

FOUR YEAR UNDERGRADUATE PROGRAM (NEP-2020)

Program: Bachelor in Arts (2024 -28)

DISCIPLINE – PSYCHOLOGY

Session – 2024 -25

DISCIPLINE SPECIFIC COURSE DSC- 01 TO 08		DISCIPLINE ELECTIVEC COURSE (DSE)- 01 TO 12	
CODE	TITLE	CODE	TITLE
PSSC-01T	Introduction To Psychology	PSSE -01T	Applied Cognitive Psychology
PSSC-01P	Lab. Course -1 (Experiment and Activity)	PSSE -01P	Lab. Course -1(Experiment and Activity)
PSSC-02T	Psychopathology	PSSE -02T	Positive Psychology
PSSC-02P	Lab. Course -2 (Psychological Testing)	PSSE -02P	Lab. Course -2(Psychological Testing)
PSSC-03T	Foundation of Social Psychology	PSSE -03T	Sports And Exercise Psychology
PSSC-03P	Lab. Course -3t(Experiment and Activity)	PSSE -03P	Lab. Course -3 (Activity)
PSSC-04T	Psychological Assessment	PSSE -04T	Psychology of Health And Yoga
PSSC-04P	Lab. Course -4 (Psychological Testing)	PSSE -04P	Lab. Course -4 (Activity)
PSSC-05T	Quantitative Data Analysis	PSSE -05T	Educational Psychology
PSSC-05P	Lab. Course -5 (Activity)	PSSE -05P	Lab. Course -5 (Activity)
PSSC-06T	Personality Psychology	PSSE -06T	Community Psychology
PSSC-06P	Lab. Course -6 (Activity)	PSSE -06P	Lab. Course -6 (Activity)
PSSC-07T	Human Development	PSSE -07T	Fundamentals of Clinical Psychology- I
PSSC-07P	Lab. Course -7 (Activity)	PSSE -07P	Lab. Course -7 (Activity)
PSSC-08T	Fundamentals Of Counseling	PSSE -08T	Human Resource Management
PSSC-08P	Lab. Course -8 (Activity)	PSSE -08P	Lab. Course -8 (Activity)
		PSSE -09T	Forensic Psychology
		PSSE -09P	Lab. Course -9 (Activity)
		PSSE -10T	Environmental Psychology
		PSSE -10P	Lab. Course -10 (Activity)
		PSSE -11T	Fundamentals Of Clinical Psychology- II
		PSSE -11P	Lab. Course -11 (Activity)
		PSSE -12T	Organizational Psychology
		PSSE -12P	Lab. Course -12 (Activity)
GE – 01&02		VAC	
PSGE- 01T	Introduction To Psychology	PSVAC-01	Stress Management
PSGE- 01P	Lab. Course -1 (Experiment and Activity)	SEC	
PSGE- 02T	Psychopathology	PSSEC-01	Statistical Package for Science & Social Science(Excel, SPSS)
PSGE- 02P	Lab. Course -2 (Psychological Testing)		

Officer-In-Charge (Academic)
Shaheed Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

Four-Year Undergraduate Program (2024-2028)
Department of Psychology
Course curriculum
Certificate Course

Program Outcomes (PO)-B.A. Psychology

- PO1:** Have a fundamental knowledge of human behavior and deviancy.
PO2: Understanding the various perspectives to explain behavior.
PO3: Developing a perspective towards this own understanding of normal and abnormal behavior.
PO4: Capability of diagnostic assessment and psychological testing.
PO5: Have an idea of prognosis of various psychological disorder interventions and guiding the choice of therapy.
PO6: Become familiar with diverse professional opportunities available within mental health services.
PO7: Acquires a sense of persistence and continual effort, empathy and responsibility toward sufferers.

Program Specific Outcomes:

- PSO1:** To able to describe and explain human behavior through deep understanding of its theories and approaches.
PSO2: To relate one's behavior to its socio-cultural context.
PSO3: To recognize major events in the historical development of Psychology.
PSO4: To operationalize the concepts of behavior in the lab and real-life situations:
PSO5: To develop and acquire skills of psychological assessment,
PSO6: To be able to progress on the path of higher studies, psychological services and research.

Four-Year Undergraduate Program (2024-2028)
Department of Psychology
Course curriculum
Diploma Course

Program Outcomes (PO)-

- PO1:** A Diploma in Psychology Candidate has acquired sufficient relevant knowledge of behavior for the understanding of behavior disorders and pathologic.
PO2: The students on complete Diploma shall have a fair knowledge and skills of applying psycho diagnostics
PO3: They had on exposition and practical opportunities to try therapeutic Interventions on selected patients.
PO4: They are psychologically prepared to join and complete for a professional training program in future.

Officer-In-Charge (Academic)
Shaheed Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

Chairman
I Study
Shed Nandkumar Patel
Shakya, Raigarh (C.G.)

Pos05: They have a fair knowledge of Psychology course to take on high studies and research.

Program Specific Outcomes -

PS01: To able to describe and explain human behavior through deep understanding of its theories and approaches. Students would be equipped with foundation skills needed to be a psychologist.

PS02- To relate one's behavior to its socio-cultural content students would have knowledge to pursue higher education in Psychology.

PS03. To operationalize the concepts of behavior in the lab and real-life situations: students would be able to analyze and resolve psychological issue faced by self and others.

PS04: To develop and acquire "skills of psychological Assessment.

PS05. To be able to progress on the path of higher studies, psychological services and research.

Four-Year Undergraduate Program (2024-2028)

Department of Psychology

Course curriculum

Degree Course

Program Outcomes (PO)-B.A. Psychology

PO 1 Critical Thinking: Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.

PO 2 Effective Communication: Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.

PO 3 Social Interaction: Elicit views of others, mediate disagreements and help reach conclusions in group settings.

PO 4 Effective Citizenship: Demonstrate empathetic social concern and equity centered national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.

PO 5 Ethics: Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.

PO 6 Environment and Sustainability: Understand the issues of environmental contexts and sustainable development.

PO 7 Self-directed and Life-long Learning: Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes

Program Specific Outcomes (PSO)-B.A. Psychology

PSO 1 Knowledge of basic concepts of Psychology: To impart knowledge and understanding of the basic concepts, systems, theories of psychology and psychopathology.

PSO 2 Practical application Skills: An ability to apply the theoretical principles of Psychology demonstrating an understanding of behavior, thoughts, and feelings of the individual and the individual in group settings

PSO 3 Assessment skills: Basic professional skills pertaining to psychological testing, assessment and counseling.

PSO 4 Multicultural competence: To recognize, understand, and respect the complexity of multiculturalism in the practice and application of counseling and psychotherapy.

Four-Year Undergraduate Program (2024-2028)
Department of Psychology
Course curriculum
Honors Course

Program Outcomes (PO)-B.A. Psychology

PO 1: Students will learn scientific methods, basic psychological processes and perspectives in Psychology

PO 2: Students will develop skills to live in the social world by understanding psycho aspects of various social phenomena, errors in interaction and theoretical approaches of behavior.

PO 3: Students will be equipped with skills to identify and diagnose mental disorders causal and appropriate treatment of different disorders.

PO 4: Skilful to identify strategies to Manage organizations more effectively and will be in topics like Leadership, Motivation, Power, Conflict, Negotiation, etc.

PO 5: Gain familiarity with skills of observation and scientific reporting in psychology; training, planning and conducting a psychological experiment.

PO 6: Equipped with theoretical knowledge, approaches and issues of counseling.

PO 7: Acquaint with different mental health problems of children and elderly through internship.

PO 8: Familiar with psychological instruments and tools and developed the ability to und self and others.

PO 9: Familiar with biological basis of behavior and basic statistical methods psychological research.

PO 10: Student will have theoretical knowledge on the process and nature of child development.

PO 11: Develop basic skills in conducting scientific research

Program Specific Outcomes (PO)-B.A. Psychology

PSO1: Student of Advance Course of Psychology to grow in sensitivity, sympathy and empathy towards others.

PSO2: Students are Learn to work in a team and develop leadership qualities, accept and respect individual differences and work with responsibility and Commitment.

PSO3: Students also develop an understanding about inclusive education and its benefits through the social outcome Outreach Program.

PSO 4: Students are encouraged to conduct short empirical and archival researches so that they develop an understanding about application of statistics and research methodology.

PS05: Students are trained to present papers in Seminars and also get the research paper Published in reputed journals.

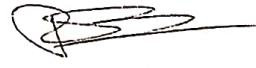
PS06: Students gather exhaustive Knowledge in different areas pertaining to psychology. It helps student to get an understanding, about the practical applications, implications and generalizations about the different aspects of the Subject from book to real life situations.

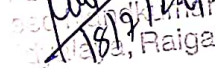
PS07: with extensive field community and hospital settings the program would make the candidate competent to deal with patients and other needy people.

PS08: Through supervised training the candidate would have acquired professional skill to go for ethical and responsible practice.

PS09: The program would have turned them an empathetic individual working to enhance the happiness and well-being.

Dr. 


Officer-In-Charge (Academics):
Shahood Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction

Program: Bachelor in Arts <i>(Certificate/Diploma/Degree/Honors)</i>		Semester-I	Session:2024-2025
1	Course Code	PSSC-01T	
2	Course Title	Introduction to Psychology	
3	Course Type	Discipline Specific Course (DSC)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Learning what psychology is all about. ➤ Appreciation of the scope and the field of psychology. ➤ Developing familiarity with basic concepts related to some foundational themes of study in psychology such as learning, memory, perception, thinking, emotion, motivation and human biological system including brain ➤ Developing familiarity with individual level phenomenon such as intelligence, and personality.	
6	Credit Value	03 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100	Min Passing Marks:40

PART-B: Content of the Course

Total No. of Learning-Training (01 Hr. per period) - 45 Periods (45 Hours)

Unit	Topics (Course contents)	No. of Period
I	Introduction: 1.1 Nature of Psychology: Definition, Fields of Psychology, Introduction to schools of modern psychology 1.2 Psychology in India: History and current status 1.3 Methods of psychology: Introspection, Observation, Experiment and Interview 1.4 Biological basis of human behavior: Nervous System and Glands	12
II	Learning, Memory and Perception 2.1 Learning: Classical conditioning, instrumental learning, Observational learning (socio-cognitive learning); 2.2 Memory: Models of memory: Information processing model (Sensory register, STM, LTM and concept of working memory) 2.3 Reconstructive nature of memory; Forgetting, Nature and interfering theory	11
III	Motivation & Emotion 3.1 Approaches to understand Motivation; Maslow and Arousal theory 3.2 Types of Motives (Biological and Social) 3.3 Emotion ; Nature and type	11

	3.4 Emotional Intelligence and Gender	
IV	Individual differences: Personality and Intelligence	
	4.1 Nature of Personality and Intelligence	11
	4.2 Personality: Theories Nature concept, Big Five Personality Traits	
	4.3 Intelligence: Theories (Spearman, Thurston)	
Keywords	Nervous system ,Motivation, Emotion, Learning, Memory ,Perception, Emotional Intelligence, Personality ,Intelligence	

PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

1. Mangal, S.K. (2016), General Psychology first edition, Sterling
2. Shrivastav , D.N. (2012), General Psychology first edition, Agrawal Publications , Sanjay Nagar, Agra
3. Shrivastav , D.N. and Verma Preeti (2018-19), Adhunik Samanya Manovigyan, Agrawal Publications , Sanjay Nagar, Agra
4. Singh , A.K. (2015-16), Adhunik Samanya Manovigyan, Motilal Banarsidas, Jawahar Nagar , New Delhi
5. Singh , A.K. (2015-16), Samanya Manovigyan, Motilal Banarsidas, Jawahar Nagar , New Delhi
6. Ajimurahmaan (2015-16), Samanya Manovigyan, Motilal Banarsidas, Jawahar Nagar , New Delhi
7. Baron, R.& Misra. G.(2014) *Introduction to Psychology*. New Delhi: Pearson
8. Ciccarelli,S.K.&White,J.N.&Misra,G.(2018).*Psychology*.NewDelhi:Pearson Education.
9. Morgan, CT.,King, R., Weisz,J.& Schopler,J.(2017).*Introduction to Psychology*(7thEd). McGraw Hills.
10. Panel Gullybabacom, General Psychology, Gullybaba Publishing House Pvt. Ltd

Reference Books Recommended

1. Holt,N.,Bremner,A.,Sutherland,E.,Vliek,M.andPasser,M.,&Smith,R.(2015). Psychology: The Science of Mind and Behaviour. London: Tata McGraw-Hill
2. Banyard, P., Davies , M. N.O., Norman, C. & Winder, B. (Eds.) (2010).Essential psychology. New Delhi: SAGE Publications

Online Resources-

e-Resources/e-books and e-learning portals

- Swayam Central
<https://swayam.gov.in>
- youtube

Online Resources-

e-Resources/e-books and e-learning portals

- <https://egyankosh.ac.in/>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 100 Marks
Continuous Internal Assessment (CIA): 30 Marks
End Semester Exam (ESE): 70 Marks

Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20 Assignment / Seminar - 10 Total Marks - 30	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
End Semester Exam (ESE):	Two section – A & B Section A: (I) Objective Type Questions 10x1=10 Marks (II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks Section B: Long Answer Type Questions One From Each Unit With Internal option 4x10=40 Marks Total Marks=70	

Name and Signature of Convener & Members of CBoS:

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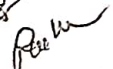
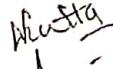
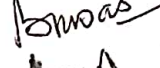
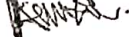
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Chairman
Shahood Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

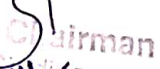
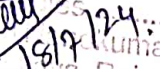
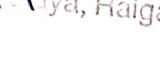
FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Certificate/Diploma/Degree/Honors)		Semester- I	Session:2024-2025
1	Course Code	PSSC-01P	
2	Course Title	Lab Course -1 (Experiment &Activity)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	<i>After the completion of course, the students will have ability to:</i> ➤ Concept clarification ➤ Applicability of skill development ➤ Develop analytical thinking	
6	Credit Value	01 Credit	Credit =30 Hours Laboratory or Field learning/Training
7	Total Marks	Max.Marks:50	Min Passing Marks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Experiment	Topics	No. of Period	
1	Effect of set on Perception	30	
2	Learning Curve/ Serial Position Curve		
3	Short Term Memory		
4	Retroactive Inhibition		
Activity	The rumor chain game is a very simple illustration of the reconstructive nature of long-term memory and the role of schemas (e.g. gender role expectations and prejudices) in this process. a story that is short enough to allow retelling several times in class, but detailed enough that students are unlikely to remember all aspects of it. Send a few participants out of the room. The student reads aloud a short story to the one participant in the room. She is required to repeat the story to the new participant who is brought about. This newcomer will repeat it to the next participant who is invited to the room and so on. This continues until the last student who hears the story repeats it to the class. The student observes how the story has under gone change and the reconstructive nature of memory.		
Keywords	Rumor Chain, Perception, Learning, Memory, Retroactive Inhibition		





PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

1. Shrivastav, D.N. and Verma Preeti (2014-15), Adhunik Prayogatmak Manovigyan, Agrawal Publications, Sanjay Nagar, Agra

2. Woodworth, R.S. & Schlosberg, H. (1954). Experimental Psychology Oxford & IBH Publishing company Pvt. Ltd., New Delhi

Online Resources-

e-Resources/e-books and e-learning portals

➤ Swayam Central

https://swayam.gov.in

➤ youtube

Online Resources-

e-Resources/e-books and e-learning portals

➤ https://egyankosh.ac.in/

➤ https://epgp.inflibnet.ac.in/Home

➤ https://ndl.iitkgp.ac.in/homestudy/humanities

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 50 Marks

Continuous Internal Assessment (CIA): 15 Marks

End Semester Exam (ESE): 35 Marks

Internal Assessment:

Continuous Internal Assessment (CIA)

Internal Test / Quiz-(2): 10 & 10

Assignment/Seminar +Attendance - 05

Total Marks- 15

Better marks of the Test / Quiz & Attendance & File submission + obtained marks in Assignment shall be considered against 15 Marks

End Semester Exam (ESE):

Laboratory / Field Skill Performance: On spot Assessment

A. Performed the Task based on lab. Work (Conduction of Experiment)-20

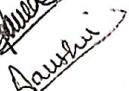
B. Spotting based on tools & technology (written) (Report writing)- 10

C. Viva-voce (based on principle/technology) - 05

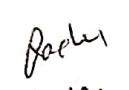
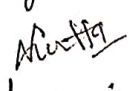
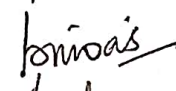
Total Marks- 35

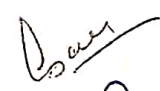
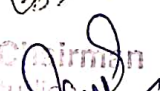
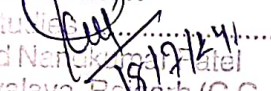
Name and Signature of Convener & Members of CBoS:










 Chairman
 Shri Narayana Kumar Patel
 Vidyalyaya, Raigarh (C.G)

Officer-In-Charge (Academic)
 Shri Narayana Kumar Patel
 Vishwavidyalaya, Raigarh (C.G.)

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Certificate/Diploma/Degree/Honors)		Semester– II	Session:2024-2025
1	Course Code	PSSC-02T	
2	Course Title	Psychology of Disorders	
3	Course Type	Discipline Specific Course (DSC)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Establish the criteria of Normality and Abnormality. ➤ Learns about the Models of Psychopathology. ➤ Get equipped with Assessment of Psychopathology. ➤ Acquire the general idea of Anxiety Disorders and Obesity. ➤ Know the facts about Mood Disorders, & Personality Disorders.	
6	Credit Value	03 Credit	(Credit=15Hours-learning& Observation)
7	Total Marks	Max.Marks:100	Min Passing Marks:40
PART-B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics(Course contents)		No. of Period
I	Psychopathology 1.1 The concept and criterion of Normality and Abnormality 1.2 Models of Psychopathology; Psychodynamic, Behavioral and Cognitive		12
II	Assessment of Psychopathology 2.1 Diagnostic Test ; Intelligence Test 2.2 Personality Test; MMPI and EPI		11
III	Anxiety 3.1Anxiety Disorders ; 3.2 Panic Disorders; 3.3 Phobia-; 3.4 Obsessive-Compulsive Disorder (OCD) ; (NATURE,CAUSES ,SYMPTOMS AND TREATMENT)		11
IV	Mood and Personality Disorders 4.1 Depression, Manic Depressive Episode 4.2 Schizoid Personality Disorder and Paranoid Personality Disorder		11
Keywords	Normality, Abnormality, Diagnosis, Anxiety Disorder, Mood disorder and Personality disorder		

PART-C**Learning Resources: Text Books, Reference Books and Others****Text Books Recommended**

1. Mangal, S.K. (2020), Abnormal Psychology, Sterling Publishers Pvt. Ltd
2. Lamm, A.(1997) – Introduction to Psychopathology, Sage, N.Y.
3. Bennett, P.(2011), Abnormal and Clinical Psychology, An Introductory textbook, McGraw-Hill
4. G. Sarason Irwin & R. Sarason Barbara,(2017) Abnormal Psychology, Pearson Education
5. Singh, L. & Tiwari. G. (2020) – Asamanya Manovigyan, Agara Vinod Pustak, Bhandar.
6. Singh, A.K. (2016)–Aadhunik Asamanya Manovigyan. Motilal Banarsidas , Delhi

Reference Books Recommended

1. Buss, A.H. (1999) – Psychopathology N.Y .John Wilcy
2. Robert C Karson and James and Butcher (2001), Fundamental of Abnormal Psychology and Modern Life, Pearson

Online Resources–**e-Resources/e-books and e-learning portals**

- Swayam Central
<https://swayam.gov.in>
- Youtube

Online Resources–**e-Resources/e-books and e-learning portals**

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation**Suggested Continuous Evaluation Methods:****Maximum Marks: 100 Marks****Continuous Internal Assessment (CIA): 30 Marks****End Semester Exam (ESE): 70 Marks****Continuous Internal Assessment (CIA): (By Course Teacher)**

Internal Test / Quiz-(2): 20 +20

Assignment / Seminar - 10

Total Marks - 30

Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks

End Semester Exam (ESE):**Two section – A & B**

Section A: (I) Objective Type Questions 10x1=10 Marks

(II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks

Section B: Long Answer Type Questions One From Each Unit With Internal option 4x10=40 Marks

Name and Signature of Convener & Members of CBoS:

Bhush

Dhruv

Dhruv

Dhruv

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18/12/24
Shahood Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G)

Officer-In-Charge (Academic)
Shahood Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Certificate/Diploma/Degree/Honors))		Semester– II	Session:2024-2025
1	Course Code	PSSC-02P	
2	Course Title	Lab Course -2 (Psychological Testing)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will develop : ➤ Assessment Ability ➤ Understanding of Psychological Test	
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)
7	Total Marks	Max.Marks:50	MinPassingMarks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Test	Topics(Course contents)	No. of Period	
1	Anxiety Test	30	
2	Big Five Personality test		
3	Depression Test		
4	Intelligence Test		
Keywords	Assessment, Psychological Tests, Anxiety, Depression, Intelligence, Personality		

PART-C	
Learning Resources: Text Books, Reference Books and Others	
Text Books Recommended	
1. Lamm, A.(1997) – Introduction to Psychopathology, Sage, N.Y. 2. Buss, A.H. (1999) – Psychopathology N.Y. John Wilcy 3. Robert C Karson and James and Butcher (2001), Fundamental of Abnormal Psychology and Modern Life, Pearson 4. Shrivastav , D.N. and Verma Preeti (2014-15), Adhunik Prayogatmak Manovigyan Agrawal Publications , Sanjay Nagar, Agra	
Online Resources–	
e-Resources/e-books and e-learning portals	
Swayam Central ➤ https://swayam.gov.in ➤ https://egvankosh.ac.in/handle/123456789/4448	

Chairman
 Studies
 Nandkumar Patel
 (C.G.)

Officer-In-Charge (Academic)
 Shaheed Nandkumar Patel
 Vishwavidyalaya, Raigarh (C.G.)

Online Resources-**e-Resources/e-books and e-learning portals**

- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation**Suggested Continuous Evaluation Methods:**

Maximum Marks:	50 Marks
Continuous Internal Assessment (CIA):	15 Marks
End Semester Exam (ESE):	35 Marks

Internal Assessment:	Internal Test/ Quiz-(2): 10 & 10	Better marks of the Test / Quiz & Attendance & File submission + obtained marks in Assignment shall be considered against 15 Marks
Continuous Internal Assessment (CIA)	Assignment/Seminar + Attendance - 05	
	Total Marks - 15	
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment A. Performed the Task based on lab. Work (Conduction of Test)- 20 B. Spotting based on tools & technology (written) (Report writing)- 10 C. Viva-voce (based on principle/technology) - 05 Total Marks- 35	

Name and Signature of Convener & Members of CBoS:

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18/12/24
Vishwavidyalaya, Raigarh (C.G.)

Officer-In-Charge (Academic)
Shahood Nandhramar Patel
Vishwavidyalaya, Raigarh (C.G.)

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction

Program: Bachelor in Arts (Certificate/Diploma/Degree/Honors)		Semester-I	Session:2024-2025
1	Course Code	PSGE-01T	
2	Course Title	Introduction to Psychology	
3	Course Type	Generic Elective	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Learning what psychology is all about. ➤ Appreciation of the scope and the field of psychology. ➤ Developing familiarity with basic concepts related to some foundational themes of study in psychology such as learning, memory, perception, thinking, emotion, motivation and human biological system including brain ➤ Developing familiarity with individual level phenomenon such as intelligence, and personality.	
6	Credit Value	03 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100	Min Passing Marks:40

PART-B: Content of the Course

Total No. of Learning-Training (01 Hr. per period) - 45 Periods (45 Hours)

Unit	Topics (Course contents)	No. of Period
I	Introduction: 1.5 Nature of Psychology: Definition, Fields of Psychology, Introduction to schools of modern psychology 1.6 Psychology in India: History and current status 1.7 Methods of psychology: Introspection, Observation, Experiment and Interview 1.8 Biological basis of human behavior: Nervous System and Glands	12
II	Learning, Memory and Perception 2.1 Learning: Classical conditioning, instrumental learning, Observational learning (socio-cognitive learning); 2.2 Memory: Models of memory: Information processing model (Sensory register, STM, LTM and concept of working memory) 2.3 Reconstructive nature of memory; Forgetting, Nature and interfering theory	11
III	Motivation & Emotion 3.5 Approaches to understand Motivation; Maslow and Arousal theory 3.6 Types of Motives (Biological and Social) 3.7 Emotion ; Nature and type	11

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Officer-In-Charge
Shaheed Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

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	3.8 Emotional Intelligence and Gender	
IV	Individual differences: Personality and Intelligence 4.3 Nature of Personality and Intelligence 4.4 Personality: Theories Nature concept, Big Five Personality Traits 4.3 Intelligence: Theories (Spearman, Thurston)	11
Keywords	<i>Nervous system, Motivation, Emotion, Learning, Memory, Perception, Emotional Intelligence, Personality, Intelligence</i>	

PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

11. Mangal, S.K. (2016), General Psychology first edition, Sterling
12. Shrivastav, D.N. (2012), General Psychology first edition, Agrawal Publications, Sanjay Nagar, Agra
13. Shrivastav, D.N. and Verma Preeti (2018-19), Adhunik Samanya Manovigyan, Agrawal Publications, Sanjay Nagar, Agra
14. Singh, A.K. (2015-16), Adhunik Samanya Manovigyan, Motilal Banarsidas, Jawahar Nagar, New Delhi
15. Singh, A.K. (2015-16), Samanya Manovigyan, Motilal Banarsidas, Jawahar Nagar, New Delhi
16. Ajimurahaman (2015-16), Samanya Manovigyan, Motilal Banarsidas, Jawahar Nagar, New Delhi
17. Baron, R. & Misra, G. (2014) *Introduction to Psychology*. New Delhi: Pearson
18. Ciccarelli, S.K. & White, J.N. & Misra, G. (2018). *Psychology*. New Delhi: Pearson Education.
19. Morgan, C.T., King, R., Weisz, J. & Schopler, J. (2017). *Introduction to Psychology* (7th Ed). McGraw Hills.
20. Panel Gullybabacom. General Psychology, Gullybaba Publishing House Pvt. Ltd

Reference Books Recommended

1. Holt, N., Bremner, A., Sutherland, E., Vlieg, M. and Passer, M., & Smith, R. (2015). *Psychology: The Science of Mind and Behaviour*. London: Tata McGraw-Hill
2. Banyard, P., Davies, M. N.O., Norman, C. & Winder, B. (Eds.) (2010). *Essential psychology*. New Delhi: SAGE Publications

Online Resources-

e-Resources/e-books and e-learning portals

- Swayam Central
<https://swayam.gov.in>
- youtube

Online Resources-

e-Resources/e-books and e-learning portals

- <https://egyankosh.ac.in/>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 100 Marks
Continuous Internal Assessment (CIA): 30 Marks
End Semester Exam (ESE): 70 Marks

Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
	Assignment / Seminar - 10 Total Marks - 30	
End Semester Exam (ESE):	Two section – A & B	
	Section A: (I) Objective Type Questions 10x1=10 Marks (II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks Section B: Long Answer Type Questions One From Each Unit With Internal option 4x10=40 Marks Total Marks=70	

Name and Signature of Convener & Members of CBoS:

Shubra
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FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Certificate/Diploma/Degree/Honors)		Semester– I	Session:2024-2025
1	Course Code	PSGE-01P	
2	Course Title	Lab Course -1 (Experiment &Activity)	
3	Course Type	Generic Elective (Laboratory Course)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Concept clarification ➤ Applicability of skill development ➤ Develop analytical thinking	
6	Credit Value	01 Credit	Credit =30 Hours Laboratory or Field learning/Training
7	Total Marks	Max.Marks:50	Min Passing Marks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Experiment	Topics		No. of Period
1	Effect of set on Perception		30
2	Learning Curve/ Serial Position Curve		
3	Short Term Memory		
4	Retroactive Inhibition		
Activity	The rumor chain game is a very simple illustration of the reconstructive nature of long-term memory and the role of schemas (e.g. gender role expectations and prejudices) in this process. a story that is short enough to allow retelling several times in class, but detailed enough that students are unlikely to remember all aspects of it. Send a few participants out of the room. The student reads aloud a short story to the one participant in the room. She is required to repeat the story to the new participant who is brought about. This newcomer will repeat it to the next participant who is invited to the room and so on. This continues until the last student who hears the story repeats it to the class. The student observes how the story has under gone change and the reconstructive nature of memory.		
Keywords	Rumor Chain, Perception, Learning, Memory, Retroactive Inhibition		

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Chairman

Shahood Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Certificate/Diploma/Degree/Honors)		Semester– II	Session:2024-2025
1	Course Code	PSGE-02T	
2	Course Title	Psychology of Disorders	
3	Course Type	Generic Elective	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	<i>After the completion of course, the students will have ability to:</i> ➤ Establish the criteria of Normality and Abnormality. ➤ Learns about the Models of Psychopathology. ➤ Get equipped with Assessment of Psychopathology. ➤ Acquire the general idea of Anxiety Disorders and Obesity. ➤ Know the facts about Mood Disorders, & Personality Disorders.	
6	Credit Value	03 Credit	(Credit=15Hours-learning&Observation)
7	Total Marks	Max.Marks:100	Min Passing Marks:40
PART-B: Content of the Course			
Total No. of Teaching–learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics(Course contents)		No. of Period
I	Psychopathology 1.4 The concept and criterion of Normality and Abnormality 1.5 Models of Psychopathology; Psychodynamic, Behavioral and Cognitive		12
II	Assessment of Psychopathology 2.1 Diagnostic Test ; Intelligence Test 2.2 Personality Test; MMPI and EPI		11
III	Anxiety 3.1Anxiety Disorders ; 3.2 Panic Disorders; 3.3 Phobia-; 3.4 Obsessive-Compulsive Disorder (OCD) ; (NATURE,CAUSES ,SYMPTOMS AND TREATMENT)		11
IV	Mood and Personality Disorders 4.2 Depression, Manic Depressive Episode 4.2 Schizoid Personality Disorder and Paranoid Personality Disorder		11
Keywords	Normality, Abnormality, Diagnosis, Anxiety Disorder, Mood disorder and Personality disorder		

Shukla
Choudhary

Harish
Prashant
Ravi
Shikha

Shruti
Anshu

Chairman
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Officer-In-Charge (Academic)
Shahid Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

PART-C**Learning Resources: Text Books, Reference Books and Others****Text Books Recommended**

7. Mangal, S.K. (2020), Abnormal Psychology, Sterling Publishers Pvt. Ltd
8. Lamm, A.(1997) – Introduction to Psychopathology, Sage, N.Y.
9. Bennett, P.(2011), Abnormal and Clinical Psychology, An Introductory textbook, McGraw-Hill
10. G. Sarason Irwin & R. Sarason Barbara,(2017) Abnormal Psychology, Pearson Education
11. Singh, L. & Tiwari, G. (2020) – Asamanya Manovigyan, Agara Vinod Pustak, Bhandar.
12. Singh, A.K. (2016)–Aadhunik Asamanya Manovigyan. Motilal Banarsidas , Delhi

Reference Books Recommended

1. Buss, A.H. (1999) – Psychopathology N.Y .John Wilcy
2. Robert C Karson and James and Butcher (2001), Fundamental of Abnormal Psychology and Modern Life, Pearson

Online Resources–**e-Resources/e-books and e-learning portals**

- Swayam Central
<https://swayam.gov.in>
- Youtube

Online Resources–**e-Resources/e-books and e-learning portals**

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation**Suggested Continuous Evaluation Methods:**

Maximum Marks: 100 Marks
 Continuous Internal Assessment (CIA): 30 Marks
 End Semester Exam (ESE): 70 Marks

Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
	Assignment / Seminar - 10	
	Total Marks - 30	
End Semester Exam (ESE):	Two section – A & B	
	Section A: (I) Objective Type Questions 10x1=10 Marks	
	(II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks	
<i>for 3</i>	Section B: Long Answer Type Questions One From Each Unit With Internal option	
	4x10=40 Marks	

Name and Signature of Convener & Members of CBoS:

(Signatures)
 Convener
 Member
 Member
 Member

(Signatures)
 Chairman
 Studies
 Shaheed Nandkumar Patel
 Raigarh (C.G.)

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Certificate/Diploma/Degree/Honors))		Semester– II	Session:2024-2025
1	Course Code	PSGE-02P	
2	Course Title	Lab Course -2 (Psychological Testing)	
3	Course Type	Generic Elective (Laboratory Course)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will develop : ➤ Assessment Ability ➤ Understanding of Psychological Test	
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)
7	Total Marks	Max.Marks:50	MinPassingMarks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Test	Topics(Course contents)	No. of Period	
1	Anxiety Test	30	
2	Big Five Personality test		
3	Depression Test		
4	Intelligence Test		
Keywords	Assessment, Psychological Tests, Anxiety, Depression, Intelligence, Personality		

PART-C	
Learning Resources: Text Books, Reference Books and Others	
Text Books Recommended	
5. Lamm, A.(1997) – Introduction to Psychopathology, Sage, N.Y. 6. Buss, A.H. (1999) – Psychopathology N.Y. John Wilcy 7. Robert C Karson and James and Butcher (2001), Fundamental of Abnormal Psychology and Modern Life, Pearson 8. Shrivastav , D.N. and Verma Preeti (2014-15), Adhunik Prayogatmak Manovigyan Agrawal Publications , Sanjay Nagar, Agra	
Online Resources–	
e-Resources/e-books and e-learning portals	
Swayam Central https://swayam.gov.in https://egyankosh.ac.in/handle/123456789/4448	

Chairman
 of Studies
 Dr. Shaheed Nandikumar Patel
 Vishwavidyalaya, Raigarh

Officer-In-Charge (Academic)
 Shaheed Nandikumar Patel
 Vishwavidyalaya, Raigarh (C.G.)

Online Resources-

e-Resources/e-books and e-learning portals

- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 50 Marks

Continuous Internal Assessment (CIA): 15 Marks

End Semester Exam (ESE): 35 Marks

Internal Assessment:	Internal Test/ Quiz-(2): 10 & 10	Better marks of the Test / Quiz & Attendance & File submission + obtained marks in Assignment shall be considered against 15 Marks
Continuous Internal Assessment (CIA)	Assignment/Seminar + Attendance - 05	
	Total Marks - 15	
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment	
	A. Performed the Task based on lab. Work (Conduction of Test)-	20
	B. Spotting based on tools & technology (written) (Report writing)-	10
	C. Viva-voce (based on principle/technology) -	05
	Total Marks-	35

Name and Signature of Convener & Members of CBoS:

Shubla
Barbhaanti Shukla

Amal
Maharajan

Aashu
Awasthi

Leela
Lalita

Rachita - Dr. Rachita Shrivastava

Panch - Jayshree Panchangam

Alketa - Alka Kerketta

Amrita - Anjali Bhowmik

Chandrashekar - Chandrashekar Thakur

Dr. A. Deoushan

Dr. B. Harin

Dr. B. K. Sankar

Chairman
of Studies
Shahid Nandkumar Patel
Raigarh (C.G.)

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction		
Program: Bachelor in Arts (Certificate/Diploma/Degree/Honors)		Semester- I/III/V
		Session:2024-2025
1	Course Code	PSVAC- 01
2	Course Title	Stress Management
3	Course Type	Value Added Course
4	Pre-requisite(if, any)	<i>As per program</i>
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Learn the concept and causes of stress. ➤ Understand the various techniques of stress management.
6	Credit Value	02 Credit <i>Credit = 15 Hours - learning & Observation</i>
7	Total Marks	Max.Marks:50 MinPassingMarks:20
PART-B: Content of the Course		
Total No. of Teaching-learning Periods (01 Hr. per period) - 30 Periods (30 Hours)		
Unit	Topics (Course contents)	No. of Period
I	Stress: 1.1 Stress: Concept, Symptoms and 1.2 Sources of Stress (Physical, Emotional, Family& Relationship, Financial, Psychological, Work & Workplace Stress and Daily Hassles)	08
II	Stress and Health: 2.1 Stress and Health: Factors that influence Stress 2.2 Reaction to Stress 2.3 Effects of Stress on Health	07
III	Managing Stress: 3.1 Managing Stress: Yoga and Meditations 3.2 Relaxation Training and Biofeedback.	08
IV	Stress and Coping: 4.1 Effective Coping (Meditation , Yoga, Breathing Exercise, Sleep Routine and Nutritional Diet) 4.2 Ineffective Coping (Addiction , Self- Harm and Negative Self- Talks)	07
Keywords <i>Stress, Symptoms, Sources, Yoga, Meditation Relaxation, Addiction, Negative Self- Talk</i>		

Signature of Convener &Members (CBoS):

PART-C
Learning Resources: Text Books, Reference Books and Others
Text Books Recommended 1) An Introduction to Stress Benjamin B. Lahey. 2). Psychology and work today Duane Schultz. Sydney Ellen Schultz. 3.) Carr A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge. 4. DiMatteo, M.R. and Martin, L.R. (2002). Health Psychology. New Delhi: Pearson.

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Officer-in-Charge (Academic)
 Chahand Nandkumar Patel
 Raigarh (C.G.)

Chairman
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 Nandkumar Patel
 Raigarh (C.G.)

Online Resources–		
➤ e-Resources/e-books and e-learning portals ➤ https://www.investopedia.com/terms/s/swot.asp ➤ https://www.medicalnewstoday.com/articles/eustress-vs-distress#influential-factors ➤ https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=1kr76qw2h+vltP6ZdaFVbg		
Online Resources–		
e-Resources/e-books and e-learning portals		
➤ Swayam Central https://swayam.gov.in ➤ youtube		
Part-D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks: 50 Marks Continuous Internal Assessment (CIA): 15 Marks End Semester Exam (ESE): 35 Marks		
Internal Assessment:	Internal Test / Quiz-(2): 10 & 10 Assignment/Seminar +Attendance - 05 Total Marks - 15	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 15 Marks
End Semester Exam (ESE):	Two section – A & B Section A: Q1. Objective – Q2. Short answer type- Section B: Descriptive answer type qts., 1 out of 2 from each unit-	5 x1= 05 Mark; 5x2 =10Marks 4x05 =20 Marks Total Marks = 35

Name and Signature of Convener & Members of CBoS:

Dr. B. Hara

(Dr. B. K. Samhu)

Dr. L. R.
 Panch-Sayshree Panchangam
 Arunika-Aika Kerketta
 Dr. P. P. B. B. B.
 Dr. A. A. A. A.
 Dr. A. A. A. A.

Chairman
 18/2/24

Officer-In-Charge (Academic)
 Shaheed Nandkumar Patel
 Vishwavidyalaya, Raigarh (C.G.)

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Certificate / Diploma / Degree/Honors)		Semester-II/IV	Session:2024-2025
1	Course Code	PSSEC- 01	
2	Course Title	Statistical Package for Science & Social Science (EXCEL, SPSS)	
3	Course Type	Skill Enhancement Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes (CLO)	After the completion of course, the students will have ability of: ➤ Basic understanding of statistics ➤ Skills on statistical calculation and analysis through soft wares	
6	Credit Value	02 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max. Marks: 50	Min Passing Marks: 20
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 30 Periods (30 Hours)			
Module / Unit	Topics (Course contents)		No. of Period
I	1.1 Nature and characteristics of a computer 1.2 Types of computer		08
II	2.1 What is Google form 2.2 How to create Google form, 2.3 Characteristics and functions of Google form.		07
III	3.1 Functions of Excel, and SPSS; 3.2 Data Entry in Excel & SPSS, 3.3 Central Tendencies & Variability		08
IV	4. 1 What is Diagrammatic Representation of data. 4.2 Diagrammatic Representation of Data through Excel and SPSS 4.3 Power Point Presentation of Data		07
Keywords	Computer , Statistics, Google form ,Excel, SPSS Central tendency, Diagrammatic representation		

Dr. B. K. Sankh
Dr. B. K. Sankh
Dr. B. K. Sankh

Dr. B. K. Sankh

Dr. B. K. Sankh

Pankaj
Pankaj - Jaishankar Panchangam
Arjun
Arjun

Chairman
Shahood Nandkumar Patel
19/12/24
Vishwavidyalaya, Raigarh (C.G.)

PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended –

1. Prasad, L.& Mishra, P.(2022) Data Analysis Using SPSS: Text and Cases, for Researchers, Teachers and Students, Nirali Prakashan
2. Field, A.(2019) Discovering Statistics using IBM SPSS Statistics, SAGE Publications India Pvt Ltd
3. Davis, C. (2013) SPSS step by step: Essentials for social and political science, Bristol University Press,
4. Ghosh, M. (2023) Business Statistics Using Excel, SPSS, and R., Cengage Learning India Pvt. Ltd.

Online Resources–

e-Resources / e-books and e-learning portals

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Online Resources–

e-Resources / e-books and e-learning portals

- Swayam Central
<https://swayam.gov.in>
- youtube

Part - D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks:	50 Marks
Continuous Internal Assessment (CIA):	15 Marks
End Semester Exam (ESE):	35 Marks

Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz-(2): 10 & 10 Assignment/Seminar +Attendance - 05 Total Marks - 15	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 15Marks
End Semester Exam (ESE):	Two section – A & B	
	Section A: Google Form Creation -	10 Marks
	Section B: Data Entry in Excel &PPT Presentation -	10 Marks
	Viva -	15 Marks
	Total Marks-	35 Marks

Name and Signature of Convener & Members of CBoS:

Dr. A. Deouskar
Convener

Dr. A. Deouskar

Dr. Rajchit Shrivastava
Member

Dr. B. K. Sankar

Dr. Sushree Panchangam
Member

Dr. A. K. Kerketta
Member

Chairman
Shaheed Nandkumar Patel
Raigarh (C.G.)

शहीद नंदकुमार पटेल विश्वविद्यालय, रायगढ़ (छ.ग.)

(छत्तीसगढ़ विश्वविद्यालय अधिनियम 1973 द्वारा स्थापित राजकीय विश्वविद्यालय)



राष्ट्रीय शिक्षा नीति – 2020
के तहत तृतीय एवं चतुर्थ सेमेस्टर
नवीन पाठ्यक्रम
(सत्र 2025–26)

सन्तोषिज्ञान

FOUR YEAR UNDERGRADUATE PROGRAM (NEP-2020)

Program: Bachelor in Arts (2024 -28)

DISCIPLINE – PSYCHOLOGY

Session – 2024 -25

DISCIPLINE SPECIFIC COURSE DSC- 01 TO 08		DISCIPLINE ELECTIVEC COURSE (DSE)- 01 TO 12	
CODE	TITLE	CODE	TITLE
PSSC-01T	Introduction To Psychology	PSSE -01T	Applied Cognitive Psychology
PSSC-01P	Lab. Course -1 (Experiment and Activity)	PSSE -01P	Lab. Course -1(Experiment and Activity)
PSSC-02T	Psychopathology	PSSE -02T	Positive Psychology
PSSC-02P	Lab. Course -2 (Psychological Testing)	PSSE -02P	Lab. Course -2(Psychological Testing)
PSSC-03T	Foundation of Social Psychology	PSSE -03T	Sports And Exercise Psychology
PSSC-03P	Lab. Course -3t(Experiment and Activity)	PSSE -03P	Lab. Course -3 (Activity)
PSSC-04T	Psychological Assessment	PSSE -04T	Psychology of Health And Yoga
PSSC-04P	Lab. Course -4 (Psychological Testing)	PSSE -04P	Lab. Course -4 (Activity)
PSSC-05T	Quantitative Data Analysis	PSSE -05T	Educational Psychology
PSSC-05P	Lab. Course -5 (Activity)	PSSE -05P	Lab. Course -5 (Activity)
PSSC-06T	Personality Psychology	PSSE -06T	Community Psychology
PSSC-06P	Lab. Course -6 (Activity)	PSSE -06P	Lab. Course -6 (Activity)
PSSC-07T	Human Development	PSSE -07T	Fundamentals of Clinical Psychology- I
PSSC-07P	Lab. Course -7 (Activity)	PSSE -07P	Lab. Course -7 (Activity)
PSSC-08T	Fundamentals Of Counseling	PSSE -08T	Human Resource Management
PSSC-08P	Lab. Course -8 (Activity)	PSSE -08P	Lab. Course -8 (Activity)
		PSSE -09T	Forensic Psychology
		PSSE -09P	Lab. Course -9 (Activity)
		PSSE -10T	Environmental Psychology
		PSSE -10P	Lab. Course -10 (Activity)
		PSSE -11T	Fundamentals Of Clinical Psychology- II
		PSSE -11P	Lab. Course -11 (Activity)
		PSSE -12T	Organizational Psychology
		PSSE -12P	Lab. Course -12 (Activity)
GE – 01&02		VAC	
PSGE- 01T	Introduction To Psychology	PSVAC-01	Stress Management
PSGE- 01P	Lab. Course -1 (Experiment and Activity)	SEC	
PSGE- 02T	Psychopathology	PSSEC-01	Statistical Package for Science & Social Science(Excel, SPSS)
PSGE- 02P	Lab. Course -2 (Psychological Testing)		

(Signature)
Vishwavidyalaya

(Signature)
Pankaj

(Signature)
Dr. Rachita Shrivastava

(Signature)
Mishra
Alka Kerketta

(Signature)
Dr. B. K. Sankar

(Signature)
Dr. Babbarat Shukla
Dr. Priya Biswas

(Signature)
Dr. Priya Biswas

(Signature)
Chandhyon Thakur
Pamela Jayaram

(Signature)
Chairman
of Studies
Shaheed Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

Officer-In-Charge (Academic)
Shaheed Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

अध्यक्ष
श्री. नंदकुमार पटेल
विश्वविद्यालय, रायगढ़ (च.ग.)

Four-Year Undergraduate Program (2024-2028)
Department of Psychology
Course curriculum
Certificate Course

Program Outcomes (PO)-B.A. Psychology

- PO1:** Have a fundamental knowledge of human behavior and deviancy.
PO2: Understanding the various perspectives to explain behavior.
PO3: Developing a perspective towards this own understanding of normal and abnormal behavior.
PO4: Capability of diagnostic assessment and psychological testing.
PO5: Have an idea of prognosis of various psychological disorder interventions and guiding the choice of therapy.
PO6: Become familiar with diverse professional opportunities available within mental health services.
PO7: Acquires a sense of persistence and continual effort, empathy and responsibility toward sufferers.

Program Specific Outcomes:

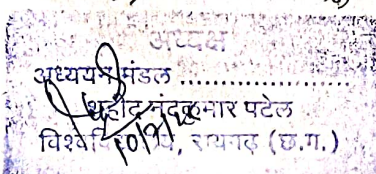
- PSO1:** To able to describe and explain human behavior through deep understanding of its theories and approaches.
PSO2: To relate one's behavior to its socio-cultural context.
PSO3: To recognize major events in the historical development of Psychology.
PSO4: To operationalize the concepts of behavior in the lab and real-life situations;
PSO5: To develop and acquire skills of psychological assessment,
PSO6: To be able to progress on the path of higher studies, psychological services and research.

Four-Year Undergraduate Program (2024-2028)
Department of Psychology
Course curriculum
Diploma Course

Program Outcomes (PO)-

- PO1:** A Diploma in Psychology Candidate has acquired sufficient relevant knowledge of behavior for the understanding of behavior disorders and pathologic.
PO2: The students on complete Diploma shall have a fair knowledge and skills of applying psycho diagnostics
PO3: They had on exposition and practical opportunities to try therapeutic Interventions on selected patients.
PO4: They are psychologically prepared to join and complete for a professional training program in future.

Page | 2



Officer-In-Charge (Academic)
Shaheed Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

Chairman
Shaheed Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

Pos05: They have a fair knowledge of Psychology course to take on high studies and research.

Program Specific Outcomes -

PS01: To able to describe and explain human behavior through deep understanding of its theories and approaches. Students would be equipped with foundation skills needed to be a psychologist.

PS02- To relate one's behavior to its socio-cultural content students would have knowledge to pursue higher education in Psychology.

PS03. To operationalize the concepts of behavior in the lab and real-life situations: students would be able to analyze and resolve psychological issue faced by self and others.

PS04: To develop and acquire "skills of psychological Assessment.

PS05. To be able to progress on the path of higher studies, psychological services and research.

Four-Year Undergraduate Program (2024-2028)

Department of Psychology

Course curriculum

Degree Course

Program Outcomes (PO)-B.A. Psychology

PO 1 Critical Thinking: Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.

PO 2 Effective Communication: Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.

PO 3 Social Interaction: Elicit views of others, mediate disagreements and help reach conclusions in group settings.

PO 4 Effective Citizenship: Demonstrate empathetic social concern and equity centered national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.

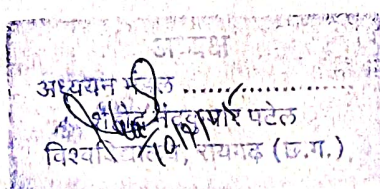
PO 5 Ethics: Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.

PO 6 Environment and Sustainability: Understand the issues of environmental contexts and sustainable development.

PO 7 Self-directed and Life-long Learning: Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes

Program Specific Outcomes (PSO)-B.A. Psychology

PSO 1 Knowledge of basic concepts of Psychology: To impart knowledge and understanding of the basic concepts, systems, theories of psychology and psychopathology.



Officer-In-Charge (Academic)
Shahood Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

Chairman
Shahood Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)
18/12/24

PSO 2 Practical application Skills: An ability to apply the theoretical principles of Psychology demonstrating an understanding of behavior, thoughts, and feelings of the individual and the individual in group settings

PSO 3 Assessment skills: Basic professional skills pertaining to psychological testing, assessment and counseling.

PSO 4 Multicultural competence: To recognize, understand, and respect the complexity of multiculturalism in the practice and application of counseling and psychotherapy.

Four-Year Undergraduate Program (2024-2028)

Department of Psychology

Course curriculum

Honors Course

Program Outcomes (PO)-B.A. Psychology

PO 1: Students will learn scientific methods, basic psychological processes and perspectives in Psychology

PO 2: Students will develop skills to live in the social world by understanding psycho aspects of various social phenomena, errors in interaction and theoretical approaches of behavior.

PO 3: Students will be equipped with skills to identify and diagnose mental disorders causal and appropriate treatment of different disorders.

PO 4: Skilful to identify strategies to Manage organizations more effectively and will be in topics like Leadership, Motivation, Power, Conflict, Negotiation, etc.

PO 5: Gain familiarity with skills of observation and scientific reporting in psychology; training, planning and conducting a psychological experiment.

PO 6: Equipped with theoretical knowledge, approaches and issues of counseling.

PO 7: Acquaint with different mental health problems of children and elderly through internship.

PO 8: Familiar with psychological instruments and tools and developed the ability to und self and others.

PO 9: Familiar with biological basis of behavior and basic statistical methods psychological research.

PO 10: Student will have theoretical knowledge on the process and nature of child development.

PO 11: Develop basic skills in conducting scientific research

Program Specific Outcomes (PO)-B.A. Psychology

PSO1: Student of Advance Course of Psychology to grow in sensitivity, sympathy and empathy towards others.

PSO2: Students are Learn to work in a team and develop leadership qualities, accept and respect individual differences and work with responsibility and Commitment.

PSD3: Students also develop an understanding about inclusive education and its benefits through the social outcome Outreach Program.

PSO 4: Students are encouraged to conduct short empirical and archival researches so that they develop an understanding about application of statistics and research methodology.

PS09: The program would have turned them an empathetic individual working to enhance the happiness and well-being.

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Officer-In-Charge (Academic)
Shaheed Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

10/7/25

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction

Program: Bachelor in Arts (Diploma/Degree/Honors)		Semester– III		Session:2024-2025
1	Course Code	PSSC-03T		
2	Course Title	Foundation of Social Psychology		
3	Course Type	Discipline Specific Course (DSC)		
4	Pre-requisite(if, any)	As per program		
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Understanding the basic social psychological concepts and familiarize with relevant methods. ➤ Understanding the applications of social psychology to social issues like gender, environment, health, intergroup conflicts, etc. ➤ Developing skills pertaining to mapping of social reality and ➤ Understanding how people evaluate social situations. ➤ Familiarizing with the concepts of social affect and affective ➤ Processes including people's harming and helping behaviors.		
6	Credit Value	03 Credit	Credit = 15 Hours - learning & Observation	
7	Total Marks	Max.Marks:100		Min Passing Marks:40

PART-B: Content of the Course

Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)	
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Unit	Topics(Course contents)	No. of Period
I	Introduction 1.1 Definition and nature of social psychology 1.2 Methods of social psychology: Sociometry and Focus Group Discussion 1.3 Applications of social psychology: Intergroup conflicts & Influence of social media	12
II	Social Cognition and Attitudes 2.1 Perceiving self and others: Self-concept and self-esteem, Impression formation, Impression Management. 2.2 Attitudes: Nature and measurement, attitude change	11
III	Affective Processes in Social Context: 3.1 Social affects (concepts of guilt, shame, envy, gratitude, forgiveness & compassion) 3.2 Pro-social behavior 3.3 Aggression and social violence	11
IV	Group Processes and Collective Behavior: 4.1 Group: Nature and group formation 4.2 Group and performance: Social facilitation, Social loafing and social conformity	11

	4.3 Leadership: Qualities of Leaders and types of Leadership: Democratic, Autocratic and Laissez-Faire.	
Keywords	<i>Social psychology, Sociometry, Focus group discussion, Pro social behavior, Aggression Social violence, Group process, Collective behavior</i>	

PART-C
Learning Resources: Text Books, Reference Books and Others
Text Books Recommended
1. Baron, R. A., Byrne, D., & Bhardwaj, G. (2010). Social psychology (12th Ed.). New Delhi, India: Pearson. 2. Branscombe, N.R. & Baron, R. A., (2017) Social Psychology (14th Ed.) New Delhi, India: Pearson. 3. Singh, A.K. (2021) Samaj Manovigyan ki Ruprekha (12th Ed.) Motilal Banarsidas INT. Delhi. 4. Suleman, Md. (2014) Uchhattar Samaj Manovigyan Motilal Banarsidas INT. Delhi. 5. Tripathi, L.B. (2016) Ahunik Samaj Manovigyan (4th Ed.) Pawan Printers, Agra
Reference Books Recommended
1. Hogg, M. A., & Vaughan, G. M. (2005). Social psychology. Harlow: Pearson Prentice Hall. 2. Husain, A. (2012). Social psychology. New Delhi, India: Pearson. 3. Myers, D. G. (2008). Social psychology. New Delhi, India: Tata McGraw-Hill. 4. Taylor, S. E., Peplau, L. A., & Sears, D. O. (2006). Social psychology (12th Ed.). New Delhi, India: Pearson
Online Resources–
e-Resources/e-books and e-learning portals ➤ Swayam Central https://swayam.gov.in ➤ youtube
Online Resources–
e-Resources/e-books and e-learning portals ➤ https://egvankosh.ac.in/handle/123456789/4448 ➤ https://epgp.inflibnet.ac.in/Home ➤ https://ndl.iitkgp.ac.in/homestudy/humanities

Dr. Chandra
Anand
Saurin

Ravi

Arctta

Tommas

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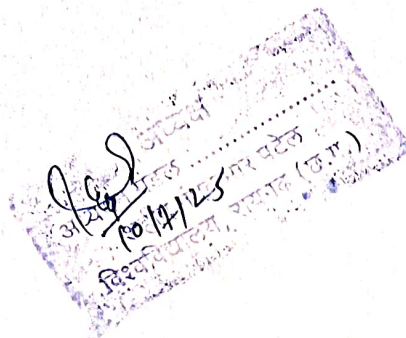
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Part-D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks: 100 Marks		
Continuous Internal Assessment (CIA): 30 Marks		
End Semester Exam (ESE): 70 Marks		
Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20 Assignment / Seminar - 10 Total Marks - 30	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
End Semester Exam (ESE):	Two section – A & B Section A: (I) Objective Type Questions 10x1=10 Marks (II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks Section B: Long Answer Type Questions One From Each Unit With Internal option 4x10=40 Marks Total Marks=70	

Name and Signature of Convener & Members of CBoS:

Dr. R. S. Sharma
Dr. R. S. Sharma
Dr. R. S. Sharma

Dr. R. S. Sharma

Dr. R. S. Sharma

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Dr. R. S. Sharma

Dr. R. S. Sharma
18/7/24

Dr. R. S. Sharma
10/7/25
अध्यक्ष, शिक्षण विभाग (उ.प्र.)
राष्ट्रीय प्रौद्योगिकी विद्यापीठ, कानपुर (उ.प्र.)

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Diploma/Degree/Honors)		Semester– III	Session:2024-2025
1	Course Code	PSSC-03P	
2	Course Title	Lab Course -3 (Experiment and Activity)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes (CLO)	After the completion of course, the students will have ability of: ➤ Concept clarification ➤ Applicability skill development ➤ Development of analytical thinking	
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)
7	Total Marks	Max.Marks:50	Min Passing Marks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Experiment	Topics(Course contents)		No. of Period
1	Effect of Order of Information on Person-Perception		30
2	Social Facilitation		
3	Effect of Leadership on Performance		
4	Effect of Group on Decision Making		
Activity	(ANY ONE) 1. To study Bystander Effect: Using actor and confederates to see how children standing outside the canteen/ garden of college respond to the actor fainting. Behavioral response as well as the time taken by children in responding to the “fainting” actor is recorded and analyzed. 2. Analysis of News in National daily’s (Newspapers in Hindi, English and other languages), identifying news of unethical/immoral incidents, making a list of incidents for a month, then classifying it according to types of incidents and also analyzing underlying values and bases of moral behavior, and the kind of social problem associated with it.		
Keywords	Bystander Effect, News Analysis, Person-Perception, Social Facilitation, Leadership, Decision Making		

PART-C		
Learning Resources: Text Books, Reference Books and Others		
Text Books Recommended		
1. Shrivastav, D.N. and Verma Preeti Adhunik Prayogatmak Manovigyan (2014-15) Agrawal Publications , Sanjay Nagar, Agra		
2. Woodworth, R.S. & Schlosberg, H Experimental Psychology (1954) Oxford & IBH Publishing company Pvt. Ltd., New Delhi		
Online Resources-		
e-Resources/e-books and e-learning portals		
➤ Swayam Central		
https://swayam.gov.in		
➤ youtube		
Online Resources-		
e-Resources/e-books and e-learning portals		
➤ https://egyankosh.ac.in/handle/123456789/4448		
➤ https://epgp.inflibnet.ac.in/Home		
➤ https://ndl.iitkgp.ac.in/homestudy/humanities		
Part-D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks: 50 Marks		
Continuous Internal Assessment (CIA): 15 Marks		
End Semester Exam (ESE): 35 Marks		
Internal Assessment:	Internal Test / Quiz-(2): 10 & 10	Better marks of the Test / Quiz & Attendance &File submission + obtained marks in Assignment shall be considered against 15 Marks
Continuous Internal Assessment (CIA)	Assignment/Seminar +Attendance - 05	
	Total Marks- 15	
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment	
	A. Performed the Task based on lab. Work (Conduction of Experiment)-20	
	B. Spotting based on tools & technology (written) (Report writing)- 10	
	C. Viva-voce (based on principle/technology) - 05	
	Total Marks- 35	

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शहीद नुरसिंह मेमोरियल
विश्वविद्यालय, राणागढ़ (उ.प्र.)

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Diploma/Degree/Honors)		Semester– III	Session:2024-2025
1	Course Code	PSSE-01T	
2	Course Title	Applied Cognitive Psychology	
3	Course Type	Discipline Elective Course (DSE)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Developing an appreciation of how Cognitive Psychology principles can be applied to real life settings and to understand the nature and scope of Applied Cognitive Psychology. ➤ Knowing how to apply principles of cognitive psychology to issues related to face identification. ➤ Understanding the applications of research based on perception and memory to real life settings ➤ Developing an understanding of cognitive psychology applications in the area of technology.	
6	Credit Value	03 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100	MinPassingMarks:40
PART-B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics(Course contents)		No. of Period
I	Introduction 1.1 Applied Cognitive Psychology: Nature, Scope, and History. 1.2 Emergence of modern cognitive psychology 1.3 Methods of studying applied cognitive psychology (experiment and case study)		12
II	Perception and Attention: 2.1 Perception : Top- Down, Bottom- Up Process, and Size constancy 2.2 Attention: Nature, Types and Determinants		11
III	Thinking and Problem Solving 3.1 Thinking – Nature, Type, 3.2 Tools – Sign, Symbol and Language 3.3 Problem Solving – Nature and Steps		11
IV	Psychology and Technology: 4.1 Human-Computer Interaction, 4.2 Psychological applications of Virtual Reality, 4.3 Psychology of Artificial Intelligence.		11
Keywords		Applied Cognitive Psychology, Attention, Perception, Thinking, Problem-Solving,	

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Human-Computer Interaction, Virtual Reality	
PART-C	
Learning Resources: Text Books, Reference Books and Others	
Text Books Recommended	
1. Singh, A.K. (2017)– <i>Sangyanatmak Manovigyan</i> . Motilal Banarsidas , Delhi 2. Gully Baba (2020), <i>Applied Cognitive Psychology</i> MPC 003 Learning And Memory, Gully Baba Publication Pvt Ltd 3. Galotti, M.K.(2024), <i>Cognitive Psychology: In And Out Of The Laboratory</i> , Sage Text 4. Connolly,I.,Palmer,M.,Barton,H.&Kirwan,G.(eds.), (2016). <i>Introduction to Cyber Psychology</i> . London: Routledge. 5. M. (Eds). (2011). <i>IAAP Handbook of Applied Psychology</i> . UK: Wiley Blackwell.	
Reference Books Recommended	
1. Groome,D.&Eysenck,M.W.(2016). <i>An Introduction to Applied Cognitive Psychology</i> . London; Routledge, Taylor & Francis. 2. Martin, P.R., Cheung, F.M., Knowles, M.C., Kyrios ,M., Littlefield,L.,Overmier, J. B., Prieto, J.	
Online Resources–	
e-Resources/e-books and e-learning portals ➤ Swayam Central https://swayam.gov.in ➤ youtube	
Online Resources–	
e-Resources/e-books and e-learning portals ➤ https://egvankosh.ac.in/handle/123456789/4448 ➤ https://epgp.inflibnet.ac.in/Home ➤ https://ndl.iitkgp.ac.in/homestudy/humanities	

Part-D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks: 100 Marks Continuous Internal Assessment (CIA): 30 Marks End Semester Exam (ESE): 70 Marks		
Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20 Assignment / Seminar - 10 Total Marks - 30	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
End Semester Exam (ESE):	Two section – A & B Section A: (I) Objective Type Questions 10x1=10 Marks (II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks Section B: Long Answer Type Questions One From Each Unit With Internal option 4x10=40 Marks Total Marks=70	

Name and Signature of Convener & Members of CBoS:

Dr. Chandra

Dr. Anand

Dr. Arun

Dr. Arun

Dr. Arun

Dr. Arun

Dr. Arun

Dr. Arun

Dr. Arun

Dr. Arun

Dr. Arun
18/7/24.

Dr. Arun
10/7/24
अध्यक्ष, मंडल
श्री श्री संस्कृत विश्वविद्यालय
वाराणसी, उत्तर प्रदेश (उ.प्र.)

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Diploma/Degree/Honors)		Semester– III	Session:2024-2025
1	Course Code	PSSE-01P	
2	Course Title	Lab Course -1 (Experiment and Activity)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Learn the experimental concept of attention ➤ Learn the experimental concept of perception and problem solving ➤ Understanding the use of AI in learning	
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices /Field work)
7	Total Marks	Max.Marks:50	MinPassingMarks:20
PART-B: Content of the Course			
Total No. of learning-Training/performance Periods: 30 Periods (30 Hours)			
Experiment	Topics(Course contents)		No. of Period
1	Division Of Attention		30
2	Size Constancy		
3	Problem Solving Check List		
4	Concept Formation		
Activity-	Uses of AI in Teaching Learning Process		
Keywords	Attention, Size Constancy Problem Solving, Concept Formation, Artificial Intelligence		

PART-C	
Learning Resources: Text Books, Reference Books and Others	
Text Books Recommended	
1. Shrivastav , D.N. and Verma Preeti Adhunik Prayogatmak Manovigyan (2014-15) Agrawal Publications , Sanjay Nagar, Agra 2. Woodworth, R.S. & Schlosberg, H Experimental Psychology (1954) Oxford & IBH Publishing company Pvt. Ltd., New Delhi	
Online Resources–	
e-Resources/e-books and e-learning portals	
➤ Swayam Central https://swayam.gov.in ➤ youtube	

18/7/24
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 विद्यया ऽ मृतमश्नुते (उ.प.)
 विश्वविद्यालय, रायचूर (उ.प.)

Online Resources–
e-Resources/e-books and e-learning portals

- ### Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:	
Maximum Marks:	50 Marks
Continuous Internal Assessment (CIA):	15 Marks
End Semester Exam (ESE):	35 Marks

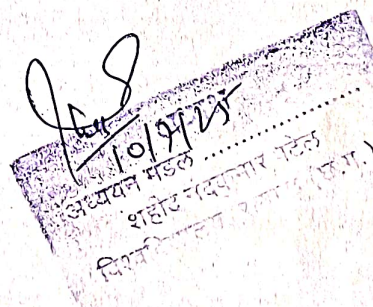
Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz-(2): 10 & 10 Assignment/Seminar +Attendance - 05 Total Marks- 15	Better marks of the Test / Quiz & Attendance & File submission + obtained marks in Assignment shall be considered against 15 Marks
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment A. Performed the Task based on lab. Work (Conduction of Experiment)- 20 B. Spotting based on tools & technology (written) (Report writing)- 10 C. Viva-voce (based on principle/technology) - 05 Total Marks- 35	

Name and Signature of Convener & Members of CBoS:

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Sammlung
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Loch
Spreitz
Punch
Form

Handwritten signatures and initials in black ink. At the top is a signature that appears to be 'Randa'. Below it is a circled 'E' followed by a horizontal line. Further down is a signature that looks like 'Lyn' with a checkmark. At the bottom is a stylized signature or set of initials, possibly 'DZ'.

~~18/2/24~~



FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)

DEPARTMENT OF PSYCHOLOGY

COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Diploma/Degree/Honors)		Semester– IV	Session:2024-2025
1	Course Code	PSSC-04T	
2	Course Title	Psychological Assessment	
3	Course Type	Discipline Specific Course (DSC)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Developing an understanding of the basic principles of psychological assessment. ➤ Developing knowledge about the steps in test construction and test standardization. ➤ Understanding the impact of cultural contexts on assessment ➤ Developing knowledge of the ethical and legal issues involved in the assessment process. ➤ Evaluating the appropriateness and quality of psychological tests and their psychometric strengths and weaknesses. ➤ Developing knowledge about the application of tests in a variety of settings.	
6	Credit Value	03 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100	Min Passing Marks:40
PART-B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics(Course contents)	No. of Period	
I	Introduction to Psychological Assessment 1.1. Psychological assessment: Principles of assessment, Nature and Purpose 1.2. Similarity and Difference between Test and Assessment. 1.3. Types of Assessment: Observation, Interview, Questionnaire. 1.3 Ethical and Professional Issues and Challenges.	12	
II	Psychological Testing 2.1 Definition of a Test and Types of Test 2.2 Characteristics of a Good Test 2.3 Applications of Psychological Tests in various contexts (Educational, Counseling and Guidance, Clinical, Organizational etc.)	11	

III	Test and Scale Construction 3.1 Test Construction and Standardization: Item Analysis. 3.2 Reliability, Validity, and Norms (characteristics of z-scores, T-scores, Percentiles, Stens and Stanines) 3.3 Scale Construction: Likert, Thurstone, Guttman & Semantic Differential Scale	11
IV	Tests of Cognitive Ability and Personality 4.1 Tests of Cognitive Ability: General Mental Ability Tests (The Wechsler Scales of Intelligence and Stanford-Binet Intelligence Scales) 4.2 Projective Test (Ink-Blot Test and Draw-A-Man-Test)	11
Keywords	<i>Psychological assessment Psychological testing, Test ,Scale, Intelligence test, Projective test , Standardization , Reliability, Validity, Norms</i>	

PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

1. Aiken, L. R., & Groth - Marnet, G. (2009). Psychological testing and assessment (12th Ed.). New Delhi: Pearson Education.
2. Anastasi, A., & Urbina, S. (2003). Psychological testing (7th Ed.). New Delhi, India: Prentice Hall of India Pvt. Ltd.
3. Barve, B. N., & Narake, H. J. (2008). Manomapan. Nagpur, India: Vidya Prakashana.
4. Cohen, R.J., Swerdlik, M. E. & Kumthekar, M.M. (2014) Psychological Testing and Assessment (7th Ed.). McGraw Hill Education (India) Private Limited, New Delhi.
5. Asthana, V. (2022) Shiksha me Mapan Avam Mulyankan, Agrawal Publications, Sanjay Nagar, Agra.
6. Bhargava, M. (2018) Manovaigyanik Mapan, Mulyankan avam Sankhiyiki, H.P. Bhargava Book House
7. Shrivastav, D.N. and Verma Preeti (2014-15), Adhunik Prayogatmak Manovigyan, Agrawal Publications, Sanjay Nagar, Agra.
8. Srivastav, D.N. (2016), Manovaigyanik Nirdharan Agrawal Publications Sanjay Nagar, Agra.
9. Singh, A.K. (2019) Tests, Measurements And Research In Behavioural Sciences, Bharti Bhawan

Reference Books Recommended

1. Desai, B., & Abhyankar, S. (2007). Manasashatriya mapan. Pune, India: Narendra Prakashana.
2. Gregory, R. J. (2014). Psychological testing: History, principals and applications. (6th Ed.). Boston: Pearson Education.
3. Husain, A. (2012). Psychological Testing. New Delhi, India: Pearson Education.
4. Kaplan, R. M., & Saccuzzo, D. P. (2012). Psychological testing: Principles, applications and issues (8th Ed.). New Delhi, India: Cengage.

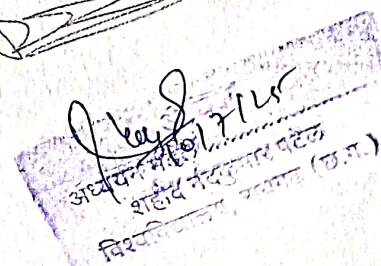
Online Resources-

e-Resources/e-books and e-learning portals

➤ Swayam Central

<https://swayam.gov.in>

➤ youtube



Online Resources-**e-Resources/e-books and e-learning portals**

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation**Suggested Continuous Evaluation Methods:**

Maximum Marks: 100 Marks
 Continuous Internal Assessment (CIA): 30 Marks
 End Semester Exam (ESE): 70 Marks

Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20 Assignment / Seminar - 10 Total Marks - 30	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
End Semester Exam (ESE):	Two section - A & B Section A: (I) Objective Type Questions 10x1=10 Marks (II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks Section B: Long Answer Type Questions One From Each Unit With Internal option 4x10=40 Marks Total Marks=70	

Name and Signature of Convener & Members of CBoS:

[Signature]

Roche

[Signature] DR. Anantika Kaur

[Signature]

[Signature]

[Signature] Smt. Jyotsna Panchangam

[Signature] Alka Kerketta

[Signature] Tripti Bhatnagar

[Signature] Chandan Kumar

[Signature] Dr. A. Deonshar

[Signature] Dr. B. Haran

[Signature] Dr. B. K. Sankar

[Signature]

[Signature] 18/7/24

Page | 26
 18/7/24
 अध्यक्ष मंडल
 शहीद नंदलाल मिश्रा
 विश्वविद्यालय, रायपुर (उ.प्र.)

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Diploma/Degree/Honors)		Semester– IV	Session:2024-2025
1	Course Code	PSSC-04P	
2	Course Title	Lab Course -4 (Psychological Testing)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Understanding the testing procedure of interest test, personality test and aptitude test. ➤ Learning the administration of projective test.	
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)
7	Total Marks	Max.Marks:50	MinPassingMarks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Test	Topics(Course contents)	No. of Period	
1	Vocational Interest	30	
2	Sentence completion Test		
3	Personality Test		
4	Aptitude Test		
Activity-	Make a comparative chart of personality traits of renowned personality		
Keywords	Vocational Interest, Personality, Aptitude, Personality Traits		
PART-C			
Learning Resources: Text Books, Reference Books and Others			
Text Books Recommended			
1. Shrivastav , D.N. and Verma Preeti Adhunik Prayogatmak Manovigyan (2014-15) Agrawal Publications , Sanjay Nagar, Agra			
Online Resources–			
➤ e-Resources/e-books and e-learning portals Swayam Central https://swayam.gov.in youtube			
Online Resources–			
➤ e-Resources/e-books and e-learning portals ➤ https://egyankosh.ac.in/handle/123456789/4448 ➤ https://eppg.inflibnet.ac.in/Home			

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 50 Marks

Continuous Internal Assessment (CIA): 15 Marks

End Semester Exam (ESE): 35 Marks

Internal Assessment:	Internal Test / Quiz-(2):	10 & 10	Better marks of the Test / Quiz & Attendance & File submission + obtained marks in Assignment shall be considered against 15 Marks
Continuous Internal Assessment (CIA)	Assignment/Seminar+ Attendance-	05	
	Total Marks-	15	
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment		
	A. Performed the Task based on lab. Work (Conduction of Test)-		20
	B. Spotting based on tools & technology (written) (Report writing)-		10
	C. Viva-voce (based on principle/technology) -		05
	Total Marks-		35

Name and Signature of Convener & Members of CBoS:

Dr. A. Kaulhi
DR. A. Kaulhi

DR. A. Kaulhi

DR. Rachita Shrivastava
DR. Rachita Shrivastava

DR. Shuchi
DR. Shuchi

DR. Laxmi
DR. Laxmi

DR. Arunima
DR. Arunima

DR. Smt. Jayshree Panikumar
DR. Smt. Jayshree Panikumar

DR. Anurag
DR. Anurag

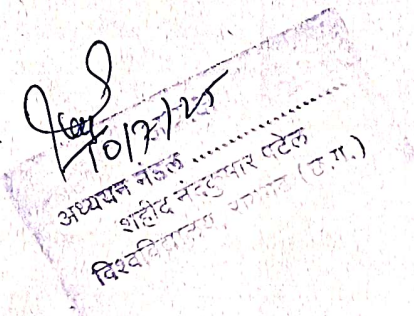
DR. Anurag
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DR. Anurag
DR. Anurag

(Dr. B. K. Sankar)
(Dr. B. K. Sankar)

18/7/24
18/7/24



FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Diploma/Degree/Honors)		Semester– IV	Session:2024-2025
1	Course Code	PSSE-02T	
2	Course Title	Positive Psychology	
3	Course Type	Discipline Elective Course (DSE)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Understanding the conceptual approaches to happiness and wellbeing. ➤ Able to locate the diversity in the experiences of happiness with individual's life span and across different domains. ➤ Learning the various pathways through which positive emotions and positive traits contribute to happiness and well-being. ➤ Being able to identify the key virtues and character strengths which facilitate happiness and well-being.	
6	Credit Value	03Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100	Min Passing Marks:40
PART-B: Content of the Course			
Total No. of Teaching–learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics(Course contents)	No. of Period	
I	Introduction 1.1 Positive Psychology: Meaning, Definition, Assumptions and Goals. 1.2 Relationship with other fields (Health, Education and Social) 1.3 Meaning and Measures of Happiness and Well-being : Hedonic and Eudemonic traditions.	12	
II	Happiness and Well-Being 2.1 Concept of Happiness and Wellbeing 2.2 Facets of Life; Gender, Love, Marriage, Close Relationship 2.3 Happiness Across the Lifespan	11	
III	Emotions, Personality Traits and Well-Being 3.1 Positive Emotions(Hope, Optimism, Gratitude)and Well-Being 3.2 Cultivating Positive Emotions 3.3 Positive Traits: Personality, Emotions, and Biological bases of Emotions	11	
IV	Virtues, Character Strengths, and Well-Being 4.1 Classification of Human Virtues(Seligman's Approach) 4.2 Wisdom as a Foundational Strength and Virtue; Character	11	

	Strengths and Health. 4.3 Religion and Virtues: Buddhism, Confucianism, Islam, and Hinduism.	
Keywords	<i>Positive psychology, Happiness, Wellbeing, Optimism, Gratitude, Virtues, Character strength, Religion.</i>	

PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

1. 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.
2. Baumgardner, S.R., Crothers, M.K.(2009). *Positive psychology*. New Delhi, India: Pearson.
3. Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK: Routledge.
4. David, S.A., Boniwell, I., & Ayers, A.C.(2013). *The Oxford handbook of happiness*. Oxford: Oxford University Press.
5. Husain, A., & Saeeduzzafar. (2011). *Islamic virtues and human development*. New Delhi, India: Global Vision Publishing House.
6. Joseph, S.(Ed.)(2015). *Positive psychology in practice: Promoting human flourishing in work, health, education, and everyday life*. Hoboken, NJ: John Wiley & Sons.
7. Kumar, U., Archana, & Prakash, V.(2015). *Positive psychology—Applications in work, health and well-being*. Delhi & Chennai, India: Pearson.

Reference Books Recommended

1. Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford University Press.
2. Snyder, C. R., & Lopez, S.J.(2002). *Handbook of positive psychology*. New York: Oxford University.
3. Snyder, C. R., & Lopez, S.J.(2007). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. Thousand Oaks, CA: Sage.

Online Resources—

e-Resources/e-books and e-learning portals

- Swayam Central
- <https://swayam.gov.in>
- youtube

Online Resources—

e-Resources/e-books and e-learning portals

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Shubh

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Ram

Archi

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18/7/24

18/7/24
ययन मसल
न संदुमर पदल
(उ.म.)

Part-D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks:	100 Marks	
Continuous Internal Assessment (CIA):	30 Marks	
End Semester Exam (ESE):	70 Marks	
Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20 Assignment / Seminar - 10 Total Marks - 30	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
End Semester Exam (ESE):	Two section – A & B Section A: (I) Objective Type Questions 10x1=10 Marks (II) Short Answer Type Questions (One From Each Unit) 4x5=20Marks Section B: Long Answer Type Questions One From Each Unit With Internal option 4x10=40 Marks Total Marks=70	

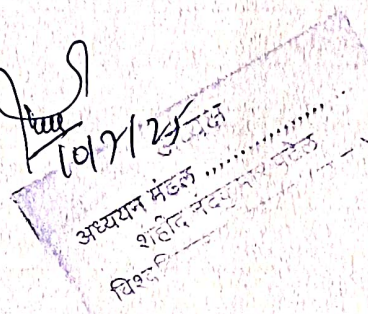
Name and Signature of Convener & Members of CBoS:

[Signature]

[Signature]

DR. Awantika Kaushik

[Signature]



Dr. Raksha Shrivastava

[Signature]

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(Dr. B. K. Sonkar)

[Signature]
18/7/24

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

COURSE CURRICULUM			
PART-A: Introduction			
Program: Bachelor in Arts (Diploma/Degree/Honors)		Semester– IV	Session:2024-2025
1	Course Code	PSSE-02P	
2	Course Title	Lab Course -2 (Psychological Testing)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability of: ➤ Concept clarification of happiness, optimism. ➤ Concept clarification of wellbeing and mental health.	
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)
7	Total Marks	Max.Marks:50	MinPassingMarks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Test	Topics(Course contents)		No. of Period
1	Happiness Scale		30
2	Optimism Scale		
3	Wellbeing Scale		
4	Mental Health		
ACTIVITY-	Positive Psychology through Movies: Selecting any relevant movie/movies and designing tasks based on that, like: Making a chart of positive and negative emotions displayed, Emotion-behavior link, Analysis of character strengths and virtues.		
Keywords	Positive Psychology, Happiness, Optimism, Wellbeing, Mental Health		

PART-C**Learning Resources: Text Books, Reference Books and Others****Reference Books Recommended**

1. Kumar,U.,Archana, & Prakash,V.(2015).Positive psychology-Applications In work, health and well-being. Delhi & Chennai, India: Pearson.
2. Authentic happiness by Martin Seligman (2002) Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster
3. David, S.A. Boniwell, I., & Ayers, A.C.(2013).The Oxford handbook of happiness. Oxford: Oxford University Press.
4. Positive Psychology for improving Mental Health and Wellbeing by Geetika Patnayak

Online Resources-**e-Resources/e-books and e-learning portals**

- Swayam Central
<https://swayam.gov.in>
- youtube

Online Resources-**e-Resources/e-books and e-learning portal**

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation**Suggested Continuous Evaluation Methods:**

Maximum Marks: 50 Marks

Continuous Internal Assessment (CIA): 15 Marks

End Semester Exam (ESE): 35 Marks

Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz-(2):	10 & 10	Better marks of the Test / Quiz & Attendance & File submission + obtained marks in Assignment shall be considered against 15 Marks
	Assignment/Seminar + Attendance-	05	
	Total Marks-	15	
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment		
	A. Performed the Task based on lab. Work (Conduction of Test)-		20
	B. Spotting based on tools & technology (written) (Report writing)--		10
	C. Viva-voce (based on principle/technology) -		05
	Total Marks-		35

Name and Signature of Convener & Members of CBoS:

(Signature)
Convener

(Signature)
Dr. Lakshmi Suresh

(Signature)

(Signature)

(Signature)

(Signature) Dr. Rakhi Shrivastava

(Signature)

(Signature) Parth Mittal

(Signature) Dr. S. P. Singh

(Signature) Dr. Chandra Shekhar

(Signature) 18/12/24

(Signature) 18/12/24

(Signature) 18/12/24

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

COURSE CURRICULUM			
PART-A:		Introduction	
Program: Bachelor in Arts (Certificate/Diploma/Degree/Honors)		Semester- I/III/IV	Session:2024-2025
1	Course Code	PSVAC- 01	
2	Course Title	Stress Management	
3	Course Type	Value Added Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Learn the concept and causes of stress. ➤ Understand the various techniques of stress management.	
6	Credit Value	02 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:50	MinPassingMarks:20
PART-B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 30 Periods (30 Hours)			
Unit	Topics (Course contents)		No. of Period
I	Stress: 1.1 Stress: Concept, Symptoms and 1.2 Sources of Stress (Physical, Emotional, Family & Relationship, Financial, Psychological, Work & Workplace Stress and Daily Hassles)		08
II	Stress and Health: 2.1 Stress and Health: Factors that influence Stress 2.2 Reaction to Stress 2.3 Effects of Stress on Health		07
III	Managing Stress: 3.1 Managing Stress: Yoga and Meditations 3.2 Relaxation Training and Biofeedback.		08
IV	Stress and Coping: 4.1 Effective Coping (Meditation , Yoga, Breathing Exercise, Sleep Routine and Nutritional Diet) 4.2 Ineffective Coping (Addiction , Self- Harm and Negative Self- Talks)		07
Keywords	Stress, Symptoms, Sources, Yoga, Meditation Relaxation, Addiction, Negative Self- Talk		

Signature of Convener & Members (CBoS):

PART-C Learning Resources: Text Books, Reference Books and Others <i>Text Books Recommended</i> 1) An Introduction to Stress Benjamin B. Lahey. 2). Psychology and work today Duane Schultz. Sydney Ellen Schultz. 3.) Carr A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge. 4. DiMatteo, M.R. and Martin, L.R. (2002). Health Psychology. New Delhi: Pearson.	
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Chairman

Studies

11/11/11

... of ...

Officer-in-Charge (Academic)

Dr. Nandkumar Patel
Raigarh (C.G.)

Reinhardt (C.G.)

Online Resources-

- e-Resources/e-books and e-learning portals
- <https://www.investopedia.com/terms/s/swot.asp>
- <https://www.medicalnewstoday.com/articles/eustress-vs-distress#influential-factors>
- <https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=1kr76qw2h+vltP6ZdaFVbg>

Online Resources-**e-Resources/e-books and e-learning portals**

- Swayam Central
<https://swayam.gov.in>
- youtube

Part-D: Assessment and Evaluation**Suggested Continuous Evaluation Methods:****Maximum Marks: 50 Marks****Continuous Internal Assessment (CIA): 15 Marks****End Semester Exam (ESE): 35 Marks**

Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz-(2): 10 & 10 Assignment/Seminar + Attendance - 05 Total Marks - 15	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 15 Marks
End Semester Exam (ESE):	Two section - A & B Section A: Q1. Objective - 5 x1= 05 Mark; Q2. Short answer type- 5x2 =10Marks Section B: Descriptive answer type qts., 1out of 2 from each unit- 4x05 =20 Marks Total Marks = 35	

Name and Signature of Convener & Members of CBoS:

Dr. Shukla
Prabha Kant Shukla
Dr. S. K. Sharma
Dr. Anurag
Dr. Anurag

Dr. Lali
Lali Lal

Dr. B. Hara

Dr. B. K. Samra

Dr. In
Panch - Jay Shree Panchangam
Arutq - Aika Kerketta
Arutq - Ripti Bosen
Arutq - Chanshyam Thar
Arutq - Dr. A. Deouskar

Chairman
Shahed Nandkumar Patel
18/12/25

Officer-In-Charge (Academic)
Shahed Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

10/12/25

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Certificate / Diploma / Degree/Honors)		Semester-II/IV	Session:2024-2025
1	Course Code	PSSEC- 01	
2	Course Title	Statistical Package for Science & Social Science (EXCEL, SPSS)	
3	Course Type	Skill Enhancement Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes (CLO)	After the completion of course, the students will have ability of: > Basic understanding of statistics > Skills on statistical calculation and analysis through soft wares	
6	Credit Value	02 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max. Marks: 50	Min Passing Marks: 20
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 30 Periods (30 Hours)			
Module / Unit	Topics (Course contents)		No. of Period
I	1.1 Nature and characteristics of a computer 1.2 Types of computer		08
II	2.1 What is Google form 2.2 How to create Google form, 2.3 Characteristics and functions of Google form.		07
III	3.1 Functions of Excel, and SPSS; 3.2 Data Entry in Excel & SPSS, 3.3 Central Tendencies & Variability		08
IV	4. 1 What is Diagrammatic Representation of data. 4.2 Diagrammatic Representation of Data through Excel and SPSS 4.3 Power Point Presentation of Data		07
Keywords	Computer , Statistics, Google form ,Excel, SPSS Central tendency, Diagrammatic representation		

Dr. B. K. Senthil
Dr. B. K. Senthil
Dr. B. K. Senthil

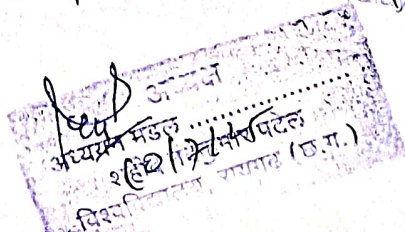
Dr. B. K. Senthil

Dr. B. K. Senthil

Panch. - Jayshree Panchangam

Dr. B. K. Senthil
Dr. B. K. Senthil

Dr. B. K. Senthil
Dr. B. K. Senthil



Officer-In-Charge (Academic)
Shaheed Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

PART-C	
Learning Resources: Text Books, Reference Books and Others	
<i>Text Books Recommended –</i>	
1.	Prasad, L.& Mishra, P.(2022) Data Analysis Using SPSS: Text and Cases, for Researchers, Teachers and Students, Nirali Prakashan
2.	Field, A.(2019) Discovering Statistics using IBM SPSS Statistics, SAGE Publications India Pvt Ltd
3.	Davis, C. (2013) SPSS step by step: Essentials for social and political science, Bristol University Press,
4.	Ghosh, M. (2023) Business Statistics Using Excel, SPSS, and R., Cengage Learning India Pvt. Ltd.
Online Resources–	
e-Resources / e-books and e-learning portals	
➤	https://egyankosh.ac.in/handle/123456789/4448
➤	https://epgp.inflibnet.ac.in/Home
➤	https://ndl.iitkgp.ac.in/homestudy/humanities
Online Resources–	
e-Resources / e-books and e-learning portals	
➤	Swayam Central
	https://swayam.gov.in
➤	youtube

Part - D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks:	50 Marks	
Continuous Internal Assessment (CIA):	15 Marks	
End Semester Exam (ESE):	35 Marks	
Internal Assessment:	Internal Test / Quiz-(2): 10 & 10	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 15Marks
Continuous Internal	Assignment/Seminar +Attendance - 05	
Assessment (CIA)	Total Marks - 15	
End Semester Exam (ESE):	Two section – A & B	
	Section A: Google Form Creation -	10 Marks
	Section B: Data Entry in Excel &PPT Presentation -	10 Marks
	Viva -	15 Marks
	Total Marks-	35 Marks

Name and Signature of Convener & Members of CBoS:

Panch - Dr. Rajchit Shrivastava
Ayutha - Aika Kenketta
Bombay - Ship-Boson
Chandhyam Thun

Chairman
of Studies
Nandkumar Patel
Ray, Raigarh (C.G.)

Dr. B. K. Sankar

Dr. B. K. Sankar

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Officer-In-Charge (Academic)
Shaheed Nandkumar Patel
Jyotiba Vasthaya, Raigarh (C.G.)

शहीद नंदकुमार पटेल विश्वविद्यालय, रायगढ़ (छ.ग.)
(छत्तीसगढ़ विश्वविद्यालय अधिनियम 1973 द्वारा स्थापित राजकीय विश्वविद्यालय)



राष्ट्रीय शिक्षा नीति – 2020
के तहत V एवं VI सेमेस्टर
नवीन पाठ्यक्रम
(सत्र 2026–27)

संज्ञा विज्ञान

FOUR YEAR UNDERGRADUATE PROGRAM (NEP-2020)

Program: Bachelor in Arts (2024 -28)

DISCIPLINE – PSYCHOLOGY

Session – 2024 -25

DISCIPLINE SPECIFIC COURSE DSC- 01 TO 08		DISCIPLINE ELECTIVEC COURSE (DSE)- 01 TO 12	
CODE	TITLE	CODE	TITLE
PSSC-01T	Introduction To Psychology	PSSE -01T	Applied Cognitive Psychology
PSSC-01P	Lab. Course -1 (Experiment and Activity)	PSSE -01P	Lab. Course -1(Experiment and Activity)
PSSC-02T	Psychopathology	PSSE -02T	Positive Psychology
PSSC-02P	Lab. Course -2 (Psychological Testing)	PSSE -02P	Lab. Course -2(Psychological Testing)
PSSC-03T	Foundation of Social Psychology	PSSE -03T	Sports And Exercise Psychology
PSSC-03P	Lab. Course -3t(Experiment and Activity)	PSSE -03P	Lab. Course -3 (Activity)
PSSC-04T	Psychological Assessment	PSSE -04T	Psychology of Health And Yoga
PSSC-04P	Lab. Course -4 (Psychological Testing)	PSSE -04P	Lab. Course -4 (Activity)
PSSC-05T	Quantitative Data Analysis	PSSE -05T	Educational Psychology
PSSC-05P	Lab. Course -5 (Activity)	PSSE -05P	Lab. Course -5 (Activity)
PSSC-06T	Personality Psychology	PSSE -06T	Community Psychology
PSSC-06P	Lab. Course -6 (Activity)	PSSE -06P	Lab. Course -6 (Activity)
PSSC-07T	Human Development	PSSE -07T	Fundamentals of Clinical Psychology- I
PSSC-07P	Lab. Course -7 (Activity)	PSSE -07P	Lab. Course -7 (Activity)
PSSC-08T	Fundamentals Of Counseling	PSSE -08T	Human Resource Management
PSSC-08P	Lab. Course -8 (Activity)	PSSE -08P	Lab. Course -8 (Activity)
		PSSE -09T	Forensic Psychology
		PSSE -09P	Lab. Course -9 (Activity)
		PSSE -10T	Environmental Psychology
		PSSE -10P	Lab. Course -10 (Activity)
		PSSE -11T	Fundamentals Of Clinical Psychology- II
		PSSE -11P	Lab. Course -11 (Activity)
		PSSE -12T	Organizational Psychology
		PSSE -12P	Lab. Course -12 (Activity)
GE – 01&02		VAC	
PSGE- 01T	Introduction To Psychology	PSVAC-01	Stress Management
PSGE- 01P	Lab. Course -1 (Experiment and Activity)	SEC	
PSGE- 02T	Psychopathology	PSSEC-01	Statistical Package for Science & Social Science(Excel, SPSS)
PSGE- 02P	Lab. Course -2 (Psychological Testing)		

Officer-in-Charge (Academic)
Shahood Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

Four-Year Undergraduate Program (2024-2028)
Department of Psychology
Course curriculum
Certificate Course

Program Outcomes (PO)-B.A. Psychology

- PO1:** Have a fundamental knowledge of human behavior and deviancy.
PO2: Understanding the various perspectives to explain behavior.
PO3: Developing a perspective towards this own understanding of normal and abnormal behavior.
PO4: Capability of diagnostic assessment and psychological testing.
PO5: Have an idea of prognosis of various psychological disorder interventions and guiding the choice of therapy.
PO6: Become familiar with diverse professional opportunities available within mental health services.
PO7: Acquires a sense of persistence and continual effort, empathy and responsibility toward sufferers.

Program Specific Outcomes:

- PSO1:** To able to describe and explain human behavior through deep understanding of its theories and approaches.
PSO2: To relate one's behavior to its socio-cultural context.
PSO3: To recognize major events in the historical development of Psychology.
PSO4: To operationalize the concepts of behavior in the lab and real-life situations:
PSO5: To develop and acquire skills of psychological assessment,
PSO6: To be able to progress on the path of higher studies, psychological services and research.

Four-Year Undergraduate Program (2024-2028)
Department of Psychology
Course curriculum
Diploma Course

Program Outcomes (PO)-

- PO1:** A Diploma in Psychology Candidate has acquired sufficient relevant knowledge of behavior for the understanding of behavior disorders and pathologic.
PO2: The students on complete Diploma shall have a fair knowledge and skills of applying psycho diagnostics
PO3: They had on exposition and practical opportunities to try therapeutic Interventions on selected patients.
PO4: They are psychologically prepared to join and complete for a professional training program in future.

Pos05: They have a fair knowledge of Psychology course to take on high studies and research.

Program Specific Outcomes -

PS01: To able to describe and explain human behavior through deep understanding of its theories and approaches. Students would be equipped with foundation skills needed to be a psychologist.

PSO2- To relate one's behavior to its socio-cultural content students would have knowledge to pursue higher education in Psychology.

P503. To operationalize the concepts of behavior in the lab and real-life situations: students would be able to analyze and resolve psychological issue faced by self and others.

PS04: To develop and acquire "skills of psychological Assessment.

PS05. To be able to progress on the path of higher studies, psychological services and research.

Four-Year Undergraduate Program (2024-2028)

Department of Psychology

Course curriculum

Degree Course

Program Outcomes (PO)-B.A. Psychology

PO 1 Critical Thinking: Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.

PO 2 Effective Communication: Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.

PO 3 Social Interaction: Elicit views of others, mediate disagreements and help reach conclusions in group settings.

PO 4 Effective Citizenship: Demonstrate empathetic social concern and equity centered national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.

PO 5 Ethics: Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.

PO 6 Environment and Sustainability: Understand the issues of environmental contexts and sustainable development.

PO 7 Self-directed and Life-long Learning: Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes

Program Specific Outcomes (PSO)-B.A. Psychology

PSO 1 Knowledge of basic concepts of Psychology: To impart knowledge and understanding of the basic concepts, systems, theories of psychology and psychopathology.

PSO 2 Practical application Skills: An ability to apply the theoretical principles of Psychology demonstrating an understanding of behavior, thoughts, and feelings of the individual and the individual in group settings

PSO 3 Assessment skills: Basic professional skills pertaining to psychological testing, assessment and counseling.

PSO 4 Multicultural competence: To recognize, understand, and respect the complexity of multiculturalism in the practice and application of counseling and psychotherapy.

Four-Year Undergraduate Program (2024-2028)

Department of Psychology

Course curriculum

Honors Course

Program Outcomes (PO)-B.A. Psychology

PO 1: Students will learn scientific methods, basic psychological processes and perspectives in Psychology

PO 2: Students will develop skills to live in the social world by understanding psycho aspects of various social phenomena, errors in interaction and theoretical approaches of behavior.

PO 3: Students will be equipped with skills to identify and diagnose mental disorders causal and appropriate treatment of different disorders.

PO 4: Skilful to identify strategies to Manage organizations more effectively and will be in topics like Leadership, Motivation, Power, Conflict, Negotiation, etc.

PO 5: Gain familiarity with skills of observation and scientific reporting in psychology; training, planning and conducting a psychological experiment.

PO 6: Equipped with theoretical knowledge, approaches and issues of counseling.

PO 7: Acquaint with different mental health problems of children and elderly through internship.

PO 8: Familiar with psychological instruments and tools and developed the ability to und self and others.

PO 9: Familiar with biological basis of behavior and basic statistical methods psychological research.

PO 10: Student will have theoretical knowledge on the process and nature of child development.

PO 11: Develop basic skills in conducting scientific research

Program Specific Outcomes (PO)-B.A. Psychology

PSO1: Student of Advance Course of Psychology to grow in sensitivity, sympathy and empathy towards others.

PSO2: Students are Learn to work in a team and develop leadership qualities, accept and respect individual differences and work with responsibility and Commitment.

PSD3: Students also develop an understanding about inclusive education and its benefits through the social outcome Outreach Program.

PSO 4: Students are encouraged to conduct short empirical and archival researches so that they develop an understanding about application of statistics and research methodology.

PS05: Students are trained to present papers in Seminars and also get the research paper Published in reputed journals.

PS06: Students gather exhaustive Knowledge in different areas pertaining to psychology. It helps student to get an understanding, about the practical applications, implications and generalizations about the different aspects of the Subject from book to goal life situations.

PS07: with extensive field community and hospital settings the program would make the candidate competent to deal with patients and other needy people.

PS08: Through supervised training the candidate would have acquired professional skill to go for ethical and responsible practice.

PS09: The program would have turned them an empathetic individual working to enhance the happiness and well-being.

Shree
Pune
Dharmar

Shree
Dharmar

M

P

Shree

Rose
Nicola

Shree
Pune

Shree
Pune
18/9/24
Raigarh (C.G.)

Officer-In-Charge (Academic)
Shahood Nandkumar Patel
Vishwavidyalaya, Raigarh (C.G.)

Shree
10/7/25

Shree
23/6/24
Raigarh (C.G.)

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FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Degree/Honors)		Semester– V	Session:2024-2025
1	Course Code	PSSC- 05T	
2	Course Title	Quantitative Data Analysis	
3	Course Type	Discipline Specific Course (DSC)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Understand the nature of measurement and its various levels. ➤ Developing skills to use quantitative techniques such as measures of central tendency, variability, and correlation. ➤ Knowing how to use the normal probability curve as a model in scientific theory ➤ Grasping concepts related to hypothesis testing and developing related computational skills ➤ Learning basic techniques of descriptive and inferential statistics (parametric as well as non-parametric).	
6	Credit Value	03 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100	Min Passing Marks:40
PART-B: Content of the Course			
Total No. of Teaching–learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Module / Unit	Topics(Course contents)		No. of Period
I	Nature of Quantitative Data and Descriptive Statistics in Psychology 1.1 Levels of measurement 1.2 Measures of Central Tendency: Characteristics and Computation of Mean, Median and Mode. 1.3 Measures of Variability or Dispersion: Characteristics and Computation of Range, Quartile Deviation and Standard Deviation. 1.4 Concept of Variance.		12
II	Normal Distribution and Correlation: 2.1 Normal Distribution Curve (NPC): Nature, Properties of NPC; deviation from NPC: Skewness and Kurtosis 2.2 Correlation: Calculation of Pearson's and Spearman coefficient, Correlation		11
III	Inferential Statistics 3.1 Inferential statistics; concept of Null Hypothesis, 3.2 Level of significance, 3.3 Type I and Type II error,		11

	3.4 t-Test(Uncorrelated data)	
IV	Non-Parametric Tests 4.1 Nature and Assumptions 4.2 Chi-square: Assumptions and computation of Chi-square 4.3 Use of computer in statistics.	11
Keywords	<i>Quantitative data, Central tendency, Variability, Parametric, Nonparametric, Inferential Statistics</i>	

PART-C	
Learning Resources: Text Books, Reference Books and Others	
<i>Text Books Recommended</i> 1. Broota, K.D.(1992). <i>Experimental Design in Behavioral Research</i>. New Delhi: Wiley Eastern. 2. Kapil, H.K.(2020) <i>Sankhyaki ke Mool Tatva</i>, Shri Vinod Pustak Mandir, Agra 3. Suleman, M. (2018) <i>Manovigyan Shiksha Avm Anya Samajik Vigyan Mein Sankhiki</i>, Motilal Banarsidas Delhi. 4. Solanki, M.k. (2022) <i>Rashtriy Shiksha Niti -2020, Manovigyan Aadharit Sankhiyki Avm Shodh Paddhti</i>, SBPD Publication 5. Singh, A.K. (2008) <i>Manovigyan Samajshastra Tatha Shiksha Mein Sankhiki</i> Motilal Banarsidas Delhi. <i>Reference Books Recommended</i> 1. Singh, A.K. (2019) <i>Tests, Measurements And Research In Behavioural Sciences</i>, Bharti Bhawan 2. Minium, E.W., King, B.M., & Bear, G. (1993) <i>Statistical Reasoning in Psychology and Education</i>, New York: John Wiley. 3. Mohanty, B. & Misra, S. (2015) <i>Statistics for Behavioral and Social Sciences</i>. New Delhi: SAGE Publications.	
Online Resources– e-Resources/e-books and e-learning portals ➤ Swayam Central https://swayam.gov.in ➤ youtube	
Online Resources– e-Resources/e-books and e-learning portals ➤ https://egyankosh.ac.in/handle/123456789/4448 ➤ https://epgp.inflibnet.ac.in/Home ➤ https://ndl.iitkgp.ac.in/homestudy/humanities	

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks:	100 Marks
Continuous Internal Assessment (CIA):	30 Marks
End Semester Exam (ESE):	70 Marks

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Degree/Honors)		Semester– V	Session:2024-2025
1	Course Code	PSSC- 05P	
2	Course Title	Lab Course -5 (Activity)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Understand the concept of statistics ➤ Will be able to apply the statistics in research ➤ Will learn the concept of plagiarism	
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)
7	Total Marks	Max.Marks:50	Min Passing Marks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Module	Topic		No. of Period
1	Activity on Scientific Writing: How to write research paper based on quantitative studies. APA style of writing and referencing Plagiarism checks and other ethical considerations		30
2	Critically reviewing search paper(qualitative or quantitative) This shall help building professional technical knowledge of students		
keywords	Scientific Writing, APA Style, Plagiarism, Research Paper		

PART-C**Learning Resources: Text Books, Reference Books and Others****Text Books Recommended-**

1. Kothari, C.R. (2023) *Research Methodology*, New Age International Publishers
2. Kapil, H.K. (2019) *Anusandhan Vidhiyan*, H. P. Bhargava Publications
3. Sansanwal, D. N. (2020) *Research Methodology and Applied Statistics*, Shipra Publications

Online Resources-

- e-Resources/e-books and e-learning portals
- Swayam Central
<https://swayam.gov.in>
 youtube

Online Resources-

- e-Resources/e-books and e-learning portal
- <https://egyankosh.ac.in/handle/123456789/4448>

Handwritten signatures and dates:
 23/6/25
 18/7/24
 Other illegible signatures and marks.

- <https://epgp.inflibnet.ac.in/Home>
 ➤ <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 50 Marks

Continuous Internal Assessment (CIA): 15 Marks

End Semester Exam (ESE): 35 Marks

Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz-(2):	10 & 10	Better marks of the Test / Quiz & Attendance & File submission + obtained marks in Assignment shall be considered against 15 Marks
	Assignment/Seminar+ Attendance -	05	
	Total Marks -	15	
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment		
	A. Performed the Task based on lab. Work (Conduction of Experiment)-20		
	B. Spotting based on tools & technology (written) (Report writing)-	10	
	C. Viva-voce (based on principle/technology) -	05	
	Total Marks-	35	

Name and Signature of Convener & Members of CBoS:

(Signature)
(Signature)

(Signature)
 DR. Awantika Kaushik

(Signature)
 Dr. Lili Tassara

(Signature) Dr. Rachita Shrivastava

(Signature)
 Dr. Babharati Shukla

(Signature)

(Signature) - Alka Kerketta

(Signature) - Gauri Bhowan

(Signature) - Dr. A. Deuskar

(Signature) - Chinghyun Thang

(Signature) - Dr. Abhanu

(Signature) - B. L. Sankar

(Signature)
 22/12/20

(Signature)
 18/7/24

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Degree/Honors)		Semester– V	Session:2024-2025
1	Course Code	PSSE- 03T	
2	Course Title	Sports and Exercise Psychology	
3	Course Type	Discipline Elective Course (DSE)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Familiarizing with the evolving field of sports and exercise psychology as a profession. ➤ Understanding the current shifts from traditional paradigms and appreciating the role of practical theory to guide professional practice ➤ Developing a critical understanding of general personality approaches as well as the sport specific personality approaches. ➤ Being able to develop a psychological profile for a sportsperson/team	
6	Credit Value	03 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100	MinPassingMarks:40
PART-B: Content of the Course			
Total No. of Teaching–learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics(Course contents)		No. of Period
I	Introduction 1.1 History of sport and exercise psychology; what is sport and exercise psychology? 1.2 Sport psychology specialties: Clinical-sport psychology, Educational psychology 1.3 Role of exercise and sport psychologists–teaching, research and consultation		12
II	Personality and Sports 2.1 Why study personality in sport? 2.2 Approaches to personality 2.3 Assessment of personality; EPI and TAT		11
III	Motivation 3.1 Motivation: Definition and Views 3.2 Role of Coaching and Mentoring 3.3 Achievement Motivation and Competitiveness		11
IV	Enhancing Performance and Self-Confidence 4.1 Psychological skills training (PST): why PST is important? 4.2 PST knowledge base and its effectiveness		11

4.3 Phases of PST Programs: Education, Acquisition and Practice.

Keywords *Sports, Exercise, Personality, Motivation, Achievement motivation,*

PART-C

Learning Resources: Text Books, Reference Books and Others

Reference Books Recommended

1. Horn, T. S. (Ed.) (2002). *Advances in Sport Psychology*. USA: Human Kinetics Publishers. Weinberg,.
2. R. S., & Gould, D. (2003). *Foundations of Sport and Exercise Psychology*. USA: Human Kinetics Publishers, Inc.
3. Singh, H. (2018) *Khel Manovigyan* KSK Publication and Distribution
4. Chaube, D. & Chaturvedi, S. (2022) *Khel Manovigyan*, Khel Sahitya Kendra
5. Mangal, S.K.& Mangl,S. (2021) *Sports Psychology*, SAGE Publications Pvt. Ltd
6. Bavare, M.(2024) *Sports Psychology*, Popular Prakashan, Mumbai

Online Resources--

e-Resources/e-books and e-learning portals

- Swayam Central
<https://swayam.gov.in>
- youtube

Online Resources—

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- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 100 Marks

Continuous Internal Assessment (CIA): 30 Marks

Continuous Internal Assessment (CIA):	30 Marks
End Semester Exam (ESE):	70 Marks

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Name and Signature of Convener & Members of CBoS:

Синий
(индикатор)

Dausen
DR. A. K.

Isabel
Dr. Lalitha Suresh

Rachis —

Dr. Radhika Shrivastava
Shukla
Dr. Prabhavati Shukla

Panch sm. Jayashree Panchangam
Arectty - Alka Kerketta

~~Anna~~ - Dr. A. Deonskar

John - Trip to Boston
Barnes

Dr. B. Hancock

On Back
Sambur

9/26/26

18/7/24

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Degree/Honors))		Semester– V	Session:2024-2025
1	Course Code	PSSE- 03P	
2	Course Title	Lab Course -3 (Activity)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Understand the personality characteristics of team captain. ➤ Understand the personality of team members and coach.	
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)
7	Total Marks	Max.Marks:50	Min Passing Marks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Module	Topic		No. of Period
1	Analyzing the personality of team captains of various sports like hockey, cricket, kabaddi etc. and studying its relationship with team motivation and performance. Eg. An analysis of personality and leadership styles of different captains of Indian Cricket team (eg., MS Dhoni, Sachin Tendulkar, Virat Kohli or Kapil Dev). This can be done by observing their on ground behavior, listening to/reading their interviews, their communication styles etc.		30
2	Students can visit the physical education department of their own institution and interact with the faculty as well as the students/players to understand their motivation and self- confidence.		
Keywords	Personality Characteristics, Leadership Styles, Physical Education		

PART-C**Learning Resources: Text Books, Reference Books and Others****Reference Books Recommended**

1. Horn, T. S. (Ed.) (2002). *Advances in Sport Psychology*. USA: Human Kinetics Publishers. Weinberg,
2. R. S., & Gould, D. (2003). *Foundations of Sport and Exercise Psychology*. USA: Human Kinetics Publishers, Inc.

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<https://swayam.gov.in>

- youtube

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- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation**Suggested Continuous Evaluation Methods:****Maximum Marks: 50 Marks****Continuous Internal Assessment (CIA): 15 Marks****End Semester Exam (ESE): 35 Marks**

Internal Assessment:	Internal Test / Quiz-(2): 10 & 10	Better marks of the Test / Quiz &
Continuous Internal	Assignment/Seminar+ Attendance- 05	Attendance & File submission +
Assessment (CIA)	Total Marks - 15	obtained marks in Assignment shall be
		considered against 15 Marks
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment	
	A. Performed the Task based on lab. Work (Activity Report Submission)-	20
	B. Spotting based on tools & technology (written) (Presentation)-	10
	C. Viva-voce (based on principle/technology) -	05
	Total Marks-	35

Name and Signature of Convener & Members of CBoS:

Dr. Rukla
Rabirajit Shukla
(Unsubscribed)

Dr. A. K. Kaur
Dr. Lalit Kaur

Dr. Rukla Shrivastava

Dr. A. K. Kaur

Smt. Jayshree Panchangam

Dr. A. K. Kaur

Dr. A. K. Kaur

Dr. B. K. Kaur

Dr. B. K. Kaur

Dr. B. K. Kaur

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Degree/Honors)		Semester– VI	Session:2024-2025
1	Course Code	PSSC- 06T	
2	Course Title	Introduction to Personality	
3	Course Type	Discipline Specific Course (DSC)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability of: ➤ Appreciating conceptualizations of personality in the Western as well as Eastern traditions. ➤ Understanding self and personality through Eastern perspectives such as Mimamsa, Vedanta, Samkhya, Yoga, Buddhist and Sufi traditions. ➤ Developing a critical understanding of personality through various Western approaches including type and trait, psychoanalytic, socio-cognitive and humanistic. ➤ Understanding biological and environmental influences on personality development. ➤ Fostering an applied perspective by engaging students in a discussion about the everyday applications of various personality theories.	
6	Credit Value	03 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100	Min Passing Marks:40
PART-B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics(Course contents)		No. of Period
I	Introduction to Personality: 1.1 Concept and Definition of personality 1.2 Role of Factors in the Development of Personality (heredity and environment) 1.3 Assessment of Personality		12
II	Western Approaches to Personality - I 2.1 Trait and Type Approaches (including Eastern Perspective such as "Tri-guna" theory) 2.2 A Socio-cognitive Approach to Personality		11
III	Western Approaches to Personality – II 3.1 Psychoanalytical Approach to Personality 3.2 Humanistic Approach to Personality		
IV	Understanding self through Eastern Perspectives 4.1 Understanding self through Mimamsa, Vedanta, Samkhya and Yoga		11

	4.2 Understanding self through Sufi and Buddhist tradition	
	4.3 Understanding Self through Sri Aurobindo's Integral Yoga	
Keywords	<i>Personality, Trait, Type, Tri gun, Psychoanalytic Humanistic, Mimansa Vedanta, Samkhya Yoga, Sufi, Buddhist</i>	

PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

1. Carducci, B. J. (2009). *The Psychology of Personality: Viewpoints, Research & Application*. Hong Kong: Wiley-Blackwell.
2. Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian edition*. New Delhi, India: Pearson Education.
3. Cornelissen, R. M. M., Misra, G., & Varma, S. (Eds.) (2011). *Foundations of Indian Psychology—Theories and Concepts* (Vol. 1). New Delhi, India: Pearson.
4. Feist, J., Feist, G.J. & Herman, T.A.R.W. (2018). *Theories of Personality*. Tata McGraw Hill
5. Friedman, H. S., & Schustack, M. W. (2006). *Personality: Classic Theories and Modern Research*. New Delhi, India: Pearson.
6. Kuppaswamy, B. (2001). *Elements of Ancient Indian Psychology*. New Delhi, India: Konark Publishers Pvt. Ltd.
7. Misra, G., & Mohanty, A. K. (Eds.) (2002). *Perspectives on indigenous psychology*. New Delhi, India: Concept Publishing Company.
8. Singh, A.K. & Singh, A.K. (2017) *Vyaktitva Ka Manovigyan*, Motilal Banarsidas, Delhi

References Books Recommended

1. Paranjpe, A. C. (1984). *Theoretical psychology: The Meeting of East and West*. New York: Plenum Press.
2. Patnaik, D. (2015). *My Gita*. New Delhi: Rupa.
3. Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (Eds.) (2008). *Handbook of Indian psychology*. New Delhi, India: Foundation Books.

Online Resources—

e-Resources/e-books and e-learning portals

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Online Resources—

e-Resources/e-books and e-learning portals

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks: 100 Marks		
Continuous Internal Assessment (CIA): 30 Marks		
End Semester Exam (ESE): 70 Marks		
Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
	Assignment / Seminar - 10	
	Total Marks - 30	
End Semester Exam (ESE):	Two section – A & B	
	Section A: (I) Objective Type Questions 10x1=10 Marks	
	(II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks	
	Section B: Long Answer Type Questions One From Each Unit With Internal option	
	4x10=40 Marks Total Marks=70	

Name and Signature of Convener & Members of CBoS:

Dr. Shrikant Shukla
Dr. Shrikant Shukla

Dr. A. K. Kausik
Dr. A. K. Kausik

Dr. A. K. Kausik
Dr. A. K. Kausik

Dr. Rachita S. M. S. S. S.
Dr. Rachita S. M. S. S. S.
Smt. Sushree Pancharangam
Alka Kerketta
Tupti Bhowan
Dr. A. Devisankar

Dr. B. Hara
Dr. B. Hara

Chetan Shekhar Thakur
Chetan Shekhar Thakur

Dr. B. K. Sankar
Dr. B. K. Sankar

18/7/24
18/7/24

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

COURSE CURRICULUM

PART-A: Introduction				
Program: Bachelor in Arts (Degree/Honors)			Semester– VI	Session:2024-2025
1	Course Code	PSSC- 06P		
2	Course Title	Lab Course -6 (Activity)		
3	Course Type	Laboratory Course		
4	Pre-requisite(if, any)	As per program		
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability of: ➤ Assessment skill development ➤ Analytical thinking and summarization		
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)	
7	Total Marks	Max.Marks:50		Min Passing Marks:20
PART-B: Content of the Course				
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)				
Module	Topic			No. of Period
1	Assessment of any one Projective technique and Report writing			30
2	Personality analysis of renowned person of any field			
Keywords	Projective Technique, Personality Analysis, Report Writing			

PART-C	
Learning Resources: Text Books, Reference Books and Others	
Reference Books Recommended 1. Corey, G. (2009) <i>Counseling and Psychotherapy; Theory and Practice</i>. (7th Ed.) New Delhi: Cengage Learning. 2. Friedlander, M.L. & Diamond, G.M. (2012) <i>Couple and Family Therapy</i>, Database: APA PsycInfo 3. E. M. Altmaier and J.C. Hansen (Eds.) <i>The Oxford Handbook of Counseling Psychology</i>. New York: Oxford University Press 4. Kapur, M. (2011). <i>Counseling Children with Psychological Problems</i>. New Delhi, Pearson. 5. Sharf, R. S. (2012). <i>Theories of Psychotherapy and Counseling: Concepts and Cases</i>. 5th Edition. Belmont: Brooks/Cole (Cengage Learning). 6. Singh, A.K. (2021) <i>Uchatar Naidanik Manovigyan</i>, Motilal Banarsidas Dehi	
Online Resources– e-Resources/e-books and e-learning portals ➤ Swayam Central https://swayam.gov.in ➤ youtube	

Online Resources-**e-Resources/e-books and e-learning portal**

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation**Suggested Continuous Evaluation Methods:****Maximum Marks: 50 Marks****Continuous Internal Assessment (CIA): 15 Marks****End Semester Exam (ESE): 35 Marks**

Internal Assessment:	Internal Test / Quiz-(2): 10 & 10	Better marks of the Test / Quiz & Attendance &File submission + obtained marks in Assignment shall be considered against 15 Marks
Continuous Internal Assessment (CIA)	Assignment/Seminar+ Attendance- 05	
	Total Marks - 15	
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment	
	A. Performed the Task based on lab. Work (Activity Report Submission)- 20	
	B. Spotting based on tools & technology (written) (Presentation)-	10
	C. Viva-voce (based on principle/technology) -	05
	Total Marks-	35

Name and Signature of Convener & Members of CBoS:

(Signature)
(Signature)
(Signature)

(Signature) Dr. A. Kauschi
(Signature) Dr. Lakshmi

Dr. D. R. Ravi
 Dr. Ravi Shrivastava
 Dr. Smt. Jayshree Panchangam

Dr. A. K. Kerketta

Dr. N. P. B. B. B. B.

Dr. A. Debnath

Dr. B. H. H.

Dr. Chandra Shekhar

Dr. B. K. B.

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Degree/Honors)		Semester– VI	Session:2024-2025
1	Course Code	PSSE- 04T	
2	Course Title	Psychology of Health and Yoga	
3	Course Type	Discipline Elective Course (DSE))	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Demonstrating knowledge of health psychology. ➤ Demonstrating adequate knowledge about issues related to stress, stress management and coping. ➤ Developing adequate knowledge about the promotion of healthy behavior ➤ Appreciating the value of practicing Yoga in daily life through research evidence and in-depth understanding of the promotion of health benefits of Yoga.	
6	Credit Value	03 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100	MinPassingMarks:40
PART-B: Content of the Course			
Total No. of Teaching–learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics(Course contents)		No. of Period
I	Introduction to Health Psychology 1.1 Concept of health and Cross cultural definitions of health (including Indian) 1.2 Biomedical and Bio- psychosocial models 1.3 Cultural approaches to medicines (especially with respect to Traditional Indian medicine: Ayurveda)		12
II	Stress and Coping 2.1 Theories of Stress (Cannon's fight-or-flight theory, Taylor et al.'s Tend-and-Befriend Theory) 2.2 Physiology of stress 2.3 Types of psychological stressors 2.4 Coping with stress and stress management		11
III	Promoting Healthy Behaviors 3.1 Determinants of health behaviors 3.2 Theories of health behaviors: Health Belief Model, Theory of		11

	Planned Behavior 3.3 Using the mass media for health promotion	
IV	Health promotion through Yoga 4.1 Yoga intervention for lifestyle disorders 4.2 Other health promotion techniques; Breathing techniques (pranayam)	11
Keywords	<i>Health, Cross Cultural, Biomedical, Stress, Yoga, Coping, Mass Media, Breathing Technique.</i>	

PART-C

Learning Resources: Text Books, Reference Books and Others

Text Books Recommended

1. Taylor, S.E., (2009). *Health Psychology* (9th Ed). New Delhi, Tata Mc Graw-Hill Ogden, J. (2012). *Health Psychology*. New York, McGraw-Hill.
2. Morrison, V., & Bennett, P. (2009). *Introduction to Health Psychology* (2nd Ed) Pearson Education Limited, New York.
3. Gurung, R.A.R. (2014). *Health Psychology: A Cultural Approach*, USA, Wadsworth: Cengage learning
4. Dalal, A. K., & Misra, G. (Eds.). (2012). *New Directions in Health Psychology*. New Delhi: Sage Publications.
5. Rupam, (2014) *Yog Manovigyan*, Motilal Banarasidas
6. Nautiyal, V.P. (2018) *Yog aur Manovigyan*, Kitab Mahal
7. Vivekananda, R. (2006), *Practical Yoga Psychology*, Yoga Publication Trust Munger. Bihar

Reference Books Recommended

1. Agarwala, S., Das, I., Kumar, K., and Kumar, S. (2009). *Health Psychology*. New Delhi, Allied Publishers. (Chapter 23)
2. Babu, R.K. (2011). *Asanasutras. Vizianagaram, India: Home of Yoga Publications*.
3. Desikachar, T.K.V. (2003). *Reflections on Yoga Sutras of Patanjali*. Krishnamacharya Yoga Mandiram.

Online Resources—

e-Resources/e-books and e-learning portals

- Swayam Central
<https://swayam.gov.in>
- youtube

Online Resources—

e-Resources/e-books and e-learning portals

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://cpqp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks: 100 Marks		
Continuous Internal Assessment (CIA): 30 Marks		
End Semester Exam (ESE): 70 Marks		
Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20 Assignment / Seminar - 10 Total Marks - 30	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
End Semester Exam (ESE):	Two section - A & B Section A: (I) Objective Type Questions 10x1=10 Marks (II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks Section B: Long Answer Type Questions One From Each Unit With Internal option 4x10=40 Marks Total Marks=70	

Name and Signature of Convener & Members of CBoS:

Dr. Rakita Shrivastava
Dr. Jayshree Panchang
Dr. Alka Kerketta
Dr. Tripti Biswas
Dr. Chandnyam Thakur
Dr. A. Debnikar
Dr. Chandnyam Thakur
Dr. B. Hanu
Dr. B. K. Sanku

Dr. Rakita Shrivastava

Dr. Jayshree Panchang

Dr. Alka Kerketta

Dr. Tripti Biswas

Dr. Chandnyam Thakur

Dr. A. Debnikar

Dr. Chandnyam Thakur

Dr. B. Hanu

Dr. B. K. Sanku

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor in Arts (Degree/Honors)		Semester– VI	Session:2024-2025
1	Course Code	PSSE- 04P	
2	Course Title	Lab Course -4 (Activity)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Understand the personality characteristics of team captain. ➤ Understand the personality of team members and coach.	
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)
7	Total Marks	Max.Marks:50	MinPassingMarks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Module	Topic (ANY TWO)		No. of Period
1	Mindful eating exercise: students can be demonstrated how our eating is not very mindful, by keeping a bowl of chips/nuts in front of them. Without their conscious awareness they start to eat. Then their attention can be directed towards eating mindfully. Mindful eating and weight gain has been associated in research.		30
2	Students can be asked to collect activities that people use to cope with their stress (like writing, watching movies exercise, listening to music, praying, talking to friend, sleeping etc) and then categorize them as either emotion focused or problem focused.		
3	Assessing Body Mass Index and its relationship with stress ,exercise, internet usage etc.		
Keywords	Mindful Eating, Conscious Awareness, Stress Coping Body Mass Index		
PART-C			
Learning Resources: Text Books, Reference Books and Others			
Reference Books Recommended			
1. Dalal,A. K., & Misra, G. (Eds.). (2012).New Directions in Health Psychology. New Delhi: Sage Publications.			
2. Agarwala,S.,Das,I.,Kumar,K.,andKumar,S.(2009).HealthPsychology.NewDelhi, Allied publishers. (Chapter 23)			
3. Babu,R.K.(2011).Asanasutras.Viziyanagaram,India:HomeofYogaPublications.			
Online Resources–			
e-Resources/e-books and e-learning portals			
➤ Swayam Central			
https://swayam.gov.in			

➤ youtube

Online Resources-

e-Resources/e-books and e-learning portal

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 50 Marks

Continuous Internal Assessment (CIA): 15 Marks

End Semester Exam (ESE): 35 Marks

Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz-(2): 10 & 10	Better marks of the Test / Quiz & Attendance & File submission + obtained marks in Assignment shall be considered against 15 Marks
	Assignment/Seminar+ Attendance- 05	
	Total Marks - 15	
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment	
	A. Performed the Task based on lab. Work (Activity Report Submission)-20	10
	B. Spotting based on tools & technology (written) (Presentation)-	05
	C. Viva-voce (based on principle/technology) -	35
	Total Marks-	

Name and Signature of Convener & Members of CBoS:

Shruti
Bansal
(Convener)

Dr. A. Kaushik
Dr. A. Kaushik

Dr. Rakhi Shrivastava
Dr. Rakhi Shrivastava

Dr. Jayshree Panichangam
Dr. Jayshree Panichangam

Alka Kerketta
Alka Kerketta

Dr. Nishi Bishnoi
Dr. Nishi Bishnoi

Chandigarh Thakur
Chandigarh Thakur

Dr. A. Deouskar
Dr. A. Deouskar

Dr. B. K. Sarker
Dr. B. K. Sarker

Dr. A. Haran
Dr. A. Haran

27/12/24

18/7/24

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)
DEPARTMENT OF PSYCHOLOGY
COURSE CURRICULUM

PART-A: Introduction		
Program: Bachelor in Arts (Certificate/Diploma/Degree/Honors)		Semester- I/III/V
		Session: 2024-2025
1	Course Code	PSVAC- 01
2	Course Title	Stress Management
3	Course Type	Value Added Course
4	Pre-requisite(if, any)	<i>As per program</i>
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Learn the concept and causes of stress. ➤ Understand the various techniques of stress management.
6	Credit Value	02 Credit <i>Credit = 15 Hours - learning & Observation</i>
7	Total Marks	Max.Marks:50 MinPassingMarks:20
PART-B: Content of the Course		
Total No. of Teaching-learning Periods (01 Hr. per period) - 30 Periods (30 Hours)		
Unit	Topics (Course contents)	No. of Period
I	Stress: 1.1 Stress: Concept, Symptoms and 1.2 Sources of Stress (Physical, Emotional, Family& Relationship, Financial, Psychological, Work & Workplace Stress and Daily Hassles)	08
II	Stress and Health: 2.1 Stress and Health: Factors that influence Stress 2.2 Reaction to Stress 2.3 Effects of Stress on Health	07
III	Managing Stress: 3.1 Managing Stress: Yoga and Meditations 3.2 Relaxation Training and Biofeedback.	08
IV	Stress and Coping: 4.1 Effective Coping (Meditation , Yoga, Breathing Exercise, Sleep Routine and Nutritional Diet) 4.2 Ineffective Coping (Addiction , Self- Harm and Negative Self- Talks)	07
Keywords	<i>Stress, Symptoms, Sources, Yoga, Meditation Relaxation, Addiction, Negative Self- Talk</i>	

Signature of Convener & Members (CBOS):

PART-C	
Learning Resources: Text Books, Reference Books and Others	
Text Books Recommended	
1) An Introduction to Stress Benjamin B. Lahey.	
2) Psychology and work today Duane Schultz. Sydney Ellen Schultz.	
3) Carr A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.	
4) DiMatteo, M.R. and Martin, L.R. (2002). Health Psychology. New Delhi: Pearson.	

Online Resources-

- e-Resources/e-books and e-learning portals
- <https://www.investopedia.com/terms/s/swot.asp>
- <https://www.medicalnewstoday.com/articles/eustress-vs-distress#influential-factors>
- <https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=lkr76qw2h+vltP6ZdaFVbg>

Online Resources-**e-Resources/e-books and e-learning portals**

- Swayam Central
<https://swayam.gov.in>
- youtube

Part-D: Assessment and Evaluation**Suggested Continuous Evaluation Methods:**

Maximum Marks: 50 Marks

Continuous Internal Assessment (CIA): 15 Marks

End Semester Exam (ESE): 35 Marks

Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz-(2): 10 & 10	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 15 Marks
	Assignment/Seminar + Attendance - 05 Total Marks - 15	
End Semester Exam (ESE):	Two section - A & B	5 x1= 05 Mark;
	Section A: Q1. Objective - Q2. Short answer type- Section B: Descriptive answer type qts., 1 out of 2 from each unit-	5x2 =10Marks 4x05 =20 Marks Total Marks = 35

Name and Signature of Convener & Members of CBoS:

Shruti
Rashmi Shrivastava

Shruti
Anurag

Shruti
Lalit Patel

Dr. B. Hara

(Dr. B. K. Samra)

Dr. In

Panch-Say Shree Panchangam

Mutha-Aika Kerketta

bnnois - - Tripti Bisen

Chandhyam Thar

Dr. A. Deouskar

Chairman
18/7/24

Officer-In-Charge (Academic)
Shahood Nand Kumar Patel
Vishwavidyalaya, Raigarh (C.G.)

10/7/25

23/6/26