



**KARNATAK UNIVERSITY, DHARWAD
ACADEMIC (S&T) SECTION**

**ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಧಾರವಾಡ
ವಿದ್ಯಾಮಂಡಳ (ಎಸ್&ಟಿ) ವಿಭಾಗ**



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NAAC Accredited
'A' Grade 2014

website: kud.ac.in

No. KU/Aca(S&T)/JS/MGJ(Gen)/2024-25/1612
ಅಧಿಸೂಚನೆ

Date: 27 JUL 2024

ವಿಷಯ: ಸರಕಾರದ ಆದೇಶ ದಿನಾಂಕ: 08.05.2024 ಅನುಸಾರ 2024-25ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಎಲ್ಲ ಸ್ನಾತಕ ಪದವಿಗಳಿಗೆ NEP ಅಡಿಯಲ್ಲಿ ಪ್ರೋಗ್ರಾಂ ವಿನ್ಯಾಸ (Curriculum Structure)ದಂತೆ ಪರಿಷ್ಕೃತ ಪಠ್ಯಕ್ರಮದ ಅನುಷ್ಠಾನ ಕುರಿತು.

- ಉಲ್ಲೇಖ: 1. ಸರ್ಕಾರದ ಪ್ರಧಾನ ಕಾರ್ಯದರ್ಶಿಗಳು, ಉನ್ನತ ಶಿಕ್ಷಣ ಇಲಾಖೆ ಇವರ ಆದೇಶ ಸಂಖ್ಯೆ: ಇಡಿ 166 ಯುಎನ್ಇ 2023, ದಿ: 08.05.2024.
2. ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ನಿರ್ಣಯಗಳ ಸಂ:2, 3, 4, 5, 6, 7, 8 & 9, ದಿ:16.07.2024.
3. ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಅನುಮೋದನೆ ದಿನಾಂಕ: 27/07/2024

ಮೇಲ್ಕಾಣಿಸಿದ ವಿಷಯ ಹಾಗೂ ಉಲ್ಲೇಖಗಳನ್ವಯ, ಉಲ್ಲೇಖ-01ರ ಸರಕಾರ ಆದೇಶಾನುಸಾರ 2024-25ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಅನ್ವಯವಾಗುವಂತೆ, ಈ ಕೆಳಗಿನ ಎಲ್ಲ ಸ್ನಾತಕ ಪದವಿಗಳ NEP ಅಡಿಯ ಪ್ರೋಗ್ರಾಂ ವಿನ್ಯಾಸ (Curriculum Structure)ದಂತೆ ಪರಿಷ್ಕೃತ ಪಠ್ಯಕ್ರಮ ರಚನೆ ಕುರಿತಾಗಿ ಸಂಬಂಧಿಸಿದ ಅಭ್ಯಾಸಸೂಚಿ ಮಂಡಳಿ ಹಾಗೂ ನಿಖಾಯಗಳ ಶಿಫಾರಸ್ಸಿನಂತೆ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ಅನುಮೋದಿತ ಪದವಿಗಳ ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ www.kud.ac.in ದಲ್ಲಿ ಭಿತ್ತರಿಸಲಾಗಿದೆ. ಸದರ ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲದಿಂದ ದೊನಲೋಡ ಮಾಡಿಕೊಳ್ಳಲು ಸೂಚಿಸುತ್ತ ವಿದ್ಯಾರ್ಥಿಗಳು ಹಾಗೂ ಸಂಬಂಧಿಸಿದ ಎಲ್ಲ ಬೋಧಕರ ಗಮನಕ್ಕೆ ತಂದು ಅದರಂತೆ ಕಾರ್ಯಪ್ರವೃತ್ತರಾಗಲು ಕ.ವಿ.ವಿ.ಯ ಎಲ್ಲ ಅಧೀನ ಹಾಗೂ ಸಂಬಂಧಿಸಿದ ಮಹಾವಿದ್ಯಾಲಯಗಳ ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ ಸೂಚಿಸಲಾಗಿದೆ.

ಅ.ನಂ.	ಪದವಿ				ಸೆಮಿಸ್ಟರ್
1	1	B.A	8	BTM	1 ರಿಂದ 6ನೇ ಸೆಮಿಸ್ಟರ್
	2	BSW	9	B.Sc	
	3	B.Sc. (H.M)	10	BCA	
	4	B.Com	11	B.Com (CS)	
	5	B.Com (E-Commerce Operation)	12	B.Com (Retail Operations)	
	6	B.Com (Banking Financial Services & Insurance)	13	B.Com (Logistics)	
	7	BBA	14	BBA (Logistics Management)	
2	1	B.Sc (Data Science)	2	B.Sc (Artificial Intelligence & Machinery Learning)	1 ಮತ್ತು 2ನೇ ಸೆಮಿಸ್ಟರ್
3	1	BASLP	3	BPA	1 ರಿಂದ 8ನೇ ಸೆಮಿಸ್ಟರ್
	2	BVA	4	B.Sc. Pulp & Paper	

ಅಡಕ: ಮೇಲಿನಂತೆ

A. Channappa
ಕುಲಸಚಿವರು.

ಗೆ,

ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯದ ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಬರುವ ಎಲ್ಲ ಅಧೀನ ಹಾಗೂ ಸಂಬಂಧಿಸಿದ ಮಹಾವಿದ್ಯಾಲಯಗಳ ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ. (ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ ಹಾಗೂ ಮಿಂಚಂಚೆ ಮೂಲಕ ಬಿತ್ತರಿಸಲಾಗುವುದು)

ಪ್ರತಿ:

- ಕುಲಪತಿಗಳ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು / ಕುಲಸಚಿವರ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು / ಕುಲಸಚಿವರು (ಮೌಲ್ಯಮಾಪನ) ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
- ಅಧೀಕ್ಷಕರು, ಪ್ರಶ್ನೆ ಪತ್ರಿಕೆ / ಗೌಪ್ಯ / ಜಿ.ಎ.ಡಿ. / ವಿದ್ಯಾಂಡಳ (ಪಿ.ಜಿ.ಪಿ.ಎಚ್.ಡಿ) ವಿಭಾಗ, ಸಂಬಂಧಿಸಿದ ಕೋರ್ಸುಗಳ ವಿಭಾಗಗಳು ಪರೀಕ್ಷಾ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
- ನಿರ್ದೇಶಕರು, ಕಾಲೇಜು ಅಭಿವೃದ್ಧಿ / ವಿದ್ಯಾರ್ಥಿ ಕಲ್ಯಾಣ ವಿಭಾಗ / , ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
- ನೋಡಲ್ ಅಧಿಕಾರಿಗಳು, ಯು.ಯು.ಸಿ.ಎಂ.ಎಸ್. ಘಟಕ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
- ಎನ್.ಇ.ಪಿ. ನೋಡಲ್ ಅಧಿಕಾರಿಗಳು, ಸಿ.ಡಿ.ಸಿ. ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.

KARNATAKA UNIVERSITY, DHARWAD

B.Sc. Psychology

SYLLABUS

With Effect from 2024-25

**DISCIPLINE SPECIFIC CORE COURSE (DSC) FOR SEM I - VI,
SKILL ENHANCEMENT COURSE (SEC) FOR SEM IV/V/VI and
ELECTIVE COURSES FOR SEM V AND VI**

DRAFT SYLLABUS FOR

PSYCHOLOGY

AS PER NEP (Revised): 2024

Karnatak University, Dharwad
B.Sc.in Psychology
Effective from 2024-25

Sem.	Type of Course	Theory/Practical	Course Code	Course Title	Instruction hour/week	Total hours / sem	Duration of Exam	Marks			Credits
								Formative	Summative	Total	
I	DSC-1	Theory	C 1 PSY 1 T 1	Basic Processes in Psychology-I	04hrs	60	03hrs	20	80	100	04
	DSC-2	Practical	C 1 PSY 1 P 1	Basic Processes in Psychology-I	04hrs	56	03hrs	10	40	50	02
II	DSC-3	Theory	C 2 PSY 1 T 1	Basic Process in Psychology-II	04hrs	60	03hrs	20	80	100	04
	DSC-4	Practical	C 2 PSY 1 P 1	Basic Processes in Psychology-II	04hrs	56	03hrs	10	40	50	02
III	DSC-5	Theory	C 3 PSY 1 T 1	Child Psychology	04hrs	60	03hrs	20	80	100	04
	DSC-6	Practical	C 3 PSY 1 P 1	Child Psychology	04hrs	56	03hrs	10	40	50	02
IV	DSC-7	Theory	C 4 PSY 1 T 1	Developmental Psychology	04hrs	60	03hrs	20	80	100	04
	DSC-8	Practical	C 4 PSY 1 P 1	Developmental Psychology	04hrs	56	03hrs	10	40	50	02
*V	DSC-9A	Theory	C 5 PSY 2 T 1	Health Psychology	04hrs	60	03hrs	20	80	100	04
	DSC-10A	Practical	C 5 PSY 2 P 1	Health Psychology	04hrs	56	03hrs	10	40	50	02
	DSC-9B	Theory	C 5 PSY 2 T 2	Positive Psychology	04hrs	60	03hrs	20	80	100	04
	DSC-10B	Practical	C 5 PSY 2 P 2	Positive Psychology	04hrs	56	03hrs	10	40	50	02
*VI	DSC-11A	Theory-	C 6 PSY 2 T 1	Psychopathology	04hrs	60	03hrs	20	80	100	04
	DSC-12A	Practical	C 6 PSY 2 P 1	Psychopathology	04hrs	56	03hrs	10	40	50	02
	DSC-11B	Theory-	C 6 PSY 2 T 2	Criminal Psychology	04hrs	60	03hrs	20	80	100	04
	DSC-12B	Practical	C 6 PSY 2 P 2	Criminal Psychology	04hrs	56	03hrs	10	40	50	02
V	EC-1	Theory	C 5 PSY 5 T 1	General Psychology	03hrs	45	03hrs	20	80	100	03
VI	EC-2	Theory	C 6 PSY 5 T 1	Psychology and Mental Health	03hrs	45	03hrs	20	80	100	03
IV/V/VI **	Skill	Practical	C 0 PSY 6 P 1	Assessing Childhood Problems	04hrs	56	03hrs	10	40	50	02

*student shall either DSC 9A and DSC10A or DSC 9B and DSC10B in 5th semester. Similarly, DSC 11A and DSC12A or DSC 11B and DSC12B in 6th semester.

** Student shall study Skill of this subject either in 4th / 5th / 6th but not in all the semester.

Karnatak University, Dharwad

B.Sc. Psychology

Programme Specific Outcomes (PSO):

On completion of the 03 years Degree in BSc Psychology students will be able to:

PSO1: Graduates will demonstrate a comprehensive understanding of core concepts, theories, and empirical findings across major domains of psychology, including but not limited to developmental, social, cognitive, clinical, and industrial-organizational psychology.

PSO2: Graduates will be proficient in applying research methods, including experimental design, statistical analysis, and qualitative research techniques, to investigate psychological phenomena and critically evaluate psychological research literature.

PSO3: Graduates will demonstrate an understanding of ethical principles and guidelines governing psychological research and practice, and apply ethical considerations in conducting research and working with diverse populations.

PSO4: Graduates will be able to apply psychological principles and theories to analyze and solve real-world problems in various settings, such as clinical, educational, organizational, and community contexts.

PSO5: Graduates will effectively communicate psychological concepts, theories, and research findings to diverse audiences through oral presentations, written reports, and other forms of communication appropriate to the field of psychology.

PSO6: Graduates will demonstrate critical thinking skills by evaluating psychological theories, interpreting research findings, and integrating diverse perspectives to formulate evidence-based conclusions and recommendations.

PSO7: Graduates will recognize the importance of lifelong learning and professional development in psychology, including continuing education, ethical practice, and engagement in professional organizations and communities.

B.Sc. Semester-I

Discipline Specific Course (DSC)-

Course Title: Basic Processes in Psychology **Course Code:** C 1 PSY 1 T 1

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSC-1	Theory	04	04	60hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

CO1: To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.

CO2: To enable the students to understand the application of psychology to different fields

CO3: Describe different types of learning, including Trial and Error, Insightful Learning, and Cognitive Learning.

CO4: Discuss key theories of memory, including Atkinson and Shiffrin's model and Tulving's model, and apply techniques to improve memory, such as chunking, mnemonics, and the SQRRR method.

CO5: Understand the nature and causes of forgetting, differentiate between types of forgetting, and explain theories such as decay, interference, and repression.

Unit	Chapter Names & Contents	60 hrs
Unit I	INTRODUCTION A) Origin, Definition & Goals of Psychology B) Key perspectives of Psychology: Biological, Psychological, Behavioral, Cognitive, Socio-cultural, Humanistic Developmental and Evolutionary perspective. C) Branches of Psychology: Basic and Applied; General, Bio-physiological, Child, Developmental, Abnormal, Cognitive, Comparative, Educational, clinical, counseling, experimental, Forensic, health, Sports and Military D) Methods of Psychology: Observation, Experimental, Correlational, clinical, Interview, and Case study. E) Physiological Basis of Behavior: Neurons - Structure and functions, Nervous System, Central and Peripheral Nervous system. Endocrine system: functions and effects. Glands and its effects: Pituitary, Thyroid, Parathyroid, Adrenal and Gonads. F) Methods of studying brain and its functions: Invasive, lesion, ablation, chemical and stimulation methods. Brain imaging: MRI, FMRI, PET etc.	15 hrs
Unit II	SENSATION, ATTENTION AND PERCEPTION A) Sensation: Meaning, characteristics and Types of Senses and receptors involved in each sensation. B) Attention: Meaning and definitions, Types of attention - Voluntary, non-voluntary and habitual, phenomenon, span, division, fluctuation and distraction. Determinants - objective & subjective effects. use of attention. C) Perception: meaning, and characteristics, Gestalt laws of perceptual organization. D) Depth perception - meaning process of perceptual selection organization and interpretation, perceptual constancies monocular and binocular cues. E) Errors in perception - Illusion: Muller Lyre and illusion of movement, horizontal and vertical illusion. Hallucination: Visual, Auditory and tactile.	15 hrs
Unit III	LEARNING A) Introduction: Definition, Factors influence learning. Motivation, reinforcement and association, Biological Basis of Learning B) Types of learning - Trial and Error- Experiment and laws of Thorndike, Kohlberg's insightful learning. Cognitive learning. C) Operant conditioning - Reinforcement, punishment, process - generalization, Discrimination, Shaping and Chaining.	15 hrs

	D) Pavlov's Classical conditioning learning, Bandura's observational learning.	
Unit I V	UNITIV MEMORYANDFORGETTING A) Stages of Memory–Encoding,Storage,Retrieval B) Types of memory - Immediate or sensory memory, short term memory, long term memory. C) Factors involved in memory: Learning/ registration, retention, Recall, and recognition. Factors influence memory - Intrinsic and extrinsic memory. D) Atkinson andShiffrin'stheory of Memory, Tulving's Model. Techniquetoimprovememory.Chunking, Mnemonic,SQRRR(Survey, Question, Read, Recite and Revive) E) Forgetting: Nature causes and types, theories of forgetting - Decay, Interference, repression F) Physiology of Memory and Forgetting	15hrs

Recommended books:

1. Baron, R. & Misra.G.(2013). Psychology. New Delhi: Pearson. Ciccarelli, S.K.&White,J. N. (2017). *Psychology*, 5thEd.Pearson.
2. Coon, D.&Mitterer, J.O. (2013). *IntroductiontoPsychology:GatewaystoMindandBehavior*, 13th Ed. Cengage Learning
3. Feldman,R.S.(2017). *UnderstandingPsychology*.12thEd.McGrawHill,NewDelhi
4. Kosslyn,S.M.&RobinRosenberg,R.(2008). *PsychologyinContext*,3rdEd.Pearson.
5. ,A^aiAEi aAEAE«eAE, |. £lgAd
6. aÄEÄ«eÄE, "AU - 1, °AUÆ "AU - 2 aÄZÄZaäJA. P, °AUÆ qÁ. JÆi. J¬i 2ÄÄW
7. aÄEÄ«eÄE, by K. L Ramalingu, Hb Publication house

FormativeAssessmentforTheory	
AssessmentOccasion/type	Marks
InternalAssessmentTest1	05
InternalAssessmentTest2	05
Assignment	10
Total	20Marks
<i>FormativeAssessmentasperguidelines.</i>	

B.Sc. Semester-I

Discipline Specific Course (DSC)

Course Title: Foundation of Psychology-I (Practical) **Course Code:** C 1 PSY 1 P 1

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-2	Practical	02	04	56hrs.	3hrs.	10	40	50

Course Outcomes (COs): At the end of the course, students will be able to:

CO1: Conduct and analyze directed observations to assess the accuracy of reporting in psychological experiments.

CO2: Understand the principles of color vision and perform tests to identify color blindness, interpreting the results accurately.

CO3: Investigate and explain the processes involved in sound localization, including conducting experiments to determine factors affecting auditory perception.

CO4: Conduct experiments to understand and explain the Muller-Lyer illusion, exploring its implications for perception and cognitive biases.

CO5: Calculate and interpret measures of central tendency, such as mean and median, for both grouped and ungrouped data, and apply these measures in practical contexts to draw meaningful conclusions.

List of the Expedients, each will have 4rs / Week (Minimum 12 experiments, Conduct any Six):

1. Directed Observation on the Accuracy of Report
2. Colour Blindness
3. Localization of Sound
4. Seton Attention
5. Simple Reaction time
6. Muller-Lyer Illusion
7. Finger Dexterity
8. Bilateral Transfer of Training
9. Repetition and Recall
10. Span of Attention
11. Pro-active Inhibition
12. Study Habits

STATISTICS: Grouping of data: Tabulation and Frequency Distribution, Measures of Central Tendency: Mean and Median for grouped and un-grouped data and application of Measures of Central Tendency.

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Journal Records as an Internal Assessment	10
Total	10 Marks
Formative Assessment	
Plan and Procedure	10
Conducting One Experiment	10
Results and Discussion	5
Viva	5
Statistics	10
Total	40 Marks

B.Sc. Semester– II

Discipline Specific Course (DSC)-

Course Title: Basic Process in Psychology-II

Course Code: C 2 PSY 1 T 1

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-3	Theory	04	04	60hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

CO1: To Lay basic foundation of various psychological concepts

CO2: To comprehend and analyse provide broader foundation by exposing students to various topics such as Emotion, Motivation, Intelligence, Thinking and Personality

CO3: Comprehend and apply major psychological theories and concepts related to sensation, perception, learning, memory, and forgetting, demonstrating the ability to critically analyze and synthesize these concepts within practical and theoretical contexts.

CO4: Design and conduct psychological experiments using appropriate methodologies, accurately interpret data, and apply statistical techniques such as measures of central tendency to analyze results, enhancing research skills and scientific reasoning.

CO5: Evaluate various psychological phenomena, including attention, perception errors, conditioning, memory processes, and learning types, and develop strategies to address cognitive and behavioral issues based on empirical evidence and theoretical understanding.

Unit	Chapter Names & Contents	60 hrs
Unit I	EMOTION AND MOTIVATION a) Definition and characteristics positive and negative emotions. Physiological basis of emotions b) Changes accompanying emotions: physical, biological and psychological, measurement of emotions c) Theories of emotions: James - Lange, Canon-Bard, Schacter- Singer, Lazarus' theory, emotional intelligence and components of emotional intelligence d) Motivation: Definition, nature and motivation cycle, primary motives - Hunger, thirst, sex and maternal Secondary Motives - Affiliation, Achievement, power and aggression. Physiological basis of Motivation. e) Maslow's hierarchy of needs, theories - instinct, Drive - reduction, incentive and arousal	15 hrs
Unit II	THINKING AND REASONING a) Thinking: Nature and definitions, Types of thinking-concrete or perceptual, Perceptual or abstract, reflective or logical, creative and critical, Physiological basis of Thinking. b) Concept formation: Meaning process & measurement of concept formation, Piaget and Freud's theory of thinking c) Reasoning: Meaning and definitions, inductive and deductive reasoning, scientific methods of problem solving and decision making. Physiological basis of reasoning. d) Language Production; Physiological basis of Language.	15 hrs
Unit III	INTELLIGENCE a) Meaning and Definition, Factors influencing intelligence, Nature and Nurture. Physiological basis of Intelligence. b) Theories of Intelligence-Spearman, Thurstone, Sternberg, Gardner and Guilford c) Concept of IQ, Mentally gifted (Genius) and mentally challenged (APA Classification) d) Measurement of intelligence - Verbal and nonverbal (Individual and group) Performance, culture fair & culture free tests, power and speed test, Projective tests (merits and demerits of intelligence tests)	15 hrs

Unit IV	PERSONALITY a) Meaning, Definition and characteristics, b) Theories of personality – Sheldon, Kretchmer, Jung Allport and the big five personality factors. c) Approaches of personality: Freud’s psychoanalytic, Raymond Cattell’s analytic, Bandura’s Social learning theory & Carl Roger’s theory. d) Measurement of personality - objective methods: rating scales, interview and behavioural tests, self-report inventories, - Big Five, EPI, Projective Tests - Rorschach’s, TAT, CAT, Sentence completion (Nature, Merits & demerits of each method)	15hrs
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Recommended books:

1. Baron, R. & Misra, G. (2013). Psychology. New Delhi: Pearson. Ciccarelli, S.K. & White, J. N. (2017). *Psychology*, 5th Ed. Pearson.
2. Coon, D. & Mitterer, J. O. (2013). *Introduction to Psychology: Gateway to Mind and Behavior*, 13th Ed. Cengage Learning
3. Feldman, R. S. (2017). *Understanding Psychology*. 12th Ed. McGraw Hill, New Delhi.
Kosslyn, S. M. & Robin Rosenberg, R. (2008). *Psychology in Context*, 3rd Ed. Pearson.

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.Sc. Semester–II

Discipline Specific Course (DSC)

Course Title: Foundations of Psychology-II (Practical)

Course Code: C 2 PSY 1 P 1

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-4	Practical	02	04	56hrs.	3hrs.	10	40	50

Course Outcomes (COs): At the end of the course, students will be able to:

CO1: Design and execute experiments to investigate psychological phenomena such as reaction time, attention span, perception, and learning, demonstrating proficiency in scientific methodology and experimental control.

CO2: Collect, tabulate, and analyze experimental data using statistical methods, including measures of central tendency, to draw accurate and meaningful conclusions about psychological processes.

CO3: Conduct experiments to assess sensory abilities (e.g., color blindness) and perceptual processes (e.g., Muller-Lyer illusion), interpreting findings in the context of existing psychological theories.

CO4: Investigate and explain cognitive functions such as memory recall, proactive inhibition, and study habits, as well as motor functions like finger dexterity and bilateral transfer of training, applying experimental results to real-world scenarios.

CO5: Enhance practical research skills by employing various psychological tests and experimental techniques, critically evaluating the reliability and validity of methods used, and effectively communicating findings through written reports and presentations.

List of the Experiments, each will have 4rs / Week (Minimum 12 experiments, Conduct any Six)

- Judgment of Emotions
- Differential reaction Time
- Achievement Motivation
- Assessment of Aggression
- Otis' Test of Intelligence
- Raven's Progressive Matrices
- Word Building Test
- Concept Formation
- Eysenck Personality Inventory
- Bell's Adjustment Inventory
- Emotional Intelligence
- Friendship Scale

STATISTICS: Measures of Variability: Range, Quartile Deviation, Mean Deviation (Grouped and Ungrouped Data) and their application.

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Journal Records as an Internal Assessment	10
Total	10 Marks
Formative Assessment	
Plan and Procedure	10
Conducting One Experiment	10
Results and Discussion	5
Viva	5
Statistics	10
Total	40 Marks

B.Sc. Semester-III

Discipline Specific Course (DSC)-

Course Title: Child Psychology

Course Code: C 3 PSY 1 T 1

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-5	Theory	04	04	60hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

CO1: To enable the students to understand the basic concepts of human development and its significance.

CO2: To enable the students to gain insights into the development of human being from conception to end of life and to understand human behavior.

CO3: To understand the relationship between theory and applications within each domain.

CO4: Comprehend and critically evaluate major theories and stages of child development, including cognitive, social, emotional, and physical growth, and apply these theories to understand and address developmental milestones and challenges in children.

CO5: Identify and analyze the various factors that influence child development, such as family, culture, environment, and education, and assess their impact on the psychological well-being and behavioral outcomes of children.

Unit	Chapter Names & Contents	60 hrs
Unit I	Introduction to Developmental Psychology a) Meaning and characteristics of lifespan perspective, career opportunities in human development, conceptions of age. b) Methods- Biographical, Longitudinal and Cross-sectional, sequential, correlational, Laboratory c) Domains of human development – physical, cognitive, psycho-social d) Theories of Development- Psychoanalytic, psycho-social, cognitive (Piaget), ethological and ecological.	15 hrs
Unit II	Prenatal Development a) Conceiving of a new life (sex cells, maturation, ovulation, fertilization), b) Genetic Foundations of Development: Genes and Chromosomes Dominant and Recessive Gene Principle, Sex linked Genes, Genetic Imprinting, Polygenic inheritance, c) Chromosomal Abnormalities - Down Syndrome, abnormalities of Sex chromosomes, Gene linked abnormalities d) Prenatal environmental influences- teratogens, prescription and nonprescription drugs, tobacco, alcohol, Radiation, environmental pollution, maternal diseases and maternal factors e) Characteristics of Prenatal period, f) Periods and hazards of prenatal development, Types of birth. Birth Complications g) New born assessment - APGAR, Brazilton, Neonatal, Behavioral assessment scale.	15 hrs
Unit III	Infancy and Babyhood a) Infancy - Stages, characteristics, major adjustments in infancy, Reflexes and hazards of infancy b) Principles of Development- Cephalo-caudal, Proximo-distal, Prematurity-causes and its effects. c) Babyhood - characteristics, speech and emotional development and hazards in babyhood. d) Breast feeding vs bottle feeding and its outcome for baby & mother e) Piaget's Sensorimotor Stage and Vygotsky's theory of cognitive development	15 hrs
Unit IV	Early and Late Childhood a) Early Childhood: Characteristics, physical, emotional, and psycho-social development b) Cognitive development - Piaget's pre-operational, Concrete Operational stage, Vygotsky's theory and information processing approach.	15 hrs

	c) Early childhood play types and functions. d) Late childhood - characteristics, development of self- understanding, self concept, self-esteem, four ways to increase self-esteem. Developmental changes in emotions. Kohlberg's theory of moral development. Childhood friendship and its functions. Problems of childhood: learning disabilities, ADHD, Autism spectrum disorder, Eating disorders: Pica, Rumination, Restrictive food intake. Childhood Depression, conduct disorders & juvenile delinquency.	
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Recommended books:

1. Hurlock E B (2001). *Developmental Psychology- A Life Span approach* McGraw- Hill Papalia, D. E., Olds, Feldman, R. D. (2007). *Human development* (10th ed.). McGraw-Hill.
2. Santrok J.W. (2019). *Life-Span Development*: McGraw Hill, New York.
3. Butcher, J.N., Hooley, J.M., Mineka, S.M. & Nock, M.K., (2018). *Abnormal Psychology*, 17th Edition. Pearson.
4. Nataraj P, *Developmental Psychology*, Srinivas Prakashan, Mysuru.
5. Elgar, J., & Pá, A. (2018). *Developmental Psychology*, 2nd Edition. Pearson.
6. Hoffman L., S, Hall E & Shell R. (1988) *Developmental Psychology* McGraw Hill Inc.2
7. S.V.Kale-Child Psychology and Guidance

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.Sc. Semester– III

Discipline Specific Course (DSC)

Course Title: Child Psychology Practical

Course Code: C 3 PSY 1 P 1

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-6	Practical	02	04	56hrs.	3hrs.	10	40	50

Course Outcomes (COs): At the end of the course, students will be able to:

CO1: Design and implement assessments to evaluate various aspects of child development, including cognitive, social, emotional, and physical domains, using standardized tools and observational methods.

CO2: Systematically observe and document children's behavior in naturalistic and controlled settings, analyzing patterns and drawing insights about developmental processes and individual differences.

CO3: Utilize knowledge of developmental theories to interpret assessment results and behavioral observations, applying theoretical frameworks to understand and support children's developmental needs.

CO4: Create and evaluate intervention strategies to address developmental delays or behavioral issues, using evidence-based practices to promote healthy development and well-being in children.

CO5: Strengthen research skills through the design, implementation, and analysis of child psychology experiments, and effectively communicate findings through comprehensive reports and presentations, demonstrating an ability to convey complex information clearly and accurately.

List of the Expedients, each will have 4rs / Week (Minimum 12 experiments, Conduct any Six)

1. Children's self-concept scale
2. Study Habit inventory
3. Parent-child relationship
4. Emotional Maturity
5. Word building test
6. Concept formation
7. Intelligence test (CPM)
8. Measuring Depression
9. Division of Attention
10. Learning styles inventory (VARK)
11. Verbal Reasoning test
12. Children Moral Value Scale

STATISTICS: Standard Deviation

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Journal Records as an Internal Assessment	10
Total	10 Marks
Formative Assessment	
Plan and Procedure	10
Conducting One Experiment	10
Results and Discussion	5
Viva	5
Statistics	10
Total	40 Marks

B.Sc. Semester-IV

Discipline Specific Course (DSC)-

Course Title: DEVELOPMENTAL PSYCHOLOGY

Course Code: C 4 PSY 1 T 1

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-7	Theory	04	04	60hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

CO1: Understand and critically evaluate major theories of human development, including those proposed by Piaget, Erikson, Vygotsky, and Kohlberg, and apply these theories to analyze developmental changes across the lifespan.

CO2: Identify and describe key developmental milestones in physical, cognitive, social, and emotional domains from infancy through adulthood, and understand the typical progression and variation in these milestones.

CO3: Assess the influence of genetic, environmental, and socio-cultural factors on development, examining how these factors interact to shape individual developmental trajectories.

CO4: Explore various developmental challenges and disorders, such as autism spectrum disorders, ADHD, and learning disabilities, understanding their characteristics, causes, and implications for individuals and families.

CO5: Apply principles of developmental psychology to real-world contexts, such as education, parenting, healthcare, and policy-making, developing strategies to support healthy development.

Unit	Chapter Names & Contents	60 hrs
Unit I	Puberty and Adolescence a) Puberty: Stages, Characteristics, Criteria b) Timing and variations in puberty, early & late maturation, Primary and secondary sex characteristics. Hazards and unhappiness during puberty c) Adolescence: divisions and characteristics Adolescent problems- eating disorders, teenage pregnancy, Drug addiction, Smoking and suicide, Juvenile delinquency, d) Psycho-social development: Search for identity, Theories of Erickson and Marcia. Emotional and moral development, interests and career preparation, Parent-adolescents conflict.	15 hrs
Unit II	Early Adulthood a) Characteristics of early adulthood, vocational adjustment b) Family adjustment: Marital harmony and Adjustment to parenthood, parenting styles c) Marital and non-marital life styles: single life, marriage, cohabitation, LGBT issues d) Dual earner couples, Work-family Balance, diversity in workplace	15 hrs
Unit III	Middle Adulthood a) Definitions, Characteristics of Middle adulthood b) Physical changes: sensory and psycho-motor functioning, sexuality and reproductive functioning, occupational stress, burnout c) Cognitive Development - information processing, problem solving d) Psycho-social development, social adjustment, empty nest, midlife crisis e) Changes in interests, preparation for retirement.	15 hrs
Unit IV	Late Adulthood a) Characteristics of late adulthood, physical appearance b) Physical changes - vision, hearing, Taste & smell, touch and pain, strength, endurance, balance and reaction time c) Psycho-social adjustment: relations with grandchildren, single-hood, widowhood, institutionalized and social contact, Adjustment to retirement, Dementia, and Alzheimer disease d) Theories of aging: programmed theories and damaged theories, decision regarding life, death & health care, Kubler - Ross's stages of dying. e) Finding meaning and purpose in life & death.	15 hrs

Recommended books:

1. Hurlock E B (2001). *Developmental Psychology- A Life Span approach* McGraw- Hill Papalia, D. E., Olds, Feldman, R. D. (2007). *Human development* (10th ed.). McGraw-Hill.
2. Santrok J.W. (2019). *Life-Span Development*: McGraw Hill, New York.
3. Nataraj P, *Developmental Psychology*, Srinivas Prakashan, Mysuru.
4. ElgAd', «PA, AFA & EA, 2AA, AAC, ABA.
5. Hoffman L., S, Hall E & Shell R. (1988) *Developmental Psychology* McGraw Hill Inc.2
6. S.V.Kale-Child Psychology and Guidance

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.Sc. Semester–IV

Discipline Specific Course (DSC)

Course Title: DEVELOPMENTAL PSYCHOLOGY (Practical)

Course Code: C 4 PSY 1 P 1

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-8	Practical	02	04	56hrs.	3hrs.	10	40	50

Course Outcomes (COs): At the end of the course, students will be able to:

CO1: Design and administer assessments to measure various aspects of development, such as cognitive, social, emotional, and physical development, using standardized tools and observational techniques.

CO2: Collect, analyze, and interpret data from developmental assessments and observations, utilizing statistical methods to understand patterns and draw evidence-based conclusions about developmental processes.

CO3: Use developmental theories to interpret assessment results and observations, linking theoretical knowledge with practical findings to better understand developmental stages and individual differences.

CO4: Develop and evaluate intervention strategies tailored to address specific developmental issues or challenges, applying evidence-based practices to support optimal growth and development.

CO5: Strengthen research skills by designing, conducting, and analyzing developmental psychology experiments, and improve communication skills by effectively presenting findings through written reports and oral presentations, demonstrating the ability to convey complex information clearly and accurately.

List of the Expedients, each will have 4rs / Week (Minimum 12 experiments, Conduct any Six)

1. Anger Measurement Scale
2. Well-being Scale
3. Social network addiction scale
4. Job Satisfaction scale
5. Marital adjustment/ Marriage Attitude Scale
6. Modernity Inventory
7. Personal Value questionnaire
8. Rathu's Assertiveness Scale
9. Family environment scale
10. Screening mental health status (MINI MSE)
11. Old age adjustment Inventory
12. Security - Insecurity Inventory

STATISTICS: Correlation: Pearson's product moment correlation and application of correlation

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Journal Records as an Internal Assessment	10
Total	10 Marks
Formative Assessment	
Plan and Procedure	10
Conducting One Experiment	10
Results and Discussion	5
Viva	5
Statistics	10
Total	40 Marks

B.Sc. Semester–V

Discipline Specific Course (DSC)-

Student shall select DSC 9A & 10 A or 9B & 10 B for 06 credits only

Course Title: HEALTH PSYCHOLOGY

Course Code: C 5 PSY 2 T 1

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-9A	Theory	04	04	60hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

CO1: To understand the relationship between psychological factors and physical health and learn how to enhance well-being

CO2: To understand the impact of stress on health

CO3: To maintain one's health, learn how to enhance well-being

CO4: Comprehend and critically evaluate the biopsychosocial model of health, understanding how biological, psychological, and social factors interact to influence health and illness, and apply this knowledge to analyze health behaviors and outcomes.

CO5: Examine various health behaviors, such as smoking, diet, and exercise, and evaluate the effectiveness of different psychological interventions and strategies for promoting healthy behaviors, preventing illness, and managing chronic diseases.

Unit	Chapter Names & Contents	60 hrs
Unit I	INTRODUCTION a) Health Psychology- definition, nature, scope and goals b) Components of health: physical, social, emotional and cognitive aspects; Health continuum and Quality of Life c) Mind-body relationship, Biomedical, Psycho-somatic and Bio-psycho-social models of health d) Methods - Experiments, Correlational studies, prospective and retrospective study e) The Placebo in Treatment and Research	15 hrs
Unit II	HEALTH BEHAVIOR a) Characteristics of health behavior, Factors influencing health behaviors; barriers to health behavior, Theories of Health behaviors: Theories of planned behaviour, health belief model and implications. b) Health enhancing behaviors: Exercise - types and benefits, effects on psychological health, Nutrition, sleep, hygiene and safety. c) Health Compromising behavior: Smoking, Alcoholism, Drug, Overeating and Obesity d) Adherence: Meaning, Factors predicting adherence. e) Cognitive- behavioural approaches to health behaviour change – self-monitoring, stimulus control, the self-control of behaviour, classical and operant conditioning, modelling, social skills and relaxation training;	15 hrs
Unit II I	STRESS AND HEALTH a) Stress: Nature and source of stress; Theories of stress- Selye's General adaptation Syndrome and Lazarus's Appraisal, Flight or fight response, Tending and Befriending view b) Effects of stress on health: Stress and immune system, role of stress in CHD, Hypertension and Diabetes. c) Coping strategies: Social support; time management; Yoga, Meditation and Relaxation technique, expressive therapy-music, art and dance d) Positive psychological interventions- gratitude, forgiveness, patience.	15 hrs

Unit I V	MANAGEMENT OF PAIN, CHRONIC AND TERMINAL ILLNESS a) Pain- Significance; Types; Psychological factors; Cognitive Behavioral Methods of Pain Control, gate-control theory of pain, individual differences and socio-cultural differences in reaction to pain. b) Management of chronic and terminal Illness - Emotional responses to chronic illness, coping with chronic illness, psychological and social issues related to dying. c) Alternatives to hospital care —Hospice or home care; Psychological management of terminally ill.	15hrs
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Recommended books:

1. Taylor, S.E. (2010). *Health psychology*. 6th Ed, New Delhi: Tata McGraw Hill
2. Allen, F. (2011). *Health psychology and behaviour*. Tata McGraw Hill Edition.
3. Brannon, L., Feist, J., & Updegraff, J. A., (2014). *Health Psychology: An Introduction to Behavior and Health*, 8th Cengage Learning.
4. Dimatteo, M. R., & Martin L. R. (2011). *Health psychology*. India: Dorling
5. Sarafino, E. P. (2002). *Health psychology: Bio psychosocial interactions* (4th Ed.). NY: Wiley.

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.Sc. Semester–V

Discipline Specific Course (DSC)

Course Title: Health Psychology Practical

Course Code: C 5 PSY 2 P 1

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-10A	Practical	02	04	56hrs.	3hrs.	10	40	50

Course Outcomes (COs): At the end of the course, students will be able to:

CO1: Design and administer assessments to evaluate various health behaviors and psychological factors related to health, using standardized tools and self-report measures.

CO2: Collect, analyze, and interpret data related to health psychology, utilizing statistical methods to understand the relationships between psychological factors and health outcomes.

CO3: Design and implement evidence-based psychological interventions aimed at promoting healthy behaviors, preventing illness, and managing chronic conditions, and evaluate their effectiveness.

CO4: Assess stress levels and coping strategies in individuals, and apply psychological techniques and interventions to manage stress and improve overall well-being.

CO5: Develop practical skills in health communication and counseling, effectively delivering health education and behavior change strategies to diverse populations, and tailoring interventions to meet individual needs.

List of the Expedients, each will have 4rs / Week (Minimum 12 experiments, Conduct any Six)

1. Psychological Well-Being
2. WHO Quality of Life Scale
3. Multidimensional Health Locus of Control (Form A)
4. Students Stress Rating Scale
5. Type A and Type B- ABBPS
6. Resilience Scale
7. Gratitude questionnaire
8. Reactions to Frustration
9. Lifestyle questionnaire
10. CMI Health Questionnaire
11. P.G.I. Well-Being Measure
12. Optimum Health Scale

Statistics: t- test

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Journal Records as an Internal Assessment	10
Total	10 Marks
Formative Assessment	
Plan and Procedure	10
Conducting One Experiment	10
Results and Discussion	5
Viva	5
Statistics	10
Total	40 Marks

B.Sc. Semester–V

Discipline Specific Course (DSC)-

Student shall select DSC 9B & 10 B or DSC 9A & 10 A for 06 credits only

Course Title: Positive Psychology

Course Code: C 5 PSY 2 T 2

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-9B	Theory	04	04	60hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

CO1: Appreciating and understanding the meaning and conceptual approaches to happiness and well-being.

CO2: Being able to locate the diversity in the experiences of happiness with individual's life span and across different domains.

CO3: Learning the various pathways through which positive emotions and positive traits contribute to happiness and well-being.

CO4: Being able to identify the key virtues and character strengths which facilitate happiness and well-being

CO5: Demonstrate an understanding of key concepts in positive psychology, such as happiness, well-being, resilience, strengths, and positive emotions, and apply these concepts to analyze and promote psychological health, flourishing, and optimal human functioning.

Unit	Chapter Names & Contents	60 hrs
Unit I	Introduction a. Positive psychology: Meaning, definition, assumptions and goals; Relationship with other fields b. Meaning and measures of happiness and well-being: Hedonic and eudaimonic traditions c. Indian perspectives and positive psychology	15 hrs
Unit II	Happiness and well-being a. Happiness: Concept and definitions b. Happiness and the facets of life: Gender, love, marriage, close relationships and others c. Happiness across the life span: Happiness and well-being across culture and nationalities d. Psychology of flow	15 hrs
Unit III	Emotions, personality traits and well-being a. Positive emotions (hope, optimism, gratitude) and well-being b. Cultivating positive emotions c. Positive traits: Personality, emotions, and biology d. Positive beliefs and illusions	15 hrs
Unit IV	Virtues, character strengths, and well-being a. Classification of human virtues (Seligman's approach) b. Wisdom as a foundational strength and virtue; Character strengths and health. c. Religion, spirituality and transcendence d. Religion and virtues: Buddhism, Confucianism, Islam, and Hinduism	15 hrs

Recommended books:

1. Baumgardner, S. R., Crothers, M. K. (2009). Positive psychology. New Delhi, India: Pearson.
2. Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
3. David, S. A., Boniwell, I., & Ayers, A. C. (2013). The Oxford handbook of happiness. Oxford: Oxford University Press.
4. Husain, A., & Saeeduzzafar. (2011). Islamic virtues and human development. New Delhi, India: Global Vision Publishing House.
5. Joseph, S. (Ed.) (2015). Positive psychology in practice: Promoting human flourishing in work, health, education, and everyday life.

6. Hoboken, NJ: John Wiley & Sons. Kumar, U., Archana, & Prakash, V. (2015). Positive psychology – Applications in work, health and well-being.
7. Delhi & Chennai, India: Pearson. Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.
8. 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.
9. Snyder, C. R., & Lopez, S. J. (2002). Handbook of positive psychology. New York: Oxford University.
10. Snyder, C.R., & Lopez, S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.

FormativeAssessmentforTheory	
AssessmentOccasion/type	Marks
InternalAssessmentTest1	05
InternalAssessmentTest2	05
Assignment	10
Total	20Marks
<i>FormativeAssessmentasperguidelines.</i>	

B.Sc. Semester– V

Discipline Specific Course (DSC)

Course Title: Positive Psychology Practical

Course Code: C 5 PSY 2 P2

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-10B	Practical	02	04	56hrs.	3hrs.	10	40	50

Course Outcomes (COs): At the end of the course, students will be able to:

CO1: Design and administer assessments to measure well-being and positive psychological traits, such as happiness, life satisfaction, resilience, and character strengths, using validated tools and scales.

CO2: Implement and evaluate positive psychology interventions aimed at enhancing well-being and fostering positive emotions, behaviors, and relationships in individuals and communities.

CO3: Develop strategies and techniques to promote positive relationships and interpersonal skills, applying principles of positive psychology to improve communication, empathy, and social connections.

CO4: Identify and cultivate personal strengths and virtues in oneself and others, using assessments and interventions to enhance self-awareness, self-efficacy, and personal growth.

CO5: Apply knowledge of positive psychology principles and interventions in practical settings, such as education, workplace environments, counseling, and healthcare, to foster resilience, motivation, and overall well-being.

List of the Expedients, each will have 4rs / Week (Minimum 12 experiments, Conduct any Six)

1. Self-esteem scale
2. Hope scale
3. Optimism
4. Forgiveness scale
5. Positive Emotions scale
6. Subjective Well-Being inventory
7. Happiness Scale
8. Meaning in Life questionnaire
9. Religion scale
10. Flow scale
11. Love scale
12. Marital Satisfaction questionnaire

Statistics: t-test

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Journal Records as an Internal Assessment	10
Total	10 Marks
Formative Assessment	
Plan and Procedure	10
Conducting One Experiment	10
Results and Discussion	5
Viva	5
Statistics	10
Total	40 Marks

B.Sc. Semester–VI

Discipline Specific Course (DSC)-

Student shall select DSC 11B & 12 B or DSC 11A & 12A for 06 credits only

Course Title: Psychopathology

Course Code: C 6 PSY 2 T 1

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-11A	Theory	04	04	60hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

CO1: Developing a foundational knowledge of Clinical Psychology, its historical development (especially w.r.t India) and professional ethics.

CO2: Acquiring knowledge and skills for distinguishing normal and abnormal behaviour and learn the criteria of determining abnormality.

CO3: Developing competencies for assessing the psychological functioning of individuals through techniques such as psychological assessment, observation and interviewing.

CO4: Developing familiarity with the current diagnostic systems (current edition of the Diagnostic and Statistical Manual of Mental Disorders and International Classification of Diseases- Mental Disorder section)

CO5: Demonstrate a comprehensive understanding of major theories, concepts, and classifications of psychopathology, including the etiology, symptoms, and diagnostic criteria of various psychological disorders, and critically evaluate the implications for assessment, treatment, and research in clinical psychology.

Unit	Chapter Names & Contents	60 hrs
Unit I	Introduction a. Definition of Clinical Psychology, Historical development of Clinical Psychology in (with special reference to India), Ethics of the profession. b. Concept of Abnormal behaviour	15 hrs
Unit II	Clinical Assessment and Classification a. Clinical Assessment: Clinical Interview (emphasis on Mental Status Examination – MSE and Case History Interview), Observation, Psychological testing, neuropsychological testing b. Classification and Diagnosis: Classification models: DSM -5 (latest) and ICD (latest)	15 hrs
Unit III	3. Psychotic and Anxiety Disorders: Clinical Picture and Etiology a. Schizophrenia: Types, Clinical features, Causes b. Generalized Anxiety Disorder c. Specific Phobia and Social Anxiety Disorder (Social Phobia) d. Panic Disorder e. Obsessive-Compulsive disorder	15 hrs
Unit IV	Trauma & Stressor-related, Dissociative and Personality Disorders: Clinical Picture and Etiology a. Adjustment disorder b. Post-Traumatic Stress Disorder c. Dissociative Identity Disorder d. Personality Disorders (Clusters A, B and C): Only Clinical Picture	15 hrs

Recommended books:

1. Beg, M. A., & Beg, S. (1996). Logotherapy and the Vedantic view of life and mental wellbeing. Journal des Viktor-Frankl-Instituts, 1, 97-112.
2. Butcher, J.N., Hooly, J. M, Mineka, S. & Dwivedi, C.B (2017). Abnormal Psychology. New Delhi: Pearson.
3. Hecker, J. E., & Thorpe, G. L. (2005). Introduction to clinical psychology. Delhi: Pearson Education.
4. Husain, A., Beg, M. A., & Dwivedi, C. B. (2013). Psychology of humanity and spirituality. New Delhi: Research India Press.
5. Llewelyn, S., Murphy, D. (Eds.) (2014). What is clinical psychology? Oxford UK: Oxford University Press.
6. Plante, T. G. (2011). Contemporary clinical psychology. (3rd edition). New York: John Wiley & Sons.
7. Pomerantz, A. M. (2008). Clinical psychology: Science, practice and culture. New Delhi: Sage Publications.
8. Sommers-Flanagan, J. & Sommers-Flanagan, R. (2017). Clinical Interviewing. New Jersey: Wiley

FormativeAssessmentforTheory	
AssessmentOccasion/type	Marks
InternalAssessmentTest1	05
InternalAssessmentTest2	05
Assignment	10
Total	20Marks
<i>FormativeAssessmentasperguidelines.</i>	

B.Sc. Semester– VI

Discipline Specific Course (DSC)

Course Title: Psychopathology (Practical) **Course Code:** C PSY 2 P 1

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-12A	Practical	02	04	56hrs.	3hrs.	10	40	50

Course Outcomes (COs): At the end of the course, students will be able to:

CO1: Administer and interpret clinical assessments to evaluate symptoms and diagnostic criteria of various psychological disorders, using standardized tools and diagnostic manuals.

CO2: Apply knowledge of psychopathology to accurately diagnose and classify psychological disorders based on assessment findings, demonstrating proficiency in differential diagnosis and case formulation.

CO3: Design evidence-based treatment plans and interventions for individuals presenting with psychological disorders, considering factors such as comorbidity, cultural sensitivity, and ethical considerations.

CO4: Implement therapeutic techniques and interventions, such as cognitive-behavioral therapy (CBT), psychodynamic approaches, and mindfulness-based interventions, to address symptoms and promote recovery in clinical settings.

CO5: Demonstrate competence in ethical decision-making, confidentiality, and professional conduct in clinical practice, while effectively communicating diagnostic impressions and treatment recommendations to clients and interdisciplinary teams.

List of the Expedients, each will have 4rs / Week (Minimum 12 experiments, Conduct any Six)

1. Phobia
2. Social Adjustment
3. Personality
4. Stress
5. Anxiety
6. Depression
7. Bipolar Disorders
8. General Health
9. Panic Disorder
10. Dissociative Identity Disorder
11. Mania
12. Eating Disorder

Statistics: t-test

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Journal Records as an Internal Assessment	10
Total	10 Marks
Formative Assessment	
Plan and Procedure	10
Conducting One Experiment	10
Results and Discussion	5
Viva	5
Statistics	10
Total	40 Marks

B.Sc. Semester– VI

DisciplineSpecificCourse(DSC)-

Student shall select DSC 11B & 12 B or DSC 11A & 12A for 06 credits only

Course Title: Criminal Psychology

Course Code: C 6 PSY 2 T 2

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-11B	Theory	04	04	60hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

CO1: To understand crime and criminal psychology

CO2: To evaluate the prevalence and cause of crime in society.

CO3: To develop a holistic perspective towards prevention of crime.

CO4: Critically evaluate and apply psychological theories, such as social learning theory, psychodynamic theory, and biological perspectives, to understand the etiology and development of criminal behavior.

CO5: Analyze psychological factors influencing criminal behavior, including personality traits, motivations, and mental disorders, and apply this understanding to the practice of criminal profiling and forensic psychology.

Unit	Chapter Names & Contents	60 hrs
Unit I	Understanding Crime and Criminal Psychology a. Defining Crime and Criminal Psychology b. Measuring Crime and Criminal Behavior c. Cause of Crime d. Developmental and Biological approaches to Crime e. Crime & Justice in India: Types, Causes, age-specific prevalence, rehabilitation & Justice.	15 hrs
Unit II	Theories of Crime a. Neuropsychology of Offending b. Psychoanalyses and Crime c. Addiction to Crime d. Eysenck's Biosocial Theory of Crime	15 hrs
Unit III	General & Sexual Offences a. Community violence against men, women and Children, Domestic violence b. Gelles harmful acts against children, Neonaticide, Infanticide, Filicide c. Property Thefts: Shoplifting and Kleptomania d. Sexual Predators: child molesters, pedophilia, nature of rapists and use of technology.	15 hrs
Unit IV	Rehabilitation & Prevention of Crime a. Rehabilitation b. Restorative Justice c. Social interventions to reduce crime d. Strategies to Reduce crime	15 hrs

Recommended books:

1. Durant, R (2013) *An Introduction to Criminal Psychology*. (2nd Ed). Britain: British Library, Publication.
2. Howitt, D (2009) *An Introduction to Forensic and Criminal Psychology*. (3rd Ed) England: Pearson Education Publications.
3. Howitt, D & Sheldon, K (2012) *Sex Offenders and the Internet* (2nd Ed) Britain: British Library
4. Unnithan, N.P (2013) *Crime and Justice in India*. Sage Publications India Pvt. Ltd.

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.Sc. Semester–VI

Discipline Specific Course (DSC)

Course Title: Criminal Psychology Practical

Course Code: C 6 PSY 2 P2

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-12B	Practical	02	04	56hrs.	3hrs.	10	40	50

Course Outcomes (COs): At the end of the course, students will be able to:

CO1: Administer and interpret psychological assessments to evaluate psychological factors relevant to criminal behavior, such as personality traits, risk assessment, and mental health status, using standardized tools and forensic techniques.

CO2: Apply principles of criminal profiling to analyze crime scenes, offender behaviors, and victimology, utilizing psychological theories and empirical evidence to generate profiles and investigative strategies.

CO3: Evaluate risk factors associated with criminal behavior, conduct risk assessments, and develop risk management strategies to mitigate potential harm and promote public safety.

CO4: Collaborate with law enforcement, legal professionals, and other stakeholders in forensic settings to provide psychological expertise, contribute to case evaluations, and present findings in legal proceedings.

CO5: Demonstrate ethical decision-making and adherence to professional standards in forensic practice, ensuring confidentiality, impartiality, and fairness in the application of psychological principles to criminal justice contexts.

List of the Expedients, each will have 4rs / Week (Minimum 12 experiments, Conduct any Six)

1. Rumour
 2. Retroactive Inhibition
 3. Locus of Control
 4. Stalking
 5. Anti-Social Personality Scale
 6. Domestic Violence Scale
 7. Aggression Scale
 8. Attitude towards delinquency
 9. Attitude scale on self harm
 10. Acceptance of couple violence
 11. Peer Pressure Scale
 12. Hostility Scale
- Statistics: Chi-Square test

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Journal Records as an Internal Assessment	10
Total	10 Marks
Formative Assessment	
Plan and Procedure	10
Conducting One Experiment	10
Results and Discussion	5
Viva	5
Statistics	10
Total	40 Marks

B.Sc. Semester– V

Elective Course(EC)-It is for other combination students

Course Title: General Psychology

Course Code: C 5 PSY 5 T 1

Type of Course	Theory /Practical	Credits	Instruction hours per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
EC-1	Theory	03	04	45hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

CO1: Developing knowledge of the basic concepts in psychology.

CO2: Developing skills for applying psychological knowledge to real life situations so as to improve interpersonal interactions and adjustment in life.

CO3: Demonstrate a foundational understanding of key concepts in psychology, including cognition, perception, learning, motivation, and social behavior, and articulate their relevance across different psychological perspectives.

CO4: Critically evaluate major theories and perspectives in psychology, such as behaviorism, cognitive psychology, psychodynamic theory, and humanistic psychology, and analyze their implications for understanding human behavior and mental processes.

CO5: Apply knowledge of psychological principles to analyze and interpret human behavior and mental processes in everyday contexts, such as education, work, relationships, and health, demonstrating an understanding of how psychological theories inform practical applications and interventions.

Unit	Chapter Names & Contents	45 hrs
Unit I	Unit 1: Orientation to Psychology: life adjustment Nature, fields and applications of psychology; Cognitive Processes: Learning, memory and problem solving; Conative Processes: Motivation, types of motives (Sociogenic/Psychogenic motives); Affective Processes: Emotion, Positive and negative emotion	15 hrs
Unit II	Unit 2: Psychology of Individual Differences: Theories of personality: Freudian psychoanalysis, type and trait; humanistic; Theories of intelligence: Spearman 'g' theory, Sternberg and Gardner; Emotional intelligence; Assessment of intelligence and personality	15 hrs
Unit III	Unit 3: Understanding Developmental Processes: Cognitive Development: Piaget; Moral Development: Kohlberg; Psycho-social Development: Erikson ; Applications of Psychology: Work; Health	15 hrs

Recommended books:

1. Ciccarelli , S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
2. Feldman.S.R. (2009).Essentials of understanding psychology (7th Ed.) New Delhi : Tata McGraw Hill.
3. Michael ,W., Passer, Smith,R.E. (2007). Psychology The science of mind and Behavior. New Delhi:Tata McGraw-Hill.

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.Sc. Semester– VI

Elective Course(EC)

Course Title: Psychology and Mental Health

Course Code: C 6 PSY 5 T 1

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
EC-2	Theory	03	04	45hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

CO1: Understanding the status of mental health problem in India and the world.

CO2: Starting conversations around mental health and creating mental health awareness amongst non-Psychology students.

CO3. Being able to identify people suffering from common mental health problems like anxiety and depression.

CO4. Learning to provide psychological first aid to people

CO5. Understanding and enhancing positive mental health and wellbeing

Unit	Chapter Names & Contents	45 hrs
Unit I	Mental health 1.1 Concept of mental health 1.2 Issues of mental health in India and the globe: Some common conditions and their epidemiology 1.3 Importance of mental health, identify mental health challenges to help reduce the stigma of mental illness 1.4 Mental Health issues in adolescence and young adults: Bullying, academic grades, body image, relational issues with parents and friends/romantic partners, sexual orientation	15 hrs
Unit II	The invisible monsters: Anxiety, Depression and Suicide 2.1 Anxiety: Signs and Symptoms 2.2 Depression: Signs and Symptoms, Causes 2.3 Suicide: Preventative treatment measures, becoming gatekeepers of suicide	15 hrs
Unit III	Reaching out and providing initial help 3.1 Recognizing the signs that someone may need support 3.2 Knowing what to do and what not to do when a person reaches out for help 3.3 Psychological first aid: Utilizing the RAPID model (Reflective listening, Assessment of needs, Prioritization, Intervention, and Disposition), guiding the person towards appropriate professional help	15 hrs

Recommended books:

- Butcher, J.N., Hooley, J. M, Mineka, S. & Dwivedi, C.B (2017). Abnormal Psychology. New Delhi: Pearson.
- Muir-Cochrane, E., Barkway, P. & Nizette, D. (2018). Pocketbook of Mental Health (3rd Edition).
- Elsevier Snider, Leslie and WHO (2011). Psychological First Aid: Guide for Field Workers. Retrieved from http://www.aaptuk.org/downloads/Psychological_first_aid_Guide_for_field_workers.pdf WHO (2003). Investing in Mental Health. Retrieved from https://www.who.int/mental_health/media/investing_mnh.pdf

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.Sc. Semester–IV/ V/VI

Skill Enhancement Course(SEC)

Student shall study SEC in any one of the Semesters either in IV or V or VI semester

College shall decide to allot the students

Course Title: Assessing Childhood Problems (Practical)

Course Code: C 0 PSY 6 P 1

Type of Course	Theory /Practical	Credits	Instruction hours per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
SEC	Practical	02	04	56hrs.	3hrs.	10	40	50

Course Outcome (CO):

After completion of Course (Practical) students will be able to:

CO 1: Conduct experiments

CO 2: Learn and apply the statistics

CO 3: Do individual and group discussion

CO 4: Measure various psychological phenomena

Practical Content (Minimum 6 Practical to be conducted)

1. Academic anxiety scale
2. Problem Behaviour Survey Schedule (Dr.S.Venkatesan)
3. Academic stress inventory for school students
4. Diagnostic Spelling test (Dr.RajK.Gupta and Mrs.Susheela Narang)
5. Measuring Aggression Scale
6. Student school adjustment scale
7. Prolonged deprivation scale (Mishra & Tripathi)
8. General Well-Being
9. Health Questionnaire
10. Personal Stress Source Inventory
11. Emotional Intelligence
12. Spirituality.

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Journal Records as an Internal Assessment	10
Total	10 Marks
Formative Assessment	
Plan and Procedure	10
Conducting One Experiment	10
Results and Discussion	10
Viva	10
Total	40 Marks

B.Sc. programme: 2024-25

GENERAL PATTERN OF **THEORY** QUESTION COURSE FOR DSC/ EC
(80 marks for semester end Examination with 3 hrs duration)

Part-A

1. Question number 1-10 carries 2 marks each. : 20 marks

Part-B

2. Question number 11- 18 carries 05Marks each. Answer any 06 questions : 30 marks

Part-C

3. Question number 19-22 carries 10 Marks each. Answer any 03 questions : 30 marks
(Minimum 1 question from each unit and 10 marks question may have
sub questions for 7+3 or 6+4 or 5+5 if necessary)

Total: 80 Marks

**Note: Proportionate weight age shall be given to each unit based on number of hours
Prescribed**