

Semester - III

SBE - SOCIAL SKILLS DEVELOPMENT

Code : 17UPSS31

Hrs/week : 2

Hrs/Sem:30

Credits : 2

- To know the various skills of training that can be used for the progress of the society.
- To understand the various methods of developing interpersonal skills.

UNIT-1:

What is Social skills?, Characteristics of Social Skills, Different types of Social Skills.

UNIT-2:

Components and uses of Social Skills Training, Assessment of Social Skills.

UNIT-3

Basic Skills – Having a conversation, Asking permission, Getting the teacher's attention.

UNIT-4

Advance Skills – Making a good choice, Focusing on yourself, Solving problems, POP/SODAS methods. (POP – Problem Option Plan. SODAS – Situation Option Disadvantage Advantage Solution).

UNIT-5

Techniques of Improving Social Skills – Assertive Training, Interpersonal Skills, Group Discussion, Sociometry.

Reference:

1. Allan S. Bellack & Michel Hersen, Research and Practice in Social Skills Training, Springer, 1979.
2. V. D. Swaminathan & K. V. Kaliappan, Psychology for Effective Living – Behaviour Modification, Guidance, Counselling and Yoga, 1st edition, The Madras Psychology Society, Chennai, 1997.

SEMESTER V			
Core VIII		Social Psychology I	
Code:18UPSC52	Hrs/Week: 5	Hrs/Sem: 75	Credit: 4

Vision:

To enable the students to grasp the knowledge about social perception.

Mission:

To develop the leadership qualities.

Course Outcome

CO.No	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the nature of social psychology and other social sciences.	1	Re
CO-2	understand the importance of the social perception and other theories.	3	Re
CO-3	to gain knowledge about the prejudice and discrimination.	2	Un
CO-4	analyze the various problems in group formation and in decision making process.	5	An
CO-5	develop the leadership quality in the young mind.	3	Cr
CO-6	understand the meaning and perspectives of aggression.	4	Un
CO-7	create a depth knowledge of in theoretical explanations of socio-cultural determinants	3	Cr
CO-8	evaluate the concepts of social learning.	4	Ev

SEMESTER V			
Core VIII		Social Psychology I	
Code:18UPSC52	Hrs/Week: 5	Hrs/Sem: 75	Credit: 4

Unit I Introduction

Nature, goal and scope of Social Psychology – Social Psychology and other social sciences – Methods of Social Psychology

Unit II Social Perception and Cognition

Perceiving ourselves: self-concept, self-esteem, self-presentation and self-expression – Perceiving others: Forming impressions – Role of non-verbal cues, stereotypes and central traits – Primacy and recency effects – Attribution: Meaning – Theory and biases

Unit III Attitudes, Prejudice and Discrimination

Attitudes: Meaning, nature and function - Attitudes and behaviour – Theories of reasoned and planned behaviour – Formation, change and measurement of attitudes; Prejudice and Discrimination – Nature and components – Acquisition – Reduction

Unit IV Groups and Leadership

Nature of Group formation – Functions of Group: Role, Status, Norms and Cohesiveness - Impact of Groups on Individual performance: Social facilitation and social loafing - Group Conflict – Decision making by Groups – Leadership

Unit V Aggression and Prosocial Behaviour

Aggression: Meaning – Theoretical perspectives – Trait, situational and social learning approaches – social and personal determinants of aggression – Prevention and control of aggression; Prosocial Behaviour: Meaning – Cooperation and helping - Personal, situational and socio-cultural determinants – theoretical explanations

Text Book

1. Baron, R.A. & Byrne, D. *Social Psychology* (9th ed). Delhi: Pearson Education 2000.

Books for Reference

1. Myers, D.G. *Social Psychology*, New Delhi: Tata McGraw Hill, 2005
2. Feldman, R. S. (2005). *Social Psychology: Theory, research and application*. McGraw-Hill Education, New Delhi.

SEMESTER - VI			
Core X		Social Psychology II	
Code : 18UPSC61	Hrs / Week: 5	Hrs / Sem.: 75	Credit: 4

Vision:

To develop awareness on the society and social behavior as a whole.

Mission:

To facilitate social interaction among the students and make them better social beings.

Course Outcome

CO. NO.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the aspects of self and identity	2,4	Re
CO-2	compare and understand the various aspects of interpersonal attraction	2	Un
CO-3	apply knowledge about handling others in daily life	2,8	Ap
CO-4	analyze the need of knowledge of changing other's behavior.	2,8	An
CO-5	evaluate the means of developing an understanding about social interaction	2,8	Ev
CO-6	create new theories and concepts of handling others	2,8	Cr
CO-7	create a society devoid of aggression	2,8	Cr
CO-8	develop a better understanding about people.	2,8	Cr

SEMESTER - VI			
Core X		Social Psychology II	
Code : 18UPSC61	Hrs / Week: 5	Hrs / Sem.: 75	Credit: 4

Unit I Aspects of Social Identity: Self and Gender.

The Self: Components of One's Identity. Other Aspects of Self-Functioning: Focusing, Monitoring, and Efficacy. Gender: Maleness or Femaleness as a Crucial Aspect of Identity.

Unit II Interpersonal Attraction: Initial Contact, Liking, Becoming Acquainted.

Recognizing and Evaluating Strangers: Proximity and Emotions. Becoming Acquaintances: The Need to Affiliate and the Effect of Observable Characteristics. Becoming Close Acquaintances and Moving toward Friendship: Similarity and Reciprocal Positive Evaluations.

Unit III Social Influence: Changing Others' Behaviour.

Conformity: Group Influence in Action. Compliance: To Ask — Sometimes — Is to Receive. Obedience: Social Influence by Demand.

Unit IV Groups and Individuals: Attribution

Definition. Types. Attribution bias. Fundamental attribution error. The self-serving bias. Cultural influence on attribution. Self-effacing bias.

Unit V Social Psychology in Action: Legal, Medical, and Organizational Applications.

Applying Social Psychology to the Interpersonal Aspects of the Legal System. Applying Social Psychology to Health-Related Behavior. Applying Social Psychology to the World of Work: Job Satisfaction, Helping, and Leadership.

Text Book

1. Baron R.A. & Byrne D. *Social Psychology* (9th Ed). Delhi: Pearson education 2000.

Books for Reference:

1. Myers D.G. *Social Psychology*, New Delhi: Tata McGraw Hill, 2005.
2. Feldman R.S. (2005). *Social Psychology: Theory, research and application*. McGrawHill education, New Delhi.

SEMESTER - VI			
Core XI		Positive Psychology	
Code : 18UPSC62	Hrs / Week: 5	Hrs / Sem.: 75	Credit: 4

Vision:

To make clear the basic concepts of positive psychology.

Mission:

To develop an awareness about positive psychology concepts and its implications.

Course Outcome:

CO.No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the aspects of positive psychology	1	Re
CO-2	compare and understand the various aspects of positive psychology	1	Un
CO-3	apply knowledge about handling others in daily life in a positive way	1, 2 , 8	Ap
CO-4	analyze the need of knowledge of positivity	1,8	An
CO-5	evaluate the means of developing an understanding about positive social interaction	1, 2 , 8	Ev
CO-6	create new theories and concepts of positive psychology	1 , 8	Cr
CO-7	create a society devoid of negativity	1, 2 , 8	Cr
CO-8	develop a better understanding about people through positive psychology	1, 2 , 8	Cr

SEMESTER - VI			
Core XI		Positive Psychology	
Code : 18UPSC62	Hrs / Week: 5	Hrs / Sem.: 75	Credit: 4

Unit I Introduction

Definition – Assumptions and Goals – From the negative to the positive – View of Human Functioning - Eastern and western perspectives – Classifications and measures of strengths and Positive outcomes

Unit II Positive Psychology in Context

Developing strengths and living well – Meaning and measure of happiness – Subjective WellBeing – Self-Realization – Views of Happiness

Unit III Positive Emotional States and Processes

Principles of pleasure: Understanding positive affect, positive emotions and well-being: Positive Emotions and Health Resources – Emotion-focused coping – Emotional Intelligence

Unit IV Positive Cognitive States and Processes

Self-Efficacy, Optimism and Hope – Wisdom and Courage: the two universal virtues – Mindfulness, Flow and Spirituality

Unit V Prosocial Behaviour and Positive Environments

Empathy and Egotism: Altruism – Gratitude – Forgiveness – Societal implications – Attachment, Love and Flourishing relationships Positive Schooling – Gainful Employment – Building better communities – Life above Zero

Text Book

1. Hurlock, E.B. (2006). *Personality Development*, 28th Reprint, New Delhi: Tata McGraw Hill

Books for Reference

1. Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2010). *Positive Psychology: The scientific and practical explorations of human strengths*. 2nd ed. Sage Publications, India.
2. Baumgardner, S. R., & Crothers, M. K. (2009). *Positive Psychology*. Pearson Education, India 40

SEMESTER - V			
Core Integral I - Health Psychology			
Code : 18UPSI51	Hrs/week : 5	Hrs/Sem : 75	Credit : 4

Vision:

To acquaint the students with the nature and process of counselling.

Mission:

To elaborate on the different fields of application of counselling.

Course Outcome:

CO.No	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	to introduce students to the various field of health psychology.	1	Re
CO-2	to know the various health beliefs and health promotions.	5	Un
CO-3	analyze the various theoretical contributions to stress.	5	An
CO-4	evaluate the pain and coping outcomes.	5	Ev
CO-5	create a knowledge about behavioural factors in chronic disease.	3,5	Cr
CO-6	understand the problems of living with chronic illness.	5	Cr
CO-7	apply the healthy practices in daily life.	5	Ap
CO-8	acquire knowledge about the eating disorders.	3	Un, Ap

SEMESTER - V			
Core Integral I - Health Psychology			
Code : 18UPSI51	Hrs/week : 5	Hrs/Sem : 75	Credit : 4

Unit I Introduction

Definition – Mind-body relationship – Field of Health Psychology – Focus of Health Psychology

Unit II Health Behaviour and Primary Prevention

Health beliefs, Behaviours and behaviour change – Health promotion – Changing Health Habits – Cognitive Behavioural approaches – Transtheoretical model of behaviour change – Health enhancing behaviours – Health compromising behaviours

Unit III Stress, Pain and Coping

Defining, measuring and managing stress – theoretical contributions to stress – sources of chronic stress – stress and illness – coping with stress – Pain- Nature of Pain, Types of Pain, Pain and Personality, Pain Control Techniques, Pain Management Programmes. Coping and external resources – social support – coping outcomes – stress management

Unit IV Behaviour and Chronic Disease

Behavioural factors in chronic diseases – Behavioural factors in Cancer – Living with chronic illness

Unit V Behavioural Health

Tobacco – Using Alcohol and other drugs – Eating disorders – Exercising

Text Book

1. Taylor, S. E. (2014). *Health Psychology*. 9th ed. McGraw-Hill Education

Books for Reference

1. Brannon, L. & Feist, J. (2010). *Health Psychology: An introduction to behaviour and health*. 7th ed. Wadsworth Cengage Learning.
2. Ogden, J. (2012). *Health Psychology*. 5th ed. McGraw-Hill Education

SEMESTER V			
Core Integral II		Psychology of Women	
Code:18UPSI52	Hrs/Week:4	Hrs/Sem: 60	Credit:4

Vision:

To promote feminist research.

Mission:

To prepare them for action programmes within society.

Course Outcome:

CO.No	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	to introduce the meaning and determinants of women's mental health.	5	Re
CO-2	addressing the issue of mental health of today's women.	5	Un
CO-3	analyze the mortality rate, literacy rate and sex ratio among women who in India.	5	An
CO-4	know the challenges faced by women in their life.	5	Un
CO-5	knowledge about Factors responsible for violence against women.	2	Un
CO-6	create a knowledge about health related issues and health care facilities.	3,5	Ev
CO-7	empowering women community, national and global leadership.	7	Cr, Ev
CO-8	understand the various factors relating to prejudice and discrimination.	5	Un

SEMESTER V			
Core Integral II		Psychology of Women	
Code:18UPSI52	Hrs/Week:4	Hrs/Sem: 60	Credit:4

Unit I Women and Mental Health

Mental Health: Definition – Determinants – Mental Health Problems of Women – Gender differences in Mental Health & the reasons associated with it – Addressing the issues of Mental Health

Unit II Women in India and Their Quality of Life

Women participation in decision making process; Definition of Quality of Life - Social & health status of Women in India: Sex ratio – Mortality rate & literacy rate among women in India – Life expectancy among women in India – Situation of under privileged girl children in India – Female infanticide

Unit III Challenges Faced by Women in India

Violence against Women – Issues of Sexual harassment, Domestic Violence, Workplace harassment, Honor Killings, Trafficking & Rape – Factors responsible for Violence against Women

Unit IV Health Care of Women

Lifespan role development and change – Health related issues & health care facilities - Role of Self Help Groups in promoting Quality of Life - Brief address on psychological counselling in Obstetrics & Gynecology - Management of emotions for promotion of wellbeing.

Unit V Applications of Women's Psychology

Diversity of women's experiences resulting from a variety of factors, including ethnicity, culture, language, socioeconomic status, age and sexual orientation - Empowering women in community, national and global leadership: Opportunities for development

Text Book

1. Swaminathan, V.D. (2007). *Principles of Psychology in Women's Studies, Obstetrics and Gynecology*. Publication Division, University of Madras, Chennai, India.

Books for Reference

1. Sibnath Deb & Aparna Mukerjee. (2009). *Impact of Sexual Abuse on Mental Health of Children*. Concept Publishing Company, New Delhi, India.
2. *Practicing Feminist Ethics in Psychology*. Edited by Mary M. Brabeck
3. *Relationships among Asian American Women*. Edited by Jean Lau Chin
4. *Sexuality, Society, and Feminism*. Edited by Cheryl Brown Travis and Jackie White

SEMESTER - VI			
Core Integral III		Psychology of life management	
Code : 18UPSI61	Hrs / Week: 4	Hrs / Sem.: 60	Credit: 4

Vision:

To understand the problems of present society and the ways to solve them with psychological outlook.

Mission:

To make the students fully qualified to face life's problems and to manage and adjust to cater to the need of the society we live.

Course Outcome

CO.No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the aspects of life management	1	Re
CO-2	compare and understand the various aspects of managing life situations.	1,8	Un
CO-3	apply knowledge about handling others in daily life	1, 2 , 8	Ap
CO-4	analyze the need of knowledge of occupational hazards	1 , 8	An
CO-5	evaluate the means of developing an understanding about positive social interactions in marriage	1, 2 , 8	Ev
CO-6	create new theories and concepts of interpersonal relationships.	1 , 8	Cr
CO-7	create a society devoid of interpersonal problems.	1, 2 , 8	Cr
CO-8	develop a better understanding about people and management of life.	1, 2 , 8	Cr

SEMESTER - VI			
Core Integral III		Psychology of life management	
Code : 18UPSI61	Hrs / Week: 4	Hrs / Sem.: 60	Credit: 4

Unit I Psychology and life-cycles

Adjustment to modern life – Approaches of adjustment – Hazards and happiness.

Unit II Choosing a career

Examining personal characteristics and influences of family members – Researching job characteristics: Preparation for job - other important considerations to enter job - career advancement and decisions.

Unit III Coping with occupational hazards

Job stress - Harassment by authorities: Violence, Abuse, Misuse, Injustice, Suppression.

Unit IV Marriage and intimate relationship

Marriage as a life cycle – Hazards – Parenthood and its responsibilities - Social & Economic life style patterns – Commitment towards society and community.

Unit V Essentials of Inter-personal relationship

Building and maintaining Interpersonal relationship – family and social issues - changes in life patterns

Text Book

1. Hurlock E.B. (1997) *Developmental Psychology* (4th ed), New Delhi, Tata McGraw Hill.

Books for References:

1. Weitan, W. and Lloyd, M. India ed. 8th (2007) *Psychology applied to modern life: Adjustment in the 21st century*. Thomson.
2. Colmen, J.C. *Psychology and effective behaviour*. Bombay: D.B. Torehporwala sons & Co. Martin L.G. Osborne G. (1989)
3. *Psychology: Adjustment and everyday living*, N.J. Prentice. Hall – Englewood cliffo.

SEMESTER IV			
Non Major Elective - Self Development Skills			
Course Code:18UPSN41	Hr/Week: 2	Hr/sem: 30	Credit: 2

Unit I: Self Awareness and Self-Motivation

Self-awareness building – SWOT Analysis – Johari Window Analysis – Self-confidence building; Motivation skills: self-motivation – motivation of others – Goal setting: SMART Goals – Immediate, Intermediate & Long term Goals

Unit II: Aptitudes

Meaning and nature; Ability and achievement of aptitudes, Measurement and Utility of aptitudes

Unit III: Emotional Regulation

Problem solving – critical thinking - creative thinking, Stress and Stressors–Characteristics of Emotions, Kinds of Emotions, Measurement of Emotions.

Unit IV: Anger Management

Conceptual definitions of Anger - Characteristics of anger - Forms of anger - Anger and the Related Diseases - Manifestations of anger - Causes of anger - Management of Anger: Simple Relaxation Techniques– Thought Stopping – Positive Self Talk – Cognitive Restructuring– Problem solving techniques.

Unit V : Time Management

Definition – Importance - The urgent versus-important dilemma - From goals to tasks - Time Management Styles:Four time styles - Time Management Techniques: Identifying Time Wasters, Advantages of Time Management.

Text Book

1. Swaminathan, V. D., &Kaliappan, K. V. .Psychology for effective living: Behaviour modification, guidance, counselling and yoga. 2nd ed. Chennai: The Madras Psychology Society, 2001.

Books for References

1. Hurlock, E.B.Personality Development, 28th Reprint, New Delhi: Tata McGraw Hill,2006.
2. Shulman, L. Skills of helping: Individuals & groups. 1979.
3. Glenn R. Schiraldi, Melissa Hallmark Kerr, Anger Management Source Book, Tata McGraw Hill, 2002.

SEMESTER - V	
Self study Course	Psychology for happy living
Code : 18UPSS51	Credit: 2

Vision:

To make psychology a means for achieving a happy living.

Mission:

To make all the psychology students living models of how to lead a happy and contented life.

Course Outcome:

CO.No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the aspects of a happy living	1	Re
CO-2	compare and understand the various aspects of self analysis	1	Un
CO-3	apply knowledge about handling emotions and cognitions positively	1 & 4	Ap
CO-4	analyze the need of knowledge of methods of a happy personality development.	1	An
CO-5	evaluate the means of developing motivational strategies.	1	Ev
CO-6	create new theories and concepts of a happy life.	1	Cr
CO-7	create an indepth knowledge about stress management	1,8	Cr
CO-8	develop a better understanding about time management.	1,8	Cr

SEMESTER - V	
Self study Course	Psychology for happy living
Code : 18UPSS51	Credit: 2

Unit I Introduction

Definition. From the negative to positive. Classifications and measures of strengths and weaknesses. Introspection as an effective means of self analysis.

Unit II Positive Emotional and Cognitive States

Principles of pleasure. Positive affect, emotions and well-being. Emotional intelligence. Self efficacy, optimism and hope. Wisdom and courage. Mindfulness, flow and spirituality.

Unit III Personality Development

Determinants, personality traits, factors of personality, Erikson's personality theory. Means of developing a positive personality.

Unit IV Secret of Motivation

Introduction and definition. Requisites, types, demotivating factors, principles of motivation, ways of motivating others.

Unit V Stress and Time Management

Definition. Stress management as an effective way to happy living.
Time Management as an effective way to happy living.

Books for Reference

1. Baumgardner S.R. & Crothers M.K. (2009). *Positive Psychology*. Pearson's education, India.
2. Synder C.R. Lopez S.J. & Pedrotti J.T. (2010). *Positive Psychology: The scientific and practical exploration of human strengths*. II Edition. Sage Publications, India.

SEMESTER – I			
Allied 1		Elements of Sociology	
Course Code: 21UPSA11	Hrs / Week: 4	Hrs / Semester: 60	Credit: 3

Objectives:

To provide a basic understanding about the various elements of sociology.

To cover all the contents that describe the basic elements of sociology.

Course Outcome:

CO. No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	know the nature, scope and subject matter of sociology	2	Re
CO-2	understand the primary concepts	2	Un
CO-3	understand about the social institutions	2	Un
CO-4	apply the concept of 'total environment', geographical environment and its impact on social life	2, 8	Ap
CO-5	know about the individual and the society	2,8	Un, Ap
CO-6	evaluate the social differentiation and stratification	2,8	An, Ev
CO-7	evaluate the basic social processes	8	Ev

CO-8	create a universal concept of culture	8	Cr
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SEMESTER – I			
Allied 1	Elements of Sociology		
Course Code: 21UPSA11	Hrs / Week: 4	Hrs / Semester: 60	Credit: 3

Unit I Introduction to Sociology

Meaning, Definition and origin - Nature and Scope of Sociology - Uses of Sociology. Primary Concepts: Society, Community, Association and Institution - Definition & characteristics. Social structure, Status and role- definition & types, Culture - Its traits and complexes.

Unit II Scientific Study of Social Phenomena

Sociology as a Science, Methods and Perspectives - Sociology and other Social Sciences - Psychology, Anthropology and Economics

Unit III Individual and Society Theories of the Origin of Society

Socialisation definition, Processes, Theories, Stages and Agencies - Social Interaction - Social Processes Associative and Dissociative Social Processes -Definition, characteristics & types. Social Groups Definition and Characteristics, Primary and Secondary groups.

Unit IV Social Stratification and Social institutions

Social Stratification - Definition, concept of Inequality - Caste and Class - Social Institutions Marriage Characteristics, types, functions. Family-Characteristics, Types, Functions and recent trends in nuclear family. Religion Definition and basic components of religion. The social functions of religion.

Unit V Social Control and Social change

Meaning, Definition, Nature and Types of Social Control - Meaning and nature of Social change - Factors and Theories of social change.

Text books:

1.Shankar Rao, *Sociology*, New Delhi: S Chand and Co.1995.

Books for Reference:

- 1.B. Brinkerhoff David Lynn K. White, *Sociology* .New York: West Publishing co.1991.
2. Kendall, Diana *Sociology in our times* .California: Wadsworth Publication,1996.

SEMESTER – II			
Allied II		Biological Basis of Behavior	
Course Code : 21UPSA21	Hrs / Week: 4	Hrs / Semester: 60	Credit: 3

Objectives:

To highlight the importance of biological basis of behaviour.

Students must gain insight into the various physiological basis of behaviour.

Course Outcome:

CO.No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	develop an awareness about hormones.	5	Un
CO-2	gain knowledge about internal regulation.	5	Re
CO-3	acquire competence on the lateralization process	5,6	Un
CO-4	learn about the internal regulatory systems.	5, 6	An
CO-5	analyze the reproductive behaviours in human beings.	3, 4, 5	An
CO-6	create an in depth understanding about emotional behaviours.	3, 4	Ev
CO-7	understand the various biological origins of behaviour.	3, 5	An
CO-8	create an in depth understanding of the subject	3	Cr

SEMESTER – II			
Allied II		Biological Basis of Behaviour	
Course Code: 21UPSA21	Hrs. / Week: 4	Hrs. / Semester: 60	Credit: 3

Unit I Introduction to Biological Basis of Behaviour:

Introduction: Meaning of Biological Psychology– Biological explanation of behavior - The mind-body relationship. Research methods of biological Psychology.

Unit II Genetic and Neural Basis of Behaviour:

Mendelian genetics – Heredity and environment -- Evolution of behaviour.

Anatomy of neurons and glia – The blood brain barrier – Resting potential of neurons – Action potential. Synaptic transmission - neurotransmitters - types. Neuroplasticity.

Anatomy of nervous system : Central Nervous System & Peripheral Nervous System.

Unit III Brain and Behaviour

Brain – Hind brain - Mid brain – Fore brain – Ventricles – Cerebral cortex: Organization – four lobes & its functions. Lateralization and language: The left and right hemispheres & its functions – Development of lateralization and handedness – Brain damage and language, Consciousness: Brain activity associated with consciousness - Conscious and unconscious people.

Unit IV Sleep and Internal Regulation:

Stages of sleep and brain mechanisms: The Stages of Sleep - Paradoxical or REM Sleep - Brain Mechanisms of Wakefulness, Arousal and Sleep – Brain Activity in REM Sleep - sleep disorder. **Internal Regulation:** Temperature: Homeostasis and Allostasis - Controlling Body Temperature. Thirst: Mechanisms of Water Regulation - Osmotic Thirst - Hypovolemic Thirst and Sodium-Specific Hunger. Hunger: Digestion and food selection – Brain mechanism.

Unit V Hormones and Behavior:

Endocrine glands: pituitary, thyroid, parathyroid, adrenal, pancreas, gonads. Mechanism of hormone actions. Influence of hormone on behavioral pattern. Stress and the Hypothalamus-Pituitary-Adrenal Cortex Axis. Psychoneuroimmunology. Psycho-pharmacology.

Text book:

1. Kalat, J. W. *Biological Psychology (11th ed)*, Belmont, Calif; Wadsworth, Cengage learning, 2009.

2.Khosla, M. *Physiological Psychology: An Introduction*. India: SAGE Publications,2019.

Books for Reference:

1.Pinel, J. P.*Biopsychology*. Pearson publication,2009.

2.Carlson, N. R. *Foundations of physiological psychology*. New Zealand:Pearson Education,2005.

3.Wagner, H., & Silber, K.*BIOS Instant Notes in Physiological Psychology*. Taylor & Francis Publications,2014.

SEMESTER III			
Allied III		Psychological Statistics - I	
Course Code:21UPSA31	Hrs/Week:4	Hrs/Sem: 60	Credit: 4

Objectives:

To introduce the students to the world of research in psychology

To develop an understanding about the various statistical measures used in psychological research.

Course outcome:

CO.No.	Upon completion of this course, students will be able to	PSOs addressed	CL
CO-1	learn the basic concepts and principles of statistics in psychology	7	Re
CO-2	compare and contrast the various measurements of statistics	7	Un
CO-3	apply knowledge about variability and correlation in statistics in psychology	7	Ap
CO-4	analyze the need of knowledge of inferential and descriptive statistics	7	An
CO-5	evaluate the means of developing an understanding about sampling and probability	7	Ev
CO-6	create new theories and concepts of statistics in psychology	7	Cr
CO-7	develop a good knowledge about the research field by understanding statistics.	7	Cr
CO-8	develop a good research aptitude among students.	7	Cr

SEMESTER III			
Allied III	Psychological Statistics - I		
Course Code: 21UPSA31	Hrs/Week:4	Hrs/Sem: 60	Credit: 4

Unit I Introduction

Meaning and definition of statistics – origin, growth– applications in psychology and limitations. Primary and Secondary Data: Differences and data collection methods

Unit II Data Classification & Frequency Distribution

Data: Meaning – Methods of organizing data: Statistical Tables – Rank order – Frequency distribution – how to construct a frequency distribution table – grouping error – cumulative frequency and cumulative percentage frequency distributions. **Graphical representation of**

Data: Meaning - Advantages – Modes: Graphical representation of ungrouped data and grouped data.

Unit III Measures of Central Tendency

Mean: Computation of mean for ungrouped data - Computation of mean for grouped data including deviation method –Properties and drawbacks of mean – When not to use mean.

Median: Computation of median for ungrouped data and grouped data – Properties and Drawbacks of median. **Mode:** Computation of mode for ungrouped and grouped data – Properties and drawbacks of mode - When to use mean, median and mode.

Unit IV: Measure of Variability

Range: Computing Range – Properties and Drawbacks of Range. **Quartile Deviation:** Computation of quartile deviation for ungrouped data and grouped data – Properties and Drawbacks. Coefficient of **Quartile Deviation** - computation for ungrouped and grouped data.- properties and Drawbacks. **Mean Deviation:** Computation of mean deviation for ungrouped and grouped data – properties and Drawbacks. **Standard Deviation:** Computing Standard Deviation for grouped and ungrouped data –Properties. Data types suitable for different measures of variability – **Variance.**

Unit V: Correlation and regression

Correlation: Introduction Correlation Coefficient - Product moment correlation - computation - Applications and limitation. Rank order correlation - Limits - characteristics - limitations computation. **Regression:** Regression analysis- applications of regression analysis.

- **Computation needs to be done for onl the mentioned statistical analysis.**

Textbooks

1. Verma, J. P., &Ghufran, M. *Statistics for Psychology: A comprehensive text.* New Delhi:Tata McGraw Hill Education,,2012.
2. Mangal, S. K. *Statistics in psychology and education.* PHI Learning Pvt. Ltd,2002.

Books for Reference

- 1.Kothari, C. R. *Research methodology: Methods and Techniques.* New Age International,2004.
- 2.Gupta, S.P. *Statistical Methods,* New Delhi: Sultan Chand and Sons,2006.
5. Minium, E.W., King B.M. and Bear. G. *Statistical Reasoning in Psychology and Education* New York: john wiley& sons, 2001.

SEMESTER IV			
Allied IV		Psychological Statistics – II	
Course Code: 21UPSA41	Hrs/Week:4	Hrs/Sem: 60	Credit: 4

Objectives:

To strengthen the knowledge of statistics and relate it with psychological research methods.

To develop an understanding about the various statistical measures used in psychological research.

Course outcomes:

CO. No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the basic concepts and principles of statistics in psychology	7	Re
CO-2	compare and contrast the various measurements of statistics	7	Un
CO-3	apply knowledge about variability and correlation in statistics in psychology	7	Ap
CO-4	analyze the need of knowledge of inferential and descriptive statistics	7	An
CO-5	evaluate the means of developing an understanding about sampling and probability	7	Ev
CO-6	create new theories and concepts of statistics in psychology	7	Cr
CO-7	develop a scientific society	7	Cr
CO-8	develop a knowledge that makes them true researchers and solve society's problems	7, 8	Cr

SEMESTER IV			
Allied IV	Psychological Statistics – II		
Course Code: 21UPSA41	Hrs/Week: 4	Hrs/Sem: 60	Credit: 4

Unit I Normal Distribution and Sampling

Normal Distribution: Introduction – Properties - Standard Score – Testing normality of data - Central Limit theorem – Application of normal distribution. Sampling: Introduction – Principles of sample survey – Sample survey and its advantages- Characteristics of good sample – important terminologies in sampling – methods of data collection – types of sampling techniques. Determine the sample size.

Unit II Testing of Hypothesis

Testing of hypothesis – Important terminologies in hypothesis testing: types of hypothesis – null hypothesis – alternative hypothesis -Type 1 & 2 errors - level of significance - one tailed and two tailed tests - Degrees of freedom - Procedures for testing hypotheses: Criteria for test selection.

Unit III ‘t’ test and f test

Small sample tests – t test for one sample -computation – two independent samples. - computation. **Analysis of variance (ANOVA):** Introduction - one-way ANOVA: Important terminologies - one-way ANOVA model. Assumptions in one-way ANOVA.

Unit IV Non-Parametric Tests

Non-Parametric Test: Meaning. Advantages and disadvantages– Non-parametric tests that are equivalent to parametric tests. **Chi-square:** Introduction - Assumptions - Applications: Testing equal occurrence hypothesis - Testing the significance of association between two attributes - testing goodness of fit. **Sign test:** Sign test for one sample. **Kruskal Wallis test.** Difference between parametric and non-parametric tests.

Unit V Variables and Scaling Techniques

Introduction – Nature of Psychological Data – Types of Data: Metric (Interval and ratio) and non-metric (nominal and ordinal) data– Construct and Concepts – Definition of variable – Construction of test: Steps - Implications - Scales of measurement – Reliability: Meaning – Methods of estimating reliability – Validity – Psychological Assessment

- **Computation needs to be done for only the mentioned statistical analysis.**

Textbooks

1. Verma, J. P., &Ghufran, M. .*Statistics for Psychology: A comprehensive text*. Tata McGraw Hill Education, New Delhi,2012.
2. Mangal, S. K. *Statistics in psychology and education*. PHI Learning Pvt. Ltd,2002.

Books for Reference

- 1.Kothari, C. R. *Research methodology: Methods and Techniques*. New Age International,2004.
- 2.Gupta, S.P. *Statistical Methods*. New Delhi: Sultan Chand and Sons,2006.
- 3.Howell, D.C.*Statistical Methods of Psychology*. 5th edition. Australia: Duxbury Publishers,2002.

SEMESTER I			
Core I		General Psychology – I	
Course Code:21UPSC11	Hrs/Week:6	Hrs/ Sem: 90	Credit: 6

Objectives:

To impart basic knowledge on the subject of psychology.

To elaborate on the basic principles of the origin of psychology as a discipline.

Course Outcome:

CO No	Upon completion of this course, the person will be able to	PSO Addressed	CL
CO 1	learn the basic concepts of psychology in historical timeline, its methods and areas	1	Re
CO 2	gain knowledge about the senses and its processes	1	Re, Un
CO 3	analyze attention and perception	1.4	An
CO 4	create new theories and concepts of emotion and motivation	6	Un, Cr
CO 5	learn forgetting, learning and thinking	5	Un
CO 6	understand and analyze the basic thinking processes	4	Un, An
CO 7	gain knowledge on the various memory processes and consciousness	4	Un, Ev

CO 8	create new memory techniques	4	Cr
SEMESTER I			
Core I	General Psychology		
Course Code:21UPSC11	Hrs/Week:6	Hrs/Sem: 90	Credit: 6

Unit 1: Introduction to Psychology

Definition - Meaning - Scope of Psychology – History of psychology – Methods of Psychology - APA Divisions

Unit 2: Sensation and Perception

Sensation: Vision – Hearing – Touch and other senses – Smell and Taste – Kinesthesia and vestibular sense **Perceptual process:** Attention - Form perception - Visual depth perception - Constancy - Movement Perception - Plasticity - Individual differences

Unit 3: Learning, Memory and forgetting

Learning: Classical conditioning – Operant conditioning – Cognitive learning – Transfer of Learning **Memory:** Definition - Meaning - Types - Memory Processes: Encoding - Storage and Retrieval - Theories about memory: Atkinson and Shiffrin Model - Baddeley Model - Levels of Processing Model - Dual coding Theory. **Forgetting:** Theories - Amnesia – Techniques to improve memory

Unit 4: Thinking, Intelligence and Creativity

Thinking process – Concepts – Problem solving – Decision making – Metacognition - Language communication **Intelligence:** Contrasting views of its nature – Theories: Spearman - Thurstone - Guilford - Jensen - Catell - Gardener - Sternberg - Das - Kar and Parrila. Measuring

Intelligence – Emotional Intelligence **Creativity:** Torrance, Getels and Jackson, Guilford, Wallach and Kogan - Relationship between intelligence and creativity

Unit 5: Motivation and Emotion

Motivation: Basic Concepts: Instincts, Needs, Drives, Arousal, Incentives, Motivational Cycle. Approaches to study motivation. Theories of Motivation – Sexual Motivation – Aggressive Motivation – Achievement Motivation – Intrinsic motivation

Emotion: Definition and Meaning - Nature of emotions – Biological basis of behaviour – Theories: James Lange - Canon Bard - Schacter and Singer - Lazarus - Lindsley – Solomon

Textbooks:

Baron, R. A., Misra G. *Psychology*. Pearson.(2016).

Morgan C. T., King, R.A., Weisz, J. R., & Schopler, J. *Introduction to Psychology*. New York: McGraw-Hill, 1986.

Books for Reference:

Nolen-Hoeksema, S., Fredrickson, B., Loftus, G. R., & Lutz, C. *Introduction to psychology*. Cengage Learning, 2014.

SEMESTER – II			
Core II		Developmental Psychology	
Course Code : 21UPSC21	Hrs / Week: 6	Hrs / Semester: 90	Credit: 6

Objectives:

To provide a basic understanding about the developmental stages of man.

To elaborate on the last five stages of human development.

Course Outcome:

CO.No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	understand the various developmental stages of man.	3	Un
CO-2	know the various developmental tasks.	3	Un
CO-3	acquire competence in the various skills of relevant stages.	3	Un
CO-4	learn the various hazards of each stage.	3, 4	Un , Re
CO-5	understand the basic principles of play interests in the various stages.	3,4	Un , Ap
CO-6	analyze the various problems of each developmental stage.	3,8	An
CO-7	create an in-depth knowledge of the developmental processes.	3,4	Cr
CO-8	understand and create the need for knowledge on the developmental stages.	3	Cr

SEMESTER – II			
Core II		Developmental Psychology	
Course Code : 21UPSC21	Hrs / Week: 6	Hrs / Semester: 90	Credit: 6

Unit I Introduction and Prenatal stage

Meaning of developmental changes – significant facts about development – the life span – difficulties in studying life span – development – the developmental tasks during the life span – happiness and unhappiness during the life span. Periods & **prenatal development** – Stages - Characteristics and hazards during prenatal period - Birth complications

Unit II Infancy and babyhood

Understanding birth complications – characteristics of infancy – developmental tasks – physical developmental – physiological functions – muscle control – speech development play – development of understanding – mental development – personality development – Piaget's Cognitive developmental stages.

Babyhood: Characteristics- developmental tasks – physical development – physiological functions – muscle control – speech development- interest in play – development of understanding – mental development – personality development.

Unit III Childhood

Early childhood: Characteristics – developmental tasks – physical development – skills – speech development – emotional development – socialization – play – moral development – family relationships – personality development.

Late Childhood: Characteristics – developmental tasks – physical growth – skills – speech development – emotional expressions – social behaviour – play interests – moral attitudes and interests – personality changes.

Unit IV Puberty& adolescence

Characteristics – Criteria – Causes – Age – Growth spurt – Body changes – Effects of puberty changes – Hazards & Happiness. Adolescence: Characteristics – Developmental tasks – Physical change – Storm and Stress – Social change – Interest – Morality – Sex interest and Behaviour – Family relationships – Personality change – Hazards & Happiness.

Unit V Adulthood

Early adulthood: Characteristics – Developmental tasks – Changes in interest – Social interest – Sex role adjustments – Vocational adjustments – Marital Adjustments – Adjustment to parenthood – Hazards of vocational and Marital adjustments – Success of Adjustment to adulthood.

Middle Adulthood: Characteristics – Developmental tasks – Adjustment to physical change and mental changes – Social Adjustment – Vocational Adjustment – to changed family patterns –

Being single – loss of a spouse – Adjustment – to changed family patterns – Adjustment to approaching old.

Late adulthood: Characteristics – Developmental tasks – Adjustment to physical changes – Change in motor and mental abilities. Changes in interests – Vocational Adjustment – Retirement – Changes in family life – loss of a spouse – Living arrangement for elderly hazards.

Text book:

1. Hurlock, E. B. (2001). *Developmental psychology*. Tata McGraw-Hill Education.

Books for Reference :

1. Santrock, J. W. *Life-span development*. 2002.
2. Papalia, D., Olds, S., & Feldman, R. *Human Growth and Development*. New York: McGraw Hill, 2008.

SEMESTER – III			
Core III		Abnormal Psychology I	
Course Code : 21UPSC31	Hrs / Week: 4	Hrs / Semester: 60	Credit: 4

Objectives:

To provide a basic understanding about the various mental illnesses.

To elaborate on the symptoms, types and treatment procedures of the various illnesses.

Course Outcome:

CO. No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the basic concepts of various disorders in life	6	Re
CO-2	compare and understand the various impacts of disorders	6	Un
CO-3	apply knowledge about handling disorders in daily life	6,8	Ap
CO-4	analyze the need of knowledge of prevention of disorders in daily life	6,8	An
CO-5	evaluate the means of developing an understanding about mental retardation	3,6	Ev
CO-6	create new theories and concepts of handling disorders	6,7	Cr
CO-7	create a society devoid of mental disorders	6,8	Cr
CO-8	develop a better understanding about people with mental disorders.	8	Cr

SEMESTER – III			
Core III		Abnormal Psychology I	
Course Code : 21UPSC31	Hrs / Week: 4	Hrs / Semester: 60	Credit: 4

Unit 1: Introduction

Criteria for abnormality – Statidtical, social, personal discomfort, maladaptive from ideal: Popular views of abnormal behaviours: Classifying abnormal behaviour – DSM IV & V Classifications and limitations – Brief mention of ICD 10 – Seeking help for abnormal behaviour: Reasons for clinical contacts – Sources of help.

Unit 2: Theories and Classification Issues

The Biological Perspective - The Psychodynamic perspective - The Behavioural Perspective - The cognitive perspective - Humanistic - Existential Perspective - Community - Cultural Perspective - Diagnosing Psychological Disorders

Unit 3: Stress and Health

Stress and Physical Health: The stress response - The Mind - Body Connection – Understanding stress and Immune system: Stress and Cytokines - Chronic stress and Inflammation - Stress and Premature ageing. Treatment of Stress Related Physical Disorders: Biological Interventions - Psychological Interventions. **Stress and Mental Health:** Adjustment Disorders - Adjustment Disorder caused by Unemployment - Post traumatic Stress Disorder - Acute Stress Disorder. **Prevention and Treatment of Stress Disorders:** Treatment for Stress Disorders - Trauma and Physical Health

Unit 4: Panic, Anxiety, Obsessions and their disorders

The Fear and Anxiety Response Patterns: Fear - Anxiety. **Specific Phobias / Panic disorders/ GAD / OCD & Related disorders:** Prevalence, Age, Onset and Gender Differences - Psychological and Biological causal factors - Treatment. Body Dysmorphic Disorder - Hoarding Disorder - Trichotillomania.

Unit 5: Mood disorders and Suicide

Mood Disorders: An Overview: Types of Mood disorders - Prevalence, Unipolar Depressive Disorders: Major Depressive Disorder - Persistent Depressive Disorder - Other forms of depression. Causal factors in Unipolar & bipolar Mood Disorders - Cyclothymic Disorder - Bipolar Disorder (I and II). **Sociocultural factors affecting unipolar and bipolar disorders:** Cross-cultural differences in Depressive symptoms and prevalence. **Treatments and outcomes:**

Pharmacotherapy - Alternative Biological Treatments - Psychotherapy. **Suicide:** Who attempts and dies by suicide? - Psychological Disorders – Causes - Theoretical models of Suicidal Behaviour. Suicide Prevention and Intervention: Treatment of Mental Disorders - Crisis Intervention - Focus on High-Risk Groups and Other Measures

Text Books:

1. Barlow, D., & Durand, V. *Abnormal psychology: An integrative approach*. Nelson Education, 2011.

Books for Reference:

1. Butcher, J. N., Mineka, S., & Hooley, J. M. *Abnormal Psychology*. India: Pearson Education, 2017.
2. Sarason, I. G., & Sarason, B. R. *Abnormal psychology: The problem of maladaptive behavior*. Prentice-Hall, Inc, 2005.
3. Ahuja, N., & Niraj, A. *A short textbook of psychiatry*. Jaypee Brothers Publishers, 2006.
4. Comer, R. J. *Abnormal psychology*. Macmillan, 2012.

SEMESTER – IV			
Core IV		Abnormal Psychology II	
Course Code : 21UPSC41	Hrs / Week: 4	Hrs / Semester: 60	Credit: 4

Objectives:

To impart deeper knowledge about the various mental illnesses and its treatment.

To gain a wide knowledge on the symptoms, types and treatment procedures of the various illnesses.

Course Outcome:

CO. No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the basic concepts of various disorders in life	6	Re
CO-2	compare and understand the various impacts of disorders	6	Un
CO-3	apply knowledge about handling disorders in daily life	6,8	Ap
CO-4	analyze the need of knowledge of prevention of disorders in daily life	6,8	An
CO-5	evaluate the means of developing an understanding about mental retardation	3,6	Ev
CO-6	create new theories and concepts of handling disorders	6,7	Cr
CO-7	create a society devoid of mental disorders	6,8	Cr
CO-8	develop a better understanding about people with mental disorders.	8	Cr

SEMESTER – IV			
Core IV		Abnormal Psychology II	
Course Code : 21UPSC41	Hrs / Week: 4	Hrs / Semester: 60	Credit: 4

Unit 1: Somatic symptoms, Dissociative Disorder and Eating Disorder

Somatic Symptom Disorder - Illness Anxiety Disorder. Conversion Disorder - Factitious Disorder - **Dissociative Disorders**- Depersonalization / Derealisation Disorder - Dissociative Amnesia - Dissociative Identity Disorder - **Eating Disorders**: Anorexia Nervosa / Bulimia Nervosa / Binge Eating Disorder : Onset, Gender difference, prevalence, medical complications, Causes, Course and outcome. Treatment: Treatment of Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder

Unit 2: Personality Disorders

Personality Disorders: Cluster A: Paranoid Personality Disorder - Schizoid Personality Disorder - Schizotypal Personality Disorder. **Cluster B**: Histrionic Personality Disorder - Narcissistic Personality Disorder - Antisocial Personality Disorder - Borderline Personality Disorder. **Cluster C**: Avoidant Personality Disorder - Dependent Personality Disorder - Obsessive Compulsive Personality Disorder. **Psychopathy**: Dimensions of psychopathy - Clinical picture in psychopathy - Causal factors in psychopathy - A developmental perspective on psychopathy - Treatment and outcomes in psychopathic personality

Unit 3: Schizophrenia and Sexual disorders

Schizophrenia: Origins of Schizophrenia construct - Epidemiology. Clinical Picture: Delusions - Hallucinations - Disorganized speech – Disorganized Behaviour - Negative symptoms - Subtypes of schizophrenia. **Structural and Functional Brain Abnormalities**: Neuro cognition - Social cognition - Loss of brain volume - Affected brain areas - White matter problems - Brain functioning - Cytoarchitecture - Brain development in adolescence - Synthesis - Neurochemistry. **Psychosocial and Cultural Factors**: Families and Relapse - Urban living - Immigration - Cannabis use and abuse - Diathesis stress model of schizophrenia. **Paraphilic Disorders**: Causal factors, types and Treatment for Paraphilia - **Gender Dysphoria**: Criteria - Treatment - Transsexualism - Treatment.

Unit 4: Neurocognitive disorders and Substance Related Disorders

Brain Impairment in Adults: Clinical signs of Brain Damage - Diffuse versus Focal Damage - The neurocognitive/psychopathology interaction. **Delirium**: Clinical Picture - Treatments and Outcomes. **Major Neurocognitive Disorders**: Parkinson's disease - Huntington's disease. **Alzheimer's disease**: Clinical Picture - Prevalence and Causal Factors - Neuropathology - Treatment and Outcome - Early Detection - Supporting caregivers.

Alcohol - related disorders: Causal factors in abuse and dependence on alcohol - Treatment of Alcohol related disorders - **Drug abuse and dependence. Opium and its derivatives:** Causes, effects and Treatments and outcomes. **Stimulants:** Cocaine - Amphetamines - Methamphetamine - Caffeine and Nicotine. **Sedatives:** Causes, symptoms and Effects of barbiturates **Hallucinogens:** LSD - Mescaline and Psilocybin - Ecstasy - Marijuana. **Gambling disorder.**

Unit 5: Neuro developmental disorders

Disorders of Children and Adolescence. Psychological Vulnerabilities of Young children - The classification of childhood and adolescent disorders. Anxiety and Depression in Children and Adolescents - Disruptive, Impulse control and Conduct Disorder - Oppositional defiant disorder - Conduct disorder - Causal factors in ODD and CD - Treatments and outcomes. **Elimination Disorders:** Enuresis - Encopresis. **Neurodevelopmental Disorders:** Attention Deficit/Hyperactive disorder - Autism spectrum disorder - Tic Disorders. **Specific Learning Disorders:** Causal factors in learning disorders - Treatments and outcomes. **Intellectual Disability:** Levels - Causal factors - Organic Intellectual Disability Syndrome - Treatments, outcomes and prevention.

Text Books:

Barlow, D., & Durand, *Abnormal psychology: An integrative approach*. Nelson Education, 2011.
Comer, R. J. *Abnormal psychology*. Macmillan, 2012.

Reference:

Butcher, J. N., Mineka, S., & Hooley, J. M. *Abnormal psychology*. Pearson Education India, 2017.
Ahuja, N., & Niraj, A. *A short textbook of psychiatry*. Jaypee Brothers Publishers, 2006.
Sarason, I. G., & Sarason, B. R. *Abnormal psychology: The problem of maladaptive behavior*. Prentice-Hall, Inc, 2005.

SEMESTER III			
Non MajorElective		Psychology for life	
Course Code:21UPSN31	Hrs/Week:2	Hrs/Semister: 30	Credit:2

Objectives:

To introduce the non-major students into the basics of psychology

To make psychology knowledge available to everyone interested in this special field.

Course Outcome:

CO.No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the basic concepts and principles of psychology	1	Re
CO-2	compare and learn the various branches of psychology	1	Un
CO-3	apply knowledge about concepts of memory and forgetting	1 , 4	Ap
CO-4	analyze the need of psychology in daily life	1 , 8	An
CO-5	evaluate the means of developing an understanding about human behavior	3 , 4	Ev
CO-6	create new theories and concepts of intelligence	4	Cr
CO-7	create a good understanding about psychological aptitude among students	1 , 8	Cr
CO-8	develop and create psychological interest among other major students.	8	Cr

SEMESTER III			
Non Major Elective		Psychology for life	
Course Code:21UPSN31	Hrs/Week:2	Hrs/Semester: 30	Credit:2

Unit I: Nature and Scope of Psychology

Introduction; Meaning of the term behavior; Nature of the subject Psychology, Scope of Psychology, Fields of psychology

Unit II: Motivation

Hunger motive, Thirst motive, Sex motive; Theories of motivation; Freud incentives theory, Adler's social urges theory, Maslow's Goal oriented theory.

Unit III: Attention

Meaning of attention, signs and effects of attention, Types of attention, Determinants of attention, Span of attention, Division of attention and Distraction

Unit IV: Memory and Forgetting

Types of memory, learning method, saving method; Ebbinghaus's curve of forgetting, Types of forgetting.

Unit V: Personality

Meaning and nature of personality, Characteristics of personality, Factors influencing personality development, Theories of personality – Freud's psychoanalytic and Eysenck's theory.

Text Book

1. S. K. Mangal, *General Psychology*, New Delhi: Sterling Publishers (P) Ltd., 2017.

Books for Reference

1. V. D. Swaminathan & K. V. Kaliappan, *Psychology for Effective Living – Behaviour Modification, Guidance, Counselling and Yoga, 1st edition*, The Madras Psychology Society, Chennai, 1997.
2. Robert A Baron. *Psychology*, 5th Edition, India: Prentice Hall, 2002.
3. Morgan, C.T. and King, R.A. *Introduction to Psychology*. New Delhi: Tata McGraw hill co, Ltd, 1994.

SEMESTER IV			
Non Major Elective		Self Development Skills	
Course Code:21UPSN41	Hrs/Week:2	Hrs/Sem: 30	Credit:2

Objectives:

To help the students develop the self.

To provide various self-development skills to the students so as to make them effective individuals.

Course Outcome:

CO. No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the basic concepts and principles of self development skills	8	Re
CO-2	compare and contrast the various skills of life management	8	Un
CO-3	apply knowledge about self enhancement in daily life	7	Ap
CO-4	analyze the need of knowledge of time and anger management in daily life	4	An
CO-5	evaluate the means of developing self awareness and motivation	4	Ev
CO-6	create new theories and concepts of self development	4	Cr
CO-7	create methods of self development.	8	Cr
CO-8	create a feeling of one with the society	8	Cr

SEMESTER IV			
Non Major Elective	Self Development Skills		
Course Code:21UPSN41	Hr/Week: 2	Hr/sem: 30	Credit: 2

Unit I: Self Awareness and Self-Motivation

Self-awareness building – SWOT Analysis – Johari Window Analysis – Self-confidence building; Motivation skills: self-motivation – motivation of others – Goal setting: SMART Goals – Immediate, Intermediate & Long term Goals

Unit II: Aptitudes

Meaning and nature; Ability and achievement of aptitudes, Measurement and Utility of aptitudes

Unit III: Emotional Regulation

Problem solving – critical thinking - creative thinking
Stress and Stressors—Characteristics of Emotions, Kinds of Emotions, Measurement of Emotions.

Unit IV: Anger Management

Conceptual definitions of Anger - Characteristics of anger - Forms of anger - Anger and the Related Diseases - Manifestations of anger - Causes of anger - Management of Anger: Simple Relaxation Techniques— Thought Stopping – Positive Self Talk – Cognitive Restructuring— Problem solving techniques.

Unit V: Time Management

Definition – Importance - The urgent versus-important dilemma - From goals to tasks - Time Management Styles: Four time styles - Time Management Techniques: Identifying Time Wasters - Advantages of Time Management.

Text Book

1. Swaminathan, V. D., & Kaliappan, K. V. .*Psychology for effective living: Behaviour modification, guidance, counselling and yoga*. 2nd ed. Chennai: The Madras Psychology Society, 2001.

Books for References

1. Hurlock, E.B. *Personality Development*, 28th Reprint, New Delhi: Tata McGraw Hill, 2006.
2. Shulman, L. *Skills of helping: Individuals & groups*. 1979.
3. Glenn R. Schiraldi, Melissa Hallmark Kerr, *Anger Management Source Book*, Tata McGraw Hill, 2002.

SEMESTER – I			
Skill Enhancement course Professional English for Psychology I			
Course Code: 21UPSPE1	Hrs / Week: 2	Hrs / Semester: 30	Credit: 2

Objectives:

To impart basic English knowledge on the subject of psychology.

To make the students confident and fluent in the usage of English language.

Course Outcome:

CO No	Upon completion of this course, the person will be able to	PSO Addressed	CL
CO 1	recognise their own ability to improve their own competence in using the language	9	Un
CO 2	use language for speaking with confidence in an intelligible and acceptable manner	9	An
CO 3	understand the importance of reading for life	9	Un
CO 4	read independently unfamiliar texts with comprehension	9	Un
CO 5	understand the importance of writing in academic life	9	An
CO 6	write simple sentences without committing error of spelling or grammar	9	Cr

SEMESTER – I			
Skill Enhancement course Professional English for Psychology I			
Course Code: 21UPSPE1	Hrs / Week: 2	Hrs / Semester: 30	Credit: 2

Unit 1: Communication

Listening: Listening to audio text on observation skills

- Listening to various observation techniques

Speaking: Pair work and small group work on how observation is done in counselling

Reading: Comprehending passages on contemporary observation skills

Writing: Developing a script on observation report

Vocabulary: Register specific - Incorporated into the LSRW tasks

Unit 2: Description

Listening: Listening to process description of attention and making notes on types of attention

Speaking: Role play on listening skills

Reading: Skimming/Scanning- Reading passages on listening skills

Writing: Process Description – The importance of listening skills in counselling

Paragraph-Sentence Definition and Extended definition on methods of focus

Free Writing on the methods of improving attention

Vocabulary: Register specific -Incorporated into the LSRW tasks.

Unit 3: Negotiation Strategies

Listening: Listening to interviews of specialists / Inventors in the field of Psychology

Speaking: Brainstorming on the concept of feedback

Small group discussions on external expression of feedback

Reading: Longer Reading text on the topic: response and feedback

Writing: Essay Writing (250 words) Topic: Subjective well being

Vocabulary: Register specific - Incorporated into the LSRW tasks

Unit 4: Presentation skills

Listening: Listening to lectures on motivation and questioning

Speaking: Short talks on the importance of activation and persistence of behaviour

Reading: Reading Comprehension passages on types of questions

Writing: Writing an essay on types of questions

Forming sentences to interpret the statements of responses for questions

Vocabulary: Register specific -Incorporated into the LSRW tasks

Unit 5: Critical thinking skills

Listening: Listening to audios that stimulate confrontation

Speaking: Making presentations with PPTs on the types of confrontations and challenges

Reading: Comprehending passages on types of confrontations

Writing: Essay writing on: My strongest challenge

Vocabulary: Register specific - Incorporated into the LSRW tasks

Books for Reference:

Geldard et al_ *Useful counselling micro skills* .2011.

English for life sciences, Tamil Nadu State Council for Higher education (TANSCHE).

SEMESTER – II			
Skill Enhancement course		Professional English for Psychology II	
Course Code: 21UPSPE2	Hrs / Week: 2	Hrs / Semester: 30	Credit: 2

Objectives:

To impart basic English knowledge on the subject of psychology.

To make the students confident and fluent in the usage of English language.

Course Outcome:

CO No	Upon completion of this course, the person will be able to	PSO Addressed	CL
CO 1	recognize their own ability to improve their own competence in using the language	9	Un
CO 2	use language for speaking with confidence in an intelligible and acceptable manner	9	An
CO 3	understand the importance of reading for life	9	Un
CO 4	read independently unfamiliar texts with comprehension	9	Un
CO 5	understand the importance of writing in academic life	9	An
CO 6	write simple sentences without committing error of spelling or grammar	9	Cr

SEMESTER – II			
Skill Enhancement course		Professional English for Psychology II	
Course Code: 21UPSPE2	Hrs / Week: 2	Hrs / Semester: 30	Credit: 2

Unit 1: Communication

Listening: Listening to audio text on instruction patterns.

- Listening to various instruction dialogues

Speaking: Pair work and small group work on how instructions are given in counselling

Reading: Comprehending passages on contemporary instructive skills

Writing: Developing a script on instruction for a particular issue

Vocabulary: Register specific - Incorporated into the LSRW tasks

Unit 2: Description

Listening: Listening to audio recordings where humour is used as a counselling technique

Speaking: Role play on humorous counselling session models

Reading: Skimming/Scanning- Reading passages on humour skills

Writing: Process Description – The importance of humour in counselling

Paragraph-Sentence Definition and Extended definition on methods of focus

Free Writing on the methods of improving attention and humour

Vocabulary: Register specific -Incorporated into the LSRW tasks.

Unit 3: Negotiation Strategies

Listening: Listening to interviews of specialists / Inventors in the field of Counselling Psychology

Speaking: Brainstorming on the concept of counselling relationship

Small group discussions on counselling skills

Reading: Longer Reading text on the topic: communication strategies

Writing: Essay Writing (250 words) Topic: Rapport building

Vocabulary: Register specific - Incorporated into the LSRW tasks

Unit 4: Presentation skills

Listening: Listening to lectures on counselling stages

Speaking: Short talks on efficient counsellor behaviour

Reading: Reading Comprehension passages on types of counselling

Writing: Writing an essay on efficient counselling relationship

Forming sentences to interpret the statements of counselling conversations

Vocabulary: Register specific -Incorporated into the LSRW tasks

Unit 5: Critical thinking skills

Listening: Listening to audios that stimulate counselling skills

Speaking: Making presentations with PPTs on the types of issues that require counselling

Reading: Comprehending passages on types of counselling conversations

Writing: Essay writing on most efficient counselling strategy

Vocabulary: Register specific - Incorporated into the LSRW tasks

Books for Reference:

Geldard et al. *Useful counselling micro skills* .2011.

English for life sciences, Tamil Nadu State Council for Higher education (TANSCH).

SEMESTER - III			
Skill based Elective		Applications of Positive Psychology	
Course Code : 21UPSS31	Hrs/Week: 2	Hrs / Sem.: 30	Credit: 2

Objectives:

To make clear the basic concepts of positive psychology.
To develop an awareness about positive psychology concepts and its implications.

Course Outcome:

CO. No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the aspects of positive psychology	1	Re
CO-2	compare and understand the various aspects of positive psychology	1	Un
CO-3	apply knowledge about handling others in daily life in a positive way	1, 2 , 8	Ap
CO-4	analyze the need of knowledge of positivity	1,8	An
CO-5	evaluate the means of developing an understanding about positive social interaction	1, 2 , 8	Ev
CO-6	create new theories and concepts of positive psychology	1 , 8	Cr
CO-7	create a society devoid of negativity	1, 2 , 8	Cr
CO-8	develop a better understanding about people through positive psychology	1, 2 , 8	Cr

SEMESTER - III			
Skill based Elective - Applications of Positive Psychology			
Course Code : 21UPSS31	Hrs/Week: 2	Hrs / Sem.: 30	Credit: 2

Unit I Introduction

Definition – Goals – From the negative to the positive – Eastern and Western perspectives of Positive Psychology. Assessment of strengths and weaknesses through SWOT analysis.

Activity: Practicing SWOT Analysis

Unit II Positive Psychology in context

Developing strengths – Meaning and measures of happiness – Resilience - Subjective wellbeing - Self-realization – Successful aging – Techniques to enhance self-realization.

Activity: Introspection on the source of subjective happiness and trying to make a group activity out of it

Unit III Developing Positive emotional states

Understanding positive affect, positive emotions and well-being – Developing Emotion focused coping – Life enhancement strategies - Emotional Intelligence – Learning the skills and making the difference

Activity: Role play on life enhancement strategies

Unit IV Developing Positive cognitive states

The two universal virtues: Wisdom & Courage: Theories, Development of wisdom and courage – Self-efficacy: Childhood antecedents, Influence in life arena, Collective self-efficacy- Optimism: Learned optimism – Hope: Childhood antecedents, Neuro biology of hope, Collective hope

Importance of mindfulness, flow and spirituality: Definition, basic concepts and development of the virtues.

Activity: Practicing mindfulness exercises

Unit V Developing pro social behavior

Definitions of empathy and egotism, altruism, gratitude and forgiveness –Importance and development of empathy and egotism – altruism – gratitude – forgiveness – Development of attachment, love and flourishing relationships. Living a life above zero.

Activity: Visit to old age home or orphanage.

Text book

1. Synder, C.R., Lopez, S.J., Pedrotti, J.T. *Positive Psychology: The scientific and practical explorations of human strengths*. II Edition. India: Sage publications,,2010.

Reference

1. Hurlock, E.B.*Personality development*. 28th Reprint, New Delhi: Tata McGraw Hill Publications, 2006.
2. Baumgardner, S.R., Crothers, M.K. *Positive Psychology*. India :Pearson Education,2009.

SEMESTER IV	
Self-Study Course	Self and Inner Growth
Course Code:21UPSSS2	Credit: 2

Objective:

To introduce the students to the concept of inner child.

To make the students aware of the impact of childhood experiences and help them overcome it.

Course Outcome:

CO. No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the basic concepts and principles of inner child journey	3	Re
CO-2	compare and contrast the various issues related to inner child	3,4	Un
CO-3	apply knowledge about Inner Child Work	3	Ap
CO-4	analyze the need of knowledge of Early Child Experiences	3	An
CO-5	evaluate the means of developing a Positive Belief System	3	Ev
CO-6	create new theories and Concepts of Healing the Inner Child	3, 8	Cr
CO-7	inner child healing as a psychological therapy.	3	Cr
CO-8	developing new therapy	3	Cr

SEMESTER IV	
Self Study Course	Self and Inner growth
Course Code:21UPSSS2	Credit: 2

Unit I Self, Culture, Gender and Inner Growth

Introduction . Self and Culture – Cognitive, Emotional and Motivational implications of self-system. Self and Gender differences, Self and Inner Growth.

Unit II Humanistic Perspective on Self

Humanistic Perspective. Historical development of Humanistic perspective. Theorists associated with this approach. Basic assumptions of Humanistic. Methodological approaches.

Unit III Carl Roger's Theory on Self

Basic assumptions of Carl Roger's Theory. Roger's theory of Personality development. Carl Roger's Client centered therapy – Basic Assumptions- Theory of Personality growth and maladjustment – The Counseling Relationship.

Unit IV Abraham Maslow's Theory of Need

Abraham Maslow's Theory of Need Hierarchy – Instinctoid, Explanation of the term hierarchy. Maslow's Hierarchy of Need Theory- Concept of hierarchy, Evaluation. Self Actualization

Unit V Transpersonal and Existential Psychology

Transpersonal Psychology – Transpersonal Psychology and other practices, Current development of transpersonal psychology, Critique of transpersonal psychology. Existential Psychology – Key concepts , Theory of existentialism by Rollo May , Victor Franklyn theory of Existentialists.

Text Book and Book for Reference

e-PGPathshala -

<https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=Ikr76qw2h+vltP6ZdaFVbg==>

e-PGPathshala> Psychology> Self and Inner growth.