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

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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

POI: 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:

Member, nominated by the Vice Chancellor:

Dr. Ushakiran Agrawal

Subject Expert: Dr. Basant Soneber

Subject Expert: Dr. Usha Mahobey

Members of the Department:

MS. Pushplata Nirmalkar

Member of the other department :

Dr. Elizabeth Bhagat

Student :

Ex Student:

TOUR TEAK UNDERGRADUATE EKOGRAMI

DEPARTMENT OF PSYCHOLOGY COURSE CURRICULUM

| | | COURSE CO | JRRICULUM | | |
|-------|--|--|---|-----------------------|------------------|
| PART | S-A: Intr | oduction | | | |
| Prog | gram: Bachelor in tificate/Diploma/L | Social Sciences Degree/Honors) | Semester-I | Session 2025- | 26 |
| 1 | Course Code | PSSC- 01T | | | |
| 2 | Course Title | Introduction to Psy | chology | | |
| 3 | Course Type | Discipline Specific Co | 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: > 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 | | | |
| 6 | Credit Value | intelligence, and personality. 03 Credit Credit = 15 Hours - learning & Observation | | | |
| 7 | Total Marks | Max.Marks:100 | | Min Passing Marks: | 40 |
| PART- | | f the Course | | 180 | |
| AIXI- | Total No. o | of Learning-Training (| 1 Hr. per period) - | 45 Periods (45 Hours) | |
| Unit | | Topics (Course contents) | | | No. of Period |
| I | Introducti 1.2 Psycholog 1.3 Methods Interview | Psychology: Definition, on to schools of modern gy in India: History and of psychology: Introspectal basis of human behavi | n psychology current status ction, Observation, E | experiment and | 12 |
| П | | | | | 11 |
| III | Motivation & | Emotion | | | 11 |
| | | aches to understand Mot | | Arousal theory | |
| | | of Motives (Biological an | nd Social) | | |
| | 3.3 Emotio | on; Nature and type | | | |
| | | onal Intelligence and Ge | | | 11 |
| IV | Individual diff | ferences: Personality and | d Intelligence | | 11 |

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

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PART-C

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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. New Delhi: 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. and Passer, M., & Smith, R. (2015). Psychology: 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

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

| Part-D: Assessment and Evalua Suggested Continuous Evaluat Maximum Marks: Continuous Internal Assessmen End Semester Exam (ESE): | on Methods: 100 Marks nt (CIA): 30 Marks 70 Marks | 12 |
|--|--|--|
| Continuous Internal Assessment (CIA): (By Course Teacher) | Assignment / Seminar - 10 | Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks |
| End Semester Exam (ESE | Section A: (I) Objective Type Q((II) Short Answer Type Q | Questions (One From Each Only) $4x5=20 \text{ Marks}$ |
| | Section B: Long Answer Type Qu Internal option | uestions One From Each Unit With 4x10=40 Marks Total Marks=70 |

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| PA | ART-A: | In | troduction | on | | | | |
| I- | Program: Bachelor in Social Sciences (Certificate/Diploma/Degree/Honor | | | | Semester-I | Session 2025- | -26 | |
| 1 | Course Cod | le | PSS | PSSC-01P | | | | |
| 2 | Course Titl | le | Lab | Course | -1 (Experiment &Activit | у) | | |
| 3 | Course Type | | Labo | 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 | | | | 0: | | |
| 6 | Credit Val | ue | 01 Credit | Credit =30 Hours Laboratory of Field tearning Francis | | | iining | |
| 7 | Total Mar | ks | Max.Mar | ks:50 | | Min Passing Marks: | 20 | |
| PA | RT-R | Content | of the Cour | se | | | | |
| - | Tot | al No. of l | earning-Tra | ining/Pe | erformance Periods: 3 | 0 Periods (30 Hours) | | |
| Exp | periment | | Topics | | | | No. of Period | |
| | 1 | Efi | fect of set on | Percepti | on | | 20 | |
| | 2 | Le | arning Curve/ Serial Position Curve | | | 30 | | |
| | 3 | | ort Term Memory | | | | 1 | |
| | 4 | Re | troactive Inf | nibition | | | | |
| | Activity | long-tern prejudice in class, Send a fo one parti who is t invited t | n memory as) in this probut detailed ew participal cipant in the brought about the room peats it to t | and the ocess. as enough out out out out. This rand so che class. | role of schemas (e.g tory that is short enough that students are unliked of the room. The studer the is required to repeat the commer will repeat on This continues untiles. | n of the reconstructive so gender role expectates to allow retelling severally to remember all aspect the story to the new point to the next participation in the last student who is how the story has under the story has the story ha | eral times ects of it. ory to the participant of the hears the | |
| K | ovwords | | | | | oactive Inhibition | | |
| Keywords Rumor Chain, Perception, Learning, Memory, Retroactive Inhibition | | | | | | | | |

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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

Internal Assessment:

Continuous Internal

Assessment (CIA)

10 & 10 Internal Test / Quiz-(2):

Assignment/Seminar +Attendance - 05 Total Marks-

Attendance & File submission + obtained marks in Assignment shall be considered against 15 Marks

Better marks of the Test / Quiz &

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)-

05 C. Viva-voce (based on principle/technology) -35

Total Marks-

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| | | | | CURRICULUM | 1-4-4 | |
|----|------------------------|--|---|--|-------------------------------|--------------|
| Pr | RT-A: | Bachelor in Sc | roduction ocial Sciences | Semester-II | Session:2025-26 | |
| (0 | Certifica | ate/Diploma/ | Degree/Honors) | | | |
| 1 | Course | Code | PSSC-02T | | | - |
| 2 | Course | Title | Psychology of | | | |
| 3 | Course | e Type | | ific Course (DSC) | | |
| 4 | Pre-requisite(if, any) | | As per program | 1 | ents will have ability to | • |
| 5 | Course Outco | e Learning. mes(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 | Credi | t Value | 03 Credit (Crea | lit=15Hours-learning& | | |
| 7 | Total | Marks | Max.Marks:100 | | Min Passing Marks | :40 |
| | RT-B: | Content Total No. o | | | period) - 45 Periods (4 | 110. 01 |
| Un | it | | Topics(Course co | ontents) | | Period 12 |
| | I | Psychopathological The cond | ant and criterion of I | Normality and Abnorm Psychodynamic, Behav | ality vioral and Cognitive | |
| | Assessm 2.1 Di | | Psychopathology ic Test ; Intelligence | Test | | 11 |
| Ш | | 2.2 Personality Test; MMPI and EPI Anxiety 3.1 Anxiety Disorders; 3.2 Panic Disorders; 3.3 Phobia-; 3.4 Obsessive-Compulsive Disorder (OCD); (NATURE,CAUSES,SYMPTOMS AND TREATMENT) | | | 11 | |
| | IV | Mood and Po | ersonality Disorders sion, Manic Depressiv | ve Episode | | 11 |
| | | 4.2 Schizoi | d Personality Disord | er and Paranoid Persor | ality Disorder | an ality |
| K | eywords | Normality, A | bnormality, Diagnos | is, Anxiety Disorder, I | Mood disorder and Per | |
| | | utsortier | | | | |

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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 E Suggested Continuous Eva | | | | |
|---|--|---|--|--|
| Maximum Marks: Continuous Internal Asses End Semester Exam (ESE | ssment (CIA): 30 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 options 4x10=40 Marks | | | |

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|-----|--------------------------------|---------------------------------|--|--|--------------------------|--|--|
| PA | ART-A | A: In | troduction | | | | |
| | 0 | n: Bachelor in State/Diploma/De | | Semester-II | Session:2025-26 | | |
| 1 | Cours | se Code | PSSC-02P | | | | |
| 2 | Course Title | | Lab Course -2 (Psychological Testing) | | | | |
| 3 | Course Type | | Laboratory Course | | | | |
| 4 | Pre-r | equisite(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 | Cred | it Value | 01 Credit | redit (Credit= 30Hrs for Practices/Field work) | | | |
| 7 | Total | Marks | Max.Marks:50 MinPassingMar | | MinPassingMarks:20 | | |
| PAI | RT-B: | Content | of the Course | | | | |
| | | Total No. of lear | ning-Training/Per | rformance Periods: 30 Pe | | | |
| 7 | Test Topics(Cou | | rse contents) | | No. of Period | | |
| | 1 Anxiety | | Test | | | | |
| | | | Personality test | | | | |
| | 3 | Depressi | on Test | | | | |
| | 4 | Intellige | nce Test | | | | |
| Kon | words | Assessment, Ps | vchological Tests | s, Anxiety, Depression, 1 | ntelligence, Personality | | |

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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 Wilcy
- 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 Eva Suggested Continuous Eval | | | | |
|--|--|--|--|--|
| Maximum Marks: Continuous Internal Assess End Semester Exam (ESE): | ment (CIA): 15 Marks 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 shared 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 Te B. Spotting based on tools & technology (written) (Report wri C. Viva-voce (based on principle/technology) - Total Marks- | | | | |

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DEPARTMENT OF PSYCHOLOGY

COURSE CURRICULUM

| PA | ART-A | In | troduction | n + | | |
|----|--------------------------------|--|---|---|----------------------------|-------------------|
| | | : Bachelor in S a/Degree/Ho | | Semester– III | Session:2025-26 | |
| | Course | e Code | PSSC-03 | 3T | | |
| | Course | e Title | Foundat | Foundation of Social Psychology | | |
| | Course | е Туре | Disciplin | e Specific Course (DSC) | | |
| F | Pre-re | quisite(if, any) | As per p | rogram | | |
| 5 | Course Learning. Outcomes(CLO) | | > Under famil > Under issue > Develo > Under > Famil | After the completion of course, the students will have ability to: > Understanding the basic social psychological concepts familiarize with relevant methods. > Understanding the applications of social psychology to s issues like gender, environment, health, intergroup conflicts > 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 | | social s, etc. |
| 6 | Credi | t Value | 03 Credit | Credit = 15 Hours - learning | ng & Observation | |
| _ | Total Marks | | Max.Marks | s·100 | Min Passing Marks:40 | |
| 7 | | | of the Course | | | |
| A | RT-B: | tol No. of Teac | hing_learning | g Periods (01 Hr. per period | d) - 45 Periods (45 Hours) | |
| Jn | | | oics(Course co | | | No. of |
| | | · | nics(Course co | ontents) | | Perio 12 |
| | 1 | 1.2 Met Disc 1.3 App | hods of social cussion | ture of social psychology psychology: Sociometry and ocial psychology: Intergroup cial media | | |
| II | | 2.1 Perc | gnition and Attitudes erceiving self and others: Self-concept and self-esteem, mpression formation, Impression Management. | | 11 | |
| | | 2.2 Attitudes: Nature and measurement, attitude change | | | | |
| | III Affecti 3.15 | | Processes in Social Context: fal affects (concepts of guilt, shame, envy, gratitude, forgiveness & compassion) -social behavior gression and social violence | | 11 | |
| | IV | Group Proces 4.1 Gr 4.2 Gr a 4.3 Le | ses and Collectoup: Nature a roup and perfound social confeatership: Qua | ctive Behavior: nd group formation ormance: Social facilitation, S | | 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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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

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: 100 Marks Maximum Marks: Continuous Internal Assessment (CIA): 30 Marks 70 Marks End Semester Exam (ESE): Better marks out of the two Test / Quiz + Internal Test / Quiz-(2): 20 +20 Continuous Internal Assessment (CIA): obtained marks in Assignment shall be Assignment / Seminar -10 (By Course Teacher) considered against 30 Marks 30 Total Marks -End Semester Exam Two section - A & B 10x1=10 Marks (ESE): Section A: (1) Objective Type Questions (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

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4x10=40 Marks Total Marks=70

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|---|------------------------|---|--|--|---|---|--|--|
| PA | RT-A: | Intr | oduction | 1=1 | | | | |
| | 0 | : Bachelor in S a/Degree/Ho | | Semester-III | Session:2025- | 26 | | |
| 1 | Cours | se Code | PSSC-0 | PSSC-03P | | | | |
| 2 | Course Title | | Lab Cor | Lab Course -3 (Experiment and Activity) | | | | |
| 3 | Course Type | | Laborato | Laboratory Course | | | | |
| 4 | Pre-requisite(if, any) | | As per pr | As per program | | | | |
| 5 | Course Learning | | 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 fo | or Practices/Field work) | | | |
| 7 | Total | Marks | Max.Marks: | 50 | Min Passing Marks:2 | 0 | | |
| PAR | T-B: | Content | of the Course | | | | | |
| | Tota | al No. of learni | ng-Training/Pe | rformance Periods: 30 Per | riods (30 Hours) | | | |
| Exp | eriment | Topic | cs(Course conte | ents) | | No. of Period | | |
| | 1 | Effect o | f Order of Infor | mation on Person-Perceptio | n | | | |
| | 2 | Social F | acilitation | | | 30 | | |
| | 3 | Effect o | f Leadership on | Performance | | | | |
| | 4 | Effect o | f Group on Deci | ision Making | | | | |
| Act | tivity | standing Behavio "faintin 2. Analysi languag incident analyzir | g outside the coral response as g" actor is records of News in Nes, identifying as for a month, and underlying v | ffect: Using actor and contanteen/ garden of colleges well as the time taken by ded and analyzed. National daily's (Newspapers news of unethical/immonthen classifying it according to the classifying the classification that the classification the classification that the classification the classi | respond to the actor y children in responding ers in Hindi, English and ral incidents, making a g to types of incidents | fainting. g to the and other a list of and also | | |
| problem associated with it. Keywords Bystander Effect, News Analysis, Person-Perception, Social Facilitation, Leade Decision Making | | | | cial Facilitation, Leade | rship, | | | |

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| PART-C | | | | | | | |
|---|--|--|--|--|--|--|--|
| Learning Resources: Text Books, Reference Books and Others | | | | | | | |
| Publications , Sanjay Na | Verma Preeti Adhunik Prayogatmak Manovigyan (2014-15) Agrawal gar, Agra nlosberg, H Experimental Psychology (1954) Oxford & IBH Publishing | | | | | | |
| company Pvt. Ltd., New | | | | | | | |
| Online Resources— e-Resources/e-books and e-l > Swayam Central https://swayam.gov.in > youtube | earning portals | | | | | | |
| Online Resources- | | | | | | | |
| e-Resources/e-books and e | e-learning portals | | | | | | |
| | h.ac.in/handle/123456789/4448 | | | | | | |
| 79 189 1991 1991 1991 1991 1991 1991 199 | 10 10 10 10 10 10 10 10 10 10 10 10 10 1 | | | | | | |
| https://epgp.infli | The state of the s | | | | | | |
| 7-11-01-72-11-73-11 | .ac.in/homestudy/humanities | | | | | | |
| Part-D: Assessment and Eval | | | | | | | |
| Suggested Continuous Evalu Maximum Marks: Continuous Internal Assessm End Semester Exam (ESE): | 50 Marks | | | | | | |
| | Internal Test / Quiz-(2): 10 & 10 Assignment/Seminar + Attendance - 05 Total Marks- 10 & 10 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 | | | | | | |

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C. Viva-voce (based on principle/technology) -

Total Marks-

05

35

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| gram: Back ploma/De Course Code Course Type Pre-requisite Course Lead Outcomes(C | gree/Ho | PSSE-01T Applied Co Discipline El As per progre After the complet Developing of can be applit scope of App Knowing hor related to fact Understanding memory to relate area of the area of the control of the area of the control of the area of the control of the c | tion of course, the stude, an appreciation of how ed to real life settings a plied Cognitive Psychology to apply principles of the applications of | nts will have ability to: Cognitive Psychology principle, nd to understand the nature and gy. of cognitive psychology to issue research based on perception an ognitive psychology application |
|---|------------------------|--|--|--|
| Course Title Course Type Pre-requisite Course Lea Outcomes(C | e(if, any) rning. ELO) | Applied Con Discipline El As per progra After the complete Developing a can be applied scope of Apple Knowing had related to factorism memory to related a constant of the area of the constant of the con | ective Course (DSE) am ion of course, the stude, an appreciation of how ed to real life settings a blied Cognitive Psycholo w to apply principles of the applications of r eal life settings an understanding of co of technology. redit = 15 Hours - learns | Cognitive Psychology principles and to understand the nature and gy. of cognitive psychology to issue research based on perception and ognitive psychology application ing & Observation |
| Course Type Pre-requisite Course Lea Outcomes(C | e(if, any) rning. ELO) | Discipline El As per progre After the complet Developing of can be applied scope of Applied Knowing how related to factor with the area of the are | ective Course (DSE) am ion of course, the stude, an appreciation of how ed to real life settings a blied Cognitive Psycholo w to apply principles of the applications of r eal life settings an understanding of co of technology. redit = 15 Hours - learns | Cognitive Psychology principles and to understand the nature and gy. of cognitive psychology to issue research based on perception and ognitive psychology application ing & Observation |
| Pre-requisite Course Lea Outcomes(C | e(if, any) rning. ELO) | As per progre After the complete Developing of can be applited scope of Applited to face Knowing how related to face Understanding memory to related to point in the area of the control | am ion of course, the stude, an appreciation of how ed to real life settings a plied Cognitive Psychology to apply principles of eidentification. ing the applications of real life settings an understanding of coftechnology. redit = 15 Hours - learning | Cognitive Psychology principles and to understand the nature and gy. of cognitive psychology to issue research based on perception and ognitive psychology application ing & Observation |
| Course Lead Outcomes(C | e e | After the complete Developing of can be applited scope of Applited to factoring to related to factoring to related to remove to related to factoring in the area of the control of the co | tion of course, the stude, an appreciation of how ed to real life settings a plied Cognitive Psychology to apply principles of the applications of | Cognitive Psychology principles and to understand the nature and gy. of cognitive psychology to issue research based on perception and ognitive psychology application ing & Observation |
| Outcomes(C | e e | > Developing of can be applied scope of Applied Scope of Apple of | an appreciation of how ed to real life settings a blied Cognitive Psychology to apply principles of the applications of the ap | Cognitive Psychology principles and to understand the nature and gy. of cognitive psychology to issue research based on perception and ognitive psychology application ing & Observation |
| | | | | |
| Total Mark | S | Max.Marks:10 | 00 | MinPassinoMarks:40 |
| | | | Max.Marks: 100 MinPassingMarks: | |
| -В: | Content | of the Course | | |
| Total No. o | Teachi | ng–learning Perio | ods (01 Hr. per period) | - 45 Periods (45 Hours) |
| t | | cs(Course conten | | No. Per |
| I Int | 1.1 1.2 1.3 | Applied Cognitive Emergence of mod Methods of studyi | dern cognitive psycholog ng applied cognitive psy | cope, and History. |
| Perception and Attention: 2.1 Perception: Top- Down, Bottom- Up Process, and Size constancy | | | | |
| Thinking and Problem Solving 3.1 Thinking – Nature, Type, 3.2 Tools – Sign, Symbol and Language | | | | |
| 3.3 Problem Solving – Nature and Steps V Psychology and Technology: 4.1 Human-Computer Interaction, 4.2 Psychological applications of Virtual Reality, | | | | |
| I | I Per Th | I.1 1.2 1.3 I Perception 2.1 P | 1.1 Applied Cognitive 1.2 Emergence of mod 1.3 Methods of studyi (experiment and ca Perception and Attention: 2.1 Perception: Top-Deconstancy 2.2 Attention: Nature, Thinking and Problem Solvin 3.1 Thinking – Nature, 3.2 Tools – Sign, Sym 3.3 Problem Solving – Psychology and Technology 4.1 Human-Computer I 4.2 Psychological appl 4.3 Psychology of Articals Applied Cognitive Psychology, Attention, | 1.1 Applied Cognitive Psychology: Nature, Sci 1.2 Emergence of modern cognitive psycholog 1.3 Methods of studying applied cognitive psychology (experiment and case study) Perception and Attention: 2.1 Perception: Top- Down, Bottom- Up Proce constancy 2.2 Attention: Nature, Types and Determinants Thinking and Problem Solving 3.1 Thinking – Nature, Type, 3.2 Tools – Sign, Symbol and Language 3.3 Problem Solving – Nature and Steps Psychology and Technology: 4.1 Human-Computer Interaction, |

Signature of Convener & Members:

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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 | | |
|--|---|---|
| Suggested Continuous E | | |
| Maximum Marks: Continuous Internal Ass End Semester Exam (ES | essment (CIA): 100 Marks 30 Marks E): 70 Marks | |
| Continuous Internal Assessment (CIA): (By Course Teacher) | Internal Test / Quiz-(2): 20 +20 Assignment / Seminar - 10 | Better marks out of the two Test / Quiz + obtained marks in Assignment shall be |
| | Total Marks - 30 | considered against 30 Marks |
| | Section A: (I) Objective Type Ques (II) Short Answer Type Que | tions 10x1=10 Marks stions (One From Each Unit) 4x5=20 Marks tions One From Each Unit With Internal option 4x10=40 Marks Total Marks=70 |

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|---------------|--|-------------------------------|--------------------|------------------------------|---------------------------|------------------|--|
| PAR | T-A: | Intro | duction | | | | |
| | 0 | Bachelor in So /Degree/Hon | | Semester-III | Session:2025-26 | | |
| 1 | Cour | Course Code PSSE-01P | | | | | |
| 2 | Cour | se Title | Lab C | Course -1 (Experiment and Ac | ctivity) | | |
| 3 | Cour | se Type | Labora | itory Course | | | |
| 4 | Pre-r | equisite(if, any) | As per progre | าท | | | |
| 5 | Course Learning. Outcomes(CLO) After the completion of course, the students will have ability to: > Learn the experimental concept of attention > Learn the experimental concept of perception and problem solving > Understanding the use of AI in learning | | | ving | | | |
| 6 | Cred | it Value | 01 Credit | | | | |
| 7 | Tota | l Marks | Max.Mark | s:50 | MinPassingMarks:20 |) | |
| PART | | | the Course | | | | |
| | Tot | al No. of learni | ng-Training/p | oerformance Periods: 30 P | eriods (30 Hours) | | |
| Exper | riment | | | Topics(Course contents | | No. of Period | |
| | 1 | Division Of | Attention | | | 30 | |
| 2 Size Consta | | Size Constar | ncy | 5 | | | |
| 3 Proble | | Problem Sol | Solving Check List | | | | |
| | 4 | Concept For | Formation | | | | |
| Activ | ity- | Uses of AI in | Teaching Lea | rning Process | | | |
| Keyw | ords | Attention, Siz | e Constancy l | Problem Solving, Concept | Formation, Artificial Int | elligence | |

Signature of Convener & Members

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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

Internal Assessment:

Continuous Internal

Assessment (CIA)

Internal Test / Quiz-(2):

Total Marks-

10 & 10 Better marks of the Test / Quiz & Assignment/Seminar +Attendance - 05 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 10

B. Spotting based on tools & technology (written) (Report writing)-

C. Viva-voce (based on principle/technology) -

35 Total Marks-

05

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| | | Cour | rse Curriculum | | | |
|------|---|--|--|-----------------------------------|------------------|--|
| PAR | T-A: | Introducti | ion | | | |
| | ogram: Bachelor in So iploma/Degree/Hon | | Semester-IV | Session:2025- | 26 | |
| 1 | Course Code | PSSC-04T | | | | |
| 2 | Course Title | Psychologi | Psychological Assessment | | | |
| 3 | Course Type | Discipline S | Specific Course (DSC) | | | |
| 4 | Pre-requisite(if, any | | | | | |
| 5 | Course Learning. Outcomes(CLO) | > Develop assessm > Develop standar > Underse > Develop assessm > Evaluat and the > Develop settings | standardization. Understanding the impact of cultural contexts on assessme Developing knowledge of the ethical and legal issues involutional assessment process. Evaluating the appropriateness and quality of psychological and their psychometric strengths and weaknesses. Developing knowledge about the application of tests in a | | | |
| 6 | Credit Value | 03 Credit | Credit = 15 Hours - learnin | g & Observation | | |
| 7 | Total Marks | Max.Marks: | :100 | Min Passing Marks: | 40 | |
| PAR | T-B: Content of | of the Course | | | | |
| | Total No. of To | eaching-learnin | g Periods (01 Hr. per perio | od) - 45 Periods (45 Hou | ırs) | |
| Unit | | irse contents) | | | No. of Period | |
| | | | nent: Principles of assess | ment. | 12 | |
| I | Psychological 2.1 Defini 2.2 Charac 2.3 Appli | Testing tion of a Test and eteristics of a Go- cations of Psycho- | d Types of Test | ntexts (Educational, nal 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 | Psychological assessment Psychological testing, Test ,Scale, Intelligence test, Proje Standardization, Reliability, Validity, Norms | ctive test , |

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PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

- L. 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

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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 I Suggested Continuous Ex Maximum Marks: Continuous Internal Asse End Semester Exam (ES | valuation Methods: 100 Marks essment (CIA): 30 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 Ques (II) Short Answer Type Ques Section B: Long Answer Type Ques | stions 10x1=10 Marks estions (One From Each Unit) 4x5=20 Mark stions One From Each Unit With Internal option 4x10=40 Marks Total Marks=70 |

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|---------|--------------------|---|--|---|-----------------------------|---------|--|
| PA | RT-A: | Inti | oduction | | | | |
| P (1 | rogram: Diploma | Bachelor in S a/Degree/Ho | ocial Sciences nors) | Semester-IV | Session:2025-2 | 6 | |
| 1 | Course | | PSSC-04P | | | | |
| 2 | Course | ourse Title Lab Course -4 (Psychological Testing) | | | | | |
| 3 | Course | Type | Laboratory | Course | | | |
| 4 | | e-requisite(if, any) As per program | | | | | |
| 5 | | Course Learning. Outcomes(CLO) After the completion of course, the students will have a pulsary of interest test aptitude test. Learning the administration of projective test. | | | f interest test, personaity | test ar | |
| 6 | Credit | Value | 01 Credit | 1 Credit = 30Hrs for Practices/Field wa | | | |
| 7 | Total | Marks | Max.Marks: | Max.Marks:50 MinPassingMar | | | |
| PA] | DT D. | Content | of the Course | | | | |
| | Tot | al No. of learr | ing-Training/P | erformance Periods: 30 Pe | eriods (30 Hours) | No. of | |
| T | est | Topics(Co | ourse contents) | | | Period | |
| | 1 | Vocational | Interest | | | 30 | |
| | | | Sentence completion Test Personality Test | | | | |
| | | | | | | | |
| | 4 | Aptitude T | `est | | | | |
| A | ctivity- | Make a comp | arative chart o | f personality traits of reno | wned personality | | |
| K | eywords | | | lity, Aptitude, Personality T | | | |

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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

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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 Maximum Marks: Continuous Internal Assessment and Semester Exam (ESE): | ition Metho | 50 Marks 15 Marks 35 Marks | | C.L. Test / Oui | 7 81 |
|--|-------------|----------------------------------|---|---|------|
| Internal Assessment: Continuous Internal Assessment (CIA) | Total Marks | | 13 | obtained marks in Assignment be considered against 15 Mar | + |
| End Semester Exam (ESE): | A. Performe | A die Tack hoe | erformance: ed on lab. \ & technolo inciple/tech | On spot Assessment Work (Conduction of Test)- gy (written) (Report writing)- | 20 |

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TOUR TEAK UNDERGRADUATE EROGRAM

DEPARTMENT OF PSYCHOLOGY COURSE CURRICULUM

| | C-A: Introd | | | | |
|---|--|--|--|--|--------------|
| Prog (Dip | gram: Bachelor in Soc ploma/Degree/Hond | ial Sciences ors) | Semester-I | V Session:20 | 25-26 |
| 1 | Course Code | PSSE-02T | 44.61 | | |
| 2 | Course Title | Positive Psy | chology | | |
| 3 | Course Type | Discipline Elec | tive Course (DSE) | | |
| 4 | Pre-requisite(if, any) | As per progi | am | | |
| 5 | Course Learning. Outcomes(CLO) | Understand wellbeing. Able to lead individual Learning positive treatments Being about facilitate | ion of course, the student ding the conceptual ocate the diversity in the life span and across do the various pathways the aits contribute to happing to identify the key virolappiness and well-being | approaches to hup he experiences of ha ifferent domains. rough which positive ess and well-being. tues and character str | appiness wit |
| 6 | Credit Value 03Credit Credit = 15 Hours - learning & Observation | | | | |
| 7 | Total Marks | Max.Marks:10 | 0 | Min Passing Marks | s:40 |
| ART | -B: Content | of the Course | | 45 D 1 1- (45 Hou | wo) |
| | Total No. of Teach | ning-learning Pe | riods (01 Hr. per period |) - 45 Periods (45 Hou | No. of |
| Unit | Topics(Co | ourse contents) | | 2.1 | Period |
| I | 1.1 Positiv 1.2 Relati 1.3 Mean | ionship with other ing and Measures | eaning, Definition, Assum fields (Health, Education of Happiness and Well-b traditions. | and Social) | 12 |
| Hedonic and Eudemonic traditions. Happiness and Well-Being 2.1 Concept of Happiness and Wellbeing 2.2 Facets of Life; Gender, Love, Marriage, Close Relationship | | | 11 | | |
| I | 2.1 Cor 2.2 Fac 2.3 Hap | ncept of Happiness ets of Life; Gende ppiness Across the | er, Love, Marriage, Close E Lifespan | Relationship | 11 |
| III | 2.1 Cor 2.2 Fac 2.3 Hap I Emotions, Perso 3.1 Pos | ncept of Happiness ets of Life; Gende ppiness Across the onality Traits and itive Emotions(Ho | er, Love, Marriage, Close e Lifespan Well-Being ope, Optimism, Gratitude emotions | and Well-Being | ns 11 |
| | 2.1 Cor 2.2 Fac 2.3 Hap I Emotions, Perso 3.1 Pos 3.2 Cul 3.3 Pos Virtues, Charact 4.1 Cla 4.2 Wi | ncept of Happiness tets of Life; Gender ppiness Across the ponality Traits and itive Emotions(Ho tivating Positive E itive Traits: Perso ter Strengths, and assification of Hur isdom as a Founda rengths and Health | er, Love, Marriage, Close E Lifespan Well-Being Ope, Optimism, Gratitude Comotions Inality, Emotions, and Bio Well-Being Inan Virtues(Seligman's Autional Strength and Virtue | and Well-Being logical bases of Emotic Approach) e; Character m Islam, and Hinduis | ons 11 |

Signature of Convener & Members

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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
- 5. Husain, A., & Saeeduzzafar. (2011). Islamic virtues and human development. New Delhi, India: Global Vision Publishing House. health.
- S.(Ed.)(2015). Positive psychology in practice: Promoting human tlourishing in 6. Joseph. 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

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Online Resources-

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

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- https://epgp.inflibnet.ac.in/Home
- https://ndl.litkgp.ac.in/homestudy/humanities

| Part-D: Assessment and I Suggested Continuous Ex Maximum Marks: Continuous Internal Ass End Semester Exam (ES | valuation Methods: 100 Marks essment (CIA): 30 Marks | Test / Online |
|---|---|--|
| 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 |
| / H B I | Tuno Out | stions 10x1=10 Marks estions (One From Each Unit) 4x5=20Marks stions One From Each Unit With Internal optio 4x10=40 Marks Total Marks=70 |

Jame and Signature of Convener & Members

| PA | RT-A: | Introduction | | |
|----|--------------------------------|-------------------------------------|----------------------------|-----------------|
| P | rogram: Bachel Diploma/Degr | or in Social Sciences ee/Honors) | Semester-IV | Session:2025-26 |
| 1 | Course Code | | | |
| 2 | Course Title | Lab Course | -2 (Psychological Testing) | |
| | | T. b. and town (| Ourse | |

| I | Course Code | PSSE-02P | |
|---|-----------------------------------|----------------|--|
| 2 | Course Title | Lab Cours | se -2 (Psychological Testing) |
| 3 | Course Type | Laboratory | Course |
| 4 | Pre-requisite(if, any) | As per prog | gram |
| 5 | Course Learning. Outcomes(CLO) | Concept clarit | tion of course, the students will have ability of: fication of happiness, optimism. fication of wellbeing and mental health. |
| 6 | Credit Value | 01 Credit | (Credit= 30Hrs for Practices/Field work) |
| | | Max.Marks:50 | MinPassingMarks:20 |

Content of the Course PART-R.

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| ART-B: | Content of the Course | |
|-----------|---|--------|
| Total ! | No. of learning-Training/Performance Periods: 30 Periods (30 Hours) Topics(Course contents) | No. of |
| Test | Topics(Course contents) | Period |
| 1 | Happiness Scale | |
| 2 | Optimism Scale | |
| 3 | Wellbeing Scale | |
| 4 | Mental Health | 30 |
| 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 | |

Signature of Convener & Members

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

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

| Part-D: Assessment and Evalu Suggested Continuous Evalua Maximum Marks: Continuous Internal Assessm End Semester Exam (ESE): | ation Methods: 50 Marks ent (CIA): 15 Marks 35 Marks | 7 81 |
|--|---|----------------------|
| Internal Assessment: Continuous Internal Assessment (CIA) | Internal Test / Quiz-(2): 10 & 10 Assignment/Seminar + Attendance- Total Marks- 10 & 10 Attendance & File submission obtained marks in Assignment be considered against 15 Mark | + |
| End Semester Exam (ESE): | Laboratory / Field Skill Performance: On spot Assessment A. Performed the Task based on lab. Work (Conduction of Test)- B. Spotting based on tools & technology (written) (Report writing)— C. Viva-voce (based on principle/technology) - Total Marks- | 20 10 05 35 |

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| | RT-A: | | Introduction | n | | | | |
|-----------|-----------------------------------|--|--|-----------------------------|------------------------------|--------|--|--|
| | | n: Bachelor in ate / Diploma | | Semester- I/III | Session:2025-26 | | | |
| 1 | Course Code | | PSVAC- 01 | | | | | |
| 2 | Course Title | | Stress Management | | | | | |
| 3 | Course Type | | VAC | | | | | |
| 4 | Pre-re | equisite(if, any |) As per progre | 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 | | | | | |
| 7 | Total Marks | | Max.Mark | ks:50 | MinPassingMarks:20 | | | |
| PA | RT-B: | Conter | it of the Cours | se | 1 N 20 Deviada (20 Ugure |) | | |
| | | tal No. of Tea | ching-learnin | g Periods (01 Hr. per per | riod) - 30 Periods (30 Hours | No. of | | |
| ι | nit | Topics (Course contents) | | | | | | |
| | 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) | | | | | | |
| | П | Stress and H | | | | 07 | | |
| | | 2.1 Stress and Health: Factors that influence Stress 2.2 Reaction to Stress 2.3 Effects of Stress on Health | | | | | | |
| | Ш | Managing Stress: 1.1 Managing Stress: Yoga and Meditations 1.2 Relaxation Training and Biofeedback. | | | | | | |
| | 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) | | | | | | |
| | | 4.2 In | effective Copir | ng (Addiction, Sell- Hallin | and regative sen Tames | | | |

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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=Ikr76qw2h+vItP6ZdaFVbg Online Resourcese-Resources/e-books and e-learning portals Swayam Central https://swayam.gov.in > youtube Part-D: Assessment and Evaluation Suggested Continuous Evaluation Methods: 50 Marks Maximum Marks: 15 Marks Continuous Internal Assessment (CIA): 35 Marks End Semester Exam (ESE): Better marks out of the two 10 & 10 Internal Assessment: Internal Test / Quiz-(2): Test / Quiz + obtained marks Assignment/Seminar +Attendance - 05 Continuous Internal 15 Assignment shall Assessment (CIA) Total Marks considered against 15 Marks Two section - A & B End Semester Exam 5 x1 = 05 Mark;Section A: Q1. Objective -(ESE):

Q2. Short answer type-

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Section B: Descriptive answer type qts., 1 out of 2 from each unit- 4x05 = 20 Marks

5x2 = 10Marks

35

Total Marks =

| | 0 | m: Bachelor ate / Diploma / | | Sciences | Semester-II/IV | 7 | Session:2025 | -26 |
|------------------|---------------------------------|--|--|--|--|------------|-------------------|----------------|
| i | | e Code | PSSEC-01 | | | | | |
| 2 | Course Title | | Statistical Package for Science & Social Science (EXCEL, SPSS) | | | | | |
| 3 | Course Type | | SEC | | | | | |
| 4 | Pre-requisite(if, any) | | | | | | | |
| 5 | Course Learning. Outcomes (CLO) | | After the completion of course, the students will have ability of: > Basic understanding of statistics > Skills on statistical calculation and analysis through soft wares | | | | | |
| 6 | Credi | t Value | 02 Credit | (| Credit = 15 Hours - learning & Observation | | | |
| 7 | Total | Marks | Max. Marks: 50 | | | Min Pa | Passing Marks: 20 | |
| PA | RT -I | | t of the Co | | 01 He now powied) | 20 Pori | ode (30 Hours) | |
| Module / Unit | | al No. of Teaching–learning Periods (01 Hr. per period) - 30 Periods (30 Hours Topics (Course contents) | | | | | | No. of |
| / [| | Tobic | s (Course o | contents) | | | | Period |
| / L | I | 1,1 Nature | and charact | eristics of a | computer | | | Period 08 |
| / L | | 1,1 Nature | and character of computer | eristics of a | computer | | | |
| / L | Ι | 1,1 Nature 1.2 Types 2.1 What i | and charact | eristics of a | computer | | | 08 |
| / L | Ι | 1,1 Nature 1.2 Types 2.1 What i 2.2 How t | and character of computer s Google form | eristics of a n gle form, | computer | | | 08 |
| | Ι | 1,1 Nature 1.2 Types 2.1 What i 2.2 How t 2.3 Chara | and character of computer s Google form | eristics of a n gle form, functions | of Google form. | | | 08 |
| | I | 1,1 Nature 1.2 Types 2.1 What i 2.2 How t 2.3 Chara 3.1 Function | and characters of computer s Google form to create Google teristics and | m gle form, functions and SPSS: | of Google form. | | | 08 |
| | I | 1,1 Nature 1.2 Types 2.1 What i 2.2 How t 2.3 Chara 3.1 Function 3.2 Data E 3.3 Centra | and characters of computer so Google form to create Goocteristics and cons of Excel, and the contry in Excel of Tendencies | m gle form, functions of and SPSS: & SPSS, & Variabil | of Google form. , | | | 08 07 08 |
| | I | 1,1 Nature 1.2 Types 2.1 What i 2.2 How t 2.3 Chara 3.1 Functio 3.2 Data E 3.3 Centra 4.1 What | and characters Google forms of create Google forms of Excel, Contry in Excel I Tendencies is Diagramm | n gle form, functions of and SPSS: & SPSS, & Variabil atic Repres | of Google form. , lity sentation of data. | | | 08 |
| | I II | 1,1 Nature 1.2 Types 2.1 What i 2.2 How t 2.3 Chara 3.1 Function 3.2 Data E 3.3 Centra 4.1 What 4.2 Diagra | and characters Google forms of create Google forms of Excel, Contry in Excel I Tendencies is Diagramm | m gle form, functions of and SPSS: & SPSS, & Variability atic Representation | of Google form. , lity sentation of data. of Data through Ex | ccel and S | | 08 07 08 |

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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
- 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.

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

> voutube

Part - D: Assessment and Evaluation Suggested Continuous Evaluation Methods: Maximum Marks: 50 Marks Continuous Internal Assessment (CIA): 15 Marks 35 Marks End Semester Exam (ESE): Better marks out of the two Test / Quiz 10 & 10 Internal Test / Quiz-(2): Internal Assessment: Assignment/Seminar +Attendance - 05 + obtained marks in Assignment Continuous Internal 15 Total Marks shall be considered against 15Marks Assessment (CIA) Two section - A & B **End Semester Exam** 10 Marks Google Form Creation -Section A: (ESE): Data Entry in Excel & PPT Presentation - 10 Marks Section B: 15 Marks Viva -35 Marks Total Marks-

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