



## Detailed Syllabus

### Bachelor of Arts/ Bachelor of Science in Psychology

#### Semester I: Major Course

Course Code	Course Title	Hours Per Week L-T-P	Course Type	Credit
	<b>Introduction to Psychology</b>	<b>3-0-1</b>	<b>Major</b>	<b>04</b>

**Course Objectives:** The objective of this course are:

1. Understand the fundamental notions of the human mind and behavior.
2. Establish understanding of psychological theoretical principles and relevant empirical developments in areas like perception, memory, intelligence, and so on.

**Course Outcomes:** After completing this course, the students would be able to

- CO1. gain comprehensive knowledge of the development of the discipline of psychology  
CO2. develop an understanding of the psychological processes that control fundamental human mind and behavior and implement in their daily lives

Module	Topic	Course Content	Hours
I	<b>Introduction</b>	Nature: Psychology as a basic and applied science, goals, fields; Historical Development and Current Status. Biological Basis of human behavior, Neuron, Structure and Function of Nervous System specifically brain. Introduction to Psychometric Assessment: Conducting a test and experiment	12
II	<b>Attention &amp; Perception</b>	Nature, Selective and Divided Attention, Perceptual processes: laws of perceptual organization, depth perception, constancies, Illusions, and factors affecting perception. Application of attention and perception.	12
III	<b>Intelligence</b>	Nature, Theories, Individual differences in intelligence (mental Retardation and Giftedness), Nature-nurture controversy; Improving cognitive health.	14
IV	<b>Memory</b>	Memory as Information Processing; Parallel distributed processing, Memory as a reconstructive process; Forgetting; Improving Memory, Application of memory. Forgetting, Amnesia	12
	<b>PRACTICAL (any two)</b>	<ul style="list-style-type: none"><li>• Reaction time</li><li>• Intelligence</li><li>• Memory/ Effect of Imagery</li></ul>	10
<b>Total</b>			<b>60</b>

## References & Textbooks

1. Atkinson, R. L., Atkinson, R. C., Smith, E. E., Bem, D. J. & Hilgard, E. R. (2013). Introduction to Psychology. New York: H. B. J. Inc.
2. Baron, R.A. & Misra, G. (2014). Psychology. New Delhi: Pearson Education.
3. Ciccarelli, S. K., Meyer, G. E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.

## Semester I: Minor course

Course Code	Course Title	Hours Per Week L-T-P	Course Type	Credit
	Understanding Psychology	3-0-1	Minor	4

**Course Objectives:** The objective of this course are:

1. To understand the fundamental schools of thought that govern psychology
2. To gain an overview of psychological concepts that affect learning, cognition, and personality

**Course Outcomes:** After completing this course, the students would be able to

- CO1. Develop an understanding of the fundamental tenets in the discipline of psychology  
CO2. Acquire skills such as problem solving, decision making, reasoning by gaining a deep understanding of the underlying steps involved in the process  
CO3. Obtain a theoretical understanding of learning and related ideas and apply them in their daily lives

Module	Topic	Course Content	Hours
I	<b>Introduction to Psychology</b>	Overview of various schools of thoughts (structuralism, functionalism, psychoanalytic, cognitive, behavioral, humanistic- existential, gestalt)	12
II	<b>Personality</b>	Meaning and nature; Classification; Determinants; Assessment	12
III	<b>Thinking</b>	Concepts, Propositions, and Imagery; Problem solving steps, methods, Obstacles; Reasoning: Deductive and Inductive, Errors in Reasoning; decision-making: Heuristics and Biases; Relationship between thinking and language.	12
IV	<b>Learning</b>	Understanding Learning: Conditioning, Cognitive Learning, Observation learning.	12
	<b>Practical (any two)</b>	<ul style="list-style-type: none"><li>• Problem Solving</li><li>• Verbal Learning</li><li>• Personality test</li></ul>	12
<b>Total</b>			60

### References and textbooks

1. Atkinson, R. L., Atkinson, R. C., Smith, E. E., Bem, D. J. & Hilgard, E. R. (2013). Introduction to Psychology. New York: H. B. J. Inc.
2. Baron, R.A. & Misra, G. (2014). Psychology. New Delhi: Pearson Education.
3. Ciccarelli, S. K., Meyer, G. E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.

### Semester I: Multidisciplinary Course (MDC)

Course Code	Course Title	Hours Per Week L-T-P	Course Type	Credit
	Science of Happiness	3-0-0	MDC	3

**Course Objectives:** The objective of this course are:

1. To understand the concept of happiness and its underlying factors.
2. To learn practical strategies and techniques to cultivate personal happiness and enhance societal well-being

**Course Outcomes:** After completing this course, the students would be able to

CO1. Acquire comprehensive knowledge about the concept of happiness, including relevant theories and determinants.

CO2. Develop a foundational understanding of how to cultivate happiness and acquire essential skills such as emotional intelligence, fostering meaningful relationships, nurturing character strengths, and engaging in sustainable happiness practices.

Module	Topic	Course Content	Hours
I	Happiness	Meanings, correlates, determinants, how to measure happiness, importance of happiness, myths around happiness, World Happiness Report.	10
II	Determinants of happiness	Personality, stress, self-esteem, society, culture, historical background. Theories related to happiness: PERMA model. Biological basis of happiness.	10
III	Happiness at work	Relevance at workplace. Job satisfaction. Factors influencing happiness at workplace. Organizational culture. Work-life integration. Workplace well-being programs.	10
IV	How to become happy	Emotional intelligence; virtues and character strengths; Personal relationships; resilience; compassion; happiness boosting activities; sustainable happiness.	15
<b>Total</b>			45

### References and Reading Materials

1. Diener, E., Lucas, R. E., & Oishi, S. (2002). Subjective well-being: The science of happiness and life satisfaction. Handbook of Positive Psychology, 2, 63-73

2. Diener, E. (2009). The science of well-being: The collected works of Ed Diener (Vol. 37, pp. 11-58). New York: Springer.
3. Fredrickson, B. L. (2004). The broaden-and-build theory of positive emotions. *Philosophical Transactions of the Royal Society of London. Series B: Biological Sciences*, 359(1449), 1367-1377.
4. Joshanloo, M. (2014). Eastern conceptualizations of happiness: Fundamental differences with western views. *Journal of Happiness Studies*, 15(2), 475-493.
5. Lyubomirsky, S., & Layous, K. (2013). How do simple positive activities increase well-being? *Current Directions in Psychological Science*, 22(1), 57-62.
6. Lyubomirsky, S., Tkach, C., & DiMatteo, M. R. (2006). What are the differences between happiness and self-esteem. *Social Indicators Research*, 78(3), 363-404.
7. Park, N. (2004). Character strengths and positive youth development. *The Annals of the American Academy of Political and Social Science*, 591(1), 40-54.
8. Park, N., Peterson, C., & Seligman, M. E. P. (2004). Strengths of Character and Well-Being. *Journal of Social and Clinical Psychology*, 23(5), 603-619.
9. Peterson, C., Ruch, W., Beermann, U., Park, N., & Seligman, M. E. (2007). Strengths of character, orientations to happiness, and life satisfaction. *The Journal of Positive Psychology*, 2(3), 149-156.
10. Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55(1), 68.
11. Seligman, M. (2011). *Flourish*. New York, NY: Free Press.
12. Sheldon, K. M., & Lyubomirsky, S. (2021). Revisiting the sustainable happiness model and pie chart: can happiness be successfully pursued?. *The Journal of Positive Psychology*, 16(2), 145-154.
13. Suar, D., Jha, A. K., Das, S. S., & Alat, P. (2019). The structure and predictors of subjective well-being among millennials in India. *Cogent Psychology*, 6(1), 1584083.
14. Veenhoven, R. (2010). How universal is happiness. *International Differences in Well-being*, 328-350.

## Semester II: Major Course

Course Code	Course Title	Hours Per Week L-T-P	Course Type	Credit
	<b>Basics of Psychopathology</b>	<b>3-0-1</b>	<b>Major</b>	<b>04</b>

**Course Objectives:** The objective of this course are:

1. To be able to specify the symptoms and examine the causal factors of different psychological disorders.
2. To emphasize the various treatments of the disorders

**Course Outcomes:** After completing this course, the students would be able to

CO1. develop an understanding the notion of abnormal behavior and learn the about classification of mental disorders.

CO2. recognize the causes, symptoms, and treatment of psychological disorders to create general awareness of mental health problems

Module	Topic	Course Content	Hours
I	<b>Introduction</b>	Understanding abnormal behavior. Understanding classification: DSM & ICD (Latest versions), Clinical assessment, causal factors	10
II	<b>Stress and anxiety</b>	Anxiety disorders: Specific Phobias & Social Anxiety Disorder, Panic Disorder, Generalized anxiety disorder. obsessive- compulsive disorders; somatoform disorders; somatization disorders-hypochondriacs; conversion reaction Coping with Stress; Decompensation under-excessive stress; prevention of stress disorders; post-traumatic stress disorder. Personality disorders	18
III	<b>Mood and psychotic disorders</b>	Unipolar and Bipolar Disorders and Suicide: clinical picture with case studies. Schizophrenia, Depressive disorders. Substance abuse	18
	<b>PRACTICALS</b>	a) Clinical case analysis with use of secondary data including movies (signs, symptoms, Etiology)/ Interview of cases from the above list of disorders. b) Case history and MSE	14
<b>Total</b>			60

### References and textbooks

1. Butcher, J.N., Hooley, J.M., Mineka, S. and Dwivedi, C.B. (2017). Abnormal Psychology (16<sup>th</sup> ed). India: Pearson
2. Hooley, J.M., Butcher, J.N., Nock, M.K. and Mineka, S. (2017). Abnormal Psychology. 17th ed. (Global Edition)
3. American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Arlington, VA: Author.
4. World Health Organization. (2018). International statistical classification of diseases and related health problems (11th Revision).

### Semester II: Minor course

Course Code	Course Title	Hours Per Week L-T-P	Course Type	Credit
	<b>Psychology at Work</b>	<b>4-0-0</b>	<b>Minor</b>	<b>4</b>

Prerequisite:

**Course Objectives:** The objective of this course is:

To develop an increased awareness of employee behavior at work and the role that leadership, group development, and communication play in the success and productivity of an organization.

**Course Outcomes:** After completing this course, the students would be able to

CO1. Develop knowledge about the discipline of organizational psychology

CO2. Develop knowledge and skills related to effective communication, group dynamics and leadership in an organization, which will later help students in their professional lives

Module	Topic	Course Content	Hours
I	<b>Introduction</b>	Emergence of Organizational Psychology as a discipline, Contributions of Taylor, Weber, Fayoll Definition of OB; Challenges, scope, and opportunities for OB.	15
II	<b>Group Dynamics</b>	Nature types and stages of group development. Conditions affecting group functioning: role of organizational structure, authority systems, personal selection, performance evaluation and reward systems, organizational culture and physical settings, Skills involved in managing groups.	15
III	<b>Communication</b>	Communication model. Barriers and sources of distortion; Direction and network of communication; Communication and decision-making, Cross-cultural communication; Skills involved in communicating and listening.	15
IV	<b>Leadership</b>	Nature and types. Behavioral theories: Contingency theories and contemporary issues in leadership, Leadership and power: Bases of power and power in action, Skills involved in managing politicking.	15
<b>Total</b>			<b>60</b>

#### References and textbooks

1. Fred Luthans 2008. Organizational Behaviour. 11th Edition. New York: McGraw- hill.
2. Robbins, S. P., Judge, T. A., & Vohra, N. (2018). Organizational Behavior 16e. Pearson.

#### Semester III: Major Course

Course Code	Course Title	Hours Per Week L-T-P	Course Type	Credit
	<b>Social Psychology</b>	<b>4-0-0</b>	<b>Major</b>	<b>04</b>

**Course Objectives:** The objective of this course is:

To describe the primary concepts and approaches important to the field of social psychology.

**Course Outcomes:** After completing this course, the students would be able to

CO1. Acknowledge the significance of social psychology.

CO2. Recognize the key concepts that influence society and social behavior and to reflect on how they operate in the Indian society

Module	Topic	Course Content	Hours
I	<b>Introduction</b>	Social Psychology: Definitions, historical development of the field and current status, social psychology and other social sciences; Methodological approaches in social psychology: experimental and non- experimental; Social psychology in India.	15

II	<b>Social Cognition</b>	Nature of social cognition, social schema, heuristic, new directions of social cognition; Attribution theory (Heider, Kelley, Jones and Davis, Weiner); attribution biases; Person perception: impression formation and management (definition, process, and factors).	15
III	<b>Interpersonal attraction and relationships</b>	Defining interpersonal attraction and its biases, nature of interpersonal relationships, type of relationships and theories.	15
IV	<b>Attitude &amp; Attitude Change</b>	Structure, functions, formation of attitudes, attitude-behavior relationship, Attitude Change: Process of persuasion, related factors, Theories of attitude change. Theories of reasoned and planned behavior; Formation, change and measurement of attitudes.	15
<b>Total</b>			60

### References and textbooks

1. Baumeister, R.F., & Bushman, B.J. (2013). Social Psychology & Human Nature. Wadsworth (Unit 2: Chapter 3 and 5).
2. Baron, R.A., Byrne, D. 1998. Social Psychology: Theories, Research and Application. New York: Mc Graw Hill.

### Semester III: Minor course

Course Code	Course Title	Hours Per Week L-T-P	Course Type	Credit
	<b>Emotions and Motivation</b>	4-0-0	Minor	4

Prerequisite:

**Course Objectives:** The objective of this course are:

1. To identify different emotions and develop a basic understanding of how emotions can be controlled
2. To learn about motivation and its theories and how they can be implemented in daily life

**Course Outcomes:** After completing this course, the students would be able to

CO1. To gain comprehensive knowledge of the psychological concepts of motivation and emotion, as well as how they are related

CO2. To Identify and handle fundamental emotions and cultivate emotional intelligence abilities, which play a crucial role in maintaining mental and social well-being.

Module	Topic	Course Content	Hours
I	<b>Motivation</b>	Nature, Theories- Instinct, Drive, Need, Incentive, Expectancy, Arousal, Achievement, Murray, Atkinson, and McClelland	15
II	<b>Emotion</b>	Nature, theories- Cannon–Bard theory, James Lange theory,	15

		Schachter & Singer theory. Russel, Plutchik, Zajonc, Lazarus, Tomkins, Scherer, Frijda.	
III	<b>Physiological and theoretical basis of motivation and emotion</b>	Relationship between motivation and emotion; Physiological Bases of Motivation and Emotion; Autonomic nervous system; Hormonal changes; Arousal theory; Role of Central Nervous System and arousal; Laterality and emotions; Muscle tension	15
IV	<b>Different types of emotions</b>	Depression: Conceptualization and its relation to health; Stress: Immunity, illness, coping; Anxiety: State-trait model, and its relation to health and performance; Anger: Causes, state-trait model, and its relation to health; Positive emotions: Fredrickson's Broaden-and Build Theory of Positive; Emotions, Undoing effects of positive emotions (Fredrickson), Benefits of positive emotions (Fredrickson), Hope; Emotional intelligence (Mayer & Salovey, 1997)	15
<b>Total</b>			<b>60</b>

### References and reading materials

1. Fredrickson, B. (2001). The role of positive emotions in positive psychology: The Broaden-and-Build Theory of Positive Emotions. *American Psychologist*, 56, 218-226.
2. Fredrickson, B. L., Tugade, M. M., Waugh, C. E., & Larkin, G. R. (2003). What good are positive emotions in crises? A prospective study of resilience and emotions following the terrorist attacks on the United States on September 11th, 2001. *Journal of Personality and Social Psychology*, 84, 365-376.
3. Frijda, N. H. (1986). *The emotions*. London: Cambridge University Press.
4. Reeve, J. (2018). *Understanding motivation and emotion*. John Wiley & Sons.
5. Lazarus, R. S. (1991). Cognition and motivation in emotion. *American psychologist*, 46(4), 352.
6. Buck, R. (1988). *Human motivation and emotion*. New York: John Wiley & Sons.
7. Mayer, J. D., Caruso, D. R., & Salovey, P. (1997). *Emotional Intelligence Meets*. 1997.
8. Misra, G. (Ed.) (1999). *Psychological perspectives on stress and health*. New Delhi: Concept Publishing House.
9. Salovey, P., & Sluyter, D. (Eds.) (1997). *Emotional development and emotional intelligence: Implications for educators*. New York: Basic Books.
10. Scherer, K. R. (1984). Emotion as a multicomponent process: A model and some cross-cultural data. In P. Shaver (Ed.), *Review of personality and social psychology*, vol. 5. (pp. 37-63). Beverly Hills, CA: Sage.
11. Snyder, C. R. (Ed.) (1999). *Coping: The psychology of what works*. New York: Oxford University Press.