



# माँ विन्ध्यवासिनी विश्वविद्यालय, मीरजापुर

Maa Vindhya Vasini University, Mirzapur

Website: <http://mvvu.ac.in>.

e-mail : [reg.mvvu@gmail.com](mailto:reg.mvvu@gmail.com)

## PSYCHOLOGY FOR U.G.-2021-22

### SUBJECT: PSYCHOLOGY

| Name   | Designation                    | Affiliation  |
|--|--------------------------------|--|
| <b>Steering Committee</b>  |                                |  |
| Mrs. Monika S. Garg, (I.A.S.),<br>Chairperson Steering Committee | Additional Chief Secretary     | Dept. of Higher Education U.P., Lucknow                  |
| Prof. Poonam Tandan  | Professor, Dept. of Physics    | Lucknow University, U.P.                                 |
| Prof. Hare Krishna   | Professor, Dept. of Statistics | CCS University Meerut, U.P.                              |
| Dr. Dinesh C. Sharma   | Associate Professor            | K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P. |
| <b>Supervisory Committee - Arts and Humanities Stream</b>        |                                |  |
| Prof. Divya Nath   | Principal                      | K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P. |
| Prof. Ajay Pratap Singh  | Dean, Faculty of Arts          | Ram Manohar Lohiya University, Ayodhya                   |
| Dr. Nitu Singh   | Associate Professor            | HNB Govt P.G College Prayagaraj                          |
| Dr. Kishor Kumar   | Associate Professor            | K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P. |
| Dr. Shweta Pandey  | Assistant Professor            | Bundelkhand University, Jhansi                           |

### Syllabus Developed by:

| S. N. | Name                | Designation                   | Department                  | College/ University                                    |
|-------|---------------------|-------------------------------|-----------------------------|--|
| 1     | Dr. N.K. Saxena     | Retired<br>Principal &<br>HoD | Department of<br>Psychology | PPN PG College (CSJM University),<br>Kanpur            |
| 2     | Dr. Anubhuti Dubey  | Professor &<br>Head           | Department of<br>Psychology | Deen Dayal Upadhyay Gorakhpur<br>University, Gorakhpur |
| 3     | Dr. Dhananjay Kumar | Professor                     | Department of<br>Psychology | Deen Dayal Upadhyay Gorakhpur<br>University, Gorakhpur |

### Semester-wise Titles of the Papers in BA (PSYCHOLOGY)

| Year      | Sem. | Course Code | Paper Title                                 | Theory/Practical | Credits |
|-----------|------|-------------|---|------------------|---------|
| B.A.<br>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.<br>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       |
|           | V    | A090501T    | Life Span Human Development                 | Theory           | 4       |
|           | V    | A090502T    | Positive Psychology                         | Theory           | 4       |
|           | V    | A090503P    | Lab Work/Survey/<br>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       |

**DEPARTMENT OF PSYCHOLOGY**  
**MAHATMA GANDHI KASHI VIDYAPITH, VARANASI**

**Undergraduate Psychology Program**

**Semester-wise Course Curricula**

**Subject prerequisites: Open to all.**

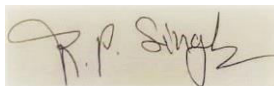
**Program Outcome (After 3 Years)**

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.

**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  |  |  |                        |
| <b>Unit</b>  | <b>Topics</b>  |  | <b>No. of Lectures</b> |
| <b>I</b>   | Psychology: Nature, Scope and Applications; Approaches: Psychodynamic, Behavioristic, Cognitive, Humanistic & Indigenous Indian Psychology (with special reference to Shrimad Bhagwad Gita). |  | 8                      |
| <b>II</b>  | Attention Processes: Selective and Sustained Attention: Nature and Determinants; Perceptual Processes: Nature and Determinants; Perceptual Organization; Perceptual Illusion.                |  | 7                      |
| <b>III</b>   | Learning: Classical Conditioning, Operant Conditioning: Methods and Procedures.  |  | 8                      |



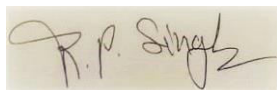


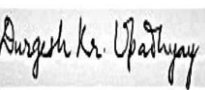
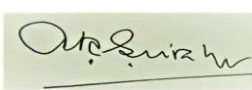


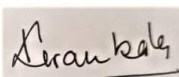
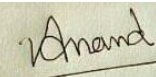

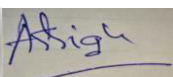






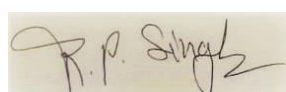

|             |   |   |
|-------------|---|---|
| <b>IV</b>   | Memory and Forgetting: Stages of Memory: Encoding, Storage and Retrieval; Types of Memory: Sensory, Short Term and Long Term Memory (Basic Introduction); Forgetting: Interference and Cue-Dependent Forgetting (Basic Introduction). | 8 |
| <b>V</b>    | Intelligence: Nature and Definition; Concept of IQ; Theories of Intelligence (Introduction of Basic Concepts): Spearman, Guilford, and Sternberg.   | 8 |
| <b>VI</b>   | Personality: Definition and Determinants; Approach of Personality (Basic Concepts): Trait approaches (Allport and Cattell).   | 8 |
| <b>VII</b>  | Motivation: Nature and Concept (Needs, Drives, Instincts); Types of Motives: Biological and Social Motives.   | 7 |
| <b>VIII</b> | Emotion: Nature of Emotion; Basic Emotions; Theories of Emotion: James-Lange, Cannon-Bard, Schachter-Singer.  | 6 |

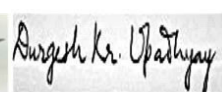
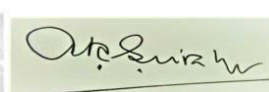
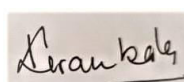
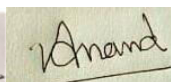






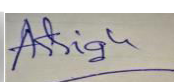





**Suggested Readings:**

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 edition). *Hindu Psychology: It's meaning for the West*. Taylor & Francis.
11. flag v:.k dqekj ¼2006½ mPprj lkekU; euksfoKku] okjk.klh] eksrhyky cukjlh nkl izdk"ku
12. f=ikBh yky cPpu ,oa vU; ¼2006½ vk/kqfud izk;ksfxd euksfoKku] vxj % gjizlknA
13. Zimbardo, P.C. & Weber, A.L. (1997). *Psychology*. New York: Harper Collins College Publishers.
13. 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  |
| <b>Suggested Continuous Evaluation Methods:</b> <ul style="list-style-type: none"> <li>• Assignment/ Seminar (10 Marks)</li> <li>• Written Test (10 Marks)</li> <li>• Attendance (5 Marks)</li> </ul> |
| Course prerequisites: 10+2 in any discipline  |
| <b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"> <li>• Coursera</li> <li>• Swayam</li> </ul>  |

## 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  |  |                        |
| <b>Unit</b>  | <b>Topics</b>  | <b>No. of Lectures</b> |
| <b>I</b>   | Any one experiment based on Attention/Perceptual Processes               | 8 (16 hrs)             |
| <b>II</b>  | Any one experiment based on Classical Conditioning/Operant Conditioning. | 8 (16 hrs)             |



|   |  |            |
|---|--|------------|
| III   | Any one experiment based on Memory/Forgetting                | 7 (14 hrs) |
| IV  | Any one experiment based on Motivational/Emotional Processes | 7 (14 hrs) |
| <b>Suggested Readings:</b><br><br>1. f=ikBh] yky cPpu ¼2006½ vk/kqfud izk;ksfxd euksfoKku] vxj % gjizlkn HkkxZo<br>2. 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>• Presentation of practical file (15marks)</li> <li>• Attendance (10 marks)</li> </ul>   |  |            |
| Course prerequisites: Only for those who took psychology as a subject   |  |            |





**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   |  |                         |

| <b>Unit</b> | <b>Topics</b>   | <b>No. of Lectures</b> |
|-------------|---|------------------------|
| <b>I</b>    | Measurement: Nature and Scales of Psychological Measurement; Properties and Functions of Measurement.   | 6                      |
| <b>II</b>   | Research Methods: Experimental, Correlational; Variable: Concept and Types; Hypothesis: Meaning and Types; Sampling: Concept .  | 8                      |
| <b>III</b>  | Psychological Statistics: Introduction; Significance of Statistics, Descriptive Statistics: Mean, Standard Deviation, Percentile; Graphical Representation of Data: : Polygon, Histogram. | 8                      |
| <b>IV</b>   | The Normal Distribution: Meaning and Uses; t test: Independent Sample.  | 8                      |
| <b>V</b>    | Correlation: Types and Interpretation.  | 7                      |












|             |   |   |
|-------------|---|---|
| <b>VI</b>   | Tests: Concept and Types; Psychometric Properties of Tests: Validity and Reliability.                   | 7 |
| <b>VII</b>  | Intelligence Testing: Measurement of abilities: Wechsler Test of Intelligence: Meaning and Application. | 8 |
| <b>VIII</b> | Personality Tests: Nature and Types.  | 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) (3rd Edition). *Theory and practice of psychological testing*. New York: Holt, Rinehart & Winston.
- 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. yky] ts-,u- ¼1999½] euksfoKku vkSj f" k{kk esa lka[;] uhydey izdk"ku] xksj[kiqj
9. feJk] cPpu rFkk f=ikBh] yky ¼1994½ euksfoKku lkaf[;dh] gj izlkn HkkxZo] vkxjk
10. Singh, A.K. (2006). *Tests, Measurement and Research Methods in Behavioral Sciences*. Patna: Bharti Bhavan.
11. JhokLro] Mh-,u- ¼2011½ lkaf[;dh ,oa ekiu] gj izlkn HkkxZo] vkxjk
12. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>

R.P. Singh

Parvinder Singh

W. A. Singh

Suresh K. Upadhyay

Dr. S. S. Singh

Dr. Anand

Anand

33

Abhishek

**Paper 2  
Practical**

|  |   |   |                  |
|--|---|---|------------------|
| Program/Class: Certificate   |   | Year: First                                   | Semester: Second |
| Subject: Psychology  |   |   |                  |
| Course Code: A090202P  |   | Course Title: Lab Work/ Psychological Testing |                  |
| 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  | Plan, conduct and report an experiment using experimental method              |   | 8 (16 hrs)       |
| II   | Calculate Mean and S D using the provided data set and report                 |   | 7 (14 hrs)       |
| III  | Administer any one Self-Report Inventory on a subject, score and report       |   | 7 (14 hrs)       |
| IV   | Calculate Significance of Mean using 't' test on provided data set and report |   | 8 (16 hrs)       |
| Suggested Readings:  |   |   |                  |
| 1- f=ikBh] yky cPpu ,o vU; ¼2006½ vk/kqfud izk;ksfxd euksfoKku] vkxjk % gjizlkn HkkxZo   |   |   |                  |
| 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.   |   |   |                  |
| Suggested Continuous Evaluation Methods:   |   |   |                  |
| • Presentation of Practical file (15 Marks)  |   |   |                  |
| • Attendance (10 marks)  |   |   |                  |
| Course prerequisites: Only for those who took Psychology as a subject  |   |   |                  |












**Semester III****Paper 1****Theory**

|   |  |                 |
|---|--|-----------------|
| Program/Class: Diploma  | Year: Second   | Semester: Three |
| Subject: Psychology   |  |                 |
| Course Code: A090301T   | Course Title: Psychology of Social Behavior  |                 |
| 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 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: 4-0-00  |  |                 |
| Unit  | Topics   | No. of Lectures |
| I   | Social Psychology: Nature, and Scope; Methods of Studying Social Behavior: Observation, Survey, Field Study, and Interview | 8               |
| II  | Person Perception: Concept, Determinants of Impression Formation.  | 7               |
| III   | Social Cognition: Nature & concept<br>Attribution of Causality: Harold Kelly and Bernard Weiner.                           | 7               |
| IV  | Attitude: Nature, Formation and Measurement. Interpersonal Attraction: Concept and Determinants.                           | 8               |
| V   | Aggression: Concept, Theories: Frustration-Aggression Hypothesis, and Social Learning Theory of Aggression.                | 8               |
|   |  |                 |

R.P. Singh

Pashuram Singh

N. K. Singh

Anurag K. Upadhyay

A. K. Singh

S. K. Singh

Anand

B. Singh

A. Singh

|  |   |   |
|--|---|---|
| VI   | Pro-social Behavior: Nature and Determinants: Personal, Situational and Socio-cultural.   | 7 |
| VII  | Social Influence Processes: Conformity and Compliance (Basic Concept).<br>Intergroup Relations: Prejudice and Discrimination (Basic Concept). | 7 |
| VIII   | Groups: Nature, Types and Cohesiveness<br>Group Influence Processes: Social Facilitation; & Social Loafing                                    | 8 |
| <p>Suggested Readings:</p> <ol style="list-style-type: none"> <li>1. Baron, R.A. &amp; Branscombe, N.R. (2012). <i>Social Psychology</i> (13<sup>th</sup> ed.) New Delhi: Pearson.</li> <li>2. Baron, R.A., Byrne, D. &amp; Bhardwaj, G. (2010). <i>Social Psychology</i> (12<sup>th</sup> ed). New Delhi: Pearson.</li> <li>3. Baumeister, R.F. &amp; Bushman, B.J.(2013). <i>Social Psychology and Human Nature</i>. (3<sup>rd</sup> ed.). Wadsworth Pub. Co.</li> <li>4. सिंह, अरुण कुमार (2001). सामाजिक मनोविज्ञान। वाराणसी: मोतीलाल बनारसीदास।</li> <li>5. Taylor, S.E., Paplau, L.A., &amp; Sears, D.O. (2006). <i>Social Psychology</i> (12<sup>th</sup> ed). New Delhi: Pearson Publications.</li> <li>6. त्रिपाठी, एल. बी. एवं सहयोगी (2001). आधुनिक सामाजिक मनोविज्ञान। आगरा: हरप्रसाद भार्गव।</li> <li>7. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a><br/><a href="http://www.apa.org">http://www.apa.org</a><br/><a href="http://www.yale.edu">http://www.yale.edu</a></li> </ol> |   |   |
| This course can be opted as an elective: Open to all   |   |   |
| <p>Suggested Continuous Evaluation Methods:</p> <ul style="list-style-type: none"> <li>• Assignment/ Seminar (10 Marks)</li> <li>• Written Test (10 Marks)</li> <li>• Attendance (5 Marks)</li> </ul>  |   |   |
| Course prerequisites: Open to All  |   |   |
| <p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> <li>• Coursera,</li> <li>• Swayam</li> </ul>  |   |   |














## Paper 2

## Practical

|   |  |   |                 |
|---|--|---|-----------------|
| Program/Class: Diploma  |  | Year: Second  | Semester: Third |
| Subject: Psychology   |  |   |                 |
| Course Code: A090302P   |  | Course Title: Lab Work and Measurement of Social Behavior |                 |
| 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. |  |   |                 |
| 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   | Measurement of Attitude/ Interpersonal Attraction                    |   | 7 (14 hrs)      |
| II  | Measurement of Helping Behavior/ Prejudice                           |   | 7 (14 hrs)      |
| III   | Conduct an experiment on Attribution/Aggression/Impression Formation |   | 8 (16 hrs)      |
| IV  | Conduct an experiment on Social Facilitation/ Conformity/ Compliance |   | 8 (16 hrs)      |
| Suggested Readings:   |  |   |                 |
| 1. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a><br><a href="http://www.psytoolkit.org">www.psytoolkit.org</a>                          |  |   |                 |
| 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>• Presentation of Practical file (15 Marks);</li><li>• Attendance (10 marks)</li></ul>  |  |   |                 |
| Course prerequisites: Only to Psychology Students   |  |   |                 |



Handwritten signatures of faculty members: R.P. Singh, Pankaj Singh, Mahesh, Anurag Kr. Upadhyay, Anurag, Anand, and Abhishek.

**Semester IV****Paper 1****Theory**

|  |   |                 |
|--|---|-----------------|
| Program/Class: Diploma   | Year: Second  | Semester: Four  |
| Subject: Psychology  |   |                 |
| Course Code: A090401T  | Course Title: Abnormal Psychology   |                 |
| 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 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, Panic Disorder and Obsessive-Compulsive Disorder (OCD). | 8               |
| III  | Dissociative Disorders- Types, Clinical Picture and Etiology.   | 8               |
| IV   | Depressive Disorders: Types, Clinical Picture and Etiology..  | 8               |
| V  | Schizophrenia: Types and Clinical Picture.  | 7               |



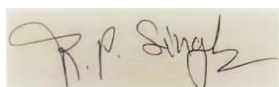


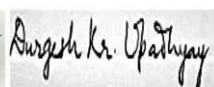
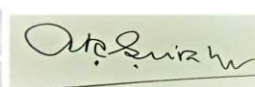


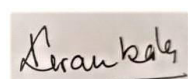
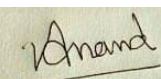

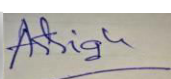







|  |  |   |
|--|--|---|
| VI   | Learning Disabilities: Reading and Written expression  | 7 |
| VII  | Substance Related Disorder: Substance Abuse and Dependence;<br>Alcohol, Nicotine, Marijuana, Sedatives and Stimulants: Etiology. | 8 |
| VIII   | Clinical Picture and Etiology of Attention-Deficit/Hyperactivity Disorder (ADHD) and Autism Spectrum Disorders.                  | 8 |
| <p>Suggested Readings:</p> <ol style="list-style-type: none"> <li>1. Barlow D. H. &amp; Durand V. M, &amp; Stewart, S. H. (2009). <i>Abnormal Psychology</i>. New Delhi: Cengage Learning.</li> <li>2. Bennett, P. (2006). <i>Abnormal and Clinical Psychology: An introductory textbook</i>. New York: Open University Press.</li> <li>3. Brewer, K. (2001). <i>Clinical Psychology</i>. Oxford: Heinemann Educational Publishers</li> <li>4. Carson, R.C., Butcher, J.N., Mineka, S. &amp; Hooley, J.M. (2008). <i>Abnormal Psychology</i>. New Delhi: Pearson.</li> <li>5. Kearney, C. A. &amp; Trull, T. J. (2012). <i>Abnormal Psychology and Life: A dimensional approach</i>. New Delhi: Cengage learning</li> <li>6. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a><br/><a href="http://www.apa.org">http://www.apa.org</a><br/><a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a></li> </ol> |  |   |
| This course can be opted as an elective: Open to all   |  |   |
| <p>Suggested Continuous Evaluation Methods:</p> <ul style="list-style-type: none"> <li>• Assignment/ Seminar (10 Marks)</li> <li>• Written Test (10 Marks)</li> <li>• Attendance (5 Marks)</li> </ul>  |  |   |
| Course prerequisites: Open to All  |  |   |
| <p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> <li>• Coursera;</li> <li>• Swayam</li> </ul>  |  |   |



## Paper 2

## Practical

|  |   |                                  |                 |
|--|---|----------------------------------|-----------------|
| Program/Class: Diploma   |   | Year: Second                     | Semester: Four  |
| Subject: Psychology  |   |                                  |                 |
| Course Code: A090402P  |   | Course Title: Assessment/Testing |                 |
| Course Outcome: 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)      |
| Suggested Readings:  |   |                                  |                 |
| 1. Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a><br><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  |   |                                  |                 |
| Suggested Continuous Evaluation Methods:   |   |                                  |                 |
| <ul style="list-style-type: none"><li>• Presentation of Practical file (15 marks)</li><li>• Attendance (10 marks)</li></ul>  |   |                                  |                 |
| Course prerequisites: Only for psychology students   |   |                                  |                 |

R.P. Singh

Rashmi Singh

H. Singh

Suraj K. Upadhyay

A. Singh

S. K. Singh

V. Singh

B. Singh

A. Singh

Semester: V

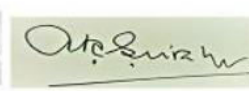
Paper 1

Theory

|  |   |   |                 |
|--|---|---|-----------------|
| Program/Class: Degree  |   | Year: Third                               | Semester: Five  |
| Subject: Psychology  |   |   |                 |
| Course Code: A090501T  |   | Course Title: Life Span Human Development |                 |
| Course Outcome: 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 and cross-sectional” |   | 8               |
| II   | Prenatal Development: Stages; Neonatal Development: Motor Capacity.   |   | 8               |
| III  | Infancy: Physical, and Language Development.  |   | 7               |
| IV   | Childhood Development: Cognitive, and Emotional Development.  |   | 8               |
| V  | Adolescence: Physical Changes (Puberty and Growth spurts); Development of Identity, Social, and Moral Development.                    |   | 8               |














|   |
|---|
| This course can be opted as an elective: Open to all  |
| <p>Suggested Continuous Evaluation Methods:</p> <ul style="list-style-type: none"> <li>• Assignment/ Seminar (10 Marks)</li> <li>• Written Test (10 Marks)</li> <li>• Attendance (5 Marks)</li> </ul> |
| Course prerequisites: Open to All   |
| <p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> <li>• Coursera,</li> <li>• Swayam</li> </ul>   |



R.P. Singh Parvinder Singh Surgesh Kr. Upadhyay Anil Kumar  
Arun Kalyan Anand Arun Kalyan Arun Kalyan

## 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>  |                        |
| <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. |   |                        |
| 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>   | Positive Psychology: Assumptions and Goals; Eastern and Western Perspectives on Positive Psychology                   | 7                      |
| <b>II</b>  | Positive Emotional State: The Broaden and Build Theory of Positive Emotions; Concept of Mindfulness in Buddhism.      | 8                      |
| <b>III</b>   | Positive Cognitive States: Hope, Optimism, Self-efficacy, Resilience: concept.  | 8                      |
| <b>IV</b>  | Gratitude, Forgiveness, Empathy and Compassion: Concept. Cultivation exercises in Positive Psychology (Basic concept) | 8                      |
|  |   |                        |












|      |  |   |
|------|--|---|
|      |  |   |
| V    | Self-Awareness: Techniques to enhance self-awareness (Basic concept)           | 7 |
| VI   | Social Competence: The Social Support; Love and Belongingness: (Basic concept) | 8 |
| VII  | Happiness: Eudemonics and Hedonistic View; (Basic concept)                     | 7 |
| VIII | Psychological Wellbeing: Concept, and Components: (Basic concept)              | 7 |

### Suggested Readings:

- 1- Baumgardner, S.R. & Crothers, M.K. (2009). *Positive Psychology*. Pearson.
- 2- Carr, A. (2004). *Positive Psychology: The Science of Happiness and Human Strength* U.K.: Routledge.
- 3- Gilman, R., Hubner, E. & Furlong, M.J. (Eds.) (2009). *Handbook of Positive Psychology in Schools*. New York: Routledge.
- 4- Lyubomirsky, Sonja. (2008). *The How of Happiness: A Scientific Approach to Getting the Life You Want*. The Penguin Press.
- 5- Noddings, N (2003). *Happiness in Education*, New York, Cambridge Press.
- 6- Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford University Press.
- 7- Seligman, M. E. P. (2002). *Authentic Happiness*. New York: Free Press.
- 8- Synder, C.R. & Lopaz, S.J. (2011). *Positive Psychology: The Scientific and practical exploration of Human Strengths*. Thousand Oaks, CA: Sage.
- 9- Synder, C. R. & Shane, J.L. (2005). *Handbook of Positive Psychology*. Oxford University Press.

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   |
| <p>Suggested Continuous Evaluation Methods:</p> <ul style="list-style-type: none"> <li>• Assignment/ Seminar (10 Marks),</li> <li>• Written Test (10 Marks)</li> <li>• Attendance (5 Marks)</li> </ul> |
| Course prerequisites: Open to All  |
| <p>Suggested equivalent online courses:</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/<br/>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>   | Write a Reflection. For Example- a Gratitude or Forgiveness reflection or any other of your choice by recording your entries at least 2-3 times a week and report your Reflection like any thoughts and feelings that may arise as you become aware of that. What benefits could you gain from developing this habit of mind, short and long term? Be aware of any shifts from stress/anxiety to enhanced well-being and calm. |   | 10 (20 hrs)            |
| <b>II</b>  | Conduct a survey research. For Example; meaning of life/happiness index/positive and Negative Affect/life satisfaction/optimism/well being etc. (10- 12 students group can be formed)  |   | 10 (20 hrs)            |
| <b>III</b>   | Conduct a field study on anyone topic of human development. Analyze the data and report (10-12 student groups can be formed)   |   | 10 (20 hrs)            |
|  |  |   |                        |














**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:**

- Presentation of Practical file (20 Marks)
- Attendance (5 Marks)

Course prerequisites: Only for psychology students

A collection of handwritten signatures on various colored papers. The top row includes signatures of R.P. Singh, a signature in blue ink, a signature in black ink, Durgesh Kr. Upadhyay, and a signature in black ink. The bottom row includes a signature in black ink, a signature in black ink, a signature in black ink, and a signature in black ink.

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

|   |  |  |                 |
|---|--|--|-----------------|
| Program/Class: Degree   |  | Year: Third  | Semester: Five  |
| Subject: Psychology   |  |  |                 |
| Course Code: A090504R   |  | Course Title: Problem Identification & Research Proposal Writing |                 |
| Course Outcome: 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:  |                 |
| Unit  | Topics   |  | No. of Lectures |
| I   | Visit to any community of the surrounding and identification of problems, issues, good practices, skills, community services etc.<br>For example- Health Services, Women Self Help Groups, NGOs, Banks, Organizations, Industries, Villages, Panchayat etc. (10-12 students group can be formed)   |  | 20 (40 hrs.)    |
| II  | Based on the field visit observations and experiences, each student will write a research proposal in this semester.<br><br>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.<br><br>The student will work in groups in completing the project, but will write the proposal and final paper individually.<br><br>Each student will be evaluated on diligence in writing the research proposal as per APA guidelines. |  | 25 (50 hrs.)    |












**Suggested Readings:**

2. 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:**

- PPT Presentation of experiences of observed unit and research proposal (20 Marks)
- Attendance (5 Marks)

Course prerequisites: Only for psychology students



**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 able to use the psychological theories on health-related practices and will 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  |   |                        |
| <b>Unit</b>  | <b>Topics</b>   | <b>No. of Lectures</b> |
| <b>I</b>   | Community Psychology: Nature, Fields of Community Psychology                                    | 7                      |
| <b>II</b>  | Mental Health approach of Community Psychology  | 8                      |
| <b>III</b>   | Community Intervention Issues: Poverty; Marginalization; Superstitions in Indian society.       | 8                      |
| <b>IV</b>  | Community Interventions: Community Mental Health; Gender, Discrimination related interventions. | 7                      |
| <b>V</b>   | Health Psychology: Nature, and Goals of Health Psychology.                                      | 6                      |












|             |   |   |
|-------------|---|---|
| <b>VI</b>   | Health Behavior: Health Compromising and Health Enhancing Behaviors; Theory of Health Behavior: Health Belief Model, Biopsychosocial Model of Health. | 8 |
| <b>VII</b>  | Stress and Health: Nature and Types of Stress, Stress appraisal; Coping with 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>

R.P. Singh

Pandey

Wadhwa

Durgesh K. Upadhyay

Ata Singh

Shankar

Anand

33

Abhishek

**Suggested Continuous Evaluation Methods:**

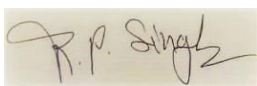
- Assignment/ Seminar (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)


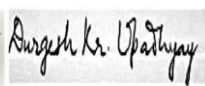
Course prerequisites: Open to All

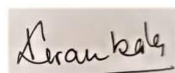


**Paper -2****Theory**

|  |   |                        |
|--|---|------------------------|
| <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>  |                        |
| Course Outcome: 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: An Overview. Indian Contribution to Counseling.  | 7                      |
| <b>II</b>  | Theoretical Bases of Counseling: Psychoanalytic, Behavioral, Cognitive, and Phenomenological: (Basic Concept)   | 8                      |
| <b>III</b>   | Counseling Processes: Counseling Interview; Counseling Micro Skills: Attending, Paraphrasing, Encouragers, Confronting and Summarizing: (Basic Concept) | 7                      |
| <b>IV</b>  | Counseling Techniques: Person- Centered and Cognitive- Behavioral (Beck and Albert Allis).  | 8                      |
| <b>V</b>   | Schools Counseling: Assumptions and Procedures.   | 7                      |
| <b>VI</b>  | Career, Marriage and Group Counseling: An Introduction  | 8                      |
| <b>VII</b>   | Counseling for Substance-abuse, Child Abuse: An Introduction  | 8                      |
| <b>VIII</b>  | Counseling Ethics; Referrals and Reporting  | 7                      |






### 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, ए. एवं अस्थाना, ऐम. (२००३) आधुनिक पराम श मनोत्रवज्ञान, नई त्रिल्ली मोतीलाल बनारसी दास
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 (10 Marks)
- Written Test (10 Marks)
- Attendance (5 Marks)

Course prerequisites: Open to All

---

Suggested equivalent online courses:

- Coursera,
- Swayam

R.P. Singh Pardeep Singh Hardeep Singh Surgeon Kr. Upadhyay Ata Singh  
Larankale Amrendra 33 Atish



### 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>  |                        |
| <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>   | Field Visit to any Community Center/Social Service Center/ School and submit a report (10-12 students group can be formed) | 15 (30 hrs.)           |
| <b>II</b>  | Conduct a survey on any Health Related issues and submit the report (10-12 students group can be formed)                   | 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>• Presentation of Practical file (20 Marks)</li><li>• Attendance (5 Marks)</li></ul>  |  |                        |
| Course prerequisites: Open to All  |  |                        |



Handwritten signatures of faculty members: R.P. Singh, Pankaj Singh, Mahesh, Anurag K. Upadhyay, Anurag Singh, Anand, and Ashish.

## Paper 4

## Research Project

|   |  |                                |                 |
|---|--|--------------------------------|-----------------|
| Program/Class: Degree   |  | Year: Third                    | Semester: Six   |
| Subject: Psychology   |  |                                |                 |
| Course Code: A090604R   |  | Course Title: Research Project |                 |
| Course Outcome: 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. |  |                                |                 |
| Credits: 3  |  | Core Compulsory                |                 |
| Max. Marks: 25+75   |  | Min. Passing Marks:            |                 |
| Unit  | Topics   |                                | No. of Lectures |
| I   | 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.)     |
|   | Analyze the data and submit a detailed report and a presentation.<br>The student will work in groups in completing the project, but will write the final paper individually.<br>Each student will be evaluated on diligence in writing the research project as per APA guidelines.   |                                | 20(40 hrs.)     |
|   |  |                                |                 |












**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 (5 Marks)

Course prerequisites: Only for psychology students



R.P. Singh Pankaj Singh Anurag K. Upadhyay Anand Abhishek