


**DRAFT**

**NATIONAL EDUCATION POLICY-2020**

**COMMON MINIMUM  
SYLLABUS FOR ALL  
UTTARAKHAND STATE  
UNIVERSITIES AND COLLEGES FOR FIRST  
THREE YEARS OF HIGHER EDUCATION**

**APPROVED STRUCTURE &  
SYLLABUS OF PSYCHOLOGY**

**2021**



## Curriculum Design Committee, Uttarakhand

S.No.	Name & Designation	
1.	<b>Prof.N.K. Joshi</b> Vice-Chancellor,Kumaun University Nainital	Chairman
2.	<b>Prof.O.P.S. Negi</b> Vice-Chancellor, Uttarakhand Open University	Member
3.	<b>Prof.P.P.Dhyani</b> Vice-Chancellor, Sri Dev Suman Uttarakhand University	Member
4.	<b>Prof.N.S. Bhandari</b> Vice-Chancellor,Soban Singh Jeena University,Almora	Member
5.	<b>Prof.Surekha Dangwal</b> Vice-Chancellor,Doon University, Dehradun	Member
6.	<b>Prof.M.S.M. Rawat</b> Advisor,Rashtriya Uchchatar Shiksha Abhiyan,Uttarakhand	Member
7.	<b>Prof.K.D .Purohit</b> Advisor, Rashtriya Uchchatar Shiksha Abhiyan,Uttarakhand	Member

### EXPERT COMMITTEE:

S. No.	Name	Designation	Department	Affiliation
1	Prof. Madhu Lata Nayal	Professor & Head	Department of Psychology	S.S.J Campus, S.S. J University, Almora
2	Dr. Renu Jalal	Assistant Professor	Department of Psychology	M. B. Govt. Post- College Haldwani Kumaun University, Nainital
3	Dr. Rekha Joshi	Assistant Professor	Department of Psychology	M. B. Govt. Post- College Haldwani Kumaun University, Nainital

### SYLLABUS PREPARATION COMMITTEE

S. No.	Name	Designation	Department	Affiliation
1	Prof. Madhu Lata Nayal	Professor & Head	Department of Psychology	S.S.J Campus, S.S. J University Almora
2	Dr. Renu Jalal	Assistant Professor	Department of Psychology	M. B. Govt. Post- College Haldwani Kumaun University, Nainital
3	Dr. Rekha Joshi	Assistant Professor	Department of Psychology	M. B. Govt. Post- College Haldwani Kumaun University, Nainital

**List of all Papers in all Semesters**  
**Semester-wise Titles of the Papers in Psychology**

**Semester-wise Titles of the Papers in Psychology**

Sem.	Course Code	Paper Title	Theory/ Practical	Credits
<b>Certificate Course in UG (Arts)</b>				
I	PSYC-101T	Basic Psychological Processes	Theory	4
	PSYC-101P	Lab work / Psychological Test	Practical	2
II	PSYC-201T	Social Psychology	Theory	4
	PSYC-201P	Lab work / Psychological Test	Practical	2
<b>Diploma in UG (Arts)</b>				
III	PSYC-301T	Abnormal Psychology	Theory	4
	PSYC-301P	Lab work / Psychological Test	Practical	2
IV	PSYC-401T	Statistics in Psychology	Theory	4
	PSYC-401P	Lab work / Psychological Test	Practical	2
<b>Bachelor of Arts</b>				
V	PSYC-501T	Psychological Assessment	Theory	4
	PSYC-502T	Industrial Psychology	Theory	4
	PSYC-503P	Lab work / Survey / Field Visit	Practical	4
	PSYC-503R	Research Project	Project	3
VI	PSYC-601T	Environmental psychology	Theory	4
	PSYC-602T	Life Span Development	Theory	4
	PSYC-603P	Lab work / Survey / Field Visit	Practical	4
	PSYC-603R	Research Project	Project	3

## Subject prerequisites:

**Open to all**

### COURSE INTRODUCTION:

Under the new Education policy the course has been implemented for U.G level students. Department of psychology will offer various course / paper during six semester. The students will be given one required theory paper (each worth 4 credits; a total of 16 credits) in each of the first, second, third, and fourth semesters, as well as a practical course based on the theory papers (each semester 2 credits; total 8 credits). One minor elective course in First and second semester and one minor elective course in third and fourth semester (each of 4/5/6credits). Vocational course is also to be done in first, second, third, and fourth semester ( each of 3 credits). The fifth semester will consist of two discipline-specific cores in theory papers for the students (each of 4 credits; total 8 credits). Students will have to complete two discipline-specific core in theory papers in the final semester (VI semester) (each of 4 credits; 8 credits). Apart from this co-curricular course is must in each semester. The major research project is compulsory in fifth and six semesters separately. (Each of four credits)

Programme outcomes (POs):	
PO 1	This course will provide student, the basic concept of psychology
PO2	Students will get information about human behavior
PO 3	In psychological aid classes, students' study about post-traumatic stress disorder (PTSD).
PO 4	Students will be able to know about mental health and wellness.
PO 5	Will be able to study neurotransmitters and biological effects in the branch of biopsychology.

## Year wise Structure of UG (CORE / ELECTIVE COURSES & PROJECTS)

### Subject: Psychology

Course/ Entry -Exit Levels	Ye ar	Seme- ster	Paper-I	Cre- dit (Hrs)	Paper II	Credit (Hrs)	Research Project	Cre- dit (hrs)	Total Credit (hrs)
Certificate Course in <u>UG Arts</u>	I	I	Basic Psychological Processes + Lab work	4+2	Psychology for Living (Minor elective)	4/5/6	-	-	12
		II	Social Psychology + Lab work	4+2			-	-	7
Diploma in UG Arts	II	III	Abnormal Psychology + Lab work	4+2	Health & Well-being (Minor elective)	4/5/6	-	-	12
_____		IV	Statistics in Psychology + Lab work	4+2	-	-	-	-	7
Bachelor of Arts		V	Psychological Assessment	4	Industrial Psychology	4	Research Project	4	12
_____		VI	Environmental Psychology	4	Life Span Development	4	Research Project	4	12
<b>Comments</b>									

## Certificate Course in UG (Arts)

<b>Program/Class/Certificate</b>	<b>Year-First</b>	<b>Semester-First</b>
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**Subject: Psychology**

<b>Course Code: PSYC101T</b>	<b>Course Title: Basic Psychological Processes (Theory) Paper-I</b>
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Course Outcome: 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 the individual characteristics.

<b>Credits:4</b>	<b>Core Compulsory</b>
<b>Max Marks 25+75</b>	<b>Min Passing Marks 10+25</b>
<b>Total No. of Lectures: Tutorials-Practical (in hours per week): L-T-P: 4-0-0</b>	
<b>Objective: To introduce students to the basic concepts of the field of Psychology with an emphasis on application of psychology in everyday life.</b>	

<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
I	Introduction: Definition, goals and scope of psychology; Approaches: biological, psychodynamic, behavioristic, and cognitive; Method: Observation, Experimental.	<b>8</b>
II	Biological Bases of Behaviour: Nervous System: Neuron, Central Nervous system.	<b>7</b>
III	Sensation and Perception: Meaning and characteristics of sensation, Types of sensation; Visual sensation: Structure of eye Structure of ear Nature and characteristics of perception.	<b>8</b>
IV	Attention: Meaning and characteristics of attention; Types of attention: Kinds of attention; Determinants of attention.	<b>7</b>
V	Learning: Nature of learning; Theories of learning: Thorndike's trial and error theory of learning. Theory of conditioning: Classical conditioning and Instrumental conditioning.	<b>8</b>
VI	Memory and Forgetting: Definition of memory; Processes involved in memory;	<b>7</b>
VII	Motivation and Emotion: Nature of motivation, Types of motivation: Biogenic and sociogenic motives. Meaning and definition of emotion, Physiological changes in emotion; Theories of emotion:	<b>7</b>

	(James-Lange theory and Cannon-bard).	
VIII	Intelligence: Meaning and definition of Intelligence, Measurement of Intelligence: concept of I.Q.	8

#### **Suggested Readings:**

Baron, R.A. Psychology: The Essential Science. New York: Allyn & Bacon  
 Zimbardo, P.G. & Weber, A.L. Psychology, New York: Harper Collins College Publi. Lefton,  
 L.A. Psychology. Boston: Allyn & Bacon  
 Garrett, Introduction to Psychology: Indian reprint, Oxford IBH General Psychology,  
 Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J., (1993), Introduction to psychology, New Delhi Tata  
 McGraw hill, education private limited.  
 Singh, R.N., Bhardwaj, S.S. Mool Manovagyanik Prakriyaen. Agrawal Publication Agra.  
 Singh, R.N. 2009. Adhunik Samanya Manovigyan. Agarwal Publication Agra.  
 Singh, A.K. Adhunik Uchchait Samanya Manovigyan. Motilal Banarasi Das Publication. Varanasi.  
 Zimbardo, P.C. & Weber, A.L. (1997). Psychology. New York: Harper Collins College Publisher.  
 Suggested digital platforms weblinks - <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org>  
 Zimbardo, P.C. & Weber, A.L. (1997). Psychology. New York: Harper Collins College Publishers.

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

#### **Suggested Continuous Evaluation Methods:**

Assignment/Seminar (10 Marks)  
 Written Test (10 Marks)  
 Attendance (5 Marks)

**Course prerequisites: Open to All**

**Suggested equivalent online courses: Swayam and Course**



## Certificate Course in UG (Arts)

<b>Course Code: PSYC 101P</b>	<b>Course Title: Basic Psychological Process (Lab Work/Practical)</b>
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Course Outcome: Students will be imparted a variety of skills to design and conduct psychological experiments

ensuring controlled conditions, report written and interpretations of their report.

<b>Credits:2</b>	<b>Core Compulsory</b>
<b>Max Marks 25+75</b>	<b>Min Passing Marks 10+25</b>
<b>Total No. of Lectures: Tutorials-Practical (in hours per week): L-T-P: 4-0-0</b>	

<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
I	Bilateral transfer of training\ Maze learning	8
II	Effect of set of perception/Emotional Maturity Test	8
III	Retroactive Inhibition \Memory span Test	7
IV	Verbal Performance Test/I Q Test	7

### Suggested Readings

Suggestive Digital Platforms Weblinks - <http://heecontent.upsdc.gov.in/Home.aspx>

This course can opt by the students who has opted Psychology as a subject.

**Suggested continuous evaluation methods:**

**Presentation of Practical Files (15 Marks)**

**Attendance (10 Marks)**

**Course prerequisites: Only for those who took psychology as a subject.**

## Certificate Course in UG (Arts)

Programme/Class: Certificate	Year: First	Semester: second
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Subject: Psychology

Course Code:PSYC201T	Course Title: Social Psychology (Theory) Paper-II
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Course Outcome: 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 opportunity to apply social psychological theories in 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	
<b>Objectives:</b>  1) Develop an understanding of the individual in relation to the social world 2) Introduce students to the realm of social influence, as to how Individuals think feel and behave in social situations.	

Unit	Topics	No. of Lectures
I	Social Psychology: Nature, and Scope; Methods of Studying Social Behavior- Correlation, Experimental, Observational.	8
II	Person Perception: Concept, Determinants of Impression Formation.	7
III	Social Cognition: Schema, Schematic Processing. Theories of Attribution (Harold Kelly and Bernard Weiner).	7
IV	Attitude: Nature, Formation and Measurement. Interpersonal Attraction: Concept and Determinants.	8
V	Aggression: Concept, Theories of Aggression: Frustration-Aggression Hypothesis, Social Learning Theory of Aggression.	8
VI	Pro-social Behavior: Motives to help. Determinants: Personal, Situational and Socio-cultural.	7
VII	Social Influence Processes: Conformity and Compliance. Prejudice and Discrimination.	7
VIII	Groups: Norms, Roles, Status & Cohesiveness. Group Influence Processes: Social Facilitation; Social Loafing and e- 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. flag] v:.k dqekj ¼2001½] lkekftd euksfoKkuA okjk.klh% eksrhyky cukjlhnkIA
5. Taylor, S.E., Paplau, L.A., & Sears, D.O. (2006). Social Psychology (12<sup>th</sup>ed). New Delhi: Pearson Publications.
- 6.
7. Singh, R.N., Bhardwaj, S.S. 2015. Samajik Manovigyan Ki Bhumika. Agrawal Publication Agra.
- 8.
9. Singh, A.K. Adhunik Samajik Manovigyan Ki Ruprekha. Moti Lal Banarasi Das Publication, Varanasi.
10. f=ikBh] ,y0ch0,oa lg;ksxh ¼2001½] vk/kqfud lkekftd euksfoKkuA vkxjk% gjizlkn HkkxZoA
11. Suggested digital platforms weblinks- <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 (10 Marks) Written

Test (10 Marks)

Attendance (5 Marks)

Course prerequisites: Open to All

Suggested equivalent online courses: Swayam and Coursera

## Certificate Course in UG (Arts)

<b>Programme/Class: Certificate</b>	<b>Year: First</b>	<b>Semester: second</b>
<b>Course Code:PSYC201P</b>	<b>Course Title: Social Psychology (Lab Work/ Practical)</b>	

Course Outcome: 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.

<b>Credits:2</b>	<b>Core Compulsory</b>
<b>Max Marks 25+75</b>	<b>Min Passing Marks 10+25</b>
<b>Total No. of Lectures: Tutorials-Practical (in hours per week): L-T-P: 4-0-0</b>	

Unit	Topics	No. of Lectures
I	Measurement of Attitude/Interpersonal Attraction	7
II	Prejudice scale/Attribution Test	7
III	Social conformity/ Helping Behaviour	8
IV	Social Facilitation/ Conformity	8

### Suggested Readings:

Suggestive digital platforms web links-

<http://heecontent.upsdc.gov.in/Home.aspx>, [www.psytoolkit.org](http://www.psytoolkit.org)

**This course can be opted by the students who took Psychology as a subject.**

Suggested Continuous Evaluation Methods:

Presentation of Practical file (15Marks); Attendance (10marks)

Course prerequisites: Only to Psychology Students

## Diploma Course in UG (Arts)

<b>Programme/Class: Diploma</b>	<b>Year: Second</b>	<b>Semester: Third</b>
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**Subject: Psychology**

<b>Course Code: PSYC301T</b>	<b>Course Title: Abnormal Psychology (Theory) Paper-I</b>
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Course Outcome: 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 of symptoms, etiology and valid and reliable treatment.

**Diagnostic categories of mental health disorders.**

<b>Credits:4</b>	<b>Core Compulsory</b>
<b>Max Marks 25+75</b>	<b>Min Passing Marks 10+25</b>
Total No. of Lectures -Tutorials-Practical (in hours per week): L-T-P:4-0-0	
Objective: The paper aims at providing an overview of the concept of abnormality and the symptoms and etiology of various psychological disorders this will sensitize them to information on psychopathology and dispel myths regarding it.	

Unit	Topics	No. of Lectures
I	Abnormal Psychology: Concept and Criteria of Abnormality, Classification of Abnormality (DSMV): An Introduction.	7
II	Anxiety Disorders: Clinical Picture and Etiology: Generalized Anxiety Disorder (GAD), Phobia, Panic Disorder and Obsessive- Compulsive Disorder (OCD).	8
III	Somatic and Dissociative Disorders: Somatic Symptom and Related Disorders, Dissociative Disorders-Types, Clinical Picture and Etiology.	8
IV	Depressive and Bipolar Disorders: Types, Clinical Picture and Etiology.	7
V	Schizophrenia: Types, Clinical Picture and Etiology.	7
VI	Learning Disabilities: Reading, Written expression and Mathematical Disorders	7
VII	Substance Related Disorder: Meaning and Types, Alcohol, Nicotine, Marijuana, Sedatives and Stimulants. Clinical picture and etiology	8
VIII	Neuro developmental Disorders: Attention-Deficit/Hyperactivity Disorder (ADHD)/(ADD), Intellectual Disability.	8

### **Suggested Readings:**

1. Barlow D.H. & Durand V.M, & Stewart, S.H. (2009). Abnormal Psychology. New Delhi: Cengage Learning.
2. Bennett. (2006). Abnormal and Clinical Psychology: An introductory text book. 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. Singh. R. N. and Others (2022) Asamanya Manovigyaan ki Bhumika. Agrawal publication Agra.
7. Suggested digital platform weblinks- <http://heecontent.upsdc.gov.in/Home.aspx>  
<http://www.apa.org> [www.nimh.nih.gov](http://www.nimh.nih.gov)
8. Singh, A.K. Adhunik Asamnya Manovigyan. Motilal Banarsi Das Publication. Varanasi;
9. Singh L., Tiwari. G. 2020. Asamanya Manovigyan. Shri Vinod Pustak Mandir Agra.

Assignment/Seminar (10 Marks)

Written Test (10 Marks)

Attendance (5 Marks)

## Diploma Course in UG (Arts)

Programme/Class: Diploma	Year: Second	Semester: Third
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Subject: Psychology

CourseCode:PSYC301P	Course Title: Abnormal Psychology (Lab Work/ Practical)
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Course Outcome: The students will receive a variety of competency at the conclusion of the course to conduct the screening and assessment of psychological instruments for looking at developmental difficulties and disorders. The case study practicum will enable the students to learn and carry out an extensive analysis of a particular individual, group, event, or

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	Stress/Neuro developmental	7
II	Anxiety/Learning Disability	7
III	Depression/Coping Mechanism	8
IV	Substance abuse/Intelligence Test	8

### Suggested Readings:

Suggestive digital platforms weblinks-

<http://heecontent.upsdc.gov.in/Home.aspx>

<http://www.apa.org>

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

Suggested Continuous Evaluation Methods:

Presentation of Practical files (15 marks)

Attendance (10marks)

## Diploma Course in UG (Arts)

Programme/Class: Diploma	Year: Second	Semester: Fourth
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**Subject: Psychology**

Course Code: PSYC401T	Course Title: Statistics in Psychology (Theory) Paper-I
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**Course Outcome:** The students will be able to understand psychological data and scale it appropriately. In addition, they will learn the fundamentals of psychological testing and see a variety of tests in action.

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>Objective:</b> To introduce basic statistically method, psychological testing and qualitative methods and their uses.	

Unit	Topics	No. of Lectures
I	Statistics in Psychology: Meaning and Purpose of Statistics in Psychology, Discrete and Continuous Variables	6
II	Introduction to Sampling and its Types.	8
III	Frequency distribution and their graphical representation: frequency polygon, histogram, cumulative frequency curve, and ogive	8
IV	Measures of Central Tendency: Mean, Median, and Mode: meaning, computation and application.	8
V	Measure of variability: Range, Quartile deviation, and Standard deviation: Meaning. Application and computation.	8
VI	Correlation: Concept of correlation, Linear and Non-linear correlation, Pearson's product moment correlation (real and assumed mean), Spearman's Rank order correlation.	7
VII	Normal distribution: Concept of Probability, Characteristics of NPC, Skewness and Kurtosis.	7
VIII	Hypothesis testing and Making inferences: Introduction of test, Non Parametric Test, Parametric Test, Chi square Test. standard error of mean. df. interpretation of t-values –level of significance; Type I and Type II errors in inferences	8

### Suggested Readings:

1. Anastasi, A. (1950). Psychological Testing. Prentice Hall.



- 2 Cronbach, L.J. (1960) (2nd Edition). Essentials of Psychological Testing. New York: Harper.
- 3 Freeman, F.S. (1962) (3<sup>rd</sup> Edition). Theory and practice of psychological testing. New York: Holt, Rinehart & Winston.
- 4 Garrett, H.E. (1966). Statistics in Psychology and Education. Paragon International Publishers.
- 5 Gregory, R.J. (2014) (6th Edition). Psychological Testing: History, Principles and Applications 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 Singh, A.K. (2006). Tests, Measurement and Research Methods in Behavioral Sciences. Patna: Bharti Bhavan.
- 9 Suggested digital platform weblinks- <http://heecontent.upsdc.gov.in/Home.aspx>
- 10 Singh, R.N., Bhattia, T. (2015). Adhunik
- 11 Verma P & Srivastava, D.N. Manovigyan and Shiksha Me Sankhiki. Shri Vinod Pustak Mandir. Agra.
- 12 Kapil, H.K. Sankhiki Ke Mool Tatwa. Shri Vinod Pustak Mandir, Agra

## Diploma Course in UG (Arts)

Programme/Class: Diploma	Year: Second	Semester: Fourth
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Subject: Psychology

CourseCode:PSYC401P	Course Title: Statistics in Psychology (Lab Work/ Practical)
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Course Outcome: 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	Substitution Learning/Self-report Inventory	8
II	Retroactive Interference/Intelligence Test	7
III	Paired Associate Method/ Zeigarnik Effect	7
IV	Ranking Method	8

Suggested Readings: Statistical related

Suggestive digital platforms web links - <http://heecontent.upsdc.gov.in/Home.aspx>,  
[www.psytoolkit.org](http://www.psytoolkit.org)

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

Suggested Continuous Evaluation Methods:

Presentation of Practical files (15Marks)

Attendance (10marks)

Course prerequisites: Only for those who took Psychology as a subject

## Bachelor's degree in UG (Arts)

Programme/Class: Degree	Year: Third	Semester: Fifth
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Subject: Psychology

Course Code: PSYC501T	Course Title: Psychological Assessment
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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>Objective:</b> 1) To train students various psychological assessment techniques. 2) To impart skills necessary for selecting and applying different tests for the Different purposes such as evaluations, training, rehabilitation etc.	

Unit	Topics	No. of Lectures
I	Introduction: - Nature and scope of psychological Assessments.	8
II	Psychological Tests:- principles of test construction and standardization- Item analysis, reliability, validity and development of norms	9
III	Types of psychological; test-Individual, group, performance, verbal, Nonverbal	9
IV	Psychological scaling, Methods of scaling	9
V	Assessment of Ability:- Assessment of general abilities Intelligence, Interest, interpersonal interaction.	9
VI	Assessment of personality :- Assessment of personality Use of self-report inventories, interview, projective and non-projective tests	8
VII	Components of psychological Assessment-norm reference, Psychological test, informal test and surveys, interview, Information, school or medical record, medical evaluation and observational data.	8

### Suggested Readings:

1. Anastasi, A (1988), Psychological Testing, New York: MacMillan
2. Mishra, G. C. & other (2018). Psychological Assessment, Kalyani Publishers, New Delhi.
3. Bhargava. M. Psychological Measurement, Evaluation and Statistics. Motilal Banarasi Das Varanasi.

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

### Suggested Continuous Evaluation Methods:

Assignment/Seminar (10 Marks),

Written Test (10Marks)

Attendance (5Marks)

Course prerequisites: Open to All.

## Bachelor Degree in UG (Arts)

<b>Programme/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Fifth</b>
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**Subject: Psychology**

<b>Course Code: PSYC502T</b>	<b>Industrial Psychology</b>
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Course Outcome: The students will learn about how people behave within organizations and in the workplace. They will also be able to identify the problems that occur at work and resolving those problems.

<b>Credits:4</b>	<b>Core Compulsory</b>
<b>Max Marks 25+75</b>	<b>Min Passing Marks 10+25</b>
Total No. of Lectures -Tutorials-Practical (in hours per week): L-T-P:4-0-0	
<b>Objective - This will help the children to apply their findings to help address human and organizational problems.</b>	

Unit	Topics	No. of Lectures
I	Industrial Psychology: Nature and definition, Field and scope of Industrial Psychology, Major problems of Industrial Psychology	7
II	Methods of Industrial Psychology: Observation Method: Types of Observation, Participant Observation, on-Participant Observation, Interview Method: Meaning of Interview, Types of Interviews.	8
III	Industrial Fatigue: Meaning of Fatigue, Types of Fatigue, Necessary Fatigue, Unnecessary Fatigue, Effect of Fatigue	8
IV	Accident: Meaning of Accident, Effects of Accident, and Causes of Industrial Accidents.	7
V	Industrial Morale: Nature and Characteristics of Industrial Morale, Measures of Industrial Morale, Determinants of Industrial Morale, Methods of Increasing Industrial Morale	6
VI	Motivation and Incentive: Meaning of Motivation, Types of Motivation, Biological Motive, Social Motive, Financial and Non- Financial Motive	8
VII	Personnel Selection: Meaning of Personnel Selection, Objective of Personnel Selection Importance of Personnel Selection.	8
VIII	Job Satisfaction: Meaning and Nature, Determinants of Job Satisfaction, Personal Factors, Job Factors, Management Factors, Measures of Job Satisfaction.	8

Suggested Reading:

- 1) Singh.A.P .Industrial Psychology.
- 2) Rastogi.G.P. Industrial Psychology.
- 3) Suleman.M.,& Chaudhary.V.K.Modern Industrial and Organizational Psychology.

This course can be opted as an elective: Open to all Suggested Continuous Evaluation Methods:

Assignment/Seminar(10 Marks)

Written Test (10Marks)

Attendance (5Marks)

Course prerequisites: Open to All

## Bachelor Degree in UG (Arts)

Programme/Class: Degree	Year: Third	Semester: Fifth
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Subject: Psychology

CourseCode: PSYC503P	Course Title: Industrial Psychology (Lab Work/ Survey/Field Visit)
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Course Outcome: Students will be given opportunities to perform experiments in a lab setting, plan and carry out psychological experiments with controlled conditions and write reports.

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	Mental Fatigue/Stress Management	8
II	Religiosity Scale/ Conflict Scale	7
III	Job Satisfaction/Vocational /Educational	7
IV	Interest Test/Achievement Motivation Scale/Adjustment Scale/Academic Anxiety Scale/Mental Health	8

### Suggested Readings:

Suggestive digital platforms web links-

<http://heecontent.upsdc.gov.in/Home.aspx>

[www.psytoolkit.org](http://www.psytoolkit.org)

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

Suggested Continuous Evaluation Methods:

Presentation of Practical files (15 marks)

Attendance (10marks)

Course prerequisites: Only for those who took Psychology as a subject.

## Bachelor's degree in UG (Arts)

Programme/Class: Degree	Year: Third	Semester: Fifth
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Subject: Psychology

Course Code:PSYC503R	Course Title: Research Project
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**Course Outcome:** It will assist the learner in critically evaluating what they have learned and accomplished as psychology students, reviewing the scientific underpinnings of those lessons, integrating them, and preparing them to investigate the cultural, social, and ethical implications of psychological applications on society and daily life.

Credits:3	Core Compulsory
Max Marks 25+75	Min Passing Marks 10+25

Unit	Topics	No. of Lectures
I	Based on the field visit observations and getting semester, plan to visitor 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
II	Analyze the data and submitted tailed report and presentation. The student will be working rousing completing the project but will write the final paper individually. Each student will be observed on diligence in writing the research project as per guidelines.	20

### 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:

Making of short film or presentation of observed unit (20 Marks)

Attendance (5Marks)

**Course prerequisites:** Only for psychology students

## Bachelor's Degree in UG (Arts)

<b>Programme/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Sixth</b>
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**Subject: Psychology**

<b>Course Code: PSYC601T</b>	<b>Course Title: Environmental Psychology</b>
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Course Outcome: Students will study environmental history in environmental psychology. Students will learn about all of Uttarakhand's events. Students will also study about chemical and noise pollution in addition to this

<b>Credits: 4</b>	<b>Core Compulsory</b>
<b>Max Marks 25+75</b>	<b>Min Passing Marks 10+25</b>

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>
I	Environment and studies, nature and multi-disciplinary, introduction, definition, history and scope and importance Need for public awareness.	10
II	Natural Resources: Meaning and definition of Natural Resources, Types of Natural Resources, Renewable and Non Renewable, Forest, Food resources	10
III	Energy resources. Environmental effects of mining mineral resources. Ecosystem: Ecosystem-Definition and importance, Structure of ecosystem, Functions of ecosystem.	10
IV	Social Issues and the Environment: Noise Pollution, Water Pollution, Soil Pollution. Rain water Harvesting. Ethics of Environmental protection.	10
V	Natural Resources: Energy Resources, Types of energy resources, Land as a natural resource, Landslides, Soil pollution, Soil Conservation, Desertification, and Role of people in conservation of natural resources.	10
VI	Disaster Management: Definition and Types of disasters- Volcanic eruption, Tsunami, Floods, Cyclone, Earthquake	10

### Suggested Readings:

1. Dreze. J. & Sen. A. (Eds.) (1992). Indian development. Delhi: Oxford University Press.
2. Gadgil. M & Guha, R. (1995). Equity. New Delhi: Penguin Books.
3. Goldsmith E (1991). The way: The ecological world-view. Boston: Shambhala
4. Gupta. S. 2020. Environmental Studies. Sahitya Bhawan Publications. Agra
5. Tiwari. P. 2015. Environmental Psychology. Motilal Banarsidas, Varanasi.
6. Shukla, A., Singh. S & Verma. P. 2014. Modern Environment Psychology. Concept Publishing Company.

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

Suggested Continuous Evaluation Methods:

Presentation of Practical file (20 Marks)

Attendance (5 Marks)

**Course prerequisites: Open to All**

## Bachelor's Degree in UG (Arts)

<b>Programme/Class: Diploma</b>	<b>Year: Third</b>	<b>Semester: Sixth</b>
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**Subject: Psychology**

<b>Course Code:PSYC602T</b>	<b>Course Title: Life Span Development</b>
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<b>Credits: 4</b>	<b>Core Compulsory</b>
<b>Max Marks 25+75</b>	<b>Min Passing Marks 10+25</b>

Total No. of Lectures -Tutorials-Practical (in hours per week): L-T-P:4-0-0
Objectives: To understand human life from conception to adulthood and domain of development.

Unit	Topics	No. of Lectures
I	Human Growth and development: Meaning, Goals, Domains, Principles and Issues. Difference between Growth and Development.	10
II	Genes and Chromosomes: The basics of Genetics, Interaction of Heredity and Environment.	10
III	Prenatal development: Stages and factors influencing prenatal development.	10
IV	Theoretical Approaches to Human Development: Piaget's Cognitive Theory, Vygotsky's Sociocultural Theory, Erikson's Psychosocial Theory, and Kohlberg's Moral Development.	10
V	Human Development in Infancy, Childhood and Adolescence: Infancy and childhood: Physical, Cognitive and Psychosocial Development. Adolescence-Physical and Cognitive Development	10
VI	Psychosocial Development: Adolescence-Self Identity, Sexuality and Interpersonal relationship. Adulthood- personality development, Career, Marriage and Intimate Relationships.	10

### Suggested Readings:

1. Berk,L.E.(2010).Child Development(9<sup>th</sup> rd.).New Delhi: Prentice Hall
2. Berk,L.E.(2017).Development through the Lifespan (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).Handbooks of Psychology in India(Section IV),New Delhi: Oxford University Press.
5. Santrock, J.W.(2011).Life Span Development(13<sup>th</sup>ed.).New Delhi: McGraw-Hill.
6. Santrock, J.W.(2012).Life Span Development(13<sup>th</sup>ed.).New Delhi: McGraw-Hill.
7. Srivastava, A.K.(1997).Child Development: An Indian Perspective. New Delhi:NCERT.
8. Singh.R.N.2015.Modern Developmental Psychology.Agrawal Publication,Agra.
9. Srivastav. D.N., Verma.P.2019.Child Psychology. Child Development. Shri Vinod Pustak Mandir,Agra.

Suggestive digital platforms weblink-

<http://heecontent.upsdc.gov.in/Home.aspx>

<http://www.apa.org>

coursera

Swayam



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

Suggested Continuous Evaluation Methods:

Assignment/Seminar (10 Marks)

Written Test (10 Marks)

Attendance (5 Marks)

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

Suggested Continuous Evaluation Methods:

Presentation of Practical

File (20 Marks) Attendance (5 Marks)

Course prerequisites: Open to All

## Bachelor's degree in UG (Arts)

Programme/Class: Degree	Year: Third	Semester: sixth
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Subject: Psychology

CourseCode: PSYC603P	Course Title: Environmental Psychology (Lab Work/Survey/Field Visit)
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Course Outcome: Students will be given opportunities to perform experiments in a lab setting, plan and carry out psychological experiments with controlled conditions and write reports.

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	Student Behaviour Survey	8
II	Aggression Scale	7
III	Environmental Awareness Inventory	7
IV	Personal Space	8

### Suggested Readings:

Suggestive digital platforms web links-

<http://heecontent.upsdc.gov.in/Home.aspx>

[www.psytoolkit.org](http://www.psytoolkit.org)

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

Suggested Continuous Evaluation Methods:

Presentation of Practical files (15 marks)

Attendance (10marks)

Course prerequisites: Only for those who took Psychology as a subject.

## Bachelor's degree in UGC (Arts)

Programme/Class: Degree	Year: Third	Semester: Sixth
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Subject: Psychology

Course Code:PSYC603R	Course Title: Research Project
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**Course Outcome:** After completing this practicum the student will have a comprehensive understanding about carrying out research project, how to frame search 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 10+25

Unit	Topics	No. of Lectures
I	Visit to any community of the surrounding and Problems, issues, good practices, skills, community services etc. For example- Health Services, Women Self Help Groups, NGOs, Banks, Organizations, Industries, Villages, Panchayat etc. (10-12 students group can be formed)	20
II	Based on the field visit observations and experiences, each student will write a research proposal in this semester. 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 hypothesis, a full methods section, and the data analysis you intend to conduct. The student will work in groups in completing the project, but will write the proposal and final paper individually. Each student will be evaluated on diligence in writing the research proposal as per APA guidelines.	25

**Suggested Readings:-** <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:**

PPT Presentation of experiences of observed unit and research proposal (20 Marks)

Attendance (5 Marks)

Course prerequisites: Only for psychology students

## Certificate course in UG Arts

Programme/Class: Certification	Year: Third	Semester: First/second
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Subject: Psychology

Course Code:ME	Course Title: Psychology for Living
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Credits: 4	Core Compulsory
Max Marks 25+75	Min Passing Marks 10+25

**Objective:** To understand Psychology factors, physical illness, Self and relationship and growth.

Unit	Topics	No. of Lectures
I	Introduction: What is psychology, Psychology in day to day life, Psychological factors and physical illness?	10
II	Self-concept: Concept of self and definition, Determinants of Self. Self and personality.	10
III	Self-concept and relationship: important of family and peer groups in one's life, importance of emotional Intelligence, role of culture. Orientation of emotional intelligence scale.	10
IV	Self in disintegrative experiences: anxiety, stress, Depression, coping. Introduction of Depression Anxiety Stress Scale (DASS).	10
V	Growth and actualizing self: self-direction, subjective well-being, hope, optimism, resilience. Introduction of subjective Wellness scale and psychological capital scale.	10
VI	Self and its correlates: Attitude, Thinking, Problem Solving, Decision Making and Creativity, Emotion and Motivation.	10

Suggested Readings:

Atwater. & Grover. & Karen (1999). Psychology for living: adjustment, growth and behavior today. Prentice Hall. Carr. A (2004). Positive Psychology: the science of happiness and human.

## Certificate course in UG Arts

<b>Programme/Class: Certification</b>	<b>Year: Third</b>	<b>Semester: Third/fourth</b>
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**Subject: Psychology**

<b>Course Code:- ME</b>	<b>Course Title: Health and wellbeing</b>
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<b>Credits: 4</b>	<b>Core Compulsory</b>
<b>Max Marks 25+75</b>	<b>Min Passing Marks 10+25</b>

### Objectives:

- 1) To develop and understanding of health and how to maintain health and well-being.
- 2) To understand the relationship between psychological factors and physical health and how to enhance well-being

<b>Unit</b>	<b>Topics</b>	<b>No. of Lectures</b>
I	Health Psychology: Nature, Development and Goals of health psychology, Bio-psychological model of health	10
II	Well-being: compliments of well-being life satisfaction affect	10
III	Health Behaviour: Health compromising and health enhancing behaviours, theories of health behavior: health belief model planned behavior and reasoned action theory	10
IV	Health enhancing behaviours: Implications for well-being psychological factors resilience, optimism exercise, safety	10
V	Stress and Health: Nature and types of stress, stress appraisal, coping with stress, psychological moderators of stress (Hardiness, Social Support and Optimism)	10
VI	Chronic Illness: Coronary Heart Disease (CHD) and Diabetes, Major symptoms, Diagnosis and Psychological correlate	10

### Suggested Readings:

1. Matte. M.R and Marti. L.R. (2002). Health psychology, New Delhi Pearson.
2. Sarafino, E.P. (2002) Health psychology Bio psychosocial interactions (4th ed.) NY.Wiley.
3. Snyder. C.R. & Lopez, S. J (2007) Positive psychology. The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
4. Taylor, S.E (2006) health Psychology (6th Ed.)New York: Tata McGraw Hill.
5. Singh, R.D. (2011), Swasthya Manovigyan, Jagdamba Publishing Company, Daryaganj, Delhi.