

**MAHARAJA SUHEL DEV STATE UNIVERSITY, AZAMGARH**  
**SYLLABUS FOR UNDERGRADUATE PROGRAMME**  
**PSYCHOLOGY**  
**(MAJOR)**

**UNDER CBCS [NEP – 2020]**  
**w.e.f. Academic Session 2022-2023**  
**(Approved by BOS on 24-08-2022)**



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24.08.2022

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R. TIWARI

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SUBMITTED BY

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DR. FAHMEEDA ZAIDI  
CONVENOR (PSYCHOLOGY)  
MSDSU, AZAMGARH

**MAHARAJA SUHEL DEV STATE UNIVERSITY, AZAMGARH**  
**SYLLABUS FOR UNDERGRADUATE PROGRAMME**

**PSYCHOLOGY**

**(MAJOR)**

**UNDER CBCS [NEP – 2020]**

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**Semester-wise Titles of the Course/Papers in B.A./B. Sc.**

Year	Sem.	Course Code	Paper Title	Theory/Practical	Credits
B.A. 1	I	A090101T	Basic Psychological Processes	Theory	4
	I	A090102P	Lab Work	Practical	2
	II	A090201T	Basic Research Methodology and Statistics	Theory	4
	II	A090202P	Lab Work/ Psychological Testing	Practical	2
B.A. 2	III	A090301T	Psychology of Social Behavior	Theory	4
	III	A090302P	Lab Work and Measurement of Social Behavior	Practical	2
	IV	A090401T	Abnormal Psychology	Theory	4
	IV	A090402P	Assessment/Testing	Practical	2
B.A. 3	V	A090501T	Life Span Human Development	Theory	4
	V	A090502T	Positive Psychology	Theory	4
	V	A090503P	Lab Work/Survey/Field Visit	Practical	4
	V	A090504R	Research Project	Project	3
	VI	A090601T	Community and Health Psychology	Theory	4
	VI	A090602T	Counseling Psychology	Theory	4
	VI	A090603P	Survey/Field Visit/Project Work	Practical	4
	VI	A090604R	Research Project	Project	3

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**Undergraduate Psychology Program**  
**Semester-wise Course Curricula**

**Subject prerequisites: Open to all.**

**Program Outcome (After 3 Years)**

The learning outcomes that a student should be able to exhibit on completion of a degree level program in Psychology are as follows:

- (i) Comprehension about the discipline, its research methods, related theories and models.
- (ii) Knack to link up theory with individual experiences and varied applied settings.
- (iii) Capacity to practice professional skills in the area of psychological testing, assessment and counseling.
- (iv) Development of skills in specific areas related to specific specialization (e.g. psycho-diagnostics, counseling, learning disability, health, community mental health and organizational behavior).
- (v) A general understanding about how knowledge of psychology can be applied to benefit the management and/or amendment of problems of mankind.
- (vi) Capability to articulate ideas in appropriate manner, with scientific writing and authentic reporting.
- (vii) Sensitivity towards diverse contexts, ethnic groups, minorities, marginalized groups and gender issues
- (viii) Development of skills and attributes of empathy, team work, coordination, cooperation, conflict resolution, and congruence.

  
Dr. Anil Kumar

  
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Anurag Srivastava

## Semester I

### Paper 1

### Theory

<b>Program/Class: Certificate</b>	<b>Year: First</b>	<b>Semester: First</b>
<b>Subject: Psychology</b>		
Course Code: A090101T	Course Title: <b>Basic Psychological Processes</b>	
<b>Course Outcome:</b> The students will learn about the fundamental processes and core psychological concepts, models, classical theories, varied perspectives, and will be able to apply them in their own and in others lives. It will also give the learner a clear understanding of the concepts like intelligence, motivation, emotion and personality. It will develop critical analytical skills regarding these individualistic traits.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	Psychology: Meaning, Nature, Scope and Applications. Approaches: Psychodynamic, Behavioristic and Gestalt. Indian Psychology: Introduction of Kapil Muni and Sankhya Darshan, Introduction of Buddha and Buddhism.	8
II	Attention Processes: Meaning, Nature, Determinants and Types. Perceptual Processes: Meaning, Nature and Determinants. Perceptual Organization, Perceptual Illusion.	7
III	Learning: Classical Conditioning, Operant Conditioning and Insight Learning.	8
IV	Memory: Stages of Memory - Encoding, Storage and Retrieval. Types of Memory: Sensory, Short Term and Long-Term Memory (Basic Introduction).	8

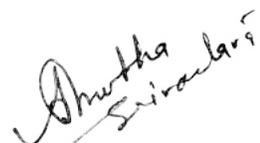
  
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V	Forgetting: Meaning and Nature, Interference and Cue-Dependent Forgetting.	7
VI	Intelligence: Nature and Definition, Concept of IQ. Theories of Intelligence (Basic Concepts)- Spearman, Thurston, Guilford.	8
VII	Motivation: Concept and Nature (Needs, Drives, Instincts), Types of Motives- Biological and Social Motives, Need Hierarchy Theory (Basic Concept).	7
VIII	Emotion: Concept, Nature and Classification of Emotion. Theories of Emotion: James-Lange, Cannon-Bard, Lazarus.	7

**Suggested Readings:**

1. Baron, R. & Misra, G. (2016). *Psychology* (5th edition). New Delhi: Pearson.
2. Ciccarelli, S. K., White, N.J., & Misra, G. (2017). *Psychology* (5th ed., South Asian Edition). New Delhi: Pearson Education.
3. Cornelissen, M., Mishra, G. & Verma, S. (2014). *Foundations of Indian Psychology*. New Delhi: Pearson Education.
4. De Silva, P. (2005). *An introduction to Buddhist psychology*. Springer.
5. Galotti, K.M. (2014). *Cognitive Psychology: In and Out of the Laboratory* (5th ed.). New Delhi: Sage.
6. Feldman, R. S. (2006). *Understanding Psychology*. India: Tata McGraw Hill.
7. Mishra, G. (Edited) (2019). *Personality in Indigenous Tradition*. In ICSSR Research Surveys & explorations Psychology (Vol.2): Individual and the Social Processes & Issues. New Delhi: Oxford University Press.
8. Morgan, C.T., King, R.A., Weiss, R.A., & Schopler, J. (2004). *Introduction to Psychology* (7th ed.). New York: McGraw Hill.
9. Suhotra. (2007). *Vedantic Psychology: India's ancient vision of the Mind*. The Bhaktivedanta Academy.
10. Swami Akhilanand. (2001). *Hindu Psychology: It's meaning for the West*. Taylor & Francis.

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11. Zimbardo, P.C. & Weber, A.L. (1997). *Psychology*. New York: Harper Collins College Publishers.
12. सिंह, अरुण कुमार. (2006). उच्चतर सामान्य मनोविज्ञान। वाराणसी; मोतीलाल बनारसीदास प्रकाशन।
13. त्रिपाठी, लाल बचन एवं अन्य. (2001). आधुनिक प्रायोगिक मनोविज्ञान। आगरा; हरप्रसाद भार्गव।
14. श्रीवास्तव, डी0. एन0. (2008). व्यक्तित्व का मनोविज्ञान। आगरा; अग्रवाल पब्लिकेशन।
15. सिंह, आर0 एन0 एवं भारद्वाज, एस0. एस0. (2017). मूल मनोवैज्ञानिक प्रक्रियाएं। आगरा; अग्रवाल पब्लिकेशन।
16. श्रीवास्तव, रामजी. (2008). आधुनिक सामान्य मनोविज्ञान। वाराणसी; मोतीलाल बनारसीदास।
17. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>

This course can be opted as an elective: Open to all

Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (5 Marks)
- Written Test (15 Marks)
- Attendance (5 Marks)

Course prerequisites:10+2 in any discipline

Suggested equivalent online courses:

- Coursera
- Swayam

**Paper 2**  
**Practical**

<b>Program/Class: Certificate</b>	<b>Year: First</b>	<b>Semester: First</b>
<b>Subject: Psychology</b>		
Course Code: A090102P	Course Title: <b>Lab Work</b>	
<b>Course Outcome:</b> Students will be imparted a variety of skills to design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report.		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
I	Any one experiment based on Attention/Perceptual Processes	8 (16 hrs)
II	Any one experiment / test on Learning	8 (16 hrs)
III	Any one experiment on Memory/Forgetting	7 (14 hrs)
IV	Any one experiment/test on Motivational/Emotional Processes .	7 (14 hrs)
<b>Suggested Readings:</b>		
1. त्रिपाठी, लाल बचन एवं अन्य. (2001). आधुनिक प्रायोगिक मनोविज्ञान। आगरा; हरप्रसाद भार्गव।		
2. सिंह, आर० एन० एवं भारद्वाज, एस० एस०. (2015). उच्च प्रायोगिक मनोविज्ञान। आगरा; अग्रवाल पब्लिकेशन।		
3. सिंह, आर० एन० एवं भारद्वाज, एस० एस०. (2010). मनोवैज्ञानिक प्रयोग एवं परीक्षण खण्ड प्रथम एवं द्वितीय। आगरा; अग्रवाल पब्लिकेशन।		
4. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>		
This course can be opted by the students who has opted psychology as a subject.		
<b>Suggested Continuous Evaluation Methods:</b>		
<ul style="list-style-type: none"><li>• Preparation and Presentation of Practical file (20 Marks)</li><li>• Attendance (5 Marks)</li></ul>		
Course prerequisites: Only for those who took psychology as a subject		

  
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Anil Kumar

## Semester II

### Paper 1

### Theory

<b>Program/Class: Certificate</b>	<b>Year: First</b>	<b>Semester: Second</b>
<b>Subject: Psychology</b>		
Course Code: A090201T	Course Title: <b>Basic Research Methodology and Statistics</b>	
<b>Course Outcome:</b> The learners will be able to comprehend psychological data and can put them on appropriate scaling method. Moreover, they will be getting hold of essentials of psychological testing along with various kinds of tests implemented.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	Measurement: Meaning, Nature and Functions of Psychological Measurement. Levels of Measurement (Basic Concepts).	8
II	Psychological Research: Meaning and Nature; Psychological Research Methods: Experimental, Correlational and Observational.	7
III	Basic Concepts and types of Research Problem, Variable, Hypothesis, Sampling: Concept and Methods.	8
IV	Psychological Statistics Introduction- Parametric and Non- Parametric Statistics (Basic Concepts). Frequency Distribution (Basic Concept). Graphical Representation of Data: Frequency Polygon, Histogram and Bar Diagram.	8
V	The Normal Distribution: Meaning and Nature. Measures of Central Tendency (Mean, Median, Mode), Measures of Variability (SD, QD, AD).	8

  
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<b>VI</b>	Correlation: Meaning and types of Correlation. Methods of Correlation- Product Moment and Rank Order Correlation.	7
<b>VII</b>	Chi- Square: Meaning, Nature, Application and Computation. t-test: Meaning, Assumptions, Application and Computation. Interpretation of t-value – level of significance.	7
<b>VIII</b>	Tests: Concept and Types. Psychometric Properties of Tests: Validity and Reliability- Nature and Types.	7

### Suggested Readings:

1. Anastasi, A. (1950). *Psychological Testing*. Prentice Hall.
2. Cronbach, L.J. (1960). *Essentials of Psychological Testing* (2 Ed.). New York: Harper.
3. Freeman, F.S. (1962). *Theory and practice of psychological testing* (3 Ed.). New York: Holt, Rinehart & Winston.
- Garrett, H. E. (1966). *Statistics in Psychology and Education*. Paragon International Publishers.
5. Gregory, R.J. (2014). *Psychological Testing: History, Principles and Applications* (6 Ed.). New Delhi: Pearson India Education.
6. Guilford, J.P. (1936). *Psychometric Methods*. London: McGraw Hill Publishing Company.
7. Kerlinger, F.N. (1983). *Foundations of Behavioral Research*. New Delhi: Surjeet Publications.
8. लाल. जे. एन. (1999). मनोविज्ञान एवं शिक्षा में सांख्यिकी। नीलकमल प्रकाशन गोरखपुर।
9. मीश्रा, बब्बन एवं त्रिपाठी, लाल बचन. (1994). मनोवैज्ञानिक सांख्यिकी। हर प्रसाद भार्गव आगरा।
10. Singh, A.K. (2006). *Tests, Measurement and Research Methods in Behavioral Sciences*. Patna: Bharti Bhavan.
11. श्रीवास्तव, डी० एन०., एवं वर्मा, पी०. (2012). मनोविज्ञान शिक्षा एवं अन्य सामाजिक विज्ञानों में सांख्यिकी। आगरा; विनोद पुस्तक मन्दिर।
12. श्रीवास्तव, रामजी एवं अन्य. (2003). मनोविज्ञान, शिक्षा तथा समाजशास्त्र में सांख्यिकी विधियां। वाराणसी; मोतीलाल बनारसीदास।
13. सिंह, आर०. एन०. एवं भाटिया, टी०. (2018). आधुनिक सांख्यिकीय विधियां। आगरा; अग्रवाल पब्लिकेशन।
14. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>

  
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Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (5 Marks)
- Written Test (15 Marks)
- Attendance (5 Marks)

  
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## Paper 2

### Practical

<b>Program/Class: Certificate</b>	<b>Year: First</b>	<b>Semester: Second</b>
<b>Subject: Psychology</b>		
Course Code: A090202P	Course Title: <b>Lab Work/ Psychological Testing</b>	
<b>Course Outcome:</b> Students will be conferred an array of skills to carry out experiments in lab settings, design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report.		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
I	Plan, conduct and report an experiment using experimental method.	8 (16 hrs)
II	Conduct a correlational study using any psychological variable.	7 (14 hrs)
III	Administer any one Inventory/Questionnaire on a subject/sample, score and report.	7 (14 hrs)
IV	Administer any test on a small group of subjects, score and report with graphs.	8 (16 hrs)
<b>Suggested Readings:</b> 1- त्रिपाठी, लाल बचन एवं अन्य. (2001). आधुनिक प्रायोगिक मनाविज्ञान। आगरा; हर प्रसाद भार्गव। 2- Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> , <a href="http://www.psytoolkit.org">www.psytoolkit.org</a>		
This course can be opted by the students who took psychology as a subject.		
<b>Suggested Continuous Evaluation Methods:</b> <ul style="list-style-type: none"><li>• Preparation and Presentation of Practical file (20 Marks)</li><li>• Attendance (5 Marks)</li></ul>		
Course prerequisites: Only for those who took Psychology as a subject		

  
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## Semester III

### Paper 1

### Theory

<b>Program/Class: Diploma</b>	<b>Year: Second</b>	<b>Semester: Three</b>
<b>Subject: Psychology</b>		
Course Code: A090301T	Course Title: <b>Psychology of Social Behavior</b>	
<b>Course Outcome:</b> By the end of the course, students will be able to summarize general information, through in-class discussion and assignments, pertaining to social psychological theories and an opportunity to apply social psychological theories to their lives. Critically evaluate research to understand and explain distressing human social behavior and relate social psychological concepts and theories to the context of historic and current world, national, and local events.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
<b>I</b>	Social Psychology: Concept, Nature, and Scope. Methods of studying Social Behavior.	8
<b>II</b>	Person Perception: Concept, Nature and Determinants. Impression Formation: Aspects of impression formation and information processing in impression formation.	7
<b>III</b>	Attribution: Concept, factors, stages and principles of Attribution. Theories – Heider’s Attribution Theory, Jones and Devis’s Comparative Inference Theory and Harold Kelly’s Causal Attribution Theory.	7
<b>IV</b>	Attitude: Meaning, Nature and Formation. Measurement: Thusrston’s and Likert’s Scales. Interpersonal Attraction: Concept and Determinants.	8

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V	Socialization: Meaning, Nature and Agents of Socialization. Theories of Socialization.	8
VI	Pro-social Behavior: Meaning and Nature. Determinants: Personal, Situational and Socio-cultural. Bystander Effect.	7
VII	Social Influence Processes: Conformity and Compliance. Intergroup Relations: Prejudice and Discrimination.	7
VIII	Group Dynamics: Structure, Function and Types of Groups. Group Influence Processes: Social Facilitation, Social Loafing and De-individuation.	8

### Suggested Readings:

- 1- Baron, R.A. & Branscombe, N.R. (2012). *Social Psychology* (13<sup>th</sup> ed.) New Delhi: Pearson.
- 2- Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). *Social Psychology* (12<sup>th</sup>ed). New Delhi: Pearson.
- 3- Baumeister, R.F. & Bushman, B.J. (2013). *Social Psychology and Human Nature*. (3<sup>rd</sup>ed.). Wadsworth Pub. Co.
- 4- सिंह, अरुण कुमार. (2001). सामाजिक मनोविज्ञान। वाराणसी; मोतीलाल बनारसीदास।
- 5- Taylor, S.E., Paplau, L.A., & Sears, D.O. (2006). *Social Psychology* (12<sup>th</sup>ed). New Delhi: Pearson Publications.
- 6- त्रिपाठी, लाल बचन एवं सहयोगी. (2001). आधुनिक सामाजिक मनोविज्ञान। आगरा; हरप्रसाद भार्गव।
- 7- श्रीवास्तव, रामजी. एवं अन्य. (2008). आधुनिक सामाजिक मनोविज्ञान। वाराणसी; मोतीलाल बनारसीदास।
- 8- सिंह, आर० एन० एवं भारद्वाज, एस०. एस०. (2017). सामाजिक मनोविज्ञान की भूमिका। आगरा; अग्रवाल पब्लिकेशन।
- 9- सिंह, आर० एन०. (2011). आधुनिक सामाजिक मनोविज्ञान। आगरा; अग्रवाल पब्लिकेशन।
- 10-Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>  
<http://www.yale.edu>

This course can be opted as an elective: Open to all

Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (5 Marks)
- Written Test (15 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

Suggested equivalent online courses:

- Coursera
- Swayam

  
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**Paper 2**  
**Practical**

<b>Program/Class: Diploma</b>	<b>Year: Second</b>	Semester: Third
Subject: <b>Psychology</b>		
Course Code: A090302P		Course Title: <b>Lab Work and Measurement of Social Behavior</b>
<b>Course Outcome:</b> Students will be exposed to the mixture of skills such as how to conduct a psychological experiment for understanding social behavior as well as psychological measurements and scientific reporting of the data.		
Credits: 2		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Measurement of Attitude/ Interpersonal Attraction.	7 (14 hrs)
<b>II</b>	Measurement of Helping Behavior/ Prejudice.	7 (14 hrs)
<b>III</b>	Any one experiment/test on Attribution/Aggression/Impression Formation.	8 (16 hrs)
<b>IV</b>	Any one Experiment/test on Social Facilitation/ Conformity/ Compliance.	8 (16 hrs)
<b>Suggested Readings:</b>		
1. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.psytoolkit.org">www.psytoolkit.org</a>		
This course can be opted by the students who took Psychology as a subject.		
<b>Suggested Continuous Evaluation Methods:</b>		
<ul style="list-style-type: none"> <li>• Preparation and Presentation of Practical file (20 Marks)</li> <li>• Attendance (5 Marks)</li> </ul>		
Course prerequisites: Only to Psychology Students		

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## Semester IV

### Paper 1

### Theory

<b>Program/Class: Diploma</b>	<b>Year: Second</b>	<b>Semester: Four</b>
Subject: <b>Psychology</b>		
Course Code: A090401T	Course Title: <b>Abnormal Psychology</b>	
<b>Course Outcome:</b> The students will be able to understand criteria of abnormality and one's own behavior and behavior of others. By applying the knowledge of assessment, diagnosis, classification system and DSM categories, the learners' will develop the sensitivity towards individual diversity and various approaches to the diagnosis and treatment of psychological disorders. Summarize clinical features, symptoms, etiology and valid and reliable treatment of diagnostic categories of mental health disorders.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	Abnormal Psychology: Concept and Criteria of Abnormality, Classification of Abnormality (DSM-V): An Introduction.	6
II	Anxiety Disorders: Clinical Picture and Etiology: Generalized Anxiety Disorder (GAD), Phobia and Obsessive Compulsive Disorder (OCD).	8
III	Somatic Disorders: Clinical Picture and Etiology of Hypochondriasis, Pain Disorders and Body Dysmorphic Disorder.	8
IV	Dissociative Disorders: Clinical Picture and Etiology of Dissociative Amnesia, Fugue, Dissociative Identity Disorder and Depersonalization Disorder.	7
V	Mood Disorders: Unipolar or Depressive and Bipolar Disorder or Manic Depressive Disorder:- Clinical Picture and Etiology.	8
VI	Schizophrenia: Types, Clinical Picture and Etiology.	7

  
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VII	Substance Related Disorder: Substance Abuse and Dependence; Alcohol, Nicotine, Marijuana.	8
VIII	Neurodevelopmental Disorders: Clinical Picture and Etiology of Autism Spectrum Disorders (ASD), Intellectual Disability or Mental Retardation.	8

**Suggested Readings:**

1. Barlow D. H. & Durand V. M, & Stewart, S. H. (2009). *Abnormal Psychology*. New Delhi: Cengage Learning.
2. Bennett, P. (2006). *Abnormal and Clinical Psychology: An introductory textbook*. New York: Open University Press.
3. Brewer, K. (2001). *Clinical Psychology*. Oxford: Heinemann Educational Publishers
4. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). *Abnormal Psychology*. New Delhi: Pearson.
5. Kearney, C. A. & Trull, T. J. (2012). *Abnormal Psychology and Life: A dimensional approach*. New Delhi: Cengage learning
6. श्रीवास्तव, रामजी. (2019). मनोविकृति विज्ञान। वाराणसी; मोतीलाल बनारसीदास।
7. सिंह, आर०. एन०. एवं अन्य. (2008). आधुनिक असामान्य मनोविज्ञान। आगरा; अग्रवाल पब्लिकेशन।
8. सिंह, आर०. एन०. एवं अन्य. (2013). मनोविकृति के आधार। आगरा; अग्रवाल पब्लिकेशन।
9. जायसवाल, ए० के०. (2020). आधुनिक मनोविकृति विज्ञान। आगरा; विनोद पुस्तक मन्दिर।
10. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

This course can be opted as an elective: Open to all

**Suggested Continuous Evaluation Methods:**

- Assignment/ Seminar (5 Marks)
- Written Test (15 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

**Suggested equivalent online courses:**

- Coursera
- Swayam

  
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## Paper 2

### Practical

<b>Program/Class: Diploma</b>	<b>Year: Second</b>	<b>Semester: Four</b>
<b>Subject: Psychology</b>		
Course Code: A090402P	Course Title: <b>Assessment/Testing</b>	
<b>Course Outcome:</b> At the end of the course, the students will be imparted a variety of proficiency to conduct the screening and assessment of psychological tools for examining developmental issues and disorders. The practicum of case study will let the students learn and execute an in-depth investigation of a single person, group, event or community.		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
Unit	Topics	No. of Lectures
I	Administration, Scoring and Interpretation of any anxiety test.	7 (14 hrs)
II	Administration, Scoring and Interpretation of any test of Depression.	7 (14 hrs)
III	Administration, Scoring and Interpretation of any test of Intelligence.	8 (16 hrs)
IV	Administration, Scoring and Interpretation of any test of any Neuropsychological test/Cognitive function test.	8 (16 hrs)
<b>Suggested Readings:</b>  1. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.apa.org">http://www.apa.org</a>		
This course can be opted by the students who took psychology as a subject		
<b>Suggested Continuous Evaluation Methods:</b> <ul style="list-style-type: none"><li>• Preparation and Presentation of Practical file (20 Marks)</li><li>• Attendance (5 Marks)</li></ul>		
Course prerequisites: Only for psychology students		

  
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## Semester V

### Paper 1

### Theory

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Five</b>
<b>Subject: Psychology</b>		
Course Code: A090501T	Course Title: <b>Life Span Human Development</b>	
<b>Course Outcome:</b> At the end of the course, the student will able to develop an ability to identify the milestones in diverse domains of human developments across the child, adolescent and adulthood stages, understand the contributions of socio-cultural context toward shaping human development and acquire an ability to decipher key developmental challenges and issues.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	Human Development: Introduction, Principles of Development. Methods of Studying Human Development: Longitudinal, Cross Sectional and Sequential.	8
II	Foundations and Development Pattern: Heredity and Environment – Meaning and Effects, Relative Importance of Heredity and Environment, Effects of Maturation and Learning on Development.	8
III	Prenatal Development: Stages and Determinants. Neonatal Development: Sensory and Motor Capacity.	8
IV	Infancy: Physical, Social and Language Development.	7
V	Childhood Development: Cognitive, Emotional and Moral Development.	7
VI	Adolescence: Physical Changes (Puberty and Growth Spurts); Development of Identity, Cognitive, Social, Emotional and Moral Development.	7

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<b>VII</b>	Early Adulthood: Sex - Role Adjustment, Career Development. Middle Adulthood: Changes in Mental Abilities, Adapting to Physical Changes. Vocational Life.	8
<b>VIII</b>	Late Adulthood / Old Age: Major Problems of Old Age. Ageing and Personal, Social and Family Adjustment. Successful Ageing.	7

**Suggested Readings:**

1. Berk, L. E. (2010). *Child Development* (9th ed.). New Delhi: Prentice Hall.
2. Berk, L.E. (2017). *Development through the Life span* (7<sup>th</sup> ed.). Allyn & Bacon: Pearson.
3. Feldman, R.S. & Babu. N. (2011). *Discovering the Lifespan*. New Delhi: Pearson.
4. Misra, G. (2011). *Handbook of Psychology in India* (Section IV), New Delhi: Oxford University Press.
5. Santrock, J. W. (2011). *Child Development* (13th ed.). New Delhi: McGraw-Hill.
6. Santrock, J.W. (2012). *Life Span Development* (13th ed.). New Delhi: McGraw-Hill.
7. Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi: NCERT.
8. त्रिपाठी, एल० बी० एवं पाण्डेय, एस०. (2009). मानव विकास का मनोविज्ञान। नई दिल्ली; कान्सेप्ट पब्लिकेशन कम्पनी।
9. श्रीवास्तव, रामजी एवं अन्य. (2014). आधुनिक विकासात्मक मनोविज्ञान। वाराणसी; मोतीलाल बनारसीदास।
10. सिंह, आर० एन०. (2011). आधुनिक विकासात्मक मनोविज्ञान। आगरा; अग्रवाल पब्लिकेशन।
11. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>

This course can be opted as an elective: Open to all

**Suggested Continuous Evaluation Methods:**

- Assignment/ Seminar (5 Marks)
- Written Test (15 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

**Suggested equivalent online courses:**

- Coursera
- Swayam

**Paper 2**  
**Theory**

<b>Program/Class: Degree</b>		<b>Year: Third</b>	<b>Semester: Five</b>
<b>Subject: Psychology</b>			
Course Code: A090502T		Course Title: <b>Positive Psychology</b>	
<p><b>Course Outcome:</b> By the end of the course, the students will be able to understand the basic principles of positive psychology, the major areas within positive psychology that have received a considerable amount of attention, the use of positive psychology tools and techniques in own and in other's life. It will also ease the understanding of positive aspects of human behavior through the wisdom embedded in Indian scriptures like Vedas, Upnishad, Shrimad Bhagwad Gita, Buddhist literature and folk tales.</p>			
Credits: 4		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0			
Unit	Topics		No. of Lectures
I	Positive Psychology: Assumptions and Goals; Eastern and Western Perspectives on Positive Psychology.		7
II	Positive Emotional State: The Broaden and Build Theory of Positive Emotions. Concept of Mindfulness in Buddhism.		8
III	Positive Cognitive States: Definition and nature of Hope, Optimism, Self-efficacy, Resilience.		8
IV	Gratitude, Forgiveness, Empathy and Compassion: Meaning and Nature; Cultivation exercises in Positive Psychology.		8
V	Self-Awareness: Concept, Techniques to enhance self- awareness.		7
VI	Social Competence: The Value of Social Support and Relationships in a Fulfilling and Meaningful Life; Love and Belongingness.		8
VII	Happiness: Concept and Determinants. Perspectives of Happiness- Eudaimonic and Hedonic.		7

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<b>VIII</b>	Psychological and Subjective Wellbeing: Concept, and Components.	7
<p><b>Suggested Readings:</b></p> <ol style="list-style-type: none"> <li>1- Baumgardner, S.R. &amp; Crothers, M.K. (2009). <i>Positive Psychology</i>. Pearson.</li> <li>2- Carr, A. (2004). <i>Positive Psychology: The Science of Happiness and Human Strength</i> U.K.: Routledge.</li> <li>3- Gilman, R., Hubner, E. &amp; Furlong, M.J. (Eds.) (2009). <i>Handbook of Positive Psychology in Schools</i>. New York: Routledge.</li> <li>4- Lyubomirsky, Sonja. (2008). <i>The How of Happiness: A Scientific Approach to Getting the Life You Want</i>. The Penguin Press.</li> <li>5- Noddings, N. (2003). <i>Happiness in Education</i>, New York, Cambridge Press.</li> <li>6- Peterson, C. (2006). <i>A Primer in Positive Psychology</i>. New York: Oxford University Press.</li> <li>7- Seligman, M. E. P. (2002). <i>Authentic Happiness</i>. New York: Free Press.</li> <li>8- Synder, C.R. &amp; Lopaz, S.J. (2011). <i>Positive Psychology: The Scientific and practical exploration of Human Strengths</i>. Thousand Oaks, CA: Sage.</li> <li>9- Synder, C. R. &amp; Shane, J.L. (2005). <i>Handbook of Positive Psychology</i>. Oxford University Press.</li> <li>10- Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.apa.org">http://www.apa.org</a></li> </ol>		
<p>This course can be opted as an elective: Open to all</p>		
<p><b>Suggested Continuous Evaluation Methods:</b></p> <ul style="list-style-type: none"> <li>• Assignment/ Seminar (5 Marks),</li> <li>• Written Test (15 Marks)</li> <li>• Attendance (5 Marks)</li> </ul>		
<p>Course prerequisites: Open to All</p>		
<p><b>Suggested equivalent online courses:</b></p> <ul style="list-style-type: none"> <li>• Coursera</li> <li>• Swayam</li> </ul>		

**Paper 3**  
**Practical**

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Five</b>
<b>Subject: Psychology</b>		
Course Code: A090503P	Course Title: <b>Lab Work/Survey/ Field Visit</b>	
<b>Course Outcome:</b> After completing this practicum, the student will have an understanding about how to frame research objectives and questions, plan, decide and execute appropriate methods of research, data analysis, interpretation and discussion of the findings.		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Formulate a Questionnaire/Inventory from the given Variables- Empathy/Gratitude/Self-Awareness/Social Support/Well-being. The questionnaire should be of 15 to 20 items.	10 (20 hrs)
<b>II</b>	Conduct a survey/field study using the self-prepared Questionnaire/Inventory as formulated in Unit I. Collect data on a small group (10-15 sample size).	10 (20 hrs)
<b>III</b>	Analyze the data using relevant statistics and write the report.	10 (20 hrs)
<b>Suggested Readings:</b>		
1. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.apa.org">http://www.apa.org</a>		
This course can be opted by the students who took psychology as a subject		
<b>Suggested Continuous Evaluation Methods:</b>		
<ul style="list-style-type: none"> <li>• Preparation and Presentation of Report (20 Marks)</li> <li>• Attendance (5 Marks)</li> </ul>		
Course prerequisites: Only for psychology students		

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**Paper 4**  
**Research Project**

<b>Program/Class: Degree</b>		<b>Year: Third</b>	<b>Semester: Five</b>
<b>Subject: Psychology</b>			
Course Code: A090504R		<b>Course Title: Problem Identification &amp; Research Proposal Writing</b>	
<b>Course Outcome:</b> After completing this practicum, the student will have a comprehensive understanding about carrying out research project, how to frame research objectives and questions, plan, decide and execute appropriate methods of research, and intended data analysis.			
Credits: 3		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks:	
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>	
<b>I</b>	Visit any nearby community or field and identify the problems, issues, good practices, skills, community services etc. For example- Health Services, Women Self Help Groups, NGOs, Banks, Organizations, Industries, Villages, Panchayat etc. Group of 15 to 20 students can be formed for field visit.	20 (40 hrs.)	
<b>II</b>	Based on the field visit, observations and experiences, each student will write a research proposal (Group of 15 to 20 students can be formed for field visit but the students will write the research proposal individually).  The research proposal is an important process in providing a clear statement of the problem, a review of literature, how the literature relates to the proposed study, formal research questions and hypotheses, a full methods section, and the data analysis you intend to conduct.  Research report should be as per APA's guidelines.	25 (50 hrs.)	

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**Suggested Readings:**

1. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>

This course can be opted by the students who took psychology as a subject

**Suggested Continuous Evaluation Methods:**

- Preparation and Presentation of Research Proposal (20 Marks)
- Attendance (5 Marks)

Course prerequisites: Only for psychology students

  
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## Semester VI

### Paper 1

### Theory

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Six</b>
<b>Subject: Psychology</b>		
Course Code: A090601T	Course Title: <b>Community and Health Psychology</b>	
<b>Course Outcome:</b> At the end of the course the student will be able to recognize that individuals relate to their communities and the reciprocal effect of communities on individuals and will be able to understand and resolve community issues, analyze the data, and recommend interventions that promote community wellness. Moreover, they will be able to use the psychological theories on health-related practices and will be able to examine persons' health history and describe and enact a positive, proactive attitude toward healthy living for oneself and others.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	Community Psychology: Meaning and Nature, Fields of Community Psychology.	7
II	Approaches of Community Psychology: Mental Health Approach; Social Problems Approach.	8
III	Community Intervention Issues: Poverty and Prolonged Deprivation; Marginalization; Migration & Immigration issues; Superstitions in Indian Society.	8
IV	Community Interventions: Community Mental Health; Gender, Discrimination and Power Issues Related Interventions; School Intervention; Rural Development Intervention.	7
V	Health Psychology: Nature, Development and Goals of Health Psychology; Biopsychosocial Model of Health.	6

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<b>VI</b>	Health Behavior: Health Compromising and Health Enhancing Behaviors; Theories of Health Behavior: Health Belief Model, Planned Behavior and Reasoned Action Theory.	8
<b>VII</b>	Stress and Health: Meaning, Nature and Types of Stress. Coping Strategies of Stress.	8
<b>VIII</b>	Chronic Illnesses: Coronary Heart Disease (CHD) and Diabetes- Major Symptoms and Psychological Correlates.	8

**Suggested Readings:**

1. Dalal, A.K. (2016). Cultural Psychology of Health in India: Well-being, Medicine and Traditional Health Care. New Delhi: Sage Publications India Pvt. Ltd.
2. Dalal, A.K. (2015). Health Beliefs and Coping with Chronic Diseases. New Delhi: Sage Publications India Pvt. Ltd.
3. Ghosh, Manika. (2015). *Health Psychology: Concepts in Health and Well-being*. New Delhi: Pearson.
4. Kloos, B., Hill, J., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). *Community Psychology: Linking Individuals and Communities*. Wadsworth, Cengage Learning.
5. Marks, D. F. Murray, M. Evans, B. & Willing, C. (2000). *Health Psychology: Theoretical, Research and Application*. New Delhi: Concept.
6. Misra, G. (1999). Psychological perspectives on stress and health, New Delhi: Concept Publishing Company.
7. Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). *Applied Social Psychology: Understanding and addressing Social and Practical Problems*. New Delhi: Sage publication.
8. Sarafino, E.P. & Smith, T.W. (2012). *Health Psychology: Biopsychosocial Interaction*. (7<sup>th</sup> ed.). U.K.: John Wiley & Sons.
9. Taylor, S.E. (2013). *Health Psychology*. New Delhi: McGraw-Hill Education Pvt. Ltd.
10. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>

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This course can be opted as an elective: Open to all

Suggested Continuous Evaluation Methods:

- Assignment/ Seminar (5 Marks)
- Written Test (15 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

  
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**Paper 2**

**Theory**

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Six</b>
<b>Subject: Psychology</b>		
Course Code: A090602T	Course Title: <b>Counseling Psychology</b>	
<b>Course Outcome:</b> At the end of the paper, students will able to understand how to establish rapport and use various approaches in counseling.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Counseling: Meaning, Goals; Types of Counseling.	7
<b>II</b>	Counseling Processes: Phases of Counseling, Counseling Interview; Counseling Skills of Counselor.	7
<b>III</b>	Approaches of Counseling: Basic Assumptions and Techniques of Psychoanalytic (Freudian); Humanistic-Existential (Person Centered and Gestalt) and Cognitive-Behavioral (Behavioral and Cognitive) Approaches.	8
<b>IV</b>	Evaluation of Counseling: Criteria of Evaluation, Approaches to Evaluation of Counseling – Case Study and Experimental. Measures of Quality Evaluation.	8
<b>V</b>	Counseling in Schools and Career Counseling: Assumptions and Procedures.	7
<b>VI</b>	Group Counseling: Marriage and Family Counseling.	8
<b>VII</b>	Counseling for Substance-abuse and Child Abuse.	8
<b>VIII</b>	Counseling Ethics: Definition and Significance. RCI Code of Ethics.	7

  
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**Suggested Readings:**

1. Edward, N. (2011). *Counseling Theory and Practice*. Cengage Learning.
2. Gelso, C. J. & Pretz, B.R. (1995). *Counseling Psychology*. Bangalore: Prism Books Pvt. Ltd.
3. Gibson, R. L. & Mitchell, M.H. (2005). *Introduction to Counseling and Guidance* (6th Ed.) Pearson Education.
4. Kapur, Malavika. (2011). *Counseling Children with Psychological Problems*. Pearson Publications.
5. Nelson-Jones, R. (2011). *Theory and Practice of Counseling & Therapy*. New Delhi: sage South Asia Edition.
6. Patri, V. R. (2008). *Counseling Psychology*. New Delhi: Authors Press.
7. राय, ए० एवं अस्थाना, एम०. (2003). आधुनिक परामर्शन मनोविज्ञान। नई दिल्ली; मोतीलाल बनारसीदास।
8. Rao, S. N. (1991). *Counseling and Guidance*. New Delhi: Tata McGraw-Hill.
9. Woolfe, R., Dryden, W. & Strawbridge, S. (2003). *Handbook of Counseling Psychology* (2<sup>nd</sup>ed.). London: Sage Publication Ltd.

This course can be opted as an elective: Open to all

**Suggested Continuous Evaluation Methods:**

- Assignment/ Seminar (5 Marks)
- Written Test (15 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

**Suggested equivalent online courses:**

- Coursera
- Swayam

  
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**Paper 3**  
**Practical**

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Six</b>
<b>Subject: Psychology</b>		
Course Code: A090603R	Course Title: <b>Survey/Field Visit</b>	
<p><b>Course Outcome:</b> After completing this practicum, the student will have an understanding about how to frame research objectives and questions, plan, decide and execute appropriate methods of research, data analysis, interpretation and discussion of the findings.</p>		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Select any psychological variable related to the current syllabus, then conduct a survey/field visit to any Community Center/Social Service Center/ School and collect the data on a small group (30-40 sample size). Group of 15 to 20 students can be formed for the survey/field visit and data collection.	15 (30 hrs.)
<b>II</b>	Analyze the data on the basis of above work and write the report individually.	15 (30 hrs.)
This course can be opted by the students who took psychology as a subject		
Suggested Continuous Evaluation Methods:		
<ul style="list-style-type: none"> <li>• Preparation and Presentation of Research Report (20 Marks)</li> <li>• Attendance (5 Marks)</li> </ul>		
Course prerequisites: Open to All		

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**Paper 4**  
**Research Project**

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Six</b>
<b>Subject: Psychology</b>		
Course Code: A090604R	Course Title: <b>Research Project</b>	
<p><b>Course Outcome:</b> It will help the learner to critically reflect on, review the scientific basis for, and integrate what you have learned and accomplished as a psychology student and will prepare to explore the cultural, social, and ethical impact of psychological application on community and daily life.</p>		
Credits: 3	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks:	
<b>Unit</b>		
<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	Based on the field visit observations and experiences, the learner get in Semester V, plan to visit to identified unit, organization, community etc. to get an understanding of the same and do data collection either through questionnaire, or interview or with the help of audio-visual medium based on the identified research problems/ issues.	25 (50 hrs.)
<b>II</b>	Analyze the data and submit a detailed report. The student will work in groups (15 to 20 students) in completing the project, but will write the research report individually. Research report should be as per APA's guidelines.	20 (40 hrs.)
<p><b>Suggested Readings:</b></p> <p>1. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a> <a href="http://www.apa.org">http://www.apa.org</a></p>		
<p>This course can be opted by the students who took psychology as a subject</p>		

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24.08.2022

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24.08.2022

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R. TIWARI

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Srivastava

Suggested Continuous Evaluation Methods:

- Making of Short film or Presentation of Research Report (20 Marks)
- Attendance (5 Marks)

Course prerequisites: Only for psychology students

  
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R. TIWARI

  
Srivastava