

DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM & MARKING SCHEME

B.A. I, II, III, IV Semester
PSYCHOLOGY

(Based on Choice Based Credit System)

SESSION : 2025-26



ESTD : 1958

GOVT. V.Y.T. PG AUTONOMOUS COLLEGE,
DURG, 491001 (C.G.)

(Former Name – Govt. Arts & Science College, Durg)

NAAC Accredited Grade A⁺, College with CPE - Phase III (UGC), STAR COLLEGE (DBT)

Phone : 0788-2212030

Website - www.govtsciencecollegedurg.ac.in, Email – autonomousdurg2013@gmail.com

GOVT. V.Y.T. PG. AUTONOMOUS COLLEGE, DURG

BOARD OF STUDY

Syllabus and Marking Scheme
DEPARTMENT OF PSYCHOLOGY

FOUR YEAR UNDERGRADUATE PROGRAM (NEP-2020)
Program: Bachelor in Social Science
DISCIPLINE – PSYCHOLOGY

Session – 20225-26

FOUR YEAR UNDERGRADUATE PROGRAM (NEP-2020)

Program: Bachelor in Social Science

DISCIPLINE – PSYCHOLOGY

Session – 20225-26

Program Outcomes (PO)-B.A. Psychology

PO1: Have a fundamental knowledge of human behavior and deviancy.

PO2: Understanding the various perspectives to explain behavior.

PO3: Developing a perspective towards this own understanding of normal and abnormal behavior.

PO4: Capability of diagnostic assessment and psychological testing.

PO5: Have an idea of prognosis of various psychological disorder interventions and guiding the choice of therapy.

PO6: Become familiar with diverse professional opportunities available within mental health services.

PO7: Acquires a sense of persistence and continual effort, empathy and responsibility toward sufferers.

Program Specific Outcomes:

PSO1: To able to describe and explain human behavior through deep understanding of its theories and approaches.

PSO2: To relate one's behavior to its socio-cultural context.






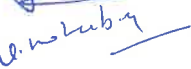
PSO3: To recognize major events in the historical development of Psychology.

PSO4: To operationalize the concepts of behavior in the lab and real-life situations:

PSO5: To develop and acquire skills of psychological assessment,

PSO6: To be able to progress on the path of higher studies, psychological services and research.

Name and Signatures of the Members :

HOD (Chairperson): Dr.Rachita Shrivastava 	Members of the Department:
Member, nominated by the Vice Chancellor:	MS. Pushplata Nirmalkar 
Dr. Ushakiran Agrawal 	Member of the other department :
Subject Expert : Dr. Basant Soneber 	Dr. Elizabeth Bhagat 
Subject Expert: Dr. Usha Mahobey 	Ex Student :

FOUR YEAR UNDERGRADUATE PROGRAM
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Social Sciences (Certificate/Diploma/Degree/Honors)		Semester-I	Session 2025-26
1	Course Code	PSSC- 01T	
2	Course Title	Introduction to Psychology	
3	Course Type	Discipline Specific Course (DSC)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	<p>After the completion of course, the students will have ability to:</p> <ul style="list-style-type: none"> ➤ Learning what psychology is all about. ➤ Appreciation of the scope and the field of psychology. ➤ Developing familiarity with basic concepts related to some foundational themes of study in psychology such as learning, memory, perception, thinking, emotion, motivation and human biological system including brain ➤ Developing familiarity with individual level phenomenon such as intelligence, and personality. 	
6	Credit Value	03 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100	Min Passing Marks:40
PART-B: Content of the Course			
Total No. of Learning-Training (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		No. of Period
I	<p>Introduction:</p> <p>1.1 Nature of Psychology: Definition, Fields of Psychology, Introduction to schools of modern psychology</p> <p>1.2 Psychology in India: History and current status</p> <p>1.3 Methods of psychology: Introspection, Observation, Experiment and Interview</p> <p>1.4 Biological basis of human behavior: Nervous System and Glands</p>		12
II	<p>Learning, Memory and Perception</p> <p>2.1 Learning: Classical conditioning, instrumental learning, Observational learning (socio-cognitive learning);</p> <p>2.2 Memory: Models of memory: Information processing model (Sensory register, STM, LTM and concept of working memory)</p> <p>2.3 Reconstructive nature of memory; Forgetting, Nature and interfering theory</p>		11
III	<p>Motivation & Emotion</p> <p>3.1 Approaches to understand Motivation; Maslow and Arousal theory</p> <p>3.2 Types of Motives (Biological and Social)</p> <p>3.3 Emotion ; Nature and type</p> <p>3.4 Emotional Intelligence and Gender</p>		11
IV	Individual differences: Personality and Intelligence		11

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	4.1 Nature of Personality and Intelligence	
	4.2 Personality: Theories Nature concept, Big Five Personality Traits	
	4.3 Intelligence: Theories (Spearman, Thurston)	
Keywords	<i>Nervous system ,Motivation, Emotion, Learning, Memory ,Perception, Emotional Intelligence, Personality ,Intelligence</i>	

Signature of Convener & Members



PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

1. Mangal, S.K. (2016), General Psychology first edition, Sterling
2. Shrivastav , D.N. (2012), General Psychology first edition, Agrawal Publications , Sanjay Nagar, Agra
3. Shrivastav , D.N. and Verma Preeti (2018-19), Adhunik Samanya Manovigyan, Agrawal Publications , Sanjay Nagar, Agra
4. Singh , A.K. (2015-16), Adhunik Samanya Manovigyan, Motilal Banarsidas, Jawahar Nagar , New Delhi
5. Singh , A.K. (2015-16), Samanya Manovigyan, Motilal Banarsidas, Jawahar Nagar , New Delhi
6. Ajimurahmaan (2015-16), Samanya Manovigyan, Motilal Banarsidas, Jawahar Nagar , New Delhi
7. Baron, R.& Misra. G.(2014) *Introduction to Psychology*. New Delhi: Pearson
8. Ciccarelli,S.K.& White,J.N.&Misra,G.(2018). *Psychology*.NewDelhi:Pearson Education.
9. Morgan, CT.,King, R., Weisz,J.& Schopler,J.(2017). *Introduction to Psychology*(7thEd). McGraw Hills.
10. Panel Gullybabacom, General Psychology, Gullybaba Publishing House Pvt. Ltd

Reference Books Recommended

1. Holt,N.,Bremner,A.,Sutherland,E.,Vliek,M.andPasser,M.,&Smith,R.(2015). Psychology: The Science of Mind and Behaviour. London: Tata McGraw-Hill
2. Banyard, P., Davies , M. N.O., Norman, C. & Winder, B. (Eds.) (2010).Essential psychology. New Delhi: SAGE Publications

Online Resources—

e-Resources/e-books and e-learning portals

- Swayam Central
<https://swayam.gov.in>
- youtube

Online Resources–

e-Resources/e-books and e-learning portals

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- <https://ndl.iitkgp.ac.in/homestudy/humanities>


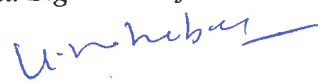
Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 100 Marks
Continuous Internal Assessment (CIA): 30 Marks
End Semester Exam (ESE): 70 Marks

Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
	Assignment / Seminar - 10	
	Total Marks - 30	
End Semester Exam (ESE):	Two section – A & B Section A: (I) Objective Type Questions 10x1=10 Marks (II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks Section B: Long Answer Type Questions One From Each Unit With Internal option 4x10=40 Marks Total Marks=70	

Name and Signature of Convener & Members

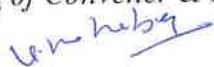


FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Social Sciences (Certificate/Diploma/Degree/Honors)		Semester– I	Session 2025-26
1	Course Code	PSSC-01P	
2	Course Title	Lab Course -1 (Experiment &Activity)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Concept clarification ➤ Applicability of skill development ➤ Develop analytical thinking	
6	Credit Value	01 Credit	Credit =30 Hours Laboratory or Field learning/Training
7	Total Marks	Max.Marks:50	Min Passing Marks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Experiment	Topics		No. of Period
1	Effect of set on Perception		30
2	Learning Curve/ Serial Position Curve		
3	Short Term Memory		
4	Retroactive Inhibition		
Activity	The rumor chain game is a very simple illustration of the reconstructive nature of long-term memory and the role of schemas (e.g. gender role expectations and prejudices) in this process. a story that is short enough to allow retelling several times in class, but detailed enough that students are unlikely to remember all aspects of it. Send a few participants out of the room. The student reads aloud a short story to the one participant in the room. She is required to repeat the story to the new participant who is brought about. This newcomer will repeat it to the next participant who is invited to the room and so on. This continues until the last student who hears the story repeats it to the class. The student observes how the story has under gone change and the reconstructive nature of memory.		
Keywords	Rumor Chain, Perception, Learning, Memory, Retroactive Inhibition		

Signature of Convener & Members











PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

1. Shrivastav, D.N. and Verma Preeti (2014-15), Adhunik Prayogatmak Manovigyan, Agrawal Publications, Sanjay Nagar, Agra
2. Woodworth, R.S. & Schlosberg, H. (1954). Experimental Psychology Oxford & IBH Publishing company Pvt. Ltd., New Delhi

Online Resources-

e-Resources/e-books and e-learning portals

- Swayam Central
<https://swayam.gov.in>
- youtube

Online Resources-

e-Resources/e-books and e-learning portals

- <https://egyankosh.ac.in/>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 50 Marks
Continuous Internal Assessment (CIA): 15 Marks
End Semester Exam (ESE): 35 Marks

End Semester Exam (ESE):		35 Marks
Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz-(2):	10 & 10
	Assignment/Seminar +Attendance -	05
	Total Marks-	15
		Better marks of the Test / Quiz & Attendance &File submission + obtained marks in Assignment shall be considered against 15 Marks
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment	
	A. Performed the Task based on lab. Work (Conduction of Experiment)-20	
	B. Spotting based on tools & technology (written) (Report writing)- 10	
	C. Viva-voce (based on principle/technology) - 05	
	Total Marks- 35	

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FOUR YEAR UNDERGRADUATE PROGRAM
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction


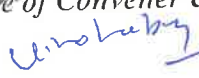

Program: Bachelor in Social Sciences (Certificate/Diploma/Degree/Honors)		Semester– II	Session:2025-26
1	Course Code	PSSC-02T	
2	Course Title	Psychology of Disorders	
3	Course Type	Discipline Specific Course (DSC)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Establish the criteria of Normality and Abnormality. ➤ Learns about the Models of Psychopathology. ➤ Get equipped with Assessment of Psychopathology. ➤ Acquire the general idea of Anxiety Disorders and Obesity. ➤ Know the facts about Mood Disorders, & Personality Disorders.	
6	Credit Value	03 Credit	(Credit=15Hours-learning&Observation)
7	Total Marks	Max.Marks:100	Min Passing Marks:40


PART-B: Content of the Course

Total No. of Teaching–learning Periods (01 Hr. per period) - 45 Periods (45 Hours)

Unit	Topics(Course contents)	No. of Period
I	Psychopathology 1.1 The concept and criterion of Normality and Abnormality 1.2 Models of Psychopathology; Psychodynamic, Behavioral and Cognitive	12
II	Assessment of Psychopathology 2.1 Diagnostic Test ; Intelligence Test 2.2 Personality Test; MMPI and EPI	11
III	Anxiety 3.1Anxiety Disorders ; 3.2 Panic Disorders; 3.3 Phobia-; 3.4 Obsessive-Compulsive Disorder (OCD) ; (NATURE,CAUSES ,SYMPTOMS AND TREATMENT)	11
IV	Mood and Personality Disorders 4.1 Depression, Manic Depressive Episode 4.2 Schizoid Personality Disorder and Paranoid Personality Disorder	11
Keywords	Normality, Abnormality, Diagnosis, Anxiety Disorder, Mood disorder and Personality disorder	

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PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

1. Mangal, S.K. (2020), Abnormal Psychology, Sterling Publishers Pvt. Ltd
2. Lamm, A.(1997) – Introduction to Psychopathology, Sage, N.Y.
3. Bennett, P.(2011), Abnormal and Clinical Psychology, An Introductory textbook, McGraw-Hill
4. G. Sarason Irwin & R. Sarason Barbara,(2017) Abnormal Psychology, Pearson Education
5. Singh, L. & Tiwari, G. (2020) – Asamanya Manovigyan, Agara Vinod Pustak, Bhandar.
6. Singh, A.K. (2016)–Aadhunik Asamanya Manovigyan. Motilal Banarsidas , Delhi

Reference Books Recommended

1. Buss, A.H. (1999) – Psychopathology N.Y .John Wilcy
2. Robert C Karson and James and Butcher (2001), Fundamental of Abnormal Psychology and Modern Life, Pearson

Online Resources–

e-Resources/e-books and e-learning portals

- Swayam Central
<https://swayam.gov.in>
- Youtube

Online Resources–

e-Resources/e-books and e-learning portals

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>





Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks:	100 Marks
Continuous Internal Assessment (CIA):	30 Marks
End Semester Exam (ESE):	70 Marks

Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2):	20 +20	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
	Assignment / Seminar -	10	
	Total Marks -	30	
End Semester Exam (ESE):	Two section – A & B Section A: (I) Objective Type Questions 10x1=10 Marks (II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks Section B: Long Answer Type Questions One From Each Unit With Internal option 4x10=40 Marks		

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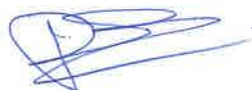



FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Social Sciences (Certificate/Diploma/Degree/Honors))		Semester– II	Session:2025-26
1	Course Code	PSSC-02P	
2	Course Title	Lab Course -2 (Psychological Testing)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will develop : ➤ Assessment Ability ➤ Understanding of Psychological Test	
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)
7	Total Marks	Max.Marks:50	MinPassingMarks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Test	Topics(Course contents)		No. of Period
1	Anxiety Test		30
2	Big Five Personality test		
3	Depression Test		
4	Intelligence Test		
Keywords	Assessment, Psychological Tests, Anxiety, Depression, Intelligence, Personality		

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PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

1. Lamm, A.(1997) – Introduction to Psychopathology, Sage, N.Y.
2. Buss, A.H. (1999) – Psychopathology N.Y. John Wiley
3. Robert C Karson and James and Butcher (2001), Fundamental of Abnormal Psychology and Modern Life, Pearson
4. Shrivastav , D.N. and Verma Preeti (2014-15), Adhunik Prayogatmak Manovigyan Agrawal Publications , Sanjay Nagar, Agra

Online Resources–

e-Resources/e-books and e-learning portals

Swayam Central

- <https://swayam.gov.in>
- <https://egyankosh.ac.in/handle/123456789/4448>

Online Resources–

e-Resources/e-books and e-learning portals

- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:





Maximum Marks: 50 Marks

Continuous Internal Assessment (CIA): 15 Marks

End Semester Exam (ESE): 35 Marks

Internal Assessment:	Internal Test/ Quiz-(2):	10 & 10	Better marks of the Test / Quiz & Attendance & File submission + obtained marks in Assignment shall be considered against 15 Marks
Continuous Internal Assessment (CIA)	Assignment/Seminar + Attendance -	05	
	Total Marks -	15	
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment		
	A. Performed the Task based on lab. Work (Conduction of Test)-		20
	B. Spotting based on tools & technology (written) (Report writing)-		10
	C. Viva-voce (based on principle/technology) -		05
	Total Marks-		35

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FOUR YEAR UNDERGRADUATE PROGRAM
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Social Sciences (Diploma/Degree/Honors)		Semester– III	Session:2025-26
1	Course Code	PSSC-03T	
2	Course Title	Foundation of Social Psychology	
3	Course Type	Discipline Specific Course (DSC)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	<p>After the completion of course, the students will have ability to:</p> <ul style="list-style-type: none"> ➤ Understanding the basic social psychological concepts and familiarize with relevant methods. ➤ Understanding the applications of social psychology to social issues like gender, environment, health, intergroup conflicts, etc. ➤ Developing skills pertaining to mapping of social reality and ➤ Understanding how people evaluate social situations. ➤ Familiarizing with the concepts of social affect and affective ➤ Processes including people's harming and helping behaviors. 	
6	Credit Value	03 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100	Min Passing Marks:40
PART-B: Content of the Course			
Total No. of Teaching–learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics(Course contents)		No. of Period
I	<p>Introduction</p> <p>1.1 Definition and nature of social psychology</p> <p>1.2 Methods of social psychology: Sociometry and Focus Group Discussion</p> <p>1.3 Applications of social psychology: Intergroup conflicts & Influence of social media</p>		12
II	<p>Social Cognition and Attitudes</p> <p>2.1 Perceiving self and others: Self-concept and self-esteem, Impression formation, Impression Management.</p> <p>2.2 Attitudes: Nature and measurement, attitude change</p>		11
III	<p>Affective Processes in Social Context:</p> <p>3.1 Social affects (concepts of guilt, shame, envy, gratitude, forgiveness & compassion)</p> <p>3.2 Pro-social behavior</p> <p>3.3 Aggression and social violence</p>		11
IV	<p>Group Processes and Collective Behavior:</p> <p>4.1 Group: Nature and group formation</p> <p>4.2 Group and performance: Social facilitation, Social loafing and social conformity</p> <p>4.3 Leadership: Qualities of Leaders and types of Leadership: Democratic, Autocratic and Laissez-Faire.</p>		11

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Keywords *Social psychology, Sociometry, Focus group discussion, Pro social behavior, Aggression
Social violence, Group process, Collective behavior*

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PART-C**Learning Resources: Text Books, Reference Books and Others****Text Books Recommended**

1. Baron, R. A., Byrne, D., & Bhardwaj, G. (2010). Social psychology (12th Ed.). New Delhi, India: Pearson.
2. Branscombe, N.R. & Baron, R. A., (2017) Social Psychology (14th Ed.) New Delhi, India: Pearson.
3. Singh, A.K. (2021) Samaj Manovigyan ki Ruprekha (12th Ed.) Motilal Banarsidas INT. Delhi.
4. Suleman, Md. (2014) Ucchattar Samaj Manovigyan Motilal Banarsidas INT. Delhi.
5. Tripathi, L.B. (2016) Ahunik Samaj Manovigyan (4th Ed.) Pawan Printers, Agra

Reference Books Recommended

1. Hogg, M. A., & Vaughan, G. M. (2005). Social psychology. Harlow: Pearson Prentice Hall.
2. Husain, A. (2012). Social psychology. New Delhi, India: Pearson.
3. Myers, D. G. (2008). Social psychology. New Delhi, India: Tata McGraw-Hill.
4. Taylor, S. E., Peplau, L. A., & Sears, D. O. (2006). Social psychology (12th Ed.). New Delhi, India: Pearson

Online Resources-**e-Resources/e-books and e-learning portals**

- Swayam Central
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- youtube

Online Resources-**e-Resources/e-books and e-learning portals**

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- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation**Suggested Continuous Evaluation Methods:**

Maximum Marks:	100 Marks
Continuous Internal Assessment (CIA):	30 Marks
End Semester Exam (ESE):	70 Marks

Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20 Assignment / Seminar - 10 Total Marks - 30	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
End Semester Exam (ESE):	Two section – A & B Section A: (I) Objective Type Questions 10x1=10 Marks (II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks Section B: Long Answer Type Questions One From Each Unit With Internal option 4x10=40 Marks Total Marks=70	

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FOUR YEAR UNDERGRADUATE PROGRAM
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
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1	Course Code	PSSC-03P	
2	Course Title	Lab Course -3 (Experiment and Activity)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes (CLO)	After the completion of course, the students will have ability of: ➤ Concept clarification ➤ Applicability skill development ➤ Development of analytical thinking	
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)
7	Total Marks	Max.Marks:50	Min Passing Marks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Experiment	Topics(Course contents)		No. of Period
1	Effect of Order of Information on Person-Perception		30
2	Social Facilitation		
3	Effect of Leadership on Performance		
4	Effect of Group on Decision Making		
Activity	(ANY ONE) 1. To study Bystander Effect: Using actor and confederates to see how children standing outside the canteen/ garden of college respond to the actor fainting. Behavioral response as well as the time taken by children in responding to the “fainting” actor is recorded and analyzed. 2. Analysis of News in National daily’s (Newspapers in Hindi, English and other languages), identifying news of unethical/immoral incidents, making a list of incidents for a month, then classifying it according to types of incidents and also analyzing underlying values and bases of moral behavior, and the kind of social problem associated with it.		
Keywords	Bystander Effect, News Analysis, Person-Perception, Social Facilitation, Leadership, Decision Making		

Signature of Convener & Members

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PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

1. Shrivastav, D.N. and Verma Preeti Adhunik Prayogatmak Manovigyan (2014-15) Agrawal Publications, Sanjay Nagar, Agra
2. Woodworth, R.S. & Schlosberg, H Experimental Psychology (1954) Oxford & IBH Publishing company Pvt. Ltd., New Delhi

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Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

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Continuous Internal	Assignment/Seminar +Attendance - 05	Attendance &File submission +
Assessment (CIA)	Total Marks- 15	obtained marks in Assignment shall
		be considered against 15 Marks
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment	
	A. Performed the Task based on lab. Work (Conduction of Experiment)-20	
	B. Spotting based on tools & technology (written) (Report writing)– 10	
	C. Viva-voce (based on principle/technology) - 05	
	Total Marks- 35	

Name and Signature of Convener & Members



FOUR YEAR UNDERGRADUATE PROGRAM
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Social Sciences (Diploma/Degree/Honors)		Semester– III	Session:2025-26
1	Course Code	PSSE-01T	
2	Course Title	Applied Cognitive Psychology	
3	Course Type	Discipline Elective Course (DSE)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Developing an appreciation of how Cognitive Psychology principles can be applied to real life settings and to understand the nature and scope of Applied Cognitive Psychology. ➤ Knowing how to apply principles of cognitive psychology to issues related to face identification. ➤ Understanding the applications of research based on perception and memory to real life settings ➤ Developing an understanding of cognitive psychology applications in the area of technology.	
6	Credit Value	03 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100	MinPassingMarks:40
PART-B: Content of the Course			
Total No. of Teaching–learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics(Course contents)		No. of Period
I	Introduction 1.1 Applied Cognitive Psychology: Nature, Scope, and History. 1.2 Emergence of modern cognitive psychology 1.3 Methods of studying applied cognitive psychology (experiment and case study)		12
II	Perception and Attention: 2.1 Perception : Top- Down, Bottom- Up Process, and Size constancy 2.2 Attention: Nature, Types and Determinants		11
III	Thinking and Problem Solving 3.1 Thinking – Nature, Type, 3.2 Tools – Sign, Symbol and Language 3.3 Problem Solving – Nature and Steps		11
IV	Psychology and Technology: 4.1 Human-Computer Interaction, 4.2 Psychological applications of Virtual Reality, 4.3 Psychology of Artificial Intelligence.		11
Keywords	Applied Cognitive Psychology, Attention, Perception, Thinking, Problem-Solving, Human-Computer Interaction, Virtual Reality		

Signature of Convener & Members:






PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

1. Singh, A.K. (2017)–*Sangyanatmak Manovigyan*. Motilal Banarsidas , Delhi
2. Gully Baba (2020), *Applied Cognitive Psychology* MPC 003 Learning And Memory, Gully Baba Publication Pvt Ltd
3. Galotti, M.K.(2024), *Cognitive Psychology: In And Out Of The Laboratory*, Sage Text
4. Connolly,I.,Palmer,M.,Barton,H.&Kirwan,G.(eds.),(2016). *Introduction to Cyber Psychology*. London: Routledge.
5. M. (Eds). (2011). *IAAP Handbook of Applied Psychology*. UK: Wiley Blackwell.

Reference Books Recommended

1. Groome,D.&Eysenck,M.W.(2016). *An Introduction to Applied Cognitive Psychology*. London; Routledge, Taylor & Francis.
2. Martin, P.R., Cheung, F.M., Knowles, M.C., Kyrios, M., Littlefield, L., Overmier, J. B., Prieto, J.

Online Resources–

e-Resources/e-books and e-learning portals

- Swayam Central
<https://swayam.gov.in>
- youtube

Online Resources–

e-Resources/e-books and e-learning portals

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks:	100 Marks
Continuous Internal Assessment (CIA):	30 Marks
End Semester Exam (ESE):	70 Marks

Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2):	20 +20	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
	Assignment / Seminar -	10	
	Total Marks -	30	
End Semester Exam (ESE):	Two section – A & B		
	Section A: (I) Objective Type Questions 10x1=10 Marks		
	(II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks		
	Section B: Long Answer Type Questions One From Each Unit With Internal option		
		4x10=40	Marks
		Total Marks=70	

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FOUR YEAR UNDERGRADUATE PROGRAM
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Social Sciences (Diploma/Degree/Honors)		Semester- III	Session:2025-26
1	Course Code	PSSE-01P	
2	Course Title	Lab Course -1 (Experiment and Activity)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	<i>As per program</i>	
5	Course Learning Outcomes(CLO)	<i>After the completion of course, the students will have ability to:</i> ➤ <i>Learn the experimental concept of attention</i> ➤ <i>Learn the experimental concept of perception and problem solving</i> ➤ <i>Understanding the use of AI in learning</i>	
6	Credit Value	01 Credit	<i>(Credit= 30Hrs for Practices /Field work)</i>
7	Total Marks	Max.Marks:50	MinPassingMarks:20
PART-B: Content of the Course			
Total No. of learning-Training/performance Periods: 30 Periods (30 Hours)			
Experiment	Topics(Course contents)		No. of Period
1	Division Of Attention		30
2	Size Constancy		
3	Problem Solving Check List		
4	Concept Formation		
Activity-	Uses of AI in Teaching Learning Process		
Keywords	Attention, Size Constancy Problem Solving, Concept Formation, Artificial Intelligence		

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PART-C**Learning Resources: Text Books, Reference Books and Others****Text Books Recommended**

1. Shrivastav, D.N. and Verma Preeti Adhunik Prayogatmak Manovigyan (2014-15) Agrawal Publications, Sanjay Nagar, Agra
2. Woodworth, R.S. & Schlosberg, H Experimental Psychology (1954) Oxford & IBH Publishing company Pvt. Ltd., New Delhi

Online Resources-**e-Resources/e-books and e-learning portals**

- Swayam Central
<https://swayam.gov.in>
- youtube

Online Resources-**e-Resources/e-books and e-learning portals**

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation**Suggested Continuous Evaluation Methods:**

Maximum Marks:	50 Marks
Continuous Internal Assessment (CIA):	15 Marks
End Semester Exam (ESE):	35 Marks

End Semester Exam (ESE):			
Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz-(2):	10 & 10	Better marks of the Test / Quiz & Attendance & File submission + obtained marks in Assignment shall be considered against 15 Marks
	Assignment/Seminar + Attendance -	05	
	Total Marks-	15	
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment		
	A. Performed the Task based on lab. Work (Conduction of Experiment)-20		
	B. Spotting based on tools & technology (written) (Report writing)-		10
	C. Viva-voce (based on principle/technology) -		05
	Total Marks-		35

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FOUR YEAR UNDERGRADUATE PROGRAM
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Social Sciences (Diploma/Degree/Honors)		Semester– IV	Session:2025-26
1	Course Code	PSSC-04T	
2	Course Title	Psychological Assessment	
3	Course Type	Discipline Specific Course (DSC)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	<p><i>After the completion of course, the students will have ability to:</i></p> <ul style="list-style-type: none"> ➤ <i>Developing an understanding of the basic principles of psychological assessment.</i> ➤ <i>Developing knowledge about the steps in test construction and test standardization.</i> ➤ <i>Understanding the impact of cultural contexts on assessment</i> ➤ <i>Developing knowledge of the ethical and legal issues involved in the assessment process.</i> ➤ <i>Evaluating the appropriateness and quality of psychological tests and their psychometric strengths and weaknesses.</i> ➤ <i>Developing knowledge about the application of tests in a variety of settings.</i> 	
6	Credit Value	03 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100	Min Passing Marks:40
PART-B: Content of the Course			
Total No. of Teaching–learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics(Course contents)		No. of Period
I	Introduction to Psychological Assessment 1.1. Psychological assessment: Principles of assessment, Nature and Purpose 1.2. Similarity and Difference between Test and Assessment. 1.3. Types of Assessment: Observation, Interview, Questionnaire. 1.3 Ethical and Professional Issues and Challenges.		12
II	Psychological Testing 2.1 Definition of a Test and Types of Test 2.2 Characteristics of a Good Test 2.3 Applications of Psychological Tests in various contexts (Educational, Counseling and Guidance, Clinical, Organizational etc.)		11

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III	Test and Scale Construction 3.1 Test Construction and Standardization: Item Analysis. 3.2 Reliability, Validity, and Norms (characteristics of z-scores, T-scores, Percentiles, Stens and Stanines) 3.3 Scale Construction: Likert, Thurstone, Guttman & Semantic Differential Scale	11
IV	Tests of Cognitive Ability and Personality 4.1 Tests of Cognitive Ability: General Mental Ability Tests (The Wechsler Scales of Intelligence and Stanford-Binet Intelligence Scales) 4.2 Projective Test (Ink-Blot Test and Draw-A-Man-Test)	11
Keywords	<i>Psychological assessment Psychological testing, Test ,Scale, Intelligence test, Projective test , Standardization , Reliability, Validity, Norms</i>	

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PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

1. Aiken, L. R., & Groth - Marnet, G. (2009). Psychological testing and assessment (12th Ed.). New Delhi: Pearson Education.
2. Anastasi, A., & Urbina, S. (2003). Psychological testing (7th Ed.). New Delhi, India: Prentice Hall of India Pvt. Ltd.
3. Barve, B. N., & Narake, H. J. (2008). Manomapan. Nagpur, India: Vidya Prakashana.
4. Cohen, R.J., Swerdlik, M. E. & Kumthekar, M.M. (2014) Psychological Testing and Assessment (7th Ed.). McGraw Hill Education (India) Private Limited, New Delhi.
5. Asthana, V. (2022) Shiksha me Mapan Avam Mulyankan, Agrawal Publications, Sanjay Nagar, Agra.
6. Bhargava, M. (2018) Manovaigyanik Mapan, Mulyankan avam Sankhiyiki, H.P. Bhargava Book House
7. Shrivastav, D.N. and Verma Preeti (2014-15), Adhunik Prayogatmak Manovigyan, Agrawal Publications, Sanjay Nagar, Agra.
8. Srivastav, D.N. (2016), Manovaigyanik Nirdharan Agrawal Publications Sanjay Nagar, Agra.
9. Singh, A.K. (2019) Tests, Measurements And Research In Behavioural Sciences, Bharti Bhawan

Reference Books Recommended

1. Desai, B., & Abhyankar, S. (2007). Manasashatriya mapan. Pune, India: Narendra Prakashana.
2. Gregory, R. J. (2014). Psychological testing: History, principals and applications. (6th Ed.). Boston: Pearson Education.

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3. Husain, A. (2012). Psychological Testing. New Delhi, India: Pearson Education.
4. Kaplan, R. M., & Saccuzzo, D. P. (2012). Psychological testing: Principles, applications and issues (8th Ed.). New Delhi, India: Cengage.

Online Resources–

e-Resources/e-books and e-learning portals

- Swayam Central
<https://swayam.gov.in>
- youtube

Online Resources–

e-Resources/e-books and e-learning portals

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 100 Marks
 Continuous Internal Assessment (CIA): 30 Marks
 End Semester Exam (ESE): 70 Marks

Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
	Assignment / Seminar - 10	
	Total Marks - 30	
End Semester Exam (ESE):	Two section – A & B	
	Section A: (I) Objective Type Questions 10x1=10 Marks (II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks Section B: Long Answer Type Questions One From Each Unit With Internal option 4x10=40 Marks Total Marks=70	

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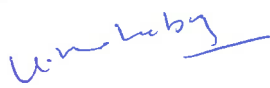




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FOUR YEAR UNDERGRADUATE PROGRAM
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

COURSE CURRICULUM			
PART-A: Introduction			
Program: Bachelor in Social Sciences (Diploma/Degree/Honors)		Semester– IV	Session:2025-26
1	Course Code	PSSC-04P	
2	Course Title	Lab Course -4 (Psychological Testing)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Understanding the testing procedure of interest test, personality test and aptitude test. ➤ Learning the administration of projective test.	
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)
7	Total Marks	Max.Marks:50	MinPassingMarks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Test	Topics(Course contents)	No. of Period	
1	Vocational Interest	30	
2	Sentence completion Test		
3	Personality Test		
4	Aptitude Test		
Activity-	Make a comparative chart of personality traits of renowned personality		
Keywords	Vocational Interest, Personality, Aptitude, Personality Traits		

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PART-C**Learning Resources: Text Books, Reference Books and Others****Text Books Recommended**

1. Shrivastav , D.N. and Verma Preeti Adhunik Prayogatmak Manovigyan (2014-15) Agrawal Publications , Sanjay Nagar, Agra

Online Resources-

- e-Resources/e-books and e-learning portals

Swayam Central

<https://swayam.gov.in>

youtube

Online Resources-

- e-Resources/e-books and e-learning portals
- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation**Suggested Continuous Evaluation Methods:**

Maximum Marks: 50 Marks

Continuous Internal Assessment (CIA): 15 Marks

End Semester Exam (ESE): 35 Marks

Internal Assessment:

Continuous Internal Assessment (CIA)

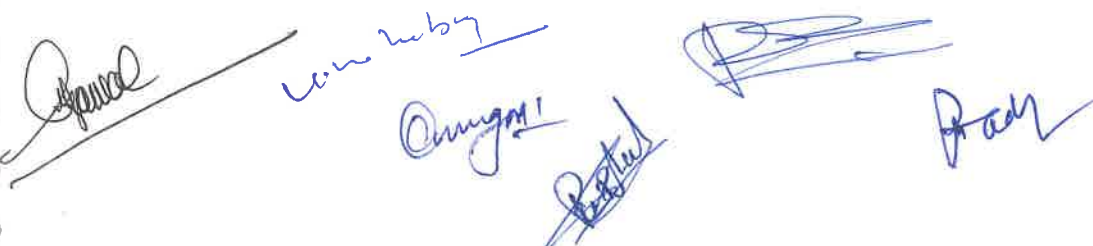
Internal Test / Quiz-(2): 10 & 10
Assignment/Seminar+ Attendance- 05
Total Marks- 15

Better marks of the Test / Quiz & Attendance & File submission + obtained marks in Assignment shall be considered against 15 Marks

End Semester Exam (ESE):

Laboratory / Field Skill Performance: On spot Assessment
A. Performed the Task based on lab. Work (Conduction of Test)- 20
B. Spotting based on tools & technology (written) (Report writing)- 10
C. Viva-voce (based on principle/technology) - 05
Total Marks- 35

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FOUR YEAR UNDERGRADUATE PROGRAM
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Social Sciences (Diploma/Degree/Honors)		Semester– IV	Session:2025-26
1	Course Code	PSSE-02T	
2	Course Title	Positive Psychology	
3	Course Type	Discipline Elective Course (DSE)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Understanding the conceptual approaches to happiness and wellbeing. ➤ Able to locate the diversity in the experiences of happiness with individual's life span and across different domains. ➤ Learning the various pathways through which positive emotions and positive traits contribute to happiness and well-being. ➤ Being able to identify the key virtues and character strengths which facilitate happiness and well-being.	
6	Credit Value	03Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100	Min Passing Marks:40
PART-B: Content of the Course			
Total No. of Teaching–learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics(Course contents)		No. of Period
I	Introduction 1.1 Positive Psychology: Meaning, Definition, Assumptions and Goals. 1.2 Relationship with other fields (Health, Education and Social) 1.3 Meaning and Measures of Happiness and Well-being : Hedonic and Eudemonic traditions.		12
II	Happiness and Well-Being 2.1 Concept of Happiness and Wellbeing 2.2 Facets of Life; Gender, Love, Marriage, Close Relationship 2.3 Happiness Across the Lifespan		11
III	Emotions, Personality Traits and Well-Being 3.1 Positive Emotions(Hope, Optimism, Gratitude)and Well-Being 3.2 Cultivating Positive Emotions 3.3 Positive Traits: Personality, Emotions, and Biological bases of Emotions		11
IV	Virtues, Character Strengths, and Well-Being 4.1 Classification of Human Virtues(Seligman's Approach) 4.2 Wisdom as a Foundational Strength and Virtue; Character Strengths and Health. 4.3 Religion and Virtues: Buddhism, Confucianism, Islam, and Hinduism.		11
Keywords	Positive psychology, Happiness, Wellbeing, Optimism, Gratitude, Virtues, Character strength, Religion.		

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PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

1. Seligman, M. E.P.(2002). *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. New York: Free Press/Simon and Schuster.
2. Baumgardner, S.R., Crothers, M.K.(2009). *Positive psychology*. New Delhi, India: Pearson.
3. Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK: Routledge.
4. David, S.A., Boniwell, I., & Ayers, A.C.(2013). *The Oxford handbook of happiness*. Oxford: Oxford University Press.
5. Husain, A., & Saeeduzzafar. (2011). *Islamic virtues and human development*. New Delhi, India: Global Vision Publishing House.
6. Joseph, S.(Ed.)(2015). *Positive psychology in practice: Promoting human flourishing in work, health, education, and everyday life*. Hoboken, NJ: John Wiley & Sons.
7. Kumar, U., Archana, & Prakash, V.(2015). *Positive psychology-Applications in work, health and well-being*. Delhi & Chennai, India: Pearson.

Reference Books Recommended

1. Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford University Press.
2. Snyder, C. R., & Lopez, S.J.(2002). *Handbook of positive psychology*. New York: Oxford University.
3. Snyder, C. R., & Lopez, S.J.(2007). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. Thousand Oaks, CA: Sage.

Online Resources-

e-Resources/e-books and e-learning portals

- Swayam Central
<https://swayam.gov.in>
- youtube

Online Resources-

e-Resources/e-books and e-learning portals

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks:	100 Marks
Continuous Internal Assessment (CIA):	30 Marks
End Semester Exam (ESE):	70 Marks

Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
	Assignment / Seminar - 10	
	Total Marks - 30	
End Semester Exam (ESE):	Two section – A & B	
	Section A: (I) Objective Type Questions 10x1=10 Marks (II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks Section B: Long Answer Type Questions One From Each Unit With Internal option 4x10=40 Marks Total Marks=70	

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FOUR YEAR UNDERGRADUATE PROGRAM
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Social Sciences (Diploma/Degree/Honors)		Semester- IV	Session:2025-26
1	Course Code	PSSE-02P	
2	Course Title	Lab Course -2 (Psychological Testing)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	<i>After the completion of course, the students will have ability of:</i> ➤ Concept clarification of happiness, optimism. ➤ Concept clarification of wellbeing and mental health.	
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)
7	Total Marks	Max.Marks:50	MinPassingMarks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Test	Topics(Course contents)		No. of Period
1	Happiness Scale		30
2	Optimism Scale		
3	Wellbeing Scale		
4	Mental Health		
ACTIVITY-	Positive Psychology through Movies: Selecting any relevant movie/movies and designing tasks based on that, like: Making a chart of positive and negative emotions displayed, Emotion-behavior link, Analysis of character strengths and virtues.		
Keywords	Positive Psychology, Happiness, Optimism, Wellbeing, Mental Health		

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PART-C

Learning Resources: Text Books, Reference Books and Others

Reference Books Recommended

1. Kumar,U.,Archana, & Prakash,V.(2015).*Positive psychology–Applications in work, health and well-being*. Delhi & Chennai, India: Pearson.
2. Authentic happiness by Martin Seligman (2002) *Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. New York: Free Press/Simon and Schuster
3. David, S.A. Boniwell, I., &Ayers, A.C.(2013).*The Oxford handbook of happiness*. Oxford: Oxford University Press.
4. Positive Psychology for improving Mental Health and Wellbeing by Geetika Patnayak

Online Resources–

e-Resources/e-books and e-learning portals

- Swayam Central
<https://swayam.gov.in>
- youtube

Online Resources–

e-Resources/e-books and e-learning portal

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- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

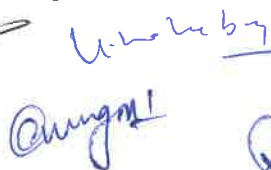
Maximum Marks:	50 Marks
Continuous Internal Assessment (CIA):	15 Marks
End Semester Exam (ESE):	35 Marks

Internal Assessment:	Internal Test / Quiz-(2):	10 & 10	Better marks of the Test / Quiz & Attendance &File submission + obtained marks in Assignment shall be considered against 15 Marks
Continuous Internal Assessment (CIA)	Assignment/Seminar +Attendance-	05	
	Total Marks-	15	

End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment	
	A. Performed the Task based on lab. Work (Conduction of Test)-	20
	B. Spotting based on tools & technology (written) (Report writing)-	10
	C. Viva-voce (based on principle/technology) -	05
	Total Marks-	35

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FOUR YEAR UNDERGRADUATE PROGRAM
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction		
Program: Bachelor in.... (Certificate / Diploma / Degree)		Semester- I/III Session:2025-26
1	Course Code	PSVAC- 01
2	Course Title	Stress Management
3	Course Type	VAC
4	Pre-requisite(if, any)	As per program
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Learn the concept and causes of stress. ➤ Understand the various techniques of stress management.
6	Credit Value	02 Credit Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:50 MinPassingMarks:20
PART-B: Content of the Course		
Total No. of Teaching-learning Periods (01 Hr. per period) - 30 Periods (30 Hours)		
Unit	Topics (Course contents)	No. of Period
I	Stress: 1.1 Stress: Concept, Symptoms and 1.2 Sources of Stress (Physical, Emotional, Family& Relationship, Financial, Psychological, Work & Workplace Stress and Daily Hassles)	08
II	Stress and Health: 2.1 Stress and Health: Factors that influence Stress 2.2 Reaction to Stress 2.3 Effects of Stress on Health	07
III	Managing Stress: 1.1 Managing Stress: Yoga and Meditations 1.2 Relaxation Training and Biofeedback.	08
IV	Stress and Coping: 4.1 Effective Coping (Meditation , Yoga, Breathing Exercise, Sleep Routine and Nutritional Diet) 4.2 Ineffective Coping (Addiction , Self- Harm and Negative Self- Talks)	07
Keywords Stress, Symptoms, Sources, Yoga, Meditation Relaxation, Addiction, Negative Self- Talk		


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PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

- 1) An Introduction to Stress Benjamin B. Lahey.
- 2) Psychology and work today Duane Schultz. Sydney Ellen Schultz.
- 3.) Carr A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
4. DiMatteo, M.R. and Martin, L.R. (2002). Health Psychology. New Delhi: Pearson.

Online Resources-

- e-Resources/e-books and e-learning portals
- <https://www.investopedia.com/terms/s/swot.asp>
- <https://www.medicalnewstoday.com/articles/eustress-vs-distress#influential-factors>
- <https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=1kr76qw2h+vltP6ZdaFVbg>

Online Resources-

e-Resources/e-books and e-learning portals

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<https://swayam.gov.in>
- youtube

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks:	50 Marks
Continuous Internal Assessment (CIA):	15 Marks
End Semester Exam (ESE):	35 Marks

Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz-(2): 10 & 10 Assignment/Seminar +Attendance - 05 Total Marks - 15	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 15 Marks
End Semester Exam (ESE):	Two section – A & B Section A: Q1. Objective -- 5 x1= 05 Mark; Q2. Short answer type- 5x2 =10Marks Section B: Descriptive answer type qts., 1out of 2 from each unit- 4x05 =20 Marks Total Marks = 35	

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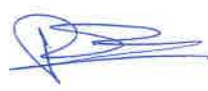





FOUR YEAR UNDERGRADUATE PROGRAM
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Social Sciences (Certificate / Diploma / Degree)		Semester-II/IV	Session:2025-26
1	Course Code	PSSEC- 01	
2	Course Title	Statistical Package for Science & Social Science (EXCEL, SPSS)	
3	Course Type	SEC	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes (CLO)	<i>After the completion of course, the students will have ability of:</i> ➤ Basic understanding of statistics ➤ Skills on statistical calculation and analysis through soft wares	
6	Credit Value	02 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max. Marks: 50	Min Passing Marks: 20
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 30 Periods (30 Hours)			
Module / Unit	Topics (Course contents)		No. of Period
I	1,1 Nature and characteristics of a computer 1.2 Types of computer		08
II	2.1 What is Google form 2.2 How to create Google form, 2.3 Characteristics and functions of Google form.		07
III	3.1 Functions of Excel, and SPSS., 3.2 Data Entry in Excel & SPSS, 3.3 Central Tendencies & Variability		08
IV	4. 1 What is Diagrammatic Representation of data. 4.2 Diagrammatic Representation of Data through Excel and SPSS 4.3 Power Point Presentation of Data		07
Keywords	Computer , Statistics, Google form ,Excel, SPSS Central tendency, Diagrammatic representation		

Signature of Convener & Members

PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended –

1. Prasad, L.& Mishra, P.(2022) Data Analysis Using SPSS: Text and Cases, for Researchers, Teachers and Students, Nirali Prakashan
2. Field, A.(2019) Discovering Statistics using IBM SPSS Statistics, SAGE Publications India Pvt Ltd
3. Davis, C. (2013) SPSS step by step: Essentials for social and political science, Bristol University Press,
4. Ghosh, M. (2023) Business Statistics Using Excel, SPSS, and R., Cengage Learning India Pvt. Ltd.

Online Resources–

e-Resources / e-books and e-learning portals

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Online Resources–

e-Resources / e-books and e-learning portals

- Swayam Central
<https://swayam.gov.in>
- youtube

Part - D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 50 Marks

Continuous Internal Assessment (CIA): 15 Marks

End Semester Exam (ESE): 35 Marks

Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz-(2): 10 & 10 Assignment/Seminar +Attendance - 05 Total Marks - 15	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 15Marks
End Semester Exam (ESE):	Two section – A & B Section A: Google Form Creation - 10 Marks Section B: Data Entry in Excel &PPT Presentation - 10 Marks Viva - 15 Marks Total Marks- 35 Marks	

Name and Signature of Convener & Members

