

Syllabus for Psychology Honours & General Courses
Under CBCS Curriculum

Scheme for CBCS Curriculum

Credit Distribution across Courses

	Credits		
Course Type	Total Papers	Theory + Practical	
Core Courses	14	14*4 =56 14*2 =28	
Discipline Specific	4	4*4=16 4*2=8	
Generic Elective	4	4*4=16 4*2=8	
Ability Enhancement Compulsory	2	2*2=4	
Skill Enhancement	2	2*2=4	
Totals	26	140	

For Honours Course

Semesters	Core Courses	Credits
I	PSYACOR01T Introduction to Psychology	4
	PSYACOR01P	2

	PSYACOR02T BIOPSYCHOLOGY	4
	PSYACOR02P	2
II	PSYACOR03T PSYCHOLOGY OF INDIVIDUAL DIFFERENCES	4
	PSYACOR03P	2
	PSYACOR04T STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I	4
	PSYACOR04P	2
III	PSYACOR05T PSYCHOLOGICAL RESEARCH	4
	PSYACOR05P	2
	PSYACOR06T DEVELOPMENT OF PSYCHOLOGICAL THOUGHT	4
	PSYACOR06P	2
	PSYACOR07T SOCIAL PSYCHOLOGY	4
	PSYACOR07P	2
IV	PSYACOR08T STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II	4
	PSYACOR08P	2
	PSYACOR09T DEVELOPMENTAL PSYCHOLOGY	4
	PSYACOR09P	2
	PSYACOR10T APPLIED SOCIAL PSYCHOLOGY	4

	PSYACOR10P	2
V	PSYACOR11T UNDERSTANDING PSYCHOLOGICAL DISORDERS	4
	PSYACOR11P	2
	PSYACOR12T ORGANIZATIONAL BEHAVIOUR	4
	PSYACOR12P	2
VI	PSYACOR13T UNDERSTANDING AND DEALING WITH PSYCHOLOGIC DISORDERS	4
	PSYACOR13P	2
	PSYACOR14T COUNSELLING PSYCHOLOGY	4
	PSYACOR14P	2

CHOICES FOR DISCIPLINE SPECIFIC ELECTIVE (DSE)

SEM-V (Any two from 1, 2 and 3)

PSYADSE01T: CLINICAL PSYCHOLOGY

PSYADSE01P: CLINICAL PSYCHOLOGY PRACTICUM

PSYADSE02T: HUMAN RESOURCE MANAGEMENT

PSYADSE02P: HUMAN RESOURCE MANAGEMENT PRACTICUM

PSYADSE03T: HEALTH AND WELLBEING

PSYADSE03P: HEALTH AND WELLBEING PRACTICUM

SEM-VI (Any 2 from 4, 5 and 6)

PSYADSE04T: COMMUNITY AND CROSS-CULTURAL PSYCHOLOGY **PSYADSE04P:**
COMMUNITY AND CROSS-CULTURAL PSYCHOLOGY PRACTICUM

PSYADSE05T: DEVELOPMENTAL PSYCHOLOGY: CONTEMPORARY APPROACHES

PSYADSE05P: DEVELOPMENTAL PSYCHOLOGY: CONTEMPORARY APPROACHES
PRACTICUM

PSYADSE06T: Syllabus to be uploaded shortly

PSYADSE06P: Syllabus to be uploaded shortly

SKILL ENHANCEMENT COURSE (SEC) (SKILL BASED):

PSYSSEC01M: Stress Management (Theory+ Workshops/seminars)

PSYSSEC02M: Effective Decision making (Theory+ Workshops/seminars)

For General Course

PSYGCOR01T: General Psychology

PSYGCOR01P: Practical

PSYGCOR02T: Youth, Gender and Identity

PSYGCOR02P: Practical

PSYGCOR03T: Psychology for Health and Well-being

PSYGCOR03P: Practical

PSYGCOR04T: Psychology at Work

PSYGCOR04P: Practical

PSYGDSE01T: Clinical Psychology

PSYGDSE02T: Human Resource



**Any One in Semester V
Management**

PSYGDSE03T: Health and Well being

**PSYGDSE04T: Developmental Psychology
Approaches**



**Contemporary
Any One in Semester VI**

PSYHGEC01T: General Psychology

PSYHGEC02T: Youth, Gender and Identity

PSYHGEC03T: Psychology for Health and Well-being

PSYHGEC04T: Psychology at Work

SKILL ENHANCEMENT COURSE (SEC) (SKILL BASED):

PSYSSEC01M: Stress Management (Theory+ Workshops/seminars)

PSYSSEC02M: Effective Decision making (Theory+ Workshops/seminars)

PSYGGEC01T: Psychology and Media

PSYGGEC01P: Practical

PSYGGEC02T: Intergroup Relations

PSYGGEC02T: Practical

DETAIL OF THE COURSES HONOURSE
COURSE

CORE COURSES

SEMESTER I

PSYACOR01T: INTRODUCTION TO PSYCHOLOGY

Objective: To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.

Unit 1: Introduction

What is psychology? Perspectives on behaviour; Methods of psychology (special emphasis on subfields of psychology; experimentation); Psychology in modern India and current status.

Unit 2: Perception & Thinking

- (a) **Attention & Perception: Concepts and overview of attention.** Sensory and Perceptual processing, Psychophysical concepts and methods.
- (b) **Thinking and Language:** Decision making and Problem solving

Unit 3: Learning and Motivation: Principles and applications of Classical conditioning, operant conditioning, and observational learning; Learning strategies; Learning in a digital world; Self-regulated learning; Perspectives on motivation, types of motivation, motivational conflicts.

Unit 4: Memory & Emotion

- (a) **Memory:** Models of memory: Levels of processing, Parallel Distributed Processing model, and Information processing, Forgetting, Improving memory.
- (b) **Emotion:** Definition, concept, theories (James-lang, Cannon-Bard, Schacter-Singer, Lazarus, Lindsay). Physiological correlates of emotion. Gender culture and emotion

PSYACOR01P

1. To determine the effect of spacing on memorization capacity of your subject.
2. To determine the effect of suggestion on the rate of perceptual reversibility of your subject using any standardized reversible figure.

Readings:

Baron, R. & Misra, G. (2013). Psychology. Pearson.

Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.

Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.

Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.

PSYACOR02T: BIOPSYCHOLOGY

Objectives:

To explore the biological basis of experience and behaviour, to develop an understanding of the influence of behaviour, cognition, and the environment on bodily system and to develop an appreciation of the neurobiological basis of psychological function and dysfunction.

Unit 1: Introduction to biopsychology

Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology.

Unit -2: The functioning brain

Structure and function of neuron, neural conduction and synaptic transmission. Neurotransmitters: types, functions and functional abnormalities, dopamine serotonin hypothesis.

Unit 3: Organization of nervous systems

Structures and functions of central nervous system and peripheral nervous system. Neuroplasticity of Brain (neural degeneration, neural regeneration, and neural reorganization), hemispheric specialization.

Unit 4: Endocrine System

Structure, functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal.

PSYACOR02P

1. To determine the effect of variation of muscular prepreparedness on reaction time of your subject.

Interpret the result with special emphasis on physiological explanation.

2. To determine the effect of variation of task performing attentive state on emotional expression of your subject using pneumolysis. Interpret the result with special emphasis on physiological explanation.

Readings

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. R. (2009) *Foundations of Physiological Psychology*, 6th Edition. Pearson Education, New Delhi.

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

SEMESTER II

PSYACOR03T: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES

Objective: To develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others.

Unit 1: Personality

Nature of personality; Biological foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic (**Freud:** Topographical theory, Structural theory, Psychosexual stages; **Jung's** theory) Phenomenological-humanistic (**Maslow** and **Rogers'** theory), Trait and type (**Jung's Typology** and **Eysenck's** theory).

Unit 2: Intelligence

Concept of intelligence: Psychometric (**Spearman, Thurstone, Guilford**) and cognitive (**Cattell, Sternberg, Gardner**) approaches to intelligence; Emotional Intelligence (**Goleman, Salovey-Mayer**), Heredity, environment and intelligence; Extremes of intelligence (**Mental Retardation** and **Giftedness**).

Unit 3: Indian approaches to self

Self and identity in Indian thought (**Nyaya, Vedanta, components of identity, concept of Triguna from Sankhya perspective**).

Unit 4: Enhancing individual's potential

Motivation: Intrinsic motivation and Self-determination theory (**Ryan and Deci**); Enhancing cognitive potential, Self-regulation; Fostering creativity.

PSYACOR03P

1. To assess the performance intelligence of an adult individual by administering Wechsler Adult Performance Intelligence Scale (WAPIS)
2. To assess the personality pattern/Type of an adult individual by using NEO-5/EPQ

Readings:

Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi.

Carr, A. (2011): *Positive psychology*. Routledge.

Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.

Cornelissen, R.M.M., Misra, G. & Varma, S. (2011). *Foundations of Indian Psychology, Vol 1*. Pearson.

Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4thEd.)*. New Delhi: Pearson Education.

Mentis, M., Dunn-Bernstein, M., Mentis, M., & Skuy, M. (2009). *Bridging learning: Unlocking cognitive potential in and out of the classroom*. Corwin.

Passer, M.W. & Smith, R.E. (2010). *Psychology: The science of mind and behaviour*. New Delhi: Tata McGraw-Hill.

PSYACOR04T: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I

Objective: To familiarize students with the psychological research and basics of statistical methods and tools used in descriptive statistics of quantitative research.

Unit 1: Introduction

Psychological Research & Statistics; Descriptive and Inferential Statistics; Variables and Constants; Measurement Scales.

Unit 2: Measures of Central Tendency

The Mode; the Median; the Mean; Properties and Relative Advantages and Disadvantages of the Mode, the Median and the Mean.

Unit 3: Measures of Variability and Standard (z) Scores

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.

Unit 4: Correlation

Concept, properties and types of correlation, coefficient of correlation, factors affecting coefficient of correlation. Concepts, assumptions, computations and interpretations of product moment, rank difference, biserial, point biserial, phi, tetrachoric and contingency coefficient of correlation.

PSYACOR04P

1. Graphic Representation of Data: Basic procedures; The Histogram; The Frequency Polygon (including Smoothed Frequency polygon); The Bar Diagram; The Pie Chart; The Cumulative Frequency Graph.
2. The Normal Distribution: The Nature and Properties of the Normal Probability Distribution; Standard Scores (z-score) and the Normal Curve; The Standard Normal Curve: Finding areas when the score is known; The Standard Normal Curve: Finding scores when the area is known; The Normal Curve as a Model for Real Variables; The Normal Curve as a Model for Sampling Distributions; Divergence from Normality (Skewness and Kurtosis): Concept and Calculation.

Reading List:

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

SEMESTER III

PSYACOR05T: PSYCHOLOGICAL RESEARCH

Objective: To educate students with the process and the methods of quantitative and qualitative psychological research traditions.

Unit 1: Basics of Research in Psychology

- (a) What is Psychological Research? The Goals of Psychological Research; Principles of Good Research; Ethics in Psychological Research.
- (b) Research Traditions: Quantitative and Qualitative Orientations towards Research and their Steps; Comparing Qualitative and Quantitative Research Traditions; Formulating a Research Problem and Hypothesis.

Unit 2: Conducting experiment

- (a) Experimental Method: Introduction to Experimental and Quasi-experimental Methods.
- (b) Sampling: Concept, Sampling techniques: Probability Sampling Methods and Non-Probability Sampling Methods.

Unit 3: Non-Experimental Methods

Case Study; Observation; Surveys, Focus Group Discussion, Interviews, Psychological test

Unit 4: Standardization of psychological tests

Concepts and types of Reliability (computation of Kuder-Richardson coefficient of reliability), Validity and Norms of a Psychological Test; applications

PSYACOR05P: The students are required to conduct two practicals, one from each of the following groups.

1. One experiment based on group data analysis
OR
One psychological test based on group data analysis
2. To conduct a focused group discussion on any selected topic

Reading List:

- Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi.
- Dyer, C. (2001) *Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.)* Oxford: Blackwell Publishers
- Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.
- Murphy, K.R. &Davidshofer, C. O. (2004). *Psychological Testing: Principles & Applications (6th Ed.)* New Jersey: Prentice Hall.
- Neuman, W.L. (2006). *Social Research Methods: Qualitative and Quantitative Approaches (6th Ed.)* Boston: Pearson Education.
- Willig, C. (2001). *Introducing qualitative research in psychology: Adventures in theory and method*. Philadelphia: Open University Press.

PSYACOR06T: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT OBJECTIVES:

Objectives: This course provides a basic introduction to the development of the discipline both from the Indian as well as western perspective and review the development of psychological thought and introduce the issues and debates in contemporary psychology.

Unit 1: Understanding Psyche: Debates and Issues

- (a) Free will and determinism
- (b) Empiricism and rationality
- (c) Issues of Consciousness and Mind Body Relationship

Unit 2: Positivist Orientation

The journey from Behaviourism to cognition, Key contributions of **Watson, Skinner, Ellis, Beck**, Cognitive Revolutions.

Unit 3: Psychoanalytic and Humanistic-Existential Orientation

Key contributions of Freud (Basic concepts of Dream theory, and Defense Mechanisms), Adler, Erickson, Rollo May and Viktor Frankl

Unit 4 -: Contemporary Developments

Basic concept of Feminism and social constructionism.

PSYACOR06P

1. To assess the major defenses of an adult individual by using Defense Style Questionnaire (DSQ)/ Defense Mechanism Inventory (DMI)
2. To assess the level of depression of an adult individual by using Beck Depression Inventory (BDI-II)

READINGS:

- Benjamin Jr. (2009). *A History of Psychology: Original Sources & Contemporary Research* 3rdEdn. Blackwell Publishing.
- Feist & Feist. *Theories of Personality* Mc Graw Hill Higher Education.
- King, D.B., Viney, W. & Woody, W.D. (2008). *A history of psychology: Ideas and context.* (4th Ed.). Pearson education.
- Kurt Pawlik, Gery D'ydewalle (2006). *Psychological Concepts: An International Historical Perspective.* Taylor Francis Group.
- Leahey, T.H. (2005). *A History of Psychology: Main currents in psychological thought* (6th Ed.). Singapore: Pearson Education.
- Mc Adams (2000). *The Person: An Integrated Introduction to Personality Psychology* John Wiley
- Paranjpe, A. C. (1984). *Theoretical psychology: The meeting of East and West.* New York: Plenum Press.
- St. Clair, Michael. (1999). *Object Relations and Self-Psychology: An Introduction.* Wadsworth Publishing Company.
- Schultz & Schultz (1999). *A History of Modern Psychology.* Harcourt College Publishers/ Latest edition available.
- Wolman, B.B. (1979). *Contemporary theories & systems in psychology.* London: Freeman Book Co.

PSYACOR07T: SOCIAL PSYCHOLOGY

Objectives: To develop an understanding of the nuances of the social world as well as different perspectives on relations between individual and society Introduce students to the realm of social influence and behavior, as to how individuals think, feel and behave in social situations.

Unit 1: Psychology of the Social

The meaning of 'social'; Key assumptions and approaches to social psychology; Overview of the history of social psychology (including India); Relationship with sociology and anthropology; Areas of application: Health, Law, Workplace.

Unit 2: Understanding and evaluating the social world Self and its processes: Self-concept, Self-esteem, and self-presentation; Social identity and its functions. Social Cognition, Social perception, Attitudes: Concept, Theories, and Change.

Unit 3: Social interaction and Influence

Interpersonal attraction, Pro-Social Behaviour, Aggression, Social influence.

Unit 4: Group Dynamics and inter-group relations

Nature of groups, Group influence on – performance and decision making. Nature of intergroup relationsprejudice, inter-group conflict, Intervention techniques.

PSYACOR07P

1. To construct an attitude scale following Likert method and administer the scale to determine the attitude of an adult individual towards any selected topic.
2. To determine prejudice towards any group by using Bogardus Social Distance Scale (modified by Goode and Hatt)

Readings:

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.
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.

Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). *Social Psychology* (12th Ed). New Delhi: Pearson.

SEMESTER IV

PSYACOR08T: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II

Objective: To educate students with the techniques of inferential statistics and hypothesis testing.

Unit 1: Inferential Statistics

Concepts and Computation of t and z

Unit 2: Analysis of variance concept, assumptions and computation of one-way ANOVA

Unit 3: Non parametric statistical tests

Chi square and Mann-Whitney U test, Wilcoxon sign test, Wilcoxon rank test

PSYACOR08P:

1. Computations of Mean, SD, product moment coefficient of correlation, rank order correlation through **SPSS** software
2. Computation of t test through **SPSS** software

Reading List:

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

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

Coakes, S. J., Steed, L., & Ong, C. (2009). *SPSS: Analysis Without Anguish Using Version 16.0 for Windows*. Milton, QLD: Wiley Students Edition.

Field, A. (2009). *Discovering Statistics using SPSS* (3rd Ed). New Delhi :Sage.

King, B.M. & Minium, E.W. (2007). *Statistical Reasoning in the Behavioral Sciences* (5th Ed). USA: John Willey.

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

PSYACOR09T: DEVELOPMENTAL PSYCHOLOGY

Objectives: To equip the learner with an understanding of the concept and process of human development across the life span, to impart an understanding of the various domains of human development and to inculcate sensitivity to socio-cultural context of human development.

Unit 1: Introduction

- a) Concepts and principles of Human Development
- b) Role of Family, peers, schools, media and culture, Nature and Nurture with Special reference to cultures

Unit 2: Domains of Human Development I

- a) Prenatal development
- b) Physical development
- c) Cognitive development
- d) Language development

Unit 3: Domains of Human Development II

- a) Emotional development
- b) Moral development
- c) Social development

Unit 4: Socio-Cultural Contexts for Human Development

- a) Family
- b) Peers, Media & Schooling
- c) Human Development in the Indian context

PSYACOR09P

1. To determine the attachment styles of an adult individual by using Attachment Style Questionnaire by Ainsworth.
2. To determine the gender role identity of an adult individual by using Indian Gender Role Identity Scale by J. Basu

Reading List:

- Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.
- 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* (13thed) 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.

PSYACOR10T: APPLIED SOCIAL PSYCHOLOGY

Objective: To help student understand social problems and gain knowledge about intervention strategies.

Unit 1: Introduction

Nature of applied Social Psychology, Social influences on behaviour, Levels of analysis, Methodological approaches – Participatory Action and Learning research techniques.

Unit 2: Applying Social Psychology-I

Environment, population, diversity

Unit 3: Applying Social Psychology-II

work, health, legal system

Unit 4: Intervention and Evaluation

Impact analysis; Process of intervention; need forevaluation for effective programme. Case studies in Indian context.

PSYACOR10P

1. To determine the effect of group influence on problem solving ability of your subjects (with anagrams)

2. To determine the group cohesiveness of a small group.

Readings

1. Kloos, B., Hill, J., Thomas, E., Wandersman, E., & Dalton, J.H. (2012). Community psychology: Linking individuals and communities. Wadsworth, Cengage.
2. Mikkelsen, B. (1995). Methods for development work and research: A guide for practitioners. New Delhi: Sage.
3. Schneider, F.W., Gruman, A., Coult, L.M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.
4. Smith, P.B., Bond, M.H., & Kagitcibasi, C. (2006). Understanding social psychology across cultures. New Delhi: Sage Publication.

SEMESTER V

PSYACOR11T: UNDERSTANDING PSYCHOLOGICAL DISORDERS

Objectives: The paper aims at providing an overview about the concept of abnormality and the clinical picture and dynamics of various psychological disorders. This will sensitize the students to information on psychopathology and dispel myths regarding it.

Unit 1: Understanding Psychopathology

Definition and Criteria, Classification (DSM V & ICD 11), Signs and Symptoms. [DSM to primarily follow and overview and broad classification of ICD to be given]

Unit 2: Anxiety Disorders and Obsessive Compulsive and Related Disorders

Clinical Picture and Aetiology

Unit 3: Somatic Symptoms and Related Disorders

Clinical Picture and Aetiology

Unit 4: Substance Related and Addictive Disorders

Alcohol abuse and Drug Abuse- Clinical Picture and Aetiology

PSYACOR11P: UNDERSTANDING PSYCHOLOGICAL DISORDERS

1. To administer and interpret Medico Psychological Questionnaire
2. To administer and interpret Perceived Stress Scale

Readings:

- Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Integrated Approach (4th Ed.).Wadsworth: New York.
- Bennett,P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
- Brewer,K. (2001). Clinical Psychology. Oxford : Heinemann Educational Publishers
- Carson, R.C., Butcher,J.N.,Mineka,S.&Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
- Kearney, C. A. &Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi : Cengage learning.
- Kring,A.M.,Johnson,S.L.,Davison G.C. & Neale J.M. (2010). Abnormal Psychology (11th Ed.).NY: John Wiley.

PSYACOR12T: ORGANIZATIONAL BEHAVIOUR

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

Unit 1: Industrial and Organizational Psychology

Historical Background of Industrial Psychology in India, Defining Organizational Behaviour (OB), OB Model, the Organizational Structure, Common Organizational Designs, New Design Options

Unit 2: Individual Attitudes; Job Satisfaction; Work Motivation

Organizational Commitment, Organizational Citizenship Behaviour, POB
Work Motivation Theories- Content Theories (Herzberg and Alderfer), Process Theories (Vroom and Adams)

Unit 3: Human Resource Practices

Job Analysis: Recruitment and Selection- Principles and Techniques; Psychological Testing and Interview
Selection: Principles and techniques, psychological testing and interview.
Performance Appraisal- Relevance of Performance Appraisal, Performance Appraisal Methods (Graphic Rating Scales, Employee Comparison Method, Behaviour Checklists and Scales), Error and Biases, Feedback of performance appraisal information to employees.

Unit 4: Training

Concept and Model (Organization Level, Process Level, and Individual Level), Steps in establishing a

Training Programme, Methods and Techniques of Training, Evaluation of Training (Formative and Summative)

PSYACOR12P

1. To assess organizational commitment by using Organizational Commitment Questionnaire developed by Allen & Meyer
2. To assess work life balance by using a suitable psychological test

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.
- 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.
- Schermerhorn, J.R. ,Hunt,J.G. &Osborn,R.N. (2008) Organizational Behavior (10th Ed.) New Delhi: Wiley India Pvt. Ltd.
- Singh, K. (2010). Organizational Behavior: Texts & Cases. India: Dorling Kindersley Sinha,
- J.B.P. (2008). Culture and Organizational Behavior. New Delhi: Sage.

SEMESTER VI

PSYACOR13T: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS.

Objective:

Help students develop an understanding of the clinical picture and dynamics of psychological disorders.

To introduce the therapeutic interventions for the various psychological disorders.

UNIT1: Schizophrenia: Clinical Picture, causal factors and subtypes

UNIT2: Mood Disorders: Clinical Picture, causal factors and subtypes; suicide

UNIT3: Substance related disorder – Drugs and Alcohol

UNIT4: Sexual Disorders (Overview): Gender Identity Disorder, Paraphilia - Pedophilia, Voyeurism, Exhibitionism, Sexual Masochism, Sexual Sadism

PSYACOR13P...

- 1) Practical on expressed emotion.
- 2) Project on family and schizophrenia.

Readings:

Barlow D.H. and Durand V.M. (2005). *Abnormal Psychology: An Integrated Approach* (4th Ed.). Wadsworth: New York.

Bennett, P. (2006). *Abnormal and Clinical Psychology: An introductory textbook*. New York: Open University Press.

Brewer, K. (2001). *Clinical Psychology*. Oxford : Heinemann Educational Publishers

Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). *Abnormal Psychology*. New Delhi: Pearson.

Kearney, C. A. & Trull, T. J. (2012). *Abnormal Psychology and Life: A dimensional approach*. New Delhi : Cengage learning.

Kring, A.M., Johnson, S.L., Davison G.C. & Neale J.M. (2010). *Abnormal Psychology* (11th Ed.). NY: John Wiley.

Plante, T.G. () *Contemporary Clinical Psychology* John Wiley & Sons.

Riskind, J.H., Manos, M.J. and Alloy, L.B. (2004) *Abnormal Psychology : Current Perspectives*. McGraw Hill

PSYACOR14T: COUNSELLING PSYCHOLOGY

Objectives:

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

To acquaint the learner with the challenges of Counselling.

Unit 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 relationship

Unit 2: Similarities and difference between counselling and psychotherapy, Counselling Skills: Micro and Macro skills in counselling

Unit 3: Contemporary Trends

- a) Indian approaches: yoga and meditation
- b) Expressive techniques: art, music, dance.

Unit 4: Counselling Applications:

- a) Child Counselling
- b) Family Counselling
- c) Career Counselling

PSYACOR14P:

- 1) Genogram
- 2) Mental health Literacy

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

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

DISCIPLINE SPECIFIC ELECTIVES (DSE)

(Any 2 from 1, 2 and 3 in Sem V and 4, 5, 6 in Sem VI):

PSYADSE01T: CLINICAL PSYCHOLOGY

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

Unit 1: Models of Psychopathology

Psychodynamic, Cognitive-behavioural and Stress-diathesis models of psychopathology

Unit 2: Personality Disorders

Overview of Personality Disorders and Clusters

Unit 3: Schizophrenia Spectrum Disorders

Clinical Picture and Aetiology of the disorders under Schizophrenia spectrum disorder

Unit 4: Reaching a diagnosis

How to reach at a diagnosis; Differential diagnosis; Clinical Assessment- Introduction to methods (specific for assessment and diagnostic Purpose) and diagnostic tools.

PSYADSE01P

1. To administer and interpret PANSS- Positive and Negative Syndrome Scale

PSYADSE02T: HUMAN RESOURCE MANAGEMENT

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

Unit 1: Introduction to Human Resource Management (HRM)

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

Unit 2: Leadership

Basic approaches: Trait theories, Behavioural theories and Contingency theories . Contemporary issues: Inspirational approaches to leadership. Contemporary leadership roles and challenges to the leadership construct. Indian perspective

Unit 3: Organisational Change

Concepts, models(one model), techniques

Unit 4: Organisational Development

concepts, models (one model), techniques (one for individual and one for group).

PSYADSE02P

1. To assess the leadership quality by using Multifactor Leadership Questionnaire (Form 6S) developed by Avolio & Bass.

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.

PSYADSE03T: HEALTH & WELLBEING

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

Unit 1: Introduction

Introduction to Health Psychology; components of health: social, emotional, cognitive and physical aspects; mind-body relationship; goals of health psychology, Bio-psychosocial model of health, lifestyles and disease patterns.

Unit 2: Stress & health Behaviour

Nature and sources of stress, effect of stress on physical and mental health, coping and stress management. Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.

Unit 3: Positive Psychology

Perspectives on Positive Psychology, Character strengths and virtues.

Unit 4

- a) Happiness and wellbeing, Meaning of Life, Emotional Intelligence, Resilience, Self Efficacy, Optimism, Hope, Wisdom, Mindfulness,
- b) Applications: Multicultural Context and Ageing

PSYADSE03P: Practical from any one of the above topic

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.
- 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.
- 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.

PSYADSE04T: COMMUNITY & CROSS-CULTURAL PSYCHOLOGY

Objectives: To learn the link between individuals and communities and deal with social issues more effectively with people's participation.

Unit 1: Introduction

Definition & nature of community& cross-cultural psychology; types of communities; models, Community mental health, Core values

Unit 2: Health promotion& Intervention

Process of community organization for health promotion, importance community development and empowerment.

Unit 3: Culture

Culture as antecedents to behaviour, culture and self, structure of identity

Unit 4: Interventions

Community development and empowerment.

PSYADSE04P:

Quality of life.

Readings:

Banerjee, A., Banerji, R., Duflo, E., Gleneske, R., & Khenani, S. (2006). Can Information Campaign start local participation and improve outcomes? A study of primary education in Uttar Pradesh, India, World Bank Policy Research, Working Paper No.3967.

Fetterman, D.M., Kaftarian, S.J. & Wandersman, A (Eds)(1996) Empowerment Evaluation, New Delhi : Sage Publication.

Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). Community Psychology: Linking Individuals and Communities, Wadsworth Cengage Learning.

McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to community health. United States: Jones and Bartlett Publishers.

Misra, G. (Ed). (2010) Psychology in India. Indian Council of Social Science Research. Dorling Kindersley (India) Pvt Ltd. Pearson Education.

Poland, B. D., Green, L.W. & Rootman, I. (2000) Setting for Health Promotion: Linking Theory and Practice, Sage Publication, New Delhi.

PSYADSE05T: DEVELOPMENTAL PSYCHOLOGY CONTEMPORARY APPROACHES

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

Unit 1: Contemporary Approaches

Contemporary approaches of studying cognitive, language and emotional development

Unit 2: Development of Identity

Personality development, Gender and sexuality, Development of Self.

Unit 3: Critical developmental Periods

Issues and Challenges during: a) puberty and adolescence, b) middle age and c) Old-Age

Unit 4: Developmental Disabilities and Interventions

- a) Intellectual Disability,
- b) Learning Disability & Communication Disorders
- c) Autism Spectrum Disorders
- d) Attention Deficit Hyperactivity Disorder

PSYADSE05P:

Vineland Social Maturity Scale

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.

Smith, P.B., Bond, M. H., & Kagitcibasi, C. (2006). Understanding Social Psychology across cultures: Living and working in a changing world. London: Sage.

PSYADSE06T: To be uploaded shortly

PSYADSE06P: To be uploaded shortly

SKILL ENHANCEMENT COURSE (SEC)

PSYSSEC01M: 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.

Unit 1: Stress: Introduction, Nature, symptoms, sources of stress: environmental, social, physiological and psychological.

Unit 2: Stress and health: effects of stress on health, eustress

Unit 3: Managing stress-I: Methods - yoga, meditation, relaxation techniques.

Unit 4: Managing stress-II: Problem focused and emotion focused approaches.

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.

PSYSSEC02M: EFFECTIVE DECISION MAKING

Objective: Students will learn various strategies which will enable them to make effective decisions in life.

Unit 1: Introduction: What is decision making? Importance of making good decisions.

Unit 2: Decisions regarding career: Discovering self and creating a healthy acceptance of self; Learning to connect with self with vocational choices/career.

Unit 3: Decision making in interpersonal context: Learning about conflict management in interpersonal relations; negotiation in interpersonal conflict, handling difficult people and finding solutions.

Unit 4: Decision making at the workplace: developing competencies and skills required for effective decision making.

Readings:

Adler, R.B & Proctor, R.F (2009). Communication Goals and Approaches. Wadsworth Cengage Learning, India

Chadha, N.K. & Bhatia, H. (2014). Career Development-different voices, different choices. The Readers Paradise: New Delhi.

Sherfield, R.M., Montgomery, R.J., & Moody, P.G. (2009). Developing soft skills. Pearson Education, India.

FOR GENERAL COURSE

CORE COURSES

PSYGCOR01T: General Psychology

Objectives: Provide an overview of the basic concepts in psychology to help in better communication and enhance adjustment in life and work.

Unit 1: Orientation to psychology

- a) Nature, fields and applications of psychology
- b) Cognitive Processes: Learning, memory and problem solving
- c) Conative Processes: Motivation, types of motives (Sociogenic/Psychogenic motives)
- d) Affective Processes: Emotion, Positive and negative emotion

Unit 2: Psychology of individual differences

- a) Theories of personality: Freudian psychoanalysis, type and trait ; humanistic
- b) Theories of intelligence: Spearman 'g' theory, Sternberg and Gardner
- c) Emotional intelligence
- d) Assessment of intelligence and personality

Unit 3: Understanding developmental processes

- a) Cognitive Development – Piaget
- b) Moral Development – Kohlberg
- c) Psycho-social Development – Erikson

Unit 4: Applications of psychology

- a) Work
- b) Law
- c) Health

PSYGCOR01P: Practical

Readings:

Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.

Ciccarelli , S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
Feldman.S.R.(2009).Essentials of understanding psychology (7th Ed.) New Delhi : Tata Mc Graw Hill.
Glassman,W.E.(2000).Approaches to Psychology(3rd Ed.) Buckingham:Open University Press.
Michael ,W., Passer, Smith,R.E.(2007). Psychology The science of mind and Behavior. New Delhi :Tata McGraw-Hill.

PSYGCOR02T PSYHGEC02T: Youth, Gender And Identity

Objectives: To equip the learner with an understanding of the concepts of Youth, Gender and Identity and their interface and to inculcate sensitivity to issues related to Youth, Gender and Identity within the sociocultural context.

Unit 1: Introduction

- a. Concepts of Youth: Transition to Adulthood, Extended Youth in the Indian context
- b. Concepts of Gender: Sex, Gender Identity, Sexual Orientation, Gender Roles, Gender Role Attitudes, Gender Stereotypes
- c. Concepts of Identity: Multiple identities

Unit 2: Youth and Identity

- a. Family: Parent-youth conflict, sibling relationships, intergenerational gap
- b. Peer group identity: Friendships and Romantic relationships
- c. Workplace identity and relationships
- d. Youth culture: Influence of globalization on Youth identity and Identity crisis

Unit 3: Gender and Identity

- a. Issues of Sexuality in Youth
- b. Gender discrimination
- c. Culture and Gender: Influence of globalization on Gender identity

Unit 4: Issues related to Youth, Gender and Identity

- a. Youth, Gender and violence
- b. Enhancing work-life balance
- c. Changing roles and women empowerment
- d. Encouraging non-gender stereotyped attitudes in youth

PSYGCOR02P: Practical

Readings:

Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.

Baron, R.A., Byrne, D. & Bhardwaj, G (2010). *Social Psychology* (12th Ed). New Delhi: Pearson.

PSYGCOR03T: PSYCHOLOGY FOR HEALTH AND WELL-BEING

Objective: To understand the spectrum of health and illness for better health management.

UNIT 1: Illness, Health And Well Being

Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health; health and well being.

UNIT 2: Stress and Coping

Nature and sources of stress; Effects of stress on physical and mental health; Coping and stress management

Unit 3: Health Management

Health-enhancing behaviors: Exercise, Nutrition, Health compromising behaviours; Health Protective behaviours, Illness Management

Unit 4: Human strengths and life enhancement

Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism; gainful Employment and Me/We Balance.

PSYGCOR03P: Practical

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.

Forshaw, M. (2003). *Advanced Psychology: Health Psychology*. London: Hodder and Stoughton.

Hick, J.W. (2005). *Fifty signs of Mental Health.A Guide to understanding mental health*. Yale University Press

Misra,G. (1999).Stress and Health. New Delhi: Concept.

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

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

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

PSYGCOR01T: PSYCHOLOGY AT WORK

Objectives: To understand the meaning and theoretical foundations of I/O Psychology To develop an understanding of how the various theories and methods of I/O Psychology apply to the real work settings

Unit I: Introduction to I/O Psychology

Definition, Brief History, Contemporary Trends and Challenges, I/O Psychology in India.

Unit II: Job Satisfaction and Work Motivation

Concept of Job satisfaction and work motivation, causes of Job Satisfaction, outcomes of Job Satisfaction, Theories of Work Motivation and Applications

Unit III: Communication in Organizations

Communication process, purpose of communication in organizations, communication networks, barriers to effective communication, managing communication

Unit IV: Leadership

The meaning of leadership, early approaches to leadership, contemporary approaches to leadership Transformational & Transactional Leadership; Leadership in a Globalized World, Indian perspective on leadership.

PSYGCOR04P: Practical

Readings

Adler, N.J. (1997). Global Leaders; A Dialogue with future history, *Journal of International Management*, 2, 21-33.

Adler, N.J. (1997). Global Leadership: Women Leaders. *Management International Review*, Vol. 37, *International Human Resources and Cross Cultural Management*, 171-196.

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. Biztantra publishers
- Robbins, S. P. & Judge, T.A. (2007). Organizational Behavior. 12th Edition. New Delhi: Prentice Hall of India.
- Robbins, S. P. & Judge, T.A. (2008). Essentials of Organizational Behavior. 9th Edition. New Delhi: Prentice Hall of India.
- Singh, K. (2010). Organizational Behavior: Texts & Cases. India: Dorling Kindersley

DISCIPLINE SPECIFIC ELECTIVES

PSYGDSE01T: CLINICAL PSYCHOLOGY

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

UNIT 1: Models of Psychopathology

Psychodynamic, Cognitive- behavioural, Stress-diathesis models of psychopathology

Unit 2: Anxiety disorders and Obsessive compulsive related disorders

Overview & Clinical picture of Anxiety & Obsessive Compulsive related Disorder

Unit 3: Schizophrenia and Mood disorders

Overview & Clinical picture of Schizophrenia & Mood Disorder

PSYGDSE01P: Practical

PSYAGSE02T: HUMAN RESOURCE MANAGEMENT

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

Unit 1: Introduction to Human Resource Management (HRM)

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

Unit 2: Human Resource Practices

Job analysis; Recruitment and selection; Training; Performance evaluation

Unit 3: Performance appraisal & training

- a. Relevance of performance appraisal
- b. Performance appraisal methods: graphic rating scales, employee comparison methods, behavioural checklist and scales
- c. Errors and biases in performance appraisal
- d. Training: steps in establishing a training programme; methods and techniques of training; evaluation of training programmes

PSYGDSE02P: Practical

Readings:

- 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.

PSYGDSE03T: HEALTH & WELLBEING

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

Unit 1: Introduction

Introduction to Health Psychology; components of health: social, emotional, cognitive and physical aspects; mind-body relationship; goals of health psychology, Bio-psychosocial model of health, lifestyles and disease patterns.

Unit 2: Stress & Health Behaviour

Nature and sources of stress, effect of stress on physical and mental health, coping and stress management. Characteristics of health behaviour; Barriers to health behaviour;

Unit 3: Positive Psychology

Perspectives on Positive Psychology, Character strengths and virtues.

PSYGDSE03P: Practical

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.

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.

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.

PSYGDSE04T: DEVELOPMENTAL PSYCHOLOGY CONTEMPORARY APPROACHES

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

Unit 1: Contemporary Approaches

Contemporary approaches of studying cognitive, language and emotional development

Unit 2: Identity Development

Development of Identity: Personality development, Gender and sexuality, Development of Self.

Unit 3: Developmental Disabilities

- a) Intellectual Disability,
- b) Learning Disability & Communication Disorders
- c) Autism Spectrum Disorders
- d) Attention Deficit Hyperactive Disorder

PSYGDSE04P: Practical

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.

Smith, P.B., Bond, M. H., &Kagitcibasi, C. (2006). Understanding Social Psychology across cultures: Living and working in a changing world. London: Sage.

GENERIC ELECTIVES (GE)

PSYHGEC01T: General Psychology

Objectives: Provide an overview of the basic concepts in psychology to help in better communication and enhance adjustment in life and work.

Unit 1: Orientation to psychology

- c) Nature, fields and applications of psychology
- d) Cognitive Processes: Learning, memory and problem solving
- e) Conative Processes: Motivation, types of motives (Sociogenic/Psychogenic motives)
- f) Affective Processes: Emotion, Positive and negative emotion

Unit 2: Psychology of individual differences

- e) Theories of personality: Freudian psychoanalysis, type and trait ; humanistic
- f) Theories of intelligence: Spearman 'g' theory, Sternberg and Gardner
- g) Emotional intelligence
- h) Assessment of intelligence and personality

Unit 3: Understanding developmental processes

- d) Cognitive Development – Piaget
- e) Moral Development – Kohlberg
- f) Psycho-social Development – Erikson

Unit 4: Applications of psychology

- d) Work
- e) Law
- f) Health

PSYHGEC01P: Practical

Readings:

- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
- Feldman.S.R.(2009).Essentials of understanding psychology (7th Ed.) New Delhi : Tata Mc Graw Hill.
- Glassman,W.E.(2000).Approaches to Psychology(3rd Ed.) Buckingham:Open University Press.
- Michael ,W., Passer, Smith,R.E.(2007). Psychology The science of mind and Behavior. New Delhi :Tata McGraw-Hill.

PSYHGEC02T: Youth, Gender And Identity

Objectives: To equip the learner with an understanding of the concepts of Youth, Gender and Identity and their interface and to inculcate sensitivity to issues related to Youth, Gender and Identity within the sociocultural context.

Unit 1: Introduction

Concepts of Youth: Transition to Adulthood, Extended Youth in the Indian context

Concepts of Gender: Sex, Gender Identity, Sexual Orientation, Gender Roles, Gender Role Attitudes, Gender Stereotypes

Concepts of Identity: Multiple identities

Unit 2: Youth and Identity

Family: Parent-youth conflict, sibling relationships, intergenerational gap

Peer group identity: Friendships and Romantic relationships

Workplace identity and relationships

Youth culture: Influence of globalization on Youth identity and Identity crisis

Unit 3: Gender and Identity

Issues of Sexuality in Youth

Gender discrimination

Culture and Gender: Influence of globalization on Gender identity

Unit 4: Issues related to Youth, Gender and Identity

Youth, Gender and violence

Enhancing work-life balance

Changing roles and women empowerment

Encouraging non-gender stereotyped attitudes in youth

PSYHGEC02P: Practical

Readings:

Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.

Baron, R.A., Byrne, D. & Bhardwaj, G (2010). *Social Psychology* (12th Ed). New Delhi: Pearson.

PSYHGEC03T: PSYCHOLOGY FOR HEALTH AND WELL-BEING

Objective: To understand the spectrum of health and illness for better health management.

UNIT 1: Illness, Health And Well Being

Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health; health and well being.

UNIT 2: Stress and Coping

Nature and sources of stress; Effects of stress on physical and mental health; Coping and stress management

Unit 3: Health Management

Health-enhancing behaviors: Exercise, Nutrition, Health compromising behaviours; Health Protective behaviours, Illness Management

Unit 4: Human strengths and life enhancement

Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism; gainful Employment and Me/We Balance.

PSYHGEC03P: Practical

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.
- Forshaw, M. (2003). *Advanced Psychology: Health Psychology*. London: Hodder and Stoughton.
- Hick, J.W. (2005). *Fifty signs of Mental Health. A Guide to understanding mental health*. Yale University Press
- Misra, G. (1999). *Stress and Health*. New Delhi: Concept.
- Sarafino, E.P. (2002). *Health psychology: Bio psychosocial interactions (4th Ed.)*. NY: Wiley.
- Snyder, C.R., & Lopez, S.J.(2007). *Positive psychology: The scientific and practical explorations of human strengths*. Thousand Oaks, CA: Sage.
- Taylor, S.E. (2006). *Health psychology, 6th Edition*. New Delhi: Tata McGraw Hill.

PSYHGEC04T: PSYCHOLOGY AT WORK

Objectives: To understand the meaning and theoretical foundations of I/O Psychology To develop an understanding of how the various theories and methods of I/O Psychology apply to the real work settings

Unit I: Introduction to I/O Psychology

Definition, Brief History, Contemporary Trends and Challenges, I/O Psychology in India.

Unit II: Job Satisfaction and Work Motivation

Concept of Job satisfaction and work motivation, causes of Job Satisfaction, outcomes of Job Satisfaction, Theories of Work Motivation and Applications

Unit III: Communication in Organizations

Communication process, purpose of communication in organizations, communication networks, barriers to effective communication, managing communication

Unit IV: Leadership

The meaning of leadership, early approaches to leadership, contemporary approaches to leadership Transformational & Transactional Leadership; Leadership in a Globalized World, Indian perspective on leadership.

PSYHGEC04P: Practical

Readings

- Adler, N.J. (1997). Global Leaders; A Dialogue with future history, *Journal of International Management*, 2, 21-33.
- Adler, N.J. (1997). Global Leadership: Women Leaders. *Management International Review*, Vol. 37, *International Human Resources and Cross Cultural Management*, 171-196.
- 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*. Biztantra publishers
- Robbins, S. P. & Judge, T.A. (2007). *Organizational Behavior*. 12th Edition. New Delhi: Prentice Hall of India.
- Robbins, S. P. & Judge, T.A. (2008). *Essentials of Organizational Behavior*. 9th Edition. New Delhi: Prentice Hall of India.
- Singh, K. (2010). *Organizational Behavior: Texts & Cases*. India: Dorling Kindersley

SKILL ENHANCEMENT COURSE (SEC) (SKILL BASED)

(Any 2 of the following: 1 in Sem III and 1 in sem IV):

PSYSSEC01M: 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.

Unit 1: Stress: Introduction, Nature, symptoms, sources of stress: environmental, social, physiological and psychological.

Unit 2: Stress and health: effects of stress on health, eustress

Unit 3: Managing stress-I: Methods - yoga, meditation, relaxation techniques.

Unit 4: Managing stress-II: Problem focused and emotion focused approaches.

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.

PSYSSEC02M: EFFECTIVE DECISION MAKING

Objective: Students will learn various strategies which will enable them to make effective decisions in life.

Unit 1: Introduction: What is decision making? Importance of making good decisions.

Unit 2: Decisions regarding career: Discovering self and creating a healthy acceptance of self; Learning to connect with self with vocational choices/career.

Unit 3: Decision making in interpersonal context: Learning about conflict management in interpersonal relations; negotiation in interpersonal conflict, handling difficult people and finding solutions.

Unit 4: **Decision making at the workplace:** developing competencies and skills required for effective decision making.

Readings:

Adler, R.B & Proctor, R.F (2009). *Communication Goals and Approaches*. Wadsworth Cengage Learning, India

Chadha, N.K. & Bhatia, H. (2014). Career Development-different voices, different choices. The Readers Paradise: New Delhi.

Sherfield, R.M., Montgomery, R.J., & Moody, P.G. (2009). Developing soft skills. Pearson Education, India.

PSYGGEC01T: PSYCHOLOGY AND MEDIA

Objectives: To understand the effect of media on human psyche and to develop a critical awareness of the underlying psychological processes and mechanisms

Unit 1: Media and User:

Understanding mass media; Issues in Media psychology: Construction of reality, media and culture, Media and ethics, regulation.

Unit 2: Media and advertising

Developing an effective advertising programme /media promotions/ campaigns for social marketing. Case studies in the Indian context.

Unit 3: Audio-Visual media (TV and movies) and Print media

Nature and impacts of Audio-visual (TV and movies) and print media

Developmental issues: fantasy Vs reality, socialization, stereotyping, violence, and cybercrime.

Case studies in the Indian context.

Unit 4: Interactive and emerging technologies

Virtual social media, interactive media, gaming, issues of internet addiction. Case studies in the Indian context.

PSYGGEC01P: Practical

Readings:

Dill, K.E. (2009). *How Fantasy becomes Reality Seeing Through Media Influence*. New York: Oxford University Press.

Giles, D. (2003). *Media Psychology*. New Jersey: Lawrence Erlbaum Associates Publishers.

Haugtvedt, C. P., Herr, P. M., & Kardes, F. R. (Eds.). (2008). *Handbook of Consumer Psychology*. NY: Psychology Press.

Jansson-Boyd, C. V. (2010). *Consumer Psychology*. England: Open University Press.

Wanke, M. (Ed.). (2009). *Social Psychology of Consumer Behaviour*. NY: Taylor & Francis Group.

Kirsh, S.J. (2006). *Children Adolescents and Media Violence*. New York: Sage.

Montgomery, K.C. (2007) *Generation Digital*. MIT Press.

Wood, R.N. (1983). *Mass Media and Individual*. Minnesota: Woods.

PSYGGEC02T: INTER-GROUP RELATIONS

Objectives: To understand the significance of healthy inter-group relations for the society and learn the strategies of resolving intergroup conflicts.

Unit 1: Nature of intergroup relations

Cooperation vs. competition; Classical study of Robbers cave experiment; Realistic conflict theory.

Unit 2: Social categorization and conflict

Ingroup vs. outgroup; Consequences of social categorization: Cognitive biases & stereotypes, conflict and social categorization.

Unit 3: Cultural aspects of intergroup relations

Social identity, Stereotypes, case studies in the Indian context.

Unit 4: Resolving intergroup conflict

Intergroup contact; Promoting intergroup cooperation; Conflict management strategies.

PSYGGEC02P: Practical

Readings:

Baron, R.A., Branscombe, N.R, Byrne,D. & Bhardwaj, G. (2009) Social psychology. New Delhi: Pearson.

Keyton, J. (2006). Communicating groups-building relationships in group effectiveness. New York: Oxford University Press.

Smith, P.B., Bond, M.H & Kagitcibasi, C.(2006) Understanding social psychology across culture. New Delhi : Sage Publications.

Zorsyth, D.R. (2009) Group dynamics.Broke/Cole: Wadsworth .