



Department of Psychology (PS) Curriculum
for 3-Years B.Sc.

First Semester

S. No	Course Code	Course Title	Contact Hrs. / Week			Credit
			L	T	P	
THEORY						
1	TIU-UEN-T101	Career Advancement & Skill Development - I Communication Skill	2	0	0	2
2	TIU-UPS-T101	Introduction To Psychology	4	0	2	6
3	TIU-UPS-T102	Basic Psychological Processes	4	0	2	6
4	TIU-UPS-GE1	Generic Elective-I	4	0	0	4
SESSIONAL						
1	TIU-UES-S299	Entrepreneurship Skill Development	0	0	2	2
TOTAL CREDIT						20

General Elective						
1	TIU-UPS-GE*	English	4	0	0	4
2	TIU-UPS-GE*	Mathematics	4	0	0	4
3	TIU-UPS-GE*	Computer Science	4	0	0	4



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Department of Psychology (PS) Curriculum
for 3-Years B.Sc.
Second Semester

S. No	Course Code	Course Title	Contact Hrs. / Week			Credit
			L	T	P	
THEORY						
1	TIU-UEN-T100	Career Advancement & Skill Development - II Communication Skill	2	0	0	2
2	TIU-UPS-T103	Quantification In Psychology	4	0	2	6
3	TIU-UPS-T104	Biological Foundation Of Behaviour	4	0	2	6
4	TIU-UPS-GE2	Generic Elective-II	4	0	0	4
SESSIONAL						
1	TIU-UPS-S299	Entrepreneurship Skill Development	0	0	2	2
TOTAL CREDIT						20

Approved By:
External Expert

VC

Registrar

Dean of Academics

Mentor of the Dept.

HOD



Department of Psychology (PS) Curriculum
for 3-Years B.Sc.
Third Semester

S. No	Course Code	Course Title	Contact Hrs. / Week			Credit
			L	T	P	
THEORY						
1	TIU-UEN-T20#	Career Advancement & Skill Development-III-Organizational Behaviour	2	0	0	2
2	TIU-UPS-T201	Psychometry	4	0	2	6
3	TIU-UPS-T202	Methodology	4	0	2	6
4	TIU-UPS-T203	Assessment	4	0	2	6
5	TIU-UPS-GE3	Generic Elective-III	4	0	0	4
SESSIONAL						
1	TIU-UES-S399	Entrepreneurship Skill Development	0	0	3	2
TOTAL CREDIT						26

Approved By:
External Expert

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Department of Psychology (PS)
Curriculum for 3-Years B.Sc.
Fourth Semester

S. No	Course Code	Course Title	Contact Hrs. / Week			Credit
			L	T	P	
THEORY						
1	TIU-UTR-T200	Career Advancement & Skill Development	2	0	0	2
2	TIU-UPS-T204	Developmental Psychology	4	0	2	6
3	TIU-UPS-T205	Educational Psychology	4	0	2	6
4	TIU-UPS-T206	Personality	4	0	2	6
5	TIU-UPS-GE4	Generic Elective-IV	4	0	0	4
SESSIONAL						
1	TIU-UES-S399	Entrepreneurship Skill Development	0	0	3	2
TOTAL CREDIT						26

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External Expert

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Department of Psychology (PS)
Curriculum for 3-Years B.Sc.
Fifth Semester

	Course Code	Course Title	Contact Hrs. / Week			Credit
			L	T	P	
THEORY						
1	TIU-UTR-T301	Career Advancement & Skill Development	2	0	0	2
2	TIU-UPS-T301	Social Psychology	4	0	2	6
3	TIU-UPS-T302	Neurophysiological Aspects	4	0	2	6
4	TIU-UPS-DE1	Discipline Specific Elective-I	4	0	0	4
5	TIU-UPS-DE2	Discipline Specific Elective-II	4	0	0	4
SESSIONAL						
1	TIU-UES-S399	Entrepreneurship Skill Development	0	0	3	2
TOTAL CREDIT						24

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External Expert

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Department of Psychology (PS) Curriculum
for 3-Years B.Sc.
Sixth Semester

S. No	Course Code	Course Title	Contact Hrs. / Week			Credit
			L	T	P	
THEORY						
1	TIU-UEN-T300	Career Advancement & Skill Development	2	0	0	2
2	TIU-UPS-T303	Understanding And Dealing With	4	0	2	6
3	TIU-UPS-T304	Industrial Psychology	4	0	2	6
4	TIU-UPS-DE3	Discipline Specific Elective-III	4	0	0	4
5	TIU-UPS-DE4	Discipline Specific Elective-IV	4	0	0	2
TOTAL CREDIT						20

Approved By:

External Expert

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PSYCHOLOGY SYLLABUS – HONOURS COURSE

CORE COURSES (CC)

SEMESTER- I

INTRODUCTION TO PSYCHOLOGY (TIU-UPS-T101)

THEORY: CREDITS-4

1. Introduction – Definition, Nature, Scope, Methods and Branches of Psychology, Schools of Psychology – Behaviourism, Gestalt and Psychoanalysis.
2. Perceptual Processes:
 - a) Attention process – Determinants of attention, shift, fluctuation, oscillation and distraction, divided and sustained attention, core and context of attention.
 - b) Sensation and Perception; Characteristics of sensation, Attributes of sensation
 - c) Perception: Determinants of Perception, Perception of form, space, depth, movement and time. Optical illusions.
3. Motivation: Definition; Types – Biological and Social; Theories – Concept of Drive, Need, Incentive; Maslow's Need Hierarchy Theory and Mc Clelland's Theory of Motivation.
4. Emotion- Nature, Concept, Theories: James Lange, Cannon-Bard, Schachter – Singer and Cognitive Appraisal.

PRACTICAL: CREDITS-2

Experimental determination of the rate of fluctuation of attention as a function of

- i) Intensity
- ii) Distraction.



BASIC PSYCHOLOGICAL PROCESSES (TIU-UPS-T102)

THEORY: CREDITS-4

1. Thinking and Reasoning: Nature of thinking, Inductive and Deductive Reasoning. Problem solving approaches, decision making
2. Learning: Learning processes, nature and factors of learning; theories: trial and error, conditioning – classical and operant; insight; Social learning theory, transfer of training.
3. Memory: Nature of encoding, storage and retrieval; Span of Memory, STM & LTM,
 4. types of memory, Models of memory – Atkinson and Shiffrin, Craik and Lockhart, Tulving. Autobiographical and Flashbulb Memory, Forgetting curve, causes of forgetting.
 5. Intelligence: Definition, Nature, Classification; Theories – Spearman, Thurstone, Guildford

PRACTICAL: CREDITS-2

1. Experimental determination of the effect of suggestion on the rate of perceptual reversibility using a standard structure.
2. Figures with and without suggestion.



Selected Books (Texts and References):

General and Cognitive Psychology

- Atkinson, R.L., Atkinson, R.C., Smith, E.E., & Hilgard, E.R. : Introduction to Psychology, (Latest Edition).
Harcourt Brace Java Publishers, Tokyo.
- Baron, R.A. : Psychology: The Essential Science. Allyn and Bacon, New York, 1995. Baron,
R. & Misra. G. (2013). Psychology. Pearson.
- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle
Learning, New Delhi.
- Chaplin, J. P. & Krawiec, T. S. (1988). Systems and Theories of Psychology (4th Edition). New York;
Holt, Rinehart and Winston.
- Ciccarelli, S.K. & Meyer, G.E. Psychology, First Edition, Pearson India, 2008. Edition)
Methuen and Co. Ltd. London.
- Feldman, R.S. (2004). Understanding Psychology (6th Edition), New Delhi, Tata Mc. Graw Hill
Publishing Company Limited.
- Galotti. K. (1994) Cognitive Psychology In and Out of the Laboratory (5th edition), Sage Publishing
Guilford, J.P. & Fruchter, B.: Fundamental Statistics in Psychology and Education,
Hall,1990.
- Mangal, S.K. : General Psychology, (Latest Edition) Sterling Publishers Pvt. Ltd., 1998. McGraw Hill
New Delhi, ISE,1988.
- Matlin, M. () Cognitive Psychology, 8th Edition Wiley and sons
- Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (2008). Introduction to psychology (7th edition)
Bombay: Tata-McGraw Hill.
- Munn, N.L., Fernald, L.D., and Ferhald, P.S.: Introduction to Psychology, Third Edition, Oxford IBH
Publishing House Co., Calcutta 1972.
- Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New
Delhi: Tata McGraw-Hill.
- Schultz, D.P. & Schultz, S.E. (2007). History of Psychology (9th Edition, Belmont, USA, Thomson
Wardsworth.
- Woodworth, R.S., & Sheehan, M.R.: Contemporary Schools of Psychology, (Latest edition)



SEMESTER –II

QUANTIFICATION IN PSYCHOLOGY (TIU-UPS-T103)

THEORY: CREDITS-4

- 1) Need for quantification in Psychology, Psychological Research & Statistics; Descriptive and Inferential Statistics; concept of population, sample, statistic and parameter; Measurement Scales – nominal ordinal, interval and ratio.
- 2) Processing of data:
 - i) Tabulation, classification and frequency distribution of data- Constructing a grouped frequency distribution and a cumulative frequency distribution; Computation of Percentiles and Percentile Ranks.
 - ii) Graphic Representation of Data- Basic procedures; The Histogram; The Frequency Polygon; The Bar Diagram; The Cumulative Frequency Graph.
 - iii) Concept, types, uses and computational techniques of the measures of :

Central Tendency- The Mode; the Median; the Mean; Properties and Relative Advantages and Disadvantages of the Mode, the Median and the Mean; Central Tendency Measures in Normal and Skewed Distributions

Dispersion- The Range; The Interquartile and the Semi-Interquartile Range; The Average Deviation; the Variance; the Standard Deviation; Calculation of Standard Deviation from Raw Scores and Grouped Scores; Properties and Comparison of Measures of Variability.
- 3) Variables and Constants; Variables and their classification, major steps in psychological research.
- 4) Psycho-physics – concepts of sensory thresholds; Weber - Fechner Law, classical methods i) constant method ii) gradation method iii) method of average error.

PRACTICAL: CREDITS-2

Experimental determination of the errors in temporal perception

- i. Filled
- ii. unfilled



Selected Books (Texts and References):

Quantification in psychology

Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology. (4th Ed.)* India: Pearson Education, Prentice Hall.

Anastasi, A.: *Psychological Testing*, New York: MacMillan Co. 1990.

Broota, K. D. (1989). *Experimental Designs in Behavioural Research*. New Delhi: Wiley Eastern Limited.

Chadha, N.K. (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi.

Coolican, H. (2006). *Introduction to Research Methodology in Psychology*. London: Hodder Arnold.

Howell, D. (2009) *Statistical methods for Psychology*.

King, B.M. & Minium, E.W, (2007). *Statistical Reasoning in the behavioral Sciences USA*: John Wiley & Sons.

Mangal, S.K. (2012). *Statistics in Psychology & Education*. 2nd Edition. New Delhi: PHI learning Pvt. Ltd.

McGuigan, F.J.: *Experimental Psychology: A Methodological Approach*, Prentice-Hall, 1990.

Mohsin, S.M.: *Research Methods in Behavioral Sciences*, Orient Longman, Calcutta, 1981.

Nunnally, J.C.: *Psychometric Theory*, Tata McGraw Hill, New Delhi, 1981.

Singh, A.K.: *Tests, Measurements and Research Methods In Behavioural Sciences*. Tata McGraw Hill, New Delhi, 1988.

Snodgrass, J.G., Levy-Berger, G. And Haydon, M.: *Human Experimental Psychology*. Oxford University Press, N.Y., 1985.

Woodworth, R.S. & Schlosberg, H.: *Experimental Psychology (Latest Edition)* Primplani, Oxford and MBH Publishing Co. Calcutta.



BIOLOGICAL FOUNDATION OF BEHAVIOUR (TIU-UPS-T104)

THEORY: CREDITS-4

1. The cellular and genetic basis of behaviour.
2. Neuron: Structure and function, Nerve impulse, Synapse and synaptic transmission,
3. Neurotransmitters, Receptors, Effectors.
4. Nervous System
 - a) Central Nervous System – Structure and function of Brain and Spinal Cord.
 - b) Autonomic Nervous System – Structure and function.
 - c) Peripheral nervous system – Structure and neural control of behaviour.

PRACTICAL: CREDITS-2

- 1) Determination of the effect of variation of task performing attentive states emotional Expressions
- 2) Experimental determination of the errors in temporal perception- nature of stimulus

Selected Books (Texts and References):

Physiological Psychology

- Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.**
- Carlson, N.: Physiology of Behaviour, Allyn and Bacon, 2000.**
- Garrett, B. : Brain and Behavior, Sage Publications, 2008.**
- Grossman, S.P.: A Text Book of Physiological Psychology, John Wiley and Sons Inc. Guyton, Arthur C. & Hall, John E.: Textbook of Medical Psychology, (Ninth Edition) New York, 1967.**
- Levinthal, C. F. (1983). *Introduction to Physiological Psychology*. New Delhi: PHI.**
- Pinel, J. P. J. (2011) Biopsychology, 8th Edition. Pearson Education, New Delhi.**
- Rozenweig, M. H. (1989). *Physiological Psychology*. New York: Random Schneider, A.M. and Tarshis, B.: Physiological Psychology, Random House, New York, 1975.**
- Woodworth, R.S. & Schlosberg, H.: Experimental Psychology (Latest Edition) Pramlani, Oxford and MBH Publishing Co. Calcutta.**



SEMESTER-III

PSYCHOMETRY (TIU-UPS-T201)

THEORY: CREDITS-4

1. Normal probability curve: Properties and applications. Divergence from Normality (Skewness and Kurtosis).
2. Introduction to correlation: Meaning of bivariate distribution; Product moment, Rank difference, Biserial, Point biserial, Tetrachoric, Phi coefficient, Contingency coefficient – Computation and use.
3. Concept of parametric and non-parametric statistics. Experimental hypothesis (null and alternative), null hypothesis and its testing. Concept of degrees of freedom, level of significance, one tail, two tail test, type I and type II errors. Concept of standard error.
4. Statistical inference – concepts and steps involved in drawing a statistical inference. Computation and use of t-test and chi square test.

PRACTICAL: CREDITS-2

- 1) Computation & Interpretation-Correlation of Product moment & Rank difference
- 2) Find out the difference between Means by using t- test & Chi-Square

METHODOLOGY (TIU-UPS-T202)

THEORY: CREDITS-4

1. Research Problem and hypothesis: Characteristics of problems, definitions, sources and criteria of good hypothesis, hypothesis and theory.
2. a) Experimental methods and field study.
b) Design of experiments- i) controlling subject, situation and sequence related variable, ii) single group and separate group designs iii) quasi experimental design and time series.
3. Development and Standardisation of Psychological Test: Concept of Item Analysis; Reliability; Validity and Norms
4. Concept of sampling. Sampling methods (probability and nonprobability) Application of computer in different fields of Psychology.

PRACTICAL: CREDITS-2

Determination of the two point tactual thresholds by appropriate psycho-physical methods

- i. Gradation
- ii. Constant



Selected Books (Texts and References):

Research Methodology and Psychometry

Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology. (4thEd.)* India: Pearson Education, Prentice Hall.

Anastasi, A.: Psychological Testing, New York: MacMillan Co. 1990.

Broota, K. D. (1989). Experimental Designs in Behavioural Research. New Delhi: Wiley Eastern Limited.

Chadha, N.K. (1991) Statistics for Behavioral and Social Sciences. Reliance Pub. House: New Delhi.

Coolican, H. (2006). Introduction to Research Methodology in Psychology. London: Hodder Arnold.

Howell, D. (2009) *Statistical methods for Psychology.*

King, B.M. & Minium, E.W, (2007). Statistical Reasoning in the behavioral Sciences USA: John Wiley & Sons.

Mangal, S.K. (2012). Statistics in Psychology & Education. 2nd Edition. New Delhi: PHI learning Pvt. Ltd.

McGuigan, F.J.: Experimental Psychology: A Methodological Approach, Prentice-Hall,1990.

Mohsin, S.M.: Research Methods in Behavioral Sciences, Orient Longman, Calcutta, 1981.

Nunnally, J.C.: Psychometric Theory, Tata McGraw Hill, New Delhi,1981.

Singh,A.K.: Tests, Measurements and Research Methods In Behavioural Sciences. Tata McGraw Hill, New Delhi, 1988.

Siegal, S. (1956). *Nonparametric Statistics.* NY: McGraw Hill

Snodgrass, J.G., Levy-Berger,G. And Haydon, M.: Human Experimental Psychology. Oxford University Press, N.Y., 1985.

Woodworth, R.S. & Schlosberg, H.: Experimental Psychology (Latest Edition) Primlani, Oxford and MBH Publishing Co. Calcutta.



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ASSESSMENT (TIU-UPS-T203)

THEORY: CREDITS-4

1. Aptitude and concept of Achievement
2. Interest
3. Personality
4. Intelligence

PRACTICAL: CREDITS-2

1. Determine the verbal Reasoning and Numerical Ability of your subject using a suitable Aptitude test battery.
2. Determine Intelligence of your subject using a suitable test (SPM).

Selected Books (Texts and References):

Mangal, S.K. (2012). Statistics in Psychology & Education. 2nd Edition. New Delhi: PHI learning Pvt. Ltd

Singh, A.K.: Tests, Measurements and Research Methods In Behavioural Sciences. Tata McGraw Hill, New Delhi, 1988.



SEMESTER-IV

DEVELOPMENTAL PSYCHOLOGY (TIU-UPS-T204)

THEORY: CREDITS-4

1. Introduction to life-span perspective: Nature, issues and theoretical perspectives; Life-span development in the Indian context; methods and designs. Concept and definition of development, role of genetics and environmental factors in development and influence of cultural factors and socialization.
2. Periods of Life Span Development
 - a) Prenatal development
 - b) Birth and Infancy
 - c) Childhood
 - d) Adolescence
 - e) Adulthood
 - f) Old age
3. Domains of Human Development
 - a) Cognitive development: perspectives of Piaget
 - b) Language development
 - c) Physical development
 - d) Emotional development
 - e) Moral development
 - f) Personality development
4. Socio-Cultural Contexts for Human Development
 - a) Family b) Peers, Media & Schooling c) Human Development in the Indian context

PRACTICAL: CREDITS-2

Determination of DL using kinaesthetic sense modality using appropriate psycho-physical methods and Verification of Weber's law.

- i. Gradation
- ii. Constant



Selected Books (Texts and References):

Human Development

- Berk, L.E.: *Child Development*, Allyn and Bacon. Boston, 1989.
- Heatherington, E.B., & Parke, R.D.: *Child Psychology*, McGraw Hill New York, 1986. Hurlock E.B.: *Developmental Psychology: A Life-Span Approach*. TMH Edition, 1985. New Delhi, 1994.
- Mitchell, P. and Ziegler, F. (2007). *Fundamentals of development: The Psychology of Childhood*. New York: Psychology Press.
- Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human development (9th Ed.)*. New Delhi: McGraw Hill.
- Santrock, J. W. (2011). *Child Development (13th Ed.)*. New Delhi: McGraw Hill. Santrock, J.W. (2012). *Life Span Development (13th ed)* New Delhi: McGraw Hill. Saraswathi, T.S. (2003). *Cross-cultural perspectives in Human Development: Theory, Research and Applications*. New Delhi: Sage Publications.
- Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi. Woodworth, R.S. & Schlosberg, H.: *Experimental Psychology (Latest Edition)* Primlani, Oxford and MBH Publishing Co. Calcutta.



EDUCATIONAL PSYCHOLOGY (TIU-UPS-T205)

THEORY: CREDITS-4

1. Introduction to Educational Psychology –Definition, Nature, scope & relevance of Educational Psychology, relation between Psychology and education
2. Understanding exceptional children- classification, characteristics, Conceptualizing Exceptionality: Categorization, Labelling and its educational implications
3. Education of different classes of exceptional children- Gifted, Mentally Retarded and Delinquent (identification, problem, causes, education)
4. Effective Teaching and Classroom Management a. Characteristics of Effective Teachers Teaching Methods & Issues related to Technological Advances c. Classroom Management; Responsibilities of Teachers towards learners with Special Needs

PRACTICAL: CREDITS-2

1. Determination of the effect of
 - a) Whole vs. part learning
 - b) Unspaced vs. spaced learning

Selected Books (Texts and References):

Educational Psychology

Chauhan, S.S.: Advanced Educational Psychology, Vikas Publishing House (P) Ltd., New Delhi, 1987.

Woolfolk, A. (2004). Educational Psychology, (9th Edition). Boston, Pearson.

Woodworth, R.S. & Schlosberg, H.: Experimental Psychology (Latest Edition) Primplani, Oxford and MBH Publishing Co. Calcutta.



PERSONALITY (TIU-UPS-T206)

THEORY: CREDITS-4

1. Definition, Nature, Factors influencing personality; Biological foundations of personality; Culture, gender and personality
2. Trait and type- Eysenck, Cattell and Allport
3. Perspectives on personality: Psychodynamic- Freud, Jung, Erickson
4. Phenomenological humanistic- Rogers and Maslow

PRACTICAL: CREDITS-2

1. Determination of the effect of

- a) Proactive Inhibition
- b) Retroactive Inhibition on memorization

Selected Books (Texts and References):

Feist, J. & Feist, G. (2013) Theories of Personality Mc Graw Hill Higher Education. Hall,

Lindzey and Campbell (2007), Theories of Personality, Tata Mc Graw Hill Zigler, E. (1982)

Theories of Personality Mc Graw Hill

Woodworth, R.S. & Schlosberg, H.: Experimental Psychology (Latest Edition) Primplani, Oxford and MBH Publishing Co. Calcutta.



SEMESTER-V

SOCIAL PSYCHOLOGY (TIU-UPS-T301)

THEORY: CREDITS-4

1. Definition, nature, and scope; Introduction- Brief history of social psychology (special emphasis on India), Scope of social psychology, levels of social behavior, approaches towards understanding social behaviour methods of Social Psychology
2. Attitude: Definition, Formation of Attitude, Theories, measurement, Change of attitude, Difference between Attitude and belief, Balance Theory, Cognitive Dissonance.
3. Group: Definition, Classification of Groups, group structure and function. Conformity, Compliance.
Leadership – Definition, classification and function, leadership and morale, crowd and mob behavior.
4. Stereotype, Prejudice, and discrimination; Concept and Origin, measurement, reduction of Prejudice. Social Issues: Public Opinion & Propaganda.

PRACTICAL: CREDITS-2

1. To determine the effect of group influence on problem solving.
2. To determine the cohesiveness of a small group by sociometric method.

Selected Books (Texts and References):

Social Psychology

- Baron, R.A., Byrne, D. & Bhardwaj, G (2010). *Social Psychology (12th Ed)*. New Delhi: Pearson.
- Chadha, N.K. (2012). *Social Psychology*. MacMillan: New Delhi
- Deaux, K & Wrightsman, L. (2001). *Social Psychology*. California: Cole Publishing Kassin, S., Fein, S., & Markus, H.R. (2008). *Social psychology*. New York: Houghton Mifflin.
- Kimble, C.E.: *Social Psychology: Studying Human Interaction*. C. Brown Publishers, N.Y. 1990.
- Krech, D. & Crutchfield, R.S.: *Theory and Problems of Social Psychology*. McGraw Hill, N.Y. 1961.
- Lindgren, H.C.: *An Introduction to Social Psychology*. Second Edition. John Wiley and Sons, N.Y. 1973.
- Lindzey, G. & Aronson, E.: *Handbook of Social Psychology*. Amerind Publishing Company, New Delhi, 1975, Vol III and IV (Selected Chapters).
- Misra, G. (2009). *Psychology in India, Volume 4: Theoretical and Methodological Developments (ICSSR survey of advances in research)*. New Delhi: Pearson.
- Myers, D.G. (2008). *Social psychology* New Delhi: Tata McGraw-Hill.
- Sears, D.C., Peplau, I.A., Freedom, J.L., & Taylor, S.E. : *Social Psychology*. Prentice Hall International Inc., New Delhi, 1988.
- Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). *Social Psychology (12th Ed)*. New Delhi: Pearson.



NEUROPHYSIOLOGICAL ASPECTS (TIU-UPS-T302)

THEORY: CREDITS-4

1. Motivation: Concept of homeostasis, Physiological basis of Hunger (central and peripheral theories), Thirst, Sleep.
2. Emotional behaviour: Physiological correlates of emotion: The role of cortex in emotion. Limbic System, Emotion and endocrine gland.
3. Neurophysiology of Learning and Memory. Role of synaptic facilitation and inhibition on STM and LTM. Long – term potentiation, Consolidation of Memory.
4. Endocrine System: Structure, functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal.

PRACTICAL: CREDITS-2

1. Determination of the effect of set on simple reaction time by variation of a) instruction b) fore-period.
2. Determination of complex reaction time: a) discriminative and b) choice reaction time.

Selected Books (Texts and References):

Physiological Psychology

- Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.**
- Carlson, N.: Physiology of Behaviour, Allyn and Bacon, 2000.**
- Garrett, B. : Brain and Behavior, Sage Publications, 2008.**
- Grossman, S.P.: A Text Book of Physiological Psychology, John Wiley and Sons Inc. Guyton, Arthur C. & Hall, John E.: Textbook of Medical Psychology, (Ninth Edition) New York, 1967.**
- Levinthal, C. F. (1983). *Introduction to Physiological Psychology*. New Delhi: PHI. Pinel, J. P. J. (2011) Biopsychology, 8th Edition. Pearson Education, New Delhi.**
- Rozenweig, M. H. (1989). *Physiological Psychology*. New York: Random Schneider, A.M. and Tarshis, B.: Physiological Psychology, Random House, New York, 1975.**
- Woodworth, R.S. & Schlosberg, H.: Experimental Psychology (Latest Edition) Primplani, Oxford and MBH Publishing Co. Calcutta.**



SEMESTER-VI

UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS (TIU-UPS-T303)

THEORY: CREDITS-4

1. Concepts of normality, abnormality and psychopathology. Determinants of Abnormal Behaviour- a) biological b) Psychological c) Socio-cultural; Methods of studying abnormal behaviour- clinical, observation, case history, interview, psychological tests and projective tests
2. Signs, Symptoms and Etiology of
 - a) Anxiety disorder – Generalized anxiety disorder, phobia and obsessive compulsive disorder, Post Traumatic Stress Disorder, Panic disorder with and without Agoraphobia
 - b) Mood disorders – Major Depressive Disorder and Bipolar disorders and Dysthymia.
 - c) Schizophrenia – Paranoid, Disorganized, Catatonic, Undifferentiated, Residual.
3. Signs, Symptoms and Etiology of
 - a) Developmental disorders- mental retardation, autism, ADHD, learning disability
 - b) Substance abuse related disorder- alcohol, drug (cannabis, marijuana)
4. Therapeutic aspects- behaviour therapy, cognitive behaviour therapy and psychodynamic therapy

PRACTICAL: CREDITS-2

1. Personality testing – Eysenck Personality Questionnaire.
2. Determination of levels of anxiety using any suitable test (Indian adaptation)

Selected Books (Texts and References):

Psychopathology

- Barlow D.H. and Durand V.M. (2005). **Abnormal Psychology: An Integrated Approach (4th Ed.)**.Wadsworth: New York.
- Brewer,K. (2001). **Clinical Psychology**. Oxford : Heinemann Educational Publishers
- Buss,A.H.: **Psychopathology**, N.Y. John Wiley,1999.
- Carson, R.C., Butcher,J.N.,Mineka,S.& Hooley,J.M. (2008). **Abnormal Psychology**. New Delhi: Pearson.
- Coleman, J.C.: **Abnormal Psychology and Modern Life**. Taraporevala Sons and Co. Pvt. Ltd. (Latest edition by Carson and Butcher.)
- Gelder, N.G. et al. **Textbook of Psychiatry**, Oxford University Press, 1984.
- Kearney, C. A. & Trull, T. J. (2012). **Abnormal Psychology and Life: A dimensional approach**. New Delhi : Cengage learning.
- Kolb, D.C. : **Modern Clinical Psychiatry**, W.B. Sanders Co., London, 1973.
- Kring,A.M.,Johnson,S.L.,Davison G.C. & Neale J.M. (2010). **Abnormal Psychology (11th Ed.)**.NY: John Wiley.
- Lamm, A.: **Introduction to Psychopathology**, N.Y.: Sage, 1997.
- Mohanty,G.: **Textbook of Abnormal Psychology**, Kalyani Publishers, New Delhi, 1985.
- Sanmugam, T.G.: **Abnormal Psychology**. Tata McGraw Hill Co., New Delhi, 1983.



INDUSTRIAL PSYCHOLOGY (TIU-UPS-T304)

THEORY: CREDITS-4

1. Introduction: Concept and brief history of Industrial Psychology, theories
2. Personnel selection - Basis and Methods of Selection, Job Analysis - methods, measurement and uses. Personnel Evaluation, Its meaning and Different Methods.
3. Work Motivation, Job Satisfaction ; Working conditions
 - (a) Physical (illumination, noise, colour, temperature, humidity and pollution).
 - (b) Temporal (work schedule, shift work and rest period).
 - (c) Psychological (boredom, fatigue and monotony) condition at work.
4. Organization Climate and Its Impact on Work, Industrial Conflict and its Reduction, Accident-Causes and prevention

PRACTICAL: CREDITS-2

Ergographic determination of nature and amount of work and fatigue and the conditions of:

- (a) varying rhythm
- (b) varying load.

Selected Books (Texts and References):

Industrial Psychology

- Aswathappa, K. (2007) *Organizational Behavior (5th Edition)*. Mumbai, Himalaya Publishing House.
- Blum, N.L., & Naylor, J.C.: *Industrial Psychology – its theoretical and social foundation*; Harper International Editon. Tokyo Harper & Row, 1968.
- Chatterjee, N.R.: *Psychology in Industry*, New Delhi. University of Delhi, 1967.
- Ghosh, P.K. & Ghorpade, M.B.: *Industrial Psychology, (Latest Edition)* Himalaya Publishing Bombay.
- Greenberg, J. & Baron, R.A. (2007). *Behaviour in Organizations (9th Ed.)*. India: Dorling Kindersley.
- Harrell, T.W.: *Industrial Psychology. Indian Edition*. Oxford and IBH. Calcutta, 1964. Kumar, A.: *Organizational Behaviour*. Anmol Publication, 2000.
- Landy, F.J. & Conte, J.M. (2007) *Work in the 21st Century: An Introduction to Industrial and Organizational Psychology*. New York : Wiley Blackwell.
- Luthans, F. (2002). *Organizational Behavior (9th Edition)*. USA, Tata McGraw Hill. McCormick, E.J. & Ilgen, D.: *Industrial Psychology*. Prentice-Hall India Pvt. Ltd., New Delhi, 1984.
- Mohanty, G. : *Textbook of Industrial and Organizational Psychology*, Oxford and IBH publishing Co. New Delhi, 1988.
- Prakash, A. (2011). *Organizational behavior in India: An indigenous perspective*. In G. Misra (Ed.), *Handbook of Psychology*. New Delhi: Oxford University Press. Robbins, S. P. & Judge, T.A. (2007) *Organizational Behavior (12th Ed)*. New Delhi: Prentice Hall of India.



DISCIPLINE SPECIFIC ELECTIVE (DSE)

SEMESTER-V

DSE1- Anyone from the following

HEALTH PSYCHOLOGY

Objective: To understand the relationship between psychological factors and physical health and learn how to enhance well-being.

THEORY: CREDITS-4

1. Introduction: Introduction to Health Psychology; relationship with psychology, goals of health psychology.
2. Mind-body relationship; Bio-psychosocial model of health, components of health: social, emotional, cognitive and physical aspects; Characteristics of health behavior; Barriers to health behavior; Theories of health behavior and their implications.
3. Health Management: Health-enhancing behaviors: Exercise, Nutrition, safety, managing and controlling pain. Health Protective behaviors, Illness Management.
4. Health Damaging behaviors- sedentary lifestyle, smoking, drinking and other damaging behaviors
5. Concept of adjustment- mental health, mental hygiene, criteria and factors of adjustment, frustration and conflict

PRACTICAL: CREDITS-2

1. Administration of General Health Questionnaire
2. Administration of Symptom Check List-90

Readings:

Allen, F. (2011). Health psychology and behaviour. Tata McGraw Hill Edition. Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling Kindersley.
Misra, G. (1999). Stress and Health. New Delhi: Concept.
Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions (4th Ed.). NY: Wiley.
Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.

OR



ORGANIZATIONAL BEHAVIOUR

Objectives: To develop an awareness of the concepts related to organizational behaviour. And help the students develop connectivity between concepts and practices of organizations.

THEORY: CREDITS-4

1. Introduction- Concept of OB, Historical antecedents of Organizational Behaviour; Contemporary Trends and Challenges; Organizational Behavior: Challenges in the Indian Setting
2. Individual level processes
 - a) Employee attitudes: Job satisfaction, Organizational Commitment, job involvement
 - b) Work Motivation
 - i) Early theories: Maslow, McClelland, Two factor
 - ii) Contemporary theories: Goal setting, Equity, Expectancy
3. Communication in Organizations- Communication process, purpose of communication in organizations, communication networks, barriers to effective communication, managing communication
4. Leadership and Personality factors
 - a. Types, Basic approaches: Trait theories, Behavioral theories, Contingency theories
 - b. Contemporary Issues: Inspirational approaches to leadership, Contemporary leadership roles, Challenges to the leadership construct
 - c. Personality factors related to organizational behaviour

PRACTICAL: CREDITS-2

1. Ergographic determination of nature and amount of work and fatigue and the conditions of: varying rest pause.
2. NEO- 5 assessment of personality

Readings:

Chadha, N.K. (2007). Organizational Behavior. Galgotia Publishers: New Delhi. Greenberg,

J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.

Griffin, R.W. & Moorhead, G. (2009). Organizational Behavior: Managing People & Organizations. New Delhi : Biztantra publishers.

Landy, F.J. & Conte, J.M. (2007) Work in the 21st Century: An Introduction to Industrial and Organizational Psychology. New York : Wiley Blackwell.

Luthans, F. (2009). Organizational behavior. New Delhi: McGraw Hill.

Pareek, U. (2010). Understanding organizational behaviour. Oxford: Oxford University Press.



SEMESTER-V

DSE2- Anyone from the following

COUNSELLING PSYCHOLOGY

Objective: To develop an understanding of basic concepts, processes, techniques of Counselling.

THEORY: CREDITS-4

1. Introduction
 - a) Meaning and goals
 - b) Counselling as a profession: training, skills and ethics
 - c) The effective counsellor: personality and self of the counsellor
 - d) Counselling process and Steps
2. Theories and techniques of Counselling- Psychoanalytic, Humanistic, Behavioral and cognitive approaches
3. Counselling Applications
 - a) Child Counselling
 - b) Family Counselling
 - c) Career Counselling
 - d) Crisis intervention: suicide, grief and sexual abuse
4. Contemporary Trends
 - a) Indian approaches: yoga and meditation
 - b) Expressive techniques: art, music, dance.

PRACTICAL: CREDITS-2

- a) Administration of a inventory measuring depression (BDI).
- b) Administration of a inventory measuring Anxiety (BAI).

Readings:

- Aguilera, D.C. (1998). Crisis Intervention: Theory and Methodology (8thEd.) Philadelphia: Mosby**
- Belkin, G. S. (1998). Introduction to Counselling (3rd Ed.) Iowa: W. C. Brown Burnard, P. (2009). Counseling Skills Training: Book of activities. Viva Books, New Delhi.**
- Capuzzi, D. & Gross, D. R. (2007). Counselling and Psychotherapy: Theories and Interventions (4th Ed.) New Delhi. Pearson.**
- Corey, G. (2009) Counselling and Psychotherapy; Theory and Practice. (7th Ed.) New Delhi: Cengage Learning.**
- Friedlander, M.L. & Diamond, G.M. (2012). Couple and Family Therapy. In E. M. Altmaier and J.C. Hansen (Eds.) The Oxford Handbook of Counselling Psychology. New York: Oxford University Press**

Geldard, K. & Geldard, D. (2011). *Counselling Children: A Practical Introduction* (3rd Ed.) New Delhi: Sage

Gibson, R. L. & Mitchell, M. H. (2012). *Introduction to Counselling and Guidance* (7th Ed.) New Delhi: Pearson

Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7th Ed) New Delhi. Pearson.

Hackney, H.L. (2012). *The Professional Counselor: A process guide to helping*. Pearson
Hansen, J.C. (2012). *Contemporary Counselling Psychology*. In E. M. Altmaier and J.C. Hansen (Eds) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
Nelson-Jones,

Richard. (2008). *Basic Counseling Skills: A helper's manual*, Second Edition, Sage, South Asia Edition

Rao, K. (2010). *Psychological Interventions: From Theory to Practice*. In G. Misra (Ed): *Psychology in India. Volume 3: Clinical and Health Psychology*. New Delhi. ICSSR/ Pearson.

Rao, S.N. & Sahajpal, P. (2013) *Counselling and Guidance*. New Delhi: Tata McGraw Hill.
Seligman, L. & Reichenberg, L.W. (2010). *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills*. 3rd Ed. Indian reprint: Pearson.

Sharf, R. S. (2012). *Theories of Psychotherapy & Counselling: Concepts and Cases* (5th Ed). Brooks/ Cole Cengage Learning

Udupa, K. N. (1985). *Stress and its Management by Yoga*. Delhi: Motilal Banarsidas.

OR

HUMAN RESOURCE MANAGEMENT

Objective: To help students understand the various processes and issues inherent in organizations related to human resources.

THEORY: CREDITS-4

1. Introduction to Human Resource Management (HRM):

Personnel management, HRM and HRD, Context and issues in HRM

2. Human Resource Practices

Job analysis; Recruitment and selection; Training; Performance evaluation

3. International human resource management (IHRM)

The context of Globalization, Dimensions of Cultural difference (Hofstede), Policies and practices in the multinational enterprise, Selection of international assignees; Expatriate failure, Cross-cultural training.

4. Organizational change and development:

Organizational change: concepts, models (one model), techniques (one for individual and one for group), And organizational development: concepts, models (one model), techniques (one for individual and one for group).

PRACTICAL: CREDITS-2

Students would be required to complete 1 practicum from any of the topics discussed.

Reading List:

Aamodt, M.G. (2001) *Industrial/ Organizational Psychology*. Thompson Wadsworth, a division of Thompson learning Inc.

Bhatnagar, J. & Budhwar, J. (2009). *The changing face of people management in India*. London: Routledge.

Briscoe, D. R., Schuler, R. S. & Claus, L. (2009). International human resource management: Policies and practices for multinational enterprises (3rd Ed). New York: Routledge.
Chadha, N.K. (2005). Human Resource Management- Issues, case studies and experiential exercises.3rd edition. New Delhi: Sai Printographers.
DeCenzo, D.A.& Robbins, S.P.(2006). Fundamentals of human resource management. (8th Ed). NY: Wiley.
Harzing,A-W.K. and Pennington, A. (2011). International human resource management. New Delhi: Sage

publications.

Jex, S.M. & Britt, T.W. (2008) Organizational Psychology: A Scientist- Practitioner Approach. 2nd ed. John Wiley and sons Inc. New York.
Luthans,F. (2010) Organizational Behaviour. 12th Edition. McGraw Hill.
Muchinsky, P.M. (2006) Psychology applied to work: An Introduction to Industrial and Organizational Psychology. NC : Hypergraphic press
Pareek,U. (2010) Understanding Organizational Behaviour. Oxford: Oxford University Press.
Robbins, S.P., Judge T.A. and Sanghi, S. (2009) Organizational Behaviour. 13th ed. Pearson Education , Inc.
Schlutz,D. and Schultz, S.E. (2006) Psychology and Work Today. 9th ed. New Jersey, Pearson Education Inc.

SEMESTER-VI

DSE3- Anyone from the following

DISSERTATION/PROJECT

Objectives - Students should be enabled to design and conduct an original and ethical research. They should be able to write a dissertation in the APA format. The research done can either be empirical/data based (quantitative, qualitative, or mixed-methods) or it can be in the form of a critical review of research and theory.

Reference – Latest APA manual for dissertation.

Evaluation: Viva jointly by one internal and one external examiner.

TOPICS-

- i) Qualitative/ Quantitative work
- ii) Social Issues
- iii) Testing and reporting for project
- iv) Field trip or survey as project

OR

POSITIVE PSYCHOLOGY

Objective: To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.

THEORY- 4 CREDITS

1. Introduction: Positive Psychology: An Introduction, Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues. holistic health; health and well being.
2. Positive Emotional States and Processes: Happiness and Well being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience
3. Positive Cognitive States and Processes: Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.
4. Theories and Applications: Work, education, ageing, health

PRACTICAL- 2 CREDITS

- a) Any one practicum to assess the subjective well-being of the subject
- b) Any one practicum to assess the self-esteem of the subject

Reading List:

Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall. Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge. Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.

Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.

Snyder, C.R., & Lopez,S.J.(2007). Positive psychology :The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.

Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.

DSE - 4:

STRESS MANAGEMENT

Objective: In everyday life we experience stress related to various situations. Students will learn how they can make adjustments and manage to cope with stress more effectively.

THEORY- 4 CREDITS

1. Stress: Introduction, Nature, symptoms, causes, consequences, sources of stress: environmental, social, physiological and psychological.
2. Stress and health: effects of stress on health, eustress
3. Managing stress-I: Methods - yoga, meditation, relaxation techniques.
4. Managing stress-II: Problem focused and emotion focused approaches, coping, social support

PRACTICAL- 2 CREDITS

- a) Administer any stress measuring scale on subject
- b) Administer any test to measure coping mechanism on subject

Readings:

Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

DiMatteo, M.R. & Martin, L.R.(2002). Health psychology. New Delhi: Pearson

Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Learning.

Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions (4th Ed.).NY: Wiley.

Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.

OR

CULTURAL AND INDIGENOUS PSYCHOLOGY

Objective: To understand the role of culture in understanding behavior and exploring psychological insights in the Indian thought traditions.

THEORY-4 CREDITS

1. Cultural Processes: Cultures; Psychic Unity and Cultural Relativity; Beyond Descriptions of Cultural Differences, methods of studying cultural psychology.

2. Culture, Self and Others:

Who am I and Who are They? Culture and architecture; Representation: Person, Other People, Self and of Groups, The Making and Remaking of Cultures: A Developmental Perspective: Family and children, models of the family, self-construal and developmental pathways.

3. Intercultural Contacts: Nature, psychological benefits and costs of cultural competence; Migration, globalization and cultural diversity; Management of multicultural identities.

4. Indigenous Psychology: Indian Psychology – Implications and applications; Indian perspective on emotions; self and identity; indigenization of psychology in India. PRACTICAL-2 CREDITS

Students to do any 1 practicum from the above related theory paper

Readings:

Auluck, S. (2002). Self and identity. In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 374-398. New Delhi: Concept Publishing Company.

Chiu, C., & Hong, Y. (2006). Social Psychology of Culture. New York: Psychology Press. Jain, U. (2002). An Indian perspective on emotions. In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 281-291. New Delhi: Concept Publishing Company.

Misra, G., & Gergen, K. J. (2002). On the place of culture in psychological science. . In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 421-439. New Delhi: Concept Publishing Company.

Roa, K. R. (2011). Indian psychology: Implications and applications. In Cornelissen, R.M. M., Misra, G., Varma, S. (Eds.), Foundation of Indian Psychology: Theories and concepts, Vol, 1. New Delhi: Pearson.

Sinha, J. B. P. (2002). Towards indigenization of Psychology in India. . In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 440-457. New Delhi: Concept Publishing Company.