



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : INTRODUCTION TO PSYCHOLOGY
Course Code : PSY101, Crédits : 04, Session :2023-24 (Odd Sem.), Class : BA (H) Applied Psychology
Faculty Name: Devanshi Khemariya

- A. Introduction:** To familiarize with the history and need of development psychology as a field in India and its evolving professional identity. To orient students to major theoretical models which guide clinical developmental psychological practice and research. To facilitate the students to develop the cognitive skills in themselves and others.
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY101.1** Describe the developmental stages from birth to old age.
 - PSY101.2** Recognize the various issues faced and adjustments required at different developmental stages.
 - PSY101.3** Develop an awareness regarding the stages of development.
 - PSY101.4** Review the various theoretical paradigms associated with the same.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
- [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
- [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.
- [PO.5]. The psychology and society:** Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.



[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%



F. Syllabus

Module 1. Introduction

Definition and Goals of Psychology ,Role of a Psychologist in Society ,Today's Perspectives Biological, Psychodynamic, Behaviorists, Cross cultural and Humanistic.

Module 2. Sensation and Perception

Nature and definitions , Characteristics of Sensation & perception , Visual depth perception , Constancy& movement perception ,Illusion of object, shape, space, colour and movement , Factors influencing perception ,Extra sensory perception.

Module 3. Learning

Definition, Classical Conditioning- Basics of conditioning, basic processes- Extinction, Spontaneous Recovery, Generalization, Discrimination, Higher Order Conditioning, Criticism and Significance of Classical Conditioning , Operant Conditioning- Thorndike's: Law of Effect, Reinforcement- Primary and Secondary, Positive rein forcers, Punishment, Pros and Cons of Punishment , Process- Generalization, Discrimination, Shaping, Chaining, Schedules of Reinforcement , Significance of Operant Conditioning, ,Cognitive Learning- Latent Learning; Observational learning (Bandura); Insight Learning (Kohler) , Learner and Learning- Prepared Behaviours, Unprepared and Contra-prepared behaviours

Module 4. Memory

Basic Processes- Encoding, Storage, Retrieval ,Sensory- Iconic Memory and Echoic Memory ,STM- Working Memory, Serial Position Curve, Rehearsal, Chunking, LTM- Modules of Memory , Declarative, Procedural, Semantic, Episodic Memory, Associative models- Explicit Memory and Implicit Memory , Retrieval Cues, State Dependent and Context Dependent Memory, Tip-OfThe-Tongue Phenomenon, Flash Bulb Memories Levels of processing- Constructive Processes in Memory- Schemas Forgetting- Decay Theory Interference Theory

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

- Morgan & King, 7th Ed, Introduction to Psychology
- Atkinson & Hilgard, Introduction to Psychology
- Robert A. Baron, 5th Ed., Psychology



I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Definition and Goals of Psychology	Lecture	PSY101.1	Mid Term, Quiz & End Sem Exam
2	Definition and Goals of Psychology	Lecture	PSY101.1	Mid Term, Quiz & End Sem Exam
3	Role of a Psychologist in Society	Lecture	PSY101.1	Mid Term, Quiz & End Sem Exam
4	Role of a Psychologist in Society	Lecture	PSY101.1	Mid Term, Quiz & End Sem Exam
5	Today's Perspectives Biological, Psychodynamic, Behaviorists, Cross cultural and Humanistic	Lecture	PSY101.1	Mid Term, Quiz & End Sem Exam
6	Today's Perspectives Biological, Psychodynamic, Behaviorists, Cross cultural and Humanistic	Lecture	PSY101.1	Mid Term, Quiz & End Sem Exam
7	Today's Perspectives Biological, Psychodynamic, Behaviorists, Cross cultural and Humanistic	Lecture	PSY101.1	Mid Term, Quiz & End Sem Exam
8	Nature and definitions	Lecture	PSY101.2	Mid Term, Quiz & End Sem Exam
9	Characteristics of Sensation & perception	Lecture	PSY101.2	Mid Term, Quiz & End Sem Exam
10	Characteristics of Sensation & perception	Lecture	PSY101.2	Mid Term, Quiz & End Sem Exam
11	Visual depth perception	Lecture	PSY101.2	Mid Term, Quiz & End Sem Exam
12	Constancy& movement perception	Lecture	PSY101.2	Mid Term, Quiz & End Sem Exam
13	Constancy& movement perception	Lecture	PSY101.2	Mid Term, Quiz & End Sem Exam
14	Illusion of object, shape, space, colour and movement	Lecture	PSY101.2	Mid Term, Quiz & End Sem Exam
15	Illusion of object, shape, space, colour and movement	Lecture	PSY101.2	Mid Term, Quiz & End Sem Exam
16	Factors influencing perception	Lecture	PSY101.2	Mid Term, Quiz & End Sem Exam
17	Factors influencing perception	Lecture	PSY101.2	Mid Term, Quiz & End Sem Exam
18	Extra sensory perception	Lecture	PSY101.2	Mid Term, Quiz & End Sem Exam
19	Extra sensory perception	Lecture	PSY101.2	Mid Term, Quiz & End Sem Exam
20	Extra sensory perception	Lecture	PSY101.2	Mid Term, Quiz



				& End Sem Exam
21	Definition 30% • Classical Conditioning- Basics of conditioning, basic processes- Extinction	Lecture	PSY101.3	Mid Term, Quiz & End Sem Exam
22	Spontaneous Recovery, Generalization, Discrimination, Higher Order Conditioning	Lecture	PSY101.3	Mid Term, Quiz & End Sem Exam
23	Criticism and Significance of Classical Conditioning	Lecture	PSY101.3	Mid Term, Quiz & End Sem Exam
24	Operant Conditioning- Thorndike's: Law of Effect	Lecture	PSY101.3	Mid Term, Quiz & End Sem Exam
25	Reinforcement- Primary and Secondary	Lecture	PSY101.3	Quiz & End Sem Exam
26	Positive rein forcers, Punishment, Pros and Cons of Punishment	Lecture	PSY101.3	Quiz & End Sem Exam
27	Process- Generalization, Discrimination, Shaping, Chaining, Schedules of Reinforcement	Lecture	PSY101.3	Quiz & End Sem Exam
28	Process- Generalization, Discrimination, Shaping, Chaining, Schedules of Reinforcement	Lecture	PSY101.3	Quiz & End Sem Exam
29	Significance of Operant Conditioning,	Lecture	PSY101.3	Quiz & End Sem Exam
30	Cognitive Learning- Latent Learning;	Lecture	PSY101.3	Quiz & End Sem Exam
31	Observational learning (Bandura); Insight Learning (Kohler),	Lecture	PSY101.3	Quiz & End Sem Exam
32	Learner and Learning- Prepared Behaviours,	Lecture	PSY101.3	Quiz & End Sem Exam
33	Unprepared and Contra-prepared behaviours.	Lecture	PSY101.3	Quiz & End Sem Exam
34	Observational learning (Bandura); Insight Learning (Kohler),	Lecture	PSY101.3	Quiz & End Sem Exam
35	Basic Processes- Encoding, Storage, Retrieval	Lecture	PSY101.4	Quiz & End Sem Exam
36	Sensory- Iconic Memory and Echoic Memory	Lecture	PSY101.4	Quiz & End Sem Exam
37	STM- Working Memory, Serial Position Curve, Rehearsal, Chunking, LTM- Modules of Memory	Lecture	PSY101.4	Quiz & End Sem Exam
38	Declarative, Procedural, Semantic,	Lecture	PSY101.4	Quiz & End Sem Exam
39	Episodic Memory, Associative models-	Lecture	PSY101.4	Quiz & End Sem Exam
40	Explicit Memory and Implicit Memory	Lecture	PSY101.4	Quiz & End Sem Exam



41	Retrieval Cues, State Dependent and Context Dependent Memory	Lecture	PSY501.4	Quiz & End Sem Exam
42	The-Tongue Phenomenon, Flash Bulb Memories	Lecture	PSY101.4	Quiz & End Sem Exam
43	The-Tongue Phenomenon, Flash Bulb Memories	Lecture	PSY101.4	Quiz & End Sem Exam
44	Levels of processing- Constructive Processes in Memory	Lecture	PSY101.4	Quiz & End Sem Exam
45	Schemas Forgetting- Decay Theory Interference Theory	Lecture	PSY101.4	Quiz & End Sem Exam
46	Schemas Forgetting- Decay Theory Interference Theory	Lecture	PSY101.4	Quiz & End Sem Exam
47	Retrieval Cues, State Dependent and Context Dependent Memory	Lecture	PSY101.4	Quiz & End Sem Exam
48	Sensory- Iconic Memory and Echoic Memory	Lecture	PSY101.4	Quiz & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY101.1	Describe the developmental stages from birth to old age	3	1							1		3	2	
PSY101.2	Recognize the various issues faced and adjustments required at different developmental stages	3				3			2	1	2	3	1	
PSY101.3	Develop an awareness regarding the stages of development	3				2			2	1	1	3		1



PSY101.4	Review the various theoretical paradigms associated with the same.	3		3		3			3	3	2	3			1
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Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.





DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : RESEARCH METHODOLOGY-I
Course Code : PSY102, Crédits : 04, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology
Faculty Name: Dr Shubhagata Awasthi

- A. Introduction:** To familiarize with the history and development of *research* psychology as a field in India and its evolving professional identity. To orient students to major theoretical models which guide psychological practice and research. To equip students with skills of various methods and techniques for scientific conduct of research in psychology.
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY102.1** Analyze & comprehend research and its application.
 - PSY102.2** Design and Develop the strategy to conduct research.
 - PSY102.3** Comprehend the inter relation between parameters under study.
 - PSY102.4** Develop insight into procedural scientific steps of conducting a research.

Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues



related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

C. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

D. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%



E. Syllabus

Module 1. Introduction

Nature of research enquiry , Types of Research: Action and applied; qualitative and quantitative ,Measurement v/s assessment , Importance and Limitations of Research

Module 2. Scaling in Psychology

Concept of scaling , Types of scales , Psycho-physical scaling

Module 3. Problem

Nature and characteristics of problem statement , Defining the problem, aim and objectives of a research ,Qualities of a good problem statement

Module 4. Hypothesis

Concept and character of hypothesis, Types of hypothesis, Type I and type II errors, Writing a good hypothesis

Module 5. Variables

Variables in research , Dependant and independent variables , Extraneous variables and their control.

Module 6.

Definition of sampling ,Population and sample ,Techniques of sampling.

F. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

G. Suggested Text/Reference Books:

Text:

- Brannon, L. (2001), Gender: Psychological Perspectives (3rd edition); Needam Heights, MA: Allyn and Bacon.
- Anastasi, A., (1988), Psychological Testing; 6th Ed. New York: Mc Millan Publishing Company.
- Kerlinger, F. N., (1933), Foundation of Behavioural Research; New Delhi: Surjeet Publication.
- Freeman, F.S. (1962). Theory and Practice of Psychological Testing; New Delhi: Oxford IBH
- Pandey, J. (1988). Psychology in India: The State of the Art Vol.I (Personality and Mental Processes) New Delhi; Sag



H. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Nature of research enquiry	Lecture	PSY102.1	Mid Term, Quiz & End Sem Exam
2	Nature of research enquiry	Lecture	PSY102.1	Mid Term, Quiz & End Sem Exam
3	Types of Research: Action and applied; qualitative and quantitative	Lecture	PSY102.1	Mid Term, Quiz & End Sem Exam
4	Types of Research: Action and applied; qualitative and quantitative	Lecture	PSY102.1	Mid Term, Quiz & End Sem Exam
5	Measurement v/s assessment	Lecture	PSY102.1	Mid Term, Quiz & End Sem Exam
6	Measurement v/s assessment	Lecture	PSY102.1	Mid Term, Quiz & End Sem Exam
7	Importance and Limitations of Research	Lecture	PSY102.1	Mid Term, Quiz & End Sem Exam
8	Importance and Limitations of Research	Lecture	PSY102.1	Mid Term, Quiz & End Sem Exam
9	Concept of scaling	Lecture	PSY102.2	Mid Term, Quiz & End Sem Exam
10	Concept of scaling	Lecture	PSY102.2	Mid Term, Quiz & End Sem Exam
11	Concept of scaling	Lecture	PSY102.2	Mid Term, Quiz & End Sem Exam
12	Types of scales	Lecture	PSY102.2	Mid Term, Quiz & End Sem Exam
13	Types of scales	Lecture	PSY102.2	Mid Term, Quiz & End Sem Exam
14	Types of scales	Lecture	PSY102.2	Mid Term, Quiz & End Sem Exam
15	Psycho-physical scaling	Lecture	PSY102.2	Mid Term, Quiz & End Sem Exam
16	Psycho-physical scaling	Lecture	PSY102.2	Mid Term, Quiz & End Sem Exam
17	Nature and characteristics of problem statement	Lecture	PSY102.3	Mid Term, Quiz & End Sem Exam
18	Nature and characteristics of problem statement	Lecture	PSY102.3	Mid Term, Quiz & End Sem Exam
19	Nature and characteristics of problem statement	Lecture	PSY102.3	Mid Term, Quiz & End Sem Exam
20	Defining the problem, aim and objectives of a research	Lecture	PSY102.3	Mid Term, Quiz & End Sem Exam
21	Defining the problem, aim and objectives of a research	Lecture	PSY102.3	Mid Term, Quiz & End Sem Exam
22	Defining the problem, aim	Lecture	PSY102.3	Mid Term, Quiz



	and objectives of a research			& End Sem Exam
23	Qualities of a good problem statement	Lecture	PSY102.3	Mid Term, Quiz & End Sem Exam
24	Qualities of a good problem statement	Lecture	PSY102.3	Mid Term, Quiz & End Sem Exam
25	Concept and character of hypothesis	Lecture	PSY102.4	Quiz & End Sem Exam
26	Concept and character of hypothesis	Lecture	PSY102.4	Quiz & End Sem Exam
27	Types of hypothesis	Lecture	PSY102.4	Quiz & End Sem Exam
28	Types of hypothesis	Lecture	PSY102.4	Quiz & End Sem Exam
29	Type I and type II errors	Lecture	PSY102.4	Quiz & End Sem Exam
30	Type I and type II errors	Lecture	PSY102.4	Quiz & End Sem Exam
31	Writing a good hypothesis	Lecture	PSY102.4	Quiz & End Sem Exam
32	Writing a good hypothesis	Lecture	PSY102.4	Quiz & End Sem Exam
33	Variables in research	Lecture	PSY102.5	Quiz & End Sem Exam
34	Variables in research	Lecture	PSY102.5	Quiz & End Sem Exam
35	Variables in research	Lecture	PSY102.5	Quiz & End Sem Exam
36	Dependent and independent variables	Lecture	PSY102.5	Quiz & End Sem Exam
37	Dependent and independent variables	Lecture	PSY102.5	Quiz & End Sem Exam
38	Dependent and independent variables	Lecture	PSY102.5	Quiz & End Sem Exam
39	Dependent and independent variables	Lecture	PSY102.5	Quiz & End Sem Exam
40	Extraneous variables and their control	Lecture	PSY102.5	Quiz & End Sem Exam
41	Extraneous variables and their control	Lecture	PSY102.1	Quiz & End Sem Exam
42	Definition of sampling	Lecture	PSY102.6	Quiz & End Sem Exam
43	Definition of sampling	Lecture	PSY102.6	Quiz & End Sem Exam
44	Population and sample	Lecture	PSY102.6	Quiz & End Sem Exam
45	Population and sample	Lecture	PSY102.6	Quiz & End Sem Exam
46	Population and sample	Lecture	PSY102.6	Quiz & End Sem Exam



47	Techniques of sampling	Lecture	PSY102.6	Quiz & End Sem Exam
48	Techniques of sampling	Lecture	PSY102.6	Quiz & End Sem Exam

I. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY102.1	Analyse & comprehend research and its application.	3				1							3		
PSY102.2	Design and develop the strategy to conduct research	3				1						1	3		
PSY102.3	Comprehend the inter relation between parameters under study.	3				1						1	3		
PSY102.4	Develop insight into procedural scientific steps of conducting a research.	3				3					1	3	3		1

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.





DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : BIOPSYCHOLOGY
Course Code : PSY103, Crédits : 04, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology
Faculty Name: Dr Sandhya Garg

- A. Introduction:** The paper on Biopsychology correlates the discipline to the physiological aspect of human life and emphasizes the need to study physiology for complete understanding of human beings. It will also provide an overview of issues that many physiological psychologists consider in understanding how the brain and behaviour interact.
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY103.1** Analyse the importance of the most essential fundamental physiological process underlying psychological events.
 - PSY103.2** Explore the various techniques used to examine brain tissue and their examination techniques.
 - PSY103.3** Evaluate the comprehensive exposure to Nervous system and its governing factor with various behaviours.
 - PSY103.4** Apply knowledge of biopsychology in various domains.
 - PSY 103.5** State the meaning of Biological Psychology and Recall historical views of human behaviour.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
 - [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
 - [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
 - [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources,



and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

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[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

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PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
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End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module I Introduction to Biopsychology

Concept of biopsychology , Techniques used in biopsychology , Hemisphere function: Sperry and the split-brain; Left handedness; Emotion and the right hemisphere

Module II Cell and Nervous System

Cell structure: Neuron, Synapses, The neurotransmitters, The nervous system: Basic subdivisions-Peripheral and Central

Module III Hormonal basis of Behaviour

Endocrine system: Structure &Function , Abnormalities of major glands: Thyroid, Adrenals, Gonads, Pituitary and Pancreas

Module IV Sleep, Arousal & Biological Rhythms

Functions of sleep , Biological Rhythms ,Concept of arousal; Physiological measure of arousal , Reticular Formation and Central Arousal

Module V Learning and Memory

Anterograde and retrograde Amnesia , Alzheimer Disease , Korsakoff's Psychosis , Biochemistry of learning and memory

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

- Leukel, F., (1968), Introduction to Physiological Psychology
- Levinthal, G. G., (1990), Introduction to Physiological Psychology
- Anthony, C.P & Thobidean G.A., (1987), Text Book of Anatomy & Physiology, New Jersey
- Greenberg, J & Baron, R.A. (2003).Behaviour in organizations Understanding and managing the human side of work Pearson Edu., Inc.
- Robbins, Stephen P, (2005).Organizational Behavior. Prentice Hall
- Singh, K(2013). Organizational Behavior Text and cases. Dorling Kindersley. Pearson education.



I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Concept of biopsychology	Lecture	PSY103.1	Mid Term, Quiz & End Sem Exam
2	Concept of biopsychology	Lecture	PSY103.1	Mid Term, Quiz & End Sem Exam
3	Concept of biopsychology	Lecture	PSY103.1	Mid Term, Quiz & End Sem Exam
4	Techniques used in biopsychology	Lecture	PSY103.1	Mid Term, Quiz & End Sem Exam
5	Techniques used in biopsychology	Lecture	PSY103.1	Mid Term, Quiz & End Sem Exam
6	Techniques used in biopsychology	Lecture	PSY103.1	Mid Term, Quiz & End Sem Exam
7	Hemisphere function: Sperry and the split-brain; Left handedness; Emotion and the right hemisphere	Lecture	PSY103.1	Mid Term, Quiz & End Sem Exam
8	Hemisphere function: Sperry and the split-brain; Left handedness; Emotion and the right hemisphere	Lecture	PSY103.1	Mid Term, Quiz & End Sem Exam
9	Hemisphere function: Sperry and the split-brain; Left handedness; Emotion and the right hemisphere	Lecture	PSY103.1	Mid Term, Quiz & End Sem Exam
10	Cell structure: Neuron,	Lecture	PSY103.2	Mid Term, Quiz & End Sem Exam
11	Synapses, The neurotransmitters	Lecture	PSY103.2	Mid Term, Quiz & End Sem Exam
12	Synapses, The neurotransmitters	Lecture	PSY103.2	Mid Term, Quiz & End Sem Exam
13	Synapses, The neurotransmitters	Lecture	PSY103.2	Mid Term, Quiz & End Sem Exam
14	The nervous system	Lecture	PSY103.2	Mid Term, Quiz & End Sem Exam
15	The nervous system	Lecture	PSY103.2	Mid Term, Quiz & End Sem Exam
16	The nervous system	Lecture	PSY103.2	Mid Term, Quiz & End Sem Exam
17	Basic subdivisions- Peripheral and Central	Lecture	PSY103.2	Mid Term, Quiz & End Sem Exam
18	Basic subdivisions- Peripheral and Central	Lecture	PSY103.2	Mid Term, Quiz & End Sem Exam



19	Hormonal basis of human behaviour.	Lecture	PSY103.3	Mid Term, Quiz & End Sem Exam
20	Endocrine system: Structure & Function	Lecture	PSY103.3	Quiz & End Sem Exam
21	Endocrine system: Structure & Function	Lecture	PSY103.3	Quiz & End Sem Exam
22	Endocrine system: Structure & Function	Lecture	PSY103.3	Quiz & End Sem Exam
23	Abnormalities of major glands	Lecture	PSY103.3	Quiz & End Sem Exam
24	Thyroid, Adrenals, Gonads.	Lecture	PSY103.3	Quiz & End Sem Exam
25	Thyroid, Adrenals, Gonads.	Lecture	PSY103.3	Quiz & End Sem Exam
26	Pituitary and Pancreas.	Lecture	PSY103.3	Quiz & End Sem Exam
27	Pituitary and Pancreas.	Lecture	PSY103.3	Quiz & End Sem Exam
28	Sleep arousal and biological rhythms	Lecture	PSY103.4	Quiz & End Sem Exam
29	Sleep arousal and biological rhythms	Lecture	PSY103.4	Quiz & End Sem Exam
30	Functions of sleep	Lecture	PSY103.4	Quiz & End Sem Exam
31	Functions of sleep	Lecture	PSY103.4	Quiz & End Sem Exam
32	Biological Rhythms	Lecture	PSY103.4	Quiz & End Sem Exam
33	Biological Rhythms	Lecture	PSY103.4	Quiz & End Sem Exam
34	Concept of arousal; Physiological measure of arousal	Lecture	PSY103.4	Quiz & End Sem Exam
35	Concept of arousal; Physiological measure of arousal	Lecture	PSY103.4	Quiz & End Sem Exam
36	Concept of arousal; Physiological measure of arousal	Lecture	PSY103.4	Quiz & End Sem Exam
37	Reticular Formation and Central Arousal	Lecture	PSY103.4	Quiz & End Sem Exam
38	Reticular Formation and Central Arousal	Lecture	PSY103.4	Quiz & End Sem Exam
39	Reticular Formation and Central Arousal	Lecture	PSY103.4	Quiz & End Sem Exam
40	Learning and memory	Lecture	PSY103.5	Quiz & End Sem Exam
41	Anterograde and retrograde Amnesia	Lecture	PSY103.5	Quiz & End Sem Exam
42	Anterograde and retrograde Amnesia	Lecture	PSY103.5	Quiz & End Sem Exam



43	Alzheimer Disease	Lecture	PSY103.5	Quiz & End Sem Exam
44	Alzheimer Disease	Lecture	PSY103.5	Quiz & End Sem Exam
45	Korsakoff's Psychosis	Lecture	PSY103.5	Quiz & End Sem Exam
46	Korsakoff's Psychosis	Lecture	PSY103.5	Quiz & End Sem Exam
47	Biochemistry of learning and memory	Lecture	PSY103.5	Quiz & End Sem Exam
48	Biochemistry of learning and memory	Lecture	PSY103.5	Quiz & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY103.1	Analyse the importance of the most essential fundamental physiological process underlying psychological events.	3				3							3		
PSY103.2	Explore the various techniques used to examine brain tissue and their examination techniques	3		3		2		2	2	2	2	3			2
PSY103.3	Evaluate the comprehensive exposure to Nervous system and its governing factor with various behaviours.	3		3		2		2	2	2	2	3			3



PSY103.4	Apply knowledge of biopsychology in various domains.	3		3		2		3	2	3	3			3
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Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.





DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : STATISTICS IN PSYCHOLOGY
Course Code : PSY104, Crédits : 04, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology
Faculty Name: Dr Ritu Raj

- A. Introduction:** To make understood Statistics introduces quantification of psychological data and gives primary research orientation to the students.
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY104.1** Analyze the importance of statistics in the field of psychology
 - PSY104.2** Explore the various data interpretation techniques
 - PSY104.3** Evaluate various descriptive statistics technique
 - PSY104.4.** To apply knowledge of statistics in various related domains.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
- [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
- [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.
- [PO.5]. The psychology and society:** Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.
- [PO.6]. Ethics:** Apply ethical principles and commit to professional ethics and responsibilities and



norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%



F. Syllabus

Module I Introduction

Introduction to I/O psychology.

Understanding organizations from psychological perspective.

Module II Psychological processes in organization

Motivation.

Emotion

Module III Social Processes in Organizations

Leadership.

Cooperation & Competition.

Group processes

Module IV Working Organizations

Problem solving in organizations.

Decision making in organization

Module V Communication in organization

Process of communication.

Barriers to communication.

Models of communication

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

- Garret H E, Statistics in Psychology
- Minimum E W, King, H M & Bear G, (1993), Statistical Reasoning in Psychology & Education, 3rd Edition, New York: John Wiley & Sons
- Siegel S (1956), Non-Parametric Statistics, New York, McGraw Hill
- Broota S, (1992), Experimental Design in Behaviour Research, New Delhi
- Freeman, Statistics in Psychology



I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Introduction to Statistics	Lecture	PSY104.1	Mid Term, Quiz & End Sem Exam
2	Statistics: Meaning, Importance & Limitations	Lecture	PSY104.1	Mid Term, Quiz & End Sem Exam
3	Descriptive and Inferential Statistics	Lecture	PSY104.1	Mid Term, Quiz & End Sem Exam
4	Descriptive and Inferential Statistics	Lecture	PSY104.1	Mid Term, Quiz & End Sem Exam
5	Parametric and Non-parametric Statistics	Lecture	PSY104.1	Mid Term, Quiz & End Sem Exam
6	Parametric and Non-parametric Statistics	Lecture	PSY104.1	Mid Term, Quiz & End Sem Exam
7	Population and Sample	Lecture	PSY104.1	Mid Term, Quiz & End Sem Exam
8	Population and Sample	Lecture	PSY104.1	Mid Term, Quiz & End Sem Exam
9	Scales of Measurement	Lecture	PSY104.1	Mid Term, Quiz & End Sem Exam
10	Scales of Measurement	Lecture	PSY104.1	Mid Term, Quiz & End Sem Exam
11	Frequency Distribution & Graphical Representation	Lecture	PSY104.2	Mid Term, Quiz & End Sem Exam
12	Frequency Distribution; Relative and Cumulative Frequency Distribution	Lecture	PSY104.2	Mid Term, Quiz & End Sem Exam
13	Frequency Distribution; Relative and Cumulative Frequency Distribution	Lecture	PSY104.2	Mid Term, Quiz & End Sem Exam
14	Uni-variate & Bi-variate Frequency Distribution	Lecture	PSY104.2	Mid Term, Quiz & End Sem Exam
15	Uni-variate & Bi-variate Frequency Distribution	Lecture	PSY104.2	Mid Term, Quiz & End Sem Exam
16	Uni-variate & Bi-variate Frequency Distribution	Lecture	PSY104.2	Mid Term, Quiz & End Sem Exam
17	Line Graph, Bar Graph, Pie Chart,	Lecture	PSY104.2	Mid Term, Quiz & End Sem Exam
18	Line Graph, Bar Graph, Pie Chart,	Lecture	PSY104.2	Mid Term, Quiz & End Sem Exam
19	Histogram, Frequency Polygon, Frequency Curve	Lecture	PSY104.2	Mid Term, Quiz & End Sem Exam
20	Histogram, Frequency Polygon, Frequency Curve	Lecture	PSY104.2	Mid Term, Quiz & End Sem Exam
21	Measures of central tendency	Lecture	PSY104.3	Mid Term, Quiz & End Sem Exam
22	Mean	Lecture	PSY104.3	Quiz & End Sem



				Exam
23	Mean	Lecture	PSY104.3	Quiz & End Sem Exam
24	Median	Lecture	PSY104.3	Quiz & End Sem Exam
25	Media	Lecture	PSY104.3	Quiz & End Sem Exam
26	Median	Lecture	PSY104.3	Quiz & End Sem Exam
27	Mode	Lecture	PSY104.3	Quiz & End Sem Exam
28	Mode	Lecture	PSY104.3	Quiz & End Sem Exam
29	Mode	Lecture	PSY104.3	Quiz & End Sem Exam
30	Measure of Variability	Lecture	PSY104.4	Quiz & End Sem Exam
31	The Standard Deviation	Lecture	PSY104.4	Quiz & End Sem Exam
32	The Standard Deviation	Lecture	PSY104.4	Quiz & End Sem Exam
33	The Standard Deviation	Lecture	PSY104.4	Quiz & End Sem Exam
34	Quartile Deviation	Lecture	PSY104.4	Quiz & End Sem Exam
35	Quartile Deviation	Lecture	PSY104.4	Quiz & End Sem Exam
36	Quartile Deviation	Lecture	PSY104.4	Quiz & End Sem Exam
37	Variance	Lecture	PSY104.4	Quiz & End Sem Exam
38	Variance	Lecture	PSY104.4	Quiz & End Sem Exam
39	Variance	Lecture	PSY104.4	Quiz & End Sem Exam
40	Correlation	Lecture	PSY104.5	Quiz & End Sem Exam
41	Concept & Nature of Correlation	Lecture	PSY104.5	Quiz & End Sem Exam
42	Concept & Nature of Correlation	Lecture	PSY104.5	Quiz & End Sem Exam
43	Concept & Nature of Correlation	Lecture	PSY104.5	Quiz & End Sem Exam
44	Product moment correlation	Lecture	PSY104.5	Quiz & End Sem Exam
45	Product moment correlation	Lecture	PSY104.5	Quiz & End Sem Exam
46	Product moment correlation	Lecture	PSY104.5	Quiz & End Sem Exam
47	Spearman's Rank	Lecture	PSY104.5	Quiz & End Sem



	Difference correlation			Exam
48	Spearman's Rank Difference correlation	Lecture	PSY104.5	Quiz & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY104.1	Analyze the importance of statistics in the field of psychology	3					1			3	2	3		1
PSY104.2	Explore the various data interpretation techniques	3						2	3	3		3		
PSY104.3	Evaluate various descriptive statistics technique	2		3				2		2	2	3		
PSY104.4	To apply knowledge of statistics in various related domains.			3		1	1	3	2	2	2			3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.





DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : SCHOOLS OF PSYCHOLOGY

Course Code : PSY105, Crédits : 03, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology

Faculty Name: Dr Shubhagata Awasthi

- A. Introduction:** To give students an overview on history of psychology and the developments within the discipline. Students know about the development and nature of Psychology.
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY105.1** Interpret the historical evolution of psychology.
 - PSY105.2** Clarify the various methodological issues of psychology.
 - PSY105.3** Organize the various schools of thoughts in psychology.
 - PSY105.4** To apply knowledge to the related domains.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
- [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
- [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.
- [PO.5]. The psychology and society:** Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.
- [PO.6]. Ethics:** Apply ethical principles and commit to professional ethics and responsibilities and

norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module I - Introduction to School Counselling

Historical and Current Issues

- Need, Scope of School Counselling
- Difference between Educational Psychologist and School Counsellor
- Transformations of the Roles, Responsibilities & skills of School Counselors
- Professional and Ethical Codes of conduct in school counseling
- Guidance & Counseling Need and importance of guidance and counseling at school settings.

Module II- Counselor in Educational Setting

- The Profession of School Counseling: School Counselor as Program Coordinator, Educational Leader, The Guidance Curriculum / Demonstrating Accountability, Becoming a Systematic Change Agent- Advocacy
- Need for Counselling at various levels: Elementary School, Middle School, Secondary School & Higher Secondary School
- Counseling & Curriculum Development
- Counseling & Family Intervention for Children Counselling & School Management

Module III Role of Personal Guidance

- Principal, Teacher, Counselor, Career Counselor, Parents & other Specialists
- Holistic Model- 5 aspects: Personal, Temperamental, Professional, Social, Environmental
- Importance of Holistic Approach in School Counselling Overview of the other approaches to counseling children

Module IV - Mental Health of Students

Working with various types of students: mental and emotional disorders;

- chemically dependent adolescents, ODD; Anger control issues, ADHD, Depression in youth suicide, Self-esteem/ social anxiety disorder, Eating disorders, Sexual Abuse
- Supportive Services including programmes of Intervention and Prevention & Self Help Material
- Role of Faith & Spirituality in Students mental Health Students' perspective of Mental Health

Module V- Experience of Transition

Concept of change, Adjustment & Transition

- Transition & Students' experiences
- Adjustment Difficulty for students, family & teachers
- Resilience
- Physical, Psychosocial Changes in Adolescence

Module VI: Indian Education System: The Changing Perspective

Growth & policies

- New Measures Psychology of deprived

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

- Leahy, T H, (1991), A History of Modern Psychology; New York: Prentice Hall
- Chaplin, J P & Krawice, T S, (1979), Systems and Theories in Psychology; New York: Holt Rinechart & Winston
- Marx M H & Hillix W A, (1986), Systems and Theories in Psychology; New York: McGraw Hill
- Wolman B B, (1979), Contemporary Theories and Systems in Psychology; London: Freeman Book Company
- Sartre, J P (1956), History & Theories of Psychology
- Paranjpe, A C, (1994), Meeting East and West; New York: Plenum Press.

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Science and Scientific Theory	Lecture	PSY105.1	Mid Term, Quiz & End Sem Exam
2	What is science and non-science?	Lecture	PSY105.1	Mid Term, Quiz & End Sem Exam
3	What is science and non-science?	Lecture	PSY105.1	Mid Term, Quiz & End Sem Exam
4	Psychology as a Science	Lecture	PSY105.1	Mid Term, Quiz & End Sem Exam
5	Psychology as non-science	Lecture	PSY105.1	Mid Term, Quiz & End Sem Exam
6	Theories, systems, paradigms, & methodological issues	Lecture	PSY105.1	Mid Term, Quiz & End Sem Exam
7	Theories, systems, paradigms, & methodological issues	Lecture	PSY105.1	Mid Term, Quiz & End Sem Exam
8	Structuralism and Functionalism	Lecture	PSY105.2	Mid Term, Quiz & End Sem Exam
9	Wundt, & Titchener's contribution to psychology	Lecture	PSY105.2	Mid Term, Quiz & End Sem Exam
10	Wundt, & Titchener's contribution to psychology (compare and contrast the	Lecture	PSY105.2	Mid Term, Quiz & End Sem Exam

	two)			
11	Structuralism as a school of thought	Lecture	PSY105.2	Mid Term, Quiz & End Sem Exam
12	Structuralism as a school of thought	Lecture	PSY105.2	Mid Term, Quiz & End Sem Exam
13	The American contribution to evolution of psychology	Lecture	PSY105.2	Mid Term, Quiz & End Sem Exam
14	The American contribution to evolution of psychology	Lecture	PSY105.2	Mid Term, Quiz & End Sem Exam
15	Association and Behaviourism	Lecture	PSY105.3	Mid Term, Quiz & End Sem Exam
16	Thorndikian Associationism	Lecture	PSY105.3	Mid Term, Quiz & End Sem Exam
17	Thorndikian Associationism	Lecture	PSY105.3	Mid Term, Quiz & End Sem Exam
18	Thorndikian Associationism	Lecture	PSY105.3	Mid Term, Quiz & End Sem Exam
19	Watsonian Behaviorism	Lecture	PSY105.3	Mid Term, Quiz & End Sem Exam
20	Watsonian Behaviorism	Lecture	PSY105.3	Mid Term, Quiz & End Sem Exam
21	Watsonian Behaviorism	Lecture	PSY105.3	Mid Term, Quiz & End Sem Exam
22	Watsonian Behaviorism	Lecture	PSY105.3	Mid Term, Quiz & End Sem Exam
23	Psychodynamics and Gestalt	Lecture	PSY105.4	Mid Term, Quiz & End Sem Exam
24	Classical Psychoanalysts : Sigmund Freud	Lecture	PSY105.4	Mid Term, Quiz & End Sem Exam
25	Classical Psychoanalysts : Sigmund Freud	Lecture	PSY105.4	Quiz & End Sem Exam
26	Classical Psychoanalysts : Sigmund Freud	Lecture	PSY105.4	Quiz & End Sem Exam
27	Neo-psychoanalysts: Alfred Adler and Carl Jung	Lecture	PSY105.4	Quiz & End Sem Exam
28	Neo-psychoanalysts: Alfred Adler and Carl Jung	Lecture	PSY105.4	Quiz & End Sem Exam
29	Gestalt school of thought	Lecture	PSY105.4	Quiz & End Sem Exam
30	Humanistic and Existential approach	Lecture	PSY105.5	Quiz & End Sem Exam
31	Abraham Maslow	Lecture	PSY105.5	Quiz & End Sem Exam
32	Abraham Maslow	Lecture	PSY105.5	Quiz & End Sem Exam
33	Carl Rogers	Lecture	PSY105.5	Quiz & End Sem Exam
34	Carl Rogers	Lecture	PSY105.5	Quiz & End Sem Exam
35	Existential approach to	Lecture	PSY105.5	Quiz & End Sem

	psychology			Exam
36	Existential approach to psychology	Lecture	PSY105.5	Quiz & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES				
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3		
PSY505.1	Interpret the historical evolution of psychology			2						1				1		3
PSY505.2	Clarify the various methodological issues of psychology	1				1										
PSY505.3	Organize the various schools of thoughts in psychology			3	2	3	1	1	1	3	2					2
PSY505.4	To apply knowledge to the related domains					3						3	1			3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : EXPERIMENTAL PSYCHOLOGY-III

Course Code : PSY100, Crédits : 02, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology

Faculty Name: Dr Ritu Raj

- A. Introduction:** To apply the general concepts of psychology through the medium of experiments.
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY100.1** Understand the concepts of psychology through the medium of psychological tests.
 - PSY100.2** Develop the skills of administering psychological tests in the field of psychology.
 - PSY100.3** Develop the skills of documenting test results in the field of psychology.
 - PSY100.4.** Develop the skills of report writing.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
- [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
- [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.
- [PO.5]. The psychology and society:** Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.
- [PO.6]. Ethics:** Apply ethical principles and commit to professional ethics and responsibilities and

norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Lab/Practical File	PF	25%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

PF: Practical File; EE: End Semester Examination; A: Attendance

F. Syllabus

1. Bilateral Transfer of Learning
2. Paired Association
3. Serial Position Effect
4. STM & LTM
5. Stroop Effect

G. Examination Scheme:

Components	A	PF	EE
Weightage (%)	5	25	70

PF: Practical File; EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

- Manuals of the respective psychological tests.

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Bilateral Transfer of Learning	Practical	PSY100.1	Practical File and Practical Exam
2	Introduction.	Practical	PSY100.1	Practical File and Practical Exam
3	Conduction.	Practical	PSY100.2	Practical File and Practical Exam
4	Conduction.	Practical	PSY100.2	Practical File and Practical Exam
5	Scoring & Interpretation.	Practical	PSY100.3	Practical File and Practical Exam
6	Scoring & Interpretation.	Practical	PSY100.3	Practical File and Practical Exam
7	Report writing	Practical	PSY100.4	Practical File and Practical Exam
8	Report writing	Practical	PSY100.4	Practical File and Practical Exam
9	Report writing	Practical	PSY100.4	Practical File and Practical Exam
10	Paired Association Introduction.	Practical	PSY100.4	Practical File and Practical Exam
11	Introduction.	Practical	PSY100.1	Practical File and

				Practical Exam
12	Introduction.	Practical	PSY100.1	Practical File and Practical Exam
13	Conduction.	Practical	PSY100.2	Practical File and Practical Exam
14	Conduction.	Practical	PSY100.2	Practical File and Practical Exam
15	Scoring & Interpretation.	Practical	PSY100.3	Practical File and Practical Exam
16	Scoring & Interpretation.	Practical	PSY100.3	Practical File and Practical Exam
17	Report writing	Practical	PSY100.4	Practical File and Practical Exam
18	Report writing	Practical	PSY100.4	Practical File and Practical Exam
19	Report writing	Practical	PSY100.4	Practical File and Practical Exam
20	Serial Position Effect Introduction.	Practical	PSY100.1	Practical File and Practical Exam
21	Introduction.	Practical	PSY100.1	Practical File and Practical Exam
22	Introduction.	Practical	PSY100.1	Practical File and Practical Exam
23	Conduction.	Practical	PSY100.2	Practical File and Practical Exam
24	Conduction.	Practical	PSY100.2	Practical File and Practical Exam
25	Scoring & Interpretation.	Practical	PSY100.3	Practical File and Practical Exam
26	Scoring & Interpretation.	Practical	PSY100.3	Practical File and Practical Exam
27	Report writing	Practical	PSY100.4	Practical File and Practical Exam
28	Report writing	Practical	PSY100.4	Practical File and Practical Exam
29	Report writing	Practical	PSY100.4	Practical File and Practical Exam
30	STM & LTM Introduction.	Practical	PSY100.1	Practical File and Practical Exam
31	Introduction.	Practical	PSY100.1	Practical File and Practical Exam
32	Introduction.	Practical	PSY100.1	Practical File and Practical Exam
33	Conduction.	Practical	PSY100.2	Practical File and Practical Exam
34	Conduction.	Practical	PSY100.2	Practical File and Practical Exam
35	Scoring & Interpretation.	Practical	PSY100.3	Practical File and Practical Exam
36	Scoring & Interpretation.	Practical	PSY100.3	Practical File and

				Practical Exam
37	Report writing	Practical	PSY100.4	Practical File and Practical Exam
38	Report writing	Practical	PSY100.4	Practical File and Practical Exam
39	Report writing	Practical	PSY100.4	Practical File and Practical Exam
40	Stroop Effect Introduction.	Practical	PSY100.1	Practical File and Practical Exam
41	Introduction.	Practical	PSY100.1	Practical File and Practical Exam
42	Introduction.	Practical	PSY100.1	Practical File and Practical Exam
43	Conduction.	Practical	PSY100.2	Practical File and Practical Exam
44	Conduction.	Practical	PSY100.2	Practical File and Practical Exam
45	Scoring & Interpretation.	Practical	PSY100.3	Practical File and Practical Exam
46	Scoring & Interpretation.	Practical	PSY100.3	Practical File and Practical Exam
47	Report writing	Practical	PSY100.4	Practical File and Practical Exam
48	Report writing	Practical	PSY100.4	Practical File and Practical Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY100.1	Understand the concepts of psychology through the medium of psychological tests	3			3	1				3	1	3		
PSY100.2	Develop the skills of administering psychological tests in the field of psychology						3		3	3	2			3

PSY100.3	Develop the skills of documenting test results in the field of psychology						3			3	2			3
PSY100.4	Develop the skills of report writing						3		3	3				3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : BEHAVIOURAL SCIENCE -I

Course Code : BSU143, Crédits: 01, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology

Faculty Name: Ms Devanshi Khemaria

A. Introduction: This course aims at imparting an understanding of Understanding self & process of self-exploration, learning strategies for development of a healthy self-esteem knowing Importance of attitudes and its effect on personality and Building Emotional Competency.

B. Course Outcomes: At the end of the course, students will be able to:

BSU143.1 Student will Develop accurate sense of self

BSU143.2 will nurture a deep understanding of personal motivation.

BSU143.3 develop thorough understanding of personal and professional responsibility

BSU143.4 will able to analyse the emotions of others for better adjustment

C. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and

norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	SAP	Project	15%
	JoS	Assignment	10%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking the End Semester examination. The allowance of 25% includes all types of leaves. including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module I: Self: Core Competency

Understanding of Self , Components of Self – Self identity ,Self-concept ,Self confidence , Self-image

Module II: Techniques of self -awareness

Exploration through Johari Window ,Mapping the key characteristics of self , Framing a charter for self • Stages – self-awareness, self-acceptance and self-realization

Module III: Self Esteem & Effectiveness

Meaning , Importance , Components of self esteem , High and low self esteem ,Measuring your self esteem

Module IV: Building Positive Attitude

Meaning and nature of attitude , Components and Types of attitude , Importance and relevance of attitude

Module V: Building Emotional Competence

Emotional Intelligence – Meaning, components, Importance and Relevance ,Positive and negative emotions, Healthy and Unhealthy expression of emotions

G. Examination Scheme:

Components	A	SAP	JoS	EE
Weightage (%)	5	15	10	70

SAP: Social Awareness Program, JoS: Journal of Success, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

- Organizational Behaviour, Davis, K.
- Hoover, Judhith D. Effective Small Group and Team Communication, 2002, Harcourt College Publishers
- Dick, Mc Cann & Margerison, Charles: Team Management, 1992 Edition, viva books
- Bates, A. P. and Julian, J.: Sociology - Understanding Social Behaviour
- Dressers, David and Cans, Donald: The Study of Human Interaction
- Lapiere, Richard. T – Social Change
- Lindzey, G. and Borgatta, E: Sociometric Measurement in the Handbook of Social Psychology, Addison – Welsley, US.
- Rose, G.: Oxford Textbook of Public Health, Vol.4, 1985.
- LaFasto and Larson: When Teams Work Best, 2001, Response Books (Sage), New Delhi
- J William Pfeiffer (ed.) Theories and Models in Applied Behavioural Science, Vol 2, Group (1996); Pfeiffer & Company
- Smither Robert D.; The Psychology of Work and Human Performance, 1994, Harper Collins College Publishers

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Understanding of Self, Components of Self - Self identity	Lecture	BSU143.2	SAP and JoS & End Sem Exam
2	Self-concept, Self-confidence, Self-image	Lecture	BSU143.1	SAP and JoS & End Sem Exam
3	Exploration through Johari Window	Lecture	BSU143.2	SAP and JoS & End Sem Exam
4	Mapping the key characteristics of self	Lecture	BSU143.4	SAP and JoS & End Sem Exam
5	Framing a charter for self, Stages - self-awareness, self-acceptance and self-realization	Lecture	BSU143.3	SAP and JoS & End Sem Exam
6	Meaning, Importance, Components of self esteem	Lecture	BSU143.3	SAP and JoS & End Sem Exam
7	High and low self-esteem Measuring your self esteem	Lecture	BSU143.4	SAP and JoS & End Sem Exam
8	Meaning and nature of attitude, Components and Types of attitude	Lecture	BSU143.3	SAP and JoS & End Sem Exam
9	Importance and relevance of attitude	Lecture	BSU143.3	SAP and JoS & End Sem Exam
10	Emotional Intelligence - Meaning, components, Importance and Relevance	Lecture	BSU143.3	SAP and JoS & End Sem Exam
11	Positive and negative emotions	Lecture	BSU143.2	SAP and JoS & End Sem Exam
12	Healthy and Unhealthy expression of emotions	Lecture	BSU143.5	SAP and JoS & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
BSU143.1	Understanding self & process of self-exploration									3				3
BSU143.2	Learning strategies for development of a healthy self esteem	3		3		2		2		3		3		3

BSU143.3	Importance of attitudes and its effective on personality			3				2		3				3
BSU143.4	Building Emotional Competency	2			2	2						3		
BSU143.5	Develop strategies to recruit, retain, and continually motivate contributing members to the organization			3	2		2	2	2	3	2			3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course: TERM PAPER-III

Course Code : NTP503, Crédits : 02, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology

Faculty Name: All the AIBAS faculty members

- A. Introduction:** The rationale behind introducing the term paper for BA Students (II Year) is to enhance the reading and writing habits of the students and to make them aware about the process of carrying out a research work. This helps them to develop insight into the course they are studying which creates an academic interest among the students. Presentation of the term paper plays an important role as it facilitates knowledge sharing and improvement in presentation skills which will further enhance the confidence of the students. The overall objective of this term paper is to develop research orientations in students and to make them understand and enhance skills in Research Methodology.
- B. Course Outcomes:** At the end of the course, students will be able to:
- NTP103.1** Understand the concepts of psychology and developing the skills of reviewing literature through the medium of research.
 - NTP103.2** Develop the skills of conducting research in the field of psychology.
 - NTP103.3** Develop the skills of documenting results and statistics in the field of psychology.
 - NTP103.4.** Develop the skills of report writing.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
 - [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
 - [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
 - [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Compilation of Term Paper	Submission of hard copy of the Term paper as per format along with the plagiarism report	CP	50%
Viva Voce	Will be taken by an External Examiner	VV	25%
Presentation of Term Paper	Will be taken by an External Examiner	PP	25%
Total			100%

CP: Compilation of Term Paper; VV: Viva Voce; PP: Presentation of Term Paper

F. Guidelines for Term Paper:

1. Topic
2. Introduction
3. Review Research
4. Discussion
5. Conclusion
6. References

G. Examination Scheme:

Components	CP	VV	PP
Weightage (%)	50	25	25

CP: Compilation of Term Paper; VV: Viva Voce; PP: Presentation of Term Paper

H. Suggested Text/Reference Books:

- AUMP Non-Teaching Credit Course (NTCC) format.

I. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
NTP103.1	Understand the concepts of psychology and developing the skills of reviewing literature through the medium of research	3	3	3	3	1				3	1	3	3	3
NTP103.2	Develop the skills of conducting research in the field of psychology		3		3		3	2	3	3	2		3	3

NTP103.3	Develop the skills of documenting results and statistics in the field of psychology		3		3	2	3		3	3	2		3	3
NTP103.4	Develop the skills of report writing		3		3		3		3	3			3	3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : DEVELOPMENTAL PSYCHOLOGY
Course Code : PSY301, Crédits : 04, Session :2023-24(Even Sem.), Class : BA (H) App Psychology
Faculty Name: Ms Grace Sharon Joyce

- A. Introduction:** To know the biological foundations, various developmental stages and theories from prenatal to childhood and also learn the applications of child psychology in various settings.
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY301.1** The Students will also learn the applications of child psychology in various settings.
 - PSY301.2** Appraise the students to the basic concepts and theories of Child Psychology
 - PSY301.3** Review and apply the various theories of development across domains of development
 - PSY301.4.** Application of knowledge to related domains.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
- [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
- [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.
- [PO.5]. The psychology and society:** Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module I Introduction to Child Psychology

Definition, History, Nature Vs Nurture (Intelligence and Personality) • Psychoanalytic Perspective (Freud and Erickson) • Behaviorist perspective- Social Learning Theory • Ecological Model • Indian Views (Purushartha, Ashramas, Samskaras) • Methods- Self Reports: Parental reports, Children's reports. Case Study, Experimental method, Design- Longitudinal, Cross Sectional, Sequential

Module II Genetic Foundations of Development

Cell Division • Prerequisites of Conception- Maturation, Ovulation and Fertilization • Mechanisms of Heredity • Multiple Births- Causes and Types • Chromosomal Abnormalities- Down's Syndrome (in Detail), Turner's Klienfilter's Triple X, XXY and Fragile X • Genetic Abnormalities- PKU, Sickle Cell Anameia, Tay Sachs Diseases

Module III Motor and Sensory Development

Principles of Motor Development • Sequence of Motor Development • Environmental influences on motor development • Sensory Development: Vision & Hearing • Early deprivation and enrichment of senses

Module IV Cognitive Development and Development of Language

Piaget's cognitive development theory of intelligence- Structure and processes and stages • Information processing approach- Characteristics; Structures, Processes • Components of language and its development

Module V Emotional & Social Development

Early emotional development • Emotional Intelligence, Regulation of Emotions • Social Development- Agents of socialization: Family- Parental control, sibling relationship; School; Peer group; Media- TV, books/journals, computers

Module VI Moral Development

Kohlberg's & Piaget's Theory • Meaning of discipline, essentials and techniques of discipline • Assessing Moral Development

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

- Panda K.C, Education of Exceptional Children
- Pillai M.G, Exceptional Children- Causes & Assessment
- Prasad S.B, Special Education
- Horn, John Louis: The Education of Exceptional Children
- Robert T. Brown, Cecil R. Reynolds, Psychological perspectives on childhood exceptionality: a handbook (Edition: 99)

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Definition, History, Nature Vs Nurture (Intelligence and Personality)	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
2	Psychoanalytic Perspective (Freud and Erickson)	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
3	Behaviorist perspective- Social Learning Theory	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
4	Behaviorist perspective- Social Learning Theory	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
5	Ecological Model	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
6	Indian Views (Purushartha, Ashramas, Samskaras)	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
7	Indian Views (Purushartha, Ashramas, Samskaras)	Lecture	PSY301.2	Mid Term, Quiz & End Sem Exam
8	Methods- Self Reports: Parental reports, Children's reports	Lecture	PSY301.2	Mid Term, Quiz & End Sem Exam
9	. Case Study, Experimental method, Design- Longitudinal, Cross Sectional, Sequential	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
10	Cell Division	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
11	Prerequisites of Conception- Maturation, Ovulation and Fertilization	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
12	Mechanisms of Heredity	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
13	Multiple Births- Causes and Types	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
14	Chromosomal Abnormalities- Down's Syndrome (in Detail), Turner's Klienfilter's	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam

	Triple X, XXY and Fragile X			
15	Genetic Abnormalities- PKU, Sickle Cell Anameia, Tay Sachs Disease	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
16	Principles of Motor Development	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
17	Sequence of Motor Development	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
18	Environmental influences on motor development	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
19	Sensory Development: Vision & Hearing	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
20	Early deprivation and enrichment of senses	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
21	Early deprivation and enrichment of senses	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
22	Piaget's cognitive development theory of intelligence- Structure and processes and stages	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
23	Information processing approach- Characteristics; Structures, Processes	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
24	Components of language and its development	Lecture	PSY301.1	Mid Term, Quiz & End Sem Exam
25	Early emotional development	Lecture	PSY301.3	Quiz & End Sem Exam
26	Emotional Intelligence, Regulation of Emotions	Lecture	PSY301.3	Quiz & End Sem Exam
27	Social Development- Agents of socialization: Family	Lecture	PSY301.3	Quiz & End Sem Exam
28	Parental control, sibling relationship; School; Peer group; Media- TV, books/journals, computers	Lecture	PSY301.3	Quiz & End Sem Exam
29	Kohlberg's & Piaget's Theory	Lecture	PSY301.3	Quiz & End Sem Exam
30	Meaning of discipline, essentials and techniques of discipline	Lecture	PSY301.3	Quiz & End Sem Exam
31	Assessing Moral Development	Lecture	PSY301.4	Quiz & End Sem Exam
32	Emotional Intelligence, Regulation of Emotions	Lecture	PSY301.4	Quiz & End Sem Exam
33	Behaviorist perspective- Social Learning Theory	Lecture	PSY301.3	Quiz & End Sem Exam
34	Sensory Development: Vision & Hearing	Lecture	PSY301.3	Quiz & End Sem Exam
35	Assessing Moral Development	Lecture	PSY301.3	Quiz & End Sem Exam
36	Kohlberg's & Piaget's Theory	Lecture	PSY301.3	Quiz & End Sem Exam

37	Multiple Births- Causes and Types	Lecture	PSY301.3	Quiz & End Sem Exam
38	Prerequisites of Conception- Maturation, Ovulation and Fertilization	Lecture	PSY301.3	Quiz & End Sem Exam
39	Self-Reports: Parental reports	Lecture	PSY301.3	Quiz & End Sem Exam
40	Children's reports. Case Study, Experimental	Lecture	PSY301.3	Quiz & End Sem Exam
41	Sequence of Motor Development	Lecture	PSY301.3	Quiz & End Sem Exam
42	Environmental influences on motor development	Lecture	PSY301.3	Quiz & End Sem Exam
43	Psychoanalytic Perspective (Freud and Erickson)	Lecture	PSY301.3	Quiz & End Sem Exam
44	Genetic Abnormalities- PKU, Sickle Cell Anemia, Tay Sachs Disease	Lecture	PSY301.3	Quiz & End Sem Exam
45	Information processing approach- Characteristics; Structures, Processes	Lecture	PSY301.3	Quiz & End Sem Exam
46	Agents of socialization: Family- Parental control, sibling relationship; School	Lecture	PSY301.4	Quiz & End Sem Exam
47	Multiple Births- Causes and Types	Lecture	PSY301.4	Quiz & End Sem Exam
48	Meaning of discipline, essentials and techniques of discipline	Lecture	PSY301.4	Quiz & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY301.1	Construct and interpret a historical overview of Child psychology.	3		2		3				3	3	3		
PSY301.2	Appraise the students to the basic concepts and theories of Child Psychology	3			2					3		3		

PSY301.3	Review and apply the various theories of development across domains of development			3	3		2			3				3
PSY301.4	Application of knowledge to related domains.			3			2			3				3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : POSITIVE PSYCHOLOGY

Course Code : PSY302, Crédits : 04, Session :2023-24(Even Sem.), Class : BA (H) App Psychology

Faculty Name: Dr Deepak Kumar

- A. Introduction:** To enable students to understand the theory and research related to positive psychology and equip students to develop and apply positive psychology for enhancement of their self and others
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY302.1** Apply positive psychology for enhancement of self and others
 - PSY302.2** Support the intellectual, social, physical and personal development of all students
 - PSY302.3** Apply theoretical frameworks from positive psychology for the enhancement of ones and others potential.
 - PSY302.4.** Apply the concept of positive psychology at related domains.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
- [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
- [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.
- [PO.5]. The psychology and society:** Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.
- [PO.6]. Ethics:** Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module I Introduction to Positive Psychology

Application of HR policies & practices Impact of Power on Belief, feeling, Behaviour Pattern of Self & others.
Introductory & Historical Overview • Positive Psychology, Prevention & Positive Therapy

Module II: Happiness and wellbeing.

Happiness: Concept and definitions • Happiness and the facts of life: Gender, love, marriage, close relationships and others • Happiness across the life span: Happiness and well-being across culture and nationalities

Module III: Positive emotional states and processes

Broaden & Build Theory of Positive Emotions • Positive Emotions: Hope & Optimism, Love, Empathy • The Positive Psychology of Emotional Intelligence

Module IV: Positive Psychology and relationship to goals

Importance of Goals • Values in actions • Developing Positive Personality

Module V: Strengths and virtues and positive institutions

Applications and Interventions in One's Personal Life & Family Life and Workplace and Educational Institutions

Module VI: Applications of positive psychology

Applications and Interventions in One's Personal Life & Family Life and Workplace and Educational Institutions

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

- Blum & Naylor, Industrial Psychology, CBS Publishers & Distributors
- B.D.Singh (2007). Compensation and Reward Management, Excel Books, New Delhi.
- Luthans, F. Organizational Behavior, McGraw – Hill International, 1998.
- Kaji H. Hona, Syndrome in workers occupationally exposed, Journal of Hard Surgery.
- Halder, Uday K, Human Resource Development (2009) Oxford University Press
- Bhattacharya, Dipak Kumar, Human Resource Management (2002) Excel Books
- Rao, VSP, Human Resource Management (2004) Excel Books
- Kadefore. R., Ergonomic model for workplace assessment, Human Factors Association of Canada.
- Malik P.L., Industrial Law Eastern, Lucknow, 1991.
- Muchinsky. M. Paul, Psychology Applied to Work - Wadsworth

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Introductory & Historical Overview	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
2	Introductory & Historical Overview	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
3	Introductory & Historical Overview	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
4	Positive Psychology,	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
5	Positive Psychology,	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
6	Prevention & Positive Therapy	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
7	Prevention & Positive Therapy	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
8	Prevention & Positive Therapy	Lecture	PSY602.3	Mid Term, Quiz & End Sem Exam
9	Happiness: Concept and definitions	Lecture	PSY602.3	Mid Term, Quiz & End Sem Exam
10	Happiness and the facts of life	Lecture	PSY602.2	Mid Term, Quiz & End Sem Exam
11	Gender, love, marriage, close relationships and others	Lecture	PSY602.2	Mid Term, Quiz & End Sem Exam
12	Gender, love, marriage, close relationships and others	Lecture	PSY602.2	Mid Term, Quiz & End Sem Exam
13	Happiness across the life span: Happiness and well-being across culture and nationalities	Lecture	PSY602.2	Mid Term, Quiz & End Sem Exam
14	Happiness across the life span: Happiness and well-being across culture and nationalities	Lecture	PSY602.3	Mid Term, Quiz & End Sem Exam
15	Broaden & Build Theory of Positive Emotions	Lecture	PSY602.4	Mid Term, Quiz & End Sem Exam
16	Broaden & Build Theory of Positive Emotions	Lecture	PSY602.4	Mid Term, Quiz & End Sem Exam
17	Positive Emotions: Hope & Optimism, Love, Empathy	Lecture	PSY602.4	Mid Term, Quiz & End Sem Exam
18	Positive Emotions: Hope & Optimism, Love, Empathy	Lecture	PSY602.4	Mid Term, Quiz & End Sem Exam
19	Positive Emotions: Hope & Optimism, Love, Empathy	Lecture	PSY602.4	Mid Term, Quiz & End Sem Exam
20	The Positive Psychology of Emotional Intelligence	Lecture	PSY602.4	Mid Term, Quiz & End Sem Exam
21	The Positive Psychology of Emotional Intelligenc	Lecture	PSY602.4	Mid Term, Quiz

				& End Sem Exam
22	The Positive Psychology of Emotional Intelligenc	Lecture	PSY602.4	Quiz & End Sem Exam
23	The Positive Psychology of Emotional Intelligenc	Lecture	PSY602.4	Quiz & End Sem Exam
24	Importance of Goals	Lecture	PSY602.4	Quiz & End Sem Exam
25	Importance of Goals	Lecture	PSY602.4	Quiz & End Sem Exam
26	Importance of Goals	Lecture	PSY602.4	Quiz & End Sem Exam
27	Values in actions	Lecture	PSY602.4	Quiz & End Sem Exam
28	Values in actions	Lecture	PSY602.4	Quiz & End Sem Exam
29	Values in actions	Lecture	PSY602.4	Quiz & End Sem Exam
30	Developing Positive Personality	Lecture	PSY602.4	Quiz & End Sem Exam
31	Developing Positive Personality	Lecture	PSY602.4	Quiz & End Sem Exam
32	Developing Positive Personality	Lecture	PSY602.4	Quiz & End Sem Exam
33	Wisdom	Lecture	PSY602.4	Quiz & End Sem Exam
34	Wisdom	Lecture	PSY602.4	Quiz & End Sem Exam
35	Wisdom	Lecture	PSY602.4	Quiz & End Sem Exam
36	Character Strengths and Virtues	Lecture	PSY602.4	Quiz & End Sem Exam
37	Character Strengths and Virtues	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
38	Character Strengths and Virtues	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
39	Applications and Interventions in One's Personal Life	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
40	Applications and Interventions in One's Personal Life	Lecture	PSY602.3	Mid Term, Quiz & End Sem Exam
41	Applications and Interventions in One's Personal Life	Lecture	PSY602.3	Mid Term, Quiz & End Sem Exam
42	Family Life and Workplace and Educational Institutions	Lecture	PSY602.2	Mid Term, Quiz & End Sem Exam
43	Family Life and Workplace and Educational Institutions	Lecture	PSY602.2	Mid Term, Quiz & End Sem Exam
44	Family Life and Workplace and Educational Institutions	Lecture	PSY602.2	Mid Term, Quiz & End Sem Exam
45	Happiness across the life span	Lecture	PSY602.2	Mid Term, Quiz & End Sem Exam
46	Happiness across the life span	Lecture	PSY602.1	Mid Term, Quiz

				& End Sem Exam
47	Positive Psychology,	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
48	Positive Psychology,	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P O 11	P O 12	P O 13
PSY302.1	Apply positive psychology for enhancement of self and others	2		3			3			3	2	3		3
PSY302.2	Support the intellectual, social, physical and personal development of all students	2	2		3								2	3
PSY302.3	Apply theoretical frameworks from positive psychology for the enhancement of ones and others potential					3				3	3			3
PSY302.4	Apply the concept of positive psychology		2	3		3	3	2	3		2	3		3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



AMITY UNIVERSITY

MADHYA PRADESH

Established vide Government of Madhya Pradesh Act No. 27 of 2010

DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : PSYCHOMETRIC ASSESSMENT

Course Code : PSY303, Crédits : 04, Session :2023-24(Even Sem.), Class : BA (H) App Psychology

Faculty Name: Dr Udai Verma

- A. Introduction:** To enable students to understand the concepts and methodology for its application in research work and human behaviour. To explain students the concepts, historical evolution and ethical consideration of administering psychometric testing.
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY603.1** Recognize the various types of psychological tests
 - PSY603.2** Organize the various steps in construction of a psychological test
 - PSY603.3** Review the ethical issues surrounding psychometric evaluation in day to day life
 - PSY603.4.** Application of Knowledge in professional area.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
- [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
- [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.
- [PO.5]. The psychology and society:** Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety,

legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module I Introduction to Psychometric Testing

History, nature and ethical issues in testing 20% • Similarity and difference between test and measurement • Psychological assessment: Nature & Purpose; Principle of assessment

Module II Theoretical Base

General Mental Ability • Aptitude and Special ability Tests • Personality, Interest and Values

Module III Construction of Test

Item Selection • Item Analysis • Reliability: Meaning, types and factors affecting reliability • Validity: Meaning, types and factors affecting validity.

Module IV Standardization of Test

Norms – Formation • Types of Norms

Module V: Conduction and Assessment of Tests

Intelligence Tests- The Wechsler, Stanford-Binet, Bhatia Battery, RPM • Personality Tests- MMPI, 16 PF • Aptitude Tests

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

Text:

- N.K. Chadha (2009) Applied Psychometry. Sage Pub: New Delhi
- Pandey, J. (1988). Psychology in India: The State-of-the-Art Vol. I (Personality and Mental Processes) New Delhi; Sage
- Anastasi, A., (1988), Psychological Testing; 6th Ed. New York: Mc Millan Publishing Company.
- Gregory, R. J. (2013). Psychological Testing: History, Principles, and Applications. Pearson Education • Kerlinger, F. N., (1933), Foundation of Behavioural Research; New Delhi: Surjeet Publication.
- Freeman, F.S. (1962). Theory and Practice of Psychological Testing; New Delhi: Oxford IBH

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	History, nature and ethical issues in testing	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
2	History, nature and ethical issues in testing	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
3	History, nature and ethical issues in testing	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam

4	Similarity and difference between test and measurement	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
5	Similarity and difference between test and measurement	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
6	Similarity and difference between test and measurement	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
7	Similarity and difference between test and measurement	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
8	Psychological assessment: Nature & Purpose; Principle of assessment	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
9	Psychological assessment: Nature & Purpose; Principle of assessment	Lecture	PSY303.2	Mid Term, Quiz & End Sem Exam
10	Psychological assessment: Nature & Purpose; Principle of assessment	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
11	General Mental Ability	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
12	General Mental Ability	Lecture	PSY303.2	Mid Term, Quiz & End Sem Exam
13	General Mental Ability	Lecture	PSY303.2	Mid Term, Quiz & End Sem Exam
14	Aptitude and Special ability Tests	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
15	Aptitude and Special ability Tests	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
16	Aptitude and Special ability Tests	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
17	Personality, Interest and Values	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
18	Personality, Interest and Values	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
19	Personality, Interest and Values	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
20	Construction of Test	Lecture	PSY303.2	Mid Term, Quiz & End Sem Exam
21	Item Selection	Lecture	PSY303.4	Mid Term, Quiz & End Sem Exam
22	Item Selection	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
23	Item Analysis	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
24	Item Analysis	Lecture	PSY303.1	Mid Term, Quiz & End Sem Exam
25	Reliability: Meaning, types and factors affecting reliability	Lecture	PSY303.1	Quiz & End Sem Exam
26	Reliability: Meaning, types and factors affecting reliability	Lecture	PSY303.2	Quiz & End Sem

				Exam
27	Validity: Meaning, types and factors affecting validity	Lecture	PSY303.1	Quiz & End Sem Exam
28	Validity: Meaning, types and factors affecting validity	Lecture	PSY303.2	Quiz & End Sem Exam
29	Validity: Meaning, types and factors affecting validity	Lecture	PSY303.3	Quiz & End Sem Exam
30	Standardization of Test	Lecture	PSY303.3	Quiz & End Sem Exam
31	Norms - Formation	Lecture	PSY303.3	Quiz & End Sem Exam
32	Norms - Formation	Lecture	PSY303.4	Quiz & End Sem Exam
33	Types of Norms	Lecture	PSY303.4	Quiz & End Sem Exam
34	Types of Norms	Lecture	PSY303.4	Quiz & End Sem Exam
35	Conduction and Assessment of Tests	Lecture	PSY303.4	Quiz & End Sem Exam
36	Intelligence Tests- The Wechsler, Stanford-Binet, Bhatia Battery, RPM	Lecture	PSY303.4	Quiz & End Sem Exam
37	Intelligence Tests- The Wechsler, Stanford-Binet, Bhatia Battery, RPM	Lecture	PSY303.4	Quiz & End Sem Exam
38	Intelligence Tests- The Wechsler, Stanford-Binet, Bhatia Battery, RPM	Lecture	PSY303.4	Quiz & End Sem Exam
39	Intelligence Tests- The Wechsler, Stanford-Binet, Bhatia Battery, RPM	Lecture	PSY303.4	Quiz & End Sem Exam
40	Personality Tests- MMPI, 16PF	Lecture	PSY303.4	Quiz & End Sem Exam
41	Personality Tests- MMPI, 16 PF	Lecture	PSY303.4	Quiz & End Sem Exam
42	Personality Tests- MMPI, 16 PF	Lecture	PSY303.4	Quiz & End Sem Exam
43	Aptitude Tests	Lecture	PSY303.4	Quiz & End Sem Exam
44	Aptitude Tests	Lecture	PSY303.4	Quiz & End Sem Exam
45	Aptitude Tests	Lecture	PSY303.4	Quiz & End Sem Exam
46	Stanford-Binet, Bhatia Battery, RPM	Lecture	PSY303.4	Quiz & End Sem Exam
47	Stanford-Binet, Bhatia Battery, RPM	Lecture	PSY303.4	Quiz & End Sem Exam
48	Stanford-Binet, Bhatia Battery, RPM	Lecture	PSY303.4	Quiz & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY303.1	Recognize the various types of psychological tests	3		3		3					3		3		
PSY303.2	Organize the various steps in construction of a psychological test	3		3	2	3				2		3		2	
PSY303.3	Review the ethical issues surrounding psychometric evaluation in day to day life			3						3	2	3		3	
PSY303.4	Application of Knowledge in professional area.			3						2	2	3		3	

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : SOCIAL GERONTOLOGY AND HEALTH

Course Code : PSY304, Crédits : 04, Session :2023-24(Even Sem.), Class : BA (H) App Psychology

Faculty Name: Dr Shubhagata Awasthi

- A. Introduction:** To enable students to understand the concept of social gerontology and health and its relationship to the well-being of the individual in everyday life
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY304.1** Appreciate the importance of psychology in health and wellbeing.
 - PSY304.2.** Apply the concepts of health psychology in disease prevention.
 - PSY304.3** Apply the concepts of health psychology health promotion in society.
 - PSY304.4.** Apply the concepts of health psychology in disease prevention and health promotion in society at large.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
- [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
- [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.
- [PO.5]. The psychology and society:** Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module I : Introduction & Methodology

Introduction to children who are exceptional. Issues and trends in special education. Risk factors & children at risk. Collaborating with parents & families

Module II Models of Health

Approaches to curriculum. Differentiated curriculum. Enrichment approaches. Interdisciplinary instruction. Independent Study. Mentorship Programs. Internship. Enrichment triad/revolving door model. Curriculum compacting programs. Acceleration approach. Advanced placement. Ability grouping. Individualized instruction.

Module III The Immune System

Developing, Implementation & Assessment, Implications for curriculum development

Module IV Life-Style Disorders

Legislation & litigation concerning the Education of Special Children. RPWD Act, 2016

Module V Health promotion & Disease Prevention

Mainstreaming, Integration, Inclusion, Special Services. Dealing with teachers, parents, Special students & Nonhandicapped students.

Module VI Health Enhancing Behaviour & Health Behavior Modification

Developing appropriate instructional strategies for use with each of the Exceptionalities. Modification of given instructional units to meet the needs of students with each of the Exceptionalities. Development of a management plan for working with Special students within the regular classroom

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

Text

- N.K. Chadha (Eds.) (1997) Aging and the Aged- A challenge to Indian Gerontology. Friends Publications (India): Delhi
- John Van Willigen and N.K. Chadha (1999) Social Aging in a Delhi Neighbourhood. Bergin and Garvey: New York, USA
- Allen Felicity, Health Psychology: theory and practice, published by Allen & Unwin, 1998
- Friedman, Health Psychology: Health Psychology, 2nd Edition, Published by Academic Internet Publishers Incorporated, 2006
- Ogden Jane, Health Psychology: A Textbook, Published by Open University Press, 2000

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Introduction & Methodology	Lecture	PSY304.1	Mid Term, Quiz & End Sem Exam
2	Definition of Health Psychology	Lecture	PSY304.1	Mid Term, Quiz & End Sem Exam
3	Mind-Body Relationship; Changing Patterns of Illness	Lecture	PSY304.1	Mid Term, Quiz & End Sem Exam
4	Mind-Body Relationship; Changing Patterns of Illness	Lecture	PSY304.1	Mid Term, Quiz & End Sem Exam
5	Mind-Body Relationship; Changing Patterns of Illness	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
6	Medical Acceptance; Health care services	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
7	Medical Acceptance; Health care services	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
8	Medical Acceptance; Health care services	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
9	Research Methodology- Anecdotal method,	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
10	Case Study method, Correlation Research, Experimental method	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
11	Case Study method, Correlation Research, Experimental method	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
12	Case Study method, Correlation Research, Experimental method	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
13	Bio-Psycho-Social Model	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
14	Bio-Psycho-Social Model	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
15	Psycho-Neuro Immunology	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
16	Psycho-Neuro Immunology	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
17	The Immune System: Stress & Immune functioning	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
18	The Immune System: Stress & Immune functioning	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
19	Academic Stress & Immune functioning;	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
20	Negative Affect, & Immune functioning	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam
21	Disorders of the Immune System- Infectious Diseases (viral infections & disease)	Lecture	PSY304.2	Mid Term, Quiz & End Sem Exam

22	Co-factor theory; Behavioral factors and common cold	Lecture	PSY304.4	Mid Term, Quiz & End Sem Exam
23	Co-factor theory; Behavioral factors and common cold	Lecture	PSY304.4	Mid Term, Quiz & End Sem Exam
24	AIDS (Transmission of HIV- AIDS, AIDS & its consequences, intervention to reduce risk-behavior, coping with AIDS)	Lecture	PSY304.4	Mid Term, Quiz & End Sem Exam
25	AIDS (Transmission of HIV- AIDS, AIDS & its consequences, intervention to reduce risk-behavior, coping with AIDS)	Lecture	PSY304.4	Quiz & End Sem Exam
26	AIDS (Transmission of HIV- AIDS, AIDS & its consequences, intervention to reduce risk-behavior, coping with AIDS)	Lecture	PSY304.4	Quiz & End Sem Exam
27	Cancer-(Psychological factors in Cancer, course of cancer, adjusting to cancer)	Lecture	PSY304.4	Quiz & End Sem Exam
28	Life-Style Disorders	Lecture	PSY304.3	Quiz & End Sem Exam
29	CHD- Type-A Behavior; Hostility & CHD	Lecture	PSY304.3	Quiz & End Sem Exam
30	CHD- Type-A Behavior; Hostility & CHD	Lecture	PSY304.3	Quiz & End Sem Exam
31	Stress & Hypertension	Lecture	PSY304.3	Quiz & End Sem Exam
32	Personality & Hypertension	Lecture	PSY304.3	Quiz & End Sem Exam
33	Stroke & its Consequences	Lecture	PSY304.3	Quiz & End Sem Exam
34	Diabetes-types; Implications; Problems in SelfManagement of Diabetes	Lecture	PSY304.3	Quiz & End Sem Exam
35	Diabetes-types; Implications; Problems in SelfManagement of Diabetes	Lecture	PSY304.3	Quiz & End Sem Exam
36	Stress- Meaning of stress; Theories of stress (Selye & Lazarus)	Lecture	PSY304.3	Quiz & End Sem Exam
37	Responses to stress	Lecture	PSY304.3	
38	Dimensions of Stress; Coping with Stress.	Lecture	PSY304.3	
39	Health compromising behavior- Alcohol abuse,	Lecture	PSY304.3	

	Drug abuse, Smoking			
40	Improving health & wellbeing: Personality and Individual Differences	Lecture	PSY304.3	
41	Stress- Hardiness; Motive patterns; gaining a sense of control; Enhancing Support Stress- Hardiness; Motive patterns; gaining a sense of control; Enhancing Support	Lecture	PSY304.3	
42	Cognitive Behavior Approach	Lecture	PSY304.3	
43	self observation & self monitoring; Relapse Prevention	Lecture	PSY304.3	
44	Attitude and Health- Belief Model	Lecture	PSY304.3	
45	Attitude and Health- Belief Model	Lecture	PSY304.3	
46	Alcohol abuse, Drug abuse,	Lecture	PSY304.3	
47	Smoking	Lecture	PSY304.3	
48	Health compromising behavior	Lecture	PSY304.3	

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P O 11	P O 12	P O 13
PSY304.1	Appreciate the importance of psychology in health and well being	3								3	3	3		
PSY304.2	Apply the concepts of health psychology in disease prevention		2	3	3	2	2	2		3	3	3	2	3
PSY304.3	Apply the concepts of health psychology health promotion in society		2	3	3	2	2			3	3	3	2	3

PSY304.4	Apply the concepts of health psychology in disease prevention and health promotion in society at large.	3		3						3		3		
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Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : ENVIROMENTAL PSYCHOLOGY

Course Code : PSY305, Crédits : 03, Session :2023-24 (Even Sem.), Class : BA (H) App Psychology

Faculty Name: Dr Sandhya Garg

- A. Introduction:** The paper on Environmental Psychology offers a research-based introduction to the psychological relationship between humans and their built and natural environments and discusses how sustainable environments can be created to the benefit of both people and nature.
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY305.1** Explore the environment's effects on human wellbeing and behaviour, factors influencing environmental behaviour and ways of encouraging pro-environmental action
 - PSY305.2** This course will enable students to apply psychological theories – broadly defined to include attitudes, values and ethics
 - PSY305.3** the relationships between humans and the natural environment
 - PSY305.4.** Integrate the various theories with environmental politics and policy and develop an idea of how human psychology, preferences and values, as well as resulting behaviour, aids or hinders solutions to environmental pollution and natural resource problems.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
 - [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
 - [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
 - [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.
 - [PO.5]. The psychology and society:** Apply psychological knowledge to understand different issues

related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module I Introduction to environmental psychology

Concept of Environment: Physical, Social and Institutional • Origin & Scope • Methods to study the environment

Module II: : Approaches/ Theories of Environment- Human Behaviour Relationship

Arousal Approach • Adaptation Level Approach • Behavior Constraint Approach • Environmental Stress Approach • Stimulus Overload Theory • Ecology Theory

Module III: Environmental Perception, Cognition and Attitudes

Cognitive Maps: its components, errors, functions, factors influencing cognitive mapping • Various Approaches to Environmental Perception: the Kaplan and Kaplan Model of Environmental Preference, Berlyne's Method of assessing Landscape Aesthetics • Role of changing attitude towards environment

Module IV: Environmental Stress

Environmental Stressors (their characteristics and effects on mental health) : Noise, Thermal, Air, Crowding, Natural Disasters • Various Approaches: Environmental Remodeling, Environmental Competence, Environmental Awakening, Social Accommodation • Coping with Environmental Stress

Module V: Environmental Assessment

Architecture, Design and Behaviour in various environments i.e. Residents, Schools, Hospitals, Workplace • Importance to study the designing of various environments • Environmental solutions to urban environment

Module VI: Applications of Environmental Psychology to Community Problems

Human responses to save the environment 20% • Principles of Environmental Education • Reinforcement Techniques/ Approaches to eliminate the environmentally destructive behavior

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

Text:

- Nagar D., Environmental Psychology. New Delhi: Concept Publishing Company.
- Trivedi, P.R., Environmental Education. New Delhi: APH Publishing Corporation
- References:
 - Paul A. Bell, Thomas C Greene, Jeffery D. Fisher, Andrew S. Baum, Environmental Psychology Published by Routledge, 2005
 - Mirilia Bonnes, Gianfranco Secchiarioli, Claire Montagna, Environmental psychology: a psychosocial introduction. Published by SAGE, 1995

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Need and scope of Educational Counseling	Lecture	PSY305.1	Mid Term, Quiz & End Sem Exam
2	Need and scope of Educational Counseling	Lecture	PSY305.1	Mid Term, Quiz & End Sem Exam
3	Specific issues in education	Lecture	PSY305.1	Mid Term, Quiz & End Sem Exam
4	Specific issues in education	Lecture	PSY305.1	Mid Term, Quiz & End Sem Exam
5	Specific issues in education	Lecture	PSY305.1	Mid Term, Quiz & End Sem Exam
6	Kolb's Experiential Learning Style	Lecture	PSY305.1	Mid Term, Quiz & End Sem Exam
7	Honey & Mumford Learning Style	Lecture	PSY305.1	Mid Term, Quiz & End Sem Exam
8	Gregore Learning Styles	Lecture	PSY305.1	Mid Term, Quiz & End Sem Exam
9	Howard Gardener Multiple Intelligences	Lecture	PSY305.1	Mid Term, Quiz & End Sem Exam
10	Note Taking Skills: Cornell Method, The Outline Method	Lecture	PSY305.2	Mid Term, Quiz & End Sem Exam
11	Note Taking Skills: The Mapping method	Lecture	PSY305.2	Mid Term, Quiz & End Sem Exam
12	Note Taking Skills: The charting Method & The Sentence Method	Lecture	PSY305.2	Mid Term, Quiz & End Sem Exam
13	Note Taking Skills: The charting Method & The Sentence Method	Lecture	PSY305.2	Mid Term, Quiz & End Sem Exam
14	Types of Study Skills: Role of Self Awareness & Time Management	Lecture	PSY305.2	Mid Term, Quiz & End Sem Exam
15	Study Methods: PQRST Method, PRWR Method	Lecture	PSY305.2	Mid Term, Quiz & End Sem Exam
16	Study Methods: Acronyms & Acrostics, Location, Verbal repetition	Lecture	PSY305.2	Mid Term, Quiz & End Sem Exam
17	Command Style	Lecture	PSY305.2	Mid Term, Quiz & End Sem Exam
18	Task style	Lecture	PSY305.2	Mid Term, Quiz & End Sem Exam
19	Reciprocal Style	Lecture	PSY305.2	Mid Term, Quiz & End Sem Exam
20	Small Group Style	Lecture	PSY305.2	Mid Term, Quiz & End Sem Exam

21	Guided Discovery Style	Lecture	PSY305.2	Mid Term, Quiz & End Sem Exam
22	Problem Solving style	Lecture	PSY305.2	Mid Term, Quiz & End Sem Exam
23	Observations, interviews, rating scales	Lecture	PSY305.3	Mid Term, Quiz & End Sem Exam
24	Cumulative record & anecdotal record	Lecture	PSY305.3	Mid Term, Quiz & End Sem Exam
25	Case study, sociometry, questionnaire & projective tests	Lecture	PSY305.3	Quiz & End Sem Exam
26	Psycho educational assessments: Intelligence	Lecture	PSY305.3	Quiz & End Sem Exam
27	Psycho educational assessments: memory, creativity	Lecture	PSY305.3	Quiz & End Sem Exam
28	Psycho educational assessments: personality, motivation	Lecture	PSY305.3	Quiz & End Sem Exam
29	Psycho educational assessments: aptitude, interest	Lecture	PSY305.3	Quiz & End Sem Exam
30	Counselor as Educational consultant	Lecture	PSY305.4	Quiz & End Sem Exam
31	Career Guidance & counseling: theories & influences	Lecture	PSY305.4	Quiz & End Sem Exam
32	Career Guidance & counseling: theories & influences	Lecture	PSY305.4	Quiz & End Sem Exam
33	Behavioral Model	Lecture	PSY305.4	Quiz & End Sem Exam
34	Play therapy	Lecture	PSY305.4	Quiz & End Sem Exam
35	Individualized Educational Programs	Lecture	PSY305.4	Quiz & End Sem Exam
36	Individualized Educational Programs	Lecture	PSY305.4	Quiz & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY305.1	Understand and apply Learning Styles & Teaching Strategies in various educational settings	2				1					3		2		3
PSY305.2	Evaluate different methods of enhancing learning			2	3					3	1				3
PSY305.3	Evaluate different methods of Psycho educational assessment			2	3					3	1				3
PSY305.4	Analyze consultation model & skills	2		2	3					3	1	2			3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



AMITY UNIVERSITY

MADHYA PRADESH

Established vide Government of Madhya Pradesh Act No. 27 of 2010

DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : PSYCHOLOGY BASIC PRACTICAL– I.
Course Code : PSY300, Crédits : 02, Session :2023-24(Even Sem.), Class : BA (H) App Psychology
Faculty Name: Ms Jennifer Chandani

- A. Introduction:** To enable students to understand various concepts and phenomenon in organizational psychology.
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY300.1.** Understand the concepts of psychology through the medium of psychological tests.
 - PSY300.2.** Develop the skills of administering psychological tests in the field of psychology.
 - PSY300.3.** Develop the skills of documenting test results in the field of psychology.
 - PSY300.4.** Develop the skills of report writing.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
- [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
- [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.
- [PO.5]. The psychology and society:** Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Lab/Practical File	PF	25%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

PF: Practical File; EE: End Semester Examination; A: Attendance

F. Syllabus

1. N.K. Chadha and Usha Ganesan Social Intelligence Scale
2. Rotter's Locus of Control Scale
3. Self-Concept Scale
4. Social Maturity Scale (VSMS)
5. Youth self-Report Coloured Progressive Matrices (CPM)

G. Examination Scheme:

Components	A	PF	EE
Weightage (%)	5	25	70

PF: Practical File; EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

- Manuals of the respective psychological tests.

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	N.K. Chadha and Usha Ganesan Social Intelligence Scale Introduction.	Practical	PSY300.1	Practical File and Practical Exam
2	Introduction.	Practical	PSY300.1	Practical File and Practical Exam
3	Conduction.	Practical	PSY300.2	Practical File and Practical Exam
4	Conduction.	Practical	PSY300.2	Practical File and Practical Exam
5	Scoring & Interpretation.	Practical	PSY300.3	Practical File and Practical Exam
6	Scoring & Interpretation.	Practical	PSY300.3	Practical File and Practical Exam
7	Report writing	Practical	PSY300.4	Practical File and Practical Exam
8	Report writing	Practical	PSY300.4	Practical File and Practical Exam
9	Report writing	Practical	PSY300.4	Practical File and Practical Exam
10	Rotter's Locus of Control Scale Introduction.	Practical	PSY300.4	Practical File and Practical Exam

11	Introduction.	Practical	PSY300.1	Practical File and Practical Exam
12	Introduction.	Practical	PSY300.1	Practical File and Practical Exam
13	Conduction.	Practical	PSY300.2	Practical File and Practical Exam
14	Conduction.	Practical	PSY300.2	Practical File and Practical Exam
15	Scoring & Interpretation.	Practical	PSY300.3	Practical File and Practical Exam
16	Scoring & Interpretation.	Practical	PSY300.3	Practical File and Practical Exam
17	Report writing	Practical	PSY300.4	Practical File and Practical Exam
18	Report writing	Practical	PSY300.4	Practical File and Practical Exam
19	Report writing	Practical	PSY300.4	Practical File and Practical Exam
20	Self-Concept Scale Introduction.	Practical	PSY300.1	Practical File and Practical Exam
21	Introduction.	Practical	PSY300.1	Practical File and Practical Exam
22	Introduction.	Practical	PSY300.1	Practical File and Practical Exam
23	Conduction.	Practical	PSY300.2	Practical File and Practical Exam
24	Conduction.	Practical	PSY300.2	Practical File and Practical Exam
25	Scoring & Interpretation.	Practical	PSY300.3	Practical File and Practical Exam
26	Scoring & Interpretation.	Practical	PSY300.3	Practical File and Practical Exam
27	Report writing	Practical	PSY300.4	Practical File and Practical Exam
28	Report writing	Practical	PSY300.4	Practical File and Practical Exam
29	Report writing	Practical	PSY300.4	Practical File and Practical Exam
30	Social Maturity Scale (VSMS) Introduction.	Practical	PSY300.1	Practical File and Practical Exam
31	Introduction.	Practical	PSY300.1	Practical File and Practical Exam
32	Introduction.	Practical	PSY300.1	Practical File and Practical Exam
33	Conduction.	Practical	PSY300.2	Practical File and Practical Exam
34	Conduction.	Practical	PSY300.2	Practical File and Practical Exam
35	Scoring & Interpretation.	Practical	PSY300.3	Practical File and Practical Exam

36	Scoring & Interpretation.	Practical	PSY300.3	Practical File and Practical Exam
37	Report writing	Practical	PSY300.4	Practical File and Practical Exam
38	Report writing	Practical	PSY300.4	Practical File and Practical Exam
39	Report writing	Practical	PSY300.4	Practical File and Practical Exam
40	Youth self-Report Introduction.	Practical	PSY300.1	Practical File and Practical Exam
41	Introduction.	Practical	PSY300.1	Practical File and Practical Exam
42	Introduction.	Practical	PSY300.1	Practical File and Practical Exam
43	Conduction.	Practical	PSY300.2	Practical File and Practical Exam
44	Conduction.	Practical	PSY300.2	Practical File and Practical Exam
45	Scoring & Interpretation.	Practical	PSY300.3	Practical File and Practical Exam
46	Scoring & Interpretation.	Practical	PSY300.3	Practical File and Practical Exam
47	Report writing	Practical	PSY300.4	Practical File and Practical Exam
48	Report writing	Practical	PSY300.4	Practical File and Practical Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY300.1	Understand the concepts of psychology through the medium of psychological tests	3			3	1				3	1	3		
PSY300.2	Develop the skills of administering psychological tests in the field of						3		3	3	2			3

	psychology													
PSY300.3	Develop the skills of documenting test results in the field of psychology					3			3	2				3
PSY300.4	Develop the skills of report writing					3		3	3					3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : BEHAVIOURAL SCIENCE III- Problem Solving and Creative Thinking

Course Code : BSU343, Crédits : 01, Session :2023-24(Even Sem.), Class : BA (H) App Psychology

Faculty Name:

A. Introduction: Understand the process of problem solving and creative thinking. Facilitation and enhancement of skills required for decision-making.

B. Course Outcomes: At the end of the course, students will be able to:

BSU343.1 understand and solve the problems effectively in their personal and professional life

BSU343.2 outline multiple divergent solutions to a problem,

BSU343.3 able to create and explore risky or controversial ideas

BSU343.4 synthesize ideas/expertise to generate innovations.

C. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and

norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	SAP	Project	15%
	JoS	Assignment	10%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module I: Thinking as a tool for Problem Solving

What is thinking: The Mind/Brain/Behavior • Critical Thinking and Learning: - Making Predictions and Reasoning - Memory and Critical Thinking - Emotions and Critical Thinking • Thinking skills

Module II: Hindrances to Problem Solving Process

Perception • Expression • Emotion • Intellect • Work environment

Module III: Problem Solving

Recognizing and Defining a problem • Analyzing the problem (potential causes) • Developing possible alternatives • Evaluating Solutions • Resolution of problem • Implementation • Barriers to problem solving: - Perception - Expression - Emotion - Intellect - Work environmen

Module IV: Plan of Action

Construction of POA • Monitoring • Reviewing and analyzing the outcome

Module V: Creative Thinking

Definition and meaning of creativity • The nature of creative thinking - Convergent and Divergent thinking - Idea generation and evaluation (Brain Storming) - Image generation and evaluation - Debating • The six-phase model of Creative Thinking: ICEDIP model

G. Examination Scheme:

Components	A	SAP	JoS	EE
Weightage (%)	5	15	10	70

SAP: Social Awareness Program, JoS: Journal of Success, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

- Michael Steven: How to be a better problem solver, Kogan Page, New Delhi, 1999
- Geoff Petty: How to be better at creativity; Kogan Page, New Delhi, 1999
- Richard Y. Chang and P. Keith, Kelly: Wheeler Publishing, New Delhi, 1998.
- Phil Lowe Koge Page: Creativity and Problem Solving, New Delhi, 1996
- J William Pfeiffer (ed.) Theories and Models in Applied Behavioural Science, Vol 3, Management (1996); Pfeiffer & Company
- Bensley, Alan D.: Critical Thinking in Psychology – A Unified Skills Approach, (1998), Brooks/Cole Publishing Company.

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
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BSU343.1	understand and solve the problems effectively in their personal and professional life.	3	2			1				3	2	3		
BSU343.2	outline multiple divergent solutions to a problem	3	2	3		1				3	2	3	2	
BSU343.3	Able to create and explore risky or controversial ideas.			3						3	1			3
BSU343.4	synthesize ideas/expertise to generate innovations.			3	2				1	3	1			3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course



AMITY UNIVERSITY

MADHYA PRADESH

Established vide Government of Madhya Pradesh Act No. 27 of 2010

outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.

AMITY INSTITUTE OF BEHAVIOURAL AND ALLIED SCIENCES
Course Handout
Course : B.A. (H) APPLIED PSYCHOLOGY
Course Code : PSY201, Crédits : 04, Session :2023-24 (Odd Sem.), Class : B.A(H) Applied Psychology
Faculty Name : Dr. Deepak Kumar

K. Introduction: The objective of this course is to study the concept, principles and theories of cognition and its application in cognitive psychology. This will facilitate the students to develop an understanding of the cognitive skills in themselves and others.

L. Course Outcomes: At the end of the course, students will be able to:

PSY201.1. To understand basic concept of the subject

PSY201.2. To understand the theoretical framework.

PSY201.3. Know about various applications, they will have a basic understanding of the concept.

PSY201.4. Develop understanding of basic emotions and motivation

M. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students can think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

N. Programme Specific Outcomes:

PSO 1: Base of knowledge: Develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioral elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behavior in a variety of problem domains, both basic (Theoretical) and applied (Practical).

PSO 3: Practical Skills: Synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

O. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term 1	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	05%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

P. Syllabus

Module I: Sensation, Attention and Perception

Sensation: Basic concepts; Process, Types of senses-Visual, Auditory, Gustatory, Olfactory, Tactile, Vestibular, Kinesthetic, and Organic Senses, Sensory Adaptation- Advantages and Disadvantages, Sensitivity to Glare, Integration of senses, Sensory Threshold, Absolute Threshold, Just Noticeable Difference, Weber’s Law, Attention: Definition & Characteristics, Selective Attention, Divided Attention and Sustained Attention, Theories of attention: Early & Late Selection, Capacity and Mental Effort Models, Perception: Signal Detection Theory

Module II: Thinking and Decision Making

Theories and models of thinking- Information Processing Theory, S-R theory, Cognitive theories, Simulation Models, Types of Thinking, Reasoning & its types, Concept formation, Decision Making & Cognitive Illusions in Decision Making

Module III: Intelligence

Meaning and Definition of Intelligence, Theories of Intelligence: Charles Spearman, Louis L. Thurstone, Howard Gardner, Creativity and Intelligence, Assessment of intelligence.

Module IV Motivation & Emotion

Motivation: Meaning & Characteristics, Homeostasis, Need, Drive, Arousal, Incentives Current status of motivational concepts, Types- Physiological Motivation- Hunger, Thrust; Psychological Motivation- Achievement, Power, Motivation Cycle, Need Hierarchy, Emotion -Introduction- Meaning: Physiological responses, arousal and emotional intensity, emotional expression. Theories- James Lange Theory, Cannon-Bard theory & Cognitive theory, How people communicate Emotion- Innate Expression of Emotions, Social Aspects of Emotional Expressions, Facial Expressions (Pyramidal Motor System)

Q. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	5	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

R. Suggested Text/Reference Books:

- N.K. Chadha and Salma Seth (eds) (2013) The Psychological Realm. Pinnacle Learning: new Delhi
- Atkinson & Hilgard, Introduction to Psychology
- Robert A. Baron, 5th Ed., Psychology
- Hodder & Stoughton, Introducing Psychology
- Zimbardo, Philips. Psychology and life, Thapar College

S. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Introduction	Lecture	PSY201.1	Mid Term-1, Quiz & End Sem Exam
2	Sensation	Lecture	PSY201.1	Mid Term-1, Quiz & End Sem Exam
3	Sensation: Basic concepts; Process	Lecture	PSY201.1	Mid Term-1, Quiz & End Sem Exam
4	<i>Types of senses-Visual, Auditory, Gustatory,</i>	Lecture	PSY201.1	Mid Term-1, Quiz & End Sem Exam
5	Olfactory, Tactile	Lecture	PSY201.1	Mid Term-1, Quiz & End Sem Exam
6	Vestibular, Kinesthetic, and Organic Senses	Lecture	PSY201.1	Mid Term-1, Quiz & End Sem Exam
7	Maclaurin's theorems with remainders	Lecture	PSY201.1	Mid Term-1, Quiz & End Sem Exam
8	Sensory Adaptation-	Lecture	PSY201.1	Mid Term-1, Quiz & End Sem Exam
9	Advantages and Disadvantages	Lecture	PSY201.1	Mid Term-1, Quiz & End Sem Exam

10	Sensitivity to Glare,	Lecture	PSY201.1	Mid Term-1, Quiz & End Sem Exam
11	Integration of senses, Sensory Threshold, Absolute Threshold, Just Noticeable Difference, Weber's Law	Lecture	PSY201.1	Mid Term-1, Quiz & End Sem Exam
12	Attention: Definition & Characteristics	Lecture	PSY201.1	Mid Term-1, Quiz & End Sem Exam
13	Selective Attention, Divided Attention and Sustained Attention	Lecture	PSY201.1	Mid Term-1, Quiz & End Sem Exam
14	Theories of attention: Early & Late Selection, Capacity and Mental Effort Models	Lecture	PSY201.2	Mid Term-1, Quiz & End Sem Exam
15	Perception :	Lecture	PSY201.1	Mid Term-1, Quiz & End Sem Exam
16	Signal Detection Theory	Lecture	PSY201.1	Mid Term-1, Quiz & End Sem Exam
17	Thinking and Decision Making	Lecture	PSY201.2	Mid Term-1, Quiz & End Sem Exam
18	Theories and models of thinking-	Lecture	PSY201.2	Mid Term-1, Quiz & End Sem Exam
19	Information Processing Theory,	Lecture	PSY201.2	Mid Term-1, Quiz & End Sem Exam
20	S-R theory,	Lecture	PSY201.2	Mid Term-1, Quiz & End Sem Exam
21	Cognitive theories,	Lecture	PSY201.2	Mid Term-2, Quiz & End Sem Exam
22	Simulation Models	Lecture	PSY201.2	Mid Term-2, Quiz & End Sem Exam
23	Types of Thinking	Lecture	PSY201.2	Mid Term-2, Quiz & End Sem Exam
24	Reasoning & its types Concept formation	Lecture	PSY201.2	Mid Term-2, Quiz & End Sem Exam
25	Decision Making	Lecture	PSY201.2	Mid Term-2, Quiz & End Sem Exam
26	Cognitive Illusions in Decision Making	Lecture	PSY201.2	Mid Term-2, Quiz & End Sem Exam
27	Meaning and Definition of Intelligence	Lecture	PSY201.3	Quiz & End Sem Exam

28	Gradient	Lecture	PSY201.3	Quiz & End Sem Exam
29	Theories of Intelligence:	Lecture	PSY201.3	Quiz & End Sem Exam
30	Charle Spearman,	Lecture	PSY201.3	Quiz & End Sem Exam
31	Louis L. Thurstone,	Lecture	PSY201.3	Quiz & End Sem Exam
32	Howard Gardner	Lecture	PSY201.3	Quiz & End Sem Exam
33	Creativity and Intelligence	Lecture	PSY201.3	Quiz & End Sem Exam
34	Assessment of intelligence	Lecture	PSY201.3	Quiz & End Sem Exam
35	Motivation: Meaning & Characteristics Meaning:	Lecture	PSY201.3	Quiz & End Sem Exam
36	Homeostasis, Need, Drive, Arousal, Incentives -	Lecture	PSY201.3	Quiz & End Sem Exam
37	Current status of motivational concepts Types-	Lecture	PSY201.3	Quiz & End Sem Exam
38	Physiological Motivation- Hunger, Thrust; Psychological	Lecture	PSY201.3	Quiz & End Sem Exam
39	Motivation- Achievement, Power, Motivation Cycle, Need Hierarchy	Lecture	PSY201.4	Quiz & End Sem Exam
40	Emotion -Introduction	Lecture	PSY201.4	Quiz & End Sem Exam
41	Physiological responses, arousal and emotional intensity, emotional expression.	Lecture	PSY201.4	Quiz & End Sem Exam
42	Theories- James Lange Theory,	Lecture	PSY201.4	Quiz & End Sem Exam
43	Cannon-Bard theory	Lecture	PSY201.4	Quiz & End Sem Exam
44	Cognitive theory	Lecture	PSY201.4	Quiz & End Sem Exam

45	How people communicate Emotion-	Lecture	PSY201.4	Quiz & End Sem Exam
46	Innate Expression of Emotions	Lecture	PSY201.4	Quiz & End Sem Exam
47	Social Aspects of Emotional Expressions,	Lecture	PSY201.4	Quiz & End Sem Exam
48	Facial Expressions (Pyramidal Motor System)	Lecture	PSY201.4	Quiz & End Sem Exam

T. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY201.1.	To understand basic concept of the subject	3	-	-	-	1	-	-	-	-	-	1	-	-
PSY201.2.	To understand the theoretical framework.	3	-	-	-	1	-	-	-	-	-	1	-	-
PSY201.3.	Know about various applications, they will have a basic understanding of the concept.	3	-	-	-	1	-	-	-	-	-	1	-	-
PSY201.4.	Develop understanding of basic emotions and motivation	3	-	-	-	1	-	-	-	-	-	1	-	-

AMITY INSTITUTE OF BEHAVIORAL AND ALLIED SCIENCES

I MID-SEMESTER (SEM –II) 2023-24

Class: B.A. (H) APPLIED II Semester

Subject Name: Introduction to Psychology- II		Time: 2 Hrs			Max. Marks: 30	
Levels of the questions as per Blooms Taxonomy	Remembering	Understanding	Applying	Analyzing	Evaluating	Creating
Question Mapping	Q.1,4	Q.2,3	Q.4	Q.2,5,6		

Student will be able to
 CO1: Cultivate cognitive skills to understand the mind and behaviour.
 CO2: Recognize and comprehend the concepts, principles & themes of cognitive psychology

CO Map	Question No.	Question	Marks
CO1	Q.1	Explain in brief the concept of sensing.	3
CO1	Q.2a	What are the essential characteristics of absolute threshold?	3
	Q.2b	Explicate Reasoning & its types.	3
CO1	Q.3	Write role of cognitive illusions in decision making	6
CO2	Q.4	Explain the significance of Assessment of intelligence	3
CO2	Q.5a	Elaborate different Cannon-Bard theory.	3
	Q.5b	How people communicate Emotion?	3
CO2	Q.6	Write short note on Social Aspects of Emotional Expressions.	6

Attainments		Rubric
Level	1	IF 60% of students secure more than 60% marks then level 1
Level	2	IF 70% of students secure more than 60% marks then level 2
Level	3	IF 80% of students secure more than 60% marks then level 3

AMITY INSTITUTE OF BEHAVIOURAL AND ALLIED SCIENCES

Course Handout

Course : **Basic Research Methodology II**

Course Code : PSY202 Crédits : 03, Session : 2023-24 (Odd Sem.), Class : B.A(H) Applied Psychology

Faculty Name : Dr. Udai P Verma

A. Introduction.

Students will be able to understand the basic principles of Research Methodology. To equip students with skills of various methods and techniques for scientific conduct of social science research. Students will learn and discuss in-detail the sampling, data collection, analysis of data and report writing

B. Course Outcomes: At the end of the course, students will be able to:

PSY202.1. Students will be able to understand *know the various types of analysis*

PSY202.2 Students will be able to understand *interpreting the obtained data.*

PSY202.3. Students will be able to understand *the principles of Research Methodology.*

PSY202.4. Students will be able to understand the ethical concern in research

PSY202.5. Students will be able to discuss in-detail the design, data collection, analysis of data and report writing

C. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

Programme Specific Outcomes:

PSO 1: Base of knowledge: Develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioral elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternative explanations of human thought and behavior in a variety of problem domains, both basic (Theoretical) and applied (Practical).

PSO 3: Practical Skills: Synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

D. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking the End Semester examination. The allowance of 25% includes all types of leaves, including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

E. Syllabus

Module I: Research Design

- Co-relational
- Experimental
- Quasi- experimental
- Ex-post facto

Module II: Tools of Data Collection

- Questionnaire
- Interview
- Observation
- Case Study

Module III: Analysis of Data

- Classifying and analysis
- Qualitative data analysis
- Quantitative data analysis

Module IV: Ethical Issues

- Communicating research findings
- Informed consent
- Other ethical considerations

Module V: Report Writing

- Abstract
- Synopsis Format
- Reference

F. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	25	5	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

G Suggested Text/Reference Books:

- Guilford (1986), Statistics in Psychology and Education, McGrawhill, New York
- Kerlinger, F., (1983), Foundations of Behavioural Research, Surjeet Publications, Delhi
- Rajamanickam, M. (2001) - Statistical Methods in Psychological and Educational Research, Concept Publishing Co. New Delhi, India.
- Siegel.S. (2004), non - Parametric Statistics

H. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Research Design	Lecture	PSY202.1	Mid Term-1, Quiz & End Sem Exam
2	Co-relational	Lecture	PSY202.1	Mid Term-1, Quiz & End Sem Exam
3	Quasi- experimental	Lecture	PSY202.1	Mid Term-1, Quiz & End Sem Exam
4	Ex-post facto	Lecture	PSY202.1	Mid Term-1, Quiz & End Sem Exam
5	Tools of Data Collection	Lecture	PSY202.2	Mid Term-1, Quiz & End Sem Exam
6	Data Collection	Lecture	PSY202.2	Mid Term-1, Quiz & End Sem Exam
7	Questionnaire	Lecture	PSY202.2	Mid Term-1, Quiz & End Sem Exam
8	Interview	Lecture	PSY202.2	Mid Term-1, Quiz & End Sem Exam
9	Observation	Lecture	PSY202.2	Mid Term-1, Quiz & End Sem Exam
10	Case Study	Lecture	PSY202.2	Mid Term-1, Quiz & End Sem Exam
11	Analysis of Data	Lecture	PSY202.3	Mid Term-1, Quiz & End Sem Exam
12	Classifying	Lecture	PSY202.3	Mid Term-1, Quiz & End Sem Exam
13	analysis	Lecture	PSY202.3	Mid Term-1, Quiz & End Sem Exam
14	Qualitative data	Lecture	PSY202.3	Mid Term-1, Quiz & End Sem Exam
15	Qualitative data analysis	Lecture	PSY202.3	Mid Term-1, Quiz & End Sem Exam
16	Quantitative	Lecture	PSY202.3	Mid Term-1, Quiz & End Sem Exam
17	Quantitative data analysis	Lecture	PSY202.3	Mid Term-1, Quiz & End Sem Exam
18	Data collection	Lecture	PSY202.3	Mid Term-1, Quiz & End Sem Exam
19	Data interpretation	Lecture	PSY202.3	Mid Term-1, Quiz & End Sem Exam
20	Data administration	Lecture	PSY202.3	Mid Term-1, Quiz & End Sem Exam

21	Ethical Issues	Lecture	PSY202.4	Mid Term-1, Quiz & End Sem Exam
22	Communicating research findings	Lecture	PSY202.4	Mid Term-1, Quiz & End Sem Exam
23	Informed consent	Lecture	PSY202.4	Mid Term-1, Quiz & End Sem Exam
24	Ethics	Lecture	PSY202.4	Mid Term-1, Quiz & End Sem Exam
25	Research ethics	Lecture	PSY202.4	Mid Term-1, Quiz & End Sem Exam
26	APA	Lecture	PSY202.4	Mid Term-1, Quiz & End Sem Exam
27	Guidelines	Lecture	PSY202.4	Mid Term-1, Quiz & End Sem Exam
28	Importance of ethics	Lecture	PSY202.4	Mid Term-1, Quiz & End Sem Exam
29	Other ethical considerations	Lecture	PSY202.4	Mid Term-1, Quiz & End Sem Exam
30	Report Writing	Lecture	PSY202.5	Mid Term-1, Quiz & End Sem Exam
31	Characteristics of report writing	Lecture	PSY202.5	Mid Term-1, Quiz & End Sem Exam
32	Importance of report writing	Lecture	PSY202.5	Mid Term-1, Quiz & End Sem Exam
33	Format	Lecture	PSY202.5	Mid Term-1, Quiz & End Sem Exam
34	Abstract	Lecture	PSY202.5	Mid Term-1, Quiz & End Sem Exam
35	Synopsis Format	Lecture	PSY202.5	Mid Term-1, Quiz & End Sem Exam
36	Reference	Lecture	PSY202.5	Mid Term-1, Quiz & End Sem Exam

I. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME OUTCOMES,										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY202.1	Getting theoretically and practically oriented to concepts of attention, perception, memory, learning, thinking, concept formation, language formation	1	2	1	1	1				2		3	1	1
PSY202.2	Analyze each situation rationally and take decisions better and faster than others	1	2	2	2	2			2	1		1	1	2
PSY202.3	Comprehend the role of mental processing in day today life and solving problems	1	1	3	2	1		1	1	-		1		1
PSY202.4	Identify the building blocks that enable a student to identify one 's strengths and weaknesses so that they can further help others in doing so	1	2	2	1	3			3	1		2	1	

Sample Question Paper

Amity Institute of Behavioural and Allied Sciences I MID-SEMESTER						
Class: BA Applied Psychology						
Subject Name: Research Methodology-II		Time: 1.30 Hrs			Max. Marks: 30	
Levels of the questions as per Blooms	Remembering	Understanding	Applying	Analyzing	Evaluating	Creating

Taxonomy						
Question Mapping	Q.1,4	Q.2,3	Q.4	Q.2,5,6		
Student will be able to CO1: Explain the relationship between applied and basic research in cognitive psychology. CO2: Getting theoretically and practically oriented to concepts of attention.						
CO Map	Question No.	Question				Marks
CO1	Q.1	Write short notes on objectives of research.				3
CO1	Q.2a	Briefly write about survey research				3
	Q.2b	Discuss on time-series design				3
CO1	Q.3	Define research hypotheses.				6
CO2	Q.4	What is pilot survey?				3
CO2	Q.5a	What are the various extraneous variables?				3
	Q.5b	Write the necessity of defining the problem.				3
CO2	Q 6	Discuss on simple factorial design				6

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : **Introduction to Personality Theories**

Course Code : PSY203, Crédits : 04, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology

Faculty Name: Ms Devanshi Khemaria

A. Introduction: Students will be able to understand the major theories and traditions related to the study of personality and personal growth. Student will be able to clear the underlined themes, methodology and assumption of each theory to enhance understanding of personality and behaviour.

B. Course Outcomes: At the end of the course, students will be able to:

PSY203.1 Illustrate various theories of personality

PSY203.2 Develop capability to apply knowledge of personality theories for self and societal growth.

PSY203.3 Identify and read original essays from the psychologists who have made major contributions to an understanding of personality.

PSY203.4 Apply one personality theory to an analysis of a person's behaviour, thinking patterns, or emotional reactions.

C. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behaviour, thinking, memory personality, social influences on behaviour (Social Psychology) and changes in behaviour throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behaviour and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychological testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module I: Introduction to Personality

Definition, concept and component of personality; factors influencing personality- heredity and environment; characteristics features of personality

Nature-Nurture debate

Issues and biases in personality measurement

Indian Approaches of Personality

Module II: Type and Trait Approaches

Sheldon, Kretshmer, Allport, Eysenck, and Cattell

Module III: Freudian and Neo-Freudian Approaches

Freud

Jung

Adler

Horney

Erickson

Fromm

Module IV: Humanistic-Existential School

Rogers

Maslow

Rollo May

Kurt Lewin

Module V: Cognition and Personality

Social Cognitive Perspective

Bandura

Module VI: Eastern views on self

Vedanta philosophy- Sattvik, Rjasik and Tamsik personality

Buddhist Tradition

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

- Adams, D.P., (1990), An Introduction to Personality Psychology; New York: Harcourt brace & Javan vich.
- Hall, C.S. & Lindzey, G. (1998), Theories of Personality; New Delhi: Wiley Eastern Ltd.
- Feist, J. (1985), Theories of personality; New York, Holt Rineharat & Winston
- Paranjpe, A.C. (1984), Theoretical Psychology, Meeting of East and West; New York, Penguin Press
- Mairet, P. (1977), Existentialism & Humanism of J.P. Sartre; London, Methuen
- Kuppuswamy, B. (1990), Elements of Ancient Indian Psychology; Delhi: Konark publishers
- Allport, G.W. (1996), Pattern in Growth in Personality; New York: Holt Rinechart & Winton
- McClland, D.C. (1951), Personality; New York: Holt Rinechart & Winston.
- Cambridge, M.A. (1982) The Evolving Self Problem and Process in Human Development;

- Monte, F.E. (1977) *Beneath the Mask-An Introduction to Theories of Personality*; New York: Prager.

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Historical background: Early & recent history.	Lecture	PSY203.1	Mid Term, Quiz & End Sem Exam
2	Historical background: Early & recent history.	Lecture	PSY203.1	Mid Term, Quiz & End Sem Exam
3	Historical background: Early & recent history.	Lecture	PSY203.1	Mid Term, Quiz & End Sem Exam
4	Historical background: Early & recent history.	Lecture	PSY203.1	Mid Term, Quiz & End Sem Exam
5	Nature of discipline: Theory and research.	Lecture	PSY203.3	Mid Term, Quiz & End Sem Exam
6	Nature of discipline: Theory and research.	Lecture	PSY203.3	Mid Term, Quiz & End Sem Exam
7	Nature of discipline: Theory and research.	Lecture	PSY203.3	Mid Term, Quiz & End Sem Exam
8	Nature of discipline: Theory and research.	Lecture	PSY203.3	Mid Term, Quiz & End Sem Exam
9	Nature-Nurture debate	Lecture	PSY203.3	Mid Term, Quiz & End Sem Exam
10	Issues and biases in personality measurement	Lecture	PSY203.3	Mid Term, Quiz & End Sem Exam
11	Indian Approaches of Personality	Lecture	PSY203.3	Mid Term, Quiz & End Sem Exam
12	Indian Approaches of Personality	Lecture	PSY203.3	Mid Term, Quiz & End Sem Exam
13	Type and Trait Approaches	Lecture	PSY203.4	Mid Term, Quiz & End Sem Exam
14	Sheldon,	Lecture	PSY203.4	Mid Term, Quiz & End Sem Exam
15	Kretshmer,	Lecture	PSY203.4	Mid Term, Quiz & End Sem Exam
16	Allport,	Lecture	PSY203.4	Mid Term, Quiz & End Sem Exam
17	Eysenck,	Lecture	PSY203.4	Mid Term, Quiz & End Sem Exam
18	Cattell	Lecture	PSY203.4	Mid Term, Quiz & End Sem Exam
19	Freudian and Neo-Freudian Approaches	Lecture	PSY203.4	Mid Term, Quiz & End Sem Exam
20	Freudian and Neo-Freudian Approaches	Lecture	PSY203.4	Mid Term, Quiz & End Sem Exam
21	Freudian and Neo-Freudian	Lecture	PSY203.4	Mid Term, Quiz

	Approaches			& End Sem Exam
22	Freudian and Neo-Freudian Approaches	Lecture	PSY203.4	Mid Term, Quiz & End Sem Exam
23	Freudian and Neo-Freudian Approaches	Lecture	PSY203.4	Mid Term, Quiz & End Sem Exam
24	Freudian and Neo-Freudian Approaches	Lecture	PSY203.4	Mid Term, Quiz & End Sem Exam
25	Humanistic-Existential School	Lecture	PSY203.4	Quiz & End Sem Exam
26	Humanistic-Existential School	Lecture	PSY203.4	Quiz & End Sem Exam
27	Humanistic approach	Lecture	PSY203.4	Quiz & End Sem Exam
28	Humanistic approach	Lecture	PSY203.4	Quiz & End Sem Exam
29	Existential approach	Lecture	PSY203.4	Quiz & End Sem Exam
30	Existential approach	Lecture	PSY203.4	Quiz & End Sem Exam
31	Humanistic-Existential School	Lecture	PSY203.4	Quiz & End Sem Exam
32	Humanistic-Existential School	Lecture	PSY203.4	Quiz & End Sem Exam
33	Humanistic-Existential School	Lecture	PSY203.4	Quiz & End Sem Exam
34	Humanistic-Existential School	Lecture	PSY203.4	Quiz & End Sem Exam
35	Cognition and Personality	Lecture	PSY203.4	Quiz & End Sem Exam
36	Cognition and Personality	Lecture	PSY203.4	Quiz & End Sem Exam
37	Cognition and Personality	Lecture	PSY203.2	Quiz & End Sem Exam
38	Cognition and Personality	Lecture	PSY203.2	Quiz & End Sem Exam
39	Cognition and Personality	Lecture	PSY203.2	Quiz & End Sem Exam
40	Cognition and Personality	Lecture	PSY203.2	Quiz & End Sem Exam
41	Cognition and Personality	Lecture	PSY203.2	Quiz & End Sem Exam
42	Cognition and Personality	Lecture	PSY203.2	Quiz & End Sem Exam
43	Areas of applications:	Lecture	PSY203.2	Quiz & End Sem Exam
44	Areas of applications:	Lecture	PSY203.2	Quiz & End Sem Exam
45	Eastern views on self	Lecture	PSY203.2	Quiz & End Sem Exam
46	Eastern views on self	Lecture	PSY203.2	Quiz & End Sem

				Exam
47	Eastern views on self	Lecture	PSY203.2	Quiz & End Sem Exam
48	Eastern views on self	Lecture	PSY203.2	Quiz & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY203.1	Illustrate various theories of personality.	3	1							1		3	2	
PSY203.2	Develop capability to apply knowledge of personality theories for self and societal growth.	3				3			2	1	2	3	1	
PSY203.3	Identify and read original essays from the psychologists who have made major contributions to an understanding of personality.	3				2			2	1	1	3		1
PSY203.4	Apply one personality theory to an analysis of a person's <i>behaviour</i> , thinking patterns, or emotional reactions.	3		3		3			3	3	2	3		1

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : Statistics in Psychology II
Course Code : PSY204, Crédits : 04, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology
Faculty Name: Dr Shubhagata Awasthi

J. Introduction: The paper on statistics introduces quantification of psychological data and gives primary research orientation to the students

K. Course Outcomes: At the end of the course, students will be able to:

PSY204.1 Analyse the basic concept of statistics in psychology

PSY204.2 Discuss quantification of psychological data

PSY204.3 Illustrate hypothesis testing.

PSY204.4 apply qualitative data analysis

L. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

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[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

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M. Programme Specific Outcomes:

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PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

N. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
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End Semester Examination	End Semester Examination	EE	70%
Total			100%

O. Syllabus

Module I: The Normal Curve

Characteristics and Problems in Normal Probability Curve (NPC)

The Standard Normal Curve

Module II: Significance of mean

Computation of the standard error of mean

Degrees of freedom

Levels of significance

Type I and Type II errors

Standard error of difference between two independent means (Large & small samples)

t-test: Independent & Paired sample

Module III: Non-parametric tests

Introduction; basic differences; Uses of parametric and Non- parametric tests

Chi-Square

Chi-Square with 2*2 table

Sign test

Median test

Module IV: Analysis of Variance

Hypothesis testing with the help of One way ANOVA (f-test)

Module V: Percentile

Percentile

Percentile Ranks

P. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

Q. Suggested Text/Reference Books:

Text:

- Minimum E W, King, H M & Bear G, (1993), Statistical Reasoning in Psychology & Education, 3rd Edition, New York: John Wiley & Sons
- Siegel S (1956), Non Parametric Statistics, New York, McGraw Hill
- Broota S, (1992), Experimental Design in Behaviour Research, New Delhi
- Freeman, Statistics in Psychology

R. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Introduction of subject contents	Lecture	PSY204.1	Mid Term, Quiz & End Sem Exam
2	The Normal Curve	Lecture	PSY204.1	Mid Term, Quiz & End Sem Exam
3	The Normal Curve	Lecture	PSY204.1	Mid Term, Quiz & End Sem Exam
4	<i>The Normal Curve</i>	Lecture	PSY204.2	Mid Term, Quiz & End Sem Exam

5	Characteristics of NPC	Lecture	PSY204.2	Mid Term, Quiz & End Sem Exam
6	Characteristics of NPC	Lecture	PSY204.2	Mid Term, Quiz & End Sem Exam
7	Characteristics of NPC	Lecture	PSY204.1	Mid Term, Quiz & End Sem Exam
8	Characteristics of NPC	Lecture	PSY204.1	Mid Term, Quiz & End Sem Exam
9	Problems in Normal Probability Curve (NPC)	Lecture	PSY204.1	Mid Term, Quiz & End Sem Exam
10	Problems in Normal Probability Curve (NPC)	Lecture	PSY204.1	Mid Term, Quiz & End Sem Exam
11	Problems in Normal Probability Curve (NPC)	Lecture	PSY204.2	Mid Term, Quiz & End Sem Exam
12	The Standard Normal Curve	Lecture	PSY204.1	Mid Term, Quiz & End Sem Exam
13	Characteristics of Standard Normal Curve	Lecture	PSY204.1	Mid Term, Quiz & End Sem Exam
14	Application of Standard Normal Curve	Lecture	PSY204.1	Mid Term, Quiz & End Sem Exam
15	Discussion	Lecture	PSY204.2	Mid Term, Quiz & End Sem Exam
16	Computation of the standard error of mean	Lecture	PSY204.2	Mid Term, Quiz & End Sem Exam
17	Degrees of freedom	Lecture	PSY204.2	Mid Term, Quiz & End Sem Exam
18	Levels of significance	Lecture	PSY204.2	Mid Term, Quiz & End Sem Exam
19	Type I and Type II errors	Lecture	PSY204.2	Mid Term, Quiz & End Sem Exam
20	Standard error of difference	Lecture	PSY204.2	Mid Term, Quiz & End Sem Exam
21	between two independent means	Lecture	PSY204.3	Mid Term, Quiz & End Sem Exam
22	(Large & small samples)	Lecture	PSY204.3	Mid Term, Quiz & End Sem Exam
23	t-test	Lecture	PSY204.3	Mid Term, Quiz & End Sem Exam
24	Independent & Paired sample	Lecture	PSY204.3,	Mid Term, Quiz & End Sem Exam
25	Non-parametric tests	Lecture	PSY204.3,	Quiz & End Sem Exam
26	Introduction; basic differences;	Lecture	PSY204.3,	Quiz & End Sem Exam
27	Uses of parametric	Lecture	PSY204.3	Quiz & End Sem Exam
28	Non- parametric tests	Lecture	PSY204.4	Quiz & End Sem Exam

29	Chi-Square	Lecture	PSY204.4	Quiz & End Sem Exam
30	Chi-Square with 2*2 table	Lecture	PSY204.4	Quiz & End Sem Exam
31	Sign test	Lecture	PSY204.4	Quiz & End Sem Exam
32	Median test	Lecture	PSY204.3	Quiz & End Sem Exam
33	Median test	Lecture	PSY204.3	Quiz & End Sem Exam
34	Median test	Lecture	PSY204.3	Quiz & End Sem Exam
35	Analysis of Variance	Lecture	PSY204.3	Quiz & End Sem Exam
36	Hypothesis	Lecture	PSY204.4	Quiz & End Sem Exam
37	testing	Lecture	PSY204.4	Quiz & End Sem Exam
38	One way ANOVA (f-test)	Lecture	PSY204.4	Quiz & End Sem Exam
39	f-test	Lecture	PSY204.4	Quiz & End Sem Exam
40	Percentile	Lecture	PSY204.5	Quiz & End Sem Exam
41	Percentile	Lecture	PSY204.5	Quiz & End Sem Exam
42	Percentile	Lecture	PSY204.5	Quiz & End Sem Exam
43	Percentile	Lecture	PSY204.5	Quiz & End Sem Exam
44	Percentile	Lecture	PSY204.5	Quiz & End Sem Exam
45	Ranks	Lecture	PSY204.5	Quiz & End Sem Exam
46	Ranks	Lecture	PSY204.5	Quiz & End Sem Exam
47	Ranks	Lecture	PSY204.5	Quiz & End Sem Exam
48	Ranks	Lecture	PSY204.5	Quiz & End Sem Exam

S. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES
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		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY204.1	Analyse the basic concept of statistics in psychology	3				1						3		
PSY204.2	Discuss quantification of psychological data	3				1					1	3		
PSY204.3	Illustrate hypothesis testing.	3				1					1	3		
PSY204.4	Application of qualitative data analysis	3				3				1	3	3		1

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : Social Psychology
Course Code : PSY205, Crédits : 03, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology
Faculty Name: Ms. Devanshi

K. Introduction: To understand the concept of This course will imparts knowledge on individual's relation to society, the processes involved therein, and manner of research done.

L. Course Outcomes: At the end of the course, students will be able to:

PSY205.1 Students will Develop insight and analyze the contribution of social psychologists to the understanding of human society

PSY205.2 Evaluate effective strategies in socialization, group processes (both inter and intra group), and interpersonal processes and helping behaviour.

PSY205.3 Ability to chart the progression of theories in major areas in Social Psychology.

PSY205.4 Interpret attitude formation and various methods to be used to change the attitude

M. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues

related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

N. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

O. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

P. Syllabus

Module I: Introduction to Social Psychology

Nature and Scope

Methods of Social Psychology

Module II: Social Cognition

Cognitive Strategies, Schemes, Stereotypes, attribution

Person and self-perception

Module III: Interpersonal Communication and Interpersonal Attraction

Meaning, Social Aspects of Verbal and Non-verbal communication

Factors underlying interpersonal attraction, theoretical orientations to interpersonal attraction

Module IV: Aspects of Human Interaction & Collective Behavior

Pro-social Behavior and Aggression

Mob Behavior and crowds; Nature, types and theories

Module V: Attitude and Social Influence Process

Definition, function, formation and theory of attitude formation

Conformity and Compliance: Nature and factors affecting them

Module VI: Social psychology in different settings

Government agencies, NGOs, Hospitals, Educational Institutions & Communities

Q. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

R. Suggested Text/Reference Books:

- N.K. Chadha (ed) (2012) Social Psychology: McMillan Publishers, New Delhi
- Launching New Ventures: An Entrepreneurial Approach, 5th Edition, Kathleen R. Allen University of Southern California, ISBN-13: 9780547014562
- Entrepreneurship: creating and managing new ventures, Bruce Lloyd, Pergamon Press, ISBN0080371086
- Start Run & Grow: A Successful Small Business, CCH, CCH Tax and accounting, ISBN0808012010
- Managing New Ventures: Concepts and Cases in Entrepreneurship, By Anjan Raichaudhur, PHI, ISBN 978-81-203-4156-2
- Technology Ventures: From Idea to Enterprise, Thomas H. Byers, Richard C. Dorf, Andrew Nelson, Science Engineering & Math;

S. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Introduction	Lecture	PSY205.1	Mid Term, Quiz & End Sem Exam
2	Introduction to Social Psychology	Lecture	PSY205.1	Mid Term, Quiz & End Sem Exam
3	Nature	Lecture	PSY205.1	Mid Term, Quiz

				& End Sem Exam
4	Scope	Lecture	PSY205.1	Mid Term, Quiz & End Sem Exam
5	Methods of Social Psychology	Lecture	PSY205.1	Mid Term, Quiz & End Sem Exam
6	Social Cognition	Lecture	PSY205.1	Mid Term, Quiz & End Sem Exam
7	Cognitive Strategies	Lecture	PSY205.1	Mid Term, Quiz & End Sem Exam
8	Schemes	Lecture	PSY205.1	Mid Term, Quiz & End Sem Exam
9	Stereotypes	Lecture	PSY205.1	Mid Term, Quiz & End Sem Exam
10	attribution	Lecture	PSY205.1	Mid Term, Quiz & End Sem Exam
11	self-perception	Lecture	PSY205.1	Mid Term, Quiz & End Sem Exam
12	Interpersonal Communication	Lecture	PSY205.1	Mid Term, Quiz & End Sem Exam
13	Interpersonal Attraction	Lecture	PSY205.1	Mid Term, Quiz & End Sem Exam
14	Meaning, Social Aspects of Verbal and Non-verbal communication	Lecture	PSY205.1	Mid Term, Quiz & End Sem Exam
15	Factors underlying interpersonal attraction,	Lecture	PSY205.1	Mid Term, Quiz & End Sem Exam
16	theoretical orientations to interpersonal attraction	Lecture	PSY205.2	Mid Term, Quiz & End Sem Exam
17	theoretical orientations to interpersonal attraction	Lecture	PSY205.2	Mid Term, Quiz & End Sem Exam
18	theoretical orientations to interpersonal attraction	Lecture	PSY205.2	Mid Term, Quiz & End Sem Exam
19	Aspects of Human Interaction	Lecture	PSY205.2	Mid Term, Quiz & End Sem Exam
20	Collective Behavior	Lecture	PSY205.2	Quiz & End Sem Exam
21	Pro-social Behavior and Aggression	Lecture	PSY205.2	Quiz & End Sem Exam
22	Mob Behavior and crowds;	Lecture	PSY205.2	Quiz & End Sem Exam
23	Nature, types and theories	Lecture	PSY205.3	Quiz & End Sem Exam
24	Attitude and Social Influence Process	Lecture	PSY205.2	Quiz & End Sem Exam

25	Definition, function , formation	Lecture	PSY205.2	Quiz & End Sem Exam
26	theory of attitude formation	Lecture	PSY205.2	Quiz & End Sem Exam
27	theory of attitude formation	Lecture	PSY205.2	Quiz & End Sem Exam
28	Conformity and Compliance:	Lecture	PSY205.2	Quiz & End Sem Exam
29	Nature and factors affecting them	Lecture	PSY205.2	Quiz & End Sem Exam
30	Nature and factors affecting them	Lecture	PSY205.3	Quiz & End Sem Exam
31	Social psychology in different settings	Lecture	PSY205.4	Quiz & End Sem Exam
32	Government agencies	Lecture	PSY205.4	Quiz & End Sem Exam
33	NGOs	Lecture	PSY205.4	Quiz & End Sem Exam
34	Hospitals	Lecture	PSY205.4	Quiz & End Sem Exam
35	Educational Institutions & Communities	Lecture	PSY205.4	Quiz & End Sem Exam
36	leadership.	Lecture	PSY205.4	Quiz & End Sem Exam

T. Course Articulation Matrix (Mapping of COs with POs)

		CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY205.1	Students will Develop insight and analyse the contribution of social psychologists to the understanding of human society	3				3							3		
PSY205.2	Evaluate effective strategies in socialization, group processes (both	3		3		2		2	2	2	2	3			2

	inter and intra group), and interpersonal processes and helping behaviour.													
PSY205.3	Ability to chart the progression of theories in major areas in Social Psychology.	3		3		2		2	2	2	2	3		3
PSY205.4	Interpret attitude formation and various methods to be used to change the attitude	3		3		2		3	2	3	3			3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : EXPERIMENTAL PSYCHOLOGY – II
Course Code : PSY200, Crédits : 02, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology
Faculty Name: Dr Ritu Raj

K. Introduction: To apply the general concepts of psychology through the medium of experiments.

L. Course Outcomes: At the end of the course, students will be able to:

PSY200.1 Understand the concepts of psychology through the medium of psychological tests.

PSY200.2 Develop the skills of administering psychological tests in the field of psychology.

PSY200.3 Develop the skills of documenting test results in the field of psychology.

PSY200.4. Develop the skills of report writing.

M. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and

norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

N. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

O. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Lab/Practical File	PF	25%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

PF: Practical File; EE: End Semester Examination; A: Attendance

Syllabus

1. Span of Attention
2. Tweezers Dexterity
3. Muller-Lyre illusion
4. Two Point Threshold
5. Maze learning

P. Examination Scheme:

Components	A	PF	EE
Weightage (%)	5	25	70

PF: Practical File; EE: End Semester Examination; A: Attendance

Q. Suggested Text/Reference Books:

- Manuals of the respective psychological tests.

R. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Span of Attention	Practical	PSY200.1	Practical File and Practical Exam
2	Introduction.	Practical	PSY200.1	Practical File and Practical Exam
3	Conduction.	Practical	PSY200.2	Practical File and Practical Exam
4	Conduction.	Practical	PSY200.2	Practical File and Practical Exam
5	Scoring & Interpretation.	Practical	PSY200.3	Practical File and Practical Exam
6	Scoring & Interpretation.	Practical	PSY200.3	Practical File and Practical Exam
7	Report writing	Practical	PSY200.4	Practical File and Practical Exam
8	Report writing	Practical	PSY200.4	Practical File and Practical Exam
9	Report writing	Practical	PSY200.4	Practical File and Practical Exam
10	Tweezers Dexterity	Practical	PSY200.4	Practical File and Practical Exam
11	Introduction.	Practical	PSY200.1	Practical File and Practical Exam
12	Introduction.	Practical	PSY200.1	Practical File and

				Practical Exam
13	Conduction.	Practical	PSY200.2	Practical File and Practical Exam
14	Conduction.	Practical	PSY200.2	Practical File and Practical Exam
15	Scoring & Interpretation.	Practical	PSY200.3	Practical File and Practical Exam
16	Scoring & Interpretation.	Practical	PSY200.3	Practical File and Practical Exam
17	Report writing	Practical	PSY200.4	Practical File and Practical Exam
18	Report writing	Practical	PSY200.4	Practical File and Practical Exam
19	Report writing	Practical	PSY200.4	Practical File and Practical Exam
20	Muller-Lyre illusion	Practical	PSY200.1	Practical File and Practical Exam
21	Introduction.	Practical	PSY200.1	Practical File and Practical Exam
22	Introduction.	Practical	PSY200.1	Practical File and Practical Exam
23	Conduction.	Practical	PSY200.2	Practical File and Practical Exam
24	Conduction.	Practical	PSY200.2	Practical File and Practical Exam
25	Scoring & Interpretation.	Practical	PSY200.3	Practical File and Practical Exam
26	Scoring & Interpretation.	Practical	PSY200.3	Practical File and Practical Exam
27	Report writing	Practical	PSY200.4	Practical File and Practical Exam
28	Report writing	Practical	PSY200.4	Practical File and Practical Exam
29	Report writing	Practical	PSY200.4	Practical File and Practical Exam
30	Two Point Threshold	Practical	PSY200.1	Practical File and Practical Exam
31	Introduction.	Practical	PSY200.1	Practical File and Practical Exam
32	Introduction.	Practical	PSY200.1	Practical File and Practical Exam
33	Conduction.	Practical	PSY200.2	Practical File and Practical Exam
34	Conduction.	Practical	PSY200.2	Practical File and Practical Exam
35	Scoring & Interpretation.	Practical	PSY200.3	Practical File and Practical Exam
36	Scoring & Interpretation.	Practical	PSY200.3	Practical File and Practical Exam
37	Report writing	Practical	PSY200.4	Practical File and

				Practical Exam
38	Report writing	Practical	PSY200.4	Practical File and Practical Exam
39	Report writing	Practical	PSY200.4	Practical File and Practical Exam
40	Maze learning	Practical	PSY200.1	Practical File and Practical Exam
41	Introduction.	Practical	PSY200.1	Practical File and Practical Exam
42	Introduction.	Practical	PSY200.1	Practical File and Practical Exam
43	Conduction.	Practical	PSY200.2	Practical File and Practical Exam
44	Conduction.	Practical	PSY200.2	Practical File and Practical Exam
45	Scoring & Interpretation.	Practical	PSY200.3	Practical File and Practical Exam
46	Scoring & Interpretation.	Practical	PSY200.3	Practical File and Practical Exam
47	Report writing	Practical	PSY200.4	Practical File and Practical Exam
48	Report writing	Practical	PSY200.4	Practical File and Practical Exam

S. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY200.1	Understand the concepts of psychology through the medium of psychological tests	3			3	1				3	1	3		
PSY200.2	Develop the skills of administering psychological tests in the field of psychology						3		3	3	2			3
PSY200.3	Develop the skills of documenting test results in the field of psychology						3			3	2			3
PSY200.4	Develop the skills of report writing						3		3	3				3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : BEHAVIOURAL SCIENCE II
Course Code : BSU243, Crédits: 01, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology
Faculty Name: Ms Devanshi Khemaria

K. Introduction: To inculcate in the students an understanding of individual differences. Understanding of self in relation to society and nation. Facilitation for a meaningful existence and adjustment in society. Inculcating patriotism and national pride.

L. Course Outcomes: At the end of the course, students will be able to:

BSU243.1 Student will be able to identify, understand, and apply contemporary theories of leadership to a wide range of situations and interactions.

BSU243.2 Student will be able to understand and respect individual difference, so to enhance the relationship

BSU243.3 Learn social responsibility and develop a sense of citizenship

BSU243.4 Student will be able to identify and understand the impact of culture on one's leadership style

M. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues

related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

N. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

O. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	SAP	Project	15%
	JoS	Assignment	10%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking the End Semester examination. The allowance of 25% includes all types of leaves, including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

P. Syllabus

Module I: Individual differences & Personality

Personality: Definition & Relevance

Importance of nature & nurture in Personality Development

Importance and Recognition of Individual differences in Personality

Accepting and Managing Individual differences

Intuition, Judgment, Perception & Sensation (MBTI)

BIG5 Factors

Module II: Managing Diversity

Defining Diversity

Affirmation Action and Managing Diversity

Increasing Diversity in Work Force

Barriers and Challenges in Managing Diversity

Module III: Socialization

Nature of Socialization

Social Interaction

Interaction of Socialization Process

Contributions to Society and Nation

Module IV: Patriotism and National Pride

Sense of pride and patriotism

Importance of discipline and hard work

Integrity and accountability

Module V: Human Rights, Values and Ethics

Meaning and Importance of human rights

Human rights awareness

Values and Ethics- Learning based on project work on Scriptures like- Ramayana, Mahabharata, Gita etc.

Q. Examination Scheme:

Components	A	SAP	JoS	EE
Weightage (%)	5	15	10	70

SAP: Social Awareness Program, JoS: Journal of Success, EE: End Semester Examination; A: Attendance

R. Suggested Text/Reference Books:

- Davis, K. Organizational Behaviour,
- Bates, A. P. and Julian, J.: Sociology - Understanding Social Behaviour
- Dressler, David and Cans, Donald: The Study of Human Interaction
- Lapiere, Richard. T – Social Change
- Lindzey, G. and Borgatta, E: Sociometric Measurement in the Handbook of Social Psychology, Addison – Welsley, US.

S. Lecture Plan

Lecture	Topics	Mode of	Correspon	Mode of
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		Delivery	ding CO	Assessing CO
1	Individual differences & Personality	Lecture	BSU243.2	SAP and JoS & End Sem Exam
2	Accepting and Managing Individual differences	Lecture	BSU243.1	SAP and JoS & End Sem Exam
3	Intuition, Judgment, Perception & Sensation (MBTI)	Lecture	BSU243.2	SAP and JoS & End Sem Exam
4	BIG5 Factors	Lecture	BSU243.4	SAP and JoS & End Sem Exam
5	Managing Diversity	Lecture	BSU243.3	SAP and JoS & End Sem Exam
6	Defining Diversity Affirmation Action and Managing Diversity	Lecture	BSU243.3	SAP and JoS & End Sem Exam
7	Increasing Diversity in Work Force Barriers and Challenges in Managing Diversity	Lecture	BSU243.4	SAP and JoS & End Sem Exam
8	Socialization Nature of Socialization Social Interaction Interaction of Socialization Process Contributions to Society and Nation	Lecture	BSU243.3	SAP and JoS & End Sem Exam
9	Patriotism and National Pride Sense of pride and patriotism	Lecture	BSU243.3	SAP and JoS & End Sem Exam
10	Importance of discipline and hard work Integrity and accountability	Lecture	BSU243.3	SAP and JoS & End Sem Exam
11	Human Rights, Values and Ethics Meaning and Importance of human rights Human rights awareness	Lecture	BSU243.2	SAP and JoS & End Sem Exam
12	Values and Ethics- Learning based on project work on Scriptures like- Ramayana, Mahabharata, Gita etc.	Lecture	BSU243.5	SAP and JoS & End Sem Exam

T. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
BSU243.1	Student will be able to identify, understand, and apply contemporary theories of leadership to a wide range of situations and interactions											3			3
BSU243.2	Student will be able to understand and respect individual difference, so to enhance the relationship	3		3		2		2		3		3		3	
BSU243.3	Learn social responsibility and develop a sense of citizenship			3				2		3				3	
BSU243.4	Develop strategies to recruit, retain, and continually motivate contributing members to the organization	2			2	2						3			

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : INTRODUCTORY COUNSELING PSYCHOLOGY
Course Code : PSY401, Crédits : 04, Session :2023-24(Even Sem.), Class : BA (H) App Psychology
Faculty Name: Ms Grace Sharon Joyce

K. Introduction: This course will provide each student to develop and demonstrate theoretical models supported by a substantial body of idea related to approaches to counseling skills.

L. Course Outcomes: At the end of the course, students will be able to:

PSY401.1 Acquire knowledge about strategies of counselling.

PSY401.2 Enhance their understanding of practical applications of the skills and techniques

PSY401.3 Outline the role of psychological theory in application to the helping process.

PSY401.4 Evaluate appropriate responses based on ethical and legal standards in counselling

M. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

N. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

O. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

P. Syllabus

Module I: Counselling: The Art and Science of Helping

Meaning, purpose and goals of counseling with special reference to India
Professional issues, ethics, education and training of the counselor
Characteristics of a good counselor

Module II: Counselling Process

Counselling relationship
Counselling interview
Counselling Termination

Module III: Theories and Techniques of Counselling

Psychodynamic Approaches
Freudain, Neo Freudian, Existentialism, Client centered

Module IV: Cognitive Approaches

REBT:Rational emotive behaviour Therapy

Module V: Behavioural Approaches

Cognitive Behaviour Therapy
Behaviour Modifications

Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

Q. Suggested Text/Reference Books:

- Encyclopedia of Psychotherapy vol. 2
- Michael P. Nichis: The essentials of Family therapy: A Pearson Education Company 2001
- Prochaska,James,A: system of Psychotherapy: Pacific Erove; Books/ code publishing core 1998
- Ravi Rana: Counselling students- A psychodynamic Perspective: Mac Millan Press Ltd: 2000
- Samuel .T.Gladding : Counselling A Comprehensive Profession : A Pearson Education company
- S P K Jena: Behaviour Therapy Technique, Research and Application: Sage Publications India Pvt Ltd: 2008

R. Lecture Plan

Lecture	Topics	Mode of Delivery	Correspon ding CO	Mode of Assessing CO
1	Counselling	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
2	The Art and Science of Helping	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
3	The Art and Science of Helping	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
4	The Art and Science of Helping	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
5	Meaning, purpose	Lecture	PSY401.1	Mid Term, Quiz

				& End Sem Exam
6	Goals of counseling	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
7	Special reference to India	Lecture	PSY401.2	Mid Term, Quiz & End Sem Exam
8	Professional issues,	Lecture	PSY401.2	Mid Term, Quiz & End Sem Exam
9	Ethics, education, and training of the counsellor	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
10	Characteristics of a good counsellor	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
11	Characteristics of a good counsellor	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
12	Characteristics of a good counsellor	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
13	Counselling Process	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
14	Counselling Process	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
15	Counselling relationship	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
16	Counselling interview	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
17	Counselling relationship	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
18	Counselling relationship	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
19	Counselling relationship	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
20	Counselling relationship	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
21	Counselling relationship	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
22	Counselling Termination	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
23	Counselling Termination	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
24	Counselling Termination	Lecture	PSY401.1	Mid Term, Quiz & End Sem Exam
25	Theories and Techniques of Counselling	Lecture	PSY401.3	Quiz & End Sem Exam
26	Theories and Techniques of Counselling	Lecture	PSY401.3	Quiz & End Sem Exam
27	Theories and Techniques of Counselling	Lecture	PSY401.3	Quiz & End Sem Exam
28	Theories and Techniques of Counselling	Lecture	PSY401.3	Quiz & End Sem Exam
29	Psychodynamic Approaches	Lecture	PSY401.3	Quiz & End Sem Exam
30	Freudain,	Lecture	PSY401.3	Quiz & End Sem

				Exam
31	Freudain,	Lecture	PSY401.4	Quiz & End Sem Exam
32	Neo Freudian,	Lecture	PSY401.4	Quiz & End Sem Exam
33	Existentialism,	Lecture	PSY401.3	Quiz & End Sem Exam
34	Client centered	Lecture	PSY401.3	Quiz & End Sem Exam
35	Client centered	Lecture	PSY401.3	Quiz & End Sem Exam
36	Cognitive Approaches	Lecture	PSY401.3	Quiz & End Sem Exam
37	Cognitive Approaches	Lecture	PSY401.3	Quiz & End Sem Exam
38	behaviour Therapy	Lecture	PSY401.3	Quiz & End Sem Exam
39	Cognitive Approaches	Lecture	PSY401.3	Quiz & End Sem Exam
40	REBT:Rational emotive	Lecture	PSY401.3	Quiz & End Sem Exam
41	Cognitive Approaches	Lecture	PSY401.3	Quiz & End Sem Exam
42	Behavioural Approaches	Lecture	PSY401.3	Quiz & End Sem Exam
43	Behavioural Approaches	Lecture	PSY401.3	Quiz & End Sem Exam
44	Behavioural Approaches	Lecture	PSY401.3	Quiz & End Sem Exam
45	Cognitive Behaviour Therapy Behaviour Modifications	Lecture	PSY401.3	Quiz & End Sem Exam
46	Cognitive Behaviour Therapy Behaviour Modifications	Lecture	PSY401.4	Quiz & End Sem Exam
47	Cognitive Behaviour Therapy Behaviour Modifications	Lecture	PSY401.4	Quiz & End Sem Exam
48	Cognitive Behaviour Therapy Behaviour Modifications	Lecture	PSY401.4	Quiz & End Sem Exam

S. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES
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		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 0	P S O 1	P S O 2	P S O 3
PSY401.1	Acquire knowledge about strategies of counselling.	3		2		3				3	3	3		
PSY401.2	Enhance their understanding of practical applications of the skills and techniques	3			2					3		3		
PSY401.3	Outline the role of psychological theory in application to the helping process.			3	3		2			3				3
PSY401.4	Evaluate appropriate responses based on ethical and legal standards in counselling			3			2			3				3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : ABNORMAL PSYCHOLOGY
Course Code : PSY402, Crédits : 04, Session :2023-24(Even Sem.), Class : BA (H) App Psychology
Faculty Name: Dr Deepak Kumar

K. Introduction: The purpose of Abnormal Psychology is to introduce students to fundamental concepts and scientific principles underlying abnormal human behaviour.

L. Course Outcomes: At the end of the course, students will be able to:

PSY402.1 Describe and evaluate the criteria used in the classification and diagnosis of personality disorders, mental illness

PSY402.2 Identify different types of anxiety and schizophrenia spectrum and other psychotic disorders, their clinical picture.

PSY402.3 Identify different types of mood disorder their clinical picture and management

PSY402.4. Identify different types of new age psychological disorders their clinical picture.

M. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

N. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

O. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

P. Syllabus

Module I: Introduction

Concept of abnormality: Criteria and Perspectives

Classification: DSM V & ICD-10

Casual factors in Psychopathological Behaviour

Biological determinants

Psychological determinants

Socio-cultural determinants

Module II: Anxiety Disorders & Somatoform Disorders

Generalized anxiety disorders

Obsessive– Compulsive disorders

Phobic Disorders

Conversion disorders

Hypochondriasis

Module III: Dissociative Disorder

Psychogenic Amnesia and Fugue

Dissociative Identity Disorder

Module IV: Mood Disorders

Bipolar disorders: Mixed, Manic, Depressive

Depressive disorder: Major depression and dysthymia,

Module V: Schizophrenia

Catatonic

Disorganized

Paranoid

Module VI: Personality Disorders

Personality Disorder: Narcissistic Personality, Histrionic Personality,

Antisocial (Psychopathic) Personality, Borderline Personality, Paranoid Personality, and Schizotypal Personality

Q. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

R. Suggested Text/Reference Books:

- Explain multiple definitions of the terms “normal” and “abnormal.”
- Review psychological, biological, and sociocultural theoretical perspectives of abnormal behavior.
- Describe the diagnostic criteria, symptoms, course, incidence, prevalence, etiology, prognosis, and correlates of major mental disorders.
- Evaluate biological, social, learning, and developmental influences on psychopathology.
- Apply diagnostic criteria and case formulations to the assessment and diagnosis of major mental disorders
- Review current research findings and trends relative to the development and description of maladaptive behavior, as well as gender and demographic influences on the prevalence of psychological illness.

S. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Introduction Concept of abnormality: Criteria and Perspectives Classification: DSM V & ICD-10 Casual factors in Psychopathological Behaviour Biological determinants Psychological determinants Socio-cultural determinants	Lecture	PSY402.1	Mid Term, Quiz & End Sem Exam
2		Lecture	PSY402.1	Mid Term, Quiz & End Sem Exam
3		Lecture	PSY402.1	Mid Term, Quiz & End Sem Exam
4		Lecture	PSY402.1	Mid Term, Quiz & End Sem Exam
5		Lecture	PSY402.1	Mid Term, Quiz & End Sem Exam
6		Lecture	PSY402.1	Mid Term, Quiz & End Sem Exam
7		Lecture	PSY402.1	Mid Term, Quiz & End Sem Exam
8		Lecture	PSY402.3	Mid Term, Quiz & End Sem Exam
9		Lecture	PSY402.3	Mid Term, Quiz & End Sem Exam
10		Lecture	PSY402.2	Mid Term, Quiz & End Sem Exam
11		Lecture	PSY402.2	Mid Term, Quiz & End Sem Exam
12	Anxiety Disorders & Somatoform Disorders	Lecture	PSY402.2	Mid Term, Quiz & End Sem Exam
13	Generalized anxiety disorders Obsessive– Compulsive disorders	Lecture	PSY402.2	Mid Term, Quiz & End Sem Exam
14	Phobic Disorders	Lecture	PSY402.3	Mid Term, Quiz & End Sem Exam
15	Conversion disorders Hypochondriasis	Lecture	PSY402.4	Mid Term, Quiz & End Sem Exam
16	Dissociative Disorder	Lecture	PSY402.4	Mid Term, Quiz & End Sem Exam
17	Psychogenic Amnesia	Lecture	PSY402.4	Mid Term, Quiz & End Sem Exam

18	Fugue	Lecture	PSY402.4	Mid Term, Quiz & End Sem Exam
19	Dissociative Identity Disorder	Lecture	PSY402.4	Mid Term, Quiz & End Sem Exam
20	Dissociative Identity Disorder	Lecture	PSY402.4	Mid Term, Quiz & End Sem Exam
21	Dissociative Identity Disorder	Lecture	PSY402.4	Mid Term, Quiz & End Sem Exam
22	Mood Disorders	Lecture	PSY402.4	Quiz & End Sem Exam
23	Bipolar disorders: Mixed,	Lecture	PSY402.4	Quiz & End Sem Exam
24	Manic, Depressive	Lecture	PSY402.4	Quiz & End Sem Exam
25	Depressive disorder	Lecture	PSY402.4	Quiz & End Sem Exam
26	Major depression and dysthymia	Lecture	PSY402.4	Quiz & End Sem Exam
27	Schizophrenia	Lecture	PSY402.4	Quiz & End Sem Exam
28	Catatonic	Lecture	PSY402.4	Quiz & End Sem Exam
29	Disorganized Paranoid	Lecture	PSY402.4	Quiz & End Sem Exam
30	Personality Disorders	Lecture	PSY402.4	Quiz & End Sem Exam
31	Narcissistic Personality,	Lecture	PSY402.4	Quiz & End Sem Exam
32	Borderline Personality,	Lecture	PSY402.4	Quiz & End Sem Exam
33	Paranoid Personality, and	Lecture	PSY402.4	Quiz & End Sem Exam
34	Histrionic Personality,	Lecture	PSY402.4	Quiz & End Sem Exam
35	Antisocial (Psychopathic)	Lecture	PSY402.4	Quiz & End Sem Exam
36	Schizotypal Personality	Lecture	PSY402.4	Quiz & End Sem Exam

T. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY402.1	Describe and evaluate the criteria used in the classification and diagnosis of personality disorders, mental illness.	2		3			3			3	2	3		3
PSY402.2	Identify different types of anxiety and schizophrenia spectrum and other psychotic disorders, their clinical picture.	2	2		3								2	3
PSY402.3	Identify different types of mood disorder their clinical picture and management.					3				3	3			3
PSY402.4	Identify different types of new age psychological disorders their clinical picture.		2	3		3	3	2	3		2	3		3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : INTRODUCTION TO ORGANIZATIONAL PSYCHOLOGY
Course Code : PSY403, Crédits : 03, Session :2023-24(Even Sem.), Class : BA (H) App Psy. 3rd Year
Faculty Name: Dr Ritu Raj

A. Introduction: To enable students to get a basic understanding of the role of industrial relationships, legal and social aspects and their applications related to the organizational settings. This course will provide to enable students to understand concepts, theories and research of organizational psychology.

K. Course Outcomes: At the end of the course, students will be able to:

PSY403.1 Improving organisational relations.

PSY403.2 Identify and review latest issues of management.

PSY403.3 Identify employee grievances.

PSY403.4. Assess organisational disputes.

L. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety,

legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

M. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

N. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

O. Syllabus

Module I Organizational Communication

Types of organizational communication

Interpersonal communication

Improving employee communication skills

Module II Organizational Change

The prevalence of change in Organization

The nature of change process

Forces behind unplanned change

Managing Organizational Change

Module III Performance Appraisal

Definition

Appraisal Process, Appraisal Methods

Absolute Standard- Essay method, Critical incident method, Checklist method, Graphic rating scale, Forced choice method, Behavior Anchored Rating Scale (BARS)

Relative standards – Group Order Ranking, Individual Ranking, Paired comparison, Management by objectives, 360 degree appraisal, Errors in appraising

Module IV Working Conditions and Human Factors

Work schedules

Work Environment

Ergonomics and Human Factors

Module V Organizational Environment

Structure and design

Individual in organization

Organizational culture

P. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

Q. Suggested Text/Reference Books:

Text:

- Dwivedi, R. S. (2000). Managing human resources: Personal management; SPS Press: N. Delhi.
- Haslam, S. A. (2002). Psychology in organization; Sage Publication: Thousand Oaks.
- Tosi, L.H., Mrero, N.P. Johr R. Rizzo (1999) Managing organizational behaviour; Oxford: Blackwell.
- Walton, J. (1999). Strategic human resource development; Prentice - Hall: London.

R. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Organizational Communication	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam

2	Types of organizational communication	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
3	Types of organizational communication	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
4	Types of organizational communication	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
5	Types of organizational communication	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
6	Types of organizational communication	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
7	Interpersonal communication	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
8	Improving employee communication skills	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
9	Organizational Change	Lecture	PSY403.2	Mid Term, Quiz & End Sem Exam
10	The prevalence of change in Organization	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
11	The nature of change process	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
12	Forces behind unplanned change	Lecture	PSY403.2	Mid Term, Quiz & End Sem Exam
13	Managing Organizational Change	Lecture	PSY403.2	Mid Term, Quiz & End Sem Exam
14	Performance Appraisal	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
15	Definition Appraisal Process, Appraisal Methods	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
16	Absolute Standard- Essay method, Critical incident method,	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
17	Checklist method, Graphic rating scale	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
18	Forced choice method, Behaviour	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
19	Anchored Rating Scale (BARS) Relative standards	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
20	– Group Order Ranking, Individual Ranking, Paired comparison,	Lecture	PSY403.2	Mid Term, Quiz & End Sem Exam
21	Management by objectives, 360 degree appraisal, Errors in appraising	Lecture	PSY403.4	Mid Term, Quiz & End Sem Exam
22	Working Conditions and Human Factors	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
23	Human Factors	Lecture	PSY403.1	Mid Term, Quiz & End Sem Exam
24	Work schedules	Lecture	PSY403.1	Mid Term, Quiz

				& End Sem Exam
25	Work Environment	Lecture	PSY403.1	Quiz & End Sem Exam
26	Ergonomics and Human Factors	Lecture	PSY403.2	Quiz & End Sem Exam
27	Ergonomics and Human Factors	Lecture	PSY403.1	Quiz & End Sem Exam
28	Ergonomics and Human Factors	Lecture	PSY403.2	Quiz & End Sem Exam
29	Organizational Environment	Lecture	PSY403.3	Quiz & End Sem Exam
30	Organizational Environment	Lecture	PSY403.3	Quiz & End Sem Exam
31	Structure and design	Lecture	PSY403.3	Quiz & End Sem Exam
32	Structure and design	Lecture	PSY403.4	Quiz & End Sem Exam
33	Individual in organization	Lecture	PSY403.4	Quiz & End Sem Exam
34	Organizational culture	Lecture	PSY403.4	Quiz & End Sem Exam
35	Organizational culture	Lecture	PSY403.4	Quiz & End Sem Exam
36	Organizational culture	Lecture	PSY403.4	Quiz & End Sem Exam

S. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY403.1	Improving organisational relations.	3		3		3				3		3		
PSY403.2	Identify and review latest issues of management.	3		3	2	3				2		3		2
PSY403.3	Identify employee grievances.			3						3	2	3		3

PSY403.4	Assess organizational disputes.			3						2	2	3		3
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Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : SPORTS PSYCHOLOGY
Course Code : PSY404, Crédits : 03, Session :2023-24(Even Sem.), Class : BA (H) App Psychology
Faculty Name: Dr Shubhagata Awasthi

K. Introduction: Students will be aware about the knowledge and understanding of the overview of Sport Psychology theories, methodology & interventions

L. Course Outcomes: At the end of the course, students will be able to:

PSY404.1 Students will analyse the history and development of sports psychology

PSY404.2 Students will be able to relate to the theoretical foundation of sports psychology

PSY404.3 Analyse the Psychological strategies of enhancement of sport performance

PSY404.4. List the Ethical & professional perspectives

M. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

N. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

O. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

P. Syllabus

Module I - Perspectives in Sport Psychology

Nature, Historical & recent perspectives on sports psychology

Need and scope of sports psychology

Sport performance, Performance enhancement of Elite athletes,

Nature, Historical & recent perspectives on sport psychology,

Personality profiles of successful sports persons, Performance under pressure

Module II- Overview of Sport Performance

The role of stress, arousal, anxiety and attention in the performance of individual and team sports

Role of cognitive -motor processes,

Psycho-physiological processes and conscious-unconscious attentional processes in Sport Performance

Motivation & deliberate practice

Module III Athlete Assessment

Overview of self-report based athlete assessments

Advances in Athlete assessment using Neuro-cognitive measures and emerging protocols

Module IV - Social Psychological aspects, Sport Psychology Lab Work, Ethical & Professional perspectives

social psychological dimensions of individual & team sports

Role of networking in sports, team v/s individual team game strategies

Sport Psychology considerations for Individual and team games,

Inter-personal communication and contributing to team goals in team sports,

Sport Psychology Lab Work – Either Manual or computerized –

Neuro-cognitive tests or Biofeedback

Practical perspectives, Ethical & professional considerations

Module V- Enhancement of Sport Performance

Training/Coaching techniques,

cognitive and behavioral interventions, the role of Sports Psychologists

Intervention techniques - Goal setting & deliberate practice,

Mental Imagery, Cognitive strategies, Hypnosis

Q. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

R. Suggested Text/Reference Books:

Text:

- J. Mohan, N.K. Chadha and S. Sulan Akhtar (Eds.) (1992) Psychology of Sports- The Indian Perspective. Friends Publications (India): Delhi
- Jarvis, M. Sport psychology. Routledge Publication

References:

- Evidence Based Applied Sport Psychology - A Practitioner's manual By Dr. Roland Carlstedt, Springer Publishing Company

S. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Perspectives in Sport Psychology Nature, Historical & recent	Lecture	PSY404.1	Mid Term, Quiz & End Sem Exam
2	perspectives on sports psychology	Lecture	PSY404.1	Mid Term, Quiz & End Sem Exam
3	Need and scope of sports psychology	Lecture	PSY404.1	Mid Term, Quiz & End Sem Exam
4	Sport performance,	Lecture	PSY404.1	Mid Term, Quiz & End Sem Exam
5	Performance enhancement	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
6	<i>Elite athletes,</i>	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
7	Nature, Historical & recent perspectives on sport psychology,	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
8	Personality profiles of successful sports persons,	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
9	Performance under pressure	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
10	Overview of Sport Performance	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
11	The role of stress	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
12	arousal	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
13	anxiety	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
14	attention in the performance of individual and team sports	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
15	Role of cognitive -motor processes,	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
16	Psycho-physiological processes and conscious-unconscious attentional processes in Sport Performance	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
17	Motivation & deliberate practice	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
18	Athlete Assessment	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
19	Overview of self-report based	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
20	athlete assessments	Lecture	PSY404.2	Mid Term, Quiz

				& End Sem Exam
21	Advances in Athlete assessment using Neuro-cognitive measures and emerging protocols	Lecture	PSY404.2	Mid Term, Quiz & End Sem Exam
22	Social Psychological aspects, Sport Psychology Lab Work, Ethical & Professional perspectives	Lecture	PSY404.4	Mid Term, Quiz & End Sem Exam
23	social psychological dimensions of individual & team sports	Lecture	PSY404.4	Mid Term, Quiz & End Sem Exam
24	Role of networking in sports, team v/s individual team game strategies	Lecture	PSY404.4	Mid Term, Quiz & End Sem Exam
25	Sport Psychology considerations for Individual and team games,	Lecture	PSY404.4	Quiz & End Sem Exam
26	Inter-personal communication and contributing to team goals in team sports, Sport Psychology Lab Work – Either Manual or computerized	Lecture	PSY404.4	Quiz & End Sem Exam
27	Neuro-cognitive tests	Lecture	PSY404.4	Quiz & End Sem Exam
28	Biofeedback Practical perspectives,	Lecture	PSY404.3	Quiz & End Sem Exam
29	Ethical & professional considerations	Lecture	PSY404.3	Quiz & End Sem Exam
30	Enhancement of Sport Performance	Lecture	PSY404.3	Quiz & End Sem Exam
31	Training/Coaching techniques, cognitive and,	Lecture	PSY404.3	Quiz & End Sem Exam
32	Training/Coaching techniques, cognitive and,	Lecture	PSY404.3	Quiz & End Sem Exam
33	behavioral interventions	Lecture	PSY404.3	Quiz & End Sem Exam
34	the role of Sports Psychologists	Lecture	PSY404.3	Quiz & End Sem Exam
35	Intervention techniques - Goal setting & deliberate practice,	Lecture	PSY404.3	Quiz & End Sem Exam
36	Mental Imagery, Cognitive strategies, Hypnosis	Lecture	PSY404.3	Quiz & End Sem Exam

T. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY404.1	Students will analyse the history and development of sports psychology.	3									3	3	3		
PSY404.2	Students will be able to relate to the theoretical foundation of sports psychology.		2	3	3	2	2	2			3	3	3	2	3
PSY404.3	Analyse the Psychological strategies of enhancement of sport performance.		2	3	3	2	2				3	3	3	2	3
PSY404.4	List the Ethical & professional perspectives.	3		3							3		3		

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : **PSYCHOLOGY AND LIFE SKILLS**

Course Code : PSY405, Crédits : 03, Session :2023-24 (Even Sem.), Class : BA (H) App Psychology

Faculty Name: Dr Sandhya Garg

K. Introduction: To enables the students to understand various concepts and phenomenon in psychology. Help the students to assess the human personality

L. Course Outcomes: At the end of the course, students will be able to:

PSY405.1 Develop an understanding of the field of psychology.

PSY405.2 Analyse emergence of psychology in Indian context

PSY405.3 Evaluate different methods of Psycho educational assessment.

M. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and

norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

N. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

O. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

P. Syllabus

Module I Module I: Introduction

Definition of Psychology

Nature and scope of the field

Module II Research in psychology

Introduction to research methods

Types of research (experimental and non-experimental)

Scope of research

Module III Individual differences & human personality

Concept of individual differences & human personality

Theories of personality (in brief)

Assessing human personality

Module IV Psychology in Indian context

Emergence of psychology in India

Scope of psychology in India

Indigenous psychology

Module V Application of psychology in everyday life

Application of psychology for the reduction of poverty, violence and other social problems

Tackling burning issues with psychology such as terrorism rape and hate crimes.

Q. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

R. Suggested Text/Reference Books:

Text:

- Misra, G. (2011). Handbook of Psychology in India. Oxford University Press
- Pandey, J. (2004). Psychology in India Revisited - Developments in the Discipline, Volume 1-4. Sage publications India Pvt. Ltd.
- Zimbardo, P., & Gerrig, R. J. (2008). Psychology and Life. Pearsons Education.

S. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Introduction	Lecture	PSY405.1	Mid Term, Quiz & End Sem Exam
2	Definition of Psychology	Lecture	PSY405.1	Mid Term, Quiz & End Sem Exam
3	Nature and scope of the field	Lecture	PSY405.1	Mid Term, Quiz & End Sem Exam

4	<i>scope of the field</i>	Lecture	PSY405.1	Mid Term, Quiz & End Sem Exam
5	scope of the field	Lecture	PSY405.1	Mid Term, Quiz & End Sem Exam
6	scope of the field	Lecture	PSY405.1	Mid Term, Quiz & End Sem Exam
7	Research in psychology	Lecture	PSY405.1	Mid Term, Quiz & End Sem Exam
8	Research in psychology	Lecture	PSY405.1	Mid Term, Quiz & End Sem Exam
9	Introduction to research	Lecture	PSY405.1	Mid Term, Quiz & End Sem Exam
10	methods	Lecture	PSY405.2	Mid Term, Quiz & End Sem Exam
11	Types of research	Lecture	PSY405.2	Mid Term, Quiz & End Sem Exam
12	Experimental	Lecture	PSY405.2	Mid Term, Quiz & End Sem Exam
13	non-experimental	Lecture	PSY405.2	Mid Term, Quiz & End Sem Exam
14	Scope of research	Lecture	PSY405.2	Mid Term, Quiz & End Sem Exam
15	Scope of research	Lecture	PSY405.2	Mid Term, Quiz & End Sem Exam
16	Scope of research	Lecture	PSY405.2	Mid Term, Quiz & End Sem Exam
17	Scope of research	Lecture	PSY405.2	Mid Term, Quiz & End Sem Exam
18	Individual differences & human personality	Lecture	PSY405.2	Mid Term, Quiz & End Sem Exam
19	Individual differences & human personality	Lecture	PSY405.2	Mid Term, Quiz & End Sem Exam
20	human personality	Lecture	PSY405.2	Mid Term, Quiz & End Sem Exam
21	Concept of individual	Lecture	PSY405.2	Mid Term, Quiz & End Sem Exam
22	differences & human personality	Lecture	PSY405.2	Mid Term, Quiz & End Sem Exam
23	Theories of personality (in brief)	Lecture	PSY405.3	Mid Term, Quiz & End Sem Exam
24	Theories of personality	Lecture	PSY405.3	Mid Term, Quiz & End Sem Exam
25	Theories of personality	Lecture	PSY405.3	Quiz & End Sem Exam
26	Assessing human personality	Lecture	PSY405.3	Quiz & End Sem Exam
27	Assessing human personality	Lecture	PSY405.3	Quiz & End Sem Exam

28	Psychology in Indian context	Lecture	PSY405.3	Quiz & End Sem Exam
29	Emergence of psychology in India	Lecture	PSY405.3	Quiz & End Sem Exam
30	Scope of psychology in India	Lecture	PSY405.4	Quiz & End Sem Exam
31	Indigenous psychology	Lecture	PSY405.4	Quiz & End Sem Exam
32	Application of psychology in everyday life	Lecture	PSY405.4	Quiz & End Sem Exam
33	Application of psychology for the reduction of poverty,	Lecture	PSY405.4	Quiz & End Sem Exam
34	violence and other social problems	Lecture	PSY405.4	Quiz & End Sem Exam
35	Tackling burning issues with psychology such as terrorism rape and hate crimes.	Lecture	PSY405.4	Quiz & End Sem Exam
36	Tackling burning issues with psychology such as terrorism rape and hate crimes.	Lecture	PSY405.4	Quiz & End Sem Exam

T. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY405.1	Develop an understanding of the field of psychology.	2				1					3		2		3
PSY405.2	Analyse emergence of psychology in Indian context			2	3					3	1				3
PSY405.3	Evaluate different methods of Psycho educational assessment.			2	3					3	1				3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : **EDUCATIONAL PSYCHOLOGY**

Course Code : PSY406, Crédits : 03, Session :2023-24(Even Sem.), Class : BA (H) App Psychology

Faculty Name: Ms Devanshi Khemaria

A. Introduction: To enables the students to gather knowledge about the need and scope of Educational psychology with focus on various teaching & learning styles, cognitive issues, and various sources of measurement of learning..

B. Course Outcomes: At the end of the course, students will be able to:

PSY406.1 Understand and apply Learning Styles & Teaching Strategies in various educational settings.

PSY406.2 Evaluate different methods of enhancing learning.

PSY406.3 Evaluate different methods of educational assessment.

PSY406.4. Analyse consultation model & skills.

C. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module 1. Introduction

Aims of education in relation to relationship of self, society and education.

Education and self-knowledge: Becoming a reflective practitioner.

Brief introduction to problems of schooling in contemporary India.

Transformative education for individual and social change.

Module 2. Cognition and Learning

An overview of the key theoretical approaches: Behaviorism, Individual-Constructivism, Social-constructivism, Social learning theory.

Indian perspectives: Learning through deep contemplation and purified perception, learning through silence.

Mindfulness in learning.

Module 3. Learning and Motivation

Critical reflection on the folk understanding of 'intelligence', 'ability' and 'achievement' in contemporary India.

Motivation and developmental dynamics.

Creativity and Imagination, Learning Styles, Cooperative Learning.

Creating an emotionally secure classroom that encourages

Democracy, self-expression, and self-determination.

Module 4. Education in the Indian Context

Understanding the hidden curriculum of education; learner diversity and hidden discrimination.

Understanding educational stress and anxiety, bullying, parental and peer pressure.

Education, consumerism and the market.

Enhancing mental health and well-being of learners and teachers.

Education and technology in contemporary India.

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

Text:

- Badheka, G. (1997). Divaswapan. New Delhi, India: NBT.
- Bodrova, E., & Leong, D. J. (1996). Tools of the mind: The Vygotskian approach to early childhood education. NJ, USA: Prentice-Hall.
- Bruner, J. (1996). The culture of education. Cambridge: Harvard University Press.
- Cornelissen, M., Misra G., & Varma, S. (2010). Foundations of Indian psychology (Vol. 2). New Delhi, India: Pearson.
- Huppes, N. (2001). Psychic education: A workbook. Pondicherry, India: Sri Aurobindo Ashram.
- Joshi, K. (Ed.) (1988). The good teacher and the good pupil. Auroville, India: Sri Aurobindo International Institute of Educational Research.
- Kapur, M. (2007). Learning from children what to teach them. New Delhi, India: Sage Publications.
- Krishnamurti, J. (1974). On education. Ojai, California: Krishnamurti Foundation Trust.
- National Council of Educational Research and Training. (2006). Position paper: National focus group on aims of education. In National Curriculum Framework 2005. New Delhi, India: NCERT.
- Rogers, C. (1983). Freedom to learn in the 80s. USA: Charles R. Merrill Pub. Co.
- Sri Aurobindo, & The Mother. (1956). On education. Pondicherry, India: Sri Aurobindo Ashram Press.
- Thapan, M. (Ed.) (2014). Ethnographies of schooling in contemporary India. New Delhi,

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Introduction	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
2	Aims of education in relation to relationship of self,	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
3	society and education.	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
4	Education and self-knowledge:	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
5	Becoming a reflective practitioner.	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
6	Brief introduction to problems of schooling in contemporary India.	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
7	Brief introduction to problems of schooling in contemporary India.	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
8	Brief introduction to problems of schooling in contemporary India.	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
9	Brief introduction to problems of schooling in contemporary India.	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
10	Transformative education for individual and social change.	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
11	Transformative education for individual and social change.	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
12	Cognition and Learning An overview of the key	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
13	theoretical approaches: Behaviorism,	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
14	Individual-Constructivism, Social-constructivism,	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
15	Social learning theory. Indian perspectives:	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
16	Learning through deep contemplation and purified perception, learning through silence.	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
17	Mindfulness in learning.	Lecture	PSY406.3	Mid Term, Quiz & End Sem Exam

18	Learning and Motivation	Lecture	PSY406.3	Mid Term, Quiz & End Sem Exam
19	Critical reflection on the folk understanding of 'intelligence', 'ability' and	Lecture	PSY406.3	Mid Term, Quiz & End Sem Exam
20	'achievement' in contemporary India.	Lecture	PSY406.3	Mid Term, Quiz & End Sem Exam
21	Motivation and developmental dynamics.	Lecture	PSY406.3	Mid Term, Quiz & End Sem Exam
22	Creativity and Imagination,	Lecture	PSY406.3	Mid Term, Quiz & End Sem Exam
23	Learning Styles, Cooperative Learning.	Lecture	PSY406.3	Mid Term, Quiz & End Sem Exam
24	Creating an emotionally secure classroom that encourages	Lecture	PSY406.4	Mid Term, Quiz & End Sem Exam
25	Democracy, self-expression, and self-determination.	Lecture	PSY406.4	Quiz & End Sem Exam
26	Democracy, self-expression, and self-determination.	Lecture	PSY406.4	Quiz & End Sem Exam
27	Democracy, self-expression, and self-determination.	Lecture	PSY406.4	Quiz & End Sem Exam
28	Democracy, self-expression, and self-determination.	Lecture	PSY406.4	Quiz & End Sem Exam
29	Democracy, self-expression, and self-determination.	Lecture	PSY406.4	Quiz & End Sem Exam
30	Democracy, self-expression, and self-determination.	Lecture	PSY406.4	Quiz & End Sem Exam
31	Education in the Indian Context	Lecture	PSY406.4	Quiz & End Sem Exam
32	Understanding the hidden curriculum of education; learner diversity and hidden discrimination.	Lecture	PSY406.4	Quiz & End Sem Exam
33	Understanding educational stress and anxiety, bullying, parental and peer pressure.	Lecture	PSY406.4	Quiz & End Sem Exam
34	Education, consumerism and the market.	Lecture	PSY406.4	Quiz & End Sem Exam
35	Enhancing mental health and well-being of learners and teachers.	Lecture	PSY406.4	Quiz & End Sem Exam
36	Education and technology in contemporary India.	Lecture	PSY406.4	Quiz & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY406.1	Understand and apply Learning Styles & Teaching	2											2		
PSY406.2	Strategies in various educational settings.			3	2						2				3
PSY406.3	Evaluate different methods of enhancing learning.	1	2			2							2		
PSY406.4	Evaluate different methods of Psycho educational assessment. Analyze consultation model & skills.			3	2						2				3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : **PSYCHOLOGY OF HEALTH AND YOGA**

Course Code : PSY407, Crédits : 03, Session :2023-24(Even Sem.), Class : BA (H) App Psy. 3rd Year

Faculty Name: Ms Jennifer Chandani

- A. Introduction:** To introduce the concepts of transformation of person as the core objective of Indian Psychology, through the study of different traditions of yoga
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY406.1** Develop an understanding of health from Indian theoretical perspective
 - PSY406.2** Apply psychological theories in matters of health
 - PSY406.3** Understand the concept and philosophy of yoga
 - PSY406.4.** To study the role of bhakti as a historical movement well as a concept in social transformation through personal transformation
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
- [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
- [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.
- [PO.5]. The psychology and society:** Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module 1. Health psychology and health promotion through yoga

Health psychology: Definition, need and importance of health psychology; Difference between health psychology and clinical psychology

Health psychology and behavioural medicine

Health promotion: Importance of health psychology in medical and organizational set up

The assumptions surrounding the study of a person/human development, human cognition, human emotion, self/personality and motivation, pertaining to health

A critical evaluation of the applications of psychological knowledge in the area of health, and identification of gaps

Module 2. Stress and lifestyle disorders

Meaning and definitions, Development of stress; Nature of stressors: Frustration pressure

Factors predisposing stress: Stress: Life events and daily hassles

Coping with stress: Problem oriented and emotion oriented

Stress Management: Meaning and definition; Changing thoughts, behavior, and physiological responses

Module 3. Yoga and health: The idea of 'sva-Astha'

The assumptions of development and personhood/self, motivation, cognition, emotion and action in yoga

The centrality of consciousness as such (Nija, Tat, Svaroop, Vastu)

Introduction to the idea of health and well-being in the panchakosha

Module 4. Health promotion through Yoga

Yoga and human development: Yoga in Schools; Research evidence on yoga in schools

Yoga for specific lifestyle disorders: Asthma, sleeplessness, diabetes, BP and cardiac heart diseases

Research evidence on the impact of yoga intervention on lifestyle

G. Suggested Text/Reference Books:

- Babu, R. K. (2011). *Asana sutras*. Vizianagaram, India: Home of Yoga Publications.
- Desikachar, T. K. V. (2003). *Reflections on Yoga Sutras of Patanjali*. Krishnamacharya YogaMandiram.
- Iyengar, B. K. S. (1976). *Light on yoga*. London: UNWIN Paperbacks.
- Niranjanananda Sarswathi, Swami. (1994): *Prana, pranayama, prana vidya*. Munger, India: BiharSchool of Yoga.
- Rama, R. R. (2006). *Journey to the real Self*. Vijinigiri, India: Yoga Consciousness Trust.
- Satyananda S, Swami. (2002). *Asana, pranayama, mudra, bandha*. Munger, India: Yoga Publications Trust.

H. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Health psychology and health promotion through yoga	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
2	Health psychology: Definition, need and importance of health psychology;	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
3	Difference between health psychology and clinical psychology	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam

4	Health psychology and behavioural medicine	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
5	Health promotion: Importance of health psychology in medical and organizational set up	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
6	The assumptions surrounding the study of a person/human	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
7	development, human cognition, human emotion,	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
8	self/personality and motivation, pertaining to health	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
9	A critical evaluation of the applications of psychological knowledge in the area of health, and identification of gaps	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
10	A critical evaluation of the applications of psychological knowledge in the area of health, and identification of gaps	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
11	A critical evaluation of the applications of psychological knowledge in the area of health, and identification of gaps	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
12	Stress and lifestyle disorders	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
13	Meaning and definitions,	Lecture	PSY406.1	Mid Term, Quiz & End Sem Exam
14	Development of stress; Nature of stressors:	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
15	Frustration pressure	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
16	Factors predisposing stress: responses	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
17	Stress: Life events and daily hassles	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
18	Coping with stress: Problem oriented	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
19	emotion oriented	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
20	Stress Management:	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam
21	Meaning and definition; Changing thoughts, behavior, and physiological	Lecture	PSY406.2	Mid Term, Quiz & End Sem Exam

PSY406.1	Develop an understanding of health from Indian theoretical perspective	3	3							3	1	3	3	
PSY406.2	Apply psychological theories in matters of health			3	2					2				3
PSY406.3	Understand the concept and philosophy of yoga	1		2		2	3			3		3		
PSY406.4	To study the role of bhakti as a historical movement well as a concept in social transformation through personal transformation			3	2			2	1	3				3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : PSYCHOLOGY BASIC PRACTICAL II
Course Code : PSY400, Crédits : 02, Session :2023-24(Even Sem.), Class : BA (H) App Psychology
Faculty Name: Dr. Shubhagata Awasthi

K. Introduction: To enable students to understand and apply the general concepts of psychology through the medium of experiments.

L. Course Outcomes: At the end of the course, students will be able to:

PSY400.1. Understand the concepts of psychology through the medium of psychological tests.

PSY400.2. Develop the skills of administering psychological tests in the field of psychology.

PSY400.3. Develop the skills of documenting test results in the field of psychology.

PSY400.4. Develop the skills of report writing.

M. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

N. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

O. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Lab/Practical File	PF	25%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

PF: Practical File; EE: End Semester Examination; A: Attendance

P. Syllabus

1. Family Pathology Scale
2. Sinha's Comprehensive Anxiety Test
3. Work Motivation Scale
4. Verbal Test of Creative Thinking
5. WHO Quality of life (BREF)

Q. Examination Scheme:

Components	A	PF	EE
Weightage (%)	5	25	70

PF: Practical File; EE: End Semester Examination; A: Attendance

R. Suggested Text/Reference Books:

- Manuals of the respective psychological tests.

S. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Family Pathology Scale	Practical	PSY400.1	Practical File and Practical Exam
2	Introduction.	Practical	PSY400.1	Practical File and Practical Exam
3	Conduction.	Practical	PSY400.2	Practical File and Practical Exam
4	Conduction.	Practical	PSY400.2	Practical File and Practical Exam
5	Scoring & Interpretation.	Practical	PSY400.3	Practical File and Practical Exam
6	Scoring & Interpretation.	Practical	PSY400.3	Practical File and Practical Exam
7	Report writing	Practical	PSY400.4	Practical File and Practical Exam
8	Report writing	Practical	PSY400.4	Practical File and Practical Exam
9	Report writing	Practical	PSY400.4	Practical File and Practical Exam
10	Sinha's Comprehensive Anxiety Test	Practical	PSY400.4	Practical File and Practical Exam
11	Introduction.	Practical	PSY400.1	Practical File and Practical Exam
12	Introduction.	Practical	PSY400.1	Practical File and

				Practical Exam
13	Conduction.	Practical	PSY400.2	Practical File and Practical Exam
14	Conduction.	Practical	PSY400.2	Practical File and Practical Exam
15	Scoring & Interpretation.	Practical	PSY400.3	Practical File and Practical Exam
16	Scoring & Interpretation.	Practical	PSY400.3	Practical File and Practical Exam
17	Report writing	Practical	PSY400.4	Practical File and Practical Exam
18	Report writing	Practical	PSY400.4	Practical File and Practical Exam
19	Report writing	Practical	PSY400.4	Practical File and Practical Exam
20	Work Motivation Scale	Practical	PSY400.1	Practical File and Practical Exam
21	Introduction.	Practical	PSY400.1	Practical File and Practical Exam
22	Introduction.	Practical	PSY400.1	Practical File and Practical Exam
23	Conduction.	Practical	PSY400.2	Practical File and Practical Exam
24	Conduction.	Practical	PSY400.2	Practical File and Practical Exam
25	Scoring & Interpretation.	Practical	PSY400.3	Practical File and Practical Exam
26	Scoring & Interpretation.	Practical	PSY400.3	Practical File and Practical Exam
27	Report writing	Practical	PSY400.4	Practical File and Practical Exam
28	Report writing	Practical	PSY400.4	Practical File and Practical Exam
29	Report writing	Practical	PSY400.4	Practical File and Practical Exam
30	Verbal Test of Creative Thinking.	Practical	PSY400.1	Practical File and Practical Exam
31	Introduction.	Practical	PSY400.1	Practical File and Practical Exam
32	Introduction.	Practical	PSY400.1	Practical File and Practical Exam
33	Conduction.	Practical	PSY400.2	Practical File and Practical Exam
34	Conduction.	Practical	PSY400.2	Practical File and Practical Exam
35	Scoring & Interpretation.	Practical	PSY400.3	Practical File and Practical Exam
36	Scoring & Interpretation.	Practical	PSY400.3	Practical File and Practical Exam
37	Report writing	Practical	PSY400.4	Practical File and

				Practical Exam
38	Report writing	Practical	PSY400.4	Practical File and Practical Exam
39	Report writing	Practical	PSY400.4	Practical File and Practical Exam
40	WHO Quality of life (BREF)	Practical	PSY400.1	Practical File and Practical Exam
41	Introduction.	Practical	PSY400.1	Practical File and Practical Exam
42	Introduction.	Practical	PSY400.1	Practical File and Practical Exam
43	Conduction.	Practical	PSY400.2	Practical File and Practical Exam
44	Conduction.	Practical	PSY400.2	Practical File and Practical Exam
45	Scoring & Interpretation.	Practical	PSY400.3	Practical File and Practical Exam
46	Scoring & Interpretation.	Practical	PSY400.3	Practical File and Practical Exam
47	Report writing	Practical	PSY400.4	Practical File and Practical Exam
48	Report writing	Practical	PSY400.4	Practical File and Practical Exam

T. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY400.1	Understand the concepts of psychology through the medium of psychological tests	3			3	1				3	1	3		
PSY400.2	Develop the skills of administering psychological tests in the field of psychology						3		3	3	2			3

PSY400.3	Develop the skills of documenting test results in the field of psychology						3			3	2			3
PSY400.4	Develop the skills of report writing						3		3	3				3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : BEHAVIOURAL SCIENCE IV
Course Code : BSU443, Crédits : 01, Session :2023-24(Even Sem.), Class : BA (H) App Psychology
Faculty Name: Dr. Deepak

K. Introduction: This course aims at imparting an understanding of Values, Ethics & Morality among students for making a balanced choice between personal & professional development.

L. Course Outcomes: At the end of the course, students will be able to:

BSU443.1 Able to answer the question: What do I stand for?

BSU443.2 Ability to apply a coherent set of moral principles within professional and specialized contexts.

BSU443.3 Willing to make unpopular but right decision.

BSU443.4. Committed to working for justice and peace locally and globally.

M. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

N. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

O. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	SAP	Project	15%
	JoS	Assignment	10%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

P. Syllabus

Module I: Introduction to Values & Ethics

Meaning & its type

Relationship between Values and Ethics Its implication in one's life

Module II: Values Clarification & Acceptance

Core Values-Respect, Responsibility, Integrity, Resilience, Care, & Harmony Its process-Self Exploration

Nurturing Good values

Module III: Morality

Difference between morality, ethics & values Significance of moral values

Module IV: Ethical Practice

Ethical Decision making Challenges in its implementation Prevention of Corruption & Crime

Module V: Personal & Professional Values

Personal values-Empathy, honesty, courage, commitment Professional Values-Work ethics, respect for others

Its role in personality development Character building-“New Self awareness”

Q. Examination Scheme:

Components	A	SAP	JoS	EE
Weightage (%)	5	15	10	70

SAP: Social Awareness Program, JoS: Journal of Success, EE: End Semester Examination; A: Attendance

R. Suggested Text/Reference Books:

- Cassuto Rothman, J. (1998). From the Front Lines, Student Cases in Social Work Ethics. Needham Heights, MA: Allyn and Bacon.
- Gambrell, E. & Pruger, R. (Eds). (1996). Controversial Issues in Social Work Ethics, Values, & Obligations. Needham Heights, MA: Allyn and Bacon, Inc.

S. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Introduction to Values & Ethics	Lecture	BSU443.1	SAP and JoS & End Sem Exam
2	Meaning & its type	Lecture	BSU443.1	SAP and JoS & End Sem Exam

3	Relationship between Values and	Lecture	BSU443.1	SAP and JoS & End Sem Exam
4	Ethics Its implication in one's life	Lecture	BSU443.1	SAP and JoS & End Sem Exam
5	Values Clarification & Acceptance	Lecture	BSU443.1	SAP and JoS & End Sem Exam
6	Core Values-Respect,	Lecture	BSU443.2	SAP and JoS & End Sem Exam
7	Responsibility, Integrity,	Lecture	BSU443.2	SAP and JoS & End Sem Exam
8	Resilience, Care, & Harmony Its process-Self Exploration Nurturing Good values	Lecture	BSU443.2	SAP and JoS & End Sem Exam
9	Morality Difference between morality, ethics & values Significance of moral values	Lecture	BSU443.2	SAP and JoS & End Sem Exam
10	Ethical Practice Ethical Decision making Challenges in its implementation Prevention of Corruption & Crime	Lecture	BSU443.4	SAP and JoS & End Sem Exam
11	Personal & Professional Values Personal values-Empathy, honesty, courage, commitment Professional	Lecture	BSU443.3	SAP and JoS & End Sem Exam
12	Values-Work ethics, respect for others Its role in personality development Character building-"New Self awareness"	Lecture	BSU443.3,	SAP and JoS & End Sem Exam

T. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
BSU443.1	Able to answer the question: What do I stand for?	3	2			1				3	2	3		

BSU443.2	Ability to apply a coherent set of moral principles within professional and specialized contexts.	3	2	3		1				3	2	3	2	
BSU443.3	Willing to make unpopular but right decision.			3						3	1			3
BSU443.4	Committed to working for justice and peace locally and globally.			3	2				1	3	1			3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

COURSE : APPLIED PSYCHOLOGY

COURSE CODE : PSY501, CRÉDITS : 04, SESSION :2023-24(ODD SEM.), CLASS : BA (H) APP PSYCHOLOGY

FACULTY NAME: MS DEVANSHI KHEMARIA

U. Introduction: To familiarize with the history and development of clinical psychology as a field in India and its evolving professional identity. To orient students to major theoretical models which guide clinical psychological practice and research. To orient about clinical assessment process and its applications in various domains.

V. Course Outcomes: At the end of the course, students will be able to:

PSY501.1 Describe the developmental stages from birth to old age.

PSY501.2 Recognize the various issues faced and adjustments required at different developmental stages.

PSY501.3 Develop an awareness regarding the stages of development.

PSY501.4 Review the various theoretical paradigms associated with the same.

W. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety,

legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

X. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

Y. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

Z. Syllabus

Module 1. Foundations

Historical background: Early & recent history. Nature of discipline: Theory and research. Developing a professional identity: Education & training, professional activities and employment settings, sub-specializations.

Module 2. Psychodynamic approach

Brief orientation to four psychoanalytic psychologies – Drive, ego, object relations & self psychology. Understanding psychological defenses, regression, and the true and false self-systems.

Module 3. Other major approaches

Behavioural and cognitive-behavioural, Humanistic, Existential, Family systems, Biological, Attempt at integration: Bio-psycho-social

Module 4. Clinical assessment

Rationale and planning, Clinical interviewing, Areas of applications: Intellectual and educational; personality and interpersonal; behavioural and psycho-diagnostic

AA.Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

BB. Suggested Text/Reference Books:

- Hecker, J. E., & Thorpe, G. L. (2005). Introduction to clinical psychology: Science, practice, and ethics. Delhi, India: Pearson Education.
- Hersen, M., Kazdin, A. E., & Bellack, A. S. (Eds.) (1991). The clinical psychology handbook (2nd ed.). New York: Pergamon Press.
- Marks, D. F., & Yardley, L. (Eds.) (2004). Research methods for clinical and health psychology. New Delhi, India: Sage.
- Osborne, R. E., Lafuze, J., & Perkins, D. C. (2000). Case analysis for abnormal psychology: Learning to look beyond the symptoms. Philadelphia, USA: Psychology Press.
- Pomerantz, A. M. (2008). Clinical psychology: Science, practice, and culture. New Delhi, India: Sage Publications.
- Trull, T. J., & Phares, E. J. (2001). Clinical psychology: Concepts, methods, and profession (6th ed.). Belmont, CA: Wadsworth/Thomson Learning.

CC. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Historical background: Early & recent history.	Lecture	PSY501.1	Mid Term, Quiz & End Sem Exam
2	Historical background: Early & recent history.	Lecture	PSY501.1	Mid Term, Quiz & End Sem Exam
3	Historical background: Early & recent history.	Lecture	PSY501.1	Mid Term, Quiz & End Sem Exam
4	Historical background: Early & recent history.	Lecture	PSY501.1	Mid Term, Quiz & End Sem Exam
5	Nature of discipline: Theory and research.	Lecture	PSY501.3	Mid Term, Quiz & End Sem Exam
6	Nature of discipline: Theory and research.	Lecture	PSY501.3	Mid Term, Quiz & End Sem Exam
7	Nature of discipline: Theory and research.	Lecture	PSY501.3	Mid Term, Quiz & End Sem Exam
8	Nature of discipline: Theory and research.	Lecture	PSY501.3	Mid Term, Quiz & End Sem Exam
9	Developing a professional identity: Education & training	Lecture	PSY501.3	Mid Term, Quiz & End Sem Exam
10	Developing a professional identity: Education & training	Lecture	PSY501.3	Mid Term, Quiz & End Sem Exam
11	Developing a professional identity: professional activities and employment settings.	Lecture	PSY501.3	Mid Term, Quiz & End Sem Exam
12	Developing a professional identity: sub-specializations.	Lecture	PSY501.3	Mid Term, Quiz & End Sem Exam
13	Drive	Lecture	PSY501.4	Mid Term, Quiz & End Sem Exam
14	Ego	Lecture	PSY501.4	Mid Term, Quiz & End Sem Exam
15	Object Relations	Lecture	PSY501.4	Mid Term, Quiz & End Sem Exam
16	Self-Psychology	Lecture	PSY501.4	Mid Term, Quiz & End Sem Exam
17	Self-Psychology	Lecture	PSY501.4	Mid Term, Quiz & End Sem Exam
18	Understanding psychological defenses	Lecture	PSY501.4	Mid Term, Quiz & End Sem Exam
19	Understanding psychological defenses	Lecture	PSY501.4	Mid Term, Quiz & End Sem Exam
20	regression	Lecture	PSY501.4	Mid Term, Quiz

				& End Sem Exam
21	regression	Lecture	PSY501.4	Mid Term, Quiz & End Sem Exam
22	the true and false self-systems.	Lecture	PSY501.4	Mid Term, Quiz & End Sem Exam
23	the true and false self-systems.	Lecture	PSY501.4	Mid Term, Quiz & End Sem Exam
24	the true and false self-systems.	Lecture	PSY501.4	Mid Term, Quiz & End Sem Exam
25	Behavioural and cognitive-behavioural approach	Lecture	PSY501.4	Quiz & End Sem Exam
26	Behavioural and cognitive-behavioural approach	Lecture	PSY501.4	Quiz & End Sem Exam
27	Humanistic approach	Lecture	PSY501.4	Quiz & End Sem Exam
28	Humanistic approach	Lecture	PSY501.4	Quiz & End Sem Exam
29	Existential approach	Lecture	PSY501.4	Quiz & End Sem Exam
30	Existential approach	Lecture	PSY501.4	Quiz & End Sem Exam
31	Family Systems approach	Lecture	PSY501.4	Quiz & End Sem Exam
32	Family Systems approach	Lecture	PSY501.4	Quiz & End Sem Exam
33	Biological approach	Lecture	PSY501.4	Quiz & End Sem Exam
34	Biological approach	Lecture	PSY501.4	Quiz & End Sem Exam
35	Attempt integrations- Bio-psycho-social	Lecture	PSY501.4	Quiz & End Sem Exam
36	Attempt integrations- Bio-psycho-social	Lecture	PSY501.4	Quiz & End Sem Exam
37	Rationale and planning	Lecture	PSY501.2	Quiz & End Sem Exam
38	Rationale and planning	Lecture	PSY501.2	Quiz & End Sem Exam
39	Rationale and planning	Lecture	PSY501.2	Quiz & End Sem Exam
40	Clinical interviewing	Lecture	PSY501.2	Quiz & End Sem Exam
41	Clinical interviewing	Lecture	PSY501.2	Quiz & End Sem Exam
42	Clinical interviewing	Lecture	PSY501.2	Quiz & End Sem Exam
43	Areas of applications: Intellectual and educational	Lecture	PSY501.2	Quiz & End Sem Exam
44	Areas of applications: Intellectual and	Lecture	PSY501.2	Quiz & End Sem Exam

	educational			
45	Areas of applications: personality and interpersonal	Lecture	PSY501.2	Quiz & End Sem Exam
46	Areas of applications: personality and interpersonal	Lecture	PSY501.2	Quiz & End Sem Exam
47	Areas of applications: behavioural and psycho-diagnostic	Lecture	PSY501.2	Quiz & End Sem Exam
48	Areas of applications: behavioural and psycho-diagnostic	Lecture	PSY501.2	Quiz & End Sem Exam

DD. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY501.1	Describe the developmental stages from birth to old age	3	1							1		3	2	
PSY501.2	Recognize the various issues faced and adjustments required at different developmental stages	3				3			2	1	2	3	1	
PSY501.3	Develop an awareness regarding the stages of development	3				2			2	1	1	3		1
PSY501.4	Review the various theoretical paradigms associated with the same.	3		3		3			3	3	2	3		1

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : GENDER PSYCHOLOGY
Course Code : PSY502, Crédits : 04, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology
Faculty Name: Dr Shubhagata Awasthi

T. Introduction: To familiarize with the history and development of clinical psychology as a field in India and its evolving professional identity. To orient students to major theoretical models which guide clinical psychological practice and research. To orient about clinical assessment process and its applications in various domains.

U. Course Outcomes: At the end of the course, students will be able to:

PSY502.1 Review biological aspect of gender identity with the help of theories and research.

PSY502.2 Review social aspect of gender identity with the help of theories and research.

PSY502.3 Review psychological aspect of gender identity with the help of theories and research.

PSY502.4 Interpret the complexity and diversity of gender experiences in social setting.

V. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional

psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

W. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

X. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

Y. Syllabus

Module 1. Introduction to Gender Psychology

Defining Sex and Gender within Psychology. Perspectives in Gender: Social, Economical, Political & Biological.
Gender Identity: Biological basis of Gender

Module 2. Gender and Life Course

Physical, Social and Moral Development. Module III Gender Roles & Stereotypes. Masculinity and Femininity in Religious Context. Global/Cultural Context. Effects of stereotypes and roles. Media and Depiction of gender.

Module 3. Gender Roles & Stereotypes

Masculinity and Femininity in Religious Context. Global/Cultural Context. Effects of stereotypes and roles. Media and Depiction of gender.

Module 4. Gender Difference

Emergence of Gender Differences: Cognitive abilities. Determinants of gender differences: Social and affective behavior.

Module 5. Gender and Mental Health

Health & Fitness. Stress & Coping. Treatment for Mental Disorders

Z. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

AA.Suggested Text/Reference Books:

Text:

- Brannon, L. (2001), Gender: Psychological Perspectives (3rd edition); Needam Heights, MA: Allyn and Bacon.
- Kimmel, M. S. and Aronson, A. (2000), The Gendered Society Reader; New York: Oxford University Press.

References:

- Mustin R.T. & Marecek J., (1990), Making a Difference: Psychology and the Construction of Gender; New Haven, CT: Yale UP
- Golombok S. & Fivush R., (1994), Gender Development; Cambridge, UK: Cambridge UP

BB. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Defining Sex and Gender within Psychology.	Lecture	PSY502.1	Mid Term, Quiz & End Sem Exam
2	Defining Sex and Gender within Psychology.	Lecture	PSY502.1	Mid Term, Quiz & End Sem Exam
3	Defining Sex and Gender within Psychology.	Lecture	PSY502.1	Mid Term, Quiz & End Sem Exam
4	Perspectives in Gender: Social	Lecture	PSY502.2	Mid Term, Quiz & End Sem Exam
5	Perspectives in Gender: Economical	Lecture	PSY502.2	Mid Term, Quiz & End Sem Exam
6	Perspectives in Gender: Political	Lecture	PSY502.2	Mid Term, Quiz & End Sem Exam
7	Perspectives in Gender: Biological.	Lecture	PSY502.1	Mid Term, Quiz & End Sem Exam
8	Gender Identity: Biological basis of Gender	Lecture	PSY502.1	Mid Term, Quiz & End Sem Exam
9	Gender Identity: Biological basis of Gender	Lecture	PSY502.1	Mid Term, Quiz & End Sem Exam
10	Gender Identity: Biological basis of Gender	Lecture	PSY502.1	Mid Term, Quiz & End Sem Exam
11	Physical, Social and Moral Development.	Lecture	PSY502.2	Mid Term, Quiz & End Sem Exam
12	Physical Development.	Lecture	PSY502.1	Mid Term, Quiz & End Sem Exam
13	Physical Development.	Lecture	PSY502.1	Mid Term, Quiz & End Sem Exam
14	Physical Development.	Lecture	PSY502.1	Mid Term, Quiz & End Sem Exam
15	Social Development.	Lecture	PSY502.2	Mid Term, Quiz & End Sem Exam
16	Social Development.	Lecture	PSY502.2	Mid Term, Quiz & End Sem Exam
17	Social Development.	Lecture	PSY502.2	Mid Term, Quiz & End Sem Exam
18	Moral Development.	Lecture	PSY502.2	Mid Term, Quiz & End Sem Exam
19	Moral Development.	Lecture	PSY502.2	Mid Term, Quiz & End Sem Exam
20	Moral Development.	Lecture	PSY502.2	Mid Term, Quiz & End Sem Exam
21	Masculinity and Femininity in Religious Context.	Lecture	PSY502.3	Mid Term, Quiz & End Sem Exam
22	Masculinity and Femininity in Religious Context.	Lecture	PSY502.3	Mid Term, Quiz & End Sem Exam
23	Masculinity and Femininity in Religious Context.	Lecture	PSY502.3	Mid Term, Quiz & End Sem Exam

24	Masculinity and Femininity in Global/Cultural Context.	Lecture	PSY502.3, PSY502.4	Mid Term, Quiz & End Sem Exam
25	Masculinity and Femininity in Global/Cultural Context.	Lecture	PSY502.3, PSY502.4	Quiz & End Sem Exam
26	Masculinity and Femininity in Global/Cultural Context.	Lecture	PSY502.3, PSY502.4	Quiz & End Sem Exam
27	Effects of stereotypes and roles.	Lecture	PSY502.3	Quiz & End Sem Exam
28	Effects of stereotypes and roles.	Lecture	PSY502.4	Quiz & End Sem Exam
29	Media and Depiction of gender	Lecture	PSY502.4	Quiz & End Sem Exam
30	Media and Depiction of gender	Lecture	PSY502.4	Quiz & End Sem Exam
31	Media and Depiction of gender	Lecture	PSY502.4	Quiz & End Sem Exam
32	Emergence of Gender Differences: Cognitive abilities.	Lecture	PSY502.3	Quiz & End Sem Exam
33	Emergence of Gender Differences: Cognitive abilities.	Lecture	PSY502.3	Quiz & End Sem Exam
34	Emergence of Gender Differences: Cognitive abilities.	Lecture	PSY502.3	Quiz & End Sem Exam
35	Emergence of Gender Differences: Cognitive abilities.	Lecture	PSY502.3	Quiz & End Sem Exam
36	Determinants of gender differences: Social behavior	Lecture	PSY502.4	Quiz & End Sem Exam
37	Determinants of gender differences: Social behavior	Lecture	PSY502.4	Quiz & End Sem Exam
38	Determinants of gender differences: affective behavior	Lecture	PSY502.4	Quiz & End Sem Exam
39	Determinants of gender differences: affective behavior	Lecture	PSY502.4	Quiz & End Sem Exam
40	Health & Fitness.	Lecture	PSY502.1	Quiz & End Sem Exam
41	Health & Fitness.	Lecture	PSY502.1	Quiz & End Sem Exam
42	Health & Fitness.	Lecture	PSY502.1	Quiz & End Sem Exam
43	Stress & Coping.	Lecture	PSY502.3	Quiz & End Sem Exam
44	Stress & Coping.	Lecture	PSY502.3	Quiz & End Sem Exam
45	Stress & Coping.	Lecture	PSY502.3	Quiz & End Sem Exam

46	Treatment for Mental Disorders	Lecture	PSY502.3	Quiz & End Sem Exam
47	Treatment for Mental Disorders	Lecture	PSY502.3	Quiz & End Sem Exam
48	Treatment for Mental Disorders	Lecture	PSY502.3	Quiz & End Sem Exam

CC. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY502.1	Review biological aspect of gender identity with the help of theories and research	3				1							3		
PSY502.2	Review social aspect of gender identity with the help of theories and research	3				1						1	3		
PSY502.3	Review psychological aspect of gender identity with the help of theories and research	3				1						1	3		
PSY502.4	Interpret the complexity and diversity of gender experiences in social setting.	3				3				1	3	3			1

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : PSYCHOLOGY OF MOTIVATION AND LEADERSHIP

Course Code : PSY503, Crédits : 03, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology

Faculty Name: Dr Ritu Raj

U. Introduction: To understand the concept of motivation and leadership in the work place and application of these psychological concepts in various organizational settings

V. Course Outcomes: At the end of the course, students will be able to:

PSY503.1 Synthesize the knowledge of biological bases of motivation with leadership.

PSY503.2 Explore basic motivational psychology applied to working places.

PSY503.3 Illustrate the relevance of motivation theories to optimize employees' satisfaction.

PSY503.4 Apply leadership skills in various organizational settings.

W. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

X. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

Y. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

Z. Syllabus

Module I Introduction

Introduction to the study of motivation and leadership. Basic concepts and theoretical focuses in biological area.

Module II Understanding of Motivation

Biological Motivation: Hunger & Thirst. Cerebral basis of reinforcement, motivation and addictive behavior. Cognitive approach to motivation. Cognitive theories of Motivation: Intrinsic Motivation and Extrinsic Motivation.

Module III Workplace Motivation

Theories: Content theories: Maslow's need hierarchy, Herzberg two factor theory, Alderfer's ERG theory, McClelland's achievement theory. Process theories: Vroom's expectancy theory, Adam's equity theory, Porter & Lawler's model. Applications in day-to-day life. Motivation and Job Satisfaction identifying the links. Assessment and prediction of Motivation at work.

Module IV Introduction to leadership

Selection Methods. Selection Tests. Interview (elimination process)

Module V Psychology of Leaders

Psychological assumptions and implications of various theories of management and leadership. Influence processes; Change of managerial behavior; Impact of the larger environment.

AA.Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

BB. Suggested Text/Reference Books:

- Luthan, F (2013). Organizational Behavior evidence based approach 12th edition. McGraw Hill
- Yulk, G (2006). Leadership in organization. Sixth edition. Pearson Edu., Inc.
- Miner J, (2007). Organizational Behavior. Prentice Hall
- Greenberg, J & Baron, R.A. (2003). Behaviour in organizations Understanding and managing the human side of work Pearson Edu., Inc.
- Robbins, Stephen P, (2005). Organizational Behavior. Prentice Hall
- Singh, K(2013). Organizational Behavior Text and cases. Dorling Kindersley. Pearson education.

CC. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Introduction to the study of motivation and leadership.	Lecture	PSY503.1	Mid Term, Quiz & End Sem Exam
2	Introduction to the study of motivation and leadership.	Lecture	PSY503.1	Mid Term, Quiz & End Sem Exam
3	Introduction to the study of motivation and leadership.	Lecture	PSY503.1	Mid Term, Quiz & End Sem Exam
4	Basic concepts and theoretical focuses in biological area.	Lecture	PSY503.1	Mid Term, Quiz & End Sem Exam
5	Basic concepts and theoretical focuses in biological area.	Lecture	PSY503.1	Mid Term, Quiz & End Sem Exam
6	Basic concepts and theoretical focuses in biological area.	Lecture	PSY503.1	Mid Term, Quiz & End Sem Exam
7	Basic concepts and theoretical focuses in biological area.	Lecture	PSY503.1	Mid Term, Quiz & End Sem Exam
8	Biological Motivation: Hunger & Thirst.	Lecture	PSY503.1	Mid Term, Quiz & End Sem Exam
9	Cerebral basis of reinforcement.	Lecture	PSY503.1	Mid Term, Quiz & End Sem Exam
10	Cerebral basis of motivation.	Lecture	PSY503.1	Mid Term, Quiz & End Sem Exam
11	Cerebral basis of addictive behavior.	Lecture	PSY503.1	Mid Term, Quiz & End Sem Exam
12	Cognitive approach to motivation.	Lecture	PSY503.1	Mid Term, Quiz & End Sem Exam
13	Cognitive approach to motivation.	Lecture	PSY503.1	Mid Term, Quiz & End Sem Exam
14	Cognitive theories of Motivation: Intrinsic Motivation	Lecture	PSY503.1	Mid Term, Quiz & End Sem Exam
15	Cognitive theories of Motivation: Extrinsic Motivation.	Lecture	PSY503.1	Mid Term, Quiz & End Sem Exam
16	Theories: Content theories: Maslow's need hierarchy	Lecture	PSY503.2	Mid Term, Quiz & End Sem Exam
17	Theories: Content theories: Herzberg two factor theory	Lecture	PSY503.2	Mid Term, Quiz & End Sem Exam
18	Theories: Content theories: Alderfer's ERG theory	Lecture	PSY503.2	Mid Term, Quiz & End Sem Exam
19	Theories: Content theories: McClelland's achievement theory.	Lecture	PSY503.2	Mid Term, Quiz & End Sem Exam

20	Process theories: Vroom's expectancy theory, Adam's equity theory.	Lecture	PSY503.2	Quiz & End Sem Exam
21	Process theories: Porter & Lawler's model. Applications in day-to-day life.	Lecture	PSY503.2	Quiz & End Sem Exam
22	Motivation and Job Satisfaction identifying the links.	Lecture	PSY503.2	Quiz & End Sem Exam
23	Assessment and prediction of Motivation at work.	Lecture	PSY503.3	Quiz & End Sem Exam
24	Selection Methods.	Lecture	PSY503.2	Quiz & End Sem Exam
25	Selection Methods.	Lecture	PSY503.2	Quiz & End Sem Exam
26	Selection Tests.	Lecture	PSY503.2	Quiz & End Sem Exam
27	Selection Tests.	Lecture	PSY503.2	Quiz & End Sem Exam
28	Interview (elimination process)	Lecture	PSY503.2	Quiz & End Sem Exam
29	Interview (elimination process)	Lecture	PSY503.2	Quiz & End Sem Exam
30	Psychological assumptions and implications of various theories of management and leadership.	Lecture	PSY503.3	Quiz & End Sem Exam
31	Psychological assumptions and implications of various theories of management and leadership.	Lecture	PSY503.4	Quiz & End Sem Exam
32	Influence processes	Lecture	PSY503.4	Quiz & End Sem Exam
33	Change of managerial behavior	Lecture	PSY503.4	Quiz & End Sem Exam
34	Change of managerial behavior	Lecture	PSY503.4	Quiz & End Sem Exam
35	Impact of the larger environment.	Lecture	PSY503.3	Quiz & End Sem Exam
36	Impact of the larger environment.	Lecture	PSY503.4	Quiz & End Sem Exam

DD. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY503.1	Synthesize the knowledge of biological bases of motivation with leadership	3				3							3		
PSY503.2	Explore basic motivational psychology applied to working places	3		3		2		2	2	2	2	3			2
PSY503.3	Illustrate the relevance of motivation theories to optimize employees' satisfaction	3		3		2		2	2	2	2	3			3
PSY503.4	Apply leadership skills in various organizational settings.	3		3		2		3	2	3	3				3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : PSYCHOLOGICAL PRACTICES IN ORGANIZATIONS

Course Code : PSY504, Crédits : 03, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology

Faculty Name: Dr Ritu Raj

K. Introduction: To enable students to understand various concepts and phenomenon in organizational psychology.

L. Course Outcomes: At the end of the course, students will be able to:

PSY504.1 Develop an understanding of the field of organizational psychology.

PSY504.2 Analyze various psychological processes in organizations

PSY504.3 Appreciate the working of organizations through various psychological processes.

PSY504.4. Apply psychological principles in solving organizational problems.

M. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

N. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

O. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

P. Syllabus

Module I Introduction

Introduction to I/O psychology.

Understanding organizations from psychological perspective.

Module II Psychological processes in organization

Motivation.

Emotion

Module III Social Processes in Organizations

Leadership.

Cooperation & Competition.

Group processes

Module IV Working Organizations

Problem solving in organizations.

Decision making in organization

Module V Communication in organization

Process of communication.

Barriers to communication.

Models of communication

Q. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

R. Suggested Text/Reference Books:

- Muchinsky, P.M. (2006). Psychology Applied to Work. (8th Edition). Wadsworth Publishers.
- Anderson, N. (2001). Handbook of Industrial, Work & Organizational Psychology. Sage Publications Ltd.

S. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Introduction to I/O psychology	Lecture	PSY504.1	Mid Term, Quiz & End Sem Exam
2	Introduction to I/O psychology	Lecture	PSY504.1	Mid Term, Quiz & End Sem Exam
3	Introduction to I/O psychology	Lecture	PSY504.1	Mid Term, Quiz & End Sem Exam
4	Understanding organizations from psychological perspective	Lecture	PSY504.1	Mid Term, Quiz & End Sem Exam
5	Understanding organizations from psychological perspective	Lecture	PSY504.1	Mid Term, Quiz & End Sem Exam
6	Understanding organizations from psychological perspective	Lecture	PSY504.1	Mid Term, Quiz & End Sem Exam
7	Motivation	Lecture	PSY504.1	Mid Term, Quiz & End Sem Exam
8	Motivation	Lecture	PSY504.1	Mid Term, Quiz & End Sem Exam
9	Motivation	Lecture	PSY504.1	Mid Term, Quiz & End Sem Exam
10	Motivation	Lecture	PSY504.1	Mid Term, Quiz & End Sem Exam
11	Emotion	Lecture	PSY504.1	Mid Term, Quiz & End Sem Exam
12	Emotion	Lecture	PSY504.1	Mid Term, Quiz & End Sem Exam
13	Emotion	Lecture	PSY504.1	Mid Term, Quiz & End Sem Exam
14	Leadership	Lecture	PSY504.2	Mid Term, Quiz & End Sem Exam
15	Leadership	Lecture	PSY504.2	Mid Term, Quiz & End Sem Exam
16	Cooperation & Competition	Lecture	PSY504.2	Mid Term, Quiz & End Sem Exam
17	Cooperation & Competition	Lecture	PSY504.3	Mid Term, Quiz & End Sem Exam
18	Cooperation & Competition	Lecture	PSY504.3	Mid Term, Quiz & End Sem Exam
19	Group processes	Lecture	PSY504.2	Mid Term, Quiz & End Sem Exam
20	Group processes	Lecture	PSY504.2	Mid Term, Quiz & End Sem Exam
21	Group processes	Lecture	PSY504.2	Mid Term, Quiz & End Sem Exam

22	Problem solving in organizations	Lecture	PSY504.4	Quiz & End Sem Exam
23	Problem solving in organizations	Lecture	PSY504.4	Quiz & End Sem Exam
24	Problem solving in organizations	Lecture	PSY504.4	Quiz & End Sem Exam
25	Decision making in organization	Lecture	PSY504.4	Quiz & End Sem Exam
26	Decision making in organization	Lecture	PSY504.4	Quiz & End Sem Exam
27	Decision making in organization	Lecture	PSY504.4	Quiz & End Sem Exam
28	Decision making in organization	Lecture	PSY504.4	Quiz & End Sem Exam
29	Process of communication	Lecture	PSY504.2	Quiz & End Sem Exam
30	Process of communication	Lecture	PSY504.3	Quiz & End Sem Exam
31	Barriers to communication	Lecture	PSY504.2	Quiz & End Sem Exam
32	Barriers to communication	Lecture	PSY504.2	Quiz & End Sem Exam
33	Barriers to communication	Lecture	PSY504.2	Quiz & End Sem Exam
34	Models of communication	Lecture	PSY504.2	Quiz & End Sem Exam
35	Models of communication	Lecture	PSY504.2	Quiz & End Sem Exam
36	Models of communication	Lecture	PSY504.2	Quiz & End Sem Exam

T. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY504.1	Develop an understanding of the field of organizational psychology	3					1			3	2	3		1
PSY504.2	Analyze various psychological processes in organizations	3						2	3	3		3		
PSY504.3	Appreciate the working of organizations through various psychological processes	2		3				2		2	2	3		
PSY504.4	Apply psychological principles in solving organizational problems			3		1	1	3	2	2	2			3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



AMITY UNIVERSITY

MADHYA PRADESH

Established vide Government of Madhya Pradesh Act No. 27 of 2010

DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : SCHOOL COUNSELING

Course Code : PSY505, Crédits : 03, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology

Faculty Name: Dr Shubhagata Awasthi

K. Introduction: This is to enable the students to develop an understanding of counseling within school setup, which is collaborative work of counselor and other school staff. It would also focus on prevention and intervention of mental health and disorders of children and adolescents.

L. Course Outcomes: At the end of the course, students will be able to:

PSY505.1 Apply guidance & counseling skills in schools at various level.

PSY505.2 Analyze career counseling as an important aspect of assessment.

PSY505.3 Design and develop holistic plan for various types of students and their needs.

PSY505.4. Comprehend the challenges and risk involved in the management of a classroom with individual differences.

M. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety,

legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

N. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

O. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

P. Syllabus

Module I - Introduction to School Counselling

Historical and Current Issues

- Need, Scope of School Counselling
- Difference between Educational Psychologist and School Counsellor
- Transformations of the Roles, Responsibilities & skills of School Counselors
- Professional and Ethical Codes of conduct in school counseling
- Guidance & Counseling Need and importance of guidance and counseling at school settings.

Module II- Counselor in Educational Setting

- The Profession of School Counseling: School Counselor as Program Coordinator, Educational Leader, The Guidance Curriculum / Demonstrating Accountability, Becoming a Systematic Change Agent- Advocacy
- Need for Counselling at various levels: Elementary School, Middle School, Secondary School & Higher Secondary School
- Counseling & Curriculum Development
- Counseling & Family Intervention for Children Counselling & School Management

Module III Role of Personal Guidance

- Principal, Teacher, Counselor, Career Counselor, Parents & other Specialists
- Holistic Model- 5 aspects: Personal, Temperamental, Professional, Social, Environmental
- Importance of Holistic Approach in School Counselling Overview of the other approaches to counseling children

Module IV - Mental Health of Students

Working with various types of students: mental and emotional disorders;

- chemically dependent adolescents, ODD; Anger control issues, ADHD, Depression in youth suicide, Self-esteem/ social anxiety disorder, Eating disorders, Sexual Abuse
- Supportive Services including programmes of Intervention and Prevention & Self Help Material
- Role of Faith & Spirituality in Students mental Health Students' perspective of Mental Health

Module V- Experience of Transition

Concept of change, Adjustment & Transition

- Transition & Students' experiences
- Adjustment Difficulty for students, family & teachers
- Resilience
- Physical, Psychosocial Changes in Adolescence

Module VI: Indian Education System: The Changing Perspective

Growth & policies

- New Measures Psychology of deprived

Q. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

R. Suggested Text/Reference Books:

- Belkin, G.S. (1998), Introduction to Counselling; W.C.: Brown Publishers
- Nelson, J. (1982), The Theory and Practice of Counselling Psychology; New York: Holt Rinehart & Winston.

References:

- Ben, N. Ard, Jr. (Ed.) (1997), Counselling and Psychotherapy: Classics on Theories and Issues; Science and Behaviour Books Co.
- Brammer, L.M. & Shostrom, E.L. (1977), Therapeutic psychology: Fundamentals of Counselling Psychotherapy; (3rd Ed.) , Englewood Cliffs: Prentice Hall
- Udupa, K.N. (1985). Stress and its Management by Yoga; Delhi: Moti Lal Bansari Das.
- Windy, D. (1988) (ed.), Counselling in Action; New York: Sage Publication.

S. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Historical and Current Issues	Lecture	PSY505.2	Mid Term, Quiz & End Sem Exam
2	Need, Scope of School Counselling	Lecture	PSY505.2	Mid Term, Quiz & End Sem Exam
3	Difference between Educational Psychologist and School Counsellor	Lecture	PSY505.1	Mid Term, Quiz & End Sem Exam
4	Transformations of the Roles, Responsibilities & skills of School Counselors	Lecture	PSY505.1	Mid Term, Quiz & End Sem Exam
5	Professional and Ethical Codes of conduct in school counseling	Lecture	PSY505.1	Mid Term, Quiz & End Sem Exam
6	Guidance & Counseling	Lecture	PSY505.1	Mid Term, Quiz & End Sem Exam
7	Need and importance of guidance and counseling at school settings	Lecture	PSY505.2	Mid Term, Quiz & End Sem Exam

8	The Profession of School Counseling: School Counselor as Program Coordinator, Educational Leader.	Lecture	PSY505.3	Mid Term, Quiz & End Sem Exam
9	The Profession of School Counseling: The Guidance Curriculum/ Demonstrating Accountability, Becoming a Systematic Change Agent-Advocacy	Lecture	PSY505.3	Mid Term, Quiz & End Sem Exam
10	Need for Counselling at various levels: Elementary School, Middle School.	Lecture	PSY505.2	Mid Term, Quiz & End Sem Exam
11	Need for Counselling at various levels: Secondary School & Higher Secondary School	Lecture	PSY505.2	Mid Term, Quiz & End Sem Exam
12	Counseling & Curriculum Development	Lecture	PSY505.3	Mid Term, Quiz & End Sem Exam
13	Counseling & Family Intervention for Children Counselling & School Management	Lecture	PSY505.4	Mid Term, Quiz & End Sem Exam
14	Principal, Teacher, Counselor, Career Counselor, Parents & other Specialists	Lecture	PSY505.4	Mid Term, Quiz & End Sem Exam
15	Holistic Model- 5 aspects: Personal, Temperamental, Professional, Social, Environmental	Lecture	PSY505.3	Mid Term, Quiz & End Sem Exam
16	Holistic Model- 5 aspects: Personal, Temperamental, Professional, Social, Environmental	Lecture	PSY505.3	Mid Term, Quiz & End Sem Exam
17	Importance of Holistic Approach in School Counselling Overview of the other approaches to counseling children	Lecture	PSY505.3	Mid Term, Quiz & End Sem Exam
18	Working with various types of students: mental and emotional disorders	Lecture	PSY505.4	Mid Term, Quiz & End Sem Exam
19	Working with various types of students: chemically dependent adolescents	Lecture	PSY505.4	Mid Term, Quiz & End Sem Exam
20	Working with various types of students: ODD; Anger control issues, ADHD	Lecture	PSY505.4	Mid Term, Quiz & End Sem Exam

21	Working with various types of students: Depression in youth suicide, Self-esteem/ social anxiety disorder	Lecture	PSY505.4	Mid Term, Quiz & End Sem Exam
22	Working with various types of students: Eating disorders, Sexual Abuse	Lecture	PSY505.4	Mid Term, Quiz & End Sem Exam
23	Supportive Services including programmes of Intervention and Prevention & Self Help Material	Lecture	PSY505.3	Mid Term, Quiz & End Sem Exam
24	Role of Faith & Spirituality in Students mental Health Students' perspective of Mental Health	Lecture	PSY505.3	Mid Term, Quiz & End Sem Exam
25	Concept of change, Adjustment & Transition	Lecture	PSY505.4	Quiz & End Sem Exam
26	Transition & Students' experiences	Lecture	PSY505.4	Quiz & End Sem Exam
27	Adjustment Difficulty for students, family & teachers	Lecture	PSY505.4	Quiz & End Sem Exam
28	Resilience	Lecture	PSY505.4	Quiz & End Sem Exam
29	Physical Changes in Adolescence	Lecture	PSY505.4	Quiz & End Sem Exam
30	Psychosocial Changes in Adolescence	Lecture	PSY505.4	Quiz & End Sem Exam
31	Growth & policies	Lecture	PSY505.3	Quiz & End Sem Exam
32	Growth & policies	Lecture	PSY505.3	Quiz & End Sem Exam
33	Growth & policies	Lecture	PSY505.3	Quiz & End Sem Exam
34	New Measures Psychology of deprived	Lecture	PSY505.3	Quiz & End Sem Exam
35	New Measures Psychology of deprived	Lecture	PSY505.3	Quiz & End Sem Exam
36	New Measures Psychology of deprived	Lecture	PSY505.3	Quiz & End Sem Exam

T. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY505.1	Apply guidance & counseling skills in schools at various level			2							1		1		3
PSY505.2	Analyze career counseling as an important aspect of assessment	1				1									
PSY505.3	Design and develop holistic plan for various types of students and their needs			3	2	3	1	1	1	3	2				2
PSY505.4	Comprehend the challenges and risk involved in the management of a classroom with individual differences					3					3	1			3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



AMITY UNIVERSITY

MADHYA PRADESH

Established vide Government of Madhya Pradesh Act No. 27 of 2010

DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : FORENSIC MENTAL HEALTH
Course Code : PSY506, Crédits : 03, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology
Faculty Name: Dr Jangjeet Chahal

- A. Introduction:** The students will be able to demonstrate an awareness of legal aspects related to crimes committed by those who suffer from mental disorders. Discuss the differences between forensic psychology, forensic psychiatry and forensic medicine. Understand the allied fields and differential role responsibilities of the professional in each field.
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY506.1** Recognize the legal associations to mental disorders and role of mental health professionals.
 - PSY506.2** Judge psyche of victims of crime.
 - PSY506.3** Analyze and judge psyche of perpetrators of crime.
 - PSY506.4.** Appraise ethical issues for forensic mental health professionals during assessment and therapies.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
- [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
- [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.
- [PO.5]. The psychology and society:** Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional

psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module I Introduction

- Definition
- Domains of field
- Applications

Module II Current Mental Health Legislation

- Laws related to mental health in India
- For victim
- For perpetrator

Module III Mental Disorders & Crime

- Crime and its causes;
- crime committed under the effect of a disorder;
- relationship between crime and mental disorders: specific disorders which have been empirically linked with crime like psychopathy, impulse control, schizophrenia

Module IV Mental Health aspects of specific crimes

- For both victim & perpetrator
- Homicide, Suicide, Infanticide, Sexual offences, Stalking, Rape, Child abuse & abduction.

Module V Ethical issues related to law enforcement

Code of ethics in Indian legal system

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

- Blau, T.H., (1988). The Psychologist as Expert Witness, (2nd Edn.) John Wiley & Sons, New York
- Gelder, M. et al, (2001), Short Oxford Text Book of Psychiatry, Oxford University Press, New York
- Hess, A.K., & Winer, I.V., (1999). Handbook of forensic Psychology (2nd Edn.) John Wiley & Sons, New York
- James, S.H., and Nordby, J.J., (Eds) (2003). Forensic Science; An Introduction to Scientific and Investigative Techniques, CRC Press, London
- Shapiro, D.L., (1991). Forensic Psychological Assessment – An Integrative Approach Allyn & Bacon, Boston

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Definition	Lecture		Mid Term, Quiz & End Sem Exam
2	Domains of field	Lecture		Mid Term, Quiz & End Sem Exam
3	Domains of field	Lecture		Mid Term, Quiz & End Sem Exam
4	Domains of field	Lecture		Mid Term, Quiz & End Sem Exam
5	Applications	Lecture		Mid Term, Quiz & End Sem Exam
6	Applications	Lecture		Mid Term, Quiz & End Sem Exam
7	Laws related to mental health in India	Lecture		Mid Term, Quiz & End Sem Exam
8	Laws related to mental health in India	Lecture		Mid Term, Quiz & End Sem Exam
9	For victim	Lecture		Mid Term, Quiz & End Sem Exam
10	For victim	Lecture		Mid Term, Quiz & End Sem Exam
11	For perpetrator	Lecture		Mid Term, Quiz & End Sem Exam
12	For perpetrator	Lecture		Mid Term, Quiz & End Sem Exam
13	Crime and its causes	Lecture		Mid Term, Quiz & End Sem Exam
14	Crime and its causes	Lecture		Mid Term, Quiz & End Sem Exam
15	crime committed under the effect of a disorder	Lecture		Mid Term, Quiz & End Sem Exam
16	crime committed under the effect of a disorder	Lecture		Mid Term, Quiz & End Sem Exam
17	relationship between crime and psychopathy	Lecture		Mid Term, Quiz & End Sem Exam
18	relationship between crime and psychopathy	Lecture		Mid Term, Quiz & End Sem Exam
19	relationship between crime and impulse control	Lecture		Mid Term, Quiz & End Sem Exam
20	relationship between crime and impulse control	Lecture		Mid Term, Quiz & End Sem Exam
21	relationship between crime and schizophrenia	Lecture		Mid Term, Quiz & End Sem Exam
22	relationship between crime and schizophrenia	Lecture		Mid Term, Quiz & End Sem Exam
23	Mental Health aspects of	Lecture		Mid Term, Quiz

	specific crimes for victim			& End Sem Exam
24	Mental Health aspects of specific crimes for perpetrator	Lecture		Mid Term, Quiz & End Sem Exam
25	Homicide	Lecture		Quiz & End Sem Exam
26	Suicide	Lecture		Quiz & End Sem Exam
27	Infanticide	Lecture		Quiz & End Sem Exam
28	Sexual offences	Lecture		Quiz & End Sem Exam
29	Stalking	Lecture		Quiz & End Sem Exam
30	Rape	Lecture		Quiz & End Sem Exam
31	Child abuse & abduction	Lecture		Quiz & End Sem Exam
32	Code of ethics in Indian legal system	Lecture		Quiz & End Sem Exam
33	Code of ethics in Indian legal system	Lecture		Quiz & End Sem Exam
34	Code of ethics in Indian legal system	Lecture		Quiz & End Sem Exam
35	Code of ethics in Indian legal system	Lecture		Quiz & End Sem Exam
36	Code of ethics in Indian legal system	Lecture		Quiz & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY506.1	Recognize the legal associations to mental disorders and role of mental health professionals					3	3		2	3	2	3			3
PSY506.2	Judge psyche of victims of crime	3		2							2	3			
PSY506.3	Analyze and judge psyche of perpetrators of crime			2	2	3				2	2	3			2
PSY506.4	Appraise ethical issues for forensic mental health professionals during assessment and therapies				2		3								2

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : PSYCHOLOGY OF CAREGIVERS
Course Code : PSY507, Crédits : 03, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology
Faculty Name: Ms Jennifer Chandani

- A. Introduction:** The students will understand the importance of caregivers. Informal caregivers play a central role in patient care, and care giving can provide positive and negative experiences. It will enhance awareness of those factors that underlie the motivation to care for others. The students will appreciate caregivers' understanding as to the dynamics that support and undermine self-caring activity. The students will be able to help and encourage caregivers' to experiment with changing existing self-defeating patterns and acquiring or strengthening more constructive ways of being.
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY507.1** Recognize the importance of caregivers.
 - PSY507.2** Recognize the psychological perspective of caregivers.
 - PSY507.3** Analyze physical, social, emotional and cognitive issues of the caregivers.
 - PSY507.4.** Apply their understanding for betterment of caregivers.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
- [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
- [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.
- [PO.5]. The psychology and society:** Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module I Introduction

- Concept of care-giving
- Nature & Scope
- Historical Foundations

Module II: Classification

- Primary Care-givers
- Secondary Care-givers
- Tertiary Care-givers

Module III: Care-giving in different settings

- Rehabilitation & Palliative Care. Orphanages. De-addiction centers. Old Age Home. Hospitals. Schools.

Module IV Psychological Perspective

- Quality of Life
- Hope, Optimism, Love, Happiness
- Social Support
- Religion & Spirituality

Module V: Burn Out in Caregivers

- Identification of Burn Out
- Types of Burn Outs: Physical, Social, Emotional, Cognitive
- Dealing with Burn out: Remedial Measure

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

Text Reading:

- Hilary Schofield, Sidney Bloch, Victorian Health Promotion Foundation, Helen Herrman, Barbara Murphy, Julie Nankervis, Bruce Singh, Family caregivers: disability, illness and ageing. Published by Allen & Unwin, 1998

References:

- Ilene Morof Lubkin, Pamala D. Larsen, Chronic illness: impact and interventions. Published by Jones & Bartlett Publishers, 2005
- Karen Dahlberg Vander Ven, Ethel Tittnich, Competent caregivers--competent children: training and education for child care practice, Haworth Press, 1986.

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Concept of care-giving	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
2	Concept of care-giving	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
3	Concept of care-giving	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
4	Nature & Scope	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
5	Nature & Scope	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
6	Historical Foundations	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
7	Historical Foundations	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
8	Primary Care-givers	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
9	Primary Care-givers	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
10	Primary Care-givers	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
11	Secondary Care-givers	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
12	Secondary Care-givers	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
13	Tertiary Care-givers	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
14	Tertiary Care-givers	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
15	Rehabilitation & Palliative Care	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
16	Rehabilitation & Palliative Care	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
17	Orphanages	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
18	Orphanages	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
19	De-addiction centers	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
20	De-addiction centers	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
21	Old Age Home	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
22	Hospitals	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam
23	Schools	Lecture	PSY507.1	Mid Term, Quiz & End Sem Exam

24	Quality of Life	Lecture	PSY507.2	Mid Term, Quiz & End Sem Exam
25	Quality of Life	Lecture	PSY507.2	Mid Term, Quiz & End Sem Exam
26	Hope	Lecture	PSY507.2	Mid Term, Quiz & End Sem Exam
27	Optimism	Lecture	PSY507.2	Quiz & End Sem Exam
28	Love	Lecture	PSY507.2	Quiz & End Sem Exam
29	Happiness	Lecture	PSY507.2	Quiz & End Sem Exam
30	Social Support	Lecture	PSY507.2	Quiz & End Sem Exam
31	Religion & Spirituality	Lecture	PSY507.2	Quiz & End Sem Exam
32	Identification of Burn Out	Lecture	PSY507.3	Quiz & End Sem Exam
33	Types of Burn Outs: Physical, Social	Lecture	PSY507.3	Quiz & End Sem Exam
34	Types of Burn Outs: Emotional, Cognitive	Lecture	PSY507.3	Quiz & End Sem Exam
35	Dealing with Burn out: Remedial Measure	Lecture	PSY507.4	Quiz & End Sem Exam
36	Dealing with Burn out: Remedial Measure	Lecture	PSY507.4	Quiz & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY507.1	Recognize the importance of caregivers	2		2		3						2	2		
PSY507.2	Recognize the psychological perspective of caregivers					3						2	2	2	
PSY507.3	Analyze physical, social, emotional and cognitive issues of the caregivers			2								2	2	2	
PSY507.4	Apply their understanding for betterment of caregivers			3	2										3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : INTRODUCTION TO COMMUNITY PSYCHOLOGY

Course Code : PSY508, Crédits : 03, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology

Faculty Name: Ms Jennifer Chandani

- A. Introduction:** To help students understand community-based research and to encourage them to think about how research findings can be used to address social problems. This course will provide students with an introduction to the field of community psychology. This area of psychology is concerned with the scientific study of social problems and their solutions.
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY508.1** Understand the concept of community psychology.
 - PSY508.2** Implement community-based intervention for various psychosocial issues
 - PSY508.3** Analyze key contemporary issues in the area of community psychology.
 - PSY508.4.** Develop insight and analyze the important concerns in community psychology.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
- [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
- [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.
- [PO.5]. The psychology and society:** Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional

psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternative explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module I: Community Psychology: Basic concept of community work

Introduction and Orientation to Community Psychology. Aims of Community Psychology. History of CMH movement; Socio-Environmental Context; Structure, Design, & Organization.

Module II: Key Issues in Community Psychology

Urbanization; urban and/or rural physical environment, pollution. Poverty & homelessness. community-integration and mental health. immigration and adjustment. discrimination & prejudice. unemployment intergroup conflict. issues in childhood and adolescence (e.g. child abuse, youth violence). aging and health Drug Addiction, Alcoholism and their Rehabilitation. HIV/AIDS Awareness

Module III: Research and Program Evaluation in Community Psychology

Aims of Community Research. Methods of Community Psychology Research. Models and Interventions.

Module IV: The School System

Role of Psychologist in school. Gifted Children, Scholastic backwardness. Truancy and discipline related issues. Behavioral Problems in Children. Puberty Related Problems. Classroom management.

Module V: The Family System

Family Disorganization, Separated and/Divorced Couples, single parenting. Family Environment and maladaptive Behaviour. Introduction to Family Life Cycle. Psychological Interventions with the family

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

Text:

- Mann, A.P. Community Psychology and Applications
- Sheldon J Korchin, Modern Clinical Psychology
- Rappaport, J: Community Psychology: Values, Research and Action

References:

- Bates, A. P. and Julian, J. :Sociology— Understanding Social Behaviour
- Browning, C. J.: differential Impact of Family Disorganization on Male Adolescents
- Burgers, E.W., and Lock, H.J.: The Family
- Nimkoff, M.E. :The Family
- Cohen Albert K.: Deviance and Control
- Gobbons, D. C.: Deviant Behaviour (2nd ed.)
- Vijoy K Verma, Param Kulhara, Christine, Social psychiatry: A Global Perspective
- R Srinivasa Murthy, Barbara J Burns, Community Mental Health – Proceedings of the Indo US Symposium.

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Introduction to Community Psychology	Lecture	PSY508.1	Mid Term, Quiz & End Sem Exam
2	Orientation to Community Psychology	Lecture	PSY508.1	Mid Term, Quiz & End Sem Exam
3	Aims of Community Psychology	Lecture	PSY508.1	Mid Term, Quiz & End Sem Exam
4	History of CMH movement	Lecture	PSY508.1	Mid Term, Quiz & End Sem Exam
5	Socio-Environmental Context	Lecture	PSY508.4	Mid Term, Quiz & End Sem Exam
6	Structure	Lecture	PSY508.4	Mid Term, Quiz & End Sem Exam
7	Design, & Organization	Lecture	PSY508.4	Mid Term, Quiz & End Sem Exam
8	Urbanization	Lecture	PSY508.3	Mid Term, Quiz & End Sem Exam
9	urban and/or rural physical environment, pollution	Lecture	PSY508.3	Mid Term, Quiz & End Sem Exam
10	Poverty & homelessness	Lecture	PSY508.3	Mid Term, Quiz & End Sem Exam
11	community-integration and mental health	Lecture	PSY508.3	Mid Term, Quiz & End Sem Exam
12	immigration and adjustment	Lecture	PSY508.3	Mid Term, Quiz & End Sem Exam
13	discrimination & prejudice	Lecture	PSY508.3	Mid Term, Quiz

				& End Sem Exam
14	unemployment	Lecture	PSY508.3	Mid Term, Quiz & End Sem Exam
15	intergroup conflict	Lecture	PSY508.3	Mid Term, Quiz & End Sem Exam
16	issues in childhood and adolescence	Lecture	PSY508.3	Mid Term, Quiz & End Sem Exam
17	aging and health	Lecture	PSY508.3	Mid Term, Quiz & End Sem Exam
18	Drug Addiction, Alcoholism and their Rehabilitation	Lecture	PSY508.3	Mid Term, Quiz & End Sem Exam
19	HIV/AIDS Awareness	Lecture	PSY508.3	Mid Term, Quiz & End Sem Exam
20	Aims of Community Research	Lecture	PSY508.1	Mid Term, Quiz & End Sem Exam
21	Methods of Community Psychology Research	Lecture	PSY508.2	Mid Term, Quiz & End Sem Exam
22	Methods of Community Psychology Research	Lecture	PSY508.2	Mid Term, Quiz & End Sem Exam
23	Models and Interventions	Lecture	PSY508.2	Quiz & End Sem Exam
24	Models and Interventions	Lecture	PSY508.2	Quiz & End Sem Exam
25	Role of Psychologist in school	Lecture	PSY508.2	Quiz & End Sem Exam
26	Gifted Children	Lecture	PSY508.3	Quiz & End Sem Exam
27	Scholastic backwardness	Lecture	PSY508.3	Quiz & End Sem Exam
28	Truancy and discipline related issues	Lecture	PSY508.3	Quiz & End Sem Exam
29	Behavioral Problems in Children	Lecture	PSY508.3	Quiz & End Sem Exam
30	Puberty Related Problems	Lecture	PSY508.3	Quiz & End Sem Exam
31	Classroom management	Lecture	PSY508.3	Quiz & End Sem Exam
32	Family Disorganization	Lecture	PSY508.3	Quiz & End Sem Exam
33	Separated and/Divorced Couples, single parenting	Lecture	PSY508.3	Quiz & End Sem Exam
34	Family Environment and maladaptive Behaviour	Lecture	PSY508.3	Quiz & End Sem Exam
35	Introduction to Family Life Cycle	Lecture	PSY508.3	Quiz & End Sem Exam
36	Psychological Interventions with the family	Lecture	PSY508.2	Quiz & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY508.1	Understand the concept of community psychology	3				3					3	3		
PSY508.2	Implement community-based intervention for various psychosocial issues		3	3	3								3	2
PSY508.3	Analyze key contemporary issues in the area of community psychology			3		3					3	3		

PSY508.4	Develop insight and analyze the important concerns in community psychology			3		3					3	3		
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Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



AMITY UNIVERSITY
 MADHYA PRADESH
Established vide Government of Madhya Pradesh Act No. 27 of 2010

DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : SCIENCE OF WELL-BEING
Course Code : PSY509, Crédits : 03, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology
Faculty Name: Dr Shubhagata Awasthi

- A. Introduction:** To understand the concepts related to theory and science of well-being and their applications to the betterment of self and others.
- B. Course Outcomes:** At the end of the course, students will be able to:
- PSY509.1** To relate theory and science of well-being to make the life stress free.
 - PSY509.2** To understand the philosophical and cultural perspective of well-being.
 - PSY509.3** Application of social and economic contexts of well-being for the peace and development of the world.
 - PSY509.4.** Design and develop models for physical and Behavioural wellbeing.
- C. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking,

memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module I Evolution & Development

Natural selection & the elusiveness of happiness- Evolutionary Psychology
 Understanding well-being in the evolutionary context of brain development
 The developmental origins of well-being

Module II Physiology & Neuroscience

Well-being and Affective style: neural substrates and bio behavioural correlates
 Physically active lifestyle and well-being
 Potential of Nutrition to promote physical and behavioural well being

Module III A Brief Philosophy of Well-being

The Basic Triad of Human Needs
 The way of Positive Philosophers, Negative Philosophers and Humanists
 What Makes Life Stressful?

Module IV Cultural Perspective

Subjective Well-Being : Introduction
 Process underlying SWB ; Adaption, Goals and Temperament
 Cultural Differences in the Definition and Causes of Well- Being
 Role of Natural Environment & Well-being

Module V Social & Economic Consideration

Social Context of Well-being

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:**Text**

- Miley, William M: The Psychology of Well Being
- Daniel Kahneman, Ed Diener, Norbert Schwarz, Russell: Well Being: The Foundations of Hedonic Psychology, Sage Foundation

References

- Sirgy, M. Joseph: The Psychology of Quality of Life
- Stanley L. Brodsky: Psychology of Adjustment & Well Being

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Natural selection & the elusiveness of happiness- Evolutionary Psychology	Lecture	PSY509.1	Mid Term, Quiz & End Sem Exam
2	Natural selection & the elusiveness of happiness- Evolutionary Psychology	Lecture	PSY509.1	Mid Term, Quiz & End Sem Exam
3	Understanding well-being in the evolutionary context of brain development	Lecture	PSY509.1	Mid Term, Quiz & End Sem Exam
4	Understanding well-being in the evolutionary context of brain development	Lecture	PSY509.1	Mid Term, Quiz & End Sem Exam
5	The developmental origins of well-being	Lecture	PSY509.1	Mid Term, Quiz & End Sem Exam
6	The developmental origins of well-being	Lecture	PSY509.1	Mid Term, Quiz & End Sem Exam
7	The developmental origins of well-being	Lecture	PSY509.1	Mid Term, Quiz & End Sem Exam
8	Well-being and Affective style: neural substrates and bio behavioural correlates	Lecture	PSY509.1	Mid Term, Quiz & End Sem Exam
9	Well-being and Affective	Lecture	PSY509.1	Mid Term, Quiz

	style: neural substrates and bio behavioural correlates			& End Sem Exam
10	Physically active lifestyle and well-being	Lecture	PSY509.1	Mid Term, Quiz & End Sem Exam
11	Physically active lifestyle and well-being	Lecture	PSY509.1	Mid Term, Quiz & End Sem Exam
12	Potential of Nutrition to promote physical and behavioural well being	Lecture	PSY509.1	Mid Term, Quiz & End Sem Exam
13	Potential of Nutrition to promote physical and behavioural well being	Lecture	PSY509.1	Mid Term, Quiz & End Sem Exam
14	The Basic Triad of Human Needs	Lecture	PSY509.2	Mid Term, Quiz & End Sem Exam
15	The Basic Triad of Human Needs	Lecture	PSY509.2	Mid Term, Quiz & End Sem Exam
16	The way of Positive Philosophers	Lecture	PSY509.2	Mid Term, Quiz & End Sem Exam
17	The way of Positive Philosophers	Lecture	PSY509.2	Mid Term, Quiz & End Sem Exam
18	The way of Negative Philosophers	Lecture	PSY509.2	Mid Term, Quiz & End Sem Exam
19	The way of Negative Philosophers	Lecture	PSY509.2	Mid Term, Quiz & End Sem Exam
20	The way of Humanists	Lecture	PSY509.2	Quiz & End Sem Exam
21	The way of Humanists	Lecture	PSY509.2	Quiz & End Sem Exam
22	What Makes Life Stressful?	Lecture	PSY509.2	Quiz & End Sem Exam
23	Subjective Well-Being: Cultural perspective	Lecture	PSY509.2	Quiz & End Sem Exam
24	Process underlying SWB ; Adaption, Goals and Temperament	Lecture	PSY509.2	Quiz & End Sem Exam
25	Cultural Differences in the Definition and Causes of Well- Being	Lecture	PSY509.2	Quiz & End Sem Exam
26	Cultural Differences in the Definition and Causes of Well- Being	Lecture	PSY509.2	Quiz & End Sem Exam
27	Role of Natural Environment & Well-being	Lecture	PSY509.2	Quiz & End Sem Exam
28	Role of Natural Environment & Well-being	Lecture	PSY509.2	Quiz & End Sem Exam
29	Social Context of Well-being	Lecture	PSY509.3	Quiz & End Sem Exam
30	Social Context of Well-being	Lecture	PSY509.3	Quiz & End Sem Exam

31	Social Context of Well-being	Lecture	PSY509.3	Quiz & End Sem Exam
32	Peace & Development	Lecture	PSY509.4	Quiz & End Sem Exam
33	Peace & Development	Lecture	PSY509.4	Quiz & End Sem Exam
34	Peace & Development	Lecture	PSY509.4	Quiz & End Sem Exam
35	Income & SWB: Can money buy happiness?	Lecture	PSY509.4	Quiz & End Sem Exam
36	Income & SWB: Can money buy happiness?	Lecture	PSY509.4	Quiz & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY509.1	To relate theory and science of well-being to make the life stress free	3	2	1		2							3		
PSY509.2	To understand the philosophical and cultural perspective of well-being	3		2		2							3		

PSY509.3	Application of social and economic contexts of well-being for the peace and development of the world					3					2			2
PSY509.4	Design and develop models for physical and Behavioural wellbeing			2	3									2

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : PSYCHOLOGY BASIC PRACTICAL III

Course Code : PSY500, Crédits : 02, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology

Faculty Name: Dr Ritu Raj

T. Introduction: To apply the general concepts of psychology through the medium of experiments.

U. Course Outcomes: At the end of the course, students will be able to:

PSY500.1 Understand the concepts of psychology through the medium of psychological tests.

PSY500.2 Develop the skills of administering psychological tests in the field of psychology.

PSY500.3 Develop the skills of documenting test results in the field of psychology.

PSY500.4. Develop the skills of report writing.

V. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

W. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternative explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

X. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Lab/Practical File	PF	25%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

PF: Practical File; EE: End Semester Examination; A: Attendance

Y. Syllabus

6. DEO Mohan's Achievement Motivation Scale
7. PGI Memory Scale
8. State-Trait Anxiety Scale
9. Global Adjustment Scale (Form-A)
10. Standard Progressive Matrices (SPM)

Z. Examination Scheme:

Components	A	PF	EE
Weightage (%)	5	25	70

PF: Practical File; EE: End Semester Examination; A: Attendance

AA.Suggested Text/Reference Books:

- Manuals of the respective psychological tests.

BB. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	DEO Mohan's Achievement Motivation Scale Introduction.	Practical	PSY500.1	Practical File and Practical Exam
2	Introduction.	Practical	PSY500.1	Practical File and Practical Exam
3	Conduction.	Practical	PSY500.2	Practical File and Practical Exam
4	Conduction.	Practical	PSY500.2	Practical File and Practical Exam
5	Scoring & Interpretation.	Practical	PSY500.3	Practical File and Practical Exam
6	Scoring & Interpretation.	Practical	PSY500.3	Practical File and Practical Exam
7	Report writing	Practical	PSY500.4	Practical File and Practical Exam
8	Report writing	Practical	PSY500.4	Practical File and Practical Exam
9	Report writing	Practical	PSY500.4	Practical File and Practical Exam
10	PGI Memory Scale Introduction.	Practical	PSY500.4	Practical File and Practical Exam

11	Introduction.	Practical	PSY500.1	Practical File and Practical Exam
12	Introduction.	Practical	PSY500.1	Practical File and Practical Exam
13	Conduction.	Practical	PSY500.2	Practical File and Practical Exam
14	Conduction.	Practical	PSY500.2	Practical File and Practical Exam
15	Scoring & Interpretation.	Practical	PSY500.3	Practical File and Practical Exam
16	Scoring & Interpretation.	Practical	PSY500.3	Practical File and Practical Exam
17	Report writing	Practical	PSY500.4	Practical File and Practical Exam
18	Report writing	Practical	PSY500.4	Practical File and Practical Exam
19	Report writing	Practical	PSY500.4	Practical File and Practical Exam
20	State-Trait Anxiety Scale Introduction.	Practical	PSY500.1	Practical File and Practical Exam
21	Introduction.	Practical	PSY500.1	Practical File and Practical Exam
22	Introduction.	Practical	PSY500.1	Practical File and Practical Exam
23	Conduction.	Practical	PSY500.2	Practical File and Practical Exam
24	Conduction.	Practical	PSY500.2	Practical File and Practical Exam
25	Scoring & Interpretation.	Practical	PSY500.3	Practical File and Practical Exam
26	Scoring & Interpretation.	Practical	PSY500.3	Practical File and Practical Exam
27	Report writing	Practical	PSY500.4	Practical File and Practical Exam
28	Report writing	Practical	PSY500.4	Practical File and Practical Exam
29	Report writing	Practical	PSY500.4	Practical File and Practical Exam
30	Global Adjustment Scale (Form-A) Introduction.	Practical	PSY500.1	Practical File and Practical Exam
31	Introduction.	Practical	PSY500.1	Practical File and Practical Exam
32	Introduction.	Practical	PSY500.1	Practical File and Practical Exam
33	Conduction.	Practical	PSY500.2	Practical File and Practical Exam
34	Conduction.	Practical	PSY500.2	Practical File and Practical Exam
35	Scoring & Interpretation.	Practical	PSY500.3	Practical File and

				Practical Exam
36	Scoring & Interpretation.	Practical	PSY500.3	Practical File and Practical Exam
37	Report writing	Practical	PSY500.4	Practical File and Practical Exam
38	Report writing	Practical	PSY500.4	Practical File and Practical Exam
39	Report writing	Practical	PSY500.4	Practical File and Practical Exam
40	Standard Progressive Matrices (SPM) Introduction.	Practical	PSY500.1	Practical File and Practical Exam
41	Introduction.	Practical	PSY500.1	Practical File and Practical Exam
42	Introduction.	Practical	PSY500.1	Practical File and Practical Exam
43	Conduction.	Practical	PSY500.2	Practical File and Practical Exam
44	Conduction.	Practical	PSY500.2	Practical File and Practical Exam
45	Scoring & Interpretation.	Practical	PSY500.3	Practical File and Practical Exam
46	Scoring & Interpretation.	Practical	PSY500.3	Practical File and Practical Exam
47	Report writing	Practical	PSY500.4	Practical File and Practical Exam
48	Report writing	Practical	PSY500.4	Practical File and Practical Exam

CC. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY500.1	Understand the concepts of psychology through the medium of psychological tests	3			3	1				3	1	3		
PSY500.2	Develop the skills of administering psychological tests in the field of psychology						3		3	3	2			3
PSY500.3	Develop the skills of documenting test results in the field of psychology						3			3	2			3
PSY500.4	Develop the skills of report writing						3		3	3				3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : BEHAVIOURAL SCIENCE V- GROUP DYNAMICS AND TEAM BUILDING

Course Code : BSU543, Crédits: 03, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology

Faculty Name: Ms Devanshi Khemaria

U. Introduction: To inculcate in the students an elementary level of understanding of group/team functions. To develop team spirit and to know the importance of working in teams.

V. Course Outcomes: At the end of the course, students will be able to:

BSU543.1 Develop critical and reflective thinking abilities.

BSU543.2 Demonstrate an understanding of group dynamics and effective teamwork.

BSU543.3 Develop a range of leadership skills and abilities such as effectively leading change, resolving conflict, and motivating others.

BSU543.4 Gain knowledge and understanding of organization resources, policies, and involvement opportunities.

BSU543.5 Develop strategies to recruit, retain, and continually motivate contributing members to the organization.

W. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

X. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

Y. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	SAP	Project	15%
	JoS	Assignment	10%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%

Total			100%
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Z. Syllabus

Module I: Group formation

Definition and Characteristics. Importance of groups. Classification of groups. Stages of group formation. Benefits of group formation

Module II: Group Functions

External Conditions affecting group functioning: Authority, Structure, Org. Resources, Organizational policies etc. Internal conditions affecting group functioning: Roles, Norms, Conformity, Status, Cohesiveness, Size, Inter-group conflict. Group Cohesiveness and Group Conflict. Adjustment in Groups.

Module III: Teams

Meaning and nature of teams. External and internal factors effecting team. Building Effective Teams. Consensus Building. Collaboration.

Module IV: Leadership

Meaning, Nature and Functions. Self-leadership. Leadership styles in organization. Leadership in Teams

Module V: Power to empower: Individual and Teams

Meaning and Nature. Types of power. Relevance in organization and Society.

AA.Examination Scheme:

Components	A	SAP	JoS	EE
Weightage (%)	5	15	10	70

SAP: Social Awareness Program, JoS: Journal of Success, EE: End Semester Examination; A: Attendance

BB. Suggested Text/Reference Books:

- Organizational Behaviour, Davis, K.
- Hoover, Judhith D. Effective Small Group and Team Communication, 2002, Harcourt College Publishers
- Dick, Mc Cann & Margerison, Charles: Team Management, 1992 Edition, viva books
- Bates, A. P. and Julian, J.: Sociology - Understanding Social Behaviour
- Dressers, David and Cans, Donald: The Study of Human Interaction
- Lapiere, Richard. T – Social Change
- Lindzey, G. and Borgatta, E: Sociometric Measurement in the Handbook of Social Psychology, Addison – Welsley, US.
- Rose, G.: Oxford Textbook of Public Health, Vol.4, 1985.
- LaFasto and Larson: When Teams Work Best, 2001, Response Books (Sage), New Delhi
- J William Pfeiffer (ed.) Theories and Models in Applied Behavioural Science, Vol 2, Group (1996); Pfeiffer & Company
- Smither Robert D.; The Psychology of Work and Human Performance, 1994, Harper Collins College Publishers

CC. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Definition and Characteristics.	Lecture	BSU543.2	SAP and JoS & End Sem Exam
2	Importance of groups. Classification of groups.	Lecture	BSU543.1	SAP and JoS & End Sem Exam
3	Stages of group formation. Benefits of group formation.	Lecture	BSU543.2	SAP and JoS & End Sem Exam
4	External Conditions affecting group functioning: Authority, Structure, Org. Resources, Organizational policies etc.	Lecture	BSU543.4	SAP and JoS & End Sem Exam
5	Internal conditions affecting group functioning: Roles, Norms, Conformity, Status, Cohesiveness, Size, Inter-group conflict.	Lecture	BSU543.3	SAP and JoS & End Sem Exam
6	Group Cohesiveness and Group Conflict. Adjustment in Groups.	Lecture	BSU543.3	SAP and JoS & End Sem Exam
7	Meaning and nature of teams. External and internal factors effecting team.	Lecture	BSU543.4	SAP and JoS & End Sem Exam
8	Building Effective Teams. Consensus Building. Collaboration.	Lecture	BSU543.3	SAP and JoS & End Sem Exam
9	Meaning, Nature and Functions. Self-leadership.	Lecture	BSU543.3	SAP and JoS & End Sem Exam
10	Leadership styles in organization.	Lecture	BSU543.3	SAP and JoS &

	Leadership in Teams.			End Sem Exam
11	Meaning and Nature. Types of power.	Lecture	BSU543.2	SAP and JoS & End Sem Exam
12	Relevance in organization and Society.	Lecture	BSU543.5	SAP and JoS & End Sem Exam

DD. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
BSU543.1	Develop critical and reflective thinking abilities									3				3
BSU543.2	Demonstrate an understanding of group dynamics and effective teamwork	3		3		2		2		3		3		3
BSU543.3	Develop a range of leadership skills and abilities such as effectively leading change, resolving conflict, and motivating others			3				2		3				3
BSU543.4	Gain knowledge and understanding of organization resources, policies, and involvement opportunities	2			2	2						3		
BSU543.5	Develop strategies to recruit, retain, and continually motivate contributing members to the organization			3	2		2	2	2	3	2			3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course: TERM PAPER-III

Course Code : NTP503, Crédits : 02, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology

Faculty Name: All the AIBAS faculty members

J. Introduction: The rationale behind introducing the term paper for BA Students (II Year) is to enhance the reading and writing habits of the students and to make them aware about the process of carrying out a research work. This helps them to develop insight into the course they are studying which creates an academic interest among the students. Presentation of the term paper plays an important role as it facilitates knowledge sharing and improvement in presentation skills which will further enhance the confidence of the students. The overall objective of this term paper is to develop research orientations in students and to make them understand and enhance skills in Research Methodology.

K. Course Outcomes: At the end of the course, students will be able to:

NTP503.1 Understand the concepts of psychology and developing the skills of reviewing literature through the medium of research.

NTP503.2 Develop the skills of conducting research in the field of psychology.

NTP503.3 Develop the skills of documenting results and statistics in the field of psychology.

NTP503.4. Develop the skills of report writing.

L. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention

techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

M. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

N. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Compilation of Term Paper	Submission of hard copy of the Term paper as per format along with the plagiarism report	CP	50%
Viva Voce	Will be taken by an External Examiner	VV	25%
Presentation of Term Paper	Will be taken by an External Examiner	PP	25%
Total			100%

CP: Compilation of Term Paper; VV: Viva Voce; PP: Presentation of Term Paper

O. Guidelines for Term Paper:

7. Topic
8. Introduction
9. Review Research
10. Discussion
11. Conclusion
12. References

P. Examination Scheme:

Components	CP	VV	PP
Weightage (%)	50	25	25

CP: Compilation of Term Paper; VV: Viva Voce; PP: Presentation of Term Paper

Q. Suggested Text/Reference Books:

- AUMP Non-Teaching Credit Course (NTCC) format.

R. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P O 11	P O 12	P O 13	
NTP503.1	Understand the concepts of psychology and developing the skills of reviewing literature through the medium of research	3	3	3	3	1					3	1	3	3	3
NTP503.2	Develop the skills of conducting research in the field of psychology		3		3		3	2	3	3	2			3	3

NTP503.3	Develop the skills of documenting results and statistics in the field of psychology		3		3	2	3		3	3	2		3		3
NTP503.4	Develop the skills of report writing		3		3		3		3	3			3		3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course: SUMMER INTERNSHIP PROJECT (EVALUATION)

Course Code : NTP506, Crédits : 02, Session :2023-24(Odd Sem.), Class : BA (H) App Psychology

Faculty Name: All the AIBAS faculty members

A. Introduction: To enable the students with the practical exposure in their core area of interest (Corporate Sector, NGOs, Hospitals etc.), which in turn will be the pathway to their personal and professional training. It will also help students to develop report writing skills.

B. Course Outcomes: At the end of the course, students will be able to:

NSP506.1 Understand the concepts of psychology through the medium of internship.

NSP506.2 Learn ethical behaviour in the field of psychology.

NSP506.3 Develop the professional skills in the field of psychology.

NSP506.4. Develop the skills of report writing.

C. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional

psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternative explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Internal Faculty Interaction	Regular interaction with faculty member	IF	20%
Feedback from External Supervisor	Will be taken from the External Supervisor	EF	20%
Viva Voce	Will be by an External Examiner	VV	30%
Report Writing	Submission of hard copy of the Term paper as per format along with the plagiarism report	RW	30%
Total			100%

IF: Internal Faculty Interaction; EF: Feedback from External Supervisor; VV: Viva Voce; RW: Report Writing

F. Duration: Four Weeks (June-July) Methodology:

Students get opportunity in diversified Institutes e.g., Corporate Sector, Schools, NGOs and Hospitals. They will be guided by an internal and external supervisor from their respective Institute. Students will submit their summer project reports with their supervised daily reporting. Immediately after returning from their summer vacations. This would require primary data collection.

G. Examination Scheme:

Components	IF	EF	VV	RW
Weightage (%)	20	20	30	30

IF: Internal Faculty Interaction; EF: Feedback from External Supervisor; VV: Viva Voce; RW: Report Writing

H. Suggested Text/Reference Books:

- AUMP Non-Teaching Credit Course (NTCC) format.

I. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
NSP506.1	Understand the concepts of psychology through the medium of internship	3		3	3	3		3		3	3	3			3
NSP506.2	Learn ethical behaviour in the field of psychology					3	3	3	3	3	2				3
NSP506.3	Develop the professional skills in the				3	3	3	3	3	3	2				3

	field of psychology													
NSP506.4	Develop the skills of report writing		2		3		3		3	3				3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : PSYCHOLOGY OF DIFFERENTIALLY-ABLED CHILDREN (SPECIAL EDUCATION)
Course Code : PSY601, Crédits : 04, Session :2023-24(Even Sem.), Class : BA (H) App Psychology
Faculty Name: Ms Grace Sharon Joyce

T. Introduction: Students will understand and apply concepts of psychology in differentially-abled children. To the development of education of challenged and gifted children.

U. Course Outcomes: At the end of the course, students will be able to:

PSY601.1 Develop insight to understand the concepts of psychology to the development of education of challenged & gifted students.

PSY601.2 Identify and enumerate the characteristics of exceptional children.

PSY601.3 Apply the concepts in helping challenged and gifted children through interventions at individual levels.

PSY601.4. Apply the concepts in helping challenged and gifted children through interventions and community based programs.

V. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety,

legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

W. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

X. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

Y. Syllabus

Module I Children with mild differences in behaviour & learning

Children with Speech & Learning Disabilities. Children with Learning Disabilities. Children with Intellectual Disabilities. Children and youth with behavior disorders Children who are Gifted, Creative and Talented.

Module II Children with Sensory Impairments

Children and youth with Hearing Impairments. Children with Visual Impairments.

Module III Children with Low Incidence Disabilities

Children with Special Health Care Needs. Children with Neurological Disabilities. Children with Pervasive Developmental Disorders. Children with Severe & Multiple Disabilities.

Module IV Interventions with Infants, Preschoolers, young adults and families

Teaching Strategies. Educational Provisions. Transition from School to Work. Vocational Training & Rehabilitation. Social benefits and Schemes - State and Central governments, NGOs.

Module V Special Education across the Life Span

Early Childhood Special Education. Transitioning to Adulthood. Develop competence for assessment of adaptive behavior among children with special needs.

Module VI Special Education- Curriculum for the Handicapped

Special Education. Individualized Education Program (IEP). Integrated Education- Models of Integration Inclusive Education. Community based instruction (Ecological). Action Research- Meaning and Nature.

Z. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

AA.Suggested Text/Reference Books:

- Panda K.C, Education of Exceptional Children
- Pillai M.G, Exceptional Children- Causes & Assessment
- Prasad S.B, Special Education
- Horn, John Louis: The Education of Exceptional Children
- Robert T. Brown, Cecil R. Reynolds, Psychological perspectives on childhood exceptionality: a handbook (Edition: 99)

BB. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Children with Speech & Learning Disabilities	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
2	Children with Learning Disabilities	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
3	Children with Learning Disabilities	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
4	Children with Intellectual Disabilities	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
5	Children and youth with behavior disorders	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
6	Children and youth with behavior disorders	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
7	Children who are Gifted, Creative and Talented	Lecture	PSY601.2	Mid Term, Quiz & End Sem Exam
8	Children who are Gifted, Creative and Talented	Lecture	PSY601.2	Mid Term, Quiz & End Sem Exam
9	Children with Hearing Impairments	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
10	Children with Hearing Impairments	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
11	Youth with Hearing Impairments	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
12	Youth with Hearing Impairments	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
13	Children with Visual Impairments	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
14	Children with Visual Impairments	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
15	Children with Special Health Care Needs	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
16	Children with Special Health Care Needs	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
17	Children with Neurological Disabilities	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
18	Children with Neurological Disabilities	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
19	Children with Neurological Disabilities	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
20	Children with Pervasive Developmental Disorders	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
21	Children with Pervasive Developmental Disorders	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
22	Children with Pervasive Developmental Disorders	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
23	Children with Severe & Multiple Disabilities	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam

24	Children with Severe & Multiple Disabilities	Lecture	PSY601.1	Mid Term, Quiz & End Sem Exam
25	Teaching Strategies	Lecture	PSY601.3	Quiz & End Sem Exam
26	Teaching Strategies	Lecture	PSY601.3	Quiz & End Sem Exam
27	Educational Provisions	Lecture	PSY601.3	Quiz & End Sem Exam
28	Transition from School to Work	Lecture	PSY601.3	Quiz & End Sem Exam
29	Vocational Training & Rehabilitation	Lecture	PSY601.3	Quiz & End Sem Exam
30	Vocational Training & Rehabilitation	Lecture	PSY601.3	Quiz & End Sem Exam
31	Social benefits and Schemes - State and Central govt.	Lecture	PSY601.4	Quiz & End Sem Exam
32	Social benefits and Schemes - NGOs	Lecture	PSY601.4	Quiz & End Sem Exam
33	Early Childhood Special Education	Lecture	PSY601.3	Quiz & End Sem Exam
34	Early Childhood Special Education	Lecture	PSY601.3	Quiz & End Sem Exam
35	Early Childhood Special Education	Lecture	PSY601.3	Quiz & End Sem Exam
36	Transitioning to Adulthood	Lecture	PSY601.3	Quiz & End Sem Exam
37	Transitioning to Adulthood	Lecture	PSY601.3	Quiz & End Sem Exam
38	Develop competence for assessment of adaptive behavior among children with special needs	Lecture	PSY601.3	Quiz & End Sem Exam
39	Develop competence for assessment of adaptive behavior among children with special needs	Lecture	PSY601.3	Quiz & End Sem Exam
40	Develop competence for assessment of adaptive behavior among children with special needs	Lecture	PSY601.3	Quiz & End Sem Exam
41	Special Education	Lecture	PSY601.3	Quiz & End Sem Exam
42	Special Education	Lecture	PSY601.3	Quiz & End Sem Exam
43	Individualized Education Program (IEP)	Lecture	PSY601.3	Quiz & End Sem Exam
44	Integrated Education- Models of Integration	Lecture	PSY601.3	Quiz & End Sem Exam
45	Inclusive Education	Lecture	PSY601.3	Quiz & End Sem Exam

46	Community based instruction (Ecological)	Lecture	PSY601.4	Quiz & End Sem Exam
47	Community based instruction (Ecological)	Lecture	PSY601.4	Quiz & End Sem Exam
48	Action Research- Meaning and Nature	Lecture	PSY601.4	Quiz & End Sem Exam

CC. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY601.1	Develop insight to understand the concepts of psychology to the development of education of challenged & gifted students	3		2		3				3	3	3		
PSY601.2	Identify and enumerate the characteristics of exceptional children	3			2					3		3		
PSY601.3	Apply the concepts in helping challenged and gifted children through interventions at individual levels			3	3		2			3				3
PSY601.4	Apply the concepts in helping challenged and gifted children through interventions and community based programs			3			2			3				3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : PLANNING, RECRUITMENT AND SELECTION
Course Code : PSY602, Crédits : 03, Session :2023-24(Even Sem.), Class : BA (H) App Psychology
Faculty Name: Dr Deepak Kumar

U. Introduction: Student will able to understand the aspects and concept of Planning, Recruitment & Selection as HR personnel. From the initial phase of understanding the basic HR policies and practices. Students will be introduced to planning process for the hiring personnel in an organization. Useful models and frameworks, complemented by practical advice and guidelines, shall provide students with a solid foundation to apply Planning, Recruitment & Selection.

V. Course Outcomes: At the end of the course, students will be able to:

PSY602.1 Design and develop viable innovative techniques for recruitment and selection.

PSY602.2 Analyse and attract the vital resources required to turn a planning of the selection procedure into reality.

PSY602.3 Identify the need for strategic planning for recruitment and selection.

PSY602.4. Apply the concept of recruitment and selection process at workplace.

W. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety,

legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

X. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

Y. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

Z. Syllabus

Module I Introduction

Application of HR policies & practices Impact of Power on Belief, feeling, Behaviour Pattern of Self & others.

Module II: Planning

Organisational Structure& Planning. Job Analysis. Job Design. Legal issues in Recruitment & Selection, OD, Intervention.

Module III: Process of Recruitment and Selection

Advertisement for Positions. Reference Scanning. Resume writing. Matching and Evaluation.

Module IV: Techniques of Recruitment and Selection

Selection Methods. Selection Tests. Interview (elimination process)

Module V: Post Recruitment & Selection Issues

Training and Development. Managing Diversity. Developing global mind set Promotion and succession planning.

AA.Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

BB. Suggested Text/Reference Books:

- Blum & Naylor, Industrial Psychology, CBS Publishers & Distributors
- B.D.Singh (2007). Compensation and Reward Management, Excel Books, New Delhi.
- Luthans, F. Organizational Behavior, McGraw – Hill International, 1998.
- Kaji H. Hona, Syndrome in workers occupationally exposed, Journal of Hard Surgery.
- Halder, Uday K, Human Resource Development (2009) Oxford University Press
- Bhattacharya, Dipak Kumar, Human Resource Management (2002) Excel Books
- Rao, VSP, Human Resource Management (2004) Excel Books
- Kadefore. R., Ergonomic model for workplace assessment, Human Factors Association of Canada.
- Malik P.L., Industrial Law Eastern, Lucknow, 1991.
- Muchinshy. M. Paul, Psychology Applied to Work - Wadsworth

CC. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Application of HR policies & practices	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
2	Application of HR policies & practices	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
3	Application of HR policies & practices	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
4	Impact of Power on Belief of Self & others	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
5	Impact of Power on feeling, Self & others	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
6	Impact of Power on Behaviour Pattern of Self & others	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
7	Impact of Power on Behaviour Pattern of Self & others	Lecture	PSY602.1	Mid Term, Quiz & End Sem Exam
8	Organisational Structure & Planning	Lecture	PSY602.3	Mid Term, Quiz & End Sem Exam
9	Organisational Structure & Planning	Lecture	PSY602.3	Mid Term, Quiz & End Sem Exam
10	Job Analysis	Lecture	PSY602.2	Mid Term, Quiz & End Sem Exam
11	Job Design	Lecture	PSY602.2	Mid Term, Quiz & End Sem Exam
12	Legal issues in Recruitment & Selection	Lecture	PSY602.2	Mid Term, Quiz & End Sem Exam
13	Legal issues in Recruitment & Selection	Lecture	PSY602.2	Mid Term, Quiz & End Sem Exam
14	OD, Intervention	Lecture	PSY602.3	Mid Term, Quiz & End Sem Exam
15	OD, Intervention	Lecture	PSY602.4	Mid Term, Quiz & End Sem Exam
16	Advertisement for Positions	Lecture	PSY602.4	Mid Term, Quiz & End Sem Exam
17	Reference Scanning	Lecture	PSY602.4	Mid Term, Quiz & End Sem Exam
18	Reference Scanning	Lecture	PSY602.4	Mid Term, Quiz & End Sem Exam
19	Resume writing	Lecture	PSY602.4	Mid Term, Quiz & End Sem Exam
20	Resume writing	Lecture	PSY602.4	Mid Term, Quiz & End Sem Exam
21	Matching and Evaluation	Lecture	PSY602.4	Mid Term, Quiz & End Sem Exam
22	Matching and Evaluation	Lecture	PSY602.4	Quiz & End Sem Exam

23	Selection Methods	Lecture	PSY602.4	Quiz & End Sem Exam
24	Selection Methods	Lecture	PSY602.4	Quiz & End Sem Exam
25	Selection Methods	Lecture	PSY602.4	Quiz & End Sem Exam
26	Selection Tests	Lecture	PSY602.4	Quiz & End Sem Exam
27	Selection Tests	Lecture	PSY602.4	Quiz & End Sem Exam
28	Interview (elimination process)	Lecture	PSY602.4	Quiz & End Sem Exam
29	Interview (elimination process)	Lecture	PSY602.4	Quiz & End Sem Exam
30	Training and Development	Lecture	PSY602.4	Quiz & End Sem Exam
31	Training and Development	Lecture	PSY602.4	Quiz & End Sem Exam
32	Training and Development	Lecture	PSY602.4	Quiz & End Sem Exam
33	Managing Diversity	Lecture	PSY602.4	Quiz & End Sem Exam
34	Managing Diversity	Lecture	PSY602.4	Quiz & End Sem Exam
35	Developing global mind set Promotion and succession planning	Lecture	PSY602.4	Quiz & End Sem Exam
36	Developing global mind set Promotion and succession planning	Lecture	PSY602.4	Quiz & End Sem Exam

DD. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P O 11	P O 12	P O 13	
PSY602.1	Design and develop viable innovative techniques for recruitment and selection	2		3			3				3	2	3		3
PSY602.2	Analyse and attract the vital resources required to turn a planning of the selection procedure into reality	2	2		3									2	3
PSY602.3	Identify the need for strategic planning for recruitment and selection					3					3	3			3
PSY602.4	Apply the concept of recruitment and selection process at workplace		2	3		3	3	2	3			2	3		3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : INTRODUCTION TO INDUSTRIAL RELATIONS

Course Code : PSY603, Crédits : 03, Session :2023-24(Even Sem.), Class : BA (H) App Psychology

Faculty Name: Dr Ritu Raj

T. Introduction: To enable students to get a basic understanding of the role of industrial relationships, legal and social aspects and their applications related to the organizational settings. Students will also know about the trade union acts and legal framework Union Recognition. Students will understand about the settlement of industrial disputes.

U. Course Outcomes: At the end of the course, students will be able to:

PSY603.1 Recognize the issues related to industrial relations.

PSY603.2 Identify and review latest issues of management.

PSY603.3 Identify employee grievances.

PSY603.4. Assess industrial disputes.

V. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

W. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

X. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

Y. Syllabus

Module I Introduction

Industrial Relations Management. Concept- Evaluation- Background of Industrial Relations in India, Influencing factors of IR in enterprise and the consequences.

Module II Economic, Social and Political Environments

Employment Structure- Social Partnership, Wider Approaches to Industrial Relations Labor Market

Module III Trade Unions

Introduction- Definition and Objectives, Growth of Trade Unions in India, Trade area analysis, development and mapping, Trade Unions Act (1926) and Legal framework Union Recognition, Union Problems. Employees Association- Introduction, Objectives, Membership, Financial Status. Management related case study

Module IV Quality of Work Life

Workers Participation in Management- Workers Participation in India, Shop Floor, Plant Level, Board Level- Workers' Welfare in Indian Scenario- Collective Bargaining concepts & characteristics- Promoting Peace

Module V: Wage & Salary Administration

Nature & Significance of Wage, Salary Administration, Essentials, Minimum Wage, Fair Wage, Real Wage, Incentives & Fringe Benefits, Issues and constraints in Wage Determination in India.

Module VI: Social Security

Introduction and types of Social Security in India, Health and Occupational Safety Programs- Salient features of Workmen Compensation Act and Employees' State Insurance Act relating to Social Security, Workers' Education objectives rewarding.

Module VII: Employee Grievances

Causes of Grievances- Conciliation, Arbitration and Adjudication, Procedural aspects for Settlement of Grievances, Standing Orders, Code Discipline.

Module VIII: Industrial Disputes

Meaning, Nature and Scope of Industrial Disputes. Cases & Consequences of Industrial Disputes. Prevention and Settlement of Industrial Disputes in India

Z. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

AA.Suggested Text/Reference Books:

Text:

- Arora M, Industrial Relations (2000), Excel Books

References:

- Dynamics of Industrial Relations (2004) Himalaya Publishing House
- Manappa A, Industrial Relations (2004), Tata McGraw Hill.

BB. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Industrial Relations Management	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
2	Concept- Industrial Relations in India	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
3	Evaluation- Industrial Relations in India	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
4	Background of Industrial Relations in India	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
5	Employment Structure- Social Partnership	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
6	Employment Structure- Social Partnership	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
7	Wider Approaches to Industrial Relations	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
8	Wider Approaches to Industrial Relations	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
9	Labor Market	Lecture	PSY603.2	Mid Term, Quiz & End Sem Exam
10	Introduction- Definition and Objectives of Trade union	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
11	Growth of Trade Unions in India	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
12	Trade area analysis, development and mapping	Lecture	PSY603.2	Mid Term, Quiz & End Sem Exam
13	Trade Unions Act (1926) and Legal framework Union Recognition, Union Problems	Lecture	PSY603.2	Mid Term, Quiz & End Sem Exam
14	Employees Association- Introduction, Objectives	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
15	Employees Association- Membership, Financial Status	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
16	Management related case study	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
17	Workers Participation in Management- Workers Participation in India	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
18	Shop Floor, Plant Level	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
19	Board Level- Workers' Welfare in Indian Scenario	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
20	Collective Bargaining concepts & characteristics	Lecture	PSY603.2	Mid Term, Quiz & End Sem Exam
21	Promoting Peace	Lecture	PSY603.4	Mid Term, Quiz & End Sem Exam

22	Nature & Significance of Wage	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
23	Salary Administration, Essentials	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
24	Minimum Wage, Fair Wage, Real Wage	Lecture	PSY603.1	Mid Term, Quiz & End Sem Exam
25	Incentives & Fringe Benefits	Lecture	PSY603.1	Quiz & End Sem Exam
26	Issues and constraints in Wage Determination in India	Lecture	PSY603.2	Quiz & End Sem Exam
27	Introduction and types of Social Security in India	Lecture	PSY603.1	Quiz & End Sem Exam
28	Health and Occupational Safety Programs	Lecture	PSY603.2	Quiz & End Sem Exam
29	Salient features of Workmen Compensation Act and Employees' State Insurance Act relating to Social Security, Workers' Education objectives rewarding	Lecture	PSY603.3	Quiz & End Sem Exam
30	Causes of Grievances- Conciliation, Arbitration and Adjudication	Lecture	PSY603.3	Quiz & End Sem Exam
31	Procedural aspects for Settlement of Grievances, Standing Orders, Code Discipline	Lecture	PSY603.3	Quiz & End Sem Exam
32	Meaning, Nature and Scope of Industrial Disputes	Lecture	PSY603.4	Quiz & End Sem Exam
33	Cases & Consequences of Industrial Disputes	Lecture	PSY603.4	Quiz & End Sem Exam
34	Cases & Consequences of Industrial Disputes	Lecture	PSY603.4	Quiz & End Sem Exam
35	Prevention of Industrial Disputes in India	Lecture	PSY603.4	Quiz & End Sem Exam
36	Settlement of Industrial Disputes in India	Lecture	PSY603.4	Quiz & End Sem Exam

CC. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P O 11	P O 12	P O 13
PSY603.1	Recognize the issues related to industrial relations	3		3		3				3		3		
PSY603.2	Identify and review latest issues of management	3		3	2	3				2		3		2
PSY603.3	Identify employee grievances			3						3	2	3		3
PSY603.4	Assess industrial disputes			3						2	2	3		3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : PSYCHOLOGY OF EXCEPTIONAL AND GIFTED CHILDREN
Course Code : PSY604, Crédits : 03, Session :2023-24(Even Sem.), Class : BA (H) App Psychology
Faculty Name: Dr Shubhagata Awasthi

U. Introduction: Students will be aware about the knowledge and understanding of the complexity of the exceptional child. Students will help the exceptional child.

V. Course Outcomes: At the end of the course, students will be able to:

PSY604.1 Gain knowledge of Exceptional Children and gifted children.

PSY604.2 Appraise various interventions for children with exceptional needs in the curriculum.

PSY604.3 Appraise various individualized interventions for children with exceptional needs.

PSY604.4. Reflect on the legislations for Exceptional children.

W. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

X. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

Y. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

Z. Syllabus

Module I Foundations of Special Education

Introduction to children who are exceptional. Issues and trends in special education. Risk factors & children at risk. Collaborating with parents & families

Module II Special Education- Curriculum for the Gifted

Approaches to curriculum. Differentiated curriculum. Enrichment approaches. Interdisciplinary instruction. Independent Study. Mentorship Programs. Internship. Enrichment triad/revolving door model. Curriculum compacting programs. Acceleration approach. Advanced placement. Ability grouping. Individualized instruction.

Module III Identify and discuss Individualized Educational Plans

Developing, Implementation & Assessment, Implications for curriculum development

Module IV Critical Attitudes towards Special Children & Youth

Legislation & litigation concerning the Education of Special Children. RPWD Act, 2016

Module V Attitudes, Expectations and Alternative Approaches in teaching Special Children

Mainstreaming, Integration, Inclusion, Special Services. Dealing with teachers, parents, Special students & Nonhandicapped students.

Module VI Instructional Planning for each of the Exceptionality

Developing appropriate instructional strategies for use with each of the Exceptionalities. Modification of given instructional units to meet the needs of students with each of the Exceptionalities. Development of a management plan for working with Special students within the regular classroom

AA.Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

BB. Suggested Text/Reference Books:

Text:

- Panda K.C, Education of Exceptional Children
- Pillai M.G, Exceptional Children- Causes & Assessment

References:

- Prasad S.B, Special Education
- Horn, John Louis: The Education of Exceptional Children
- Robert T. Brown, Cecil R. Reynolds, Psychological perspectives on childhood exceptionalities: a handbook (Edition: 99)

CC. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Introduction to children who are exceptional	Lecture	PSY604.1	Mid Term, Quiz & End Sem Exam
2	Issues and trends in special education	Lecture	PSY604.1	Mid Term, Quiz & End Sem Exam
3	Risk factors & children at risk	Lecture	PSY604.1	Mid Term, Quiz & End Sem Exam
4	Collaborating with parents & families	Lecture	PSY604.1	Mid Term, Quiz & End Sem Exam
5	Approaches to curriculum	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
6	Differentiated curriculum	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
7	Enrichment approaches	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
8	Interdisciplinary instruction	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
9	Independent Study	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
10	Mentorship Programs	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
11	Internship	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
12	Enrichment triad/revolving door model	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
13	Curriculum compacting programs	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
14	Acceleration approach	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
15	Advanced placement	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
16	Ability grouping	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
17	Individualized instruction	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
18	Developing curriculum development	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
19	Implementation of curriculum development	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
20	Assessment of curriculum development	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
21	Implications for curriculum development	Lecture	PSY604.2	Mid Term, Quiz & End Sem Exam
22	Legislation & litigation concerning the Education	Lecture	PSY604.4	Mid Term, Quiz & End Sem Exam

	of Special Children			
23	Legislation & litigation concerning the Education of Special Children	Lecture	PSY604.4	Mid Term, Quiz & End Sem Exam
24	RPWD Act, 2016	Lecture	PSY604.4	Mid Term, Quiz & End Sem Exam
25	Mainstreaming, Integration	Lecture	PSY604.4	Quiz & End Sem Exam
26	Inclusion	Lecture	PSY604.4	Quiz & End Sem Exam
27	Special Services	Lecture	PSY604.4	Quiz & End Sem Exam
28	Dealing with teachers, parents	Lecture	PSY604.3	Quiz & End Sem Exam
29	Dealing with Special students & Nonhandicapped students	Lecture	PSY604.3	Quiz & End Sem Exam
30	Developing appropriate instructional strategies for use with each of the Exceptionalities	Lecture	PSY604.3	Quiz & End Sem Exam
31	Developing appropriate instructional strategies for use with each of the Exceptionalities	Lecture	PSY604.3	Quiz & End Sem Exam
32	Developing appropriate instructional strategies for use with each of the Exceptionalities	Lecture	PSY604.3	Quiz & End Sem Exam
33	Modification of given instructional units to meet the needs of students with each of the Exceptionalities	Lecture	PSY604.3	Quiz & End Sem Exam
34	Modification of given instructional units to meet the needs of students with each of the Exceptionalities	Lecture	PSY604.3	Quiz & End Sem Exam
35	Development of a management plan for working with Special students within the regular classroom	Lecture	PSY604.3	Quiz & End Sem Exam
36	Development of a management plan for working with Special students within the regular classroom	Lecture	PSY604.3	Quiz & End Sem Exam

DD. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P O 11	P O 12	P O 13	
PSY604.1	Gain knowledge of Exceptional Children and gifted children	3									3	3	3		
PSY604.2	Appraise various interventions for children with exceptional needs in the curriculum		2	3	3	2	2	2			3	3	3	2	3
PSY604.3	Appraise various individualized interventions for children with exceptional needs		2	3	3	2	2				3	3	3	2	3
PSY604.4	Reflect on the legislations for Exceptional children	3		3							3		3		

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : TEACHING & LEARNING TECHNIQUES

Course Code : PSY605, Crédits : 03, Session :2023-24 (Even Sem.), Class : BA (H) App Psychology

Faculty Name: Dr Sandhya Garg

U. Introduction: To enables the students to gather knowledge about the need and scope of Educational counselling with focus on various teaching & learning styles, cognitive issues, and various sources of measurement of learning. Students will be able to know the assessments in teaching & learning methodologies.

V. Course Outcomes: At the end of the course, students will be able to:

PSY605.1 Understand and apply Learning Styles & Teaching Strategies in various educational settings.

PSY605.2 Evaluate different methods of enhancing learning.

PSY605.3 Evaluate different methods of Psycho educational assessment.

PSY605.4. Analyze consultation model & skills.

W. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

X. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

Y. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

Z. Syllabus

Module I Introduction

Need and scope of Educational Counseling. Specific issues in education.

Module II: Learning & Studying Styles

Kolb's Experiential Learning Style. Honey & Mumford Learning Style. Gregore Learning Styles. Howard Gardener Multiple Intelligences. Note Taking Skills: Cornell Method, The Outline Method, The Mapping method, The charting Method & The Sentence Method. Types of Study Skills: Role of Self Awareness & Time Management. Study Methods: PQRST Method, PRWR Method, Acronyms & Acrostics, Location, Verbal repetition

Module III: Teaching Styles

Command Style. Task style. Reciprocal Style. Small Group Style. Guided Discovery Style. Problem Solving style.

Module IV: Assessments in Teaching & Learning Methodologies

Observations, interviews, rating scales. Cumulative record & anecdotal record. Case study, sociometry, questionnaire & projective tests. Psycho educational assessments: Intelligence, memory, creativity, personality, motivation, aptitude, interest.

Module V: Consultation Model & Skills

Counselor as educational consultant. Career Guidance & counseling: theories & influences. Behavioral Model. Play therapy. Individualized Educational Programs

AA. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

BB. Suggested Text/Reference Books:

Text:

- Mangal, S. K., (2004), Advance Educational Psychology; New Delhi : Prentice Hall

References:

- M Dash, Neena Dash; Fundamentals of Educational Psychology: Atlantic Publishers & Distributors, New Delhi.
- L S Vygotsky, (1999) Educational Psychology ; Vanit Books, New Delhi
- R K Prithi (Ed.2004) Educational Psychology: Discovery Publishing House, New Delhi.

CC. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Need and scope of Educational Counseling	Lecture	PSY605.1	Mid Term, Quiz & End Sem Exam
2	Need and scope of Educational Counseling	Lecture	PSY605.1	Mid Term, Quiz & End Sem Exam
3	Specific issues in education	Lecture	PSY605.1	Mid Term, Quiz & End Sem Exam
4	Specific issues in education	Lecture	PSY605.1	Mid Term, Quiz & End Sem Exam
5	Specific issues in education	Lecture	PSY605.1	Mid Term, Quiz & End Sem Exam
6	Kolb's Experiential Learning Style	Lecture	PSY605.1	Mid Term, Quiz & End Sem Exam
7	Honey & Mumford Learning Style	Lecture	PSY605.1	Mid Term, Quiz & End Sem Exam
8	Gregore Learning Styles	Lecture	PSY605.1	Mid Term, Quiz & End Sem Exam
9	Howard Gardener Multiple Intelligences	Lecture	PSY605.1	Mid Term, Quiz & End Sem Exam
10	Note Taking Skills: Cornell Method, The Outline Method	Lecture	PSY605.2	Mid Term, Quiz & End Sem Exam
11	Note Taking Skills: The Mapping method	Lecture	PSY605.2	Mid Term, Quiz & End Sem Exam
12	Note Taking Skills: The charting Method & The Sentence Method	Lecture	PSY605.2	Mid Term, Quiz & End Sem Exam
13	Note Taking Skills: The charting Method & The Sentence Method	Lecture	PSY605.2	Mid Term, Quiz & End Sem Exam
14	Types of Study Skills: Role of Self Awareness & Time Management	Lecture	PSY605.2	Mid Term, Quiz & End Sem Exam
15	Study Methods: PQRST Method, PRWR Method	Lecture	PSY605.2	Mid Term, Quiz & End Sem Exam
16	Study Methods: Acronyms & Acrostics, Location, Verbal repetition	Lecture	PSY605.2	Mid Term, Quiz & End Sem Exam
17	Command Style	Lecture	PSY605.2	Mid Term, Quiz & End Sem Exam
18	Task style	Lecture	PSY605.2	Mid Term, Quiz & End Sem Exam
19	Reciprocal Style	Lecture	PSY605.2	Mid Term, Quiz & End Sem Exam
20	Small Group Style	Lecture	PSY605.2	Mid Term, Quiz & End Sem Exam

21	Guided Discovery Style	Lecture	PSY605.2	Mid Term, Quiz & End Sem Exam
22	Problem Solving style	Lecture	PSY605.2	Mid Term, Quiz & End Sem Exam
23	Observations, interviews, rating scales	Lecture	PSY605.3	Mid Term, Quiz & End Sem Exam
24	Cumulative record & anecdotal record	Lecture	PSY605.3	Mid Term, Quiz & End Sem Exam
25	Case study, sociometry, questionnaire & projective tests	Lecture	PSY605.3	Quiz & End Sem Exam
26	Psycho educational assessments: Intelligence	Lecture	PSY605.3	Quiz & End Sem Exam
27	Psycho educational assessments: memory, creativity	Lecture	PSY605.3	Quiz & End Sem Exam
28	Psycho educational assessments: personality, motivation	Lecture	PSY605.3	Quiz & End Sem Exam
29	Psycho educational assessments: aptitude, interest	Lecture	PSY605.3	Quiz & End Sem Exam
30	Counselor as Educational consultant	Lecture	PSY605.4	Quiz & End Sem Exam
31	Career Guidance & counseling: theories & influences	Lecture	PSY605.4	Quiz & End Sem Exam
32	Career Guidance & counseling: theories & influences	Lecture	PSY605.4	Quiz & End Sem Exam
33	Behavioral Model	Lecture	PSY605.4	Quiz & End Sem Exam
34	Play therapy	Lecture	PSY605.4	Quiz & End Sem Exam
35	Individualized Educational Programs	Lecture	PSY605.4	Quiz & End Sem Exam
36	Individualized Educational Programs	Lecture	PSY605.4	Quiz & End Sem Exam

DD. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY605.1	Understand and apply Learning Styles & Teaching Strategies in various educational settings	2				1					3		2		3
PSY605.2	Evaluate different methods of enhancing learning			2	3					3	1				3
PSY605.3	Evaluate different methods of Psycho educational assessment			2	3					3	1				3
PSY605.4	Analyze consultation model & skills	2		2	3					3	1	2			3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY

Course Handout

Course : HUMAN SKILL DEVELOPMENT

Course Code : PSY606, Crédits : 03, Session :2023-24(Even Sem.), Class : BA (H) App Psychology

Faculty Name: Ms Devanshi Khemaria

K. Introduction: To equip the students to develop skills enabling them to handle issues and challenges of health & wellness. Students also Identifying important skills needed to maintain healthy Living. Students will also know about the lifestyle management.

L. Course Outcomes: At the end of the course, students will be able to:

PSY606.1 Define issues of health and wellness.

PSY606.2 Develop soft skills and creative thinking and positive attitude required for human skills development.

PSY606.3 Understand the importance of health and nutrition in life.

PSY606.4. Design techniques of health management.

M. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

N. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

O. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

P. Syllabus

Module I Introduction

Introduction to the main issues & challenges of healthy living.
Identifying important skills needed to maintain healthy Living.

Module II: Developing Soft Skills

The power of creative thinking
Handling Emotions Effectively
Developing positive attitude
Problem Solving & Critical Thinking

Module III: Health & Nutrition

Balanced Diet: Definition, Concept, Need & Importance
BMR: Definition, Concept, Need & Importance
Nutritional requirements at different life stages
Fighting Illness
Lifestyle Management: Dealing with Obesity, CHD, Hypertension, HIV/AIDS etc.

Module IV: Health Management

Yoga & Meditation
Science of Spirituality
Stress Management
Community Health

Q. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

R. Suggested Text/Reference Books:

Text:

- Michael Feuerstein, Elise E. Labbé, Andrzej R. Kuczmierczyk, Health psychology: a psychobiological perspective, Published by Springer, 1986

References:

- David Marks, Brian Evans, Michael Murray, Carla Willig, Cailine Woodall, Catherine Marie Sykes, Health psychology: theory, research and practice, Published by SAGE, 2005
- Douglas Carroll, Health psychology: stress, behaviour and disease. Published by Routledge, 1992

S. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Introduction to the main issues & challenges of healthy living	Lecture	PSY606.1	Mid Term, Quiz & End Sem Exam
2	Introduction to the main issues & challenges of healthy living	Lecture	PSY606.1	Mid Term, Quiz & End Sem Exam
3	Introduction to the main issues & challenges of healthy living	Lecture	PSY606.1	Mid Term, Quiz & End Sem Exam
4	Introduction to the main issues & challenges of healthy living	Lecture	PSY606.1	Mid Term, Quiz & End Sem Exam
5	Identifying important skills needed to maintain healthy living	Lecture	PSY606.2	Mid Term, Quiz & End Sem Exam
6	Identifying important skills needed to maintain healthy living	Lecture	PSY606.2	Mid Term, Quiz & End Sem Exam
7	Identifying important skills needed to maintain healthy living	Lecture	PSY606.2	Mid Term, Quiz & End Sem Exam
8	Identifying important skills needed to maintain healthy living	Lecture	PSY606.2	Mid Term, Quiz & End Sem Exam
9	The power of creative thinking	Lecture	PSY606.2	Mid Term, Quiz & End Sem Exam
10	The power of creative thinking	Lecture	PSY606.2	Mid Term, Quiz & End Sem Exam
11	Handling Emotions Effectively	Lecture	PSY606.2	Mid Term, Quiz & End Sem Exam
12	Handling Emotions Effectively	Lecture	PSY606.2	Mid Term, Quiz & End Sem Exam
13	Developing positive attitude	Lecture	PSY606.2	Mid Term, Quiz & End Sem Exam
14	Developing positive attitude	Lecture	PSY606.2	Mid Term, Quiz & End Sem Exam
15	Problem Solving & Critical Thinking	Lecture	PSY606.2	Mid Term, Quiz & End Sem Exam
16	Problem Solving & Critical Thinking	Lecture	PSY606.2	Mid Term, Quiz & End Sem Exam
17	Balanced Diet: Definition, Concept	Lecture	PSY606.3	Mid Term, Quiz & End Sem Exam
18	Balanced Diet: Need & Importance	Lecture	PSY606.3	Mid Term, Quiz & End Sem Exam
19	Balanced Diet: Need & Importance	Lecture	PSY606.3	Mid Term, Quiz & End Sem Exam
20	BMR: Definition, Concept, Need & Importance	Lecture	PSY606.3	Mid Term, Quiz & End Sem Exam

21	Nutritional requirements at different life stages	Lecture	PSY606.3	Mid Term, Quiz & End Sem Exam
22	Nutritional requirements at different life stages	Lecture	PSY606.3	Mid Term, Quiz & End Sem Exam
23	Nutritional requirements at different life stages	Lecture	PSY606.3	Mid Term, Quiz & End Sem Exam
24	Fighting Illness	Lecture	PSY606.4	Mid Term, Quiz & End Sem Exam
25	Lifestyle Management: Dealing with Obesity	Lecture	PSY606.4	Quiz & End Sem Exam
26	Lifestyle Management: CHD, Hypertension	Lecture	PSY606.4	Quiz & End Sem Exam
27	Lifestyle Management: HIV/AIDS etc.	Lecture	PSY606.4	Quiz & End Sem Exam
28	Yoga & Meditation	Lecture	PSY606.4	Quiz & End Sem Exam
29	Yoga & Meditation	Lecture	PSY606.4	Quiz & End Sem Exam
30	Science of Spirituality	Lecture	PSY606.4	Quiz & End Sem Exam
31	Science of Spirituality	Lecture	PSY606.4	Quiz & End Sem Exam
32	Stress Management	Lecture	PSY606.4	Quiz & End Sem Exam
33	Stress Management	Lecture	PSY606.4	Quiz & End Sem Exam
34	Community Health	Lecture	PSY606.4	Quiz & End Sem Exam
35	Community Health	Lecture	PSY606.4	Quiz & End Sem Exam
36	Community Health	Lecture	PSY606.4	Quiz & End Sem Exam

T. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY606.1	Define issues of health and wellness	2										2		
PSY606.2	Develop soft skills and creative thinking and positive attitude required for human skills development			3	2					2				3
PSY606.3	Understand the importance of health and nutrition in life	1	2			2						2		
PSY606.4	Design techniques of health management			3	2					2				3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : PSYCHOLOGY OF AGING
Course Code : PSY607, Crédits : 03, Session :2023-24(Even Sem.), Class : BA (H) App Psychology
Faculty Name: Ms Jennifer Chandani

- J. Introduction:** This paper will enable the students to have a better understanding of the needs, theories and processes of ageing. Also, to empower the students with the wider knowledge on how to deal with the issues and problems related to old age.
- K. Course Outcomes:** At the end of the course, students will be able to:
- PSY607.1** Have a better perspective of the needs, theories and processes of ageing.
 - PSY607.2** Applying the knowledge to deal with the issues and problems related to old age.
 - PSY607.3** Understand the ethical, legal and financial issues in taking care of the elderly.
 - PSY607.4.** Creating a better and conducive environment for the elderly population to make ageing a pleasurable experience.
- L. Programme Outcomes:**
- [PO.1]. Psychology knowledge:** develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.
- [PO.2]. Research Design:** Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- [PO.3]. Understand /development of solutions:** Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
- [PO.4]. Modern tool & techniques usage:** Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.
- [PO.5]. The psychology and society:** Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

M. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

N. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

O. Syllabus

Module I Introduction

Gerontology- Meaning, Nature & Scope. Historical perspective of Ageing. Global Picture- Researches & Studies in Indian and Western Context. Morbidity & Mortality. Ageing- Myths & Facts. Major Needs of Older Adults

Module II: The Process of Ageing

Developmental Aspects of Ageing. Biological & Physiological Aspects of Ageing. Psychological Aspects of Ageing. Social Aspects of Ageing.

Module III: Health Needs & Care for Older Adults

Assessment, Diagnosis & Planning. Major Illnesses- Physical & Psychological. Care giving- Mild & Chronic Illnesses. Mental Health. Palliative Care

Module IV: Individual & Social Issues

Adaptation to Old Age, Attitudes towards Old People.

Adjustment to Changes:

- Family Patterns
- Loss of Spouse
- Living Alone
- Remarriage in Old Age
- Physical, Motor & Mental Abilities

Module V: Ethical, Legal & Financial Issues

Role of Ethics. Welfare Policy for Elderly. Old Age/Shelter Homes for Elderly, Retirement. Identifying Excellence in Care of Elderly. Ethical Theories & Principles. Constitutional Rights, Policy & Services. Legislation & Public Policy

P. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

Q. Suggested Text/Reference Books:

- Kenneth F. Ferraro: Gerontology: perspectives and issues, Published by Springer Pub. Co., 1990
- Nicholas Coni, William Davison, Stephen Webster: Ageing: the facts
- Ian Stuart-Hamilton: The Psychology of Ageing: An Introduction, 4th Edition.

R. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Gerontology- Meaning, Nature & Scope	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
2	Historical perspective of Ageing	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
3	Global Picture- Researches & Studies in Indian and Western Context	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
4	Morbidity & Mortality	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
5	Ageing- Myths & Facts	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
6	Major Needs of Older Adults	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
7	Major Needs of Older Adults	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
8	Developmental Aspects of Ageing	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
9	Biological Aspects of Ageing	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
10	Physiological Aspects of Ageing	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
11	Psychological Aspects of Ageing	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
12	Psychological Aspects of Ageing	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
13	Social Aspects of Ageing	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
14	Assessment, Diagnosis & Planning	Lecture	PSY607.2	Mid Term, Quiz & End Sem Exam
15	Major Illnesses- Physical	Lecture	PSY607.2	Mid Term, Quiz & End Sem Exam
16	Major Illnesses-Psychological	Lecture	PSY607.2	Mid Term, Quiz & End Sem Exam
17	Care giving- Mild & Chronic Illnesses	Lecture	PSY607.2	Mid Term, Quiz & End Sem Exam
18	Mental Health	Lecture	PSY607.2	Mid Term, Quiz & End Sem Exam
19	Palliative Care	Lecture	PSY607.2	Mid Term, Quiz & End Sem Exam
20	Adaptation to Old Age	Lecture	PSY607.2	Mid Term, Quiz & End Sem Exam
21	Attitudes towards Old People	Lecture	PSY607.2	Mid Term, Quiz & End Sem Exam

22	Adjustment to Changes: Family Patterns	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
23	Adjustment to Changes: Loss of Spouse	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
24	Adjustment to Changes: Living Alone	Lecture	PSY607.1	Mid Term, Quiz & End Sem Exam
25	Adjustment to Changes: Remarriage in Old Age	Lecture	PSY607.1	Quiz & End Sem Exam
26	Adjustment to Changes: Physical & Motor Abilities	Lecture	PSY607.1	Quiz & End Sem Exam
27	Adjustment to Changes: Mental Abilities	Lecture	PSY607.1	Quiz & End Sem Exam
28	Role of Ethics	Lecture	PSY607.3	Quiz & End Sem Exam
29	Welfare Policy for Elderly	Lecture	PSY607.4	Quiz & End Sem Exam
30	Old Age/Shelter Homes for Elderly	Lecture	PSY607.3	Quiz & End Sem Exam
31	Retirement	Lecture	PSY607.3	Quiz & End Sem Exam
32	Identifying Excellence in Care of Elderly	Lecture	PSY607.4	Quiz & End Sem Exam
33	Ethical Theories & Principles	Lecture	PSY607.3	Quiz & End Sem Exam
34	Constitutional Rights	Lecture	PSY607.3	Quiz & End Sem Exam
35	Policy & Services	Lecture	PSY607.3	Quiz & End Sem Exam
36	Legislation & Public Policy	Lecture	PSY607.3	Quiz & End Sem Exam

S. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P O 11	P O 12	P O 13
PSY607.1	Have a better perspective of the needs, theories and processes of ageing	3	3							3	1	3	3	
PSY607.2	Applying the knowledge to deal with the issues and problems related to old age			3	2					2				3
PSY607.3	Understand the ethical, legal and financial issues in taking care of the elderly	1		2		2	3			3		3		
PSY607.4	Creating a better and conducive environment for the elderly population to make ageing a pleasurable experience			3	2			2	1	3				3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : SCIENCE OF HAPPINESS
Course Code : PSY608, Crédits : 03, Session :2023-24(Even Sem.), Class : BA (H) App Psychology
Faculty Name: Dr Ritu Raj

A. Introduction: Student to acquire meaningful knowledge of various aspects of happiness. Students will also apply the concepts with a holistic view to deal with the barriers in day-today life. Course will provide an overview of positive psychology and introduces the theoretical models of adolescence and early adulthood.

B. Course Outcomes: At the end of the course, students will be able to:

PSY608.1. Understand the concept of happiness.

PSY608.2. Acquire meaningful knowledge of various aspects of happiness.

PSY608.3 Apply a holistic and spiritual view of psychology to deal with stressors of day to day life.

PSY608.4. Develop and design the social model to promote happiness.

C. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety,

legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

D. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Mid Term	CT	20%
	Seminar/Viva-Voce/Quiz/Home Assignment	S/V/Q/HA	5%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

F. Syllabus

Module I Happiness

Positive and Negative Affectivity. The Effects & Causes of Happiness. Culture and Happiness. Relationships and Happiness. Geography of Bliss.

Module II Happiness and its Physical Aspects

Physical aspects of happiness. Living quality life through positive psychology. Satisfaction with life.

Module III : Happiness and its Mental Aspects

Psychological effects of happiness. Flow experiences. Preventing mental distress.

Module IV Happiness and its Social Aspects

Social correlates of Happiness. social cohesion, particularly in the light of the aging population. Sense of belongingness for happiness

Module V Happiness and Morality

The Religious and Spiritual Concepts of Happiness. Relationship between Happiness and corruption. Reciprocal Altruism

G. Examination Scheme:

Components	A	CT	S/V/Q/HA	EE
Weightage (%)	5	20	05	70

CT: Class Test, HA: Home Assignment, S/V/Q: Seminar/Viva/Quiz, EE: End Semester Examination; A: Attendance

H. Suggested Text/Reference Books:

Text:

- Williams, H.S., The Science of Happiness, Oxford University
- C. R. Snyder, Shane J. Lopez, Positive Psychology: The Scientific and Practical Explorations of Human Strengths
- C. R. Snyder, Shane J. Lopez, The Handbook of Positive Psychology.

References:

- Rich Gilman, Michael Furlong, E. Scott Huebner, A Handbook of Positive Psychology in Schools
- Ilona Boniwell, Positive Psychology in a Nutshell
- Goleman, Daniel: Emotional Intelligence

I. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Positive and Negative Affectivity	Lecture	PSY608.1	Mid Term, Quiz & End Sem Exam
2	The Effects & Causes of Happiness	Lecture	PSY608.1	Mid Term, Quiz & End Sem Exam
3	The Effects & Causes of Happiness	Lecture	PSY608.1	Mid Term, Quiz & End Sem Exam
4	Culture and Happiness	Lecture	PSY608.1	Mid Term, Quiz & End Sem Exam
5	Relationships and Happiness	Lecture	PSY608.1	Mid Term, Quiz & End Sem Exam
6	Geography of Bliss	Lecture	PSY608.1	Mid Term, Quiz & End Sem Exam
7	Physical aspects of happiness	Lecture	PSY608.2	Mid Term, Quiz & End Sem Exam
8	Living quality life through positive psychology	Lecture	PSY608.2	Mid Term, Quiz & End Sem Exam
9	Living quality life through positive psychology	Lecture	PSY608.2	Mid Term, Quiz & End Sem Exam
10	Living quality life through positive psychology	Lecture	PSY608.2	Mid Term, Quiz & End Sem Exam
11	Satisfaction with life	Lecture	PSY608.2	Mid Term, Quiz & End Sem Exam
12	Satisfaction with life	Lecture	PSY608.2	Mid Term, Quiz & End Sem Exam
13	Psychological effects of happiness	Lecture	PSY608.2	Mid Term, Quiz & End Sem Exam
14	Psychological effects of happiness	Lecture	PSY608.2	Mid Term, Quiz & End Sem Exam
15	Flow experiences	Lecture	PSY608.2	Mid Term, Quiz & End Sem Exam
16	Flow experiences	Lecture	PSY608.2	Mid Term, Quiz & End Sem Exam
17	Preventing mental distress	Lecture	PSY608.2	Mid Term, Quiz & End Sem Exam
18	Preventing mental distress	Lecture	PSY608.2	Mid Term, Quiz & End Sem Exam
19	Preventing mental distress	Lecture	PSY608.2	Mid Term, Quiz & End Sem Exam
20	Social correlates of Happiness	Lecture	PSY608.2	Quiz & End Sem Exam
21	Social correlates of Happiness	Lecture	PSY608.2	Quiz & End Sem Exam
22	Social correlates of Happiness	Lecture	PSY608.2	Quiz & End Sem Exam

23	social cohesion, particularly in the light of the aging population	Lecture	PSY608.2	Quiz & End Sem Exam
24	social cohesion, particularly in the light of the aging population	Lecture	PSY608.2	Quiz & End Sem Exam
25	social cohesion, particularly in the light of the aging population	Lecture	PSY608.2	Quiz & End Sem Exam
26	Sense of belongingness for happiness	Lecture	PSY608.2	Quiz & End Sem Exam
27	Sense of belongingness for happiness	Lecture	PSY608.2	Quiz & End Sem Exam
28	Sense of belongingness for happiness	Lecture	PSY608.2	Quiz & End Sem Exam
29	The Religious and Spiritual Concepts of Happiness	Lecture	PSY608.3	Quiz & End Sem Exam
30	The Religious and Spiritual Concepts of Happiness	Lecture	PSY608.3	Quiz & End Sem Exam
31	The Religious and Spiritual Concepts of Happiness	Lecture	PSY608.4	Quiz & End Sem Exam
32	Relationship between Happiness and corruption	Lecture	PSY608.3	Quiz & End Sem Exam
33	Relationship between Happiness and corruption	Lecture	PSY608.3	Quiz & End Sem Exam
34	Relationship between Happiness and corruption	Lecture	PSY608.4	Quiz & End Sem Exam
35	Reciprocal Altruism	Lecture	PSY608.3	Quiz & End Sem Exam
36	Reciprocal Altruism	Lecture	PSY608.4	Quiz & End Sem Exam

J. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
PSY608.1	Understand the concept of happiness	3										1	3		
PSY608.2	Acquire meaningful knowledge of various aspects of happiness	3	2			1						1	3	2	
PSY608.3	Apply a holistic and spiritual view of psychology to deal with stressors of day-to-day life	3	2	3		1			1		1	3	2		
PSY608.4	Develop and design the social model to promote happiness			3					1	1					1

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : PSYCHOLOGY BASIC PRACTICAL– IV.
Course Code : PSY600, Crédits : 02, Session :2023-24(Even Sem.), Class : BA (H) App Psychology
Faculty Name: Ms Jennifer Chandani

U. Introduction: To enable students to understand various concepts and phenomenon in organizational psychology.

V. Course Outcomes: At the end of the course, students will be able to:

PSY600.1. Understand the concepts of psychology through the medium of psychological tests.

PSY600.2. Develop the skills of administering psychological tests in the field of psychology.

PSY600.3. Develop the skills of documenting test results in the field of psychology.

PSY600.4. Develop the skills of report writing.

W. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

X. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

Y. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Continuous Internal Evaluation	Lab/Practical File	PF	25%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking up the End Semester examination. The allowance of 25% includes all types of leaves including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

PF: Practical File; EE: End Semester Examination; A: Attendance

Z. Syllabus

6. Heartland's Forgiveness Scale
7. Coloured Progressive Matrices (CPM)
8. 16 PF
9. Family Environment Scale
10. Parent Child Relationship Scale

AA.Examination Scheme:

Components	A	PF	EE
Weightage (%)	5	25	70

PF: Practical File; EE: End Semester Examination; A: Attendance

BB. Suggested Text/Reference Books:

- Manuals of the respective psychological tests.

CC. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Heartland's Forgiveness Scale Introduction.	Practical	PSY600.1	Practical File and Practical Exam
2	Introduction.	Practical	PSY600.1	Practical File and Practical Exam
3	Conduction.	Practical	PSY600.2	Practical File and Practical Exam
4	Conduction.	Practical	PSY600.2	Practical File and Practical Exam
5	Scoring & Interpretation.	Practical	PSY600.3	Practical File and Practical Exam
6	Scoring & Interpretation.	Practical	PSY600.3	Practical File and Practical Exam
7	Report writing	Practical	PSY600.4	Practical File and Practical Exam
8	Report writing	Practical	PSY600.4	Practical File and Practical Exam
9	Report writing	Practical	PSY600.4	Practical File and Practical Exam
10	Coloured Progressive Matrices (CPM) Introduction.	Practical	PSY600.4	Practical File and Practical Exam
11	Introduction.	Practical	PSY600.1	Practical File and

				Practical Exam
12	Introduction.	Practical	PSY600.1	Practical File and Practical Exam
13	Conduction.	Practical	PSY600.2	Practical File and Practical Exam
14	Conduction.	Practical	PSY600.2	Practical File and Practical Exam
15	Scoring & Interpretation.	Practical	PSY600.3	Practical File and Practical Exam
16	Scoring & Interpretation.	Practical	PSY600.3	Practical File and Practical Exam
17	Report writing	Practical	PSY600.4	Practical File and Practical Exam
18	Report writing	Practical	PSY600.4	Practical File and Practical Exam
19	Report writing	Practical	PSY600.4	Practical File and Practical Exam
20	16PF Introduction.	Practical	PSY600.1	Practical File and Practical Exam
21	Introduction.	Practical	PSY600.1	Practical File and Practical Exam
22	Introduction.	Practical	PSY600.1	Practical File and Practical Exam
23	Conduction.	Practical	PSY600.2	Practical File and Practical Exam
24	Conduction.	Practical	PSY600.2	Practical File and Practical Exam
25	Scoring & Interpretation.	Practical	PSY600.3	Practical File and Practical Exam
26	Scoring & Interpretation.	Practical	PSY600.3	Practical File and Practical Exam
27	Report writing	Practical	PSY600.4	Practical File and Practical Exam
28	Report writing	Practical	PSY600.4	Practical File and Practical Exam
29	Report writing	Practical	PSY600.4	Practical File and Practical Exam
30	Family Environment Scale Introduction.	Practical	PSY600.1	Practical File and Practical Exam
31	Introduction.	Practical	PSY600.1	Practical File and Practical Exam
32	Introduction.	Practical	PSY600.1	Practical File and Practical Exam
33	Conduction.	Practical	PSY600.2	Practical File and Practical Exam
34	Conduction.	Practical	PSY600.2	Practical File and Practical Exam
35	Scoring & Interpretation.	Practical	PSY600.3	Practical File and Practical Exam
36	Scoring & Interpretation.	Practical	PSY600.3	Practical File and

				Practical Exam
37	Report writing	Practical	PSY600.4	Practical File and Practical Exam
38	Report writing	Practical	PSY600.4	Practical File and Practical Exam
39	Report writing	Practical	PSY600.4	Practical File and Practical Exam
40	Parent Child Relationship Scale Introduction.	Practical	PSY600.1	Practical File and Practical Exam
41	Introduction.	Practical	PSY600.1	Practical File and Practical Exam
42	Introduction.	Practical	PSY600.1	Practical File and Practical Exam
43	Conduction.	Practical	PSY600.2	Practical File and Practical Exam
44	Conduction.	Practical	PSY600.2	Practical File and Practical Exam
45	Scoring & Interpretation.	Practical	PSY600.3	Practical File and Practical Exam
46	Scoring & Interpretation.	Practical	PSY600.3	Practical File and Practical Exam
47	Report writing	Practical	PSY600.4	Practical File and Practical Exam
48	Report writing	Practical	PSY600.4	Practical File and Practical Exam

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES		
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3
PSY600.1	Understand the concepts of psychology through the medium of psychological tests	3			3	1				3	1	3		
PSY600.2	Develop the skills of administering psychological tests in the field of psychology						3		3	3	2			3
PSY600.3	Develop the skills of documenting test results in the field of psychology						3			3	2			3
PSY600.4	Develop the skills of report writing						3		3	3				3

Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course : BEHAVIOURAL SCIENCE VI- Stress & Coping Strategies
Course Code : BSU643, Crédits : 01, Session :2023-24(Even Sem.), Class : BA (H) App Psychology
Faculty Name:

U. Introduction: To develop an understanding the concept of stress its causes, symptoms and consequences. To develop an understanding the consequences of the stress on one's wellness, health, and work performance..

V. Course Outcomes: At the end of the course, students will be able to:

BSU643.1 Demonstrate thorough understanding of stress.

BSU643.2 Understand its causes and effects.

BSU643.3 Student will be able to learn various coping strategies to deal stress effectively.

BSU643.4. Overcome the consequences and impact of stress on their health and wellbeing, ultimately it will enhance their performance.

W. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

[PO.3]. Understand /development of solutions: Understand root cause of problems and design solutions for complex psychological issues. Students are able to think about the alternatives and able to rectify the behavioural issues. Able to develop appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

[PO.4]. Modern tool & techniques usage: Create, select, and apply appropriate techniques, resources, and modern psychology testing and experimental tools including prediction and intervention techniques to general activities with an understanding of the limitations.

[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

[PO.6]. Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the psychological practices

[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

[PO.8]. Communication and connectivity: Communicate effectively on different psychological perspectives with the psychological community and with society at large, such as, able to connect general population and understand the problems they are facing.

[PO.9]. Professional knowledge: Develop initial abilities and skills for professional growth, able to comprehend and write effective reports and documentation, make effective presentations, and give and receive clear instructions.

[PO.10]. Diversity: Students will recognize and respect the complexity of sociocultural diversity and individual differences. Able to develop ability to flourish and manage diversity for personal and professional development.

X. Programme Specific Outcomes:

PSO 1: Base of knowledge: develop a broad base of knowledge in the various domains of psychology to prepare for post graduate programs in various disciplines of psychology and allied fields with human behavioural elements.

PSO 2: Research acumen: Interpret how research methods are used to test alternatives explanations of human thought and behaviour in a variety of problem domains, both basic (Theoretical) and applied (Practical)

PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

Y. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
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Continuous Internal Evaluation	SAP	Project	15%
	JoS	Assignment	10%
Attendance	A minimum of 75% Attendance is required to be maintained by a student to be qualified for taking the End Semester examination. The allowance of 25% includes all types of leaves. including medical leaves.	A	5%
End Semester Examination	End Semester Examination	EE	70%
Total			100%

Z. Syllabus

Module I: Stress

Meaning & Nature
 Characteristics
 Types of stress

Module II: Stages and Models of Stress

Stages of stress
 The physiology of stress
 Stimulus-oriented approach.
 Response-oriented approach.
 The transactional and interactional model.
 Pressure – environment fit model of stress.

Module III: Causes and symptoms of stress

Personal
 Organizational
 Environmental

Module IV: Consequences of stress

Effect on behavior and personality
 Effect of stress on performance
 Individual and Organizational consequences with special focus on health

Module V: Strategies for stress management

Importance of stress management
 Healthy and Unhealthy strategies

AA.Examination Scheme:

Components	A	SAP	JoS	EE
Weightage (%)	5	15	10	70

SAP: Social Awareness Program, JoS: Journal of Success, EE: End Semester Examination; A: Attendance

BB. Suggested Text/Reference Books:

- Blonna, Richard; Coping with Stress in a Changing World: Second edition
- Pestonjee, D.M, Pareek, Udai, Agarwal Rita; Studies in Stress And its Management
- Pestonjee, D.M.; Stress and Coping: The Indian Experience

CC. Lecture Plan

Lecture	Topics	Mode of Delivery	Corresponding CO	Mode of Assessing CO
1	Meaning & Nature. Characteristics	Lecture	BSU643.1	SAP and JoS & End Sem Exam
2	Types of stress	Lecture	BSU643.1	SAP and JoS & End Sem Exam
3	Stages of stress. The physiology of stress.	Lecture	BSU643.1	SAP and JoS & End Sem Exam
4	Stimulus-oriented approach. Response-oriented approach	Lecture	BSU643.1	SAP and JoS & End Sem Exam
5	The transactional and interactional model. Pressure – environment fit model of stress	Lecture	BSU643.1	SAP and JoS & End Sem Exam
6	Causes and symptoms of stress: Personal and Organizational	Lecture	BSU643.2	SAP and JoS & End Sem Exam
7	Causes and symptoms of stress: Environmental	Lecture	BSU643.2	SAP and JoS & End Sem Exam
8	Effect on behavior and personality. Effect of stress on performance.	Lecture	BSU643.2	SAP and JoS & End Sem Exam
9	Individual and Organizational consequences with special focus on health	Lecture	BSU643.2	SAP and JoS & End Sem Exam
10	Importance of stress management	Lecture	BSU643.4	SAP and JoS & End Sem Exam
11	Healthy and Unhealthy strategies	Lecture	BSU643.3	SAP and JoS & End Sem Exam

12	Peer group and social support. Happiness and well-being.	Lecture	BSU643.3, BSU643.4	SAP and JoS & End Sem Exam
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DD. Course Articulation Matrix (Mapping of COs with POs)

CO	STATEMENT	CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES										CORRELATION WITH PROGRAMME SPECIFIC OUTCOMES			
		P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	P O 10	P S O 1	P S O 2	P S O 3	
BSU643.1	Demonstrate thorough understanding of stress	3	2			1					3	2	3		
BSU643.2	Understand its causes and effects	3	2	3		1				3	2	3	2		
BSU643.3	Student will be able to learn various coping strategies to deal stress effectively			3						3	1				3
BSU643.4	Overcome the consequences and impact of stress on their health and			3	2				1	3	1				3

	wellbeing, ultimately it will enhance their performance															
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Attainments Rubric

Attainment	Rubric
Level 1	IF 60% of students secure more than 60% marks then level 1
Level 2	IF 70% of students secure more than 60% marks then level 2
Level 3	IF 80% of students secure more than 60% marks then level 3

Course outcome: Based on internal and external assessment the level of Course outcome attainment of the course is level 3 for the academic year 2023-24.



DEPARTMENT OF PSYCHOLOGY
Course Handout
Course: MAJOR PROJECT
Course Code : NMP601, Crédits : 06, Session :2023-24(Even Sem.), Class : BA (H) App Psychology
Faculty Name: All the AIBAS faculty members

A. Introduction: To enable the students with the practical exposure in their core area of interest (Corporate Sector, NGOs, Hospitals etc.), which in turn will be the pathway to their personal and professional training and also help students to develop report writing skills.

B. Course Outcomes: At the end of the course, students will be able to:

NSP506.1 Understand the concepts of psychology through the medium of internship.

NSP506.2 Learn ethical behaviour in the field of psychology.

NSP506.3 Develop the professional skills in the field of psychology.

NSP506.4. Develop the skills of report writing.

C. Programme Outcomes:

[PO.1]. Psychology knowledge: develop the knowledge of psychology, broad and self-contained introduction which covers the basic principles of learning, biological bases of behavior, thinking, memory personality, social influences on behavior (Social Psychology) and changes in behavior throughout the life span (Developmental Psychology) and social Gerontology. Provide the scientific understanding of behavior and mental processes and promotes mental health service.

[PO.2]. Research Design: Identify, formulate, research literature, and analyse complex psychological problems reaching substantiated conclusions using different principles of psychology and social sciences. Students will recognize, apply, and evaluate the fundamental methods and statistics of psychological science. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

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[PO.5]. The psychology and society: Apply psychological knowledge to understand different issues related with individual society and nation by the practical knowledge to assess societal, health, safety, legal, and cultural issues, and the consequent responsibilities relevant to the professional psychological practice.

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[PO.7]. Individual and teamwork: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings

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D. Programme Specific Outcomes:

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PSO 3: Practical Skills: synthesis and demonstration of professional skills in the field of psychology namely areas of organization, clinic, schools, hospital etc.

E. Assessment Plan:

Component of Evaluation	Description	Code	Weightage %
Internal Faculty Interaction	Regular interaction with faculty member	IF	20%
Feedback from External Supervisor	Will be taken from the External Supervisor	EF	20%
Viva Voce	Will be by an External Examiner	VV	30%
Report Writing	Submission of hard copy of the Term paper as per format along with the plagiarism report	RW	30%
Total			100%

IF: Internal Faculty Interaction; EF: Feedback from External Supervisor; VV: Viva Voce; RW: Report Writing

F. Duration: Four Weeks (Jan-April) Methodology:

Students get opportunity in diversified Institutes e.g. Corporate Sector, Schools, NGOs and Hospitals. They will be guided by an internal and external supervisor. Students will submit their reports after **90 Hrs of Fieldwork (15 days* 6hrs per day)**, with their supervised daily reporting, at the end of the academic year. The days for fieldwork are Fridays & Saturdays. The student will submit the Log Sheet to their internal supervisor on every Monday.

G. Examination Scheme:

Components	IF	EF	VV	RW
Weightage (%)	20	20	30	30

IF: Internal Faculty Interaction; EF: Feedback from External Supervisor; VV: Viva Voce; RW: Report Writing

H. Suggested Text/Reference Books:

- AUMP Non-Teaching Credit Course (NTCC) format.

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NMP506.1	Understand the concepts of psychology through the medium of internship	3		3	3	3		3		3	3	3			3
NMP506.2	Learn ethical behaviour in the field of psychology					3	3	3	3	3	2				3
NMP506.3	Develop the professional skills in the field of psychology				3	3	3	3	3	3	2				3
NMP506.4	Develop the skills of report writing		2		3		3		3	3					3

Attainments Rubric

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