

National Education Policy- 2020(2025)

Common Minimum Syllabus for Uttarakhand State
University and Colleges
Four Year Undergraduate Program -FYUP/ Honors
Program /Master in Arts

Syllabus for FYUP/MASTER'S in

PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

EXPERT COMMITTEE

S.No	Name & Designation	
1.	Prof. D.S. Rawat Vice-Chancellor, Kumaun University ,Nainital	Chairman
2.	Prof. P.S.Bisht Ex Dean, Faculty Of Arts, (Retired on 28-2-25) Kumaun University , Nainital	Convener
3.	Prof. Rajnish Pande Dean, Faculty Of Arts, Kumaun University , Nainital	Convener
4.	Prof. Rashmi Pant HOD, Department of Psychology , I.P.Govt. Mahila PG College of Commerce, Haldwani	CO-Convener

SYLLABUS PREPARATION COMMITTEE

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2	Prof. Aneeta Joshi	Professor & Head	Department of Psychology	PNG Govt. P.G. College, Ramnagar
3	Dr. Savita K. Tiwari	Asso. Professor	Department of Psychology	Govt. Degree College, Bhupatwala, Haridwar
4	Dr . Rekha Joshi	Assistant professor	Department of Psychology	Govt P.G College Lohaghat

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1	Prof. Preeti Pant	Professor	Department of Psychology	Gargi College, Delhi University, New Delhi
2	Prof. Vijendra k. Pandey	Professor	Department of Psychology	S.S.B.S. Central University ,Karnataka(Kalaburgi).
3	Dr. Kavita Pandey	Asst. Professor	Department of Psychology	MahilaMahavidhalaya ,B.H.U. Vanarasi,Uttar Pradesh
4	Dr. Shail Shankar	Asst. Professor	Department of Humanistic Studies,	IIT,B.H.U.,Vanarasi ,Uttar Pradesh

Internal Expert Committee

S. No.	Name	Designation	Department	Affiliation
1	Prof. Madhulata Nayal	Professor & Head	Department of Psychology	S.S.J.University,Almora
2	Prof. R.K.Mishra	Professor	Department of Psychology	M.B.G. P.G. College ,Haldwani
2	Prof. Deepa Verma	Professor & Head	Department of Psychology	S.B.S.P.G.College,Rudrapur
3	Prof Ritu Mittal	Professor & Head	Department of Psychology	M.B.G. P.G. College ,Haldwani
4	Prof. Kamla D. Bharadwaj	Professor & Head	Department of Psychology	Govt. Degree College, Someshwar
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6	Dr. Poonam Pandey	Assistant Professor	Department of Psychology	S.D.M.G.PG.College,Doiwala

7	Dr Renu Jalal	Assistant Professor	Department of Psychology	M.B.G. P.G. College, Haldwani
8	Dr Gurpreet Singh	Assistant Professor	Department of Psychology	PNG Govt P.G college Ramnagar
9	Dr. Dev Ashish	Assistant Professor	Department of Psychology	PNG Govt P.G college Ramnagar

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INTERNSHIP

NEP Tentative Course Structure
Psychology

Sem	Core(DSC) 4	DSE 4	Generic Elective (GE) 4	Ability Enhancement Course 2(AEC) 2	Skill Enhancement Course(SEC) 2	Internship/ Apprenticeship/Applied Project/ Community outreach(2)	Value addition Course(VAC) 2	Total Credits
I	DSC Theory (3)- Basic Psychological Processes-I Practical(1)- Psychological Test		Choose One from a pool of courses GE(4) Sports Psychology	Choose one from a pool of AEC courses (2)	Choose one From a pool of		Choo From a pool of Cours es(2)	22 credits
II	DSC Theory (3)- Basic Psychological Processes-II Practical(1)- Psychological Test		Choose one from a pool of Courses GE(4) Psychology for everyday Life	Choose one from a pool of AEC courses (2)	Choose From a courses(Choo cours	22 credits
	<i>Students on exit shall be awarded Undergraduate Certificate (in the Field of Study/Discipline) after securing the requisite 44 credits in Semesters I and II</i>							Total=44
Sem	Core(DSC) 4	DSE 4	Ability Enhancement Course	Skill Enhancement Course(SEC) 2	Internship/ Apprenticeship/Applied Project/ Community outreach(2)	Value addition course(VAC) 2	Credits	
III	DSC Theory (3)- Social Psychology Practical(1)- Lab work/ Psychological Test	Choose one from pool of courses, DSE(4)- Stress management OR In the alternative choose one from pool of courses GE(4)AI and psychology	Choose one From a pool of AEC courses (2)	Choose one SEC				22
IV	DSC Theory(3)- Psychopathology	Choose one from pool of courses, DSE(4)-	Choose one From a pool of AEC	Choose one SEC				22

Practical(1)- Lab Work/ Psychological Test	Approaches of counseling OR In the alternative choose one from pool of courses GE-4 Health and Well Being	courses (2)				
Students on exit shall be awarded Undergraduate Diploma (in the Field of Study / Discipline) after securing the requisite 88 credits					Total=88	
Se m	Core(DS C) 4	DSE 4	Ability Enhancement Course	Skill Enhance ment Course(S EC) 2	Internship/ Apprentic ship/Applied Project/ Community outreach(4)	Credits
V	DSC Theory(3) - Psycholog ical Assessme nt Practical(1)- Psycholog ical Test	Choose one from pool of courses, DSE(4) Positive Psychology	Choose one from pool of courses, GE(4) Environmen tal Psychology		Project related to different fields of psychology	22
VI	DSC Theory(3) - Basics of statistics in psycholog y Practical(1)-Lab Work/ Psycholog ical Test	Choose one From a pool Of courses DSE(4) Fundamentals of Research Methodology	Choose one From a pool Of courses GE(4) cyber psychology		Project related to different fields of psychology	22
	Students on exit shall be awarded Bachelor of (in the Field of Study / Discipline) Honors (3 years) after requisite 132 credits on completion of Semester VI					Total=132

NEP Tentative Course Structure
Psychology

Sem	Core(DSC) 4	DSE 4	Internship/Apprentice-ship/Applied Project/Community outreach(2)	Credits
VII	DSC Theory(3)- Psychology of Learning and Memory Processes Practical(1)- Lab Work/ Practical	ChoosethreeDSE(3x4) courses OR ChoosetwoDSE-(2x4)andoneGE(4)^course OR ChooseoneDSE(4)andtwoGE(2x4)courses(total=12) DSE- Research Methodology I DSE- Fundamentals of Statistics DSE- Psychological Perspective on Disaster Trauma GE-Contemporary Issues of Social Psychology GE-Educational Psychology	Dissertation	22 credits
VIII	DSC Theory(3)- Psychology of Cognitive and Affective Processes Practical(1)- Lab Work/ Practical	ChoosethreeDSE(3x4) courses OR ChoosetwoDSE-(2x4)andoneGE(4)^course OR ChooseoneDSE(4)andtwoGE(2x4)courses(total=12) DSE- Applied comprehensive program in psychological research DSE- Applications of Statistics in Psychology DSE- psychology of crowd GE-Applied Social Psychology GE-Industrial and organizational psychology	Dissertation	22 credits
Students on exit shall be awarded Bachelor of (in the Field of Study/Discipline) (Honours with Research/Academic Projects/Entrepreneurship) or (Honours with Research in Discipline-1 (Major) with Discipline-2 (Minor) after securing the requisite 176 credits on completion of Semester VIII				Total=176
IX	DSC Theory(3)- Fundamentals of Personality Practical(1)- Lab Work/ Practical	ChoosethreeDSE(3x4) courses OR ChoosetwoDSE-(2x4)andoneGE(4)^course OR ChooseoneDSE(4)andtwoGE(2x4)courses(total=12) DSE- Psychology of Life Span development- I DSE- Psychopathology-I DSE- Fundamental of Clinical Psychology GE-Neuropsychology GE-Psychology of Guidance and Counseling	Internship	22 credits
	DSC Theory(3)- Theories of Personality Practical(1)- Lab Work/ Practical	ChoosethreeDSE(3x4) courses OR ChoosetwoDSE-(2x4)and one GE (4) course OR Choose one DSE (4) and two GE (2x4) courses (total=12) DSE- Psychology of Life Span Development II DSE- Psychopathology- II DSE- Psychotherapies GE-Forensic psychology GE-Consumer Psychology	Internship	22 credits

Students on exit shall be Master's in Core subjects after securing the requisite 220 credits on completion of Semester X

Total=220

Department of Psychology

List of Papers (DSC, DSE, GE) with Semester Wise Titles for 'Psychology'

Year	Semester	Course	Paper Title	Theory/ Practical	Credits
<u>Certificate Course in Psychology</u>					
First Year	I	DSC	Basic Psychological Processes – I	Theory	03
		PRACTICAL	Lab work/ Psychological Test	Practical	01
		GE	Sports Psychology	Theory	04
	II	DSC	Basic Psychological Processes – II	Theory	03
		PRACTICAL	Lab Work/ Psychological Test	Practical	01
		GE	Psychology for everyday Life	Theory	04

Diploma in Psychology

Second Year	III	DSC	Social Psychology	Theory	03
		PRACTICAL	Lab work/ Psychological Test	Practical	01
		DSE	Stress management	Theory	04
		GE	AI and psychology	Theory	04
	IV	DSC	Psychopathology	Theory	03
		PRACTICAL	Lab Work/ Psychological Test	Practical	01
		DSE	Approaches of Counseling	Theory	04
		GE	Health and Well Being	Theory	04

Bachelor of Arts in Psychology

Third Year	V	DSC	Psychological Assessment	Theory	03
		PRACTICAL	Lab Work/ Psychological Test	Practical	01
		DSE	Positive Psychology	Theory	04
		GE	Environmental Psychology	Theory	04
		APPLIED PROJECT	Project related to different fields of psychology	Applied Project	04
	VI	DSC	Basics of statistics in psychology	Theory	03
		PRACTICAL	Lab Work/ Psychological Test	Theory	01
		DSE	Fundamentals of Research Methodology	Practical	04
		GE	Cyber psychology	Theory	04
		APPLIED PROJECT	Project related to different fields of psychology	Practical	04

Department of Psychology

List of Papers (DSC, DSE, GE) with Semester Wise Titles for ‘Psychology’

Year	Semester	Course	Paper Title	Theory/ Practical	Credits
Bachelor of Psychology with Honors					
Fourth Year	VII	DSC	Psychology of Learning and Memory Processes	Theory	03
		PRACTICAL	Lab Work/ Practical	Practical	01
		DSE	Research Methodology- I	Theory	04
		DSE	Fundamental of Statistics	Theory	04
		DSE	Psychological perspective on disaster trauma	Theory	04
		GE	Contemporary Issues of Social Psychology	Theory	04
		GE	Educational Psychology	Theory	04
			Dissertation	Applied Project	06
	VIII	DSC	Psychology of Cognitive and Affective Processes	Theory	03
		PRACTICAL	Lab Work/ Practical	Practical	01
		DSE	Applied comprehensive program in psychological research	Theory	04
		DSE	Applications of Statistics in Psychology	Theory	04
		DSE	Psychology of crowd	Theory	04
		GE	Applied Social Psychology	Theory	04
		GE	Industrial and organizational psychology	Theory	04
			Dissertation	Applied Project	06

Masters in Psychology

IX	DSC	Fundamentals of Personality	Theory	03
	PRACTICAL	Lab Work/ Practical	Practical	01
	DSE	Psychology of Life Span development- I	Theory	04
	DSE	Psychopathology-I	Theory	04

Fifth Year		DSE	Fundamental of Clinical Psychology	Theory	04
		GE	Neuropsychology	Theory	04
		GE	Psychology of Guidance and Counseling	Theory	04
		APPLIED PROJECT	Internship	Applied Project	06
	X	DSC	Theories of Personality	Theory	03
		PRACTICAL	Lab Work/ Practical	Practical	01
		DSE	Psychology of Life Span development- II	Theory	04
		DSE	Psychopathology- II	Theory	04
		DSE	Psychotherapies	Theory	04
		GE	Forensic psychology	Theory	04
		GE	Consumer Psychology	Theory	04
		APPLIED PROJECT	Internship	Applied Project	06

Abbreviations-

PSY-Psychology, DSC-Discipline Specific Course, DSE-Discipline Specific Elective,
 GE- General Elective, P-Practical, PD-Dissertation, PI-Internship.

PROGRAMME SPECIFIC OUTCOMES (PSOS)

PSO	<p><i>Program Specific Outcomes (PSOs) – Certificate Course in Psychology</i></p> <p>After this Programme, the learners will be able to:</p> <ol style="list-style-type: none"> 1. PSO1: Demonstrate foundational knowledge of key psychological concepts, including sensation, and perception.. 2. PSO2: Apply psychological theories and principles to understand and manage everyday situations and interpersonal relationships effectively. 3. PSO3: Understand the goals and fields of psychology as well as method of psychology. 4. PSO4: To understand sensation and perception and learning process and theories of learning 5. PSO4: Develop the ability to understand motivation and emotion and intelligence or basic concept of emotional and artificial intelligence 6. PSO6: Apply psychological insights to improve Attention Perception as well as , academic performance, productivity, and social interactions in daily life. 7. PSO7: Explain the core concepts and importance of sports psychology. 8. PSO8: Identify psychological factors that influence individual and team performance. 9. PSO9: Apply mental training techniques to enhance athletic performance. 10. PSO10: Demonstrate understanding of group dynamics, communication, and leadership in sports.
PSO	<p><i>Program Specific Outcomes (PSOs) – Diploma in Psychology</i></p> <p>After this Programme, the learners will be able to:</p> <p>PSO1: Understand key concepts of social psychology to analyse individual behaviour in group settings.</p>

	<p>PSO2: Explore attitudes, conformity, prejudice, and interpersonal relationships in social contexts.</p> <p>PSO3: Learn about concept of organizational stress and various stress management intervention strategies.</p> <p>PSO4: Understand about coping strategies and stress management technique in Indian scenario.</p> <p>PSO5: Explain foundational concepts of Artificial Intelligence and Psychology and understand how these disciplines intersect.</p> <p>PSO6: Evaluate the psychological impact of AI technologies on individuals, mental health, social relationships, and behavior.</p> <p>PSO7: Understand about Ethics, Consciousness, and the Future of AI.</p> <p>PSO8: Understand concept of abnormality and criteria of Normal and Abnormal Behaviour, Learn about different types of disorders Such as Anxiety, Somatoform, their Nature and their symptoms.</p> <p>PSO9: The role of counselling and the skills used in counselling process.</p> <p>PSO10: Learn about the psychological, emotional wellbeing and social and environmental aspect of wellbeing.</p>
PSO 3	<p><i>Program Specific Outcomes (PSOs) – B.A. Psychology</i></p> <p>After this Programme, the learners will be able to:</p> <p>PSO1: Understand principles and techniques of psychological assessment for evaluating behaviour and abilities.</p> <p>PSO2: Explore the psychology of aesthetics to study human responses to art, beauty, and creativity.</p> <p>PSO3: Gain hands-on experience through lab work, enhancing skills in observation, testing, and analysis.</p> <p>PSO4: Learn concepts of positive psychology to foster well-being, resilience, and strengths-based growth.</p> <p>PSO5: Analyse the interaction between humans and their environment through environmental psychology.</p> <p>PSO6: Understand workplace behaviour, motivation, and leadership through industrial-organizational psychology.</p>

	<p>PSO7: Learn the fundamentals of research methodology, including hypothesis, sampling, and data analysis.</p> <p>PSO8: Apply ethical and scientific methods to design and conduct psychological research projects.</p> <p>PSO9: Understand the foundational concept of cyber psychology and how digital environment influence human thought and behavior</p> <p>PSO10: Develop practical understanding through related project work to connect theory with real-world application.</p>
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PROGRAMME SPECIFIC OUTCOMES (PSOS)

PSO	<p><i>Program Specific Outcomes (PSOs) – Psychology Honors Course</i></p> <p>After this Programme, the learners will be able to:</p> <p>PSO1: Understand key theories and processes of learning and memory to explain behavioural change.</p> <p>PSO2: Gain foundational knowledge of research methodology, including hypothesis formation and data collection.</p> <p>PSO3: Explore the fundamental concepts of aesthetics and human responses to art and beauty.</p> <p>PSO4: Understand the fundamentals of disaster management, including preparedness, response, recovery, and mitigation strategies.</p> <p>PSO5: Examine core issues in social psychology like attitude, conformity, and group influence.</p> <p>PSO6: Apply principles of educational psychology to enhance learning and instructional effectiveness.</p> <p>PSO7: Study cognitive and affective processes to understand perception, thinking, emotion, and motivation.</p> <p>PSO8: Learn about foundational concepts, literature review, and research design in psychology.</p> <p>PSO9: Critically analyse classical and contemporary theories of crowd behaviour.</p> <p>PSO10: Understand evolution of industrial and organizational psychology.</p> <p>PSO11: Develop practical skills through lab work involving psychological testing and experimentation.</p> <p>PSO12: Integrate knowledge through dissertation work, fostering independent research and critical thinking.</p>
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PROGRAMME SPECIFIC OUTCOMES (PSOS)

PSO	<p><i>Program Specific Outcomes (PSOs) – M.A. Psychology</i></p> <p>After this Programme, the learners will be able to:</p> <p>PSO1: Understand core concepts and theories related to personality and individual differences.</p> <p>PSO2: Analyse human development across the lifespan, including physical, cognitive, and socio-emotional stages.</p> <p>PSO3: Gain in-depth knowledge of psychological disorders through the study of psychopathology.</p> <p>PSO4: Learn the foundations of clinical psychology for assessment, diagnosis, and therapeutic intervention.</p> <p>PSO5: Analyze the neural basis of cognitive functions such as perception, memory, language, attention, and executive functioning.</p> <p>PSO6: Explore the principles of guidance and counselling to support individuals in educational and personal contexts.</p> <p>PSO7: Critically evaluate major theories of personality and their relevance in clinical practice.</p> <p>PSO8: Learn various psychotherapies and their application in treating psychological health issues.</p> <p>PSO9: Understand the psychological theories related to criminal behavior.</p> <p>PSO10: Explore Consumer Motivation Buying Behavior, and the Stages of the decision- making process.</p> <p>PSO11: Theoretical knowledge in practical settings through lab experiments and psychological testing.</p> <p>PSO12: Gain real-world experience and professional skills through structured internship programs.</p>
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Department of Psychology

Semester- I

Undergraduate Certificate in Psychology

DISCIPLINE SPECIFIC COURSE (DSC)- Basic Psychological Processes- I

Programme- <i>Undergraduate Certificate in Psychology</i>	Year: 1	Semester: 1
Course Code: PSYDSC-101-T	Course Title: Basic Psychological Processes-I	
Credits:03	Paper: DSC	
Max Marks 25+75=100	Min Passing Marks 08+25=33	

Learning Outcomes:

After studying this course, student will be able to-

- To introduce students to the basic concepts, Goals and different approaches of Psychology with an emphasis on Approaches of psychology.
- Learn about Biological Bases of Behavior. It will also give the learner a clear understanding of the concepts like Sensation, and Perception.

Unit	Topics	No. of Lectures
I	Introduction: Definition, Goals and Scope of Psychology; Approaches: Biological, Psychodynamic, Behavioristic and cognitive; Methods: Observation, Experimental, Interview, Questionnaire and Case study. Biological Bases of Behavior: Nervous System: Neuron, Nerve Impulse, Central Nervous system and Peripheral nervous system.	15
II	Sensation- Definition, Meaning, Characteristics and Types of sensation. Sensory Processes (Vision, Hearing, Touch) Major Sensory Modalities-Structure and function of Eye and Ear.	15
III	Perception- Definition, Meaning, Natureand Characteristics of Perception. Gestalt theory of Perception, Concept of figure and background, Laws of Perceptual Organization, Depth Perception and Illusion.	15

Suggested Readings:

1. Baron, R. A., & Misra, G. (2016). Psychology (Indian adaptation, 5th ed.). Pearson Education.
2. Ciccarelli, S. K., & White, J. N. (2021). Psychology (6th ed.). Pearson.
3. Feldman, R. S. (2019). Understanding psychology (14th ed.). McGraw-Hill Education.
4. Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (2011). Introduction to psychology (7th ed.). McGraw-Hill Education.
5. Mangal, S. K. (2021). General psychology (2nd ed.). Sterling Publishers.
6. श्रीवास्तव, डी. एन. (वर्षअनुपलब्ध). मनोवैज्ञानिकप्रक्रियाएं. आगरा: अग्रवालपब्लिकेशन.
7. सिंह, आर. एन. (2008). आधुनिकसामान्यमनोविज्ञान (8वाँसंस्करण). आगरा: अग्रवालपब्लिकेशन.
8. सिंह, ए. के. (2022). आधुनिकउच्चतरसामान्यमनोविज्ञान (13वाँसंशोधितसंस्करण). नईदिल्ली: मोतीलालबनारसीदासपब्लिशर्स.
9. प्रोफेसर आराधना शुक्ला, अनुभूति दुबे एवंअर्य , मानवविज्ञान समप्रत्य सिद्धांत एवं अधुनातन धाराएँ(2024). किताब महल पब्लिकेशन.

Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, e-pathshala-
<https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egnyankosh.ac.in, MOOCS

Semester- I
Undergraduate Certificate in Psychology

PRACTICAL

Programme- <i>Undergraduate Certificate in Psychology</i>	Year: 1	Semester: 1
Course Code: PSY102-P	Course Title: (Lab Work/Practical)	
Credits: 01	Paper: Practical	
Max Marks 25+75=100	Min Passing Marks 10+25=35	

Learning Outcomes:

- Students will be imparted a variety of skills to conduct a psychological test/ experiment in the control condition and using standardized tests.
- The integration with psychological theory and practicality. Out of five any of the three mentioned are mandatory.
- Ensure each practical session promotes skill learning through hands-on activities.

ANY OF THREE-

Unit	Topics	No. of Hours
I	Span of Attention	05
II	Effect of set of perception	05
III	Depth Perception	05
IV	Color Mixture Apparatus	05
V	Reaction Time Test	05

Suggested Readings:

1. Yashvir Singh and Veena Mittal , "Psychological Testing and Assessment". PHI Learning Pvt. Ltd.
2. Harendra Nath Mishra, "Handbook of Psychological Assessment", Jain Publishers Pvt. Ltd.
3. डॉ. रामनाथशर्मा और डॉ. आर.के. शर्मा, प्रयोगात्मक मनोविज्ञान, अटलांटिक पब्लिशिंग हाउस
4. डॉ. जे.पी. शुक्ल, प्रयोगात्मक मनोविज्ञान: सिद्धांत और प्रयोग, किटाब महल

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, e-pathshala-
<https://epgp.inflibnet.ac.in>.

Semester- I
Undergraduate Certificate in Psychology

GENERAL ELECTIVE (GE) –Sports Psychology

Programme- Undergraduate Certificate in Psychology		Year: 1	Semester: 1
Course Code:PSYGE-103-T		Course Title: Sports Psychology	
Credits:04		Paper: GE	
Max Marks 25+75=100		Min Passing Marks 08+25=33	

Learning Outcomes:

After studying this course, student will be able to-

- Explain the core concepts and importance of sports psychology.
- Identify psychological factors that influence individual and team performance.
- Apply mental training techniques to enhance athletic performance.
- Demonstrate understanding of group dynamics, communication, and leadership in sports.
- Describe the role of counseling in the context of injury, stress, and performance issues.

Unit	Topics	No. of Lectures
I	Introduction to Sports Psychology - Definition, nature and scope of sports psychology, Historical development of sports psychology, Importance of sports psychology in coaching and performance, Role of a sports psychologist	15
II	Psychological Factors Affecting Sports Performance - Motivation: Types and techniques, Arousal and anxiety: Effects on performance, Attention and concentration, Personality and sports performance, Aggression and sports	15
III	Psychological Skills for Performance Enhancement -Goal setting, Imagery and visualization, Relaxation techniques (e.g., deep breathing, progressive muscle relaxation), Self-talk and cognitive restructuring, Mental toughness and resilience.	15

IV	Group Dynamics and Counseling in Sports - Group cohesion and team dynamics, Leadership in sports, Communication in team sports, Burnout and coping strategies, Role of counseling in injury and rehabilitation.	15
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Suggested Readings:

- 1- 1. Doshi, D. (2012). Sports Psychology. Sports Publication.
- 2- Kamlesh, M. L. (2006). Psychology in Physical Education and Sports. Metropolitan Book Co.
- 3- Singh, A. (2011). Essentials of Sports Psychology. Friends Publications.
- 4- Sharma, V. M. (2009). Foundation of Sports Psychology. Sports Publication.
- 5- Jain, R. (2014). Sports Psychology: A Practical Approach. Khel Sahitya Kendra

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Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, e-pathshala-
<https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egyankosh.ac.in, MOOCS

Semester II

Undergraduate Certificate in Psychology

DISCIPLINE SPECIFIC COURSE (DSC)- Basic Psychological Processes- II

Programme- Undergraduate Certificate in Psychology	Year: 1	Semester: 2
Course Code: PSYDSC-201-T	Course Title: Basic Psychological Processes- II	
Credits:03	Paper: DSC	
Max Marks 25+75=100	Min Passing Marks 08+25=33	

Learning Outcomes:

After studying this course, student will be able to-

- To enrich their understanding about Psychological processes.
- To understand Basic concept of Learning and Major Theories.
- They also learn about concept of Memory, Types and Forgetting, Theories of forgetting.
- To understand the Meaning and Nature of Motivation and Emotion as well as Theories of Emotion.

Unit	Topics	No. of Lectures
I	Learning: Definition Meaning and Concept of learning, Theories of learning: Classical conditioning, Instrumental conditioning theory of learning.	15
II	Memory and Forgetting: Definition, Nature and Stages of memory. Types of Memory: Sensory, Short-term & long-term memory. Forgetting: Definition and Nature of Forgetting. Determinants of forgetting, Interference Theories of forgetting: Proactive and Retroactive Interference.	15
III	Motivation and Emotion: Meaning and Nature of Motivation. Types of motivation-Biogenic and Sociogenic motives. Meaning and Definition of Emotion, Physiological changes in Emotion. Theories of emotion: James-Lange and Cannon- bard theory.	15

Suggested Readings:

1. Feldman, R. S. (2019). Understanding psychology (14th ed.). McGraw-Hill Education.
2. Ciccarelli, S. K., & White, J. N. (2021). Psychology (6th ed.). Pearson.
3. Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (2011). Introduction to psychology (7th ed.). McGraw-Hill Education.
4. Passer, M. W., & Smith, R. E. (2018). Psychology: The science of mind and behaviour (7th ed.). McGraw-Hill Education.
5. Mangal, S. K. (2021). General psychology (2nd ed.). Sterling Publishers.
6. सिंह, आर. एन. (2008). आधुनिकसामान्यमनोविज्ञान (8वाँसंस्करण). आगरा: अग्रवालपब्लिकेशन.
7. सिंह, ए. के. (2022). आधुनिकउच्चतरसामान्यमनोविज्ञान (13वाँसंशोधितसंस्करण). नईदिल्ली: मोतीलालबनारसीदासपब्लिशर्स.
8. शर्मा, अ. (2023). मनोविज्ञानकेमूलआधार (NEP संस्करण). लखनऊ: ठाकुरपब्लिकेशनप्रा. लि.

Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in,e-pathshala- <https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egyanakosh.ac.in, MOOCS

Semester II

Undergraduate Certificate in Psychology

PRACTICAL

Programme- <i>Undergraduate Certificate in Psychology</i>	Year: 1	Semester: 2
Course Code:PSY-202-P	Course Title: Lab Work	
Credits: 01	Paper: Practical	
Max Marks 25+75=100	Min Passing Marks 10+25=35	

Learning Outcomes:

- Students will be imparted a variety of skills to conduct a psychological test/ experiment in the control condition and using standardized tests.
- The integration with psychological theory and practicality. Out of five any of the three mentioned are mandatory.
- Ensure each practical session promotes skill learning through hands-on activities.

ANY OF THREE-

Unit	Topics	No. of Hours
I	Substitution Learning	05
II	Verbal Conditioning Test	05
III	Short Term/ Long Term Memory	05
IV	Span of Immediate Memory	05
V	Proactive /Retroactive inhibition	05

Suggested Readings:

1. Yashvir Singh and Veena Mittal , "Psychological Testing and Assessment". PHI Learning Pvt. Ltd.
2. Harendra Nath Mishra, "Handbook of Psychological Assessment", Jain Publishers Pvt. Ltd.
3. डॉ. रामनाथशर्मा और डॉ. आर. के. शर्मा, प्रयोगात्मक मनोविज्ञान, अटलांटिक पब्लिशिंग हाउस
4. डॉ. जे. पी. शुक्ल, प्रयोगात्मक मनोविज्ञान: सिद्धांत और प्रयोग, किटाब महल

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, e-pathshala- <https://epgp.inflibnet.ac.in>.

Semester- II
Undergraduate Certificate in Psychology

GENERAL ELECTIVE (GE) – Psychology of Everyday Life

Programme- Undergraduate Certificate in Psychology	Year: 1	Semester: 2
Course Code-PSYGE-203-T	PSYCHOLOGY OF EVERYDAY LIFE	
Credits:04	Paper: GE	
Max Marks 25+75=100	Min Passing Marks 08+25=33	

Learning Outcomes:

After studying this course, student will be able to-

- Understand the meaning, nature and goals of Psychology and Stages of Development.
- Understand the role of psychology in technology and impact of digital media on society and daily life as well as effect of internet and its addiction.
- Understand role of psychology in physical health and connection of physical health with mental health and wellbeing.
- Understand psychology, personal growth and Defense mechanisms.

Unit	Topics	No. of Lectures
I	Introduction to Psychology in Everyday Life- Definition, Meaning, Nature and Goals of Psychology. The Role of Goal-Setting in Personal Development. Stages of Psychological development up to adulthood.	15
II	Psychology and Technology- The Role of Psychology in Technology, The Psychological Impact of Digital Media on Society. The Psychological Impact of Social Media on Daily Life, Internet Addiction Disorder (IAD).	15
III	Psychology and Health- The Role of Psychology in Promoting Physical Health, The Connection Between Psychological Health and Physical Health. The Role of Positive Psychology in Enhancing well-being.	15
IV	Psychology and Personal Growth and Defense Mechanisms- Understanding Self-Concept and Self-Esteem in Everyday Life, Coping Mechanisms-The Role of Psychology in Handling Conflicts. Defense Mechanisms-Repression, Projection, Displacement and Regression.	15

Suggested Readings:

1. Mangal, S. K. (2020). Psychology of everyday life. New Delhi: Sterling Publishers.
2. Parikh, I. J., & Awasthi, D. K. (2008). Applied social psychology in India. New Delhi: Sage Publications India.
3. Chauhan, S. S. (2007). Advanced educational psychology. New Delhi: Vikas Publishing House.
4. Myers, D. G., & DeWall, C. N. (2020& 2025). Psychology (13th ed.). Worth Publishers.
5. Sussman, R. W. (1998). The biological basis of human behavior: A critical review (2nd ed.). Pearson Education.
6. शर्मा, रामनाथ, & शर्मा, आर. के. (2020). सामान्यमनोविज्ञान (20वींसं.). दिल्ली: अटलांटिकपब्लिशर्स.
7. शुक्ल, जे. पी. (2018). आधुनिकमनोविज्ञान (5वींसं.). वाराणसी: किताबमहल.
8. सिंह, आर. एन. (2015). आधुनिकसामान्यमनोविज्ञान. आगरा: अग्रवालपब्लिकेशन.

Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, e-pathshala- <https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egnyankosh.ac.in, MOOCS

Semester- III

Undergraduate Diploma in Psychology

DISCIPLINE SPECIFIC COURSE (DSC) –Social Psychology

Programme- Undergraduate Diploma in Psychology	Year: 2	Semester: 3
Course Code: PSY-DSC301-T	Course Title: Social Psychology	
Credits:03	Paper: DSC	
Max Marks 25+75=100	Min Passing Marks 08+25=33	

Learning Outcomes:

After studying this course, the student will be able to-

- Enrich their understanding of Social Psychology and Methods of studying social behavior.
- To understand the concept of Person Perception and social Cognition and how people view others.
- How attitudes are formed and change as well as social Influence Process.

UNIT	Topics	No. of Lectures
I	Introduction to Social Psychology: Definition, Nature and Scope of Social Psychology. Methods of studying social behavior- Observation, Experimental, Field study and Stoichiometric method.	15
II	Person Perception: Definition, Meaning, Nature, and General Principal of Person Perception. Social Cognition: Definition, Meaning and Concept of Social cognition. Schema, Schematic Processing, Attribution of Causality: Harold Kelly and Heider theory.	15
III	Attitude and Attitude Change: Definition, Nature, and Formation of Attitude. Social Influence Process- Conformity and Compliance. Prejudice and Discrimination.	15

Suggested Readings:

1. Myers, D. G., & Twenge, J. M. (2022). Social psychology (14th ed.). McGraw-Hill Education.
2. Baron, R. A., Branscombe, N. R., Byrne, D., & Bhardwaj, G. (2018). Social psychology (14th ed., Global ed.). Pearson Education.
3. Bhatia, H. R. (2021). Elements of social psychology (Revised ed.). Somaiya Publications.
4. शर्मा, रामनाथ, & शर्मा, आर. के. (2020). सामाजिकमनोविज्ञान (संशोधितसंस्करण). आगरा: लक्ष्मीनारायणअग्रवाल.
5. मंगला, एस. के. (2019). सामाजिकमनोविज्ञान. मेरठ: लोकेशप्रकाशन.
6. सिंह, आर. एन. (2018). सामाजिकमनोविज्ञान. आगरा: अग्रवालपब्लिकेशन.

Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, e-pathshala- <https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egyanakosh.ac.in, MOOCS

Semester III
Undergraduate Diploma in Psychology

PRACTICAL

Programme- <i>Undergraduate Diploma in Psychology</i>	Year: 2	Semester: 3
Course Code:PSY-302-P	Course Title: Lab Work	
Credits: 01		Paper: Practical
Max Marks 25+75=100		Min Passing Marks 10+25=35

Learning Outcomes:

- Students will be imparted a variety of skills to conduct a psychological test/ experiment in the control condition and using standardized tests.
- The integration with psychological theory and practicality. Out of five any of the three mentioned are mandatory.
- Ensure each practical session promotes skill learning through hands-on activities.

ANY OF THREE-

Unit	Topics	No. of Lectures
I	Peace Education Attitude Scale	05
II	Person Perception Scale	05
III	Test in Perception with Manual	05
IV	Attitude Scale towards Drug and Alcohol	05
V	Resistance to Attitude Change	05

Suggested Readings

1. Yashvir Singh and Veena Mittal , "Psychological Testing and Assessment".
PHI Learning Pvt. Ltd.
2. Harendra Nath Mishra, "Handbook of Psychological Assessment", Jain Publishers Pvt. Ltd.
3. A. K. Singh, Advance Practical Psychology.
4. S. K. Mangal, Clinical Psychology Practical Manual.
5. डॉ. रामनाथशर्मा और डॉ. आर. के. शर्मा, प्रयोगात्मक मनोविज्ञान, अटलांटिक पब्लिशिंग हाउस
6. डॉ. जे. पी. शुक्ल, प्रयोगात्मक मनोविज्ञान: सिद्धांत और प्रयोग, किटाब महल

Suggested equivalent online courses: On Swayam,
Vidyamitra.inflibnet.ac.in, e-pathshala- <https://epgp.inflibnet.ac.in>.

Semester- III
Undergraduate Diploma in Psychology

DISCIPLINE SPECIFIC ELECTIVE (DSE)- Stress Management		
Programme- Undergraduate Diploma in Psychology	Year: 2	Semester: 3
Course Code: PSY-DSE-302-T	Course Title: Stress Management	
Credits:04	Paper: DSE	
Max Marks 25+75=100	Min Passing Marks 08+25=33	
Learning Outcomes: After studying this course, the student will be able to- <ul style="list-style-type: none"> • Develop basic understanding of nature and concept of stress, effects of stress in daily life, concept of organizational stress and various stress management intervention strategies. • Understand about coping strategies and stress management technique in Indian scenario. 		
Unit	Topics	No. of Lecture
I	Understanding Stress- Definition and Nature of Stress: Understanding the concept of stress, Types of Stress: Exploring acute, episodic acute, and chronic stress. Signs and Symptoms: Identifying physical, emotional, and behavioral indicators of stress.	15
II	Sources and Impact of Stress- Sources of Stress: Analyzing psychological, social, environmental, academic, family, and work-related stressors. Impact on Health: Understanding the physiological and psychological effects of stress on the body and mind. Cultural and Environmental Factors: Assessing how cultural background and environmental conditions influence stress perception and response.	15
III	Stress Management Techniques- Cognitive Techniques: Implementing cognitive restructuring and mindfulness practices. Behavioral Techniques: Applying time management, assertiveness training, and relaxation methods. Physical Techniques: Engaging in exercise, yoga, and other physical activities to alleviate stress.	15
IV	Application and Practice- Assessment Tools: Learning to use stress inventories and questionnaires to evaluate stress levels. Personal Stress Management Plan: Developing individualized strategies for coping with stress. Case Studies: Analyzing real-life scenarios to apply stress management techniques.	15

Suggested Readings:

1. Matteson,M.T.,&Ivancevich,J.M.(1987).Controlling workstress: Effective human resources and management strategies. SanFrancisco: JoseyBass.
2. Pestonjee,D.M.,(1992).Stress and coping. NewDelhi: SagePublications
3. Ross, R.R., &Altmair, E.M.(1994). Interventions in occupational stress. NewDelhi
4. Srivastava,A.K.,(1999),Management of occupational stress: Theories and practice. New Delhi: Gyan Publishing House
5. Singh,R.D.(2011). Swasthya Manovigyan. JagdambaPublishers
6. Rajkumari Sangwaan, Stress Management: How to deal with Stress. Shashwat Publications.
7. L. Pratibha, T. Shobharani, Stress Management. Nirukta Publication.
8. Ajanta Chakraborty, Stress Management. Rupa Publication India

Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in,e-pathshala- <https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egyptkosh.ac.in, MOOCS

Semester- III
Undergraduate Diploma in Psychology

GENERAL ELECTIVE (GE) – Artificial intelligence and psychology

Programme- Undergraduate Diploma in Psychology	Year: 2	Semester: 3
Course Code- PSYGE-304-T	Course Title- Artificial intelligence and psychology	
Credits:04	Paper: GE	
Max Marks 25+75=100	Min Passing Marks 08+25=33	

Learning Outcomes:

After studying this course, the student will be able to-

- Explain foundational concepts of Artificial Intelligence and Psychology and understand how these disciplines intersect.
- Analyze cognitive processes such as perception, memory, and learning from both psychological and computational perspectives.
- Evaluate the psychological impact of AI technologies on individuals, mental health, social relationships, and behavior.
- Demonstrate understanding of human-AI interaction, including user experience, trust, and affective computing.
- To know Understand about Ethics, Consciousness, and the Future of AI.

Unit	Topics	No. of Lectures
I	Foundations of AI and Psychology- Overview of Artificial Intelligence: history, definitions, and types (narrow, general, superintelligence), Overview of Psychology: branches, methods, and relevance to AI, Human vs. machine intelligence ,Cognitive science and AI	15
II	Cognitive Processes and AI Models- Perception, attention, memory, learning, and problem-solving in humans, Neural networks and their inspiration from the brain, Cognitive architectures (e.g., SOAR, ACT-R), Machine learning and decision-making models, Emotion recognition and affective computing	15
III	Human-AI Interaction and Psychological Impact- Human-computer interaction (HCI), AI in mental health (chatbots, diagnosis tools, therapy apps), Social robots and companionship, Trust, dependency, and user experience, Psychological impacts: cognitive overload, privacy concerns, and identity.	15

IV	Ethics, Consciousness, and the Future of AI- Ethical dilemmas in AI use and development, Psychology of AI ethics (moral reasoning, bias, fairness), Theories of consciousness and machine consciousness, Future implications: employment, education, and human behavior, AI and psychological well-being.	15
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Suggested Readings:

- 1- Russell, S. J., & Norvig, P. (2021). Artificial intelligence: A modern approach (4th ed.). Pearson.
- 2- Eysenck, M. W., & Keane, M. T. (2015). Cognitive psychology: A student's handbook (7th ed.). Psychology Press.
- 3- Boden, M. A. (2016). AI: Its nature and future. Oxford University Press.
- 4- Goleman, D. (2006). Social intelligence: The new science of human relationships. Bantam.
- 5- Rajasekaran, S., & Vijayalakshmi Pai, G. A. (2017). Neural networks, fuzzy logic and genetic algorithms (2nd ed.). PHI Learning.
- 6- Malhotra, R. (2021). Artificial intelligence: Concepts and applications. Oxford University Press.
- 7- Parameswaran, R., & Blanchard, R. J. (2007). Foundations of artificial intelligence and expert systems. Anuradha Publications.\
- 8- Kumar, V. (2020). Artificial intelligence and machine learning (1st ed.). BPB Publications.

Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in,e-pathshala- <https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egyptkosh.ac.in, MOOCS

Semester- IV
Undergraduate Diploma in Psychology

DISCIPLINE SPECIFIC COURSE (DSC) – Psychopathology

Programme- Undergraduate Diploma in Psychology	Year: 2	Semester: 4
Course Code: PSYDSC401-T	Course Title: Psychopathology	
Credits:03	Paper: DSC	
Max Marks 25+75=100	Min Passing Marks 08+25=33	

Learning Outcomes:

After studying this course, the student will be able to-

- Understand concept of abnormality and criteria of Normal and Abnormal Behavior.
- Understand introduction of DSM 5.
- Understand different types of disorders Such as Anxiety, Somatoform, their Nature and their symptoms.

Unit	Topics	No. of Lectures
I	Abnormal Behavior - Concept and Criteria of Normal and Abnormal Behaviour, Determinants of Abnormal Behavior. Models of Abnormal Behaviour- Biological, Psychodynamic, Behavioristic, and Cognitive. Introduction of DSM-5.	15
II	Anxiety Disorders: Nature and Symptoms of Anxiety Disorders, Types of Anxiety Disorder- GAD (Generalized Anxiety Disorder), Panic Disorder, Phobias, and Obsessive-Compulsive Disorder (OCD).	15
III	Somatoform Disorders - Nature and Type- Body Dysmorphic disorder, Hypochondriasis, Somatization and Conversion Disorders. Dissociative Disorders - Nature and Types.	15

Suggested Readings:

1. **Butcher, J. N., Hooley, J. M., Mineka, S., & Kapur, P. (2019).**
Abnormal Psychology (17th ed.). Pearson Education India.
ISBN: 9789353065591
2. Carson, R. C., Butcher, J. N., Mineka, S., & Hooley, J. M. (2007). *Abnormal psychology* (13th ed.). Pearson Education.
3. बुचर, जे. एन., हूली, जे. एम., औरमाइनिका, एस. (2016)। विकृत मनोविज्ञान (13वाँसंस्करण)। पियरसन इंडिया एजुकेशन। ISBN: 9788131793695
4. द्विवेदी, सी. बी. (सम्पा.). (2017)। विकृत मनोविज्ञान (16 वाँसंस्करण)। पियरसन इंडिया एजुकेशन।
ISBN: 9789332579408

Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, e-pathshala- <https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egnyankosh.ac.in, MOOCS

Semester- IV
Undergraduate Diploma in Psychology

PRACTICAL

Programme- Undergraduate Diploma in Psychology	Year: 2	Semester: 4
Course Code:PSY-402-P	Course Title: (Lab Work/Practical)	
Credits: 01	Paper: Practical	
Max Marks 25+75=100	Min Passing Marks 10+25=35	

Learning Outcomes:

- Students will be imparted a variety of skills to conduct a psychological test/ experiment in the control condition and using standardized tests.
- The integration with psychological theory and practicality.
- Out of five any of the three mentioned are mandatory.
- Ensure each practical session promotes skill learning through hands-on activities.

ANY OF THREE-

Unit	Topics	No. of Hours
I	Mental Health Battery	05
II	Students Stress Scale	05
III	Anxiety, Depression and Stress Scale	05
IV	Educational Anxiety Scale	05
V	Security- Insecurity Scale	05

Suggested Readings:

1. Yashvir Singh and Veena Mittal , "Psychological Testing and Assessment". PHI Learning Pvt. Ltd.
2. Harendra Nath Mishra, "Handbook of Psychological Assessment", Jain Publishers Pvt. Ltd.
3. A. K. Singh, Advance Practical Psychology.
4. S. K. Mangal, Clinical Psychology Practical Manual.
5. डॉ. रामनाथशर्मा और डॉ. आर. के. शर्मा, प्रयोगात्मक मनोविज्ञान, अटलांटिक पब्लिशिंग्हाउस
6. डॉ. जे. पी. शुक्ल, प्रयोगात्मक मनोविज्ञान: सिद्धांत और प्रयोग, किटाब महल

Suggested equivalent online courses: On Swayam,
Vidyamitra.inflibnet.ac.in, e-pathshala- <https://epgp.inflibnet.ac.in>.

Semester- IV

Undergraduate Diploma in Psychology

Discipline Specific Elective (DSE)- APPROACHES TO COUNSELING PSYCHOLOGY

Programme- Undergraduate Diploma in Psychology	Year: 2	Semester: 4
Course Code: PSYDSE-403-T	Course Title: APPROACHES TO COUNSELING PSYCHOLOGY	
Credits:04	Paper: DSE	
Max Marks 25+75=100	Min Passing Marks 08+25=33	

Learning Outcomes:

After studying this course, the student will be able to-

- To know about the counseling psychology, its scope, application, need, stages and principles of counseling.
- Know about the role of counselor and the skills used in counseling process.
- Understand the types of counseling and basics techniques of counseling used in daily life.

Unit	Topics	No. of Lectures
I	Introduction to Counseling Psychology - Definition, nature, scope of counseling psychology. Applications of counseling psychology. Goals and principles of counseling. Importance and Principles of counseling.	15
II	Functions Of Counselors - Role and Functions Of good Counselor, Characteristics and skills of counselors. Ethical and legal considerations in counseling. Stages of counseling process. Types of counseling: Directive, Non directive and Elective counseling.	15
III	Counseling Techniques -Stages of the Counseling process (Building rapport, Assessment, goal setting, Intervention, termination). Counseling techniques (Active listening, Questioning, Reflection, Confrontation, Reinforcement)	15
IV	Applications of Counseling Psychology -School and Career counseling, Mental health , Family and relationship counseling , Trauma counseling. Emerging trends in Counseling psychology.	15

Suggested Readings:

1. Samuel T. Gladding, Counselling: A comprehensive Profession, Pearson Education
2. Sharma, R.A., Fundamentals of Guidance and Counseling. R. Lall
3. Rao, S. N, Counseling and Guidance. McGraw Hill
4. Dubey, S. N., Counseling Psychology. Commonwealth Publisher
5. Corey, G, Theory and Practice of counseling and Psychotherapy. Cengage Learning
6. Makol, R, &Sodhi, A, &Makol, L., Guidance and Counselling. Rajesh Makol

Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in,e-pathshala- <https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egyanakosh.ac.in, MOOCS

Semester- IV
Undergraduate Diploma in Psychology

General Elective (GE)- Health and Well Being

Programme- Undergraduate Diploma in Psychology	Year: 2	Semester: 4
Course Code: PSYGE-403-T	Course Title: Health and Well Being	
Credits:04	Paper: GE	
Max Marks 25+75=100	Min Passing Marks 08+25=33	

Learning Outcomes:

After studying this course, the student will be able to-

- Understand determinants of health and well-being and relationship between health and wellbeing
- Understand the psychological and emotional wellbeing and dimensions of emotional wellbeing
- Understand lifestyle and physical health like nutrition exercise and sleep as well as role of yoga and alternative therapies.
- Understand social and environmental aspect of wellbeing.

Unit	Topics	No. of Lectures
I	Introduction to Health and Well-Being -Concept and dimensions of health (physical, mental, social, emotional, and spiritual),Determinants of health and well-being, Relationship between health, well-being.	15
II	Psychological and Emotional Well-Being -Stress and its impact on health, Coping strategies and resilience, Role of positive psychology in well-being (happiness, gratitude, optimism). Dimensions of wellbeing - Social, Emotional, Financial, Political and Cultural.	15
III	Lifestyle and Physical Health -Importance of nutrition, exercise, and sleep, Effects of substance abuse and unhealthy habits, Preventive healthcare and self-care practices, Role of yoga and alternative therapies in well-being.	15
IV	Social and Environmental Aspects of Well-being - Impact of social relationships on health, Work-life balance and occupational well-being, Impact of environment and sustainability on health, Community health and public health initiatives	

Suggested Readings:

1. Murray, M., & Chamberlain, K. (1999). Qualitative health psychology: Theories and methods. Sage Publications.
2. Sarafino, E. P., & Smith, T. W. (2014). Health psychology: Biopsychosocial interactions (8th ed.). Wiley India.
3. Singh, R. (2012). Health psychology. Himalaya Publishing House.
4. Park, K. (2021). Park's textbook of preventive and social medicine (26th ed.). Bhanot Publishers.
5. शर्मा, आर. ए. (2015). स्वास्थ्यमनोविज्ञान. मेरठ: आर. लालबुकडिपो।
6. सक्सेना, ममता (2017). मानवव्यवहारएवंस्वास्थ्य. आगरा: विनोदपुस्तकमंदिर।
7. तिवारी, जी. एन. (2018). स्वास्थ्यऔरकल्याणमनोविज्ञान. नईदिल्ली: विद्यार्थीग्रंथागार।

Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in,e-pathshala- <https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egyptankosh.ac.in, MOOCS

Semester- V

Bachelors Degree in Psychology

DISCIPLINE SPECIFIC COURSE (DSC) – PSYCHOLOGICAL ASSESSMENT

Programme- Bachelors Degree in Psychology	Year: 3	Semester: 5
Course Code: PSYDSC-501-T	Course Title: Psychological Assessment	
Credits:03	Paper: DSC	
Max Marks 25+75=100	Min Passing Marks 08+25=33	

Learning Outcomes:

After studying this course, the student will be able to-

- To understand students about Psychological Assessment and Scaling Methods.
- To understand different Psychological Assessments like Intelligence, Personality Tests, Assessment of personality and uses of different test related to personality.
- To Learn about Reliability and Validity and Descriptive Statistics.

Unit	Topics	No. of Lectures
I	Introduction to Psychological Assessment -Definition, Nature Importance and of Psychological Assessment .Psychological Scaling Methods- Basic Concept of Likert, Thurstone, Guttman Scales.	15
II	Psychological Tests: - Types of psychological; test-Individual, group, performance, verbal and Nonverbal tests. Principles of test construction and standardization- Item analysis, reliability, validity and development of norms.	15
III	Measurement of Intelligence and Personality - Meaning and Nature of Intelligence Test, Types of Intelligence Test- Binet and Wechsler Scales. Basic concept of Bhatia Battery and Reven's Intelligence Test. Assessment of Personality – Meaning ,Nature of Personality Assessment, Basic concept of TAT and MMPI projective tests	15

Suggested Readings:

1. Kaplan, R. M., & Saccuzzo, D. P. (2017). Psychological Testing: Principles, Applications, and Issues (9th ed.). Cengage Learning.
2. मंगल, एस. के. (2012). मनोविज्ञान में आंकड़े और मूल्यांकन, पी एच आई लर्निंग, नईदिल्ली:
3. सिंह, अजयकुमार (2018). मनोवैज्ञानिक परीक्षण एवं सांख्यिकी. भावना प्रकाशन, पटना
4. Mishra, G. C. & other, Psychological Assessment. Kalyani Publishers
5. Bhargava. M., Psychological Measurement, Evaluation and Statistics. Motilal Banarsi Das
6. S. K. Mangal, Psychological Testing and Assessment. PHI Learning Pvt. Ltd.
7. G. S. Ahuja , Psychological Assessment and Testing. Dominant Publishers
8. Bhargava. M., Psychological Measurement, Evaluation and Statistics. Motilal Banarsi Das

Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, e-pathshala- <https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egyptankosh.ac.in, MOOCS

Semester- V
Bachelors Degree in Psychology

PRACTICAL

Programme- Bachelor's Degree in Psychology		Year: 3	Semester: 5
Course Code:PSY-503-P		Course Title: (Lab Work/Practical)	
Credits: 01		Paper: Practical	
Max Marks 25+75=100		Min Passing Marks 10+25=35	

Learning Outcomes:

- Through the practical application of intelligence and personality tests, the learner will be able to:
- Administer Standardized Tests and Understand and follow the correct procedures for administering intelligence and personality assessments in a systematic manner.
- Integrate theoretical as well as Practical Knowledge of Different test/Scales into practical assessment tasks.
- Out of five any of the three mentioned are mandatory.
- Ensure each practical session promotes skill learning through hands-on activities.

ANY OF THREE-

Unit	Topics	No. of Hours
I	Application of Bhatia Battery	05
II	Application of Raven's Intelligence Test.	05
III	Application of TAT	05
IV	Application of MMPI	05
V	Application of Weschler's scale	05

Suggested Readings:

1. Yashvir Singh and Veena Mittal , "Psychological Testing and Assessment". PHI Learning Pvt. Ltd.
2. Harendra Nath Mishra, "Handbook of Psychological Assessment", Jain Publishers Pvt. Ltd.
3. A. K. Singh, Advance Practical Psychology.
4. S. K. Mangal, Clinical Psychology Practical Manual.
5. डॉ. रामनाथशर्मा और डॉ. आर. के. शर्मा, प्रयोगात्मक मनोविज्ञान, अटलांटिक पब्लिशिंग्हाउस
6. डॉ. जे. पी. शुक्ल, प्रयोगात्मक मनोविज्ञान: सिद्धांत और प्रयोग, किटाब महल

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, e-pathshala- <https://epgp.inflibnet.ac.in>.

Semester- V

Bachelors Degree in Psychology

DISCIPLINE SPECIFIC ELECTIVE (DSE) - Positive Psychology

Programme- Bachelor's Degree in Psychology	Year: 3	Semester: 5
Course Code: PSYDSE-502-T	Course Title: Positive Psychology	
Credits:04	Paper: DSE	
Max Marks 25+75=100	Min Passing Marks 08+25=33	

Learning Outcomes:

After studying this course, the student will be able to-

- Understand the meaning, concept and history of Positive Psychology.
- Understand about happiness and theories of happiness.
- Understand about the determinants of positive psychology.
- Understand application of psychology in different fields.

Unit	Topics	No. of Lectures
I	Introduction to positive psychology –Nature, Concept and History of Positive psychology, Understanding Positive Emotions.	15
II	Happiness - Meaning and Nature of happiness, Sources of happiness, Theories of Happiness-Set point theory, Life satisfaction and Affective state theories.	15
III	Determinants of Positive Psychology – Positive Emotions: Gratitude and appreciation, Joy, Optimism, Hope Character Strengths: Courage, Kindness, Resilience, Optimism, Positive Relationship.	15
IV	Application of Positive Psychology – Positive Psychology at Family Environment, Education, Workplace and, Healthcare.	12

Suggested Readings:

1. **Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2014).**
Positive psychology: The scientific and practical explorations of human strengths (3rd ed.). Sage Publications India.
2. Compton, W. C., & Hoffman, E. (2019). Positive psychology: The science of happiness and flourishing (3rd ed.). Cengage Learning.
3. मंगल, एस. के., & मंगल, शोभना (2016). सकारात्मकमनोविज्ञान. नईदिल्ली: आर. लालबुकडिपो।
4. शर्मा, आर. ए. (2018). सकारात्मकमनोविज्ञानकापरिचय. मेरठ: विनयप्रकाशन।
5. सक्सेना, ममता (2020). सकारात्मकमानसिकस्वास्थ्यऔरमनोविज्ञान. आगरा: विनोदपुस्तकमंदिर।

Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in,e-pathshala- <https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egyptankosh.ac.in, MOOCS

Semester- V

Bachelors Degree in Psychology

GENERAL ELECTIVE (GE) – Environmental Psychology

Programme- Bachelors Degree in Psychology		Year: 3	Semester: 5
Course Code- PSYGE-504-T		Course Title- Environmental Psychology	
Credits:04		Paper: GE	
Max Marks 25+75=100		Min Passing Marks 08+25=33	

Learning Outcomes:

After studying this course, the student will be able to-

- Understand the Scope, Environmental history and interdisciplinary connections of Environmental Psychology.
- Understand about different theories in Environmental Psychology.
- Learn about Environmental stress, nature and types of Environmental Stress
- Understand about Environmental Perception and Cognition, Mechanism and Factors.

Unit	Topics	No. of Lectures
I	Introduction To Environment Psychology -Meaning and Nature, Significance and Scope of environmental psychology. Historical Overview, Interdisciplinary nature and its connections with other fields.	15
II	Theories of Environment -Bronfenbrenner Ecological System Theory, Kurt Lewins Field Theory, Gibson's Ecological Theory, Environmental Stress Theory.	15
III	Environmental Stress -Definition, Nature and Characteristics, Types of environmental stressors-Technological Catastrophe, Noise, Water and Crowd Pollution, Natural disasters.	15
IV	Environmental Perception and Cognition - Nature, and Characteristics. Mechanisms of environmental perception, Cognitive mapping and Spatial orientation, Influence of environmental factors on perception and cognition.	15

Suggested Readings:

1. Gifford, R. (2014). Environmental psychology: Principles and practice (5th ed.). Optimal Books.
2. Bechtel, R. B., & Churchman, A. (2002). Handbook of environmental psychology. Wiley.
3. शर्मा, आर. ए. (2015). पर्यावरणमनोविज्ञान. मेरठ: आर. लालबुकडिपो।
4. तिवारी, जी. एन. (2017). पर्यावरण और मनोविज्ञान. इलाहाबाद: विद्यार्थीग्रंथागार।
5. सिंह, अवधेशकुमार (2016). पर्यावरणमनोविज्ञान: एक अंतर्विषयक अध्ययन. वाराणसी: ज्ञानगंगाप्रकाशन।

Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, e-pathshala- <https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egyanakosh.ac.in, MOOCS

Semester- V
Bachelors Degree in Psychology

RESEARCH PROJECT

Programme- Bachelors Degree in Psychology	Year: 3	Semester: 5
Course Code:PSY-505-P	Course Title: Research Project	
Credit: 04	Paper: Project	
Max Marks 25+75=100	Min Passing Marks 40%	

Learning Outcomes:

- To develop scientific understanding of Research in Psychology.
- Understand basic concepts of Research Methodology and develop a stronger view towards research and Specific Project.

Sr. no.	Guidelines for Work plan	No. of Credits
I	Choose relevant topic in different areas of Psychology Project: A small scale empirical or theoretical study based on primary or secondary data	4

Semester- VI

Bachelors Degree in Psychology

DISCIPLINE SPECIFIC COURSE (DSC) – BASICS OF STATISTICS IN PSYCHOLOGY

Programme- Bachelors Degree in Psychology	Year: 3	Semester: 6
Course Code: PSYDSC-601-T	Course Title: Basics of Statistics in Psychology	
Credits:03	Paper: DSC	
Max Marks 25+75=100	Min Passing Marks 08+25=33	

Learning Outcomes:
After studying this course, the student will be able to-

- Understand about definition, nature, Scope and historical evolution of statistics in psychology.
- Learn about Measures of Central Tendency and Variability.
- Understand the Concept of correlation and its implications.

Unit	Topics	No. of Lectures
I	Introduction: Meaning and Scope of Statistics in Psychology. Discrete and Continuous Variables. Frequency distribution and their graphical representation- Frequency polygon, Histogram, Cumulative frequency Curve and Ogive.	15
II	Measures of Central Tendency and Variability- Mean, Median, and Mode: Meaning, Computation and Application. Range, Quartile Deviation and Standard deviation- Meaning, Computation and Applications.	15
III	Sample and Sampling Techniques- Meaning, Types of sampling 1) Probability Sampling- Random, and Stratified. 2) Non-Probability Sampling- Purposive and Quota. Correlation – Definition, Types, Methods- Pearsons and Spearman's Rank difference Methods	15

Suggested Readings:

1. Verma , and Ghufran, M. (2012). Statistics for Psychology, N. Delhi: Tata Mc Graw Hill.
2. Garett, H. (1969). Statistics in Psychology and Education. Bombay: Vakils, Feffer and SimonsLtd.
3. Mangal, S. K. (2007). Statistics in psychology and education (2nd ed.). PHI Learning Pvt. Ltd.
4. Broota, K.D. (1992). Experimental Design in Behavioural Research. N.Delhi: Wiley Eastern.
5. Gupta, S.P. (2005) Sankhikiya Vidhiyan. Allahabad: Sharda Pustak Bhawan
- 6.
7. Kapil, H.K. (1980). Sankhikiya ke Moolatva. Agar Vinod Pustak Mandir

Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in,e-pathshala- <https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egyanakosh.ac.in, MOOCS

Semester- VI

Bachelors Degree in Psychology

PRACTICAL

Programme- Bachelors Degree in Psychology	Year: 3	Semester: 6
Course Code:PSY-603-P	Course Title: (Lab Work/Practical)	
Credits: 01	Paper: Practical	
Max Marks 25+75=100	Min Passing Marks 10+25=35	

Learning Outcomes:

- Students will be imparted a variety of skills to conduct a psychological test/ experiment in the control condition and using standardized tests.
- The integration with psychological theory and practicality.
- Out of five any of the three mentioned are mandatory.
- Ensure each practical session promotes skill learning through hands-on activities.

ANY OF THREE-

Unit	Topics	No. of Lectures
I	Job Satisfaction	05
II	Stress Assessment at work place (Case Study)	05
III	Employee Attitude	05
IV	Leadership Style (Case Study)	05
V	Organizational Behavior	05

Suggested Readings:

1. Yashvir Singh and Veena Mittal , "Psychological Testing and Assessment". PHI Learning Pvt. Ltd.
2. Harendra Nath Mishra, "Handbook of Psychological Assessment", Jain Publishers Pvt. Ltd.
3. A. K. Singh, Advance Practical Psychology.
4. S. K. Mangal, Clinical Psychology Practical Manual.
5. डॉ. रामनाथ शर्मा और डॉ. आर.के. शर्मा, प्रयोगात्मक मनोविज्ञान ,अटलांटिक पब्लिशिंग हाउस
6. डॉ. जे.पी. शुक्ल ,प्रयोगात्मक मनोविज्ञान: सिद्धांत और प्रयोग ,किटाबमहल

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in,e-pathshala- <https://epgp.inflibnet.ac.in>.

Semester- VI

Bachelors Degree in Psychology

DISCIPLINE SPECIFIC ELECTIVE (DSE) – Fundamentals of Research Methodology

Programme- <i>Bachelors Degree in Psychology</i>	Year: 3	Semester: 6
Course Code: PSYDSE-603-T	Course Title: Fundamentals of Research Methodology	
Credits:04		Paper: DSE
Max Marks 25+75=100		Min Passing Marks 08+25=33

Learning Outcomes:

After studying this course, the student will be able to-

- Understand the nature, scope, types of research and ethical consideration.
- Learn basics steps of research like formulation of Hypothesis, Types of variables and sampling techniques.
- Understand methods of data collection and Basic Concept of Tests and scales.
- Understand the Descriptive and Inferential statistics.

Unit	Topics	No. of Lectures
I	Introduction to Psychological Research -Meaning, Scope and Importance of Research in Psychology. Types of Research: Basic vs. Applied, Qualitative vs. Quantitative, Experimental vs. Non-Experimental, Ethical Considerations in Psychological Research.	15
II	Research Types, Hypothesis and Variables : Descriptive, Correlational, Experimental, Longitudinal, and Cross-sectional. Steps of Research Formulation. Hypothesis Formulation and Testing. Variables: Types and Control Methods, Sampling Techniques: Probability and Non-probability Sampling	15
III	Data Collection Methods in Psychology -Observation methods (Naturalistic, Structured), Surveys and Questionnaires, Interviews (Structured, Semi-structured, Unstructured), Tests and Scales- Basic Concept.	15
IV	Data Analysis and Interpretation -Descriptive Statistics (Mean, Median, Mode, Standard Deviation), Inferential Statistics (t-test, ANOVA, Correlation)	15

Suggested Reading:

1. Garrett, H. E., & Woodworth, R. S. (2006). Statistics in psychology and education (6th ed.). Paragon International Publishers.
2. Mangal, S. K. (2007). Statistics in psychology and education (2nd ed.). PHI Learning Pvt. Ltd.
3. Kaplan, R. M., & Saccuzzo, D. P. (2017). Psychological Testing: Principles, Applications, and Issues (9th ed.). Cengage Learning.
4. मंगल, एस. के. (2012). मनोविज्ञानमेंआंकड़ेऔरमूल्यांकन,पीएचआईलर्निंग,नईदिल्ली।
5. सिंह, अजयकुमार (2018). मनोवैज्ञानिकपरीक्षणएवंसांख्यिकी,भावनाप्रकाशन,पटना

Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, e-pathshala-<https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egyanakosh.ac.in, MOOCs

Semester- VI

Bachelors Degree in Psychology

GENERAL ELECTIVE (GE) – Cyber Psychology

Programme- Bachelors Degree in Psychology	Year: 3	Semester: 6
Course Code- PSY-GE-604-T	Course Title- Cyber Psychology	
Credits:04	Paper: GE	
Max Marks 25+75=100	Min Passing Marks 08+25=33	

Learning Outcomes:

After studying this course, the student will be able to-

- To understand the foundational concept of cyber psychology.
- Exploring how digital environment influence human thought and behavior
- Learner will evaluate psychological impact of excessive digital technology, uses, including internet addiction in cognitive overload.
- To examine the ethical and legal concern surrounding privacy and digital wellbeing

Unit	Topics	No. of Lectures
I	Introduction to Cyber Psychology- Definition and Scope ,What is Cyber Psychology?, Evolution of the field ,Importance in the digital age, Psychology, Sociology, Media Studies, Human-Computer Interaction, Online behavior ,Internet addiction ,Online identity and anonymity.	15
II	Online Identity and Social Behavior- Self and Identity in the Digital Space, Online vs. offline identity, Social Media Psychology, Impact on self-esteem and body image, Social comparison and validation, Online Communication ,Cyberbullying and trolling, Relationships and social connections online, Privacy and Self-Disclosure ,Oversharing and digital footprints	15
III	Psychological Effects of Digital Technology- Internet Addiction and Gaming Disorders- Symptoms, causes, and interventions, Attention, Cognition, and Multitasking, Impact on memory and attention span ,Mental Health Implications, Anxiety, depression, FOMO, Tech burnout and sleep disturbances, Virtual Reality and Psychological Immersion, Therapeutic uses and potential risks.	15

IV	Ethical, Legal, and Future Perspectives- Cyber Ethics and Digital Citizenship, Responsible use of technology, Online etiquette and behavior, Legal Aspects, Cyber laws, data protection, and privacy rights, Artificial Intelligence and Psychology, Future Trends in Cyber Psychology, Emerging technologies., Preparing for digital resilience.	15
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Suggested Reading:

- 1- Sahay, S. (2019). Cyber psychology: Behavioral interactions in the digital world. SAGE Publications India.2.
- 2- Mehrotra, S. (2016). Cyber space and psychology: Understanding digital behavior. Atlantic Publishers.
- 3- Sharma, R. K. (2020). Cyber psychology and mental health: The Indian perspective. Concept Publishing Company.
- 4- Goyal, A., & Singh, R. (2018). Digital psychology: An Indian narrative. PHI Learning
- 5- Chauhan, N. S. (2017). Psychology of internet behavior in Indian youth. New Delhi: APH Publishing.

Suggested Continuous Evaluation Methods: Formative assessment can and should be used extensively. Oral presentations, peer interviews, and group tasks can be used for this purpose.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in,e-pathshala-
<https://epgp.inflibnet.ac.in>, NPTEL- <https://onlinecourses.nptel.ac.in> , egyankosh.ac.in, MOOCS

Semester- VI
Bachelors Degree in Psychology

RESEARCH PROJECT

Programme- Bachelors Degree in Psychology	Year: 3	Semester: 6
Course Code:PSY-605-P	Course Title: Research Project	
Credit: 04	Paper: Project	
Max Marks 25+75=100	Min Passing Marks 40%	

Learning Outcomes:

- To develop scientific understanding of Research in Psychology.
- Understand basic concepts of Research Methodology and Develop a stronger view towards research

	Guidelines for work plan	credits
	Choose relevant topic from different areas of Psychology 1. Project: A small scale empirical or theoretical study based on primary or secondary data	4