



DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF KASHMIR SRINAGAR, J&K
 NAAC ACCREDITED GRADE A+

UG-COURSE-PSYCHOLOGY- HONS./Research Mode					
Semester	CT1-Vertical (Basic Levels of Subject)	CT2-Vertical (Medium Levels of Subject)	CT3-Vertical (Advanced Levels of Subject)	TOTAL	STATUS
I	Foundations of Psychology (4+2)			6 Credits	Available
II	Introduction to Social Psychology (4+2)			6 Credits	Available
III	Schools of Thought in Psychology (4+2)			6 Credits	In Process
IV	Behavioural Neuroscience (3+1)	Experimental Psychology (4+2)	Health Psychology (4+2)	16 Credits	In Process
V	Developmental Psychology (3+1)	Psychological Disorders (4+2)	Positive Psychology (4+2)	16 Credits	
VI	Organizational Psychology (3+1)	Counselling & Psychotherapies (4+2)	Community Psychology (4+2)	16 Credits	
VII	Introduction to Research Methodology (3+1)	Statistics in Psychology (4+2)	Recent Advances in Psychology (4+2)	16 Credits	
VIII	Advanced Research Methodology (3+1)	Cross Cultural Psychology (4+2)	Peace Psychology (4+2)	16 Credits	
		OR Project (12 Credits)			
Total	38	30	30	98 Credits	



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BACHELOR'S PROGRAMME WITH PSYCHOLOGY AS MAJOR SUBJECT (HONS./Research Mode)

SEMESTER	COURSE CODE	TYPES OF COURSE	TITLE OF COURSE	CREDITS		
				THEORY	PRACTICAL	TUTORIAL
I	PSY122J	MAJOR	Foundations of Psychology	4	2	0
II	PSY222J	MAJOR	Introduction to Social Psychology	4	2	0
III	PSY322J	MAJOR	Schools of Thought in Psychology	4	0	2
IV	PSY422J1	COURSE TYPE-1	Behavioural Neuroscience	3	0	1
	PSY422J2	COURSE TYPE-2	Experimental Psychology	4	2	0
	PSY422J3	COURSE TYPE-3	Health Psychology	4	2	0
V	PSY522J1	COURSE TYPE-1	Developmental Psychology	3	0	1
	PSY522J2	COURSE TYPE-2	Psychological Disorders	4	2	0
	PSY522J3	COURSE TYPE-3	Positive Psychology	4	0	2
VI	PSY622J1	COURSE TYPE-1	Organizational Psychology	3	1	0
	PSY622J2	COURSE TYPE-2	Counselling & Psychotherapies	4	2	0
	PSY622J3	COURSE TYPE-3	Community Psychology	4	0	2
VII	PSY722J1	COURSE TYPE-1	Introduction to Research Methodology	3	0	1
	PSY722J2	COURSE TYPE-2	Statistics in Psychology	4	0	2
	PSY722J3	COURSE TYPE-3	Recent Advances in Psychology	4	0	2
VIII	PSY822J1	COURSE TYPE-1	Advanced Research Methodology	3	0	1
	PSY822J2	COURSE TYPE-2	Cross Cultural Psychology	4	0	2
	PSY822J3	COURSE TYPE-3	Peace Psychology	4	0	2
	PSY822JP	PROJECT	Project		12	

Note: The candidates who are eligible to go for Research Mode will have to opt for a Project (12 Credits) instead of CT2 & CT3 in VIII Semester.



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BACHELOR'S PROGRAMME WITH PSYCHOLOGY AS MINOR SUBJECT

SEMESTER	COURSE CODE	TYPES OF COURSE	TITLE OF COURSE	CREDITS		
				THEORY4	PRACTICAL	TUTORIAL
I	PSY122N	MINOR	Foundations of Psychology (4+2)	4	2	0
II	PSY222N	MINOR	Introduction to Social Psychology (4+2)	4	2	0
III	PSY322N	MINOR	Schools of Thought in Psychology (4+2)	4	0	2
IV	PSY422N	MINOR	Behavioural Neuroscience (3+1)	3	0	1
V	PSY522N	MINOR	Developmental Psychology (3+1)	3	0	1
VI	PSY622N	MINOR	Organizational Psychology (3+1)	3	1	0
VII	PSY722N	MINOR	Introduction to Research Methodology (3+1)	3	0	1
VIII	PSY822N	MINOR	Advanced Research Methodology (3+1)	3	0	1



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BACHELOR'S PROGRAMME IN PSYCHOLOGY (DOUBLE MAJOR)

SEMESTER	COURSE CODE	TYPES OF COURSE	TITLE OF COURSE	CREDITS		
				THEORY	PRACTICAL	TUTORIAL
I	PSY122J	MAJOR	Foundations of Psychology	4	2	0
II	PSY222J	MAJOR	Introduction to Social Psychology	4	2	0
III	PSY322J	MAJOR	Schools of Thought in Psychology	4	0	2
IV	PSY422J1	COURSE TYPE-1	Behavioural Neuroscience	3	0	1
	PSY422J2	COURSE TYPE-2	Experimental Psychology	4	2	0
V	PSY522J1	COURSE TYPE-1	Developmental Psychology	3	0	1
	PSY522J2	COURSE TYPE-2	Psychological Disorders	4	2	0
VI	PSY622J1	COURSE TYPE-1	Organizational Psychology	3	1	0
	PSY622J2	COURSE TYPE-2	Counselling & Psychotherapies	4	2	0
VII	PSY722J1	COURSE TYPE-1	Introduction to Research Methodology	3	0	1
	PSY722J2	COURSE TYPE-2	Statistics in Psychology	4	0	2
VIII	PSY822J1	COURSE TYPE-1	Advanced Research Methodology	3	0	1
	PSY822J2	COURSE TYPE-2	Cross Cultural Psychology	4	0	2

SEMESTER 1st
MAJOR COURSE
PSY122J: PSYCHOLOGY (FOUNDATIONS OF PSYCHOLOGY)

CREDITS: THEORY=4; PRACTUM=2

OBJECTIVES: *To understand the basic psychological processes and their applications in everyday life.*

LEARNING OUTCOMES:

1. *The student will be able to understand Psychology as a science.*
2. *The student will be able to understand different psychological processes.*
3. *The student will be able to understand and use the principles of Psychology to the day-to-day problems.*

UNIT 1: Introduction: Psychology as a science, origin and development of psychology, perspectives (psychoanalytic, behavioural, cognitive, humanistic & Socio-cultural), methods (Experimental & Quasi-Experimental).

UNIT 2: Cognitive processes: Attention and its types, Perception and laws of perceptual organization, learning: conditioning, observational learning; memory-processes, information processing model, techniques for improving memory.

UNIT 3: Motivation and Emotion: Motives: biogenic, Psychogenic and sociogenic, Emotions: aspects of emotions, key emotions (Paul Ekman's model).

UNIT 4: Personality: nature and theories (Allport, Freud and McCrae & Costa); Intelligence: nature & Theories (Spearman, Gardner and Sternberg).

PRACTICUM: 2 CREDITS (MINIMUM OF TWO FROM THE BELOW 4 PRACTICALS)

- 1. Learning**
- 2. memory**
- 3. personality**
- 4. intelligence**

READINGS:

1. Weitan, W. (2020) Psychology Themes and Variations (10 Edition). Cengage India.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
4. Wani, N. A. (2019). Introduction to Psychology. Wisdom Press New Delhi.
5. Feldman.S.R.(2009). Essentials of understanding psychology (7th Ed.) New Delhi: Tata Mc Graw Hill.
6. Glassman,W.E.(2000).Approaches to Psychology(3rd Ed.) Buckingham:Open University Press.

SEMESTER 2nd
MAJOR COURSE

PSY222J: PSYCHOLOGY (INTRODUCTION TO SOCIAL PSYCHOLOGY)

CREDITS: THEORY=4; PRACTUM=2

Objective: *To understand the basics of social psychology and to understand the individual in the social world.*

Course Outcomes:

After completing the course, the student will be able to

- 1. Explain Social Psychology as a sub discipline in psychology*
- 2. Critically comment on different social psychological principles & processes*

THEORY (04 CREDITS)

Unit 1: Introduction: Brief history of social psychology (special emphasis on India), Scope of social psychology, levels of social behavior, approaches towards understanding social behavior.

Unit 2: Individual level processes: Person perception: attribution-theories, biases and errors Attitude: formation, change and resistance to change

Unit 3: Interpersonal processes: Interpersonal attraction, Prosocial behavior, aggression.

Unit 4: Group dynamics: Key aspects of groups, cooperation and conflict, group decision making.

PRACTICUM (02 CREDITS): (ANY TWO)

- a) Attitude
- b) Attribution Error/Biases
- c) Prosocial Behavior/ Bystander Effect
- d) Group Decision Making
- e) Social Experiment on Stereotyping or Social Cognition etc

Readings:

1. Baron, R.A., Byrne, D. & Bhardwaj, G (2010). Social Psychology (12th Ed). New Delhi: Pearson.
2. Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi
3. Myers, D.G. (2008). Social psychology. New Delhi: Tata McGraw-Hill.
4. Gilovitch, Keltner & Nisbett (2012) Social Psychology. 3rd edition

BACHELOR WITH PSYCHOLOGY AS MAJOR

3rd SEMESTER

PSY322J: Schools of Thought in Psychology CREDITS: THEORY – 4, TUTORIAL: 2 THEORY (4 CREDITS: 60 HOURS) MAX. MARKS: 100, MIN. MARKS: 36

Course Learning Outcomes:

- Demonstrate knowledge of the historical foundations of psychology, including the contributions of ancient Greek and Roman thinkers, the influence of theology in the Middle Ages, and the emergence of modern psychology during the Renaissance.
- Identify and explain the key principles and theories associated with structuralism, functionalism, behaviorism, psychoanalysis, humanistic psychology, cognitive psychology, and contemporary perspectives such as biological, socio-cultural, evolutionary, and positive psychology.
- Critically evaluate the contributions and limitations of influential psychologists and their theories, and apply psychological concepts to analyze and interpret human behavior and mental processes in real-life situations.

Theory (4 Credits)

Unit 1: Ancient Roots of Psychology (15 Hours)

- Greek Contributions: Aristotle's theories on the nature of the mind and soul
- Roman Perspectives: Seneca's ideas on emotions and psychological well-being
- Psychology in the Middle Ages: Integration of psychology with theology by Thomas Aquinas
- Renaissance and Modern Psychology: René Descartes' dualistic view of mind and body

Unit 2: Development of Psychological Schools (15 Hours)

- Structuralism: Wilhelm Wundt's establishment of the first psychology laboratory
- Functionalism: William James' influential work on the functional nature of consciousness
- Behaviorism: B.F. Skinner's studies on operant conditioning and behavior modification
- Cognitive Revolution: Jean Piaget's contributions to cognitive development theory

Unit 3: Psychoanalysis and Beyond (15 Hours)

- Freudian Psychoanalysis: Sigmund Freud's theories on the unconscious mind and psychosexual development
- Neo-Freudian Theories: Carl Jung's concept of the collective unconscious
- Humanistic Psychology: Abraham Maslow's hierarchy of needs theory
- Cognitive and Behavioral Approaches: Albert Bandura's social learning theory

Unit 4: Contemporary Perspectives (15 Hours)

- Biological and Neuroscience Approaches: Eric Kandel's research on the biological basis of memory
- Socio-cultural Psychology: Lev Vygotsky's sociocultural theory of cognitive development
- Evolutionary Psychology: David Buss' studies on evolutionary psychology and human mating strategies
- Positive Psychology and Beyond: Martin Seligman's contributions to the field of positive psychology

Tutorials : 2 Credits

BACHELOR WITH PSYCHOLOGY AS MAJOR

4th SEMESTER

PSY422J1: Behavioural Neuroscience CREDITS: THEORY – 3, TUTORIAL: 1 THEORY (3 CREDITS: 45 HOURS)

MAX. MARKS: ____ MIN. MARKS: ____

Course Learning Outcomes:

1. Identify the structure and function of the major parts of the nervous system.
2. Describe the process of action potentials, neurotransmission, hemispheric influences and other related processes.
3. Describe the neuroendocrine system, hormonal influences and neurological disorders.

Theory (3 Credits)

Unit 1 Foundations of behavioral neuroscience-I (15 Hours)

- Origins of Behavioral Neuroscience
- Structure and Functions of Nerve cells, Neurotransmitters, Neuron membrane and potential, Neural transduction.
- Structure and Functions of the Nervous System.
- Neuroplasticity of Brain (neural degeneration, neural regeneration, and neural reorganization)
- Hemispheric specialization

Unit 2 Sensory systems (15 Hours)

- Vision and visual perception
- Audition, the Body Senses, and the Chemical Senses. McGurk Effect.
- Sleep and Biological Rhythms

Unit 3 Hormones, homeostasis and brain-body interactions (15 Hours):

- Neuroendocrine system: Structure, and functions of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal.
- Hormones and behavior: Emotions and stress, Eating and drinking, sex comparisons
- Neurological Disorders: Neurocognitive Disorders and Neurodevelopmental Disorders

Tutorial: 1 Credit

BACHELOR WITH PSYCHOLOGY AS MAJOR 4th SEMESTER

PSY422J2 : Experimental Psychology CREDITS: THEORY – 4, PRACTICAL: 2 THEORY (4 CREDITS: 60 HOURS) MAX. MARKS: ____ MIN. MARKS: ____

Course Learning Outcomes:

1. Display knowledge of various important experiments in psychology
2. Demonstrate skills of effective conduction of experiments
3. Demonstrate a sound knowledge base of psychophysics, and higher order sensory processes.

Theory (4 Credits)

Unit 1 Introduction to Experimental Psychology (15 Hours)

- History and evolution of Experimental Psychology
- Introduction to laboratory research
- Experiment conduction skills
- Types of experiments

Unit 2 Methods in Experimental Psychology

- The experimental research method
- Random and nonrandom assignment
- T-test & Effect Size
- Experimental Designs & Threats to Validity
- Blocked Designs

Unit 3 (15 Hours) Psychophysics

- Psychophysics: problems, methods of classical psychophysics.
- Signal detection theory: Concept, assumption and application
- Laws : Webers Law, Fechner's Law & Steven's Power Law
- Scaling Techniques.

Unit 4 (15 Hours) Human Information Processing

- Attention and Multisensory Perception
- Colour Vision
- Conscious Awareness: Neuropsychology and Psychophysics
- Language Acquisition
- Metacognition

Practical (2 Credits: 30 Hours)

Max. Marks: _____ **Min Marks:** _____

List of Practicum

Any four practicals from the following themes

1. Absolute threshold
2. Differential threshold
3. Signal detection theory
4. Psychophysical assessment of sensory impairment
5. Virtual reality experiences
6. Metacognitive ability and intelligence
7. Nominal scaling and data collection

BACHELOR WITH PSYCHOLOGY AS MAJOR

4th SEMESTER

PSY422J3: Health Psychology CREDITS: THEORY – 4, PRACTICAL: 2 THEORY (4 CREDITS: 60 HOURS) MAX. MARKS: 100, MIN. MARKS: 36

Learning Outcomes:

- Students will analyze the influence of psychosocial factors, such as socioeconomic status, culture, and social support, on health outcomes.
- Students will understand the importance of social support networks in maintaining physical and mental well-being.
- Students will be able to explain the relationship between psychological factors, such as personality traits, attitudes, and emotions, and physical health outcomes.

UNIT I: Introduction to Health Psychology (15 Hours)

- Definition and Scope of Health Psychology
- Historical Development of Health Psychology
- Models of Health: Health Belief Model and Biopsychosocial Model.
- Components of Health: Physical, emotional, and cognitive.

UNIT II: Chronic Disease and Health Management (15 Hours)

- Onset, progression and biopsychosocial risk factors of Diabetes, Cancer, and Heart Disease.
- Health management techniques: Self monitoring and Modeling.
- Health enhancing behaviour: Exercise and Weight control.

Unit III: Stress, Coping, and Health (15 Hours)

- Stress: Definition and types.
- Social Support and its Role in Stress Management.
- Stress Managing Technique: Relaxation and Meditation.
- Strategies for coping with stress: Problem focused coping and Emotion focused coping.

UNIT IV: Psychosocial Factors and Health (15 Hours)

- Social Determinants of Health.
- Impact of Social Support on Health and Well-being
- Psychological Factors and their Influence on Physical Health
- Strategies for Promoting Health .

PRACTICAL (2 Credits: 30 Hours) MAX. MARKS:____, MIN. MARKS: ____

List of Practicum

Any 4 Practicals from the following:

- Literature review on a specific topic in health psychology.
- A case study analysis of an individual's health behaviour change journey.
- To assess the coping strategies of college students by using coping strategy inventory
- Assessment of Health behaviour by using General Health Questionnaire (GHQ)
- Assessment of Health Behaviour Motivation
- Impact of stress on health of an individual using relevant questionnaire.

**Bachelor with Psychology as Major
5th Semester**

PSY522J1: Developmental Psychology Credit: Theory-3, Tutorial-1 (Theory 3 Credits: 45 Hours)

Learning Outcomes:

- Demonstrate a deep understanding of key developmental theories and the theorists who contributed to the field.
- Integrate biological and environmental factors to analyze their combined influence on human development.
- Apply developmental concepts across diverse life stages, showcasing the ability to recognize and interpret cognitive, social, and emotional milestones.

Unit 1: Introduction to developmental Psychology

- Overview and Foundations: Introduction to Developmental Psychology
- Historical Perspectives and Key Theorists: Sigmund Freud, Erik Erikson, Lev Vygotsky, Jean Piaget
- Biological Foundations of Development: Prenatal Development: Germinal Stage, Embryonic Stage, Fetal Stage. Genetics: DNA, chromosomes, Inheritance

Unit 2: Cognitive Development

- Piaget's Stages of Cognitive Development
- Information Processing
- Academic and Intellectual Development
- Language Development: B.F. Skinner, Noam Chomsky, Jean Piaget, Lev Vygotsky

Unit 3: Motor Development

- Overview of Motor Development
- Motor Milestones
- Fine and Gross Motor Skills

Unit 4: Social and Emotional Development

- Attachment Theory: John Bowlby, Mary Ainsworth
- Emotional Development
- Self-Concept and Identity
- Moral Development
- Role of Social Factors (Socialization and Family Influences, Peer Influence)

Tutorial: 2 Credit (30 Hours)

Presentation and Discussion: "Case Study Analysis"

- Tutorial Activity 1: Developmental Case Studies
- Tutorial Activity 2: Developmental Milestones Observation
- Tutorial Activity 3: Debate on Developmental Theories

Readings:

Berk, L. E. (2019). *Exploring Child and Adolescent Development* (1 ed.). Pearson Publication.

Hollingsworth, M. A. (2018). *Theories of Lifespan Development*. XanEdu.

Santrock, J. W. (2017). *Life-Span Development*. (17th ed.). McGraw Hill.

Santrock, J. W., Deater-Deckard, K., & Lansford, J.E. (2021). *Child Development: An Introduction*. McGraw Hill

Sigelman, C. K., & Elizabeth, R. A. (2021). *Life-Span Human Development*. (10th ed.). Cengage Learning.

Bachelor with Psychology as Major
5th Semester
PSY522J2: Psychological Disorders Credit: Theory-4, Practical-2 (Theory 4 Credits: 60 Hours)

Course Learning Outcomes

1. Understand the significance of mental disorder and classification systems.
2. Demonstrate the ability to classify and diagnose major psychological disorders using standardized diagnostic criteria.
3. Investigate the influence of cognitive, emotional, and behavioral factors in the onset and maintenance of psychopathological conditions.
4. Explore how psychopathology varies across different stages of development.

UNIT-1 Understanding Abnormality and Classification of Mental Disorders

- Concept and nature of abnormality.
- Evolution of diagnostic system, classification of mental disorders (latest edition of DSM).
- Perspectives of abnormal behavior: Psychoanalytic, Biological, Behavioral, and Cognitive.

UNIT-2 Anxiety and Related Disorders

- Diagnostic Criteria, Casual factors and Treatment: GAD, Specific Phobias, Social Phobias, Panic Disorder, Agoraphobia, Separation Anxiety Disorder, Selective Mutism

UNIT-3 Eating and Substance Related Disorders

- Diagnostic Criteria, Casual factors and Treatment: Eating Disorders (Anorexia Nervosa, Bulimia Nervosa, Binge Eating)
- Diagnostic Criteria, Casual factors and Treatment: Substance Related Disorders (Alcohol Related, Stimulant Related-Amphetamine and Cocaine; Cannabis Related)

UNIT-4 Childhood Disorders

- Diagnostic criteria, Casual factors and Treatment: ADHD
- Diagnostic criteria, Casual factors and Treatment: Autism Spectrum Disorder.
- Diagnostic criteria, Casual factors and Treatment: Elimination disorders.

Practicum Credit: 2

- Assessment of depression using standardized inventory.
- Assessment of I.Q. using standardized test or Case Study on any of the disorder mentioned in the syllabus.

Readings:

- American Psychiatric Association. (2022). Diagnostic and Statistical Manual of Mental Disorders (5th ed., textrev.).
- Barbara A. W., & James E. M. (2019). (Eds). Psychopathology: Foundations for a Contemporary Understanding. (5th Ed.). United States: Taylor & Francis
- Castonguay, L. G., Oltmanns, T. F., & Lott, A. P. (Eds). (2021). Psychopathology: From Science to Clinical Practice. (2nd Ed.). Guilford Press. Davison, G. C., Johnson, S. L., Neale, J. M., Kring, A. M. (2014). Abnormal Psychology: DSM-5 Update. Wiley.
- Kring, A. M., & Johnson, S. L. (2018). Abnormal Psychology: The science and treatment of psychological disorders (14th Ed.). Wiley.

Bachelor with Psychology as Major 5th Semester

PSY522J3: Positive Psychology Credit: Theory-4, Tutorial-2 (Theory 4 Credits: 60 Hours)

Learning Outcomes:

- Understand the foundational principles, history, and key concepts of positive psychology.
- Apply the VIA classification to identify and nurture personal strengths, fostering a positive approach to personal and professional growth.
- Implement positive interventions effectively, promoting well-being and resilience in various life contexts.

Unit 1: Introduction to Positive Psychology

Foundations of Positive Psychology

- Definition and Overview
- Historical Background
- Key Theorists and Concepts

Positive Emotions

- The Science of Happiness
- Positive Emotionality
- Cultivating Positive Affect

Unit 2: Positive Traits and Character Strengths

Character Strengths

- VIA Classification of Character Strengths
- Character Strengths in Action
- Assessing and Developing Character Strengths

Optimism and Resilience

- The Power of Optimism
- Building Resilience
- Coping Strategies and Positive Adaptation

Unit 3: Positive Relationships and Social Connections

Building Positive Relationships

- The Importance of Social Connections
- Positive Communication
- Relationship Satisfaction and Fulfillment

Community and Well-being

- Social Support Networks
- Community Engagement
- Altruism and Prosocial Behavior

Unit 4: Applications and Interventions in Positive Psychology

Positive Interventions

- Mindfulness and Positive Psychology
- Gratitude Practices
- Strengths-Based Approaches

Applying Positive Psychology in Various Contexts

- Positive Education
- Positive Psychology in the Workplace
- Positive Psychology in Clinical Settings

Tutorial: 2 Credit (30 Hours)

Presentation and Discussion: "Case Study Analysis"

- Tutorial Activity 1: Positive Psychological Interventions.
- Tutorial Activity 2: Positive Organizational Scholarship
- Tutorial Activity 3: Debate on Positive Psychology v/s Abnormal Psychology

Readings:

- Carr, A. (2019). *Positive Psychology and You: A Self-Development Guide*. Taylor & Francis.
- Hart, R. (2020). *Positive Psychology: The Basics*. Taylor & Francis.
- Hussain, A., & Singh, R. (2020). *Spirituality in Practice*. The Readers Paradise.
- Ramakrishna, R. K., & Anand, C. P. (2016). *Psychology in the Indian Tradition*. Springer.
- Seligman, M. E. P. (2002). *Using the new positive psychology to realize your potential for lasting fulfillment*. Free Press.

Bachelor with Psychology as Major

6th Semester

PSY622J1: Organizational Psychology Credit: -3, practical. Tutorial-1 (Theory 3 Credits: 45 Hours)

Learning Outcomes:

- Understanding the applications of organizational psychology.
- Critical Analysis of basic approaches in organizational behaviour.
- Understanding the various theories of organizational behaviour.

Unit 1: Introduction to organizational behavior:

- History and Current status of organizational behavior
- Approaches to organizational behavior: Productivity, contingency, systems, result oriented, human resource.
- Challenges and opportunities in the organizational behavior

Unit 2: Theories of Organizational Behaviour:

- Principles and Functions of Management (Henri Fayol)
- Scientific Management (Frederick Taylor)
- Bureaucracy (Weber)
- Hawthorne Studies (Elton Mayo)

Unit 3: Psychology at Workplace:

- Motivation (Content & Process Theories) Decision making (Herber Simon Model) and leadership (Great Man Theory)
- Sustainable business practices, Global Marketplace, Flattening world.
- Organizational Change
- Organizational Development

Practicum: 1 Credit

- Assessment of decision-making skills using standardized tools.

Readings:

- Aswathappa, K. (2004). Organizational Behaviour, Mumbai: Himalaya Publishing House.
- Bratton, J. (2020). Work and Organizational Behavior. (4th ed.). Red Globe Press.
- Fred Luthans, Brett C. Luthans, K. W. L. (2021). Organizational Behavior: An Evidence-Based Approach. (14th ed.). Information Age Publishing
- Johns, G. (2019). Organizational Behavior. Harper Collins.
- Robbins, S. P. (2018). Organization Behavior. (18th ed.). Pearson Education.

Bachelor with Psychology as Major 6th

Semester

PSY622J2: Counselling and Psychotherapies Credit: Theory-4, Practical-2 (Theory 4 Credits: 60 Hours)

Learning Outcomes:

- Gain insights into the practical applicability of counselling and psychotherapeutics.
- Students will develop an understanding of counselling and acquire proficiency in essential skills and techniques and counselling and psychotherapeutics,

Unit-1: Introduction to Counselling Psychology

- Definition and goals of counselling psychology
- History and evolution of counselling psychology
- The role and skills of a counselling psychologist
- Ethical considerations in counselling psychology

Unit-2: Counselling Skills and Techniques

- Active listening and empathy
- Questioning and probing
- Reflection and paraphrasing
- Goal setting and action planning

Unit-3: Fundamentals of Psychotherapeutics

- Psychotherapeutics: History and overview
- Facilitators and Barriers to effective Psychotherapy
- Psychotherapy Environment and time length.

Unit-4: Basic Psychotherapeutic Paradigms

- Psychoanalytic Psychotherapy and Existential psychotherapy: Meaning and techniques
- Gestalt psychotherapy and Adlerian psychotherapy: Meaning and techniques.
- Dialectical Behavioural Therapy

Practical: 2 Credits

- To demonstrate the systematic desensitization technique.
- To demonstrate Jacobson's PMR.

Readings:

- Brems, C. (2001). *Basic Skills in Psychotherapy & Counselling*. Brooks Publication: Singapore
- Cappuzzi, D. & Gross, R.D. (2008). *Counselling and Psychotherapy: Theories & Interventions*, Pearson.
- Corey, G. (2019). *Theory and practice of Counselling and Psychotherapy*. (10th ed.). Cengage.
- Feltham, C & Hanley, T. (2017). *The Sage Handbook of Counselling and Psychotherapy*. Sage.
- Gladding, S. (2020). *Counselling: A Comprehensive Profession*. (8th ed.). Pearson.
- Jones, N. (2014). *Theory and Beginner's Guide to Counselling and Psychotherapy*. Sage.
- Smith, E.J. (2016). *Theories of Counselling and Psychotherapy: An Integrative Approach*, 2ed, Sage Publication

Bachelor with Psychology as Major
6th Semester
PSY622J3: Community Psychology Credit: Theory-4, Tutorial-2 (Theory 4 Credits: 60 Hours)

Learning Outcomes:

- Understand the fundamentals of community psychology and its historical development.
- Analyze and evaluate diverse community psychological model.
- Explore psycho-social indicators and their impact on development
- Develop preventive measures and design programs to boost community development.

Unit-1 Introduction to Community Psychology

- Meaning, nature and Scope of community psychology.
- Historical development and overview of community psychology.
- Core values in community psychology
- Role of community psychologist

Unit-2 Models of Community Psychology

- Mental health model.
- Social action model.
- Organizational model
- Ecological model.
- The Asset-Based Community Development model

Unit-3 Psycho-Social Indicators

- Socialization, family & psychological differentiation
- Alcoholism & drug dependence
- Delinquency & crime
- Sexual harassment & violence

Unit-4 Prevention & Promotion

- Preventive efforts for mental illness- Primary, Secondary & Tertiary
- Preventing problematic behavior, promoting social competence and social change.
- Program evaluation & program development.

Tutorial: 2 Credit (30 Hours)

- Presentation and Discussion: "Case Study Analysis"
- Tutorial Activity 1: Community Psychological Interventions.
- Tutorial Activity 2: Community outreach programmes to prevent substance abuse.
- Tutorial Activity 3: Debate on Delinquent behaviour and crime in society.

Readings:

- Korchin, S.J. (1989). Modern Clinical Psychology, Basic Books, New York.
- Mann, P.A. (1978). Community Psychology: Concepts & Applications. The Free Press: New York.
- Orford, J. (2008). Community Psychology: Challenges, Controversies and emerging consensus. John Wiley & Sons.
- Rappaport J. & Seidman, E. (2000). Handbook of Community Psychology. Springer Science and Business Media.

Bachelor with Psychology as Major 7th Semester

PSY722J1: Introduction to Research Methodology Credits: Theory-3, Tutorial-1 (Theory 3 Credits: 45 Hours)

Learning Outcomes:

- Grasp the fundamental concepts of research, including its definition, types, and the overall research process.
- Differentiate between qualitative and quantitative research methods, understanding their unique applications and strengths.
- Develop practical skills in sampling techniques, data analysis, and interpretation, crucial for conducting and understanding research.

Unit-1: Introduction to Research

- Research: Meaning and purpose. Characteristics of a good research.
- Steps in Research Process
- Variable: Meaning and Types.
- Hypothesis: Meaning and types.

Unit-2: Types of Research

- Descriptive, Explanatory, Exploratory and Correlational.
- Laboratory Experiments, Field Experiment
- Field Studies, Survey Research.

Unit-3: Sampling and Data Collection

- Sampling: Meaning and Characteristics.
- Types of Sampling: Probability and Non-Probability.
- Data: Concept and Purpose.
- Data Collection Techniques: Observation, Interview, Questionnaire.

Tutorial: 1 Credit

- Presentation and Discussion of the any above topics.

Readings:

- Bordens, K. S. & Abbott, B. B. (2014). Research design and methods: A process approach. (9th ed.). McGraw Hill Education.
- Creswell, J.W. (2009). Research design: Qualitative, quantitative and mixed methods approach. Sage Publications.
- Kerlinger, F.N. (1999). Foundations of Behavioral Research. (3, ed.). Prism Books Ltdd
- Mukherjee, S. P. (2020). A Guide to Research Methodology: An Overview of Research Problems, Tasks and Methods. CRC Press, Taylor & Francis Group.
- Thomas, G. (2021). Research Methodology and Scientific Writing. Springer.

Bachelor with Psychology as Major 7th Semester
PSY722J2: Statistics in Psychology Credit: Theory-4, Tutorial-2 (Theory 4 Credits: 60 Hours)

Learning Outcomes:

- Attain proficiency in both descriptive and inferential statistics, showcasing a solid grasp of statistical methodologies.
- Expertly select and apply appropriate statistical tests, demonstrating a nuanced understanding of research questions and data characteristics.
- Develop critical thinking skills to evaluate research findings and interpret statistical results accurately.

Unit- 1 Concept of Statistics

- Introduction to Statistics in Psychology
- Descriptive vs Inferential Statistics
- Measurement Scales
- Types of statistical techniques (parametric, non-parametric).

Unit-2 Data Presentation and Distributive Statistics

- Frequency Distribution
- Measures of Central Tendency
- Measures of Variability

Unit-3 Probability Distribution

- Graphical Representation of Data
- Basic Probability Concepts
- Probability Distributions: Normal and Binomial
- Normal Probability Curve: Characteristics
- Applications of Normal Probability Curve

Unit-4 Inferential Statistics

- Parametric Tests
- One-Sample t-test
- Independent Sample t-test
- Non-Parametric Tests
- Chi-Square Test
- Mann-Whitney U Test

Tutorial: 2 Credit

- Hands on training using excel to solve problems related to parametric tests.
- Hands on training using excel to solve problems related to non-parametric tests.

Readings:

- Broota, K. D. (1989). *Experimental Design in Behavioural Research*. New Delhi: Wiley Eastern.
- Garrett.H. E. (1967). *Statistics in Psychology and Education*. New York: Denis Mckey Co.
- Kerlinger, F. N. (1995). *Foundation of Behavioural Research*. New Delhi: Prism Books.
- Guilford, J. P., & Fruchter, B. (1978). *Fundamental Statistics in Psychology and Education*. NY: McGraw Hill Series.
- Siegal, S., & Castellan, J. (1957). *Non-Parametric Statistics for Behavioural Sciences*. New York: McGraw Hill
- Winer, B.J. (1971). *Statistical Principles in Experimental Designs*. New York: McGraw Hill Ltd.
- Weiss, N., & Hassett, M. (1987). *Introductory Statistics*. Arizona: Addison Wiley Publishing.

**Bachelor with Psychology as Major
7th Semester**

PSY722J3: Recent Advances in Psychology Credit: Theory-4, Tutorial-2 (Theory 4 Credits: 60 Hours)

Learning Outcomes:

- Understanding the recent advancements in the field of psychology
- Learning the applications of cyber and peace psychology.
- Understanding the application of mathematical psychology and cognitive neuroscience.

Unit-1 Cyber Psychology

- Cyber bullying
- Internet addiction/Compulsive internet use
- Digital Etiquettes/Parental meditation of digital use.
- Psychology of Cybercrime

Unit-2 Peace Psychology

- Violence: Meaning & Types of violence (Direct, Structural and Cultural)
- Non- Violence: Meaning & Types (Selective & Passive Non- Violence) Applications of Peace Psychology

Unit-3 Mathematical Psychology

- Introduction to basic concepts in mathematical psychology
- Laws of Psychophysics & their derivations
- Mathematics in relation to Psychological Research

Unit-4 Cognitive Neuroscience

- Nature, History, Scope of Cognitive Neuroscience
- Human Brain Networks
- Language, Consciousness & Brain Plasticity

Tutorial: 2 Credits

Presentation and Discussion: "Case Study Analysis"

- Tutorial Activity 1: Misuse of technology
- Tutorial Activity 2: Role of Mathematics in advanced psychological research
- Tutorial Activity 3: Award winning works in cognitive neuroscience.
- Tutorial Activity 4: Peace building programmes/ Initiative

Readings:

- Busemeyer, J. R., Wang, Z., Townsend, J. T., & Eidels, A. (2015). The Oxford handbook of computational and mathematical psychology. Oxford University Press.
- Connolly, I, Palmer, M., Barton, H., & Kirwan, G. (Eds.). (2016). An introduction to cyberpsychology. Routledge.
- Gazzaniga, M. S. (Ed.). (2014). Handbook of cognitive neuroscience. Springer.
- Mayton, D., & Mayton II, D. (2009). Nonviolence and peace psychology. New York: Springer.

Bachelor with Psychology as Major 8th Semester
PSY822J1: Advanced Research Methodology Credit: Theory-3, Tutorial-1 (Theory 3 Credits: 45 Hours)

Learning Outcomes:

- Develop a nuanced understanding of advanced research designs and the ability to apply these designs to address diverse research questions.
- Master advanced qualitative methods and synthesize qualitative insights by integrating findings from various qualitative methods.
- Acquire competence in advanced mixed methods research in multidisciplinary research applications.

Unit 1: Qualitative and Quantitative Methods

- Qualitative Methods
- In-depth and Structured Interviews
- Focus Group Discussion
- Case Studies
- Quantitative Methods
- Surveys and Experiments
- Observational Techniques
- Secondary Data Analysis

Unit 2: Research Design

- Experimental Design: Independent and Between Group Design
- Correlational Design
- Longitudinal and Cross-sectional Designs

Unit 3: Ethics in Research

- Ethics: Definition and Purpose
- Ethical Code of APA (Brief Introduction)
- Institutional Approval, Informed Consent, Deception and Debriefing
- Steps in Ethical Design Making

Tutorial: 1 Credit

- Preparing of Tentative Research Proposal

Readings:

- Bordens, K. S. & Abbott, B. B. (2014). Research design and methods: A process approach. (9th ed.). McGraw Hill Education.
- Broota, K. D. (1989). Experimental Design in Behavioural Research. New Delhi: Wiley Eastern.
- Creswell, J.W. (2009). Research design: Qualitative, quantitative and mixed methods approach. Sage Publications.
- Kerlinger, F.N. (1999). Foundations of Behavioral Research. (3, ed.). Prism Books Ltd.
- Mukherjee, S. P. (2020). A Guide to Research Methodology: An Overview of Research Problems, Tasks and Methods. CRC Press, Taylor & Francis Group.
- Thomas, G. (2021). Research Methodology and Scientific Writing. Springer.

Bachelor with Psychology as Major 8th Semester
PSY822J2: Cross-Cultural Psychology Credit: Theory-4, Tutorial-2 (Theory 4 Credits: 60 Hours)

Learning Outcomes:

- Understanding of cross-cultural psychology, spanning foundational principles to practical applications in diverse settings.
- Attain a comprehensive grasp of cross-cultural psychology, including its definition, significance, and research methodologies.
- Apply cross-cultural psychology insights in real-world contexts, fostering adaptability and cultural competence in diverse settings.

UNIT-1: Introduction to Cross-Cultural Psychology

- Definition and scope of cross-cultural psychology
- Enculturation and Acculturation
- Differences between cross-cultural psychology and cultural psychology
- Methods and challenges in cross-cultural research

UNIT-2: Cultural Variance and Its Influence on Behaviour

- Cultural variance in behaviour
- Cultural influences on cognitive styles, perception, and emotional expression
- The role of culture in development, personality, and social relationships Culture and motivation.

UNIT-3: Cultural Influences on Social Behaviour and Communication

- Cultural influences on social behaviour
- Cross-cultural communication styles
- The role of language in cross-cultural psychology Non-verbal communication across cultures

UNIT-4: Applications of Cross-Cultural Psychology

- Cross-cultural psychology in the workplace
- The role of cross-cultural psychology in education Cross-cultural psychology in health and wellness Future directions in cross-cultural psychology

Tutorial: 2 Credits

- Presentation and Discussion on role of culture on personality development.
- Presentation and Discussion on culture and psychological assessment.

READINGS:

- Berry, J. W., Poortinga, Y. H., Breugelmans, S. M., Chasiotis, A., David, L. & Sam, D. L. (2012). Cross Cultural Psychology: Research and Application. Cambridge University Press
- Keith, K. D. (2019). Cross-Cultural Psychology Contemporary Themes and Perspectives. John Wiley & Sons
- Shiraev, E. & Levy. (2009). Cross-Cultural Psychology: Critical Thinking and Contemporary Applications. Delhi: Pearson Education.
- Singh, U. (2013). Cross Cultural Psychology. Delhi: Globus Press.
- Vaughn, L.M. (2019). Psychology and Culture. New York: Routledge.

Bachelor with Psychology as Major 8th Semester
PSY822J3: Peace Psychology Credit: Theory-4, Tutorial-2 (Theory 4 Credits: 60 Hours)

Learning Outcomes:

- Demonstrate a thorough understanding of the historical evolution of peace psychology and the conceptual distinctions between positive and negative peace.
- Gain a holistic insight into the diverse factors influencing violence, including family, community, cultural dynamics, youth, and socio-economic factors, with a focus on the psychological aspects of these influences.
- Develop proficiency in conflict resolution by mastering different approaches such as mediation and negotiation and acquire practical skills in preventing conflicts.

Unit-1: Introduction to Peace Psychology

- Historical Perspective of peace psychology
- Types of Peace: Positive and Negative peace.
- Non- Violence: Factors influencing non-violence.

Unit-2: Factors Influencing violence

- Family, Community and cultural violence.
- Youth and violence.
- Gender and socio- economic conflicts.

Unit-3: Conflict Resolution

- Approaches to conflict resolution.
- Mediation
- Negotiation

Unit-4: Prevention and skills in conflict resolution

- Prevention of outbreak of conflict.
- Role of Psychology in building culture of peace.
- Skills in healing aftermath of violence, aggression and trauma

Tutorial: 2 Credits

- Presentation/ Discussion on above related topics
- Case studies of conflict resolution

READINGS:

- Blumberg, H.H., Hare, P., & Costin, A. (2006). *Peace Psychology: A Comprehensive Introduction*. UK: Cambridge University Press.
- Fox, M. A. (2013). *Understanding Peace: A Comprehensive Introduction*. Taylor & Francis.
- MacNair, R. M. (2011). *The Psychology of Peace: An Introduction (2nd ed.)*. Praeger Publishers Inc.
- Gibson, S. (Ed.). (2018). *Discourse, Peace, and Conflict Discursive Psychology Perspectives*. Taylor & Francis.
- Thompson, C. E. F. (2019). *A Psychology of Liberation and Peace*. Springer International Publishing.

Bachelor with Psychology as Minor 5th Semester
PSY522N: Developmental Psychology Credit: Theory-3, Tutorial-1 (Theory 3 Credits: 45 Hours)

Learning Outcomes:

- Demonstrate a deep understanding of key developmental theories and the theorists who contributed to the field.
- Integrate biological and environmental factors to analyze their combined influence on human development.
- Apply developmental concepts across diverse life stages, showcasing the ability to recognize and interpret cognitive, social, and emotional milestones.

Unit 1: Introduction to Developmental Psychology

- Overview and Foundations: Introduction to Developmental Psychology
- Historical Perspectives and Key Theorists: Sigmund Freud, Erik Erikson, Lev Vygotsky, Jean Piaget
- Biological Foundations of Development: Prenatal Development: Germinal Stage, Embryonic Stage, Fetal Stage. Genetics: DNA, chromosomes, Inheritance

Unit 2: Cognitive Development

- Piaget's Stages of Cognitive Development
- Information Processing
- Academic and Intellectual Development
- Language Development: B.F. Skinner, Noam Chomsky, Jean Piaget, Lev Vygotsky

Unit 3: Motor Development

- Overview of Motor Development
- Motor Milestones
- Fine and Gross Motor Skills

Unit 4: Social and Emotional Development

- Attachment Theory: John Bowlby, Mary Ainsworth
- Emotional Development
- Self-Concept and Identity
- Moral Development
- Role of Social Factors (Socialization and Family Influences, Peer Influence)

Tutorial: 2 Credit (30 Hours)

- Presentation and Discussion: "Case Study Analysis"
- Tutorial Activity 1: Developmental Case Studies
- Tutorial Activity 2: Developmental Milestones Observation
- Tutorial Activity 3: Debate on Developmental Theories

Readings:

- Berk, L. E. (2019). *Exploring Child and Adolescent Development* (1st ed.). Pearson Publication.
- Hollingsworth, M. A. (2018). *Theories of Lifespan Development*. XanEdu.
- Santrock, J. W. (2017). *Life-Span Development*. (17th ed.). McGraw Hill.
- Santrock, J. W., Deater-Deckard, K., & Lansford, J.E. (2021). *Child Development: An Introduction*. McGraw Hill.
- Sigelman, C. K., & Elizabeth, R. A. (2021). *Life-Span Human Development*. (10th ed.). Cengage Learning.

**Bachelor with Psychology as Minor
6th Semester**

PSY622N: Organizational Psychology Credit: Theory-3, Tutorial-1 (Theory 3 Credits: 45 Hours)

Learning Outcomes:

- Understanding the applications of organizational psychology.
- Critical Analysis of basic approaches in organizational behaviour.
- Understanding the various theories of organizational behaviour.

Unit 1: Introduction to organizational behavior:

History and Current status of organizational behavior

Approaches to organizational behavior: Productivity, contingency, systems, result oriented, human resource. Challenges and opportunities in the organizational behavior

Unit 2: Theories of Organizational Behaviour:

Principles and Functions of Management (Henri Fayol)

Scientific Management (Frederick Taylor)

Bureaucracy (Weber)

Hawthorne Studies (Elton Mayo)

Unit 3: Psychology at Workplace:

Motivation (Content & Process Theories) Decision making (Herber Simon Model) and leadership (Great Man Theory) Sustainable business practices, Global Marketplace, Flattening world.

Organizational Change

Organizational Development

Practicum: 1 Credit

Assessment of decision-making skills using standardized tools.

Readings:

- Aswathappa, K. (2004). Organizational Behaviour, Mumbai: Himalaya Publishing House.
- Bratton, J. (2020). Work and Organizational Behavior. (4th ed.). Red Globe Press.
- Fred Luthans, Brett C. Luthans, K. W. L. (2021). Organizational Behavior: An Evidence-Based Approach. (14th ed.). Information Age Publishing
- Johns, G. (2019). Organizational Behavior. Harper Collins.
- Robbins, S. P. (2018). Organization Behavior. (18th ed.). Pearson Education.

Bachelor with Psychology as Minor 7th Semester**PSY722N: Introduction to Research Methodology Credits: Theory-3, Tutorial-1 (Theory 3 Credits: 45 Hours)****Learning Outcomes:**

- Grasp the fundamental concepts of research, including its definition, types, and the overall research process.
- Differentiate between qualitative and quantitative research methods, understanding their unique applications and strengths.
- Develop practical skills in sampling techniques, data analysis, and interpretation, crucial for conducting and understanding research.

Unit-1: Introduction to Research

- Research: Meaning and purpose. Characteristics of a good research.
- Steps in Research Process
- Variable: Meaning and Types.
- Hypothesis: Meaning and types.

Unit-2: Types of Research

- Descriptive, Explanatory, Exploratory and Correlational.
- Laboratory Experiments, Field Experiment,
- Field Studies, Survey Research.

Unit-3: Sampling and Data Collection

- Sampling: Meaning and Characteristics.
- Types of Sampling: Probability and Non-Probability.
- Data: Concept and Purpose.
- Data Collection Techniques: Observation, Interview, Questionnaire.

Tutorial: 1 Credit

- Presentation and Discussion of the any above topics.

Readings:

- Bordens, K. S. & Abbott, B. B. (2014). Research design and methods: A process approach. (9th ed.). McGraw Hill Education.
- Creswell, J.W. (2009). Research design: Qualitative, quantitative and mixed methods approach. Sage Publications.
- Kerlinger, F.N. (1999). Foundations of Behavioral Research. (3, ed.). Prism Books Ltd.
- Mukherjee, S. P. (2020). A Guide to Research Methodology: An Overview of Research Problems, Tasks and Methods. CRC Press, Taylor & Francis Group.
- Thomas, G. (2021). Research Methodology and Scientific Writing. Springer.

Bachelor with Psychology as Minor 8th Semester
PSY822N: Advanced Research Methodology Credit: Theory-3, Tutorial-1 (Theory 3 Credits: 45 Hours)

Learning Outcomes:

- Develop a nuanced understanding of advanced research designs and the ability to apply these designs to address diverse research questions.
- Master advanced qualitative methods and synthesize qualitative insights by integrating findings from various qualitative methods.
- Acquire competence in advanced mixed methods research in multidisciplinary research applications.

Unit 1: Qualitative and Quantitative Methods

Qualitative Methods

- In-depth and Structured Interviews
- Focus Group Discussion
- Case Studies

Quantitative Methods

- Surveys and Experiments
- Observational Techniques
- Secondary Data Analysis

Unit 2: Research Design

- Experimental Design: Independent and Between Group Design
- Correlational Design
- Longitudinal and Cross-sectional Designs

Unit 3: Ethics in Research

- Ethics: Definition and Purpose
- Ethical Code of APA (Brief Introduction)
- Institutional Approval, Informed Consent, Deception and Debriefing
- Steps in Ethical Design Making

Tutorial: 1 Credit

- Preparing of Tentative Research Proposal

Readings:

- Bordens, K. S. & Abbott, B. B. (2014). Research design and methods: A process approach. (9th ed.). McGraw Hill Education.
- Broota, K. D. (1989). Experimental Design in Behavioural Research. New Delhi: Wiley Eastern.
- Creswell, J.W. (2009). Research design: Qualitative, quantitative and mixed methods approach. Sage Publications.
- Kerlinger, F.N. (1999). Foundations of Behavioral Research. (3, ed.). Prism Books Ltd.
- Mukherjee, S. P. (2020). A Guide to Research Methodology: An Overview of Research Problems, Tasks and Methods. CRC Press, Taylor & Francis Group.
- Thomas, G. (2021). Research Methodology and Scientific Writing. Springer.