

## SEMESTER WISE COURSES FOR B.A./ B.Sc. (HONOURS)

### Semester 1

#### CC- 1: INTRODUCTION TO PSYCHOLOGY

- Introduction to the basic concept of psychology and its fields
- Psychology in modern India
- Core essentials in psychology regarding learning, perception and memory
- Introduction to the practicum in the field of psychology

#### CC-2: STATISTICALMETHODS FOR PSYCHOLOGICAL RESEARCH-I

- Introduction to the statistical methods used in the field of psychology
- The importance of statistics in psychological research
- Scales of measurement, variables and constants
- Introduction to descriptive and inferential statistics

### Semester 2

#### CC-3: BIOPSYCHOLOGY

- To develop an understanding about the biological basis of human behaviour
- Introduction to biopsychology and its implications
- To understand the relationship between the human body systems and behaviour and cognition

#### CC-4: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES

- To develop an understanding of basic individualistic psychological concepts
- To establish the concept of individualistic differences
- Promoting self-reflection as well as understanding of others

### Semester 3

#### CC-5: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT

- A basic introduction to the development of the discipline from the Indian as well as the western perspective
- Establish the concept of contemporary psychology and its issues and debates

#### CC-6: PSYCHOLOGICAL RESEARCH

- To introduce the basic concept and goals of psychological research and research traditions
- Compare the quantitative and qualitative methods of psychological research
- To educate the students about the basic process and methods of research

#### CC-7: SOCIAL PSYCHOLOGY

- To develop an understanding of the relationship between humans and the social world
- To understand the realm of the social world and its implications in human life
- To study the various concepts that come through social interaction

#### **Semester 4**

#### CC-8: UNDERSTANDING PSYCHOLOGICAL DISORDERS

- Explain the concept of abnormality and normality
- Provide an overview of the symptoms and etiology of various psychological disorders

#### CC-9: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II

- Give an introduction to inferential statistics and hypothesis testing
- Provide information about the software of SPSS

#### CC-10: APPLIED SOCIAL PSYCHOLOGY

- To give a basic introduction to various social problems and their interventions
- Applications of social psychology in various settings

#### **Semester 5**

#### CC-11: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDER

- To provide basic etiological understanding of various psychological disorders
- To give a basic understanding of different interventions used in psychological disorders

#### CC-12: DEVELOPMENTAL PSYCHOLOGY

- To introduce the concept of human development across the life span
- To impart knowledge regarding the different stages of life span development through various domains

## **Semester 6**

### **CC-13: ORGANIZATIONAL BEHAVIOUR**

- To develop awareness regarding the field of organizational psychology
- To introduce the different concepts and practices involved in organizational psychology

### **CC-14: COUNSELLING PSYCHOLOGY**

- To develop an understanding of basic concepts, processes, and techniques of Counselling.
- To provide knowledge regarding counselling in different settings

### **ELECTIVE: DISCIPLINE SPECIFIC DSE**

**[2 in Semester V (One from A & one from B) and 2 in Semester VI(One from A & one from B)]:**

#### **DSE-A -01: POSITIVE PSYCHOLOGY**

- To understand the basic concept, processes and approaches of Positive psychology
- To impart knowledge regarding its various applications in different domains

#### **DSE-A -02: HUMAN RESOURCE MANAGEMENT**

- To introduce the concept of Human Resource Management and its various processes and issues
- To give knowledge regarding HRM in the global context (IHRM)

#### **DSE-B -03: HEALTH PSYCHOLOGY**

- Introduction to health psychology and its characteristics
- To understand the various components of health and health behaviour

#### **DSE-B -04: COMMUNITY PSYCHOLOGY**

- To help understand the relationship between individuals and communities
- Introduction to community psychology with focus on its core values and community health promotion

### **DSE-A- 05: CULTURAL AND INDIGENOUS PSYCHOLOGY**

- To make understand the psychology behind cultural processes
- To explore psychological insights in the Indian thought traditions

### **DSE-B -06: PSYCHOLOGICAL PERSPECTIVES IN EDUCATION**

- To understand of the interface between education and psychology
- To appreciate the various issues and challenges that emerge with reference to the application of psychological ideas and theories in the discipline of education
- To enable learners to deal with various problems and issues related to student diversity in a classroom

### **SKILL ENHANCEMENT ELECTIVE (SEC) (SKILL BASED) (1 IN SEM III AND 1 IN SEM IV)**

#### **SEC-A-01: BEHAVIOUR MODIFICATION**

- To understand the concept and techniques of behaviour modification and its applications in different settings

#### **SEC-A-01: COMMUNICATION**

- To understand communication and its different facets in different contexts

#### **SEC-B-02: EMOTIONAL INTELLIGENCE**

- To understand the concept of emotional intelligence
- To introduce different techniques and applications related to emotional intelligence

#### **SEC-B -02: STRESS MANAGEMENT**

- Introduction to stress and its sources
- To study the relationship between stress and health and how stress can be managed

## **SEMESTER WISE COURSES FOR B.A/B.SC (GENERAL)**

### **SEMESTER 1 CC-1: Foundations of Psychology**

- To understand the basic concepts about psychology and their applications

### **SEMESTER 2 CC-2: Introduction to Social Psychology**

- To understand the basics of social psychology
- To understand the various individual processes in the social context

### **SEMESTER 3 CC-3: Psychological Disorders**

- To help understand the basic concepts and theoretical perspectives of different psychological disorders
- To help understand the different intervention techniques used in the treatment of these psychological disorders

### **SEMESTER 4 CC-4: Statistical Methods and Psychological Research**

- To introduce various scales of measurement and graphical representation
- To introduce basic statistical methods, psychological testing and qualitative method and their uses.

### **ELECTIVE: DISCIPLINE SPECIFIC DSE (ANY 2) (one in SEM V from Group A and one in Sem VI from Group B)**

#### **DSE- 1A: LIFE SPAN DEVELOPMENT**

- To understand how human life unfolds from conception to late adulthood
- To understand the relationship between theory and applications within each domain of development.

#### **DSE-1A: HEALTH AND WELL-BEING**

- To develop an understanding of health and how to maintain health and wellbeing.
- To introduce health psychology as a field and its various applications

## **DSE-1B: INDUSTRIAL/ ORGANIZATIONAL PSYCHOLOGY**

- To understand the basic concepts of Industrial psychology
- To introduce work related concepts of psychology at the workplace

## **DSE-1B: COUNSELLING PSYCHOLOGY**

- To develop an understanding of basic concepts, processes, techniques of Counselling
- To introduce the different approaches and applications of Counselling

## **SKILL ENHANCEMENT ELECTIVE COURSE (SEC) (SKILL BASED) (one in Sem III/ V from Group A and one in Sem IV/VI from Group B)**

### **SEC 1A: MANAGING STRESS**

- To understand the nature, symptoms and sources of stress
- To learn about different ways of coping with stress

### **SEC 1A: APPLICATIONS OF SOCIAL PSYCHOLOGY**

- To understand the importance of applied social psychology
- To learn about the different applications of applied social psychology

### **SEC 1B: MANAGING HUMAN RESOURCES**

- To understand the main concept of human resource management
- To learn about different human resource practices

### **SEC 1B: DEVELOPING EMOTIONAL COMPETENCE**

- Introduction to emotions and its importance
- Understanding emotional competency and its importance