

DEPARTMENT OF PSYCHOLOGY

Programme outcomes:

PO1: Critical Thinking: Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational and personal) from different perspectives.

PO2: Effective Communication: Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.

PO3: Social Interaction: Elicit views of others, mediate disagreements and help reach conclusions in group settings.

PO4: Effective Citizenship: Demonstrate empathetic social concern and equity centred national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.

PO5: Ethics: Recognize different value systems including your own, understand the moral dimensions of your decisions and accept responsibility for them.

MSc PSYCHOLOGY [2-year Regular Programme] (For those who joined since 2018-19)

PSO 1: Understand the nature and basic concepts of Human behaviour

PSO 2: Analyse the Biological, Psychological and Social impact on Human behaviour.

PSO 3: Understand the applications of Psychology in Research, Media, Technology, and organisational areas.

PROGRAMME STRUCTURE

Sem	Subject Code	Course	Subject Title	Hrs/ wk	Credit	CIA	ESE	Total
I	GMSYC11	Core Course – I	Advanced General Psychology	6	5	40	60	100
	GMSYC12	Core Course – II	Life Span Psychology	6	5	40	60	100
	GMSYC13	Core Course – III	Psychopathology	6	5	40	60	100
	GMSYC14P	Core Course – IV	Experimental Psychology I (Lab)	6	5	40	60	100
	GMSYE1A/ GMSYE1B	Elective-I	Advanced Social Psychology/Indian Psychology	6	5	40	60	100
	GMSYX1	Extra Credit	Study Kit Making	-	2	-	100	100
			Total	30	25+2	200	300 + 100	500 + 100
II	GMSYC21	Core Course – V	Applied Counselling Psychology	6	5	40	60	100
	GMSYC22	Core Course – VI	Applied Cognitive Psychology	6	5	40	60	100
	GMSYC23	Core Course – VII	Research Methodology &	6	5	40	60	100

			Statistics					
	GMSYC24P	Core Course – VIII	Experimental Psychology II-(Lab)	6	5	40	60	100
	GMSYE2A/ GMSYE2B	Elective-II	International classification of Diseases / Special Education	6	5	40	60	100
	GMSYX2P	Extra Credit	Documentary Making	-	2	-	100	100
			Total	30	25+2	200	300 + 100	500 + 100
III	GMSYC31	Core Course – IX	Neuropsychology	6	5	40	60	100
	GMSYC32	Core Course – X	Psychotherapeutics	6	5	40	60	100
	GMSYC33	Core Course – XI	Rehabilitation Psychology	6	5	40	60	100
	GMSYC34P	Core Course – XII	Experimental Psychology III- Lab	6	5	40	60	100
	GMSYE3A/ GMSYE3B	Elective-III	Human Resource Management / Training & Development in Organisations	6	5	40	60	100
	GMSYX3/ GMSYX3P	Extra Credit	Short film making-Related to field/ Online courses	-	2	-	100	100
				Total	30	25+2	200	300 + 100
IV	GMSYC41P W	Core Course – XIII	Project Work	30	15	100	100	200
	GMSED4	Extra credit IV	Skills for Employability Development/Online courses	-	2	100	-	100
			Total	30	15+2	100 + 100	100	200 + 100
			Grand Total	120	90 + 8	700 + 100	1000 + 300	1700 + 400

*Hrs/wk-Hours/Week CIA–Continuous Internal Assessment and ESE – End Semester Examination

*For online certification credit alone will be assigned on submission of certificate obtained through appearing for online examination from spoken tutorial, EDX, NPTEL or Coursera.

Core I--Advanced General Psychology (For those who joined since 2018-19)

Semester: I
Subject Code: GMSYC11

Hours /Week: 6
Credit: 5

CO 1: Enable the student to understand the basic concepts in Psychology

CO 2: Make them understand the recent advancements in General Psychology

CO3: To acquire basic knowledge about sensory processes in connection with psychological context

CO 4: Sensitize the student on motivational, emotional and other aspects of behaviour

CO 5: Understand in depth theories in forgetting

CO 6: To know about the mechanism of higher order thinking processes called intelligence and creativity.

UNIT I

(18 Hours)

Perceptual Processes: Approaches to the Study of Perception: Perceptual Organization: Gestalt, Figure and Ground, Laws of Organization. Perceptual Constancy: Size, Shape and Brightness, Illusion; Perception of Depth and Movements. Role of motivation and learning in perception.

UNIT II

(18 Hours)

Learning Process: Classical conditioning: Procedure, Phenomena and related issues. Instrumental learning: Phenomena, Paradigms and theoretical issues. Reinforcement: Basic variables and schedules. Verbal learning: Methods and materials, organizational processes.

UNIT III

(18 Hours)

Memory and forgetting: Memory Processes: Encoding, Storage, Retrieval. Stages of Memory: Sensory memory, Short-term Memory (STM) and Long – term Memory (LTM). Episodic and Semantic memory. Theories of Forgetting: Interference, decay, retrieval. Models of memory: Atkinson and Shiffrin, Craik and Lockhart, Tulving. Semantic memory: Episodic, trace model and network model. Long-term memory: Retrieval cues, flashbulb memory, constructive processes in memory, eyewitness testimony, and autobiographical memory.

UNIT IV

(18 Hours)

Intelligence and thought processes: Intelligence: Biological, Social, Eco-cultural determinants. Theories of intelligence: Spearman, Thurston, Guilford. Individual and group differences: Extent and causes. Measurement of human abilities. Cattell, Jensen, Sternberg, Goleman. Creativity: Views of Torrance, Getzels, Guilford. Intelligence and creativity, emotional intelligence. Theories of thought processes: Information processing. Concept formation: Rules and strategies. Reasoning: Deductive and inductive. Problem-Solving: Type and strategies. Role of concepts in thinking.

UNIT V

(18 Hours)

Personality: Determinants of personality: Biological and socio-cultural. Approaches to the study of personality: Psychoanalytic, Neo-Freudian, social learning, trait and type, cognitive. Personality Assessment: Psychometric and projective tests.

Text Book:

1. Robert A. Baron, **General Psychology**, Prentice Hall of India, New Delhi, 5th edition 2013.

Reference Books:

2. Hilgard, E.R. **Introduction to Psychology** Oxford and IBH Publishing Co, Pvt Ltd. New Delhi, 6th Edition, 2014
3. Clifford Morgan **Introduction to Psychology**. Tata Mc-Graw Hill Publishing Company. New Delhi: 7th Edition, 2017
4. Jones, D. & Elcock, J. **History and theories of Psychology: A critical Perspective**. Routledge Taylor and Francis group Arnold: London. 2001

Core II-- Life Span Psychology**(For those who joined since 2018-19)****Semester: I****Hours/Week: 6****Subject Code: GMSYC12****Credit: 5****CO1:** Introduce students to the Basic Concepts of Developmental Psychology.**CO2:** Familiarize students with the Physical and Psychological development of early lifespan development.**CO3:** Able to assess early developmental history to determine impact on child and adolescent functioning.**CO4:** Demonstrate knowledge of the significant factors which affect individuals throughout the lifespan: socioeconomic, ethnic, cultural, family, gender, marital status, and sexual orientation.**CO5:** Impart knowledge on physical and cognitive development from babyhood to childhood**CO6:** Provide an understanding of psychosocial development from babyhood to childhood**UNIT I****(18 Hours)****Nature of Human Development:** Human development early approaches- Human development today- theoretical perspective: psychoanalytic- learning- cognitive- evolutionary/ sociobiological- contextual**UNIT II****(18 Hours)****Forming a new life:** Conceiving new life- mechanisms of heredity- nature and nurture- prenatal development- birth process- newborn baby- physical development. Cognitive development: classic approaches- new approaches- language development. Psychosocial development: - developmental issues in infancy and toddlerhood- children of working parents**UNIT III****(18 Hours)****Childhood:** Physical development: aspects of physical development. Cognitive development: Piagetian approaches – Language development- memory development. Psychosocial development: developing self- Gender- Play- Parenting- Child abuse and neglect- Relationship with other children**UNIT IV****(18 Hours)****Adolescence:** Physical development- Puberty- Physical and mental health

Cognitive development: Cognitive maturation- Psychosocial development: search for identity- sexuality- Relationship with family, peer and adult society

UNIT V**(18 Hours)****Adulthood:** Health and physical condition- Cognitive development: perspectives on adult cognition- Moral development- Psychosocial development-- approaches-foundations of intimate relationships- Non-marital and marital lifestyles - parenthood - marital problems

Text Book:

1. Papalia, D.E, Olds, S.W and Feldman, R.D. **Human development** Tata McGraw-Hill. New Delhi: 9thEdition 2004

Reference Books:

2. Berk, E.L. **Development through lifespan** Pearson Education, Inc. New Delhi: 3rd edition 2007
3. Feldman **Discovering the Lifespan** Pearson Education, Inc. New Delhi, 2010
4. Keenan T and Evans, **An Introduction to Child Development** Sage Publications. New Delhi:2nd Edition 2009
5. Margaret Harris **Exploring Developmental Psychology: Understanding theory and methods.** Sage Publications. New Delhi 2008

Core III-- Psychopathology**(For those who joined since 2018-19)****Semester: I****Subject Code: GMSYC13****Hours/Week: 6****Credit: 5****CO1:** Create awareness about historical concepts of psychopathology**CO2:** Impart knowledge and skills required for diagnosis of psychological conditions**CO3:** Orient students about different psychological disorders, its causes and treatments**CO4:** Understanding the impact of psychological problems on the individual and in society.**CO5:** Familiar with and able to discuss the DSM-IV multiracial classification of mental disorders and the criteria for diagnosing these disorders.**CO6:** Able to apply these theoretical perspectives in reviewing each of the psychopathological conditions**UNIT I****(18 Hours)**

Anxiety disorders: Generalized anxiety disorder: Clinical description , Causes , Treatment- Panic disorder with and without agoraphobia: Clinical description – Causes – Treatment - Specific phobia: Clinical description ,Causes , Treatment -Post-traumatic stress disorder: Clinical description, Causes, Treatment- Obsessive-compulsive disorder: Clinical description , Causes , Treatment

UNIT II**(18 Hours)**

Mood disorders, Eating disorders: Mood disorders: Depressive disorders – Bipolar disorder – Causes – Treatment- Suicide – Risk factors – Treatment. Eating disorders: Bulimia nervosa – Anorexia Nervosa – Binge- eating disorder – Causes and treatment of eating disorders

UNIT III**(18 Hours)**

Substance-related disorders: Depressants: Alcohol use disorders – Sedative, Hypnotic or Anxiolytic, substance use disorders. Stimulants: Amphetamine use disorders– Cocaine use disorders – Nicotine use disorders – Caffeine use disorders. Opioids – Hallucinogens: Marijuana – LAD and others. Causes and Treatment

UNIT IV**(18 Hours)****Personality Disorders**

Paranoid personality disorders – Schizoid personality disorders – Schizotypal personality disorders – Antisocial personality disorder – Borderline personality disorder – Histrionic personality disorder – Narcissistic personality disorder – Dependent personality disorder- Obsessive-compulsive personality disorder

UNIT V**(18 Hours)****Schizophrenia and related disorders**

Identifying symptoms – Clinical description: Positive symptoms – Negative symptoms – Disorganized symptoms – Schizophrenia subtypes – Related psychotic disorders. Causes – Genetic influence – Neurobiological influences – Psychological and social influences – stress. Treatment – Biological intervention – Psychosocial intervention

Text Book:

1. Kaplan & Sadock. S **Synopsis of Psychiatry**. Wolters Kluwer. 11th Edition. 2015.

Reference Books:

1. Barlow and Durand **Abnormal Psychology**. New York: Pearson India Ltd 2006.
2. Sarason and Sarason. **Abnormal Psychology: The Problem of Maladaptive Behaviour** Prentice-Hall of India Pvt Ltd. New Delhi 11th Edition 2010.
3. Carson and Butcher. **Abnormal Psychology**: Pearson Education, Inc. New Delhi 13th Edition 2010.
4. Hecker Jeffrey **Introduction to Clinical Psychology**: Pearson Education, Inc. New Delhi 2010.
5. Sadock and Sadock. Kaplan and Sadock's **Synopsis of psychiatry: Behavioural sciences/ Clinical Psychiatry** Lippincott Williams & Wilkins, Philadelphia 9th Edition 2003.

Core IV--Experimental Psychology-I (Lab)**(For those who joined since 2018-19)****Semester: II****Subject Code: GMSYC14P****Hours/Week: 6****Credit: 5****(90 Hrs)****CO1:** Learn the principles of sensory process**CO2:** Understand the various senses and its perceptions**CO3:** Provide practical exposure to assess, diagnose and interpret various psychological Concepts

CO4: Gain the knowledge of using psychometric tools.

CO5: Learn the influence of various illusions in day to day life.

CO6: Importance of psychological experiments for understanding the human behaviour.

1. Learning
 2. Transfer of training
 3. Muller-lyer Illusion
 4. Size-Weight Illusion
 5. Two-point threshold
 6. Span of attention
 7. Signal Detection
 8. Concept formation
 9. Bhatia's Battery of Intelligence tests
 10. Steadiness test
 11. Standard Progressive Matrices
 12. Emotional Intelligence
 13. Internal-External Locus of Control
 14. FIRO-B
 15. Creativity Test
- Demonstration Techniques**
16. Progressive Muscular Relaxation
 17. Rorschach
 18. Guided Imagery
 19. Transcendental Meditation
 20. Suryanamaskaram
- This list is suggestive

Reference Books:

1. Wood Worth Robert S, Harold Schlosberg, **Experimental Psychology**, Oxford & IBH Publishing Co.Pvt . Ltd, New Delhi 2006.
2. Chadha, N.K. **Theory and Practice of Psychometry**. New Age International Ltd. New Delhi 2006.
3. Domino, G., & Domino, M.L..**Psychological testing**:Cambridge University Press, New York 2nd Edition 2006 .

Elective I-- Advanced Social Psychology
(For those who joined since 2018-19)

Semester: I
Subject Code: GMSYE1A

Hours/Week: 6
Credit: 5

CO1: Help the students outline the key factors in social Psychology and to perceive and understand individuals

CO2: Analyse how to perceive and understand one's self

CO3: Evaluate the social world and apply Psychology in life

CO4: Able to analyse major psychosocial issues.

CO5: To analyse how to perceive and understand one's self

CO6: Compare and contrast the research methodologies used in the scientific study of human Social Behaviour.

Unit I (15 Hours)

Basic concepts: Definitions of social Psychology; current trends; methods of social Psychology; importance of social Psychology in today's context. Prejudice; stereotype, myths, misconception and discrimination and their effects. Measures for prevention of prejudice, stereotype, myths, misconception and discrimination

Unit II (15 Hours)

Social perception and cognition: Meaning, formation and changes of attitudes, influence of attitude on behaviour. Barriers in changing attitudes

Unit III (15 Hours)

Population explosion: current scenario and its impact: Population of India and its growth, density of population, sex ratio and literacy status, cause of population explosion in India, consequences of population explosion, Population Policy in India

Unit IV (15 Hours)

Child abuse and neglect: Definition, types, causes and consequences of child abuse and neglect, myths and facts about child sexual abuse, counselling for sexual assault, incidences of child abuse and neglect, profile of perpetrators, cost of child abuse and neglect, prevention and intervention, UN Convention on Rights of the Child, Role of International Agencies, legal measures for prevention of child abuse and neglect in India, National Commission for Protection of Child Rights, its objectives and importance; Integrated Child Protection Scheme (ICPS)

Unit V (15 Hours)

Legally dangerous behaviour: Major modes of crime in India, Forms of cognizable and non-cognizable offences, Factors responsible for criminal behaviour, Prevention and Intervention, Major laws in India viz., The Indian Penal Code (IPC), The Indian Evidence Act and the Code of Criminal Procedure. (ii) Juvenile Delinquency: Definition, profile of the juvenile delinquents and their activities, classification of juvenile delinquents, incidence, causes and dynamics of juvenile delinquents, prevention and intervention, Juvenile Justice (Care and Protection) Act 2000

Text Book:

1. Baron, R.A. & Byrne **Social Psychology** Pearson Education Asia. Delhi: 2000.

References Books:

2. Myers, D.G **Social Psychology**, Tata McGraw Hill. New Delhi, 2006.
3. Worcel, S., Cooper, J., Goethals, G.R. & Olson, J.M. **Social Psychology**, Wadsworth. CA 2000.
4. Deb. S. **Children in Agony**, Concept Pub. New Delhi 2006.
5. Deb.S., **Contemporary Social Problems in India**, Anmol Publication Pvt Ltd, New Delhi ,2006 .
6. Deb. S., **Child Protection: Socio-legal Measures in India**, Lunar Publication Kolkata, 2004.

Elective I--Indian Psychology
(For those who joined since 2018-19)

Semester: I**Hours/Week:6****Subject Code: GMSYE1B****Credit: 5****CO1:** Understand the meaning and importance of Indian Psychology in the present context.**CO2:** Preconceived notion about various social and health issues and its impact.**CO3:** Create awareness about basics of Psychology in Indian perspective**CO4:** Understand various theories of Indian Psychology**CO5:** understand various doctrines of Indian Psychology.**CO6:** Importance of Indian perspective in the field of Psychology.**UNIT I: (15 Hours)****Introduction of Indian Psychology:** History of Indian Psychology, yoga and consciousness, Mind designing and metacognition in Indian Psychology**UNIT II: (15 Hours)****Thought and language:** The nature of concepts- Buddhist view- Kalpana and Abhikalpana- Qualified cognition: Judgement- Reasoning and inference- Learning and its meaning- Nature and importance of sentence**UNIT III: (15 Hours)****Dreams: Indian perspective:** Dreams due to Peripheral Stimulation (Dream-illusions)- Dreams due to Subconscious Impressions (Dream-hallucinations)- Dreams as the Fulfilment of Desires (Dream hallucinations)- Physiological basis of Dreams- Types of dreams- Veridical Dreams, Telepathic Dreams, Dreams-within-dreams**UNIT IV: (15 Hours)****Theories of Dreams:** The Psychological Character of Dream-Consciousness. The Preventative theory of dreams- Representative theory of dreams- Illusions - Indefinite Perceptions- Dreams and Hallucinations - Classification of Dreams- Caraka's Classification, Vaisesika Classification- The Buddhist Classification of Dreams**UNIT V: (15 Hours)****Abnormal Perception:** The Treatment in the Samkhya. The treatment in the ancient medical literature. Mechanism of the visual organ - Abnormalities in visual perception Timira (Loss of Vision)- Abnormalities of auditory perception- Abnormalities in olfactory perception- Abnormalities in gustatory perception- Abnormalities in tactual perception- Disorders in the motor organs- Mental blindness - Causes of Sense-disorders and Mental Disorders**Text Book:**

1. Jadunath sinha, **Indian Psychology**, Motilal Banarsidass Publishers Private Limited Delhi, 2008.

Reference Books:

2. Jadunath Sinha. **Indian Psychology** Motilal Banarsidass Publishers Private Limited Delhi, 5th Edition, 2017.
3. Ramakrishna Rao.K, Anand paranjpe,Ajit.K. Dalal. **Indian Psychology**, Cambridge University Press India Pvt. Ltd US, First edition edition 2008.
4. R. M. Mathijir Cornelisen, Girishwar wisra, Suneet Varma **Foundation and application of Indian Psychology**. Pearson Publication Private Limited, Kindle Edition. 2013.

**Extra Credit--Study kit making (Models, Modules,etc.)
(For those who joined since 2018-19)**

Semester: I**Subject Code: GMSYX1****Credit: 2**

**Core V - Applied Counselling Psychology
(For those who joined since 2018-19)**

Semester: II**Subject Code: GMSYC21****Hours/Week:6****Credit:5****CO1:** Orient students about the importance of Guidance and Counselling**CO2:** Understand the nature of counselling situation**CO3:** Understand the various areas of Counselling**CO4:** Become aware of Ethical and Legal issues in Counselling**CO5:** Enable the students to understand the meaning, basic concepts, purpose and importance of counselling in everyday life and skills required for counselling.**CO6:** Understand various appraisal techniques, reporting of the findings and effectiveness of counselling**Unit I****(18 Hours)****Principles of Counselling:** Basic concepts, purpose and importance. Steps and process in counselling. Individual, family and group counselling**Unit II****(18 Hours)****Skills of Counsellor:** Essential characteristics of a counsellor, Micro skills in counselling, professional and ethical issues in counselling, identification of burnout in caregivers and counsellors, dealing with demanding clients**Unit III****(18 Hours)****Approaches to Counselling:** Directive, non-directive and eclectic approaches, Client and counsellor variables affecting counselling process**Unit IV****(18 Hours)****Approaches to Evaluation in Counselling:** Non-testing - case study, interview, cumulative record card, occupational information, observation and rating scale

Unit V (18 Hours)

Testing - Personality, Attitude, Values, Abilities, Aptitude and Achievements. Reporting of the findings. Effectiveness and evaluation of counselling: criterion of effectiveness – outcome and process based

Text Book:

Kinra, **Guidance and Counselling**, Pearson Learning Inc, New Delhi, 2010.

References Books:

1. Berdie, R.F. et al., **Testing in guidance and counselling**. McGraw Hill. 1963.
2. Davis, D. **Counselling in psychosocial services**. Open University Press, Philadelphia, 1997 .
3. Dryden, W. **Developing the practice of counselling**, Sage Publication. 1994.
4. . Fullmer, D.W. **Counselling: contents and Process**. Science Research Assoc. Chicago. 1971.
5. Gelso, CL & Fretz, BR. **Counselling Psychology**, Prism Book. 1997
6. NACO, MHFW, GOI **HIV Counselling Training Modules for VCT, PPTCT and ART Counsellors**, 2006.

**Core VI- Applied Cognitive Psychology
(For those who joined since 2018-19)**

Semester: II**Subject Code: GMSYC22****Hours/Week:6****Credit: 5****CO1:** Understanding the methods to study cognitive concepts.**CO2:** In-depth understanding of brain and its function.**CO3:** Demonstrate knowledge and understanding of well-established theories in cognitive Psychology.**CO4:** understanding problem solving and creative aspects of cognition**CO5:** In-depth understanding of human cognitions**CO6:** Insight about behaviour and mental process.**Unit I****(18 Hours)**

An Introduction to Cognitive Psychology: Perceptual Processes I: Visual and Auditory Recognition, Perceptual Processes II: Attention and Consciousness

Unit II**(18 Hours)**

Memory Concepts: Working Memory Long-Term Memory: Atkinson's and Shiffrin's (1968) multi-store model, Baddeley and Hitch Working memory model, The Central Executive, The Episodic Buffer, The Visuospatial Sketchpad, The Phonological Loop

Unit III**(18 Hours)**

Memory Process: Memory Strategies: Chunking, Association, Acronyms, Rehearsing, mnemonic and Metacognition: Metacognitive knowledge, Metacognitive Experience, Metacognitive Strategies, Mental Imagery and Cognitive Maps

Unit IV (18 Hours)

Language and Language Comprehension: Communication Awareness, Hearing and Auditory Processing, Word Knowledge and World Knowledge, Knowledge of Word Organization, Discourse, Social Knowledge and Pragmatics, Cognitive Functions that Support Language Comprehension, Language Production and Bilingualism

Unit V (18 Hours)

Higher order thinking Process: Problem Solving and Creativity, Deductive Reasoning and Decision Making, Cognitive Development Throughout the Lifespan

Text Book:

1. Wessells, M.G. **Cognitive Psychology**. Harper and Row Publishers, New York: 1982

Reference Books:

2. Best, B. J. **Cognitive Psychology**. West Publishing Company. New York: 2nd Edition 1983
3. Wood, G. **Cognitive Psychology - A Skills Approach**. Cole Publishing California 1983
4. Kolb, B. **Fundamental of Human Neuropsychology** Worth Publishers, New York: 5th Edition 2003
5. L.Solso. R., **Cognitive Psychology**, Pearson Education Pvt. Ltd., New Delhi, 6th Edition, 2004
6. G.Wessells M., **Cognitive Psychology**, Harper and Row Publishers., New York 1982
7. Best, B. J. **Cognitive Psychology**, West Publishing Company, New York, 2nd Edition, 1983
8. Wood, G. **Cognitive Psychology - A Skills Approach** Cole Publishing, California, 1983

**Core VII- Research Methodology and Statistics
(For those who joined since 2018-19)**

Semester: II

Subject code: GMSYC23

Hours/Week:6

Credit: 5

CO1: Orient students to the different stages of research

CO2: Give insight into the various research methods

CO3: Identify and apply appropriate research tools

CO4: Get basic knowledge on data collection

CO5: Acquire the skill of reporting the research

CO6: Employ various statistical techniques for psychological research

UNIT I

(18 Hours)

Foundations of Research: Research: Meaning – objectives – Types – Research Approaches – Significance of research – Research Methods versus Methodology –

Research and Scientific method – Problems encountered by researchers in India. Ethical Principles in animal research and research with human participants. Major stages in research – Research problems: Nature – Sources – Defining and stating a problem – Criteria of a good problem. Review of Literature: Functions – Sources – The search for the literature – Criticism

UNIT II**(18 Hours)**

Sampling and tools of Research: Hypothesis: Meaning – Types – Criteria – Formulating and Stating hypothesis – Basic concepts related to hypothesis testing. Sampling: Meaning – Types – Probability and Non- Probability sampling – sample size – Tools of research: Criteria for selection of tools – Factors related to construction of tools – Tools of different types: Observation – Interview – Questionnaire – checklist- Rating Scales: Merits and Limitations – Writing a research proposal

UNIT III**(18 Hours)**

Research Methods: Normative Survey – Experimental Research – Variables and experimental control. Experimental designs: Pre-experimental designs – True experimental designs – Quasi experimental designs – Single subject experimental designs – Ex-post Facto Designs – Interpretation and report writing

UNIT IV**(18 Hours)**

Statistics: Scales of measurement - Frequency distributions and Graphs: Steps – Exact limits and mid- points of the class intervals – Graphical representation of Data: Different types of graphs – Issues to consider when preparing a graph. Measures of Central Tendency: The Mean, Median and Mode – Measures of Variability: The Range, Quartile Deviation, Average Deviation and Standard Deviation. Normal probability curve: Characteristics – Applications – Skewness and kurtosis

UNIT V**(18 Hours)**

Statistical Techniques Applied in Psychology: Correlation: Meaning – Concept of Correlation – Pearsons Product moment correlation – Rank order correlation – Test of Significance: „t Test – Calculation and interpretations – The „t“ ratio and its assumptions. Analysis of Variance (ANOVA): Meaning – logic – example for one-way ANOVA – interpretation – Assumptions of the ANOVA. Regression and Prediction- An overview of Non-Parametric statistics

Text Book:

1. Coaley, K. **An Introduction to Psychological Assessment and Psychometrics.** Sage Publications. New Delhi: 2009.

Reference Books:

2. Coolican, H. **Research Methods in Statistics in Psychology-** Rawat Publications. New Delhi 2009.
3. Gravetter, F.J. and Forzana, L.A.B. **Research methods for behavioural sciences.** Wordsworth cengage learning, United States 2009.
4. Kerlinger, N. **Foundations of behavioural research.** India: Prentice Hall 1996.
5. Kothari, C.R. **Research Methodology – Methods and Techniques.** Wiley Eastern Ltd. New Delhi: 2008.
6. Kundu. **Research Methodology.** Pearson Publishing New Delhi: 2010.

7. Myers, J. **Methods in Psychological Research**. Sage Publications New Delhi: 2008.
8. Ruyon, R.P, Haber, A, Pittenger, D.J and Coleman, K.A. **Fundamentals of Behavioural Statistics**. Mc Graw Hill ,New York:2010.
9. Singh, A.K. Tests, **Measurements and Research Methods in Behavioural Sciences**. Bharati Bhavan Publishers, Patna, 2006 .

Core VIII -Experimental Psychology-II (Lab)
(For those who joined since 2018-19)

Semester: II

Subject Code: GMSYC24P

Hours/Week:6

Credit: 5

(90 Hrs)

CO1: Learn the principles of learning process

CO2: Understand the various learning techniques.

CO3: Gain the knowledge of using psychometric tools.

CO4: Provide practical exposure to assess, diagnose and interpret various psychological Concepts

CO5: Impart the importance of mental health

CO6: Make the students capable to diagnose.

1. PGI Brain Dysfunction
2. Mental Health battery
3. Medico psychological Questionnaire
4. Student problem checklist
5. DATB
6. MBTI
7. Beck's Depression Scale
8. Learning Disability (Dyslexia, Dysgraphia, ADHD)
9. Competition and Performance
10. Pre-marital sexual anxiety scale
11. Work Motivation
12. SDS
13. Coping styles inventory
14. Neurological Assessment Battery (Any 5 sub tests)

Reference Books:

1. Wood Worth Robert S, Harold Schlosberg, **Experimental Psychology**, Oxford & IBH Publishing Co.Pvt . Ltd, New Delhi 2006.
2. Chadha, N.K. **Theory and Practice of Psychometry**. New Age International Ltd. New Delhi 2006 .
3. Domino, G., & Domino, M.L..**Psychological testing**:Cambridge University Press, New York 2nd ed 2006 .
4. Parameswaran E.G, Ravichandra K, Experimental Psychology , neelkamal publication pvt ltd,2003.

Elective II - International Classification of Diseases
(For those who joined since2018-19)

Semester: II
Subject Code: GMSYE2A

Hours/Week:6
Credit: 5

CO1: Understand the concept of abnormal behaviour, classification and methods of assessment.

CO2: Understand various pathological disorders & ICD-10 criteria of diagnosis. Introduce students to historical conceptions and perspectives of psychopathology

CO3: Impart knowledge and skills required for diagnosis of psychological conditions

CO4: Orient students on different psychological disorders, its causes and treatment

CO5: Consider the impact of these psychological problems on the individual and the wider social context.

CO6: Able to apply these theoretical perspectives in reviewing each of the psychopathological conditions

UNIT I (18 Hours)

Introduction to ICD: History, need.

UNIT II (18 Hours)

Dissociative Disorder :

Dissociative identity disorder (ICD-10 F44.81)

Dissociative amnesia including Dissociative Fugue (ICD-10 F44.0)

Depersonalization/Derealization disorder (ICD-10 F48.1)

Other Specified Dissociative Disorder (ICD-10 F44.89)

Unspecified Dissociative Disorder (ICD-10 F44.9)

UNIT III (18 Hours)

Sleep Disorders

Insomnia. (ICD-G47.00)

Hypersomnia. (ICD-G47.10)

Circadian rhythm sleep disorders. (ICD-G47.20)

Unspecified type Sleep apnea. (ICD-G47.30)

Narcolepsy and cataplexy (ICD- G47.41)

Parasomnia.(ICD-G47.50)

Sleep related movement disorders. .(ICD-G47.6)

Other sleep disorders.(ICD-G47.8)

UNIT IV (18 Hours)

Sexual Disorders

Fetishism, fetishistic (ICD-F65.0)

Exhibitionistic (ICD-F65.2)

Pedophilia (ICD-F65.4)

Sexual sadism (ICD-F65.52)

Frotteurism (ICD-F65.81)

UNIT V (18 Hours)

Neurocognitive disorders

Delirium (ICD-F10.231)

Parkinson's disease (ICD-G20)
Dementia (ICD-G31.09)

Text book:

1. **International classification of diseases-10 revised version** by WHO. 2018

**Elective II - Special Education
(For those who joined since 2018-19)**

Semester: II

Hours/Week:6

Subject Code: GMSYE2B

Credit: 5

CO1: Familiarize students with different psychological disorders related with childrens.

CO2: Orient students on causes, symptoms and treatment of different psychological disorders.

CO3: Introduce students to historical conceptions and perspectives of psychopathology

CO4: Impart knowledge and skills required for diagnosis of psychological conditions

CO5: Orient students on different psychological disorders, its causes and treatment

CO6: Creating awareness about need of special education

Unit I

(18 Hours)

Introduction to special education: Nature, History, Importance, Scope Identifying students or learners with special needs, Methods of provision

Unit II

(18 Hours)

Autism Spectrum Disorder: Nature, Needs and Intervention: Definition, Epidemiology, Etiology, Diagnosis and Clinical Features, Criteria, Behavioural and physical symptoms in autism, Tools and Areas of Assessment, Treatment- Psychosocial interventions, Social skill approaches, Behavioural Interventions, Interventions for comorbid symptoms, Educational Interventions for autism, Vocational Training and Career Opportunities

Unit III

(18 Hours)

Attention Deficit Hyperactive Disorder (ADHD): Epidemiology, Etiology, Diagnosis and Clinical Features, Criteria, Course and Prognosis, Adult Manifestation of ADHD: Diagnosis and Clinical Features, Treatment

Unit IV

(18 Hours)

Learning Disability: Nature, Needs and Intervention: Dyslexia (reading): Epidemiology, Etiology, Diagnosis and Clinical Features, Criteria, Treatment, Dysgraphia (Writing): Epidemiology, Etiology, Diagnosis and Clinical Features, Criteria, Treatment, Dyscalculia (Maths): Epidemiology, Etiology, Diagnosis and Clinical Features, Criteria Treatment, Dyspraxia (Motor Coordination): Epidemiology, Etiology, Diagnosis and Clinical Features, Criteria, Treatment

Unit V

(18 Hours)

Intellectual disability: Classification, Clinical features, Developmental Characteristics, Degrees of severity, Epidemiology, Comorbidity, Psychosocial features, Etiology: Genetic etiological factors, Genetic intellectual disability: Down syndrome, Fragile X Syndrome, Prader-Willi Syndrome, Cat's Cry Syndrome, Phenylketonuria, Rett Syndrome, Tuberos sclerosis, Treatment

Text Book:

1. Kaplan & Sadock. **Synopsis of Psychiatry**. Wolters Kluwer. 11th Edition. 2015.

Reference Books:

2. Ellis, A. W., & Young, A. W **Human Cognitive Neuropsychology: A textbook with readings**. Psychology Press. Chicago. 2013.
3. Rapp, B. E. **The Handbook of Cognitive Neuropsychology: What deficits reveal about the human mind**. Psychology Press. 2001.
4. Margaret W. Matlin. **Cognition**, Wiley 6th Edition 2004.
5. Solso. R. L. **Cognitive Psychology**, Pearson Education Pvt. Ltd. New Delhi: 6th Edition 2004.
6. Beaumont, J.G. **Neuropsychology**, Guildford Publishers, New York, 1982.

**Extra Credit II- Documentary Making
(For those who joined since 2018-19)**

Semester: II

Subject Code: GMSYX2P

Credit: 2

**B. Sc PSYCHOLOGY
(Three Years Regular Programme)
(For those who joined since 2018)**

PREAMBLE

The following changes introduced in the curriculum for the candidates to be enrolled from June 2018 onwards

Core course:

- Modifications has been carried out for following subjects
 1. General Psychology
- Following subjects has been newly introduced
 1. Experimental Psychology-I
 2. Experimental Psychology-II
 3. Basic research methodology.
 4. Personality development.
 5. School counselling.

Allied:

- Following subjects has been newly introduced
1. Physiological Psychology

Skill Based Elective:

- Following subjects has been newly introduced
1. Educational Psychology-I
 2. Educational Psychology-II
 3. Health Psychology-I
 4. Health Psychology-II
 5. Counselling Psychology

Elective:

- Following subjects has been newly introduced
1. Forensic Psychology
 2. Criminal Psychology

Programme Specific Outcome:

PSO 1: Understand the nature and basic concepts of Human behaviour.

PSO 2: Analyse the Biological, Psychological and Social impact on Human behaviour.

PSO 3: Understand the applications of Psychology in Research, Media, Technology, Forensic, Organisation etc

Programme Structure – 2018 onwards

Sem	Part	Subject Code	Course	Subject Title	Hrs/wk	Credit	CIA	ESE	Total
I	I	GBLT11/ GBLA11/ GBLIA11/ GBLH11	Language I	Tamil I / Basic Arabic I /Intermediate Arabic I /Hindi I	6	6	40	60	100
	II	GBLG12/ GBLF12	Language –II	English-I-General / English-I-Functional	6	6	40	60	100
	III	GBSYC11	Core Course –I	General Psychology	5	5	40	60	100
		GBSYC12	Core Course –II	Life Span Psychology-I	5	4	40	60	100
		GBSYA13	Allied –I	Physiological Psychology	5	4	40	60	100
	IV	GBSYE14	Skill Based Elective –I	Educational Psychology-I	3	2	-	50	50
				Total	30	27	200	350	550
II	I	GBLT21/ GBLA21/ GBLIA21/ GBLH21	Language –I	Tamil II / Basic Arabic II /Intermediate Arabic II /Hindi II	6	6	40	60	100
	II	GBLG22/ GBLF22	Language –II	English-II-General / English-II-Functional	6	6	40	60	100

	III	GBSYC21	Core Course – III	Life span Psychology-II	5	4	40	60	100
		GBSYC22	Core Course – IV	Experimental Psychology-I (Lab)	4	4	40	60	100
		GBSYA23	Allied –II	Media Psychology	4	3	40	60	100
	IV	GBSYE24	Skill Based Elective –II	Educational Psychology-II	3	2	-	50	50
		GBES2	General Interest Course-I	Environmental Studies	2	2	-	50	50
		GBSYX2	Extra Credit	Islamic Psychology/Online course	-	2	-	100	100
				Total	30	27 + 2	200	400 + 100	600 + 100
III	III	GBSYC31	Core Course –V	Social Psychology-I	6	4	40	60	100
		GBSYC32	Core Course – VI	Cognitive Psychology	6	4	40	60	100
		GBSYA33	Allied –III	Psychological Statistics	6	5	40	60	100
	IV	GBSYE34	Skill Based Elective –III	Health Psychology-I	3	2	-	50	50
			Non- Major Elective-I		4	2	-	50	50
		GBHR3	General Interest Course-II	Human Rights	3	2	-	50	50
	V	GBXTN3	Extension Activities	NSS/CSS	2	2	100	-	100
		GBSYX3	Extra Credit	Training Programme/ Online course	-	2	-	100	100
			Total	30	21 + 2	220	330 + 100	550 + 100	
IV	III	GBSYC41	Core Course – VII	Social Psychology-II	5	4	40	60	100
		GBSYC42	Core Course – VIII	Psychopathology-I	5	4	40	60	100
		GBSYC43	Core Course – IX	Experimental Psychology-II (Lab)	5	4	40	60	100
		GBSYA44	Allied –IV	Sports Psychology	6	5	40	60	100
	IV	GBSYE45	Skill Based Elective –IV	Health Psychology-II	3	2	-	50	50
		GBVE4	General Interest Course-III	Value and Ethics	2	2	-	50	50

			Non Major Elective-II		4	2	-	50	50	
		GBSYX4	Extra credit	Internship Programme/ Online Course	-	2	-	100	100	
				Total	30	23 + 2	160	390 + 100	550 + 100	
V	III	GBSYC51	Core Course –X	Psychopathology-II	5	3	40	60	100	
		GBSYC52	Core Course – XI	Personality Development	4	3	40	60	100	
		GBSYC53	Core Course – XII	Basic Research Methodology	4	4	40	60	100	
		GBSYE5A/ GBSYE5B	Elective – I	Human Resource Management/Organizational Behaviour	5	5	40	60	100	
		GBSYE5C/ GBSYE5D	Elective –II	Forensic Psychology / Criminal Psychology	5	5	40	60	100	
	IV	GBSYE54	Skill Based Elective –V	Counselling Psychology	3	2	-	50	50	
		GBWS5	General Interest Course-IV	Women Studies	3	2	-	50	50	
			GBSYX5	Extra Credit	Emerging Trends In Psychology/ Online courses	-	2	-	100	100
					Library/ Browsing	1	-	-	-	-
					Total	30	24 + 2	200	400 + 100	600 + 100
VI	III	GBSYC61	Core Course – XIII	Basic Psychotherapies	4	4	40	60	100	
		GBSYC62	Core Course – XIV	Neuropsychology	5	4	40	60	100	
		GBSYC63	Core Course – XV	School Counselling	5	4	40	60	100	
		GBSYC64P W	Core Course – XVI	Project	6	4	40	60	100	
		GBSYE6A/ GBSYE6B	Elective-III	Consumer Psychology/ Psychology of Women	5	5	40	60	100	
	IV	GBSYE65	Skill Based Elective-VI	Cyber Psychology	3	2	-	50	50	
			GBSED6	Extra credit	Skills for Employability Development	-	2	100	-	100
					Library/ Browsing	2	-	-	-	-

							-		
				Total	30	23 + 2	200 + 100	350	550 + 100
				Grand Total	180	145 + 10	1180 + 100	2220 + 400	3400 + 500

*Hrs/wk– Hours/Week, CIA– Continuous Internal Assessment and ESE – End Semester Examination

*For online certification credit alone will be assigned on submission of certificate obtained through appearing for online examination from spoken tutorial, EDX, NPTEL or Coursera.

Core I - General Psychology (For those who joined since 2018-19)

Semester: I

Subject Code: GBSYC11

Hours/Week:5

Credit: 5

CO 1: Enable the student to understand the basic concepts in Psychology

CO 2: Make them understand the recent advancements in the General Psychology

CO 3: Understand the sensory processes

CO 4: Sensitize the student on motivational, emotional and other aspects of behaviour

CO 5: Know the scopes of Psychology

CO 6: Know about the higher order thinking processes called intelligence and creativity

UNIT I

(15 Hours)

Introduction: Definitions of Psychology- Psychology as a Science – History of Psychology – Scope of Psychology – Schools of Psychology – Methods of Psychology

UNIT –II

(15 Hours)

Sensation and Perception: Sensation: Sensory Thresholds- Psychophysics and its methods- Sensory Adaptation-Vision –Hearing – Touch and other Skin Senses – Small and Taste– Kinesthesia and Vestibular Sense. Perception: – organizing principles- Constancies and Illusions-. State of Consciousness: Biological Rhythms–Waking State of Consciousness – Sleep and Sleep Disorders- Dreams- Hypnosis Consciousness Altering Drugs

UNIT – III

(15Hours)

Motivation: Definition, Drive, Arousal, Expectancy, Goal Setting and Need hierarchy Theories of Motivation- Hunger Motivation and Regulation of Eating. Sexual Motivation and Human Sexual Behaviour– Aggressive Motivation and its Factors– Achievement Motivation and Its Effects- Intrinsic and Extrinsic Motivation

UNIT – IV

(15 Hours)

Emotion: Nature, Expression and Impact – Biological Basis of Emotion – External Expression of Emotion. Emotions and Cognitions –Subjective Well Being

UNIT – V

(15 Hours)

Intelligence & Creativity: Intelligence – Definition – Nature – Meaning – Theories of Intelligence– Measuring Intelligence– The Role of Heredity and The Role of Environment –

Group Differences in Intelligence. Emotional Intelligence– Managing Anger-Creativity – Meaning- Techniques of Creativity

Text Book:

1. Baron, A.R, **Psychology**, Prentice Hall of India. New Delhi, 5th edition 2002.

Reference Books:

2. Hilgard E.R., **Introduction to Psychology**, Oxford and IBH Publishing Co, Pvt Ltd. New Delhi, 6th Ed, 1999.
3. Mangal, S.K., **General Psychology** New Delhi: Surjeeth Publications. 1999.
4. Morgan C.T., King R.A., Weisy J.R., Scooper J., **Introduction to Psychology**. Tata Mc-Graw Hill Publishing Company. New Delhi: 1993.
5. Jones, D., & Elcock, J., **History and theories of Psychology: A critical Perspective**. Arnold, London, 2001.

Core II - Life Span Psychology- I
(For those who joined since 2018-19)

Semester: I

Subject Code: GBSYC12

Hours/Week:5

Credit: 4

CO 1: Introduce students to the Basic Concepts of Developmental Psychology

CO 2: Familiarize students with the Physical and Psychological development of early lifespan development

CO 3: Able to assess early developmental history to determine impact on child and adolescent functioning

CO 4: Demonstrate knowledge of the significant factors which affect individuals throughout the lifespan: socioeconomic, ethnic, cultural, family, gender, marital status, and sexual orientation

UNIT I (15 hours)

Growth And Development: Introduction, growth, development, the scope of developmental Psychology, development, Principles and facts of development

UNIT II (15 hours)

Prenatal Period: Characteristics of prenatal period, Conception; Importance of conception, Hereditary endowment, Ordinal position, Attitude of significant people, Conditions influencing attitude, Hazards during prenatal period; physical and psychological hazards

UNIT III (15 hours)

Infancy: Characteristics of infancy period, Conditions influencing, Adjustment to postnatal life, Postnatal care, Emotions of the new born, Hazards in infancy

UNIT IV (15 hours)

Babyhood: Characteristics of babyhood, Developmental tasks, Physiological functions, Speech development, Beginning of morality, Personality development in babyhood, Hazards in babyhood

UNIT V (15 hours)

Childhood: Characteristics of childhood, Developmental tasks, Physical development, Improvement in speech skills, Common interests in childhood, Family relationships in childhood, Hazards in childhood

Text Book:

1. Paplaia , Diane B. , Olds, Sally, Wendkos, **Human Development** , Tata McGraw Hill publishing co, 1992.

Reference Books:

2. Shaffer, David R. , **Developmental Psychology**, Brooks/Cole publishing Company , IV Edition, 1996.
3. Hurlock E., **Developmental Psychology** ,Tata McGraw Hill, 1980.
4. Conger, John J. and Galambos, Nancy. L., **Adolescence and Youth**, Longman, New York,5th edition.1997.

**Allied I - Physiological Psychology
(For those who joined since 2018-19)**

Semester: I

Hours/Week: 5

Subject Code: GBSYA13

Credit: 4

CO 1: Gain knowledge towards the concept of physiological Psychology

CO 2: Help the student acquire the basic knowledge relating to neuron, hormones and brain

CO 3: Understand the importance of physiology in the field of Psychology

CO 4: Understand the structure and functions of human Physiology

UNIT I

(15 Hours)

Physiological Psychology: Introduction- Methods of study: Ablation, Recording, Electrical and Chemical stimulation, Stereotaxic surgery, Neuroimaging –CT Scans, PET scans, MRI

UNIT II

(15 Hours)

Neuroanatomy : The neuron: Structure of the neuron, types of Neurons: The Peripheral nervous system: Structure and function, The Skeletal nervous system: structure and function; The Autonomic nervous system: structure and function: the Central nervous system: Spinal cord- structure and function; The Brain- hindbrain, midbrain and forebrain

UNIT III

(15 Hours)

Neural Impulse: Neural impulse cycle: membrane potential, resting potential, action potential; conduction across the length of a neuron and conduction across the synapse; Neurotransmitters and the nervous system- acetylcholine, dopamine, norepinephrine and GABA

UNIT-IV

(15 Hours)

Hormones and behaviour: Main endocrine glands, their hormone products and principal effects of the hormones

UNIT-V

(15 Hours)

The physiology of Learning and Emotions: Learning and Memory, Emotional behaviour – Visceral factors in emotional behaviour, Autonomic nervous system and emotions; Brain

mechanisms Learning and Memory: Various types of memory; The story H.M: a man with hippocampal Damage; role of hippocampus, amygdala and frontal cortex

Text Book:

1. Kalat, James. W., **Physiological Psychology**, Brooks/Cole Publishers,1995.

Reference Books:

2. Morgan ,**Physiological Psychology**, , McGraw Hill Series, International student edition (1965).
3. Rosenweig, breedlov, Leiman ,**Biological Psychology**, Sinaven Associates, Inc.3rd edition, (2002).
4. Carlson, Neil R. **Foundations of Physiological Psychology**. Boston: Pearson Education, 7th Edition 2008.

Skilled Based Elective I - Educational Psychology -I
(For those who joined since 2018-19)

Semester: I

Subject Code: GBSYE14

Hours/Week: 3

Credit: 2

CO 1: Develop an understanding of the nature, concept and factors affecting learning

CO 2: Develop an awareness of the influence of intelligence, creativity and personality on learning

CO 3: Understand various approaches of learning

CO 4: Gain the social and moral development among the students

UNIT I

(8 Hours)

Introduction to Education Psychology: Meaning- Nature –Scope-major schools of Psychology and contribution to education- attention and perception -concept formation-remembering – forgetting

UNIT II

(8 Hours)

Learning- concepts, nature and domains- factors influencing learning-theories of learning-transfer of learning- metacognition and learning styles

UNIT III

(8 Hours)

Attention: meaning and nature- types of attention- factors affecting attention-sustained attention- distraction

UNIT IV

(8 Hours)

Social development: Nature- Social behaviour development- social maturity-factors affecting social development

UNIT V**(8 Hours)**

Exceptional children- meaning-types- the gifted child- the backward child- juvenile delinquent-physically disabled children- types of physically handicapped children

Text Book:

1. Anita woolfolk , **Educational Psychology**, Dorling Kindersley India Pvt Ltd, 9th ed, 2006.

Reference Books:

2. S.K.Mangal , **Essentials of Educational Psychology** ,Published by PHI Learning, New Delhi. I ed, 2007.

3. Prof.K.Nagarajan ,**Psychology of Learners and Learning**, Published by Sriram publishers Chennai.2015.

Core III - Life Span Psychology – II
(For those who joined since 2018-19)

Semester: II**Hours/Week:5****Subject Code: GBSYC21****Credit: 4**

CO 1: Impart knowledge on physical and cognitive development from adolescence to adulthood and old age

CO 2: Provide an understanding of psychosocial development from adolescence to adulthood and old age

CO 3: Introduce students to the psychological issues involved in death and bereavement

CO 4: Able to apply developmental concepts and theories to everyday relationships and situations

UNIT I**(15 Hours)**

Puberty: Characteristics of puberty, Criteria of puberty, Causes of puberty, Growth spurt, Deviations, Psychological effects, Hazards of puberty

UNIT II**(15 Hours)**

Adolescence: Characteristic of adolescence, Developmental tasks, Physical changes, Emotional changes during adolescence, Sex behaviour and Morality, Family relationships, Personality changes, Hazards of adolescence

UNIT III**(15 Hours)**

Adulthood: Characteristics of adulthood, Developmental tasks, Interest in adulthood, Adjustment with spouse, Family, Vacation, Parenthood, Singleness

UNIT IV**(15 Hours)**

Middle Age: Characteristics of middle age, Physical changes and their psychological impact, Changes in interests, Personal adjustment, Social adjustment, Vocational adjustment, Preparing for old age.

UNIT V**(15 Hours)**

Old Age: Characteristics of old age, Developmental tasks, Physical and Psychological changes, Adjustment to retirement, Adjustment to family, Adjustment to singleness, Hazards of old age

Text Book:

1. Elizabeth B.Hurlock, **Developmental Psychology: a life span approach** Tata McGraw-Hill Publishing Company Limited, 5TH Edition, 2007.

Reference Books:

1. Paplaia , Diane B. , Olds, Sally, Wendkos, :**Human Development** , Tata McGraw Hill publishing co .1992
2. Shaffer, David R : **Developmental Psychology** , , Brooks/Cole publishing Company, 4th Edition 1996
3. Conger, John J. and Galambos, Nancy. L **Adolescence and Youth**, Longman, New York, 5th edition.

Core IV - Experimental Psychology-I (Lab)
(For those who joined since 2018-19)

Semester: II**Hours/Week:4****Subject Code: GBSYC22****Credit: 4**

CO 1: Learn the principles of sensory process

CO 2: Understand the various senses and its perceptions

CO 3: Provide practical exposure to assess, diagnose and interpret various psychological concepts

CO 4: Gain the knowledge of using psychometric tools

Psychological testings' by using apparatus (any 5)

- Span of attention
- Division of attention
- Distraction of attention
- Color blindness
- Optical illusion- Muller-lyer illusion or horizontal-vertical illusion
- Suggestion of progressive weights
- Judgment of emotion from facial expression (Ruckmik's pictures)
- Color preferences

Psychological testings' by using questionnaire (any 5)

- Optimistic pessimistic attitude scale
- Adjustment inventory for college students
- P.G.I General wellbeing scale
- Self-confidence inventory
- Achievement motivation scale
- Psychological wellbeing scale

Text Book:

1. Robert s wood worth,Harold Schlosberg, **Experimental Psychology**, Oxford & IBH Publishing Co. Pvt . Ltd, New Delhi 2006

Reference Books:

2. Chadha, N.K. **Theory and Practice of Psychometry**. New AgeInternational Ltd. New Delhi: (2006).
3. Domino, G., & Domino, M.L. **Psychological testing**. New York:Cambridge University Press. 2nd edition.
4. Patrick Rssler ,**The International Encyclopedia of Media Effects**, WILEY publications, 2017.

Allied II - Media Psychology
(For those who joined since 2018-19)

Semester: II**Subject Code: GBSYA23****Hours/Week:4****Credit: 3****CO 1:** Understanding the benefit of applying media Psychology**CO 2:** Understand the importance of Psychology in media field**CO 3:** Understand the impact of media on behaviour**CO 4:** Define media, media literacy and their psychological implication**UNIT I****(10 Hours)**

Introduction to media Psychology: Definition of Mass Media ,Psychology and Media, An uneasy relationship, Practicing media Psychology-Pro-social media-Research methods in media Psychology

UNIT II**(15 Hours)**

The Effects of Media Violence: Effects of watching violent media- Characteristics of the users of violent media- Cognitive factors in media violence-Definition of pornography-The effects of pornography-Effects and uses of child pornography

UNIT III**(10 Hours)**

Young Children and Television: Fantasy versus reality-A simple choice; script and explanations -Children's socialization through media-Imagination- Pretense and Theory of mind

UNIT IV**(10 Hours)**

Media and Adolescence: Media usage in adolescence- The role of media figures during adolescence- Cultural function of media use- Media influences on adolescent body image

UNIT V**(15 Hours)**

Psychology in the media: Social Psychology of the media-science in the media-the Psychology of media audience –fans and fandom- the internet-sources of news-The role of Psychology in advertising-sport and the media

Text Book:

1. David Giles, **Media Psychology**, Lawrence Erlbaum Associates, Publishers London. I edition, 2003.

Reference Books:

2. Karen E Dill., **The Oxford Handbook of Media Psychology**, Oxford University Press, 2013.
3. Mihye Seo, Thomas E. Nelson, Jennifer Ruh Linder, Kelsey Ann Lyle, Monica K. Miller, Alicia Summers, et al **American Journal of Media Psychology**, Volume 4, Numbers 1-4, 2011
4. Karen E. Dill, **The Oxford Handbook of Media Psychology**, The Oxford university press, 2013.

Skilled Based Elective II - Educational Psychology- II**(For those who joined since 2018-19)****Semester: II****Hours/Week:3****Subject Code: GBSYE24****Credit: 2****CO 1:** Understanding the basic concepts of learning**CO 2:** Able to identify the problems of slow learner**CO 3:** Understand various developmental process of learning**CO 4:** Able to implement the theoretical knowledge in the field of learning.**UNIT-I****(8 hours)**

Cognitive development and language: General principles of development- Brain and cognitive development- Piaget's theory of cognitive development- Development of language: Pronunciation, Syntax, Vocabulary and meaning- pragmatics, metalinguistic awareness

UNIT-II**(8 hours)**

Personal, social and moral development: Understanding our self and others- structure of self-concept- gender, ethnicity, and self-esteem – Kohlberg's stages of moral development- socialization

UNIT-III**(8 hours)**

Learner difference and learning needs : Intelligence- Gardner's multiple intelligence theory- Cognitive styles- Students with learning disabilities- Students with MR- Students with emotional or behaviour disorders- Students with health impairments- Students who are hard of hearing- Low vision and blindness- Students with ADHD

UNIT-IV**(8 hours)**

Motivation in learning: Intrinsic motivation and extrinsic motivation- approaches to motivation: behavioural approach to motivation- Humanistic approach- self efficacy- strategies to encourage motivation and thoughtful learning

UNIT-V**(8 hours)**

Learning environments: The goals of class room management-: more time for learning- access to learning –management for self-management-positive environment creation- rules and procedures- dealing with discipline problems- need for communication- characteristics of effective teachers

Text Book:

1. Anita woolfolk, **Educational Psychology, Dorling Kindersley India Pvt Ltd, 9th ed, 2006.**

Reference Books:

2. S.K.Mangal, **Essentials of Educational Psychology, Published** by PHI Learning, New Delhi 1st Edition.2007.
3. Prof.K.Nagarajan, **Psychology of Learners and Learning, Published** by Sriram publishers Chennai.2015.

**Extra Credit - Islamic Psychology
(For those who joined since 2018-19)**

Semester: II**Subject Code: GBSYX2****Credit: 2**

CO 1: Students will be familiar with the field of Psychology and the various sub-disciplines as well as related fields

CO 2: Students will be able to understand the difference between the secular and Islamic approaches to the study of human nature and personality

CO 3: Students will be able to understand the complex relationship between Psychology and religion

CO 4: Students will be able to comprehend Psychology, the nature of humans and purpose in life from an Islamic perspective, utilizing wisdom from sacred sources

UNIT-I

Introduction to Psychology- Definition, Psychology and Belief in the oneness of god, main weaknesses of secular approaches to Psychology, definition of Psychology from Islamic perspective, sources of knowledge, Knowledge and scholarship from Islamic perspective

UNIT-II

The True nature of humans- lessons from the story of Adam and Eve, blessings from Allah and subservience of earth resources, The Fitrah, Purpose of life, Aqeedah, Eeman and Psychology, Nature and Levels of the soul, The Heart, Purification Of soul, Conclusion regarding the nature of humans

UNIT-III

Personality- Character traits, The personality of the believer, Positive character traits, Positive Psychology, List of human strengths, Negative character traits, Personality of the Hypocrites

UNIT-IV

Motivation - Spiritual motivation, Physiological drives, Psychological motives, Moderation in fulfillment of drives and motives. Emotion- Love, Fear, Hope, Balancing love, fear, hope, Hatred, anger, Summary regarding emotions

UNIT-V

Intelligence: reason and wisdom- reason (aql) in Islam, Knowledge, the Concept of Wisdom. Learning and Modeling- Classical and operant conditioning, Spiritual modeling

Text Book:

1. Hamdan, A. **Psychology from the Islamic Perspective**. Riyadh, Saudi Arabia: International Islamic Publishing House.
2. Ahmad, A. **Quranic Concepts of Human Psyche**. In Z.A. Ansari (Ed.) **Quranic Concepts of Human Psyche**. Pakistan: Islamic Research Institute Press. Islamabad, 1992.
3. A.S. Noordeen, Mohamed, Y., **Human nature in Islam**. Kuala Lumpur, Malaysia: 1998.
4. A. A Vahab, **An Introduction to Islamic Psychology**. Genuine publications and Media, Institute of objectives studies New Delhi, 2009.

Core V - Social Psychology – I (For those who joined since 2018-19)

Semester: III

Subject Code: GBSYC31

Hours/Week:6

Credit: 4

CO 1: Help the students outline the key factors in social Psychology and to perceive and understand individuals

CO 2: Able to analyze how to perceive and understand one's self

CO 3: Evaluate the social world and apply Psychology in life

CO 4: Able to analyze major psychosocial issues

UNIT I

(18 Hours)

The Field of Social Psychology: Definition of social Psychology, Current and future trends of social Psychology, importance of social Psychology, Methods of social Psychology

UNIT II

(18 Hours)

Social Perception: Definition of social perception, Nonverbal communication, Attribution, Impression Formation, Impression Management

UNIT III

(18 Hours)

Social Cognition: Schemes; Types of schemes, Impact of schemes on social cognition, Heuristics; Types potential sources of error in social cognition

UNIT IV**(18 Hours)**

Attitudes: Meaning of attitudes, Formation of attitudes, Social learning, Social comparison, Genetic factors, Influence of attitude on behaviour, Persuasion; Meaning, The early approach, Cognitive approach to persuasion

UNIT V**(18 Hours)**

Changing Attitudes: Factors in resistance to attitude changes, Cognitive dissonance- pro-social behaviour-origin of pro-social behaviour- modeling-situation centered determinants of helping- perceiver centered determinants of helping- recipient –centered determinants of helping

Text Books:

1. Robert A. Baron, Nyla R. Branscombe, Donn Byrne and Gopa Bhardwaj, **Social Psychology**, Pearson Publication, New Delhi, 12th ed, 2000.
2. Richard J. Crisp, Rhiannon N. Turner, **Essentials of social Psychology**, Sage publication Pvt ltd india, New Delhi, 2nd ed, 2012.

Reference Books:

3. David G Myer, **social Psychology** Tata McGraw Hill edition. New Delhi, 4th edition, 2010.
4. Saul Kassin, Steven Fein, Hazel Rose Markus **Social Psychology**, Wadworth, Cengage Learning Pvt.Ltd. International Edition, 2008.

Core VI - Cognitive Psychology
(For those who joined since 2018-19)

Semester: III**Subject Code: GBSYC32****Hours/Week:6****Credit: 4****CO1:** Understanding the methods to study cognitive concepts**CO2:** Knowing various perceptual processes**CO3:** Demonstrate knowledge and understanding of well-established theories in cognitive Psychology**CO4:** understanding problem solving and creative aspects of cognition**UNIT I****(18 Hours)**

Learning: Meaning- Characteristics of Learning- Factors Influencing Learning- Theories of Learning- Trial and Error Learning- Classical Conditioning- Pavlov Experiment- Laws of Conditioning- Concept of Reinforcement- Operant Conditioning- Skinners Experiment- Gestalt Theory of Insight Learning

UNIT II**(18 Hours)**

Attention and Perception: Attending- Psychological Theories of Attention- Span of Attention-Shifting of Attention- Division of Attention-Factors of Attention- External

Factors of Attention- Kinds of Attention- Perception- Perceptual Process-Determinants of Perception- Laws of Perceptual Organization- Illusion

UNIT III**(18 Hours)**

Intelligence- Nature of Intelligence- Characteristics of an Intelligent Person- Theories: Sperman's Two Factors Theory- Thorndike's Multifactor Theory- Guilford's Structure of Intellect-Gardner's Theory of Multiple Intelligence- Cattell's Fluid Intelligence And Crystallized Intelligence- Types of Intelligence Tests-Group and Individual Tests-Verbal and Nonverbal Tests-Emotional Intelligence-Concept of E.I-characteristics of E.I-Components of E.I-goleman's theory of emotional intelligence

UNIT IV**(18 Hours)**

Personality- Meaning- Definition of Personality- Characteristics of Personality-Factors Influencing Personality- Biological Factors- Social Factors- Psychological Factors-Theories of Personality-Typological Theories-Trait Theories-Psychoanalytic Theories-Social Learning Theories- Phenomenological and Humanists Theories

UNIT V**(18 Hours)**

Personality Assessment -Interview Method-Rating Scales- Questionnaire-Personality Inventories-Projective Techniques-Salient Features of Projective Tests-Rorschach Inkblot Test- Thematic Apperception Test- Free Association- Dream Analysis

Text Book:

1. Margaret W. Matlin. **Cognition** (6th Edition). Wiley, 2004.

Reference Books:

2. Solso. R. L., **Cognitive Psychology** Pearson Education Pvt. Ltd. New Delhi, 6th Edition, 2004.
3. Wessells, M. G., **Cognitive Psychology**. Harper and Row Publishers. New York, 1982.
4. Best, B. J. **Cognitive Psychology** West Publishing Company. New York, 2nd Edition, 1983.
5. Wood, G. **Cognitive Psychology - A Skills Approach**. Cole Publishing. California 1983.

Allied III - Psychological Statistics
(For those who joined since 2018-19)

Semester-III**Subject code: GBSYA33****Hours/Week:6****Credit: 5**

CO 1: Understand the basic concepts in psychological statistics

CO 2: Able to plot graphs for various data

CO 3: Able to understand the nature of data and gain the knowledge of analyzing the data

CO 4: Know about the applications of statistical test and able to apply this knowledge in the field of research

UNIT I (18Hours)

Introduction: Meaning of statistics- need and importance of statistics in Psychology & education-discrete data meaning and objective s of classification- organization of data- statistical tables- frequency distribution

UNIT II (18 Hours)

Graphical representation of ungrouped data: Bar diagram- pie diagram-line graph- graphical representation of grouped data-frequency polygon-histogram- cumulative frequency graph- computing percentiles-percentile ranks graphically

UNIT III (18 Hours)

Measures of central tendency: Mean- median –mode: mean from combined samples-usage of mean median and mode. **Measures of variability:** Range, quartile, average deviation- standard deviation, Co-efficient of variation

UNIT IV (18 Hours)

Correlation: Meaning and Types-correlation and causation-coefficient of correlation and its interpretation- Rank difference method and product moment method

UNIT V (18 Hours)

Chi-Square test: Use of chi-square test as a test of goodness. Use of chi-square as a test of independence between variables, assumptions, uses and limitation of chi square test

Textbook

1. Mangal s k., **Statistics in Psychology and Education** ,PHILearning Private Limited, New Delhi, 2nd edition

UNIT I	Chapter 1 [Page No:1to 11] Chapter 2 [Page No:12to22]
UNIT II	Chapter 3 [Page No:24to40]
UNIT III	Chapter 4 [Page No:41to54] Chapter 6 [Page No:68to78]
UNIT IV	Chapter 7 [Page No:79to86]
UNIT V	Chapter 11[Page No:181to211]

Reference Book:

1. Garret, Henry E., **Statistics in Psychology and Education**, Tata McGraw Hill Publishing Co, 2009.

Skilled Based Elective III - Health Psychology-I
(For those who joined since 2018-19)

Semester: III**Hours/Week:3****Subject Code: GBSYE34****Credit: 2**

CO 1: Students will be able to learn the basic concepts of health Psychology.

CO 2: Students will be able to learn the health related behaviours.

CO 3: Students will be able to learn the concept of stress and its managing strategies.

CO 4: Students will be able to relate health Psychology with other field of science.

UNIT I (8 hours)

An overview of Psychology and health: What is health, Viewpoints from history-physiology, disease processes and the mind, seeing a need- Psychology's role in health

UNIT II (8 hours)

Current perspectives on health and illness: Bio psychosocial perspective, Lifespan and gender perspectives, Relating health Psychology to other science fields

UNIT III (8 hours)

Stress: Meaning ,impact and sources, factors : Experiencing stress in our lives, Bio psychosocial aspects of stress, Sources of stress throughout life, Measuring stress, Psychosocial modifiers of stress. **How stress affects health :** Psychophysiological disorders, Stress and Cardiovascular Disorders, Stress and cancer

UNIT IV (8 hours)

Coping with stress: Coping with stress- definition, functions, methods of coping, Reducing the potential for stress- enhancing social support, improving personal control, exercising- link to stress and health, preparing for stressful events

UNIT V (8 hours)

Reducing Stress Reactions: Stress Management- medication, behavioural and cognitive methods, massage, meditation, and hypnosis, Using stress management to reduce coronary risk

Text Book:

1. Sarafino , E.P., & Smith, T.W. **Health Psychology: Bio psychosocial interactions.** Wiley India. New Delhi, 7th edititon.2011.

Reference Books:

2. Dimatteo, M. R. & Martin, L.R. **Health Psychology.**, Pearson Education Inc., &Dorling Kindersley Publishing, Inc. New Delhi , 2007.
3. Gatchel, R.J., Baun, A. &Krantz, D.S.,**An Introduction to Health Psychology.**McGraw

**Extra Credit - Training Programme
(For those who joined since 2018-19)**

Semester: III**Credit: 2****Subject code: GBSYX3****Course Outcomes**

CO 1: Understand the actual ground reality of the profession

CO 2: Make them capable to face the challenges in the field

CO 3: Mold the pupil empathetically towards specially challenged people of our society

CO 4: Improve their professional skills

Skill Training Programme for Mentally Challenged People-Report Writing.

Core VII - Social Psychology –II
(For those who joined since 2018-19)

Semester: IV
Subject Code: GBSYC41

Hours/Week:5
Credit: 4

CO 1: Help the students outline the key factors in social Psychology and to perceive and understand individuals

CO 2: Analyze how to perceive and understand one's self

CO 3: Evaluate the social world and apply Psychology in life

CO 4: Compare and contrast the research methodologies used in the scientific study of human Social Behaviour

UNIT I **(15 Hours)**

Aspects of Social Identity: The self; Self-concept, Self-esteem, Other aspects of self-functioning, Focusing, Monitoring, Efficacy

UNIT II **(15 Hours)**

Prejudice and Discrimination: Nature and effects, Origins of prejudice, Direct intergroup conflict, Cognitive sources of prejudice, Stereotypes, Illusory correlations, out-group homogeneity, Techniques for countering its effects

UNIT III **(15 Hours)**

Interpersonal Attraction: Recognizing and Evaluating Strangers, Repeated unplanned contacts, Affective state, The need to affiliate and the effect of observable characteristics, Similarity and reciprocal positive evaluations

UNIT IV **(15 Hours)**

Close Relationships: The first relationship, Relationships beyond the family, Effects of attachment style on adult relationships, Loneliness, Romantic relationships, Love and physical intimacy, Marriage

UNIT V **(15 Hours)**

Social Influence: Conformity; Factors bases of conformity, Need for individuality and personal control, Minority influence, Compliance; underlying principles, Ingratiation, Individual differences in the use of social influence, Obedience; Destructive obedience, Some basic findings, Its social psychological basic, Resisting its effects

Text Book:

1. Robert a. Baron, Nyla R. Branscombe, Donn Byrne, Gopa Bhardwaj, **Social Psychology**, Pearson Publication. 12th edition, 2009.

Reference Books:

2. David G Myer, **social Psychology**, Tata McGraw Hill, 4th edition, 2010.
3. Saul Kassin **social Psychology**, Wadworth, Cengage Learning Pvt.Ltd. International Edition, 2008.

Core VIII - Psychopathology-I
(For those who joined since 2018-19)

Semester: IV

Hours/Week:5

Subject Code: GBSYC42

Credit: 4

CO 1: Introduce students to historical conceptions and perspectives of psychopathology

CO 2: Impart knowledge and skills required for diagnosis of psychological conditions

CO 3: Orient students on different psychological disorders, its causes and treatment

CO 4: Consider the impact of these psychological problems on the individual and the wider social context

UNIT I

(15 Hours)

Historical views of Psychopathology - abnormal behaviour in ancient times: demonology, gods and magic. Early philosophical and medical concepts -Witch craft and mental illness- Humanitarian approach – Growth of scientific research

UNIT II

(15 Hours)

Abnormal Psychology in recent times :Mental disorder as maladaptive behaviour- DSM classification-Research in abnormal Psychology-Observation- Sampling- Correlation - Experimental strategy- Clinical case studies

UNIT III

(15 Hours)

Mood Disorder:What is mood disorder,unipolar mood disorder; Depressions that are not mood disorder, Dysthymic, Major Depressive disorder.Bipolar disorder; Cyclothymic, Bipolar disorder (I & II) .Casual Factors in unipolar and bipolar disorder. Treatments and Outcomes

UNIT IV

(15 Hours)

Anxiety Disorders : Phobia ; Clinical description , Causes , Treatment .Generalized anxiety disorder; Clinical description, Causes , Treatment. Panic disorder; Clinical description , Causes , Treatment . Posttraumatic stress disorder; Clinical description, Causes,Treatment.Obsessive-compulsive disorder: Clinical description, Causes, Treatment

UNIT-V

(15 Hours)

Mental Retardation: Levels of Mental Retardation, Causes; Genetic Factors, Environmental Factors, Symptoms of mental retardation, Treatment

Text Book:

1. Kaplan & Sadock **Synopsis Of Psychiatry Behavioural Science/Clinical Psychiatry** Lippincott Williams and Wilkins, 10thed, 2007.

Reference Books:

2. James C Coleman **Abnormal Psychology And Modern Life**, Mumbai, Taraporevala sons &co.pvt Ltd,1978.
3. Robert C Carson , James N Butcher , Susan Mineka **Abnormal Psychology** Longman an Addison- Wesley educational publishers, New York,10th edition,1998.
4. James D.Page **Abnormal Psychology**, Tata Macgraw Hill Publishers Ltd. New Delhi, 2002
5. Carson and Butcher. **Abnormal Psychology** Pearson Education, Inc. New Delhi 13th edition.2010.

Core IX - Experimental Psychology-II
(For those who joined since 2018-19)

Semester: IV**Subject Code: GBSYC43****Hours/Week:5****Credit: 4****CO 1:** Learn the principles of learning process**CO 2:** Understand the various learning techniques**CO 3:** Gain the knowledge of using psychometric tools**CO 4:** Provide practical exposure to assess, diagnose and interpret various psychological Concepts**Psychological testings by using apparatus (any 5)**

- Trial and error learning (Mirror Drawing board)
- Insight into motor learning (A step maze)
- Effect of knowledge of result on learning
- Transfer of learning
- Meaningful verses Rote learning (non-sense syllables and meaningful words)
- Immediate memory span (for auditory stimuli)
- Comparison of Recall and Relearning (memory drum and non-sense syllables)
- Finger Dexterity test

Psychological testings by using questionnaire (any 5)

- Sinha's comprehensive anxiety scale
- Resiliency scale
- Self-esteem scale
- Social Intelligence Scale (SIS- CG)
- Emotional Intelligence Test (EIT-ZA)
- Bell's Adjustment Inventory (BAI-O)

Text Book:

1. Robert s wood worth, Harold Schlosberg, **Experimental Psychology**, Oxford & IBH Publishing Co.Pvt . Ltd, New Delhi 2006.

Reference Books:

2. Chadha, N.K. **Theory and Practice of Psychometry** New Age International Ltd. New Delhi: 2006.
3. Domino, G., & Domino, M.L..**Psychologicaltesting**.Cambridge University Press. New York , 2nd ed, 2006
4. Gregory,R.J. **Psychological testing**.New Delhi: Pearson EducationInc. 4th ed, 2008.
5. Ruyon, R.P, Haber, A, Pittenger, D.J and Coleman, K.A. **Fundamentals of Behavioural Statistics**. New York: McGraw Hill. 2010.
6. Singh, A.K **Measurements and Research Methods in Behavioural Sciences**. Patna, Bharati Bhavan Publishers. 2006.

Allied IV - Sports Psychology
(For those who joined since 2018-19)

Semester: IV**Subject Code: GBSYA44****Hours/Week:6****Credit: 5**

- CO 1:** Introduce students to the Basic Concepts of Sports Psychology
CO 2: Familiarize students with the importance of Psychology in sports
CO 3: Understand the importance of motivation in sports
CO 4: Know the role of anxiety in performances
CO 5: Familiarize with various skills based training programmes in the field
CO 6: Know the importance of exercise

UNIT I (18 Hours)

Understanding Sports Psychology: Sports and Exercise Psychology define, What does the sport psychologist do? Ethics in Sports Psychology, Personality and the Athlete, Mood state and Athletic performance

UNIT II (18Hours)

Motivation in Sports And Exercise: Casual Attribution in Sports: The attribution model, Casual attribution in competitive situation, Attribution Training ,Self-confidence and Intrinsic Motivation: Models of self-confidence, Sports Psychology topics related to confidence, An integrated theory of motivation in sport and exercise

UNIT III (18 Hours)

Effects of Arousal and Anxiety on Performance: Neurophysiology of Arousal , Attention, and Concentration in Sports, Anxiety, Arousal, and Stress Relationships: Differentiating among Anxiety, Arousal and Stress, The multidimensional nature of anxiety, Measurement of anxiety, The relationship between arousal and athletic performance

UNIT IV (18 Hours)

Psychological Skills Training: Psychological skills characteristics of the elite athlete, Effectiveness of psychological intervention programs, Differentiate between psychological skills and methods, Measurement of psychological skills, Ethics in Sports Psychology, The Sports Psychology consultant, Psychological skills training program

UNIT V (18 Hours)

Psychology of Sport and Exercise: Psychological benefits of exercise-theoretical explanation for exercise and mental health-exercise adherence and determinants-theories of exercise behaviour-fitness as moderate of life stress- the immune system, cancer, HIV and exercise

Text Book:

1. RichardH.Cox,**Sports Psychology concepts and Application**, McGraw –Hill International, 11th edition 2011.

Reference Books:

2. R.Jain, **Sports Psychology**, Neha Publishers & Distributors, 2005.
3. S.M Sejawal , **Sports Psychology**, pacific publications Delhi, 2011.
4. Thelma S. Horn, **Advances in Sport Psychology**, Human Kinetics, 2008.

**Skill Based Elective –IV - Health Psychology-II
(For those who joined since 2018-19)**

Semester: IV

Hours/Week:3

Subject Code: GBSYE45

Credit: 2

CO 1: Students will be able to learn the basic concepts of health Psychology

CO 2: Students will be able to learn the concept of pain and its managing strategies

CO 3: Students will be able to learn the research methods of health Psychology

CO 4: Students will be able to understand the issues and problems involved in conducting psychological research on health and illness

UNIT-I (8 hours)

Health related behaviour and Health promotion- Health and behaviour- life styles, risk factors and health, interdisciplinary perspectives on preventing illness, problems in promoting wellness, Determinants of people's health-related behaviour- general factors in health related behaviour, role of beliefs and intensions, role of less rational processes, factors and health

UNIT-II (8 hours)

Programs for Health Promotion- Methods for promoting health, promoting health in schools and religious organizations, worksite and community based wellness programs, electronic interventions for health promotion

UNIT-III (8 hours)

The nature and symptoms of pain: What is pain, theories of pain, bio psychosocial aspects of pain, Assessing people's pain, Pain in children, Clinical pain

UNIT-IV (8 hours)

pain management: Medical treatments for pain, Behavioural and cognitive methods for treating pain, Hypnosis and Interpersonal therapy, Physical and Stimulation therapies for pain

UNIT-V (8 hours)

Research methods- Experiments, Correlational studies, Quasi- experimental studies, Genetics research

Text Book:

1. Sarafino , E.P., & Smith, T.W. **Health Psychology: Bio psychosocial interactions.** Wiley India. New Delhi, 7th edititon.2011.

Reference Books:

2. Dimatteo, M. R. & Martin, L.R. **Health Psychology.**, Pearson Education Inc., &Dorling Kindersley Publishing, Inc. New Delhi , 2007.
3. Gatchel, R.J., Baun, A. & Krantz, D.S., **An Introduction to Health Psychology** .McGraw hill publication Pvt Ltd.
4. Howard S. Friedman, **The Oxford Handbook of Health Psychology**, Oxford University Press, 2013.

**Extra Credit - Internship
(For those who joined since 2018-19)**

Semester: IV

Subject Code: GBSYX4

Days: 21

Credit: 2

CO 1: Gain practical knowledge

CO 2: Understand the ground reality of profession

CO 3: Acquire practical skills

CO 4: Learn to write clinical case studies

Assessment of minimum five patients and making case study report.

Core X - Psychopathology- II
(For those who joined since 2018-19)

Semester: V

Subject Code: GBSYC51

Hours/Week:5

Credit: 4

CO 1: Familiarize students with different psychological disorders

CO 2: Orient students on causes, symptoms and treatment of different psychological disorders

CO 3: Familiarize with the DSM-IV multi-axial classification of mental disorders and the criteria for diagnosing these disorders

CO 4: Able to apply these theoretical perspectives in reviewing each of the psychopathological conditions

UNIT-I (15 Hours)

Substances related disorders : Alcohol related disorder, Amphetamine related disorder, Caffeine related disorder, Cannabis related disorder, Cocaine related disorder, Nicotine related disorder, Opioid related disorder, Other substance related disorder

UNIT-II (15 Hours)

Developmental disorders: Autistic disorder; clinical features, DSM criteria, treatment, Learning disability; types, clinical features, DSM criteria, treatment, ADHD: clinical features, DSM criteria, treatment

UNIT-III (15 Hours)

Personality disorders: Odd /Eccentric personality disorder; Paranoid, Schizotypal, and Schizoid personality disorder ,Clinical features, DSM criteria, treatment. Dramatic/Emotional personality disorder; Antisocial, Borderline, Histrionic and Narcissistic personality disorder, Clinical features, DSM criteria, treatment- Anxious/Fearful personality disorder; Avoidant , Dependent and Obsessive Compulsive personality disorder Clinical features, DSM criteria, treatment

UNIT-IV (15 Hours)

Schizophrenia: Clinical Picture in schizophrenia; Delusion, Hallucination, Disorganized speech ,Disorganized and Catatonic behaviour, Negative symptoms. Subtypes of schizophrenia ; Paranoid Type, Disorganized Type, Catatonic Type, Undifferentiated Type, Residual Type and other psychotic disorders. Causes of schizophrenia; Genetic aspects, Biological aspects, Psychosocial and cultural aspects- Treatments and Clinical outcomes

UNIT-V (15 Hours)

Eating disorders clinical description: Anorexia nervosa; Clinical features, DSM criteria,treatment. Bulimia nervosa; Clinical features, DSM criteria, treatment .Eating disorder not otherwise specified- Obesity

Text Book:

1. Kaplan &Sadock **Synopsis of Psychiatry Behavioural Science/Clinical Psychiatry** Lippincott Williams and Wilkins 10th ed, 2007.

Reference Books:

2. James C Coleman **Abnormal Psychology And Modern Life**, , Taraporevala sons &co.pvt Ltd. Mumbai ,1978.
3. Robert C Carson , James N Butcher , Susan Mineka - **Abnormal Psychology**, , Longman an Addison- Wesley educational publishers New York, 10th ed 1998.
4. James D.Page **Abnormal Psychology**, Tata MacGraw Hill Publishers Ltd. New Delhi, 2002
5. Lauren B. Alloy, John H.Riskind,Margaret J. Manos –**Abnormal Psychology** Tata Macgraw Hill Publishers Ltd. New Delhi

Core XI - Personality Development
(For those who joined since 2018-19)

Semester: V**Subject Code: GBSYC52****Hours/Week:4****Credit: 3****CO 1:** Provide knowledge to empower one self.**CO 2:** Understand the enriching factors of personality.**CO 3:** Provide knowledge on the importance of positive relationships.**CO 4:** Develop interpersonal skills to the students.**UNIT I****(10 Hours)**

What Is Personality: Elements of personality, Determinants of personality, Personal SWOT analysis

UNIT II**(15 Hours)**

Personality Enrichment-Self Esteem, Self concept, Advantages of high self esteem, Characteristics of people with high and low self esteem, Steps to building positive self esteem, Attitude, Factors that determine our attitude., Benefits of a positive attitude and consequences of a negative attitude, Steps to building a positive attitude

UNIT III**(10 Hours)**

Motivation - The difference between inspiration and motivation, External motivation v/s internal motivation- Theories of motivation, Drive theory, Arousal theory, Expectancy theory, Opponent process theory

UNIT IV**(10 Hours)**

Success- Defining success, Real or imagined obstacles to success, Qualities that make a person successful Reasons for failure - Interpersonal skills, Dealing with seniors, colleagues, juniors, customers, suppliers at the workplace

UNIT V**(15 Hours)**

Positive Relationships - Factors that prevent building and maintaining positive relationships, the difference between ego and pride the difference between selfishness and self interest, Steps for building a positive personality, Body language: Understanding body language, Stress – Causes and Consequences of stress. Stress management: Handling the stress: Stress Management techniques

Text Book:

1. Andrew Leigh and Michael Maynard **The Perfect Presentation** -. Rupa and co.

Reference Books:

2. Arun Agarwal, **How to get the job you want** -. Published by Vision books, New Delhi
3. Rohit Anand and Sanjeev Bikchandani **Get that job** -. Published by Harper Collins.
4. Shiv Khera, **You can win**. MacMillan India Ltd.
5. Dale Carnegie. **How to develop self-confidence and influence people by Public speaking** .

Core XII - Basic Research Methodology
(For those who joined since 2018-19)

Semester: V**Hours/Week:4****Subject code: GBSYC53****Credit: 3****CO 1:** Learn the principles of research design**CO 2:** Identify the research problems**CO 3:** Get basic knowledge on data collection**CO 4:** Enable the students in report writing**UNIT I****(15 Hours)****Introduction:** Meaning of research, objectives, types of research, criteria of good research**UNIT II****(10 Hours)****Research problem:** Meaning, types and selections**UNIT III****(15 Hours)****Research design:** Meaning of Research design, Hypotheses, Sample and Sampling method**UNIT IV****(10 Hours)****Data collection and analysis:** Types of data - Methods of collecting data - Analysis of data**UNIT V****(10 Hours)****Report writing:** Significance of report writing- Different steps in report writing- Layout of the research report-Types of report-Techniques and popular mechanisms of writing research report**Text book:**

1. Kothari C.R **Research Methodology – Methods and techniques**, new age international publisher, New Delhi, 2nd edition 2004.

Reference Book:

1. A.K Singh, **Research Methodology**, Sage publication Pvt Ltd, New Delhi, 2010.
2. Garret, Henry E., **Statistics in Psychology and Education**, Tata McGraw Hill Publishing Co, 2009.
3. Barry H Cohen., **Explaining Psychological Statistics**, John Wiley and Sons, 3rd Edition, 2007.

Elective I - Human Resource Management
(For those who joined since 2018-19)

Semester: V**Hours/Week:5****Subject Code: GBSYE5A****Credit: 5****CO 1:** To orient students towards the concept of HRM**CO 2:** To include skill involved job analysis, recruitment, and training and performance appraisal**CO 3:** To Provide innovative solutions to problems in the fields of HRM**CO 4:** To be able to identify and appreciate the significance of the ethical issues in HR**CO 5:** To Explain the importance of human resources and their effective management in organization**CO 6:** To develop, implement, and evaluate organizational development strategies aimed at promoting organizational effectiveness**UNIT I****(15 Hours)****Introduction:** Characteristics of Human Resource, Defining of HRM, Characteristics of HRM, Need for HRM, HRM methods and processes, HRM outcomes, Image and Qualities of HR Manager**UNIT II****(15 Hours)****Job Analysis:** The nature of job analysis, Meaning and Definition, Uses of job analysis information six step in job analysis, Methods of collecting job analysis information, Writing job description, Writing job specification**UNIT III****(15 Hours)****Recruitment and Selection:** Process of recruitment, Source of recruitment, Internal Sources, External sources, Selection process, Placement , Induction, Internal mobility, Promotions, Separations, Recruitment and Resignation-Suspensions, Discharge and Dismissal-Retrenchment and out placement**UNIT IV****(15 Hours)****Training and Development:** Nature of training and development, Inputs in training and development, Need and objectives, Determining training needs, The training process, Organizational objectives and strategies, Needs assessment, Designing, Training and Development programme, Methods and Techniques of training**UNIT V****(15 Hours)****Performance Appraisal:** Meaning and Definition, Objectives and uses of performance appraisal, Appraisal process, Raters concerns, Raters errors, What should be rated, Methods of appraisal, Past oriented method, Future oriented method**Text Books:**

1. P.C Tripathi **Human Resource Development** , Sulthanchan& sons, educational publishers, 5thed, 2006.
2. Gary Dessler, **Human Resource Managemen** , prentice Hall of India Pvt.1998.

Reference Books:

3. David A. Decenzo Stephen P. Robbins Personnel/ **Human Resource Management** 3rd.1998.

4. C.B Matoria S.V, Gankar , **Personnel Management** , Himalaya publishing.23rdEdition, 2003.
5. C.S Venkataratnam, B.K. Srivastava ,**Personal Management and Human Resources** Tata Macgraw Hill publishing.1991.
6. Aswatheppa. K **Human Resource and personal Management** Tata Macgraw Hill publishing.2006.

Elective I - Organizational Behaviour
(For those who joined since 2018-19)

Semester: V

Hours/Week:5

Subject Code: GBSYE5B

Credit: 5

CO 1: Familiarize students about the factors that contribute to achieving organizational Effectiveness , at the individual, group and structural level

CO 2: Expose them to organizational system, change and its management

CO 3: Orient them to the concept of work stress and its management

CO 4: Provide basic knowledge of key approaches and Models relating to Organizational Behaviour

CO 5: Identify specific steps managers can take to motivate the employees

CO 6: Apply different concepts relating to managing of conflicts, change, time and stress

UNIT I

(15 Hours)

Focus and Purpose: Definition, need and importance of organizational behaviour – Nature and scope – Frame work – Organizational behaviour models

UNIT II

(15 Hours)

Individual behaviour: Personality – types – Factors influencing personality – Theories – Learning – Types of learners – The learning process – Learning theories – Organizational behaviour modification. Misbehaviour – Types – Management Intervention. Emotions - Emotional Labour – Emotional Intelligence — Components —.Perceptions – Importance – Factors influencing perception – Interpersonal perception- Impression Management. Motivation – importance – Types – Effects on work behaviour

UNIT III

(15 Hours)

Group Behaviour :Organization structure – Formation – Groups in organizations – Influence – Group dynamics – Emergence of informal leaders and working norms – Group decision making techniques – **Team building** - Interpersonal relations – Communication – Control

UNIT IV

(15 Hours)

Leadership And Power :Meaning – Importance – Leadership styles – Theories – Leaders Vs Managers – Sources of power – Power centers – Power and Politics

UNIT V

(15 Hours)

Dynamics Of Organizational Behaviour :Organizational culture and climate – Factors affecting organizational climate – .Job satisfaction – Determinants – – Influence on behaviourStress – Work Stressors – Prevention and Management of stress – Balancing work and Life.Organizational development – Characteristics – objectives –. Organizational effectiveness

Text Books:

1. Stephen P. Robins, **Organizational Behaviour**, PHI Learning / Pearson Education, 11th edition, 2008.
2. Fred Luthans, **Organizational Behaviour**, McGraw Hill, 11th Edition, 2001.

Reference Books:

3. Schermerhorn, Hunt and Osborn, **Organisational behaviour**, John Wiley, 9th Edition, 2008.
4. Udai Pareek, **Understanding Organisational Behaviour**, Oxford Higher Education, 2nd Edition 2004.
5. Mc Shane & Von Glinov, **Organisational Behaviour**, Tata McGraw Hill, 4th Edition, 2007.
6. Hellrigal, Slocum and Woodman, **Organisational Behaviour**, Cengage Learning, 11th Edition 2007.
7. Ivancevich, Konopaske & Maheson, **Organizational Behaviour & Management**, Tata McGraw Hill, 7th edition 2008.

Elective II - Forensic Psychology
(For those who joined since 2018-19)

Semester: V**Subject Code: GBSYE5C****Hours/Week: 5****Credit: 5**

CO 1: Describe current issues, problems, and trends in the field of forensic Psychology.

CO 2: Apply basic research methods in Psychology, including research design, data analysis, and interpretation.

CO 3: Use forensic assessment strategies, including interviews and observations, to solve problems related to forensic Psychology.

CO 4: Understand the legal issues in the profession of forensic Psychology.

CO 5: Comprehending the students about different approaches in understanding criminal behaviour.

CO 6: Making the student aware about the nature of criminal behaviour.

UNIT I**(15 Hours)**

Introduction to Forensic Psychology: Definition, Description and Concept of Forensic Psychology and criminal Psychology, juvenile crimes Forensic Psychology and related fields, Roles and functions of forensic Psychology

UNIT II**(15 Hours)**

Approaches to Understanding Criminal Behaviour: Causes underlying criminal behaviour, Theories of crime, Criminal responsibility

UNIT III**(15 Hours)**

Forensic Psychology Assessment: Forensic psychological assessment of criminal behaviour, civil proceedings and commitment

UNIT IV**(15 Hours)**

Forensic Psychology Evaluation: Mental disability, Malingering, Mental illness, Substance abuse, evaluation, Competency to stand in the court and waiver of Miranda rights, and Death penalty mitigation

UNIT V**(15 Hours)**

Legal aspects in forensic Psychology: Role of police in Forensic Psychology, Assessment of witness and their statement, Forensic Psychology in criminal and civil legal proceedings

Text book:

1. Hans Gross, **Criminal Psychology** 1st edition, 2005.

Reference Book:

2. Ray bull, **Criminal Psychology a beginner's guide**, One World Publications Pvt. Ltd, 2006.
3. Ray Bull, Charlotte Bilby, **Criminal Psychology: A Beginner's Guide**, One world Publications, 2009.
4. Dennis Howitt, **Introduction to Forensic and Criminal Psychology**, Pearson Education; 3 edition, 2008.

Elective II - Criminal Psychology
(For those who joined since 2018-19)

Semester: V**Hours/Week:5****Subject Code: GBSYE5D****Credit: 5**

CO 1: This advanced course will focus on the attempt, and the need, to understand the behaviours, actions, and patterns of criminals.

CO 2: Antisocial personality disorder and its impact on the criminal mind.

CO 3: Comprehending the students about different approaches in understanding criminal behaviour.

CO 4: The course will also look at methods by which experts attempt to identify and capture repeat (serial) criminals

CO 5: Designed to help learners understand the principles within criminal Psychology, discussing importance related to the mind of criminals, explained through psychological theories.

CO 6: Understand the legal issues in the profession of Criminal Psychology.

Unit I**(15 hours)**

Introduction: Definition of criminal Psychology, Psychologist role in legal system ,Criminal psychologist, Criminal psychologist and forensic Psychology, Criminal psychologists role

Unit II**(15 hours)**

Understanding Crime: Types and Definition of crime , Theories of crime, Topographic Theory, Psychopathology, Crime and social environment, The function of crime control

Unit III**(15 hours)**

Criminal Behaviour: Theories of criminal behaviour, Kinds of criminal Behaviour , Genetic and environmental influence on criminal behaviour, Neurochemical in criminal and anti social behaviour, Psychology on criminal behaviour, Criminal and personality disorder ,Criminal responsibility

Unit IV (15 hours)

Dimensions of Crime: The control of crime and deviance, Causes of crime, Discouraging the choice of crime, Heredity and brain activity, Crimes against women, consequence of crimes, punishment of crime

Unit V (15 hours)

Psychology and Crime Prevention: What is Psychology and Crime, Criminal Psychology, Crime prevention through environmental design, Crime prevention: Historical developments

Text Book:

1. Dr.Arun M.Bachhav, **Criminal Psychology**, Kanpur, Chandralok Prakashan, 1st edition, 2012.

Reference Books:

2. Hans Gross, Criminal Psychology First edititon, 2005.
3. Ray bull, **Criminal Psychologya Beginner's Guide**, One World Publications Pvt. Ltd, 2006.
4. Dennis Howitt, **Introduction to Forensic and Criminal Psychology**, Pearson Education; 3 edition, 2008.

Skill Based Elective V - Counselling Psychology
(For those who joined since 2018-19)

Semester: V**Hours/Week:3****Subject Code: GBSYE54****Credit: 2**

CO 1: Orient students about the importance of Guidance and Counselling.

CO 2: Understand the nature of counseling situation.

CO 3: Understand the various areas of Counselling.

CO 4: Become aware of Ethical and Legal issues in Counselling.

UNIT I (8 Hours)

Introduction: Concept and Definition of Guidance and Counselling - The Phases of the Counselling Process (Assessment, Intervention, and Termination) - Characteristics of an Effective Counsellor Personal challenges as a Counsellor.

UNIT II (8 Hours)

Counselling interview – Nonverbal communication in interview- Counselee counsellor relationship- Interviewing techniques in counselling- structuring the counselling relationship- role of silence- relationship techniques- sharing of experience- resistance .

UNIT III (8 Hours)

Premarital and marital counselling: Definition and meaning, -Different Types and Techniques of Premarital Counseling, Benefits of Premarital Counseling, Challenges of Premarital Counseling, Stages of Marriage- Passion, Realization, Rebellion, Cooperation, Reunion –Need for Marriage Counseling-Types of Marriage Counseling

UNIT IV (8 Hours)

Counselling in special situations: Addiction counselling- Counselling juvenile delinquents- Suicide counselling- Counselling the reluctant -Counselling in hospital setting- Grief counselling, counselling in terminally ill, Pain management counselling, Rehabilitation counselling in the hospital.

UNIT V (8 Hours)

Modern trends in counselling: Skills of a counsellor - Client centered counselling-Eclectic counselling- Individual counselling-Interviews- Group counselling.

Text Book:

1. S Narayana Rao. **Counselling And Guidance** ,-Tata McGraw Hill. New Delhi ,2nded 2011.

Reference Books:

2. Edwards Neukrug **Counselling Theory And Practice** ,Cengage learning India Pvt Ltd New Delhi. 1stedition 2012.
3. Dr. Kiruba Charles **Guidance And Counselling**, Hyderabad, Neelkamal Publications Pvt Ltd. 1sted 2011.
4. Ray Woolfe (Editor), Sheelagh Strawbridge., **Handbook of Counselling Psychology**, SAGE Publications Ltd; 3rd Edition, 2009.

**Extra Credit - Emerging Trends In Psychology
(For those who joined since 2018-19)**

Semester: V

Subject Code: GBSYX5

Credit: 2

CO 1: Gain knowledge on recent studies in Psychology

CO 2: Know the current scenarios in Psychology

CO 3: Understand the newly emerged scopes of Psychology

CO 4: Explore new trends of Psychology

**Core XIII - Basic Psychotherapies
(For those who joined since 2018-19)**

Semester: VI

Subject Code: GBSYC61

Hours/Week:4

Credit: 4

CO 1: Understand the meaning of therapy and faced by beginning therapists.

CO 2: Gain insight into the theoretical approaches of psychopathology.

CO 3: Understand the application of those theoretical principles in treating.

CO 4: Improve aesthetic professional skills of the students

UNIT I (15 Hours)

Introduction: Nature of psychotherapy-Elements of psychotherapy: relationship of trust, communication in words, understanding and integration

UNIT II (15 Hours)

Stages of Psychotherapeutic Relationship -Commitment; perception of the therapist; motivation; technical suitability-.Process ; search for patterns ;new information;

consolidation - Change –relinquish- initiate -sustain ; Termination- granting -permission
autonomy

UNIT III (10 Hours)

Types of Psychotherapy I -cognitive therapy- family therapy-rational emotive therapy-
group therapy- interpersonal therapy-psychodynamic therapy

UNIT IV (10 Hours)

Types of Psychotherapy II - Art Therapy-Play Therapy-Writing Therapy-Drama Therapy-
cognitive behavioural therapy- psychodynamic therapy-group therapy

UNIT V (10 Hours)

Application of Psychotherapy-Schizophrenia-Autism-Eating-disorder-Mental retardation-
Application among general population

Textbook:

1. Kottler, J.A. and Brown, R.W..**Introduction to Therapeutic Counselling**.NY: U.S. Brooks/ Cole. 2000.

Reference Books:

2. Antony Bateman, Dennis Brown, Jonathan Pedder **Introduction To Psychotherapy: An Outline Of Psychodynamic Principles And Practice**, Routledge Taylor & Francis Group. New York ,4thed 2010.
3. Capuzzi. **Counselling and Psychotherapy** New Delhi: Pearson Education Inc 4th ed 2010.
4. Glen O. Gabbard, Textbook of Psychotherapeutic Treatments, American Psychiatric Pub, 2009.

**Core XIV - Neuropsychology
(For those who joined since 2018-19)**

Semester: IV

Hours/Week:5

Subject code: GBSYC62

Credit: 4

CO 1: Provide knowledge and understanding of brain mind and behaviour relationship with the help of current development in the field of neuroscience, scientific theories, clinical and real life examples.

CO 2: Facilitate a dynamic understanding of the field by discussing neuroimaging techniques, case examples, and current researches.

CO 3: Challenging the students to examine the field of Neuropsychology as a framework for understanding behaviour and mental processes.

CO 4: Able to understand the link between neurological disorders and therapeutic practice.

UNIT I (15 Hours)

What is Neuropsychology: Definition and branches of Neuropsychology , Historical background, Conceptual issues, Neuropsychological practice, Psychiatry & Neuropsychology.

UNIT II (15 Hours)

The Structure of The Nervous System: Terminology and the environment of the nervous system, General layout of the nervous system, Meanings, Ventricles & Cerebrospinal fluid, The spinal cord.

UNIT III**(15 Hours)**

Basics of The Central Nervous System: Brain size and devaluation, genes, brain and behaviour, The brain, The cerebrum and The cerebral hemispheres and their function.

UNIT IV**(15 Hours)**

Neurobiology and Behaviour: Brain behaviour relationship, Consciousness and mind brain relationship, Consciousness and neuro chemical process and higher cerebral functions.

UNIT V**(15 Hours)**

Brain Behaviour Interrelationship: Neuropsychology methods, Neuropsychology assessment and screening, Neuropsychology test batteries.

Text Book:

1. Kalat James. W. , **Physiological Psychology**, Brooks/ Cole Publishers, 2012.

Reference Book:

2. Morgan, **Physiological Psychology**, International student edition ,McGraw Hill Series, 1965.
3. Bryan Kolb, **Fundamentals of Human Neuropsychology**, Worth Publishers 6th edition 2008.
4. David Andrewes, **Neuropsychology: From Theory to Practice**, Psychology Press,2002.

Core XV - School Counselling
(For those who joined since 2018-19)

Semester: VI**Subject Code: GBSYC63****Hours/Week:5****Credit: 4**

CO 1: Orient students about the importance of School Counselling.

CO 2: Make them understand the Models of School Counselling.

CO 3: Make them understand the various areas of School Counselling.

CO 4: Make them aware of deal with Suicidal thoughts, Depression, and Life Meaning.

UNIT I**(15 Hours)**

Professional And Ethical Boundaries In School Counselling: School Counselling: Meaning- Need-Development- Scope-What counselling is for-Development of School Counselling-Scope-the counsellors relationships within school. Professional and Ethical Boundaries in School Counselling: Confidentiality and the Law-Codes of Confidentiality with Pupil Clients in School- Child Protection and Codes of Confidentiality.

UNIT II**(15 Hours)**

Models Of School Counselling -Models of School Counselling:Adlers Theories in School Counselling- Rogerss Person-(Child)-Centered School Counselling- Behaviourism- Elliss Rational Emotive BehaviourTherapy in School Counselling- Becks Cognitive Behavioural Therapy in School Counselling- GroupCounselling- Solution-Focused Brief Counselling- Strengths Based Counselling in the Schools-Virtual Counselling.

UNIT III**(15 Hours)**

Parental Separation And Loss And Bereavement-Parental Separation and Stepparent Conflict: Counselling at the Beginning of Parental Separation- Counselling after Separation- Counselling on Living with Step Parents. **Loss and Bereavement:** The Context of Bereavement for Young People- Effect of Bereavement on Development- Bereavement Counselling.

UNIT IV**(15 Hours)**

Bullying, Drugs And Alcohol Misuse **Bullying School:** Counselling Bullies- Counselling the Groups- Counselling Victims of Physical Abuse- Counselling Victims of Verbal Abuse. **Anger, Aggression and Violence in Schools:** Violence and Aggression as a Social Problem- Counselling Violent and Aggressive Pupils. **Smoking, Drugs and Alcohol Misuse:** Drugs in the Society- Counselling Smokers- Counselling for Drug and Alcohol Problems.

UNIT V**(15 Hours)**

Low Self-Esteem, Depression, Life Meaning And Spiritual Emptiness-Low Self-Esteem, Depression and Suicidal Thoughts: Counselling To Raise Self-Esteem- Counselling Depressed Young People- Counselling Those with Suicidal Thoughts- Counselling the Sexually Abused. **-Life Meaning and Spiritual Emptiness:-** Spiritual Development- Spiritual Counselling and Problems of Congruence- Integrative Style of Spirituality- Centered Counselling.

Textbook:

1. Chandrashekar C.R. (Editor) **Manual for college teachers on students counselling**, National Institute of Mental Health & Neuro Sciences, Bangalore-560029, 2008.

Reference Books:

2. Lines, D. **Brief counselling in schools: Working with young people from 11 to 18**. Sage Publication Ltd .2011.
3. Baginsky, W. **School Counselling in England, Wales and Northern Ireland: a review**. London: National Society for the Prevention of Cruelty to Children. 2004.
4. **Models of School Counselling** http://www.sagepub.in/upm-data/42517_6_pdf.pdf retrieved on 04.12.2013.
5. Nick Luxmoore, **School Counsellors Working with Young People and Staff: A Whole-School Approach**, Jessica Kingsley Pub, 2013.

Core XVI – Project**(For those who joined since 2018-19)****Semester: VI****Subject Code: GBSYC64 PW****Hours/Week: 6****Credit: 4****(90 Hours)****CO 1:** Create thrust towards research.**CO 2:** Develop research aptitude among students.**CO 3:** Understand the concepts in psychological research.**CO 4:** Develop ability to apply various tools and techniques to solve day-to-day life problems.

Elective III - Consumer Psychology
(For those who joined since 2018-19)

Semester: VI**Subject Code: GBSYE6A****Hours/Week:5****Credit: 5**

CO1: Help the students to get basic knowledge relating to the impact of information technology on consumption patterns.

CO2: Describe the steps and techniques of consumer behaviour research including a discussion of qualitative and quantitative research models.

CO3: Orient students about market segmentation, targeting and positioning.

CO4: Understand consumer behaviour in an informed systematic way.

CO5: Understand the processes used when individuals, group or organizations make consumption decisions.

CO6: Understand how the selection, use and disposal of consumer goods affect almost every aspect of our daily lives.

UNIT I**(15 Hours)**

Consumer Behaviour: Meeting Changes and Challenges: Consumer behaviour and marketing concept-customer value- satisfaction-trust-retention-the impact of new technologies on marketing-consumer behaviour in a world of economic instability-consumer behaviour and decision making are interdisciplinary

UNIT II**(15 Hours)**

Consumer motivation and consumer perception: Motivation-Needs and goals of motivation-dynamics of motivation-types and system of needs-the measurement of motives- Perception-sensory dynamics of perception-elements of perception-consumer imagery-product positioning-digital marketing-product repositioning-effectiveness of brand repositioning-perceptual mapping-positioning of services-perceived price-perceived quality-price/quality relationship-retail store image- manufacturer image

UNIT III**(15 Hours)**

Personality and consumer behaviour-Consumer learning: what is personality?- theories of personality-personality and understanding consumer behaviour-brand personality-self and self-image-consumer learning: the elements of consumer learning-behavioural learning-information process and cognitive learning- consumer involvement and passive learning-outcomes and measures of consumer learning

UNIT IV**(15 Hours)**

Influence of culture on consumer behaviour and cross culture behaviour: What is culture?- culture is dynamic- the measurement of culture- Indian core values- cultural aspects of emerging markets- cross culture consumer analysis- alternative multinational strategies: global versus local- cross cultural psychographic segmentation

UNIT V**(15 Hours)**

Consumer decision making and beyond: Consumer decision- levels of consumer decision making- models of consumers: four views of consumer decision making- category-based decision making- segments, lifestyles, and consumer decision making- a model of consumer

decision making-consumer gifting behaviour- the process of gift giving- beyond the decision: consuming and possessing-relationship marketing-challenges of customer satisfaction.

Text Book:

1. Leon G.Schiffman, Leslie Lazar Kanuk, - **Consumer Behaviour**, Pearson publication, 10th Edition, 2010.

Reference Books:

2. Fenwick and Queich, **Consumer behaviour for marketing managers**, Allynand bacon Inc, 1984.
3. 3.RamanujMajumdar-**Consumer Behaviour: Insights from Indian Market** published by Prentice-Hall Of India Pvt. Limited, 2010.
4. Jansson-boyd, **Consumer psychology**, Open University Press; 1st edition 2010.

**Elective III - Psychology of Women
(For those who joined since 2018-19)**

Semester: VI

Subject Code: GBSYE6B

Hours/Week: 5

Credit: 5

CO 1: Provide awareness on the basic nature of women

CO 2: Explain and be able to identify gender bias in research.

CO 3: Understand Cognitive ability and personality characteristics of women

CO 4: Understand the role of women

CO 5: Know about Gender discrimination in Society

CO 6: Understand Gender comparison in Cognitive Abilities and Attitudes about Achievement

UNIT-I

(15 Hours)

Introduction: History of Psychology of Women-Emergence of the Discipline-Women And Ethnicity: White Privilege Concept-Women of Colour- US Centered Nationalism- Potential Problems and Biases In Research: Formulating the Hypothesis, Designing the Study- Performing the study, Interpreting the data, Communicating the findings

UNIT II

(15 Hours)

Gender Stereotypes And Other Gender Biases: Gender biases throughout the history- Religion and Mythology-Language- Media- The content of stereotypes-Implicit gender stereotypes-Gender discriminations. Personal consequences: Gender Stereotype and Behaviour- Gender Stereotype and Cognitive Error

UNIT III

(15 Hours)

Infancy and Childhood: Background on Gender Development- Prenatal Sex Development-Theories of Gender Development-Factors That Shape Gender Identity:Parents, Peers, Schools, The Media-Children's Knowledge about their gender:Infants Basic Information about their gender-Children's usage of gender label-stereotype about their activities and occupation- Factors related to stereotype

UNIT IV (15 Hours)

Gender Comparisons in Cognitive Abilities and Attitudes about Achievements: Cognitive ability-Memory ability-Verbal ability-Mathematical ability- Spatial ability-Attitude about Achievement-Achievement Motivation-Confidence

UNIT V (15 Hours)

Gender Comparison In Social And Personality Characteristics: Communication Patterns- Verbal Communication, Non Verbal Communication- Gender Difference In Communication-Characteristics related to helping and caring- Altruism-Nurturance-Empathy—Friendship-Gender and Aggression. Psychological-Maternal Roles-The Woman as a Source of Inspiration

Text Book:

1. Margaret W. Matlin **The Psychology of Women** Cengage Learning, 7th edition 2011.

Reference Book:

2. Roberto Assagioli, M.D. **The Psychology of women and her Psychosynthesis**, Satsang Press - Gent (Belgium) 2010.
3. Gary Wood, **The Psychology of Gender (The Psychology of Everything)**, Routledge; 1 edition 2018.
4. Florence Denmark, Michele Antoinette Paludi, **Psychology of Women: A Handbook of Issues and Theories**, Greenwood Publishing Group, 2008.

**Skill Based Elective VI - Cyber Psychology
(For those who joined since 2018-19)**

Semester: VI**Hours/Week:3****Subject Code: GBSYE65****Credit: 2****CO 1:** Have an understanding about cyber space**CO 2:** Make an awareness on the importance of psychological aspects in cyber network**CO 3:** Understanding cybercrimes and issues of cyber bullying, cyber staling etc**CO 4:** Increasing impact of the digital medium in human rights**UNIT I (8 Hours)**

The Basic Psychological Qualities of Cyberspace: Cyberspace as a psychological space - basic psychological features of cyberspace-Networks as "mind" and "self"-Presence. The online disinhibition effect -Psychology of avatars and graphical space- The black hole of cyberspace- -Social Psychology of Cyberspace: Self and community in the age of Internet.

UNIT II (8 Hours)

The Psychology of the Individual in Cyberspace:Identity management in cyberspace - Personality types in cyberspace-Unique roles in cyberspace-Transference to computers and cyberspace-- Regressive behaviour in cyberspace-Online gender-switching-Adolescents in cyberspace-Integrating online and offline living. An online psycho-educational program – Media transitions

UNIT III**(8 Hours)**

Internet Addiction and Treatment Methods: Causes of addictions- symptoms-Diagnosis- Indicators of too much internet use-origin of internet addiction- risk factors- warning signs of internet addiction- teen internet addiction-treatment- advertisement-self-help tips-group support-cyber bullying-warning signs-types and effects of bullying- tips for dealing and preventing bullying

UNIT IV**(8 Hours)**

Cyber Crime-Spam-obscene or offensive content-Harassment-drug trafficking- reasons for cybercrime- Mode and manner of committing cybercrime-email bombing- data diddling-salami attack-denial of service attack- virus attack- logic bombs- Trojan attacks- web jacking-cyber stalking- classification of crime: against individual- against organization- against society at large-cyber law in India-Prevention of cybercrime

UNIT V**(8 Hours)**

Application of Cyber Psychology: Computer mediated Therapy –Tele-health-Cognitive Psychology: learning and memory-thinking and problem solving-interpersonal relations- Abnormal behaviour and cyber therapies.

Text book:

- 1 AZY BARAK .**Psychological Applications on the Internet** (Internet Article) (<http://construct.haifa.ac.il/azy/app.r.htm>), 1999.
- 2 N.V. Soorynarayana, **Cyber Psychology**, Sonali Publications New Delhi, 1st edition, 2011.

Reference Books:

3. EyalReingold And JohnathanNightingale . Artificial Intelligence Tutorial 1999
4. Review, Canada. **Internet resource-** White Paper (www.psych.utoronto.ca/reingold)
5. John Suler,**The Psychology of Cyber Space** (hypertext book) USA. Rider University 2000 .
6. Kimberly.SYoung ,**Caught in the Net**. Canada. John Wiley and Sons.1998.
7. [http:// www.netaddiction.com](http://www.netaddiction.com). **The Centre for On-line Addiction is the First treatment clinic and training institute to specialize in internet addiction**
8. [http:// www.ismho.org/](http://www.ismho.org/) - **International Society for Mental Health Online**<http://www.victoriapoint.com>. Specialist in organizational behaviour management and human resource development

**Extra Credit - Skills for Employability Development
(For those who joined since 2018-19)**

Semester: VI**Subject Code: GBS6D6****Credit: 2**

**NON -MAJOR ELECTIVE OFFERED FOR THE STUDENTS OTHER THAN
BSC PSYCHOLOGY
(For those who joined since 2018-19)**

Sem	Subject Code	Subject Title	Hrs/wk	Credit	ESE	Total
III	GBNM3PS	Stress Management	4	2	50	50
IV	GBNM4PS	Positive Psychology	4	2	50	50

Non Major Elective I - Stress Management

(For those who joined since 2018-19)

Semester: III

Hours/Week:4

Subject Code: GBNM3PS

Credit: 2

CO 1: Understand the influencing factors of stress tolerance .

CO 2: Understand the impact of social support in moderating stress.

CO 3: Understand the concept of coping.

CO 4: Make the students capable to apply these knowledge to reduce their stress in day to day life .

UNIT I

(15 Hours)

Personality as a factor influencing stress tolerance - General nature of stress - Various personality traits as moderators of stress: Hardiness, Optimism, self-esteem and self-efficacy, Locus of control, Type-A Behaviour pattern (TA BP) - concept, TA BP and stress, TA BP and health, Modifying TA BP.

UNIT II

(10 Hours)

Social support as moderator of stress - Concept of social support - Sources of social support - Social support as moderator of stress and as method of coping – stress buffering hypothesis - Some studies on impact of social support

UNIT III

(10 Hours)

The concept of coping - Common coping patterns of limited value: giving up, striking out of others, including yourself, blaming self, using defensive coping. - The nature of constructive coping

UNIT IV

(15 Hours)

Methods of coping-Ellis's Rational Thinking, Humor as a stress reducer, positive reinterpretation. - Problem focused constructive coping – using systematic problem solving, seeking help - Emotion-focused constructive coping

UNIT V

(10 Hours)

Strategies of stress management - Yoga - Buddhist Vipasyana - Bio feedback - Assertiveness training - Nutrition and exercise - Stress – Preventing stress at work.

Text Book:

1. Paul M. Lehrer, Robert L. Woolfolk, **Principles and Practice of Stress Management, Third Edition, 2008. (ISBN 9781606230008)**

Reference Books:

2. Giga S.I. and Hoel H., **“Violence and stress at work in financial services”**, International Labour Office, Geneva, 2003
3. GirishwarMisra **Psychological Perspectives on Stress and Health**, New Delhi, Concept Publishing Company. 1999
4. Pestonjee, D. M., **Stress and Coping, the Indian Experience**, Sage Publications.
5. Ram G. &Saumya S., **“Study on Strategic Importance of High Stress Tolerance Limit among MediaPersonnel”**. Viewpoint.2010

6. Selye, H., “**The Stress of Life**”, New York, Tata McGraw Hill, (Revised Edition), 2002.

Non Major Elective II - Positive Psychology
(For those who joined since 2018-19)

Semester: IV

Hours/Week:4

Subject Code: GBNM4PS

Credit: 2

CO 1: Give insight into changing behaviour for better health

CO 2: Make them understand psychological process behind illness

CO 3: Acquire the skill of coping with illness

CO 4: Employ various positive psychological techniques for good mental and physical health

UNIT I

(10 Hours)

Introduction to positive Psychology-Scope of positive Psychology- importance of positive emotions-positive Psychology and emotion-assumptions of positive Psychology-assumptions about human emotions-assumptions about human behaviour .

UNIT II

(15 Hours)

Emotions and motivation in positive Psychology: The basic emotions-Need for positive emotions- Biology of positive emotion and pleasure-Different roles of positive and negative emotions-Broaden and build model of positive emotions-Genetic influence of positive emotions-Positive Psychology and motivation-Early theories of motivation

UNIT III

(15 Hours)

Positive mental health: Resilience-Importance of resilience -Characteristics of people with resilience-Generativity- Positive mental health as innate potentials-Psychodynamic formulations-Carl rogers fully functioning person- Abraham Maslow and self-actualization-PM as character development- authenticity

UNIT IV

(10 Hours)

Positive coping- definition of positive coping-wellness and health-religiosity and health-prayer and health-the sense of meaning and purpose in life- psychoogical theories of spiritual development-intrinsic and extrinsic religiosity

UNIT V

(10 Hours)

Subjective Wellbeing- Predictors of subjective wellbeing-Self-esteem- Extroversion- Optimism- Positive relationships-Happiness- hope-Application of positive Psychology

Text Book:

1. William C Campton, **.An introduction to positive Psychology** Published by cengage learning, Canada.1st Edition, 2004.

Reference Books:

2. C.R.Snyder., Shane J.Lopez **,Handbook of Positive Psychology** .Published by Oxford University Press,Inc.2002.
3. Steve R.Baumgardner ,Marie k, Crothers., **Positive Psychology** Dorling Kindersley India Pvt.Ltd, 1st edition, 2009.

4. C.R.Snyder., Shane.J.Lopez.,**Positive Psychology: The scientific and practical explanation of Human strengths**. Sage publication India Pvt.Ltd, 1st edition 2008.
5. C.R.Snyder., Shane J.Lopez. **Handbook of positive Psychology**. Published by Oxford University Press,Inc.2002
6. Jena L.Magyar-Moe. **Therapist Guide to Positive Psychological Intervention**. Elsevier Publication USA.2009.
7. Alan Carr, **Positive Psychology: The Science of Happiness And Human Strengths**. Routledge publication London. 2004.
8. Meyer D. Glantz, Jeannette L. Johnson, **Resilience and Development: Positive life Adaptation**. Kluwer Academic Publction , Newyork.2002.

DEPARTMENT OF PSYCHOLOGY
NOMINATION FOR THE NEXT BOARD OF STUDIES [2018-19]
SUBJECT EXPERTS LIST

S.No	Name & Designation
1	Dr K R Murugan Associate Professor Department of Social Work Alagappa University Karaikudi
2	Prof G Guru Bharathi Principal MS Chellamuthu Trust & Research Foundation Madurai
3	Prof R Rohini Assistant Professor Department of Social Work American College Madurai
4	Dr M Kannan Honorary Consultant & Researcher MS Chellamuthu Trust & Research Foundation Madurai
5	Dr Sudakaran Associate Professor School of Social Sciences Tamilnadu Open University Chennai