contrast the dynamics behind conformity, compliance and obedience	K2
CO5:	Summarize the conditions promoting helping behavior	K2
CO6:	Discover the attitudes, self presentation and self-justification.	K3
CO7:	Identify the altruism and pro social behavior.	K1

UNIT I: INTRODUCTION

Definition of Social Psychology –Nature of Social Psychology- Brief History- Principles of Social Psychology - Social Psychology and Human Values- Social Psychology and Common Sense-Research Methods.

UNIT II: THE SELF

Self-Presentation: Self-Other accuracy in predicting behavior- Self-Presentation tactics, Self-Knowledge: Introspection, the self from the observer's standpoint, Personal identity versus social identity: the importance of the social context and others' treatment

Social Comparison: Self-serving biases and unrealistic optimism, Self-esteem: the measurement of self-esteem - the impact of migration on self-esteem - gender differences and self-esteem, Self as a target of prejudice: concealing one's identity and its impact on well-being-overcoming the effects of stereotype threat.

UNIT III: SOCIAL BELIEFS AND JUDGEMENTS

Judging the social world: Perceiving the social world- Explaining the social world–Importance of social beliefs- Self-fulfilling prophecy, Cognitive social psychology, Behavior and Attitudes: Conditions When Attitudes Determine Behavior – Conditions When Behavior Determines Attitudes- Explaining Why Behavior Affect Attitudes, Self-presentation: Impression Management, Self-justification: Cognitive Dissonance-Self-perception: Comparing the theories.

UNIT IV: CONFORMITY, COMPLIANCE AND OBEDIENCE

Conformity: Definitions- Classic Studies on Conformity- Compliance & Obedience- Factors Predicting Conformity- Reasons for Conformity- Characteristics of people who conform- Resisting social pressures to conform, Compliance: Principles of compliance, Effectiveness of compliance strategies, Obedience: Causes & resisting the effects of destructive obedience.

UNIT V: HELPING BEHAVIOR

Altruism and pro-social behavior: Theoretical perspectives- By Stander Effect, Helping: Reasons for Helping– Conditions Governing Helping–Characteristics of People Who Help Increasing Helping Behavior.

Text Books:

Myers,D.G.&Twenge,J.M.(2017):*Social psychology*(12thed.).NewYork,NY: McGraw–Hill Education.

Branscombe,N.R.,Baron,R.A.&Kapur,P.(2017).*Social psychology*(14thed.).Chennai, India: Pearson India Education Services Pvt. Limited.

References:

Myers,D.G.(2002).*Social psychology*(7thed.). NewYork, NY: McGraw Hill Book Company.

Baron, A., & Byrne, D. (2002). *Social psychology* (10th ed.). New Delhi, India: Prentice-Hall of India.

Baron, A., Branscombe, N., Byrne, D., & Bhardwaj, G. (2009). *Social psychology* (12th ed.). New Delhi, India: Dorling Kindersley (India) Private Limited

Mapping of COs with PSOs and POs

CO	PO								PSO							
CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean
CO1	3	2	2	3	2	3	2	2.42	3	2	2	3	3	3	2	2.57
CO2	3	3	2	3	1	2	1	2.14	2	2	2	2	3	3	2	2.29
CO3	3	2	1	2	1	3	2	2	3	3	3	3	3	2	2	2.71
CO4	3	2	3	2	2	2	2	2.28	2	2	2	3	2	2	3	2.29
CO5	3	2	3	3	2	2	1	2.28	3	3	2	2	2	3	2	2.43
CO6	3	3	2	3	2	2	1	2.28	3	3	2	2	2	3	2	2.43
CO7	3	2	3	3	1	2	1	2.14	3	2	2	3	2	2	2	2.29
Mean Overall Score								2.22	Mean Overall Score							2.43
Result								High	Result							High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

INTRODUCTION TO RESEARCH METHODOLOGY - (CORE THEORY)

SUBJECT CODE: SY503

COURSE OBJECTIVES:

6 Hours Per Week

To describe the importance and process of research

To classify research problems and formulate hypothesis

To compare and contrast the different types of sampling

To elaborate on the methods used in data collection

To demonstrate an understanding of writing a research report

COURSE OUTCOMES:

S. No	Description	Cognition Level (K-Level)
CO1:	Explain the needs, objectives, importance, problem and process of research based on a view of literature	K1
CO2:	Identify research problems and formulate hypothesis	K1
CO3:	Compare and contrast the different types of sampling	K3
CO4:	Elaborate on the methods used in data collection	K1
CO5:	Illustrate diagrammatic and graphic representation of data.	K2
CO6:	Demonstrate an understanding of writing a research report	K3
CO7:	Examine the process of research methodology by undertaking a research	K1

UNIT I: RESEARCH METHODOLOGY: AN INTRODUCTION

Definition- Need and Importance of psychological Research- Objectives of Research – Types of Research - The Research Process - Principles of a Good Research - Problems encountered by researchers in India.

UNIT II: RESEARCH PROBLEM, HYPOTHESIS AND REVIEW OF LITERATURE

Research Problem: Meaning and characteristics of a problem - ways in which a problem is manifested- Types of Problems, Hypothesis: Meaning and characteristics of a good hypothesis – Types - Sources and Functions of Hypotheses, Reviewing the Literature: Purpose of Review-Sources of Review.

UNIT III: SAMPLING

Meaning and Need for sampling - Fundamentals of sampling- Factors influencing decision to sample- Types of Sampling: Probability and Non-probability- Probability Sampling: Simple random, stratified random and area cluster sampling- Non probability sampling: Quota, Accidental, Judgmental or purposive, systematic and snowball sampling

UNIT IV: METHODS OF DATA COLLECTION

Primary data: Questionnaire and schedule – Interview - Observation as a tool of Data Collection, Difference between Participant observation and non-participant observation –Rating Scale, Secondary data: Sources.

UNIT V: WRITING A RESEARCH REPORT

Meaning- General purpose of writing a research report- of a research report, Styles of writing a research report-Types of research reports- Precautions in writing research report

Text Books:

McBurney,D.H.(2007).*Research methods*;NewDelhi,India:ThomsonWadsworth

Singh,A.K.(2012).*Tests, measurements and research methods in behavioral sciences*. (5thed.). Patna, India :B.B.Printers.

Zechmeister,J. S., Zechmeister, E. B., & Shaughnessy, J. J. (2001). *Essentials of research methods in psychology*. New Delhi, India: Tata McGraw-Hill Education Private Limited.

References:

Haslam,A.S.,& McGarty,C.(2003).*Research methods and statistics in psychology*. New Delhi, India: Sage Publications.

Ramadass,P.,& Aruni,W.A.(2009):*Research and writing across the disciplines*; Chennai, India: MJP Publishers.

Mapping of COs with PSOs and POs

CO	PO								PSO								
CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean	
CO1	3	2	1	2	3	2	1	2	3	3	2	3	3	3	2	2.71	
CO2	3	2	1	3	3	3	1	2.28	3	3	2	3	3	3	2	2.71	
CO3	3	2	2	3	3	2	2	2.42	3	3	3	3	3	2	2	2.71	
CO4	3	2	2	2	3	2	2	2.28	3	2	2	3	2	2	3	2.43	
CO5	3	2	1	3	2	2	1	2	3	3	2	3	3	3	2	2.71	
CO6	3	3	1	3	3	3	1	2.42	3	3	2	3	3	3	2	2.71	
CO7	3	3	2	3	3	3	2	2.71	3	2	2	3	2	2	2	2.29	
Mean Overall Score								2.30	Mean Overall Score								2.61
Result								High	Result								High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

EXPERIMENTAL PSYCHOLOGY- I (PRACTICALS)

SUBJECT CODE: PSY501

COURSE OBJECTIVES:

6 Hours Per Week

To learn the psychological testing and purposes.

To know the need for the psychological testing or experiments.

To learn practical exposure to various psychological concepts.

To conduct psychological experiments to measure individual's Attention, Perception, Learning, Motivation & Emotion, Psychomotor abilities and Intelligence

To Assess, diagnose and interpret the tests and its related results

COURSE OUTCOME:

S. No	Description	Cognition Level (K- Level)
CO1:	Have knowledge about psychological testing and purposes.	K1
CO2:	Identify the need for the psychological testing or experiments.	K2
CO3:	Review the concepts of psychology through the mediums of the experiments.	K5
CO4:	Enhance the experimental knowledge of psychology	K6
CO5:	Gain practical exposure to various psychological concepts such as Attention, Perception, Learning, Motivation & Emotion, Psychomotor abilities and Intelligence Tests.	K1
CO6:	Conduct psychological experiments to measure individual's Attention, Perception, Learning, Motivation & Emotion, Psychomotor abilities and Intelligence	K5

CO7:	Assess, diagnose and interpret the tests and its related results	K4
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CONCEPT

Attention

Perception

Learning

Motivation & Emotion

Psychomotor abilities

Intelligence tests

EVALUATION

INTERNAL	MARKS	EXTERNAL	MARKS
Conduction	5	Conduction	10
Interpretation	10	Interpretation	25
Practical Notebook	25	Viva Voce	25
Total	40	Total	60

Actual Conduction of Practicals and reporting it in the practical note book in the prescribed format (internal assessment) carries 40 marks. The Term End Practical Examination including Viva Voce (External Assessment) carries 60 marks. Total marks for practical examination will be 100 marks (Internal 40 marks and External 60 marks).

Reference

Anastasi & Susana Urbina (2004) 7th Edition. Psychological Testing, Pearson Education Inc., New Delhi.

Aiken, L. R. (1997). Psychological testing and assessment. Allyn & Bacon.

Cohen, R. J., Swerdlik, M. E., & Phillips, S. M. (1996). Psychological testing and assessment: An introduction to tests and measurement. Mayfield Publishing Co.

Cronbach, L.J. Essentials of Psychological Testing.

Fernandez-Ballestros, R.1st edition (2003) Encyclopaedia of Psychological Assessment.Vol I and II.Sage Publications. New Delhi.

Mapping of COs with PSOs and POs

CO	PO								PSO								
CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean	
CO1	3	2	1	2	3	2	2	2.14	3	3	2	3	3	3	2	2.71	
CO2	3	2	1	3	3	2	1	2.14	3	3	2	3	3	3	3	2.86	
CO3	3	2	1	3	3	2	1	2.14	3	3	3	3	3	2	2	2.71	
CO4	3	3	2	3	3	2	2	2.57	3	2	2	3	2	2	3	2.43	
CO5	3	3	2	3	3	2	1	2.42	3	3	2	3	3	3	2	2.71	
CO6	3	3	2	3	3	2	1	2.42	3	3	2	3	3	3	3	2.86	
CO7	3	3	2	3	2	3	2	2.57	3	2	2	3	2	2	2	2.29	
Mean Overall Score								2.3	Mean Overall Score								2.65
Result								High	Result								High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

POSITIVE PSYCHOLOGY- (ELECTIVE I)

SUBJECT CODE: SY504A

COURSE OBJECTIVES:

6 Hours Per Week

To know the basics of positive psychology and its association

To identify the basic concepts related to positive emotions, well being and happiness

To gain knowledge about self control, regulation and personal goal setting

To know the importance of positive cognitive states and processes

To create positive environment.

COURSE OUTCOMES:

S. No	Description	Cognition Level (K- Level)
CO1:	Explain the basics of Positive psychology and how Positive psychology is associated to the other branches of psychology	K1
CO2:	Define basic concepts related to positive emotions, wellbeing and happiness	K2
CO3:	Elaborate on Self Control, Regulation and Personal Goal Setting	K2
CO4:	Summarize the importance of positive cognitive states and processes	K2
CO5:	Develop skills to create a positive environment	K6
CO6:	Explain positive schooling	K1
CO7:	Describe optimism, pessimism, spirituality	K2

UNIT I: INTRODUCTION

Positive psychology: Definition; goals and assumptions; Relationship with health psychology, developmental psychology, clinical Psychology

UNIT II: POSITIVE EMOTIONS, WELL-BEING AND HAPPINESS

Positive emotions: Broaden and build theory; Cultivating positive emotions; Happiness-hedonic and Eudaimonic; Well-being: negative vs. positive functions; Subjective well-being: Emotional, social and psychological well-being; Model of complete mental life

UNIT III: SELF CONTROL, REGULATION AND PERSONAL GOAL SETTING

The value of self-control; Personal goals and self-regulation; Personal goal and well-being; goals that create self-regulation; everyday explanations for self-control failure problems

UNIT IV: POSITIVE COGNITIVE STATES AND PROCESSES

Resilience: Developmental and clinical perspectives; Sources of resilience in children; Sources of resilience in adulthood and later life; Optimism- How optimism works; variation of optimism and pessimism; Spirituality: the search for meaning (Frankl); Spirituality and well-being; Forgiveness and gratitude.

UNIT V: APPLICATIONS OF POSITIVE PSYCHOLOGY

Positive schooling: Components; Positive coping strategies; Gainful employment

Mental health: Moving toward balanced conceptualization; Lack of a developmental perspectives.

Text Books:

1. Baumgardner, S.R. & Crothers, M.K. (2010). *Positive Psychology*. U.P: Dorling Kindersley Pvt Ltd.

References:

Snyder, C.R. & Lopez, S.J. (2002). *Hand book of positive psychology*. (eds.). New York: Oxford University Press.

Carr, A. (2004). *Positive psychology, The science of happiness and human strengths*. New York: Routledge.

Singh, A. (2013). *Behavioral science: Achieving behavioral excellence for success*. New Delhi: Wiley India Pvt Ltd.

Mapping of COs with PSOs and POs

CO	PO								PSO								
CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean	
CO1	3	3	2	2	2	2	2	2.28	3	2	2	3	3	3	2	2.57	
CO2	3	2	1	3	2	3	1	2.14	2	2	3	2	3	2	2	2.29	
CO3	3	3	2	3	2	3	1	2.42	3	3	2	3	3	2	2	2.57	
CO4	3	2	1	3	1	3	1	2	2	2	2	3	2	2	3	2.29	
CO5	3	3	2	3	2	3	2	2.57	3	3	2	2	2	2	2	2.29	
CO6	3	2	1	3	2	3	1	2.14	2	2	2	2	2	3	2	2.14	
CO7	3	3	2	3	1	2	2	2.28	3	2	2	3	2	2	3	2.43	
Mean Overall Score								2.26	Mean Overall Score								2.37
Result								High	Result								High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

FORENSIC PSYCHOLOGY- (ELECTIVE I)

SUBJECT CODE: SY504B

COURSE OBJECTIVES:

6 Hours Per Week

To describe the Psychology and law

To identified the major influences on the accuracy of eyewitness memory

To summarize the Psychology of confession

To outline the Psychology of Investigation

To know the Criminological Psychology and Psychological profile of violence

COURSE OUTCOMES:

S. No	Description	Cognition Level (K-Level)
CO1:	Explain the Psychology and law	K1
CO2:	Identified the major influences on the accuracy of eyewitness memory	K1
CO3:	Summarize the Psychology of confession	K2
CO4:	Outline the Psychology of Investigation	K3
CO5:	Demonstrate the profiling and common characteristics of offender	K2
CO6:	Describe Criminological Psychology and Psychological profile of violence	K2
CO7:	Summarize the characteristics of violent offenders and their related behaviors.	K3

UNIT I

Introduction The meaning of forensic- The origins of legal psychology

UNIT II

Eyewitness Memory An early model of memory- Acquisition- Retention retrieval- The strength and validity of the Evidence

UNIT III

The Psychology Of Confession Voluntary false confessions- Interrogational tactics, coerced false confessions- Coerced compliance and coerced internalization

UNIT IV

The Psychology of Investigation The cognitive interview- Detecting lies and deceit- Offender profiling – Profiling- historical and political figures, profiling criminals from the crime scene, profiling- common characteristics of known offenders

UNIT V

Criminological Psychology Violent offenders – Development of violent behavior- Psychological profile of violence, Role of Anger, Moral reasoning, Working with offenders – Using meta-analysis to inform Treatment programmes – offending behavior programmes

References

- Goldstein, A.M.(2003). Handbook of Psychology (Vol 11), Forensic Psychology USA : John Wiley & Sons, Inc.
- Bartol, C.R, & Bartol, A.M (2005) History of Forensic Psychology. In I.B. Weiner & A.K.Hess (Ed), The Handbook of Forensic Psychology (pp 1-27), Hoboken, NJ:Wiley.
- DeMatteo, D., Marczyk, G., Krauss, D., & Burl, J. (2009). Educational and training models in forensic psychology. Training and Education in Professional Psychology, 3(3), 184-191. doi: 10.1037/a0014582
- Franklin, K. (2014). Forensic psychology: Is it the career for me? Psychology Today. Retrieved from <http://www.psychologytoday.com/blog/witness/201409/forensic-psychology-is-it-the-career-me>
- Weiner, I. B., & Goldstein, A. M. (2003). Handbook of Psychology, Forensic Psychology. Hoboken, New Jersey: John Wiley and Sons.

Mapping of COs with PSOs and POs

CO	PO								PSO								
CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean	
CO1	3	2	2	2	1	2	1	1.85	3	3	2	3	3	3	2	2.71	
CO2	3	2	3	3	1	2	2	2.28	3	3	2	3	3	3	2	2.71	
CO3	3	1	2	3	2	2	2	2.14	3	3	3	3	3	2	2	2.71	
CO4	3	2	2	3	1	2	1	2	3	2	2	3	2	2	3	2.43	
CO5	3	1	1	3	2	3	2	2.14	3	3	2	3	3	3	2	2.71	
CO6	3	1	2	3	1	2	2	2	3	3	2	3	3	3	3	2.86	
CO7	3	2	2	2	1	2	2	2	3	2	2	3	2	2	2	2.29	
Mean Overall Score								2.1	Mean Overall Score								2.63
Result								High	Result								High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

BEHAVIOUR MODIFICATION- (ELECTIVE I)

SUBJECT CODE: SY504C

COURSE OBJECTIVES:

6 Hours Per Week

To know the basic concepts of behavior modification

To learn the basic principles of behavior modification

To understand the measurement of behavior and behavior change

To transmit knowledge and develop skills needed for applying behavior modification techniques.

To understand the cognitive behavior modification

COURSE OUTCOMES :

S. No	Description	Cognition Level (K-Level)
CO1:	Explain the basic concepts of behavior modification	K1
CO2:	Demonstrate the basic principles of behavior modification	K2
CO3:	Use the reward system for modifying behavior	K3
CO4:	Identify the measurement of behavior and behavior change	K2
CO5:	Develop knowledge and skills needed for applying behavior modification techniques.	K6
CO6:	Describe the cognitive behavior modification	K2
CO7:	Use therapies for changing their behavior	K3

UNIT I

Introduction to Behavior Modification: Human Behavior: Meaning - Behavior Modification: Meaning - Characteristics - Historical Roots - Areas of Application: Developmental Disabilities - Mental illness – Education- - Rehabilitation - Community - Business, Industry, and Human Services - Self Management- Child Management – Sports.

UNIT II

Basic Principles of Behavior Modification: Reinforcement: Factors Influencing the Effectiveness of Reinforcement- Schedules of Reinforcement – Extinction: Factors Influencing Extinction – Punishment: Factors Influencing the Effectiveness of Punishment - Stimulus Control: Discrimination and Generalization - Shaping - Modeling.

UNIT III

Measurement of Behavior and Behavior Change: Target Behavior: Definition - Observing and Recording Behavior- - The Logistic of Recording - The Observer- Principles and methods of Recording - Recording Instrument – Graphing Behavior and Measuring Change.

UNIT IV

Behavior Modification Techniques: Systematic Desensitization Process- Application- Basic Techniques: JPMR – REBT Aversive techniques - Flooding- Modeling- Shaping- Prompting - Fading- Chaining Token Economy- Time Out.

UNIT V

Cognitive Behavior Modification: Cognitive Behavior Modification: Cognitive Therapy- Cognitive Restructuring- Self Management methods. Risk Factor Modification - Lifestyle Management - Interventions for Chronic Illness.

References:

1. Miltenberger, R. G ., (2000). Behavior Modification (2nd ed). Library of Congress Cataloging-in-Publication Data.
2. Martin,G; Pear, J (2007). Behavior Modification: What it is and how to do it (8th ed). Upper Saddle River, NJ: Pearson Prentice Hall,
3. Wolpe,J., (1972). The Practice of Behavior Therapy. NJ: Pearson Prentice Hall. Introduction Behavior Modification.

Mapping of COs with PSOs and POs

CO	PO								PSO								
CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean	
CO1	3	2	1	2	2	2	2	2	3	2	2	3	3	3	2	2.57	
CO2	3	2	2	3	1	2	1	2	2	2	3	2	3	3	2	2.43	
CO3	3	2	1	3	2	2	1	2	3	3	2	3	3	2	2	2.57	
CO4	3	2	2	2	2	3	1	2.14	2	2	2	3	2	2	3	2.29	
CO5	3	3	2	3	2	2	1	2.28	3	3	2	2	3	3	2	2.57	
CO6	3	2	1	3	1	3	1	2	2	2	2	2	3	3	3	2.43	
CO7	3	3	2	3	2	3	1	2.42	3	2	2	3	2	2	2	2.29	
Mean Overall Score								2.12	Mean Overall Score								2.45
Result								High	Result								High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

STRESS MANAGEMENT- (NON-MAJOR ELECTIVE I)

SUBJECT CODE: NSY501

COURSE OBJECTIVES:

2 Hours Per Week

To understand the basic concepts related to stress

To know about the stress and its relationship to body and emotion

To learn about stress and its relationship to mind and spirit

To relate teach and practice coping strategies

To understand the approaches of stress

COURSE OUTCOMES :

S. No	Description	Cognition Level (K- Level)
CO1:	Explain the basic concepts related to stress	K1
CO2:	Define stress and its relationship to body and emotion	K2
CO3:	Comprehend stress and its relationship to mind and spirit	K2
CO4:	Demonstrate coping strategies	K3
CO5:	Illustrate Relaxation techniques	K3
CO6:	Compare the healthy and unhealthy emotion	K2
CO7:	Gain knowledge on relaxation techniques.	K3

UNIT I: STRESS- MEANING AND NATURE

Nature of stress: Definition, stress response, types of stress and stressors. General Adoption Syndrome, Stress in changing world. Holistic approach to stress management: premise and nature. The power of adoption. Assessments: life stress questionnaire, poor sleep habits questionnaire and locus of control questionnaire.

UNIT II: APPROACHES TO UNDERSTAND STRESS-I

The body and emotions components; The body-stress and chronic pain, anatomy and physiology, stress and immune system. Stress, disease connection and the dynamic of self-healing. The Emotions-healthy and unhealthy emotions – anger, fear, joy and happiness; Exercises: physical symptoms questionnaire, creative altruism, stress.

UNIT III: APPROACHES TO UNDERSTAND STRESS-II

The mind and spirit components: The Mind – ego, power of two minds, meaning in life and energy psychology. The Spirit-the neglect of human spirit and the dance of stress, spiritual potential and spiritual health. Exercises: stress-prone personality survey and stress and human spirituality.

UNIT IV: STRESS COPING

Reframing, comic relief, assertiveness, boundaries. Effective resource management of time and money. Expressive art therapy. Creative problem solving. Exercises: Reframing: seeing from a bigger, clearer perspective, making a fickle notebook and building and maintaining personal stability, the human butterfly and the creativity project.

UNIT V: RELAXATION TECHNIQUES

The wisdom of physical relaxation through sight, sound, smell, taste and the divine sense. The art of breathing-diaphragmatic breathing. The art of mediation – types and insightful meditation. Mental imagery, Massage therapy, Hatha yoga, Self-hypnosis and Autogenics and Nutrition. Exercises: Relaxation through five senses, breathing clouds meditation and rainbow meditation, self-massage, suryanamaaskar, self suggestion and the rainbow diet.

Text Books:

Seaward,B.L. (2016).Essentials of managing stress. Jones & Bartlett Publishers.

References:

Palmer,SandCooper,C.(2007).HowtodealwithStress.NewDelhi,KoganPageIndia.PvtLt

Epstein,R.(2006).The Big Book of Stress – Relief Games. New Delhi. Tata McGraw-Hill Publishing Company.

Mapping of COs with PSOs and POs

CO	PO								PSO								
CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean	
CO1	3	3	2	3	2	2	2	2.42	3	2	2	3	3	3	2	2.57	
CO2	3	2	2	3	2	2	1	2.14	2	2	3	2	3	3	2	2.43	
CO3	3	2	3	3	2	2	2	2.42	3	3	2	3	3	2	2	2.57	
CO4	3	2	1	2	2	3	1	2	2	2	2	3	2	2	2	2.14	
CO5	3	2	2	3	2	3	2	2.42	3	3	2	2	3	3	2	2.57	
CO6	3	2	1	3	2	3	1	2.14	2	2	2	2	3	3	2	2.29	
CO7	3	2	2	2	2	3	2	2.28	3	2	2	3	2	2	2	2.29	
Mean Overall Score								2.26	Mean Overall Score								2.41
Result								High	Result								High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

SEMESTER VI

HEALTH PSYCHOLOGY (CORE THEORY)

SUBJECT CODE: SY601

COURSE OBJECTIVES:

5 Hours Per Week

To know the basics of Health Psychology and health behavior

To understand the changing health habits using theoretical models

To gain the knowledge about the chronic illness and pain

To summarize the concept of stress and coping

To understand the Promoting health behavior

COURSE OUTCOMES:

S. No	Description	Cognition Level (K- Level)
CO1:	Explain the basics of Health Psychology and health behavior	K1
CO2:	Illustrate the changing health habits using theoretical models	K2
CO3:	Gain the knowledge about the chronic illness and pain	K1
CO4:	Use techniques and psychosocial interventions for illness and pain	K3
CO5:	Summarize the concept of stress and coping	K2
CO6:	Explain theoretical models and its contributions	K1
CO7:	Express the need to promote health behavior	K2

UNIT I: INTRODUCTION TO HEALTH PSYCHOLOGY- HEALTH BEHAVIOR

Health psychology: Definition and Need-The biopsychosocial model- Patient Practitioner relationship- Training for a career in health psychology, Introduction to health behavior-Factors influencing the practice of health behavior

UNIT II: MODELS OF HEALTH BEHAVIOR

Changing health habits using theoretical models: Health belief model, Theory of planned behavior, Cognitive behavioral approaches to change health behavior, Trans-theoretical model of behavior change, Avenues for health habit modification

UNIT III: CHRONIC ILLNESS AND PAIN

Illness Factors: Onset, Progression, Types of Symptoms, Quality of Life, Personal issues in chronic illness, coping with chronic illness, Co management of chronic illness, Psychosocial Interventions, Pain: definition, types of pain, Pain control techniques, Pain management

UNIT IV: STRESS AND COPING

Stress: definition, dimensions of stress – sources of chronic stress-Theoretical contributions: Lazarus's Appraisal Model, Flight or fight response, General adaptation Syndrome-Tending and Befriending Model- Coping with stress- Sources of stress.

UNIT V: PROMOTING HEALTH BEHAVIOR

Smoking: Effects of smoking- reasons for smoking, Alcoholism: effects- reasons-Interventions for reducing smoking –changing problem drinking, Management of Overweight & obesity- effects of dieting & physical activity.

Text Books:

Boyer,B.,&Paharia,I.(2008).*Comprehensivehandbookofclinicalhealthpsychology*.Edison,NJ:JohnWiley&Sons.

Sarafino, E. (1994).*Health psychology*. Edison, NJ: John Wiley & Sons.

Taylor,S.(1995).*Healthpsychology*(6thed.).Toronto,Canada:McGraw-HillRyerson.

References:

Marks, D., Murray, M., Evans, B., Willig, C., Woodall, C., & Sykes, C.M. (2008).*Health psychology: Theory, research and practice* (2nd ed.). New Delhi, India: Sage Publications.

Branmon, L., & Frist, J. (2010).*Introduction to health psychology*; New Delhi, India: Cengage Learning India Pvt Ltd.

Mapping of COs with PSOs and POs

CO	PO								PSO								
CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean	
CO1	3	2	1	2	2	2	2	2	3	2	3	3	3	3	2	2.71	
CO2	3	2	2	3	2	3	2	2.42	3	2	3	2	3	3	2	2.57	
CO3	3	2	1	3	2	2	2	2.14	3	3	3	3	3	2	2	2.71	
CO4	3	2	2	3	1	2	2	2.14	3	2	3	3	2	2	3	2.57	
CO5	3	2	1	3	2	3	1	2.14	3	3	2	2	3	3	2	2.57	
CO6	3	2	1	2	1	3	2	2.14	3	2	2	2	3	3	2	2.43	
CO7	3	2	3	3	2	3	2	2.57	3	2	3	3	2	2	2	2.43	
Mean Overall Score								2.22	Mean Overall Score								2.57
Result								High	Result								High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

SOCIAL PSYCHOLOGY- II (CORE THEORY)

SUBJECT CODE: SY602

COURSE OBJECTIVES:

5 Hours Per Week

To get introduced to the theories of persuasion

To learn about the group behaviors in relation to individual's performance

To know about the nature, sources and consequences of prejudice

To understand the theories of aggression and strategies to regulate aggression .

To know the dynamics of intimate relationships in relation to internal and external sources of attraction

COURSE OUTCOMES:

S. No	Description	Cognition Level (K- Level)
CO1:	Comprehend the theories of persuasion and illustrate the factors in resisting persuasion	K4
CO2:	Explain the influence of various group behaviors in relation to individual's performance	K1
CO3:	Outline the nature, sources and consequences of prejudice and illustrate methods to counteract effects of prejudice	K2
CO4:	Summarize the theories of aggression and strategies to regulate aggression	K2
CO5:	Identify the dynamics of intimate relationships in relation to internal and external sources of attraction.	K1
CO6:	Define the concept of aggression and its type	K2
CO7:	Classify the love, liking and close relationship	K2

UNIT I: PERSUASION

Theories of Persuasion: the central route - the peripheral route - different pathways for different purposes- Elements of Persuasion: communicator, content, channel, audience –Cults & persuasion-Resisting Persuasion: strengthening personal commitment, inoculation programs, implications of attitude inoculation.

UNIT II: GROUP INFLUENCE:

Definition of Group - Social Facilitation: mere presence of others, crowding, factor, Social Loafing: Introduction, social loafing in everyday life, Deindividuation: importance of working together, diminishing self-awareness, Group Polarization: The risky shift phenomenon, Group influence on opinions, Group Think: symptoms, critiquing, preventing group think, group problem solving, The influence of the minority: consistency, self-confidence, deflections from majority, leadership as minority influence.

UNIT III: PREJUDICE

Nature and Power of Prejudice – Social Sources of Prejudice – Motivational Sources of Prejudice – Cognitive Sources of Prejudice – Consequences of Prejudice -Discrimination- prejudice inaction- Techniques for countering the effects of prejudice.

UNIT IV: AGGRESSION

Aggression: Definition - Hurting Others – Theories of Aggression – Media violence – Sexual violence- Strategies to reduce Aggression.

UNIT V: LIKING, LOVE AND OTHER CLOSE RELATIONSHIPS

Internal sources of liking others: the role of needs and emotions, External sources of attraction: the effects of proximity, familiarity and physical beauty- Sources of liking based on social interaction-Close relationships-foundations of social self-Divorce& the detachment process.

Text Books:

Myers,D.G.,&Twenge,J.M.(2017).*Socialpsychology*(12thed.).NewYork,NY:McGraw–Hill Education.

Branscombe,N.R.,Baron,R.A.&Kapur,P.(2017).*Socialpsychology*(14thed.).Chennai,India:PearsonIndia Education Services Private Limited.

References:

1. Myers,D.G.(2002).*SocialPsychology*(7thed.).NewYork,NY:McGrawHillBookCompany.
2. Baron,A.,&Byrne,D.(2002).*SocialPsychology*(10thed.).NewDelhi,India:Prentice-HallofIndia.
3. Baron,A.,Branscombe,N., Byrne,D.,& Bhardwaj,G.(2009).*Social Psychology* (12thed.).New Delhi, India: Dorling Kindersley (India) Private Ltd.

Mapping of COs with PSOs and POs

CO	PO								PSO								
CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean	
CO1	3	1	2	3	2	3	2	2.28	3	2	2	3	3	3	2	2.57	
CO2	3	2	3	3	2	3	2	2.57	2	2	3	2	3	2	2	2.29	
CO3	3	2	3	3	2	2	2	2.42	3	3	2	3	3	2	2	2.57	
CO4	3	2	3	2	1	3	2	2.28	2	2	2	3	2	2	3	2.29	
CO5	3	2	2	2	1	2	2	2	3	3	2	2	2	2	2	2.29	
CO6	3	2	2	3	1	2	2	2.14	2	2	2	2	2	3	2	2.14	
CO7	3	1	2	3	1	2	2	1.71	3	2	2	3	2	2	3	2.43	
Mean Overall Score								2.2	Mean Overall Score								2.37
Result								High	Result								High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

GUIDANCE AND COUNSELLING PSYCHOLOGY- (CORE THEORY)

SUBJECT CODE: SY603

COURSE OBJECTIVES:

6 Hours Per Week

To know the basics of Counseling and Guidance

To learn the different approaches to counselling and its Process

To gain the knowledge about the Psychological testing and Diagnosis methods

To acquire knowledge about qualities and responsibilities of counsellor and ethical consideration

To understand the Special areas in counselling

COURSE OUTCOMES:

S. No	Description	Cognition Level (K- Level)
CO1:	Explain the basics of Counselling and Guidance	K1
CO2:	Compare the different approaches to counselling and its Process	K2
CO3:	Develop and acquire skills in problem solving and decision making	K6
CO4:	Gain the knowledge about the Psychological testing and Diagnosis methods	K1
CO5:	Implement the applications of various psychological tests	K3
CO6:	Acquire knowledge about qualities and responsibilities of counsellor and ethical consideration	K1
CO7:	Identify the Special areas in counselling	K2

UNIT I: NATURE AND SCOPE OF GUIDANCE AND COUNSELLING

Counselling and Guidance: Meaning – Nature – Need and Functions of Guidance and Counselling- Emergence of Guidance and Counselling in India – Goals and Scope of Guidance and Counselling-Types of Counselling Services.

UNIT II: APPROACHES TO COUNSELLING AND THE COUNSELLING PROCESS

Directive and non-directive approaches - Humanistic approach- Behavioristic approach -Existential Approach - Eclectic Approach, Counselling Process: Preparation for counselling, Steps in the counseling process.

UNIT III: PSYCHOLOGICAL TESTING AND DIAGNOSIS

Use of psychological tests in guidance and counseling - Types of psychological tests – Nature of a good psychological test - Test interpretation in counseling - Limitations of psychological tests –Diagnosis and its limitations.

UNIT IV: COUNSELLOR QUALITIES, SKILLS AND ETHICAL RESPONSIBILITIES

Qualities of an effective counselor, Counsellor skills: Building Trust-Listening–Attending - Observing – Building Rapport – Demonstrating Empathy, Ethics in counselling.

UNIT V: SPECIAL AREAS IN COUNSELLING

Family group consultation - Counseling Families Concerning Children - Counseling with Parents- Counseling the Delinquent – Marriage Counseling – Premarital Counseling –Counseling the Handicapped – Career Counseling – Adolescent Counseling-Role of Counselor in developing Good Mental Health.

Text Books:

Rao,N.(2013).*Counselling and Guidance*. Chennai, India: Tata Mc Graw Hill.

Gladding,S.T.(2017).*Counselling: A comprehensive profession*. Chennai, India: Pearson.

Gibson,R.L.,& Mitchell,M.H.(2007).*Introduction to counseling and guidance (7th ed.)*.Upper Saddle River,NJ: Prentice Hall.

References:

Nayak,A.K.(2007):*Guidance and counseling*.New Delhi,India: APH Publishing.

Barki, B.G.,& Mukhopadhyay,B.(2008):*Guidance and counseling manual*. New Delhi, India: Sterling.

Kochhar,S.K.(1984).*Guidance and counseling in colleges and universities*. New Delhi, India: Sterling.

Mapping of COs with PSOs and POs

CO	PO								PSO								
CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean	
CO1	3	2	2	3	2	3	2	2.42	3	2	2	3	3	3	3	2.71	
CO2	3	2	1	3	2	3	2	2.28	3	2	3	3	3	2	3	2.71	
CO3	3	2	2	3	1	3	2	2.28	3	3	3	3	3	2	3	2.86	
CO4	3	2	1	3	2	3	2	2.28	3	2	3	3	3	2	3	2.71	
CO5	3	2	2	3	1	3	2	2.28	3	3	3	3	3	2	3	2.86	
CO6	3	2	3	3	2	3	2	2.57	3	2	3	3	3	3	3	2.86	
CO7	3	3	1	2	2	3	2	2.28	3	2	2	3	3	2	3	2.57	
Mean Overall Score								2.34	Mean Overall Score								2.76
Result								High	Result								High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

SPORTS PSYCHOLOGY- (ELECTIVE- II)

SUBJECT CODE: SY604A

COURSE OBJECTIVES:

6 Hours Per Week

To learn the need, importance and research methods in sports psychology

To understand and apply psychological techniques and theories.

To understand the nature, measurement of attitude towards sports behavior

To classify various abilities and skills

To explain the prevalence, etiology and intervention of alcohol and drug use among athletes

COURSE OUTCOME:

S. No	Description	Cognition Level (K- Level)
CO1:	Explain the need, importance and research methods in sports psychology	K1
CO2:	Apply psychological techniques and theories.	K2
CO3:	Relate physical activity and mental health	K2
CO4:	Discuss the nature, measurement of attitude towards sports behavior	K2
CO5:	Develop physical activity and psychological principles of human performance	K6
CO6:	Classify various abilities and skills required for sports person	K2
CO7:	Explain the prevalence, etiology and intervention of alcohol and drug use among athletes	K1

UNIT I: NATURE AND DEFINITION OF SPORT PSYCHOLOGY- A brief history and development of sport psychology– Research methods used in sports Psychology–Role of sports psychologists–Need and importance of sports psychology.

UNIT II: PHYSICAL ACTIVITY AND MENTAL HEALTH- Exercise and cognitive functioning – exercise and reduction in anxiety and depression and increases in positive mood. – Exercise and stress reactivity.

UNIT III: ATTITUDES TO SPORT- The nature of attitudes -Measuring attitudes - The formation of attitudes to sport-Attitudes to competition-Attitudes to sport and sporting behavior

UNIT IV: SKILL ACQUISITION AND EXPERTISE- Definitions - Classifying abilities and skills -Two linked issues: the existence of super ability- and the nature–nurture debate in sport –Stages of skill acquisition- The information – processing approach to skills

UNIT V: ALCOHOL AND DRUG USE AMONG ATHLETES: PREVALENCE, ETIOLOGY AND INTERVENTIONS - Prevalence of Alcohol among athletes– Recreational drugs – Ergogenic drugs–Pain killers drugs–Stimulants–Prevention and treatment

References

MattJarvis(2006).*Sports Psychology–A student’s Hand book*, Rutledge Publication.

D.F.Shaw,T.Gorely & R.M.Corban(2005).*Sports and Exercise Psychology*,BIOS Publisher.

Gershon Tenenbaum and Robert C. Eklund.(2007).*Handbook of Sports Psychology*, John Wiley & Sons,Inc.

ArnoldLeUnes(2011).*Introducing Sports Psychology–A practical Guide*, Icon book Publication.

Gangopadhyaya,S.R.(2008).*Sports Psychology*, Publications - NewDelhi.

Gurbakhsh S. Sandhu (2002). *Psychology in Sports - A Contemporary Approach*, Friends Publishers, NewDelhi.

Mapping of COs with PSOs and POs

CO	PO								PSO							
CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean
CO1	3	2	3	3	2	2	2	2.27	3	3	2	2	3	3	3	2.71
CO2	3	2	3	3	2	3	2	2.57	3	2	3	2	3	2	2	2.43
CO3	3	2	3	3	2	3	1	2.42	2	3	3	2	3	2	2	2.43
CO4	3	2	3	2	3	3	2	2.28	3	2	3	3	3	2	3	2.71
CO5	3	2	3	3	2	3	2	2.57	3	3	3	2	3	2	3	2.71
CO6	3	2	3	3	2	3	2	2.57	3	2	3	3	3	3	2	2.71
CO7	3	1	3	3	3	2	2	2.42	3	2	2	3	3	2	2	2.43
Mean Overall Score								2.49	Mean Overall Score							2.59
Result								High	Result							High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

HUMAN RESOURCE MANAGEMENT- (ELECTIVE- II)

SUBJECT CODE: SY604B

COURSE OBJECTIVES:

6 Hours Per Week

To learn the basic concepts of human resource management

To understand the need of job analysis in relation to Human Resource Planning and Recruiting

To learn strategies for analyze training needs and developing employees

To explain the techniques of performance appraisal

To understand the importance of Employee motivation in organization

COURSE OUTCOME:

S. No	Description	Cognition Level (K- Level)
CO1:	Outline the basic concepts of human resource management	K3
CO2:	Identify the need of job analysis in relation to Human Resource Planning and Recruiting	K2
CO3:	List strategies for analyze training needs and developing employees	K4
CO4:	Explain the techniques of performance appraisal	K1
CO5:	Examine current issues, trends, practices, and processes in human resource management	K5
CO6:	Relate the importance of Employee motivation in organization	K2
CO7:	Acquire knowledge in managing the workforce of the organization	K1

UNIT I: INTRODUCTION TO HUMAN RESOURCE MANAGEMENT (HRM)

Nature and scope of HRM – Difference between Personnel Management and HRM Functions of HRM- Environment of HRM- Strategic HRM, High – performance work systems, Evidence-based human resource management, Managing ethics, HR qualifications

UNIT II: JOB ANALYSIS AND HUMAN RESOURCE PLANNING AND RECRUITING

The basics of job analysis, Job analysis in a worker empowered world, The recruitment and selection process, Planning and forecasting, The need for effective recruiting, Internal sources of candidates, Outside sources of candidates, Recruiting a more diverse work force

UNIT III: TRAINING AND DEVELOPING EMPLOYEES

Introduction to orienting and training employees, Analyzing training needs and designing the program, Implementing training programs, Implementing Management Development programs, Managing organizational change programs, Evaluating the training effort

UNIT IV: PERFORMANCE MANAGEMENT AND APPRAISAL

Basic concepts in performance management and appraisal, Techniques for appraising performance, dealing with performance appraisal problems, appraisal interview, performance management.

UNIT V: EMPLOYEE EMOTIVATION

Stress management in organization, Conflict management in organization, Providing incentives, empowerment of employees, attention to women related issues.

References

Dessler,G.,&Varkkey,B.(2011).*Human Resource Management*. Dorling Kindersley (India) Pvt. Ltd: NewDelhi.

Aswathappa,K.(2012).*Human Resource Management– Text and Cases*. Tata McGraw Hill: NewDelhi

Cascio,W.F.,&Nambudiri,R.(2010).*Managing Human Resources – Productivity, Quality of Work Life, Profits*. Tata McGraw Hill: New Delhi

Web resources

<https://www.coursera.org/learn/ai-for-everyone>

<https://www.coursera.org/learn/the-science-of-well-being>

<https://www.classcentral.com/course/introduction-to-engagement-and-motivation-at-work-13193>

<https://www.classcentral.com/course/managing-people-motivation-12718>

<https://www.udemy.com/courses/personal-development/>

Mapping of COs with PSOs and POs

CO	PO								PSO							
CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean
CO1	3	3	2	3	2	3	2	2.57	3	2	2	3	3	3	3	2.71
CO2	3	3	2	3	3	3	2	2.71	2	2	3	2	3	2	3	2.43
CO3	3	3	2	3	3	3	2	2.71	3	3	2	3	3	2	3	2.71
CO4	3	2	2	3	3	3	2	2.57	2	2	2	3	2	2	3	2.29
CO5	3	2	3	3	3	3	2	2.71	3	3	2	2	2	2	2	2.29
CO6	3	2	3	3	3	2	2	2.57	2	2	2	2	2	3	2	2.14
CO7	3	2	3	3	3	2	2	2.57	3	2	2	3	2	2	3	2.43
Mean Overall Score								2.63	Mean Overall Score							2.43
Result								High	Result							High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

ENVIRONMENTAL PSYCHOLOGY- (ELECTIVE- II)

SUBJECT CODE: SY604C

COURSE OBJECTIVES:

6 Hours Per Week

To learn the basic concepts of environmental psychology and research methods in environmental psychology

To understand the ecology and development

To describe the environmental perception and effect of environment on behavior

To know the features and effects of crowding on animals and human beings

To explain the changing behavior to save the environment

COURSE OUTCOME:

S. No	Description	Cognition Level (K- Level)
CO1:	Explain the basic concepts of environmental psychology and research methods in environmental psychology	K1
CO2:	Relate the ecology and development	K2
CO3:	Implement the various theoretical concepts	K3
CO4:	Describe the environmental perception and effect of environment on behavior	K1
CO5:	Identify and analyze environmental problems as well as the risks associated with these problems	K1
CO6:	Relate the features and effects of crowding on animals and human beings	K2
CO7:	Explain the changing behavior to save the environment	K1

UNIT I

Environmental Psychology Nature and Characteristics; Classification of Environment. Indian Perspective on Human environment Relationship, World view in Psychology and Environmental Psychology, Environment Behavior theories: Arousal, Environmental Load, adaptation level. Behavior constraints, Ecological and Environmental Stress Approach. Research Methods in Environmental Psychology: Experimental, Simulation, Methods of Data Collection: Self-report, Naturalistic Observation, Field Survey, Interview and Questionnaire, experimental, correlation and descriptive methods of data collection in environmental Research,

UNIT II

Ecology and Development: Human Nature and Environmental Problems; Prosocial and Pro-environmental Behaviors, Ecosystems and Their Components: Ecology, Demography, Mortality and Fertility. Resource Use: Common Property Resources, Sustainable Developments, Acculturation and Psychological adaptation. Environmental Stress: Nature and Characteristics. Types of Stress: Natural Disasters, Technological Catastrophe, Noise and Air-pollution, Nature and characteristics: Natural disasters, Technological catastrophe. Noise, Heat and Air pollution: Nature, characteristics and their influences on behavior with special reference to Indian conditions.

UNIT III

Environmental Perception, Cognition and Attitudes Nature and Characteristics of Environmental Perception: Social and Cultural Influences. Environmental Cognition and Cognitive Mapping. Acquisition of Environmental Attitudes, Perception of movement, adaptation and change; Effect of Environment on Behavior: Personal Space and Territoriality: Nature Functions and Determinants of Personal Space, Consequences of Personal Space Invasion Territoriality Functions and Types; Personal Space: Nature, measurement, determinants, consequences of personal space invasion.

UNIT IV

Crowding Nature and Characteristics, Features and Effects of Crowding on Animals and Human Beings, Concept, physiological and behavioral consequences, theories of crowding, overload, arousal, density intensify, behavior constraints, control. Environmental Psychology and Saving the Environment: Environmental Education, Prompts and Reinforcement Techniques in Indian Context.

UNIT V

Environmental psychology and community Quality of life, social process and socialites, preventive intervention; social support and personal control: areas of intervention; Residential neighborhood and urban environments. Changing behavior to save the environment: environmental education, prompt, reinforcement, techniques, specific environmental problems: Littering energy conservation, transportation and vandalism.

References:

Bell, P. A., Greene, T. C., Fisher, J. D. and Baum, A. (2001). Environmental Psychology (Vth Edition). USA: Wadsworth Group / Thomson learning, 10 Davis Drive Belmont CA.

Goldsmith, E. (1991). *The Way; The Ecological World – View*. Bostone; Shambala

Ittelson W. H., Proshansky, H. M., Rilvin, E. G., Winkel, G. H. and Dempsey, D. (1974). *An Introduction to Environmental Psychology*. New York: Holt Rinehart and Winston.

Stokols, D. and Atmann, I. (Eds) (1987). *Handbook of Environmental Psychology*. New York: Wiley.

Tewari, P. S. N. (2000). *ParyavaraniyaManovigyan*. New Delhi: MotiLalBanarsi Das. Sahoo, F.M.

Mishra P.K. &Pinta, R.S. (1985) *Environment and Behavior: Ecology Perspective*. New Delhi: Akshat Publications.

Bell, P.A. Fisher, J.D. & Loomis, R.J. (1973) *Environmental Psychology*, Philadelphia W.B. Sannders.

Mapping of COs with PSOs and POs

CO	PO								PSO								
	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean	
CO1	3	2	2	3	2	3	2	2.42	3	2	2	3	3	3	2	2.57	
CO2	3	2	3	3	2	3	2	2.28	2	2	3	2	3	2	2	2.29	
CO3	3	2	3	3	2	3	1	2.42	3	3	2	3	3	2	2	2.57	
CO4	3	2	3	3	2	3	2	2.57	2	2	2	3	2	2	2	2.14	
CO5	3	2	3	3	2	3	1	2.42	3	3	2	2	2	2	2	2.29	
CO6	3	2	3	3	2	3	1	2.42	2	2	2	2	2	3	2	2.14	
CO7	3	2	3	3	2	3	2	2.57	3	2	2	3	2	2	3	2.43	
Mean Overall Score								2.44	Mean Overall Score								2.35
Result								High	Result								High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

EXPERIMENTAL PSYCHOLOGY II- (PRACTICALS)

SUBJECT CODE: PSY601

COURSE OBJECTIVES:

6 Hours Per Week

To learn the need for the psychological testing or experiments.

To analyze and apply the understanding of psychological testing

To gain practical exposure to various psychological concepts

To assess, diagnose and interpret the tests and its related results

To interpret and assess the role of psychological testing in various field

COURSE OUTCOME:

S. No	Description	Cognition Level (K- Level)
CO1:	Have knowledge about psychological testing and purposes.	K1
CO2:	Identify the need for the psychological testing or experiments.	K2
CO3:	Analyze and apply the understanding of psychological testing	K4
CO4:	Gain practical exposure to various psychological concepts such as Personality, Aptitude, Interest, Achievement tests, Stress and coping, Attitudes and behavior and Creativity	K1
CO5:	Conduct psychological experiments to measure individual's Personality, Aptitude, Interest, Achievement tests, Stress and coping, Attitudes and behavior and Creativity	K5
CO6:	Assess, diagnose and interpret the tests and its related results	K5

CO7:	Interpret and assess the role of psychological testing in various field	K2
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Concepts:

Personality

Aptitude

Interest

Achievement tests

Stress and coping

Attitudes and behavior

Creativity

A minimum of 10 experiments should be conducted per semester

Atleast one experiment from each concept should be chosen

EVALUATION

INTERNAL	MARKS	EXTERNAL	MARKS
Conduction	5	Conduction	10
Interpretation	10	Interpretation	25
Practical Notebook	25	Viva Voce	25
Total	40	Total	60

Actual Conduction of Practicals and reporting it in the practical note book in the prescribed format (internal assessment) carries 40 marks. The Term End Practical Examination including Viva Voce (External Assessment) carries 60 marks. Total marks for practical examination will be 100 marks (Internal 40 marks and External 60 marks).

References

A. Anastasi & Susana Urbina (2004) 7th Edition. Psychological Testing, Pearson Education Inc., New Delhi.

Aiken, L. R. (1997). Psychological testing and assessment. Allyn & Bacon.

Cohen, R. J., Swerdlik, M. E., & Phillips, S. M. (1996). Psychological testing and assessment: An introduction to tests and measurement. Mayfield Publishing Co.

Cronbach, L.J. Essentials of Psychological Testing.

Fernandez-Ballestros, R. 1st edition (2003) Encyclopaedia of Psychological Assessment. Vol I and II. Sage Publications. New Delhi.

Mapping of COs with PSOs and POs

CO	PO								PSO								
	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean	
CO1	3	3	2	3	3	3	1	2.57	3	3	2	3	3	3	2	2.71	
CO2	3	3	1	3	3	3	2	2.57	3	3	2	3	3	3	3	2.86	
CO3	3	3	2	3	3	3	1	2.57	3	3	3	3	3	2	2	2.71	
CO4	3	3	2	3	3	3	2	2.71	3	2	2	3	2	2	3	2.43	
CO5	3	3	2	3	3	3	2	2.71	3	3	2	3	3	3	2	2.71	
CO6	3	3	2	3	2	3	1	2.42	3	3	2	3	3	3	3	2.86	
CO7	3	3	2	3	2	3	2	2.57	3	2	2	3	2	2	2	2.29	
Mean Overall Score								2.58	Mean Overall Score								2.65
Result								High	Result								High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

PSYCHOLOGY OF INTERPERSONAL RELATIONSHIP (NON-MAJOR ELECTIVE -II)

SUBJECT CODE: NSY601

COURSE OBJECTIVES:

2 Hours Per Week

To learn about self and attitudes

To comprehend the difference between stereotyping, prejudice and discrimination.

To know the concepts of interpersonal attraction and pro social behavior.

To summarize aggression and social influence.

To promote helping behavior.

COURSE OUTCOMES:

Cognitive level of Course Outcome

S. No	Description	Cognition Level (K- Level)
CO1:	Describe about self and attitudes	K2
CO2:	Comprehend the difference between stereotyping, prejudice and discrimination.	K2
CO3:	Define the concepts of interpersonal attraction and pro social behavior.	K2
CO4:	Explain how interacting with diverse individuals can enhance self-awareness	K1

CO5:	Summarize about aggression and social influence.	K2
CO6:	Compile the importance of the helping behavior.	K6
CO7:	Describe the value of interpersonal relationships and skills	K1

UNIT I

The Self: Self-Presentation, Self-Knowledge, Self-Esteem, Personal versus Social Identity Attitudes – Attitude Formation, Attitudes Influence Behavior, Persuasion, Cognitive Dissonance.

UNIT II

Stereotyping, Prejudice and Discrimination Origins and its related concepts, Techniques for Countering.

UNIT III

Interpersonal Attraction, Close Relationships: Internal and External Determinants of Attraction, Factors Based on Interacting with others, Close Relationships, Romantic Relationships

UNIT IV

Social Influence: Conformity, Compliance, Obedience to Authority. Aggression: Types, Causes, Prevention and Control of Aggression.

UNIT V

Helping Behavior: Motives for Helping Behavior, Responding to an Emergency, Factors that increase or decrease the tendency to help and Long-Term Commitment to Pro social Acts.

Text Books:

Myers,D.G.,&Twenge,J.M.(2017).*Socialpsychology*(12thed.).NewYork,NY:McGraw–HillEducation.

Branscombe,N.R.,Baron,R.A.&Kapur,P.(2017).*Socialpsychology*(14thed.).Chennai,India:PearsonIndia Education Services Private Limited.

References:

Myers,D.G.(2002).*Social Psychology* (7thed.).NewYork,NY: McGraw Hill Book Company.

Baron,A.,& Byrne,D.(2002).*Social Psychology* (10thed.).New Delhi, India: Prentice-Hall of India.

Baron,A.,Branscombe,N.,Byrne,D.,& Bhardwaj,G.(2009).*Social Psychology* (12thed.).New Delhi, India: Dorling Kindersley (India) Private Ltd.

Mapping of COs with PSOs and POs

CO	PO								PSO								
CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean	
CO1	3	2	3	3	2	3	2	2.57	3	2	2	3	3	3	2	2.57	
CO2	3	2	3	2	1	3	2	2.28	2	2	2	2	3	3	2	2.29	
CO3	3	2	3	3	2	3	2	2.57	3	3	3	3	3	2	2	2.71	
CO4	3	2	3	3	2	3	2	2.57	2	2	2	3	2	2	3	2.29	
CO5	3	2	3	3	2	3	2	2.57	3	3	2	2	2	3	2	2.43	
CO6	3	1	3	3	2	3	2	2.42	3	3	2	2	2	3	2	2.43	
CO7	3	1	3	3	2	3	2	2.42	3	2	2	3	2	2	2	2.29	
Mean Overall Score								2.50	Mean Overall Score								2.43
Result								High	Result								High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

RESEARCH PROJECT

SUBJECT CODE: SY605J

COURSE OBJECTIVES:

5 Hours Per Week

To identify areas in Psychology in which they have strong interests

To understand use of relevant review of literature to the research project.

To understand and apply an appropriate techniques or research methodology

To acquire the skills of undertaking a research project.

To produce final dissertation outcomes of a high professional standard

COURSE OUTCOME:

Cognitive level of Course Outcome

S. No	Description	Cognition Level (K-Level)
CO1:	Identify areas in Psychology in which they have strong interests	K1
CO2:	Gain research methodology knowledge by undertaking a research project.	K1
CO3:	Relate use of relevant review of literature to the research project.	K2
CO4:	Apply an appropriate techniques or research methodology	K2
CO5:	Acquire the skills of undertaking a research project.	K1
CO6:	Examine the scope of statistics.	K2
CO7:	Demonstrate diagrammatic and graphic representation of data.	K2

Each student is assigned with a research supervisor. The students have to get the guidance and carry out the following steps and complete the research project within a semester.

Selection of Topic, Defining terms, Finalization of Objectives of Study.

Feasibility Study, Pilot Visit to the Field of Study

Detailed Research Proposal

Finalization of Research tool

Review of related Literature and Bibliography

Finalization of Methodology Chapter.

Analysis and Interpretation of Data using SPSS

Main findings and Suggestion

Summary and Conclusion

Submission of Bound Copy

The supervisor evaluates the work of the student out of 40 marks for above components also considering the quality, punctuality and regularity of consultation and correction.

The student submits the approved chapters as a bound volume. The Public Viva Voce is conducted by an external examiner and the marks are awarded out of 60.

Mapping of COs with PSOs and POs

CO	PO								PSO							
	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean
CO1	3	3	2	3	2	3	1	2.42	3	3	2	3	3	3	2	2.71
CO2	3	3	2	3	3	3	2	2.71	2	3	3	2	3	2	2	2.43
CO3	3	2	1	3	3	3	2	2.42	3	3	2	3	3	2	2	2.57
CO4	3	3	2	3	2	2	1	2.42	2	2	2	3	2	2	3	2.29
CO5	3	3	2	3	3	2	2	2.57	3	3	2	2	2	2	2	2.29
CO6	3	3	2	3	2	3	2	2.57	2	2	2	2	2	3	2	2.14
CO7	3	2	1	3	2	3	2	2.28	3	3	2	3	2	2	3	2.57
Mean Overall Score								2.48	Mean Overall Score							2.43

Result	High	Result	High
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High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)

B.Sc. Psychology Syllabus 2021-22 Batch Onwards

PROGRAMME STRUCTURE

S.NO.	Part	Study Components	In s. hr s /week	Credit	Title of the Paper	Maximum Marks		
		Course Title				CIA	Sem Exam	Total
SEMESTER IV						CIA	Sem Exam	Total
24	I	Language – IV	5	3	Tamil/Other Languages	50	50	100
25	II	English – IV	5	3	English-IV	50	50	100
26	III	Core Theory	5	5	Developmental Psychology-II	50	50	100
27	III	Core Theory	5	5	Abnormal Psychology-I	50	50	100
28	III	Allied – IV	6	4	Business Communication	50	50	100
29	IV	Employability Skills	2	1		100	--	100
30	IV	Environmental Studies	2	1		100		100
31	VI	NCC	-	2*		--	--	X
32	V	Co-curricular		2	Deeds	--	--	X
				2	Shelters	--	--	X
33	III	Internship		3		50	50	100
			30	31		500	300	800

B.Sc. PSYCHOLOGY

SHIFT – I UG 2021

PART	SUBJECT	DISTRIBUTION (SEMESTER WISE)						
		1	2	3	4	5	6	Total
I	Language	03	03	03	03	--	--	12
II	English	03	03	03	03	--	--	12
III	Main & Allied	14	14	14	14	27	27	110
IV	Skills Ele, Val. Ed.	3	3	2	2	--	--	10
V	Co-curricular	--	--	--	2+2	--	--	4
VI	Additional Credits	--	--	--	2	--	--	2
TOTAL CREDITS: 148+2*+4 [#]								

2* NCC

4[#] Value added Course (2 certificate courses one in the second year and one in the third year)

Evaluation Pattern

Internal Evaluation: 50 Marks

External Evaluation: 50 Marks

Internal components

Component	Marks
ICA	15
<u>IICA</u>	15
<u>Attendance</u>	5
MCQ	5
Class Tests	5
Seminar + Assignment	5
TOTAL	50

SEMESTER V

ABNORMAL PSYCHOLOGY - II (CORE THEORY)

SUBJECT CODE: SY501

5 Hours Per Week

UNIT I: MOOD DISORDERS

Unipolar mood disorder: Biological - Psychosocial - Socio- cultural Causal factors, Bipolar disorders: Biological – Psychosocial - Socio- cultural Causal Factors – Treatment, Suicide: causes-prevention

UNIT II: SCHIZOPHRENIA AND OTHER PSYCHOTIC DISORDERS.

Schizophrenia: Meaning-Clinical features positive symptoms – negative symptoms–Causes treatment-Subtypes, Other Psychotic Disorders: Causal Factors- Treatment

UNIT III: PERSONALITY DISORDER

Cluster A disorders: Meaning - types- causes- treatment, Cluster B disorders: Meaning-types-causes-treatment, Cluster C disorders: Meaning-types-causes-treatment.

UNIT IV: SUBSTANCE RELATED DISORDERS

Psychoactive drugs: Meaning–types, Concepts: Substance Abuse-Tolerance- Dependence- Addiction - withdrawal symptoms. Addiction Disorders: Alcohol Abuse and Dependence –Drug Abuse and Drug Dependence- Causal factors-Treatment.

UNIT V: PREVENTION AND TREATMENT

Perspectives on Prevention - Primary, Secondary and Tertiary Prevention, Psychological approaches to treatment: Psychodynamic therapy- Behavior therapy- Cognitive and Cognitive Behavioral therapies- Humanistic and Existential therapies- Family and Marital Therapy-Eclecticism and Integration- Indigenous systems: Yoga and Meditation.

Text Books:

Butcher, J.N., Hooley, J.M., Mineka, S., & Dwivedi, C.B. (2017). *Abnormal psychology*

(16th ed.). New Delhi, India: Pearson Publication.

Barlow,D.(2017). *Abnormal psychology and case book in abnormal psychology*, (5thed.). Belmont, CA: Wads worth.

Comer,R.(2018).*Fundamentals of abnormal psychology*. NewYork , NY:Worth Publishers.

References:

Davison,G.C.,Neale,J.M.,&Kring,A.M.(2004).*Abnormal psychology*.(9thed.). Malden, MA: John Wiley & Sons Inc.

Alloy,L.B., Riskind,J.H.,& Manos, M.J. (2005). *Abnormal psychology*. New Delhi, India: Tata McGraw Hill publishing Co.

Cutting J. (1997)*Principles of Psychopathology*. New York, NY: Oxford University Press.

SOCIAL PSYCHOLOGY - I (CORE THEORY)

SUBJECT CODE: SY502

5 Hours Per Week

UNIT I: INTRODUCTION

Definition of Social Psychology –Nature of Social Psychology- Brief History- Principles of Social Psychology - Social Psychology and Human Values- Social Psychology and Common Sense-Research Methods.

UNIT II: THE SELF

Self-Presentation: Self-Other accuracy in predicting behavior- Self-Presentation tactics, Self-Knowledge: Introspection, the self from the observer's standpoint, Personal identity versus social identity: the importance of the social context and others' treatment

Social Comparison: Self-serving biases and unrealistic optimism, Self-esteem: the measurement of self-esteem - the impact of migration on self-esteem - gender differences and self-esteem, Self as a target of prejudice: concealing one's identity and its impact on well-being-overcoming the effects of stereotype threat.

UNIT III: SOCIAL BELIEFS AND JUDGEMENTS

Judging the social world: Perceiving the social world- Explaining the social world–Importance of social beliefs- Self-fulfilling prophecy, Cognitive social psychology, Behavior and Attitudes: Conditions When Attitudes Determine Behavior – Conditions When Behavior Determines Attitudes- Explaining Why Behavior Affect Attitudes, Self-presentation: Impression Management, Self-justification: Cognitive Dissonance-Self-perception: Comparing the theories.

UNIT IV: CONFORMITY, COMPLIANCE AND OBEDIENCE

Conformity: Definitions- Classic Studies on Conformity- Compliance & Obedience- Factors Predicting Conformity- Reasons for Conformity- Characteristics of people who conform- Resisting social pressures to conform, Compliance: Principles of compliance, Effectiveness of compliance strategies, Obedience: Causes & resisting the effects of destructive obedience.

UNIT V: HELPING BEHAVIOR

Altruism and pro-social behavior: Theoretical perspectives- By Stander Effect, Helping: Reasons for Helping– Conditions Governing Helping–Characteristics of People Who Help Increasing Helping Behavior.

Text Books:

Myers,D.G.&Twenge,J.M.(2017):*Social psychology*(12thed.).NewYork,NY: McGraw–Hill Education.

Branscombe,N.R.,Baron,R.A.&Kapur,P.(2017).*Social psychology*(14thed.).Chennai, India: Pearson India Education Services Pvt. Limited.

References:

Myers,D.G.(2002).*Social psychology*(7thed.). NewYork, NY: McGraw Hill Book Company.

Baron, A., & Byrne, D. (2002).*Social psychology* (10th ed.). New Delhi, India: Prentice-Hall of India.

Baron,A.,Branscombe,N.,Byrne,D.,& Bhardwaj,G.(2009).*Social psychology*(12thed.).New Delhi, India: Dorling Kindersley (India) Private Limited

INTRODUCTION TO RESEARCH METHODOLOGY - (CORE THEORY)

SUBJECT CODE: SY503

6 Hours Per Week

UNIT I: RESEARCH METHODOLOGY: AN INTRODUCTION

Definition- Need and Importance of psychological Research- Objectives of Research – Types of Research - The Research Process - Principles of a Good Research - Problems encountered by researchers in India.

UNIT II: RESEARCH PROBLEM, HYPOTHESIS AND REVIEW OF LITERATURE

Research Problem: Meaning and characteristics of a problem - ways in which a problem is manifested- Types of Problems, Hypothesis: Meaning and characteristics of a good hypothesis – Types - Sources and Functions of Hypotheses, Reviewing the Literature: Purpose of Review-Sources of Review.

UNIT III: SAMPLING

Meaning and Need for sampling - Fundamentals of sampling- Factors influencing decision to sample- Types of Sampling: Probability and Non-probability- Probability Sampling: Simple random, stratified random and area cluster sampling- Non probability sampling: Quota, Accidental, Judgmental or purposive, systematic and snowball sampling

UNIT IV: METHODS OF DATA COLLECTION

Primary data: Questionnaire and schedule – Interview - Observation as a tool of Data Collection, Difference between Participant observation and non-participant observation –Rating Scale, Secondary data: Sources.

UNIT V: WRITING A RESEARCH REPORT

Meaning- General purpose of writing a research report- of a research report, Styles of writing a research report-Types of research reports- Precautions in writing research report

Text Books:

McBurney,D.H.(2007).*Research methods*;NewDelhi,India:ThomsonWadsworth

Singh,A.K.(2012).*Tests, measurements and research methods in behavioral sciences*. (5thed.). Patna, India :B.B.Printers.

Zechmeister,J. S., Zechmeister, E. B., & Shaughnessy, J. J. (2001). *Essentials of research methods in psychology*. New Delhi, India: Tata McGraw-Hill Education Private Limited.

References:

Haslam,A.S.,& McGarty,C.(2003).*Research methods and statistics in psychology*. New Delhi, India: Sage Publications.

Ramadass,P.,& Aruni,W.A.(2009):*Research and writing across the disciplines*; Chennai, India: MJP Publishers.

EXPERIMENTAL PSYCHOLOGY- I (PRACTICALS)

SUBJECT CODE: PSY501

6 Hours Per Week

CONCEPT

Attention
Perception
Learning
Motivation & Emotion
Psychomotor abilities
Intelligence tests

EVALUATION

INTERNAL	MARKS	EXTERNAL	MARKS
Conduction	5	Conduction	10
Interpretation	10	Interpretation	25
Practical Notebook	25	Viva Voce	25
Total	40	Total	60

Actual Conduction of Practicals and reporting it in the practical note book in the prescribed format (internal assessment) carries 40 marks. The Term End Practical Examination including Viva Voce (External Assessment) carries 60 marks. Total marks for practical examination will be 100 marks (Internal 40 marks and External 60 marks).

Reference

Anastasi& Susana Urbina (2004) 7th Edition. Psychological Testing, Pearson Education Inc., New Delhi.

Aiken, L. R. (1997). Psychological testing and assessment. Allyn& Bacon.

Cohen, R. J., Swerdlik, M. E., & Phillips, S. M. (1996). Psychological testing and assessment: An introduction to tests and measurement. Mayfield Publishing Co.

Cronbach, L.J. Essentials of Psychological Testing.

Fernandez-Ballestros, R.1st edition (2003) Encyclopaedia of Psychological Assessment.Vol I and II.Sage Publications. New Delhi.

POSITIVE PSYCHOLOGY- (ELECTIVE I)

SUBJECT CODE: SY504A

6 Hours Per Week

UNIT I: INTRODUCTION

Positive psychology: Definition; goals and assumptions; Relationship with health psychology, developmental psychology, clinical Psychology

UNIT II: POSITIVE EMOTIONS, WELL-BEING AND HAPPINESS

Positive emotions: Broaden and build theory; Cultivating positive emotions; Happiness-hedonic and Eudaimonic; Well-being: negative vs. positive functions; Subjective well-being: Emotional, social and psychological well-being; Model of complete mental life

UNIT III: SELF CONTROL, REGULATION AND PERSONAL GOAL SETTING

The value of self-control; Personal goals and self-regulation; Personal goal and well-being; goals that create self-regulation; everyday explanations for self-control failure problems

UNIT IV: POSITIVE COGNITIVE STATES AND PROCESSES

Resilience: Developmental and clinical perspectives; Sources of resilience in children; Sources of resilience in adulthood and later life; Optimism- How optimism works; variation of optimism and pessimism; Spirituality: the search for meaning (Frankl); Spirituality and well-being; Forgiveness and gratitude.

UNIT V: APPLICATIONS OF POSITIVE PSYCHOLOGY

Positive schooling: Components; Positive coping strategies; Gainful employment

Mental health: Moving toward balanced conceptualization; Lack of a developmental perspectives.

Text Books:

1. Baumgardner, S.R. & Crothers, M.K. (2010). *Positive Psychology*. U.P: Dorling Kindersley Pvt Ltd.

References:

Snyder, C.R. & Lopez, S.J. (2002). *Hand book of positive psychology*. (eds.). New York: Oxford University Press.

Carr, A. (2004). *Positive psychology, The science of happiness and human strengths*. New York: Routledge.

Singh, A. (2013). *Behavioral science: Achieving behavioral excellence for success*. New Delhi: Wiley India Pvt Ltd.



FORENSIC PSYCHOLOGY- (ELECTIVE I)

**SUBJECT CODE:
SY504B**

6 Hours Per Week

UNIT I

Introduction The meaning of forensic- The origins of legal psychology

UNIT II

Eyewitness Memory An early model of memory- Acquisition- Retention retrieval- The strength and validity of the Evidence

UNIT III

The Psychology Of Confession Voluntary false confessions- Interrogational tactics, coerced false confessions- Coerced compliance and coerced internalization

UNIT IV

The Psychology of Investigation The cognitive interview- Detecting lies and deceit- Offender profiling – Profiling- historical and political figures, profiling criminals from the crime scene, profiling- common characteristics of known offenders

UNIT V

Criminological Psychology Violent offenders – Development of violent behavior- Psychological profile of violence, Role of Anger, Moral reasoning, Working with offenders – Using meta-analysis to inform Treatment programmes – offending behavior programmes

References

Goldstein, A.M.(2003). Handbook of Psychology (Vol 11), Forensic Psychology USA : John Wiley & Sons, Inc.

Bartol, C.R, & Bartol, A.M (2005) History of Forensic Psychology. In I.B. Weiner & A.K. Hess (Ed), The Handbook of Forensic Psychology (pp 1-27), Hoboken, NJ: Wiley.

DeMatteo, D., Marczyk, G., Krauss, D., & Burl, J. (2009). Educational and training models in forensic psychology. Training and Education in Professional Psychology, 3(3), 184-191. doi: 10.1037/a0014582

Franklin, K. (2014). Forensic psychology: Is it the career for me? Psychology Today. Retrieved from

<http://www.psychologytoday.com/blog/witness/201409/forensic-psychology-is-it-the-career-me>

Weiner, I. B., & Goldstein, A. M. (2003). Handbook of Psychology, Forensic Psychology. Hoboken, New Jersey: John Wiley and Sons.

BEHAVIOUR MODIFICATION- (ELECTIVE I)

**SUBJECT CODE:
SY504C**

6 Hours Per Week

UNIT I

Introduction to Behavior Modification: Human Behavior: Meaning - Behavior Modification: Meaning - Characteristics - Historical Roots - Areas of Application: Developmental Disabilities - Mental illness – Education- - Rehabilitation - Community - Business, Industry, and Human Services - Self Management- Child Management – Sports.

UNIT II

Basic Principles of Behavior Modification: Reinforcement: Factors Influencing the Effectiveness of Reinforcement- Schedules of Reinforcement – Extinction: Factors Influencing Extinction – Punishment: Factors Influencing the Effectiveness of Punishment - Stimulus Control: Discrimination and Generalization - Shaping - Modeling.

UNIT III

Measurement of Behavior and Behavior Change: Target Behavior: Definition - Observing and Recording Behavior- - The Logistic of Recording - The Observer- Principles and methods of Recording - Recording Instrument – Graphing Behavior and Measuring Change.

UNIT IV

Behavior Modification Techniques: Systematic Desensitization Process- Application- Basic Techniques: JPMR – REBT Aversive techniques - Flooding- Modeling- Shaping- Prompting - Fading- Chaining Token Economy- Time Out.

UNIT V

Cognitive Behavior Modification: Cognitive Behavior Modification: Cognitive Therapy- Cognitive Restructuring- Self Management methods. Risk Factor Modification - Lifestyle Management - Interventions for Chronic Illness.

References:

1. Miltenberger, R. G ., (2000). Behavior Modification (2nd ed). Library of Congress Cataloging-in-Publication Data.
2. Martin,G; Pear, J (2007). Behavior Modification: What it is and how to do it (8th ed). Upper Saddle River, NJ: Pearson Prentice Hall,
3. Wolpe.J., (1972). The Practice of Behavior Therapy. NJ: Pearson Prentice Hall. Introduction Behavior Modification.

STRESS MANAGEMENT- (NON-MAJOR ELECTIVE I)

**SUBJECT CODE:
NSY501**

2 Hours Per Week

UNIT I: STRESS- MEANING AND NATURE

Nature of stress: Definition, stress response, types of stress and stressors. General Adoption Syndrome, Stress in changing world. Holistic approach to stress management: premise and nature. The power of adoption. Assessments: life stress questionnaire, poor sleep habits questionnaire and locus of control questionnaire.

UNIT II: APPROACHES TO UNDERSTAND STRESS-I

The body and emotions components; The body-stress and chronic pain, anatomy and physiology, stress and immune system. Stress, disease connection and the dynamic of self-healing. The Emotions-healthy and unhealthy emotions – anger, fear, joy and happiness; Exercises: physical symptoms questionnaire, creative altruism, stress.

UNIT III: APPROACHES TO UNDERSTAND STRESS-II

The mind and spirit components: The Mind – ego, power of two minds, meaning in life and energy psychology. The Spirit-the neglect of human spirit and the dance of stress, spiritual potential and spiritual health. Exercises: stress-prone personality survey and stress and human spirituality.

UNIT IV: STRESS COPING

Reframing, comic relief, assertiveness, boundaries. Effective resource management of time and money. Expressive art therapy. Creative problem solving. Exercises: Reframing: seeing from a bigger, clearer perspective, making a fickle notebook and building and maintaining personal stability, the human butterfly and the creativity project.

UNIT V: RELAXATION TECHNIQUES

The wisdom of physical relaxation through sight, sound, smell, taste and the divine sense. The art of breathing-diaphragmatic breathing. The art of mediation – types and insightful meditation. Mental imagery, Massage therapy, Hatha yoga, Self-hypnosis and Autogenics and Nutrition. Exercises: Relaxation through five senses, breathing clouds meditation and rainbow meditation, self-massage, suryanamaaskar, self suggestion and the rainbow diet.

Text Books:

Seaward,B.L. (2016).Essentials of managing stress. Jones & Bartlett Publishers.

References:

Palmer,SandCooper,C.(2007).HowtodealwithStress.NewDelhi,KoganPageIndia.PvtLt

Epstein,R.(2006).The Big Book of Stress – Relief Games. New Delhi. Tata McGraw-Hill
Publishing Company.

SEMESTER VI

HEALTH PSYCHOLOGY (CORE THEORY)

**SUBJECT
CODE: SY601**

5 Hours Per Week

UNIT I: INTRODUCTION TO HEALTH PSYCHOLOGY- HEALTH BEHAVIOR

Health psychology: Definition and Need-The biopsychosocial model- Patient Practitioner relationship- Training for a career in health psychology, Introduction to health behavior- Factors influencing the practice of health behavior

UNIT II: MODELS OF HEALTH BEHAVIOR

Changing health habits using theoretical models: Health belief model, Theory of planned behavior, Cognitive behavioral approaches to change health behavior, Trans-theoretical model of behavior change, Avenues for health habit modification

UNIT III: CHRONIC ILLNESS AND PAIN

Illness Factors: Onset, Progression, Types of Symptoms, Quality of Life, Personal issues in chronic illness, coping with chronic illness, Co management of chronic illness, Psychosocial Interventions, Pain: definition, types of pain, Pain control techniques, Pain management

UNIT IV: STRESS AND COPING

Stress: definition, dimensions of stress – sources of chronic stress-Theoretical contributions: Lazarus’s Appraisal Model, Flight or fight response, General adaptation Syndrome-Tending and Befriending Model- Coping with stress- Sources of stress.

UNIT V: PROMOTING HEALTH BEHAVIOR

Smoking: Effects of smoking- reasons for smoking, Alcoholism: effects- reasons-Interventions for reducing smoking –changing problem drinking, Management of Overweight & obesity- effects of dieting & physical activity.

Text Books:

Boyer,B.,&Paharia,I.(2008).*Comprehensivehandbookofclinicalhealthpsychology*.Edison, NJ:JohnWiley&Sons.

Sarafino, E. (1994).*Health psychology*. Edison, NJ: John Wiley & Sons.

Taylor,S.(1995).*Healthpsychology*(6thed.).Toronto,Canada:McGraw-HillRyerson.

References:

Marks, D., Murray, M., Evans, B., Willig, C., Woodall, C., & Sykes, C.M. (2008).*Health psychology: Theory, research and practice* (2nd ed.). New Delhi, India: Sage Publications.

Branmon, L., & Frist, J. (2010).*Introduction to health psychology*; New Delhi, India: Cengage Learning India Pvt Ltd.

SOCIAL PSYCHOLOGY- II (CORE THEORY)

SUBJECT
CODE: SY602

5 Hours Per Week

UNIT I: PERSUASION

Theories of Persuasion: the central route - the peripheral route - different pathways for different purposes- Elements of Persuasion: communicator, content, channel, audience –Cults & persuasion-Resisting Persuasion: strengthening personal commitment, inoculation programs, implications of attitude inoculation.

UNIT II: GROUP INFLUENCE:

Definition of Group - Social Facilitation: mere presence of others, crowding, factor, Social Loafing: Introduction, social loafing in everyday life, Deindividuation: importance of working together, diminishing self-awareness, Group Polarization: The risky shift phenomenon, Group influence on opinions, Group Think: symptoms, critiquing, preventing group think, group problem solving, The influence of the minority: consistency, self-confidence, deflections from majority, leadership as minority influence.

UNIT III: PREJUDICE

Nature and Power of Prejudice – Social Sources of Prejudice – Motivational Sources of Prejudice – Cognitive Sources of Prejudice – Consequences of Prejudice -Discrimination-prejudice inaction-Techniques for countering the effects of prejudice.

UNIT IV: AGGRESSION

Aggression: Definition - Hurting Others – Theories of Aggression – Media violence – Sexual violence-Strategies to reduce Aggression.

UNIT V: LIKING, LOVE AND OTHER CLOSE RELATIONSHIPS

Internal sources of liking others: the role of needs and emotions, External sources of attraction: the effects of proximity, familiarity and physical beauty- Sources of liking based on social interaction-Close relationships-foundations of social self-Divorce& the detachment process.

Text Books:

Myers,D.G.,&Twenge,J.M.(2017).*Socialpsychology*(12thed.).NewYork,NY:McGraw–Hill Education.

Branscombe,N.R.,Baron,R.A.&Kapur,P.(2017).*Socialpsychology*(14thed.).Chennai,India:
PearsonIndia Education Services Private Limited.

References:

1. Myers,D.G.(2002).*SocialPsychology*(7thed.).NewYork,NY:McGrawHillBookCompany.
2. Baron,A.,&Byrne,D.(2002).*SocialPsychology*(10thed.).NewDelhi,India:Prentice-HallofIndia.
3. Baron,A.,Branscombe,N., Byrne,D.,& Bhardwaj,G.(2009).*Social Psychology* (12thed.).New Delhi, India: Dorling Kindersley (India) Private Ltd.

GUIDANCE AND COUNSELLING PSYCHOLOGY- (CORE THEORY)

**SUBJECT
CODE: SY603**

6 Hours Per Week

UNIT I: NATURE AND SCOPE OF GUIDANCE AND COUNSELLING

Counselling and Guidance: Meaning – Nature – Need and Functions of Guidance and Counselling-Emergence of Guidance and Counselling in India – Goals and Scope of Guidance and Counselling-Types of Counselling Services.

UNIT II: APPROACHES TO COUNSELLING AND THE COUNSELLINGPROCESS

Directive and non-directive approaches - Humanistic approach- Behavioristic approach - Existential Approach - Eclectic Approach, Counselling Process: Preparation for counselling, Stepsinthe counseling process.

UNIT III: PSYCHOLOGICAL TESTING AND DIAGNOSIS

Use of psychological tests in guidance and counseling - Types of psychological tests – Nature of a good psychological test - Test interpretation in counseling - Limitations of psychological tests –Diagnosis and its limitations.

UNIT IV: COUNSELLOR QUALITIES, SKILLS AND ETHICAL RESPONSIBILITIES

Qualities of an effective counselor, Counsellor skills: Building Trust-Listening–Attending - Observing –Building Rapport – Demonstrating Empathy, Ethics in counselling.

UNIT V: SPECIAL AREAS IN COUNSELLING

Family group consultation - Counseling Families Concerning Children - Counseling with Parents-Counseling the Delinquent – Marriage Counseling – Premarital Counseling – Counseling the Handicapped – Career Counseling – Adolescent Counseling-Role of Counselor in developing Good Mental Health.

Text Books:

Rao,N.(2013).*Counselling and Guidance*. Chennai, India: Tata Mc Graw Hill.

Gladding,S.T.(2017).*Counselling: A comprehensive profession*. Chennai, India: Pearson.

Gibson,R.L.,& Mitchell,M.H.(2007).*Introduction to counseling and guidance* (7thed.).Upper Saddle River,NJ: Prentice Hall.

References:

Nayak,A.K.(2007):*Guidanceandcounseling*.NewDelhi,India:APHPublishing.

Barki, B.G.,&Mukhopadhyay,B.(2008):*Guidance and counseling manual*. New Delhi, India: Sterling.

Kochhar,S.K.(1984).*Guidance and counseling in colleges and universities*. New Delhi, India: Sterling.

SPORTS PSYCHOLOGY- (ELECTIVE- II)

SUBJECT
CODE: SY604A

6 Hours Per Week

UNIT I: NATURE AND DEFINITION OF SPORT PSYCHOLOGY- A brief history and development of sport psychology– Research methods used in sports Psychology–Role of sports psychologists–Need and importance of sports psychology.

UNIT II: PHYSICAL ACTIVITY AND MENTAL HEALTH- Exercise and cognitive functioning –exercise and reduction in anxiety and depression and increases in positive mood. – Exercise and stress reactivity.

UNIT III: ATTITUDES TO SPORT- The nature of attitudes -Measuring attitudes - The formation of attitudes to sport-Attitudes to competition-Attitudes to sport and sporting behavior

UNIT IV: SKILL ACQUISITION AND EXPERTISE- Definitions - Classifying abilities and skills -Two linked issues: the existence of super ability- and the nature–nurture debate in sport –Stages of skill acquisition- The information – processing approach to skills

UNIT V: ALCOHOL AND DRUG USE AMONG ATHLETES: PREVALENCE, ETIOLOGY AND INTERVENTIONS - Prevalence of Alcohol among athletes– Recreational drugs – Ergogenic drugs–Pain killers drugs–Stimulants–Prevention and treatment

References

MattJarvis(2006).*Sports Psychology–A student’s Hand book*, Rutledge Publication.

D.F.Shaw,T.Gorely & R.M.Corban(2005).*Sports and Exercise Psychology*,BIOS Publisher.

Gershon Tenenbaum and Robert C. Eklund.(2007).*Handbook of Sports Psychology*, John Wiley & Sons,Inc.

ArnoldLeUnes(2011).*Introducing Sports Psychology–A practical Guide*, Icon book Publication.

Gangopadhyaya,S.R.(2008).*Sports Psychology*, Publications - NewDelhi.

Gurbakhsh S. Sandhu (2002). *Psychology in Sports - A Contemporary Approach*, Friends Publishers, NewDelhi.

HUMAN RESOURCE MANAGEMENT- (ELECTIVE- II)

**SUBJECT
CODE: SY604B**

6 Hours Per Week

UNIT I: INTRODUCTION TO HUMAN RESOURCE MANAGEMENT (HRM)

Nature and scope of HRM – Difference between Personnel Management and HRM Functions of HRM-Environment of HRM- Strategic HRM, High – performance work systems, Evidence-based human resource management, Managing ethics, HR qualifications

UNIT II: JOB ANALYSIS AND HUMAN RESOURCE PLANNING AND RECRUITING

The basics of job analysis, Job analysis in a worker empowered world, The recruitment and selection process, Planning and forecasting, The need for effective recruiting, Internal sources of candidates, Outside sources of candidates, Recruiting a more diverse work force

UNIT III: TRAINING AND DEVELOPING EMPLOYEES

Introduction to orienting and training employees, Analyzing training needs and designing the program, Implementing training programs, Implementing Management Development programs, Managing organizational change programs, Evaluating the training effort

UNIT IV: PERFORMANCE MANAGEMENT AND APPRAISAL

Basic concepts in performance management and appraisal, Techniques for appraising performance, dealing with performance appraisal problems, appraisal interview, performance management.

UNIT V: EMPLOYEE EMOTIVATION

Stress management in organization, Conflict management in organization, Providing incentives, empowerment of employees, attention to women related issues.

References

- Dessler,G.,&Varkkey,B.(2011).*Human Resource Management*. Dorling Kindersley (India) Pvt. Ltd: NewDelhi.
Aswathappa,K.(2012).*Human Resource Management– Text and Cases*. Tata McGraw Hill: NewDelhi

Cascio, W.F., & Nambudiri, R. (2010). *Managing Human Resources – Productivity, Quality of Work Life, Profits*. Tata McGraw Hill: New Delhi

Web resources

<https://www.coursera.org/learn/ai-for-everyone>

<https://www.coursera.org/learn/the-science-of-well-being>

<https://www.classcentral.com/course/introduction-to-engagement-and-motivation-at-work-13193>

<https://www.classcentral.com/course/managing-people-motivation-12718>

<https://www.udemy.com/courses/personal-development/>

ENVIRONMENTAL PSYCHOLOGY- (ELECTIVE- II)

SUBJECT

CODE: SY604C

6 Hours Per Week

UNIT I

Environmental Psychology Nature and Characteristics; Classification of Environment. Indian Perspective on Human environment Relationship, World view in Psychology and Environmental Psychology, Environment Behavior theories: Arousal, Environmental Load, adaptation level. Behavior constraints, Ecological and Environmental Stress Approach. Research Methods in Environmental Psychology: Experimental, Simulation, Methods of Data Collection: Self-report, Naturalistic Observation, Field Survey, Interview and Questionnaire, experimental, correlation and descriptive methods of data collection in environmental Research,

UNIT II

Ecology and Development: Human Nature and Environmental Problems; Prosocial and Pro-environmental Behaviors, Ecosystems and Their Components: Ecology, Demography, Mortality and Fertility. Resource Use: Common Property Resources, Sustainable Developments, Acculturation and Psychological adaptation. Environmental Stress: Nature and Characteristics. Types of Stress: Natural Disasters, Technological Catastrophe, Noise and Air-pollution, Nature and characteristics: Natural disasters, Technological catastrophe. Noise, Heat and Air pollution: Nature, characteristics and their influences on behavior with special reference to Indian conditions.

UNIT III

Environmental Perception, Cognition and Attitudes Nature and Characteristics of Environmental Perception: Social and Cultural Influences. Environmental Cognition and Cognitive Mapping. Acquisition of Environmental Attitudes, Perception of movement,

adaptation and change; Effect of Environment on Behavior: Personal Space and Territoriality: Nature Functions and Determinants of Personal Space, Consequences of Personal Space Invasion Territoriality Functions and Types; Personal Space: Nature, measurement, determinants, consequences of personal space invasion.

UNIT IV

Crowding Nature and Characteristics, Features and Effects of Crowding on Animals and Human Beings, Concept, physiological and behavioral consequences, theories of crowding, overload, arousal, density intensify, behavior constraints, control. Environmental Psychology and Saving the Environment: Environmental Education, Prompts and Reinforcement Techniques in Indian Context.

UNIT V

Environmental psychology and community Quality of life, social process and socialites, preventive intervention; social support and personal control: areas of intervention; Residential neighborhood and urban environments. Changing behavior to save the environment: environmental education, prompt, reinforcement, techniques, specific environmental problems: Littering energy conservation, transportation and vandalism.

References:

- Bell, P. A., Greene, T. C., Fisher, J. D. and Baum, A. (2001). Environmental Psychology (Vth Edition). USA: Wadsworth Group / Thomson learning, 10 Davis Drive Belmont CA.
- Goldsmith, E. (1991). The Way; The Ecological World – View. Bostone; Shambala
- Ittelson W. H., Proshansky, H. M., Rilvin, E. G., Winkel, G. H. and Dempsey, D. (1974). An Introduction to Environmental Psychology. New York: Holt Rinehart and Winston.
- Stokols, D. and Atmann, I. (Eds) (1987). Handbook of Environmental Psychology. New York: Wiley.
- Tewari, P. S. N. (2000). Paryavaraniya Manovigyan. New Delhi: Moti Lal Banarsi Das. Sahoo, F.M.
- Mishra P.K. & Pinta, R.S. (1985) Environment and Behavior: Ecology Perspective. New Delhi: Akshat Publications.
- Bell, P.A. Fisher, J.D. & Loomis, R.J. (1973) Environmental Psychology, Philadelphia W.B. Sannders.

EXPERIMENTAL PSYCHOLOGY II- (PRACTICALS)

**SUBJECT
CODE: PSY601**

6 Hours Per Week

Concepts:

Personality

Aptitude

Interest

Achievement tests

Stress and coping

Attitudes and behavior

Creativity

A minimum of 10 experiments should be conducted per semester

Atleast one experiment from each concept should be chosen

EVALUATION

INTERNAL	MARKS	EXTERNAL	MARKS
Conduction	5	Conduction	10
Interpretation	10	Interpretation	25
Practical Notebook	25	Viva Voce	25
Total	40	Total	60

Actual Conduction of Practicals and reporting it in the practical note book in the prescribed format (internal assessment) carries 40 marks. The Term End Practical Examination including Viva Voce (External Assessment) carries 60 marks. Total marks for practical examination will be 100 marks (Internal 40 marks and External 60 marks).

References

- A. Anastasi & Susana Urbina (2004) 7th Edition. Psychological Testing, Pearson Education Inc., New Delhi.
- Aiken, L. R. (1997). Psychological testing and assessment. Allyn & Bacon.
- Cohen, R. J., Swerdlik, M. E., & Phillips, S. M. (1996). Psychological testing and assessment: An introduction to tests and measurement. Mayfield Publishing Co.
- Cronbach, L.J. Essentials of Psychological Testing.
- Fernandez-Ballestros, R. 1st edition (2003) Encyclopaedia of Psychological Assessment. Vol I and II. Sage Publications. New Delhi.

PSYCHOLOGY OF INTERPERSONAL RELATIONSHIP (NON-MAJOR ELECTIVE - II)

SUBJECT
CODE: NSY601

2 Hours Per Week

UNIT I

The Self: Self-Presentation, Self-Knowledge, Self-Esteem, Personal versus Social Identity Attitudes – Attitude Formation, Attitudes Influence Behavior, Persuasion, Cognitive Dissonance.

UNIT II

Stereotyping, Prejudice and Discrimination Origins and its related concepts, Techniques for Countering.

UNIT III

Interpersonal Attraction, Close Relationships: Internal and External Determinants of Attraction, Factors Based on Interacting with others, Close Relationships, Romantic Relationships

UNIT IV

Social Influence: Conformity, Compliance, Obedience to Authority. Aggression: Types, Causes, Prevention and Control of Aggression.

UNIT V

Helping Behavior: Motives for Helping Behavior, Responding to an Emergency, Factors that increase or decrease the tendency to help and Long-Term Commitment to Pro social Acts.

Text Books:

Myers,D.G.,&Twenge,J.M.(2017).*Socialpsychology*(12thed.).NewYork,NY:McGraw–HillEducation.

Branscombe,N.R.,Baron,R.A.&Kapur,P.(2017).*Socialpsychology*(14thed.).Chennai,India: PearsonIndia Education Services Private Limited.

References:

Myers,D.G.(2002).*Social Psychology* (7thed.).NewYork,NY: McGraw Hill Book Company.

Baron,A.,& Byrne,D.(2002).*Social Psychology* (10thed.).New Delhi, India: Prentice-Hall of India.

Baron,A.,Branscombe,N.,Byrne,D.,& Bhardwaj,G.(2009).*Social Psychology*
(12thed.).New Delhi, India: Dorling Kindersley (India) Private Ltd.

RESEARCH PROJECT

SUBJECT
CODE: SY605J

5 Hours Per Week

Each student is assigned with a research supervisor. The students have to get the guidance and carryout the following steps and complete the research project within a semester.

Selection of Topic, Defining terms, Finalization of Objectives of Study.

Feasibility Study, Pilot Visit to the Field of Study

Detailed Research Proposal

Finalization of Research tool

Review of related Literature and Bibliography

Finalization of Methodology Chapter.

Analysis and Interpretation of Data using SPSS

Main findings and Suggestion

Summary and Conclusion

Submission of Bound Copy

The supervisor evaluates the work of the student out of 40 marks for above components also considering the quality, punctuality and regularity of consultation and correction.

The student submits the approved chapters as a bound volume. The Public Viva Voce is conducted by an external examiner and the marks are awarded out of 60.