

## 1. Scheme for CBCS Curriculum

### 1.1 Credit Distribution across Courses

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

Semester	Core Courses	CREDITS
I	<b>PSYACOR01T</b> Introduction to Psychology	4
	<b>PSYACOR01P</b>	2
	<b>PSYACOR02T</b> BIOPSYCHOLOGY	6
II	<b>PSYACOR03T</b> PSYCHOLOGY OF INDIVIDUAL DIFFERENCES	4
	<b>PSYACOR03P</b>	2
	<b>PSYACOR04T</b> STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I	6
III	<b>PSYACOR05T</b> PSYCHOLOGICAL RESEARCH	4
	<b>PSYACOR05P</b>	2
	<b>PSYACOR06T</b> DEVELOPMENT OF PSYCHOLOGICAL THOUGHT	6
	<b>PSYACOR07T</b> SOCIAL PSYCHOLOGY	6
IV	<b>PSYACOR08T</b> STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II	6
	<b>PSYACOR09T</b> DEVELOPMENTAL PSYCHOLOGY	6
	<b>PSYACOR10T</b> APPLIED SOCIAL PSYCHOLOGY	4
	<b>PSYACOR10P</b>	2
V	<b>PSYACOR11T</b> UNDERSTANDING PSYCHOLOGICAL DISORDERS	6

**CORE**  
**COURSES:**

	<b>PSYACOR12T</b> ORGANIZATIONAL BEHAVIOUR	4
	<b>PSYACOR12P</b>	2
VI	<b>PSYACOR13T</b> UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS	6
	<b>PSYACOR14T</b> COUNSELLING PSYCHOLOGY	4
	<b>PSYACOR14P</b>	2

### **CHOICES FOR DISCIPLINE SPECIFIC ELECTIVE DSE**

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

**PSYADSE01T:** CLINICAL PSYCHOLOGY

**PSYADSE01P:** CLINICAL PSYCHOLOGY PRACTICUM

**PSYADSE02T:** HUMAN RESOURCE MANAGEMENT

**PSYADSE02P:** HUMAN RESOURCE MANAGEMENT PRACTICUM

**PSYADSE03T:** HEALTH AND WELLBEING

**PSYADSE03P:** HEALTH AND WELLBEING PRACTICUM

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

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

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

**PSYADSE05T:** DEVELOPMENTAL PSYCHOLOGY CONTEMPORARY APPROACHES

**PSYADSE05P:** DEVELOPMENTAL PSYCHOLOGY CONTEMPORARY APPROACHES PRACTICUM

**PSYADSE06T:** Syllabus to be uploaded shortly

**ELECTIVE: GENERIC (GE)**

**PSYHGEC01T**: General Psychology

**PSYHGEC02T**: Youth, Gender and Identity

**PSYHGEC03T**: Psychology for Health and Well-being

**PSYHGEC04T**: Psychology at Work

**SKILL ENHANCEMENT COURSE (SEC) (SKILL BASED) :**

**PSYSSEC01M**: Emotional Intelligence (Theory+ Workshops/seminars)

**PSYSSEC02M**: Stress Management (Theory+ Workshops/seminars)

**B.Sc GENERAL**

**PSYGCOR01T: General Psychology**

**PSYGCOR02T: Youth, Gender and Identity**

**PSYGCOR03T: Psychology for Health and Well-being**

**PSYGCOR04T: Psychology at Work**

**PSYGDSE01T: Clinical Psychology**

**PSYGDSE02T: Human Resource Management**



**Any One in Semester V**

**PSYGDSE03T: Health and Well being**

**PSYGDSE04T: Developmental Psychology Contemporary Approaches**



**Any One in Semester VI**

**PSYGGEC01T: Psychology and Media**

**PSYGGEC02T: Intergroup Relations**

## CORE COURSES

### SEMESTER I

#### **PSYACOR01T: INTRODUCTION TO PSYCHOLOGY**

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

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

**2 (a) Perception:** Sensory and Perceptual processing, Psychophysical concepts and methods.

**(b) Thinking and Language:** Decision making and Problem solving

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

**4 (a) Memory:** Models of memory: Levels of processing, Parallel Distributed Processing model, and Information processing, Forgetting, Improving memory.

**(b) Emotions:** Gender culture and emotion

#### **PSYACOR01P**

Any 2 practicum pertaining to (Introduction to psychology) preferably experiments

#### **Readings:**

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

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

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

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

## **PSYACOR02T: BIOPSYCHOLOGY**

### **OBJECTIVES:**

To explore the biological basis of experience and behaviour.

To develop an understanding of the influence of behaviour, cognition, and the environment on bodily system.

To develop an appreciation of the neurobiological basis of psychological function and dysfunction.

**Unit 1: Introduction to biopsychology:** Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology.

**Unit 2: The structure & function of Neuron:** Structure, and functions of neurons; Neural conduction and synaptic transmission.

**Unit 3: Organization of nervous systems:** CNS & PNS: Structure and functions. Functional abnormalities of neurotransmitters: dopamine and serotonin hypothesis. Neuroplasticity of Brain (neural degeneration, neural regeneration, and neural reorganization), hemispheric specialization.

**Unit 4: Endocrine System:** Structure, functions and abnormalities of major glands:

Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal.

### **Readings:**

1. Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.

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

3. Levinthal, C. F. (1983). *Introduction to Physiological Psychology*. New Delhi: PHI.
4. Pinel, J. P. J. (2011) *Biopsychology*, 8th Edition. Pearson Education, New Delhi.
5. Rozenweig, M. H. (1989). *Physiological Psychology*. New York: Random

## **SEMESTER II**

### **PSYACOR03T: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES**

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

**1. Personality:** Nature of personality; Biological foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic, Phenomenological-humanistic, Trait and type.

**2. Intelligence:** Concept of intelligence: Psychometric and cognitive approaches to intelligence; Gardner's multiple intelligences; Emotional Intelligence, Heredity, environment and intelligence; Group differences in intelligence; Extremes of intelligence.

**3. Indian approach:** Self and identity in Indian thought.

**4. Enhancing individual's potential:** Motivation: Intrinsic motivation and Self-determination theory; Enhancing cognitive potential, Self regulation and self enhancement; Fostering creativity.

**PSYACOR03T :** Two psychological tests (one based on Intelligence and one based on personality).

#### **Readings:**

1. Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi.
2. Carr, A. (2011): *Positive psychology*. Routledge.
3. Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.
4. Cornelissen, R.M.M., Misra, G. & Varma, S. (2011). *Foundations of Indian Psychology*, Vol 1. Pearson.

5. Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4<sup>th</sup>Ed.)*. New Delhi: Pearson Education.
6. Mentis, M., Dunn-Bernstein, M., Mentis, M., &Skuy, M. (2009). *Bridging learning: Unlocking cognitive potential in and out of the classroom*. Corwin.
7. Passer, M.W. & Smith, R.E. (2010). *Psychology: The science of mind and behaviour*. New Delhi: Tata McGraw-Hill.

## **PSYACOR04T: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I**

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

### **UNIT 1:**

#### **1. Introduction**

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

#### **2. Introduction to Qualitative Data Analysis**

### **UNIT 2:**

#### **3. Graphic Representation of Data**

Basic procedures; The Histogram; The Frequency Polygon; The Bar Diagram; The Pie Chart; The Cumulative Frequency Graph; Factors Affecting the Shape of Graphs.

#### **4. Measures of Central Tendency**

The Mode; the Median; the Mean; Properties and Relative Advantages and Disadvantages of the Mode, the Median and the Mean; Central Tendency Measures in Normal and Skewed Distributions; the Effects of Linear Transformation on Central Tendency Measures.

### **UNIT 3:**

#### **5. Measures of Variability and Standard (z) Scores**

The Range; The Interquartile and the Semi-Interquartile Range; The Average Deviation; The Variance; The Standard Deviation; Calculation of Standard Deviation from Raw Scores and Grouped Scores; Properties and Comparison of Measures of Variability; The Effect of Linear Transformation on Variability Measures; Standard Scores (z-score); Properties of z-scores.

#### **6. The Normal Distribution**



The Nature and Properties of the Normal Probability Distribution; Standard Scores and the Normal Curve; The Standard Normal Curve: Finding areas when the score is known; The Standard Normal Curve: Finding scores when the area is known; The Normal Curve as a Model for Real Variables; The Normal Curve as a Model for Sampling Distributions; Divergence from Normality (Skewness and Kurtosis).

#### **UNIT 4:**

##### **7. Correlation**

A matter of direction, degree, factors affecting  $r$ , product moment, rank difference, biserial and point biserial,  $\phi$ , tetrachoric and contingency.

##### **Reading List:**

Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology*. (4<sup>th</sup> Ed.) India: Pearson Education, Prentice Hall.

Chadha, N.K. (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub.

House: New Delhi.

Coolican, H. (2006). *Introduction to Research Methodology in Psychology*. London: Hodder Arnold.

Howell, D. (2009) *Statistical methods for Psychology*.

King, B.M. & Minium, E.W, (2007). *Statistical Reasoning in the behavioral Sciences USA*: John Wiley & Sons.

Mangal, S.K. (2012). *Statistics in Psychology & Education*. 2<sup>nd</sup> Edition. New Delhi: PHI learning Pvt. Ltd.

### **SEMESTER III**

#### **PSYACOR05T: PSYCHOLOGICAL RESEARCH**

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

## **UNIT 1**

### **Basics of Research in Psychology**

What is Psychological Research? The Goals of Psychological Research; Principles of Good Research; Ethics in Psychological Research.

### **Research Traditions**

Quantitative and Qualitative Orientations towards Research and their Steps; Comparing Qualitative and Quantitative Research Traditions; Formulating a Problem and Developing a Testable Research Question / Research Hypothesis.

## **UNIT 2**

### **Experimental Method**

Introduction to Experimental and Quasi-experimental Methods.

### **Methods of Data Collection**

Sampling; Probability Sampling Methods and Non Probability Sampling Methods.

## **UNIT 3**

### **Non Experimental Methods (I)**

Case Study; Observation; Surveys, Focus Group Discussion, Interviews.

## **UNIT 4**

### **Non Experimental Methods (II)**

Psychological Testing: Standardization; Reliability, Validity and Norms of a Psychological Test; applications

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

#### **1. Experiment / Psychological testing**

One experiment based on group data analysis

One psychological test based on group data analysis

## **2. Qualitative Research Methods**

Interview

Observation

Projective / Semi Projective  
Tests Case Study

### **Reading List:**

Chadha, N.K. (2009) *Applied Psychometry*. Sage Pub: New Delhi.

Dyer, C. (2001) *Research in Psychology: A Practical Guide to Research Methodology and Statistics (2<sup>nd</sup> Ed.)* Oxford: Blackwell Publishers

Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4<sup>th</sup> Ed.)*. New Delhi: Pearson Education.

Murphy, K.R. &Davidshofer, C. O. (2004). *Psychological Testing: Principles & Applications (6<sup>th</sup> Ed.)* New Jersey: Prentice Hall.

Neuman, W.L. (2006). *Social Research Methods: Qualitative and Quantitative Approaches (6<sup>th</sup> Ed.)* Boston: Pearson Education.

Willig, C. (2001). *Introducing qualitative research in psychology: Adventures in theory and method*. Philadelphia: Open University Press.

### **PSYACOR06T: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT OBJECTIVES:**

This course provides a basic introduction to the development of the discipline both from the Indian as well as western perspective.

Review the development of psychological thought and introduce the issues and debates in contemporary psychology.

## **Unit 1 – Understanding Psyche: Debates and Issues**

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

## **Unit 2 – (a)**

(b) **Positivist Orientation:** From Behaviourism to cognition, Key contributions of Watson & Skinner, Cognitive Revolutions, Neuro-Cognitive Perspectives

## **Unit 3 - Psychoanalytic and Humanistic-Existential Orientation**

Freud, Adler, Jung, Erickson, Humanistic

## **Unit 4 - Contemporary Developments**

Feminism and social constructionism.

### **READINGS:**

Benjamin Jr. (2009). A History of Psychology: Original Sources & Contemporary Research 3<sup>rd</sup>Edn. Blackwell Publishing.

Feist & Feist. Theories of Personality Mc Graw Hill Higher Education.

King, D.B., Viney, W. & Woody, W.D. (2008). A history of psychology: Ideas and context. (4<sup>th</sup> Ed.). Pearson education.

Kurt Pawlik, Gery D'ydewalle (2006). Psychological Concepts: An International Historical Perspective. Taylor Francis Group.

Leahey, T.H. (2005). A History of Psychology: Main currents in psychological thought

(6th Ed.). Singapore: Pearson Education.

Mc Adams (2000). The Person: An Integrated Introduction to Personality Psychology John Wiley

Paranjpe, A. C. (1984). Theoretical psychology: The meeting of East and West. New

York: Plenum Press.

St. Clair, Michael. (1999). *Object Relations and Self-Psychology: An Introduction*.

Wadsworth Publishing Company.

Schultz & Schultz (1999). *A History of Modern Psychology*. Harcourt College Publishers/  
Latest edition available.

Wolman, B.B. (1979). *Contemporary theories & systems in psychology*. London:

Freeman Book Co.

## **PSYACOR07T: SOCIAL PSYCHOLOGY**

### **Objective:**

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

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

**Unit II: Understanding and evaluating the social world:** Self and its processes: Selfconcept, Self-esteem, and self-presentation; Social identity and its functions. Social Cognition, Social perception, Attitudes, Attitude-behaviour link; Strategies for attitude change.

**Unit III: Social interaction and Influence:** Interpersonal attraction, Pro-Social Behaviour, Aggression, Social influence.

**Unit IV: Group Dynamics and inter-group relations:** Nature of groups, Consequences of belonging - performance, decision making, cooperation and conflict. Nature of intergroup relations-prejudice, inter-group conflict, Intervention techniques.

### **Readings:**

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

Chadha, N.K. (2012). *Social Psychology*. MacMillan: New Delhi

Deaux.K&Wrightsman, L. (2001).*Social Psychology*. California: Cole Publishing

Kassin,S., Fein, S., &Markus,H.R. (2008). *Social psychology*. New York: Houghton Mifflin.

Misra, G. (2009). *Psychology in India, Volume 4: Theoretical and Methodological Developments (ICSSR survey of advances in research)*. New Delhi: Pearson.

Myers, D.G. (2008). *Social psychology* New Delhi: Tata McGraw-Hill.

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

## SEMESTER IV

### PSYACOR08T: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II

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

#### UNIT 1

Concepts and Computation of t and z

#### UNIT 2

**Non Parametric Tests:** Chi square and Mann-Whitney U test

#### UNIT 3

##### **Introduction to SPSS/R**

Getting Started with SPSS; Uses of SPSS in Statistics and Research.

#### **Reading List:**

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

Prentice Hall .

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

New Delhi

Coakes, S. J., Steed, L., & Ong, C. (2009). *SPSS: Analysis Without Anguish Using*

*Version 16.0 for Windows*. Milton, QLD: Wiley Students Edition.

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

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

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

## **PSYACOR09T: DEVELOPMENTAL PSYCHOLOGY**

### **Objectives:**

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

### **UNIT 1: Introduction**

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

### **UNIT 2: Domains of Human Development I**

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

### **UNIT 3: Domains of Human Development II**

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

### **UNIT 4: Socio-Cultural Contexts for Human Development**

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

### **Reading List:**

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



Mitchell, P. and Ziegler, F. (2007). *Fundamentals of development: The Psychology of Childhood*. New York: Psychology Press.

Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human development* (9th Ed.). New Delhi: McGraw Hill.

Santrock, J. W. (2011). *Child Development* (13th Ed.). New Delhi: McGraw Hill.

Santrock, J.W. (2012). *Life Span Development* (13<sup>th</sup>ed) New Delhi: McGraw Hill.

Saraswathi, T.S. (2003). *Cross-cultural perspectives in Human Development: Theory, Research and Applications*. New Delhi: Sage Publications.

Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi.

### **PSYACOR10T: APPLIED SOCIAL PSYCHOLOGY**

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

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

**2. Applying Social Psychology-I:** Environment, population, diversity

**3. Applying Social Psychology-II:** work, health, legal system

**4. Intervention and Evaluation:** Impact analysis; Process of intervention; need for evaluation for effective programme. Case studies in Indian context.

**PSYACOR10P:** The students will conduct two practicum based on topics in **PSYACOR-10P**.

### **Readings**

1. Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). *Community psychology: Linking individuals and communities*. Wadsworth, Cengage.

2. Mikkelson, B. (1995). Methods for development work and research: A guide for practioners. New Delhi: Sage.
3. Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.
4. Smith, P.B., Bond, M.H., &Kagitcibasi, C. (2006). Understanding social psychology across cultures. New Delhi: Sage Publication.

## **SEMESTER V**

### **PSYACOR11T: UNDERSTANDING PSYCHOLOGICAL DISORDERS**

#### **Objectives:**

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

#### **Unit 1 – Understanding Psychopathology:**

Definition and criteria, classification (latest edition of DSM & ICD, signs and symptoms

#### **Unit 2 –Anxiety Disorder:** Clinical Picture and aetiology

#### **UNIT 3:** Somatic symptoms and related disorders

#### **UNIT 4: Substance related disorders and eating disorders**

a) Substance-Related Disorder: Alcohol abuse and Drug abuse (clinical picture and causes)

#### **Readings:**

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

Bennett,P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New

York: Open University Press.

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

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

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

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

## **PSYACOR12T: ORGANIZATIONAL BEHAVIOUR**

### **Objectives:**

To develop an awareness of the concepts related to organizational behavior.

Help the students develop connectivity between concepts and practices of organizations.

### **UNIT 1: Historical Background of Industrial and Organizational Psychology;**

Understanding: Defining Organizational Behaviour (OB), OB Model; the Organizational structure;; Common Organizational Designs; New Design Options

### **UNIT 2: Individuals' Attitudes: Job Satisfaction;** Organizational Commitment;

Organizational Citizenship behaviour; POB, Karma Yoga

### **UNIT 3: Selection:** Principles and Techniques: Psychological Testing & Interview;

Performance Appraisal.

### **UNIT 4: Training:** Concept and model; On and off -the site training methods, Evaluation

of training

### **Unit 5: Leadership**

- a. Basic approaches: Trait theories, Behavioral theories, Contingency theories
- b. Contemporary Issues: Inspirational approaches to leadership, Contemporary leadership roles, Challenges to the leadership construct
- c. Indian perspective

**PSYACOR12P:** Any two practicum based on topics in **PSYACOR12P**

**Readings:**

- Chadha, N.K. (2007). Organizational Behavior. Galgotia Publishers: New Delhi.
- Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9<sup>th</sup> Ed.). India: Dorling Kindersley.
- Griffin, R.W. & Moorhead, G. (2009). Organizational Behavior: Managing People & Organizations. New Delhi :Biztantra publishers.
- Landy, F.J. & Conte, J.M. (2007) Work in the 21st Century: An Introduction to Industrial and Organizational Psychology. New York : Wiley Blackwell.
- Luthans, F. (2009). Organizational behavior. New Delhi: McGraw Hill.
- Pareek, U. (2010). Understanding organizational behaviour. Oxford: Oxford University Press.
- Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), Handbook of Psychology. New Delhi: Oxford University Press.
- Robbins, S. P. & Judge, T.A. (2007) Organizational Behavior( 12<sup>th</sup> Ed). New Delhi: Prentice Hall of India.
- Schermerhorn, J.R. ,Hunt,J.G. &Osborn,R.N. (2008) Organizational Behavior (10<sup>th</sup> Ed.) New Delhi: Wiley India Pvt. Ltd.
- Singh, K. (2010). Organizational Behavior: Texts & Cases. India: Dorling Kindersley
- Sinha, J.B.P. (2008). Culture and Organizational Behavior. New Delhi: Sage.

**SEMESTER VI****PSYACOR13T: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS****Objective:**

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

To introduce the therapeutic interventions for the various psychological disorders.

**UNIT1:** Schizophrenia: Clinical Picture, causal factors and subtypes

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

**UNIT3:** Substance related disorder – Drugs and Alcohol

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

**Readings:**

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

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

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

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

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

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

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

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

## **PSYACOR14T: COUNSELLING PSYCHOLOGY**

### **Objectives:**

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

To acquaint the learner with the challenges of Counselling.

### **Unit 1: Introduction**

- a) Meaning and goals
- b) Counselling as a profession: training, skills and ethics
- c) The effective counsellor: personality and self of the counsellor
- d) Counselling process and relationship

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

### **Unit 3: Contemporary Trends**

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

### **Unit 4: Counselling Applications:**

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

**PSYACOR14P:** Any two practicum based on topics in **PSYACOR14P**.

### **Readings:**

Aguilera, D.C. (1998). *Crisis Intervention: Theory and Methodology* (8<sup>th</sup>Ed.) Philadelphia: Mosby

Belkin, G. S. (1998). *Introduction to Counselling* (3<sup>rd</sup> Ed.) Iowa: W. C. Brown

Burnard, P. (2009). *Counseling Skills Training: Book of activities*. Viva Books, New Delhi.

Capuzzi, D. & Gross, D. R. (2007). *Counselling and Psychotherapy: Theories and Interventions* (4<sup>th</sup> Ed.) New Delhi. Pearson.

Corey, G. (2009) *Counselling and Psychotherapy; Theory and Practice*. (7<sup>th</sup> Ed.) New Delhi: Cengage Learning.

Friedlander, M.L. & Diamond, G.M. (2012). Couple and Family Therapy. In E. M. Altmaier and J.C. Hansen (Eds.) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.

Geldard, K. & Geldard, D. (2011). *Counselling Children: A Practical Introduction* (3<sup>rd</sup> Ed.) New Delhi: Sage

Gibson, R. L. & Mitchell, M. H. (2012). *Introduction to Counselling and Guidance* (7<sup>th</sup> Ed.) New Delhi: Pearson

Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7<sup>th</sup> Ed) New Delhi. Pearson.

Hackney, H.L. (2012). *The Professional Counselor: A process guide to helping*. Pearson

Hansen, J.C. (2012). Contemporary Counselling Psychology. In E. M. Altmaier and J.C. Hansen (Eds) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.

Nelson-Jones, Richard. (2008). *Basic Counseling Skills: A helper's manual*, Second Edition, Sage, South Asia Edition

Rao, K. (2010). Psychological Interventions: From Theory to Practice. In G. Misra (Ed):

*Psychology in India. Volume 3: Clinical and Health Psychology*. New Delhi. ICSSR/Pearson.

Rao, S.N. & Sahajpal, P. (2013) *Counselling and Guidance*. New Delhi: Tata McGraw Hill.

Seligman, L. & Reichenberg, L.W. (2010). *Theories of Counseling and Psychotherapy*:

Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.

Sharf, R. S. (2012). *Theories of Psychotherapy & Counselling: Concepts and Cases* (5<sup>th</sup> Ed). Brooks/ Cole Cengage Learning

Udupa, K. N. (1985). *Stress and its Management by Yoga*. Delhi: MotilalBanarsidas.

### **ELECTIVE: DISCIPLINE SPECIFIC DSE**

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

#### **PSYADSE01T: CLINICAL PSYCHOLOGY**

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

**UNIT 1: Models of Psychopathology- Psychodynamic, Cognitive- behavioural, Stress-diathesis**

**UNIT 2: Overview of Personality disorders and Clusters**

**UNIT 3: Schizophrenia Spectrum Disorders**

**UNIT 4: How to reach at a diagnosis; Differential diagnosis; Clinical Assessment- Introduction to diagnostic tools**

**Practicum:** Any one practicum can be designed from the syllabus so as to enhance the understanding of the concepts and applications of clinical psychology.



## **PSYADSE02T: HUMAN RESOURCE MANAGEMENT**

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

### **UNIT 1: Introduction to Human Resource Management (HRM):**

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

### **UNIT 2: Human Resource Practices**

Job analysis; Recruitment and selection; Training; Performance evaluation

### **UNIT 3: Performance appraisal & training**

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

### **UNIT 4: Organizational change and development:**

Organizational change: concepts, models (one model), techniques (one for individual and one for group), organizational development: concepts, models (one model), techniques (one for individual and one for group).

**PSYADSE02P:** Students would be required to complete 1 practicum from any of the topics discussed.

### **Reading List:**

Aamodt, M.G. (2001) Industrial/ Organizational Psychology. Thompson Wadsworth, a division of Thompson learning Inc.

Bhatnagar, J. & Budhwar, J. (2009). The changing face of people management in India. London:

Routledge.

Briscoe, D. R., Schuler, R. S. & Claus, L. (2009). International human resource management:

Policies and practices for multinational enterprises ( 3rd Ed). New York: Routledge.

Chadha, N.K. (2005). Human Resource Management- Issues, case studies and experiential exercises.3rd edition. New Delhi: Sai Printographers.

DeCenzo, D.A.& Robbins, S.P.(2006). Fundamentals of human resource management. (8th Ed).

NY: Wiley.

Harzing,A-W.K. and Pennington, A. (2011). International human resource management. New Delhi: Sage publications.

Jex, S.M. & Britt, T.W. (2008) Organizational Psychology: A Scientist- Practitioner Approach.

2nd ed. John Wiley and sons Inc. New York.

Luthans,F. (2010) Organizational Behaviour. 12th Edition. McGraw Hill.

Muchinsky, P.M. (2006) Psychology applied to work: An Introduction to Industrial and Organizational Psychology. NC :Hypergraphic press

Pareek,U. (2010) Understanding Organizational Behaviour. Oxford: Oxford University Press.

Robbins, S.P., Judge T.A. and Sanghi, S. (2009) Organizational Behaviour. 13th ed. Pearson Education , Inc.

Schlutz,D. and Schultz, S.E. (2006) Psychology and Work Today. 9th ed. New Jersey, Pearson Education Inc.

### **PSYADSE03T: HEALTH & WELLBEING**

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

**UNIT 1: Introduction:** Introduction to Health Psychology; components of health: social,emotional, cognitive and physical aspects; mind-body relationship; goals of health psychology, Bio-psychosocial model of health, lifestyles and disease patterns.

**UNIT 2: Stress & health Behaviour:** Nature and sources of stress, effect of stress on physical and mental health, coping and stress management. Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.

**UNIT 3: Positive Psychology:** Perspectives on Positive Psychology, Character strengths and virtues.

**UNIT 4:**

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

**PSYADSE03P:** Practical from any one of the above topic

**Readings:**

Allen, F. (2011). Health psychology and behaviour. Tata McGraw Hill Edition.

Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling Kindersley.

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

Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.

Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.

Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.

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

Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.

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

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

#### **PSYADSE04T: COMMUNITY & CROSS-CULTURAL PSYCHOLOGY**

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

**1. Introduction:** Definition & nature of community & cross cultural psychology; types of communities; models, Community mental health, Core values

**2. Health promotion & Intervention:** process of community organization for health promotion, importance community development and empowerment.

**3. Culture:** Culture as antecedents to behaviour, culture and self, structure of identity

**4. Interventions:** Community development and empowerment.

**PSYADSE04P:** One practicum on any of the topics covered.

#### **Readings:**

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

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

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

McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to community health.

United States: Jones and Bartlett Publishers.

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

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

### **PSYADSE05T: DEVELOPMENTAL PSYCHOLOGY CONTEMPORARY APPROACHES**

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

- 1. Contemporary Approaches:** Cognitive, Language and emotional development
- 2. Development of Identity:** Personality development, Gender and sexuality, Development of Self.
- 3. Issues and Challenges:** Adolescence, Adulthood and Old-Age
- 4. Developmental Disabilities and Interventions:**
  - a) Intellectual Disability,
  - b) Learning Disability & Communication Disorders
  - c) Autism Spectrum Disorders
  - d) ADHD

**PSYADSE05P:** Students to do any 1 practicum.

#### **Readings:**

1. Auluck, S. (2002). Self and identity. In G. Misra, and A. K. Mohanty (eds.), *Perspectives on indigenous psychology*, p. 374-398. New Delhi: Concept Publishing Company.
2. Chiu, C., & Hong, Y. (2006). *Social Psychology of Culture*. New York: Psychology Press.
3. Jain, U. (2002). An Indian perspective on emotions. In G. Misra, and A. K. Mohanty (eds.), *Perspectives on indigenous psychology*, p. 281-291. New Delhi: Concept Publishing Company.
4. Misra, G., & Gergen, K. J. (2002). On the place of culture in psychological science. . In G. Misra, and A. K. Mohanty (eds.), *Perspectives on indigenous psychology*, p. 421-439. New Delhi: Concept Publishing Company.
5. Roa, K. R. (2011). Indian psychology: Implications and applications. In Cornelissen, R.M. M., Misra, G., Varma, S. (Eds.), *Foundation of Indian Psychology: Theories and concepts*, Vol, 1. New Delhi: Pearson.

6. Sinha, J. B. P. (2002). Towards indigenization of Psychology in India. . In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 440-457. New Delhi: Concept Publishing Company.

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

**PSYADSE06T: Will be uploaded shortly**

## **ELECTIVE: GENERIC (GE)**

### **PSYHGEC01 T: GENERAL PSYCHOLOGY**

#### **OBJECTIVE:**

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

#### **UNIT 1: ORIENTATION TO PSYCHOLOGY**

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

#### **UNIT 2: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES**

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

#### **UNIT 3 – UNDERSTANDING DEVELOPMENTAL PROCESSES**

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

#### **UNIT 4: APPLICATIONS OF PSYCHOLOGY**

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



**Readings:**

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

Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson

Feldman.S.R.(2009).Essentials of understanding psychology ( 7<sup>th</sup> Ed.) New Delhi : Tata Mc Graw Hill.

Glassman,W.E.(2000).Approaches to Psychology(3<sup>rd</sup> Ed.) Buckingham:Open University Press.

Michael ,W., Passer, Smith,R.E.(2007). Psychology The science of mind and Behavior. New Delhi :Tata McGraw-Hill.

**PSYHGEC02 T: YOUTH, GENDER AND IDENTITY****Objectives:**

To equip the learner with an understanding of the concepts of Youth, Gender and Identity and their interface.

To inculcate sensitivity to issues related to Youth, Gender and Identity within the socio-cultural context.

**Unit 1: Introduction**

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

**Unit 2: Youth and Identity**

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

- b. Peer group identity: Friendships and Romantic relationships
- c. Workplace identity and relationships
- d. Youth culture: Influence of globalization on Youth identity and Identity crisis

### **Unit 3: Gender and Identity**

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

### **Unit 4: Issues related to Youth, Gender and Identity**

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

### **Readings:**

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

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

## **PSYHGEC03 T: PSYCHOLOGY FOR HEALTH AND WELL-BEING**

**Objective** – To understand the spectrum of health and illness for better healthmanagement.

### **UNIT 1 – Illness, Health and Well being**

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

## **UNIT 2 – Stress and Coping**

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

## **UNIT 3 – Health Management**

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

## **Unit 4 – Human strengths and life enhancement**

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

## **References –**

Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*.UK:

Routledge.

DiMatteo, M.R. & Martin, L.R.(2002). *Health psychology*.New Delhi: Pearson.

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

Stoughton.

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

Yale University Press.

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

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

Wiley.

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

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

## **PSYHGEC04 T: PSYCHOLOGY AT WORK**

### **Objectives:**

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

### **Unit I: Introduction to I/O Psychology**

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

### **Unit II: Job Satisfaction and Work Motivation**

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

### **Unit III: Communication in Organizations**

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

### **Unit IV: Leadership**

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

### **Reading List:**

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

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

Chadha, N.K. (2007). Organizational Behavior. Galgotia Publishers: New Delhi.

Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley

Griffin, R.W. & Moorhead, G. (2009). Organizational Behavior: Managing People & Organizations. Biztantra publishers

Robbins, S. P. & Judge, T.A. (2007). Organizational Behavior. 12<sup>th</sup> Edition. New Delhi: Prentice Hall of India.

Robbins, S. P. & Judge, T.A. (2008). Essentials of Organizational Behavior. 9<sup>th</sup> Edition. New Delhi: Prentice Hall of India.

Singh, K. (2010). Organizational Behavior: Texts & Cases. India: Dorling Kindersley

## **SKILL ENHANCEMENT COURSE (SEC) (SKILL BASED)**

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

### **PSYSSEC01M: STRESS MANAGEMENT**

**Objective:** In everyday life we experience stress related to various situations. Students will learn how they can make adjustments and manage to cope with stress more effectively.

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

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

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

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

#### **Readings:**

Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK: Routledge.

DiMatteo, M.R. & Martin, L.R.(2002). *Health psychology*. New Delhi: Pearson

Neiten, W. & Lloyd, M.A (2007). *Psychology applied to Modern life*. Thomson Detmar Learning.

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

## **PSYSSEC02M: EFFECTIVE DECISION MAKING**

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

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

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

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

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

### **Readings:**

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

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

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

# **B.Sc (General )**

## **PSYGCOR01T: GENERAL PSYCHOLOGY**

### **OBJECTIVE:**

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

### **UNIT 1: ORIENTATION TO PSYCHOLOGY**

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

### **UNIT 2: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES**

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

### **UNIT 3 – UNDERSTANDING DEVELOPMENTAL PROCESSES**

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

### **UNIT 4: APPLICATIONS OF PSYCHOLOGY**

- d) Work



e) Law

f) Health

**Readings:**

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

Ciccarelli , S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi:

Pearson

Feldman.S.R.(2009).Essentials of understanding psychology ( 7<sup>th</sup> Ed.) New Delhi : Tata Mc Graw Hill.

Glassman,W.E.(2000).Approaches to Psychology(3<sup>rd</sup> Ed.) Buckingham:Open University Press.

Michael ,W., Passer, Smith,R.E.(2007). Psychology The science of mind and Behavior.

New Delhi :Tata McGraw-Hill.

**PSYGCOR02T: YOUTH, GENDER AND IDENTITY**

**Objectives:**

To equip the learner with an understanding of the concepts of Youth, Gender and Identity and their interface.

To inculcate sensitivity to issues related to Youth, Gender and Identity within the socio-cultural context.

**Unit 1: Introduction**

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

## **Unit 2: Youth and Identity**

- e. Family: Parent-youth conflict, sibling relationships, intergenerational gap
- f. Peer group identity: Friendships and Romantic relationships
- g. Workplace identity and relationships
- h. Youth culture: Influence of globalization on Youth identity and Identity crisis

## **Unit 3: Gender and Identity**

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

## **Unit 4: Issues related to Youth, Gender and Identity**

- e. Youth, Gender and violence
- f. Enhancing work-life balance
- g. Changing roles and women empowerment
- h. Encouraging non-gender stereotyped attitudes in youth

## **Readings:**

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

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

## **PSYGCOR03T: PSYCHOLOGY FOR HEALTH AND WELL-BEING**

**Objective** – To understand the spectrum of health and illness for better healthmanagement.

## **UNIT 1 – Illness, Health and Well being**

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

## **UNIT 2 – Stress and Coping**

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

## **UNIT 3 – Health Management**

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

## **Unit 4 – Human strengths and life enhancement**

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

## **References –**

Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK:

Routledge.

DiMatteo, M.R. & Martin, L.R.(2002). *Health psychology*. New Delhi: Pearson.

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

Stoughton.

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

Yale University Press.

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

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

Wiley.

Snyder, C.R., & Lopez, S.J.(2007). *Positive psychology: The scientific and practical*

*explorations of human strengths*. Thousand Oaks, CA: Sage.

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

## **PSYGCOR04T: PSYCHOLOGY AT WORK**

### **Objectives:**

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

### **Unit I: Introduction to I/O Psychology**

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

### **Unit II: Job Satisfaction and Work Motivation**

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

### **Unit III: Communication in Organizations**

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

### **Unit IV: Leadership**

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

### **Reading List:**

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

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

Chadha, N.K. (2007). *Organizational Behavior*. Galgotia Publishers: New Delhi.

Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley

Griffin, R.W. & Moorhead, G. (2009). Organizational Behavior: Managing People & Organizations. Biztantra publishers

Robbins, S. P. & Judge, T.A. (2007). Organizational Behavior. 12<sup>th</sup> Edition. New Delhi: Prentice Hall of India.

Robbins, S. P. & Judge, T.A. (2008). Essentials of Organizational Behavior. 9<sup>th</sup> Edition. New Delhi: Prentice Hall of India.

Singh, K. (2010). Organizational Behavior: Texts & Cases. India: Dorling Kindersley

### **PSYGDSE01T: CLINICAL PSYCHOLOGY**

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

UNIT 1: Models of Psychopathology- Psychodynamic, Cognitive- behavioural, Stress-diathesis

UNIT 2: Overview & Clinical picture of Anxiety & Obsessive Compulsive related Disorder

UNIT 3: Overview & Clinical picture of Schizophrenia & Mood Disorder:

### **PSYAGSE02T: HUMAN RESOURCE MANAGEMENT**

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

UNIT 1: Introduction to Human Resource Management (HRM):

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

UNIT 2: Human Resource Practices

Job analysis; Recruitment and selection; Training; Performance evaluation

UNIT 3: Performance appraisal & training

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

Reading List:

Aamodt, M.G. (2001) *Industrial/ Organizational Psychology*. Thompson Wadsworth, a division of Thompson learning Inc.

Bhatnagar, J. & Budhwar, J. (2009). *The changing face of people management in India*. London: Routledge.

Briscoe, D. R., Schuler, R. S. & Claus, L. (2009). *International human resource management:*

*Policies and practices for multinational enterprises ( 3rd Ed)*. New York: Routledge.

Chadha, N.K. (2005). *Human Resource Management- Issues, case studies and experiential exercises*. 3rd edition. New Delhi: Sai Printographers.

DeCenzo, D.A. & Robbins, S.P. (2006). *Fundamentals of human resource management*. (8th Ed).

NY: Wiley.

Harzing, A-W.K. and Pennington, A. (2011). *International human resource management*. New Delhi: Sage publications.

Jex, S.M. & Britt, T.W. (2008) *Organizational Psychology: A Scientist- Practitioner Approach*.

2nd ed. John Wiley and sons Inc. New York.

Luthans, F. (2010) *Organizational Behaviour*. 12th Edition. McGraw Hill.

Muchinsky, P.M. (2006) *Psychology applied to work: An Introduction to Industrial and*

*Organizational Psychology*. NC :Hypergraphic press

Pareek, U. (2010) *Understanding Organizational Behaviour*. Oxford: Oxford University Press.

Robbins, S.P., Judge T.A. and Sanghi, S. (2009) *Organizational Behaviour*. 13th ed. Pearson Education , Inc.

Schlutz, D. and Schultz, S.E. (2006) Psychology and Work Today. 9th ed. New Jersey, Pearson Education Inc.

### **PSYGDSE03T: HEALTH & WELLBEING**

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

UNIT 1: Introduction: Introduction to Health Psychology; components of health: social, emotional, cognitive and physical aspects; mind-body relationship; goals of health psychology, Bio-psychosocial model of health, lifestyles and disease patterns.

UNIT 2: Stress & health Behaviour: Nature and sources of stress, effect of stress on physical and mental health, coping and stress management. Characteristics of health behaviour; Barriers to health behaviour;

UNIT 3: Positive Psychology: Perspectives on Positive Psychology, Character strengths and virtues.

Readings:

Allen, F. (2011). Health psychology and behaviour. Tata McGraw Hill Edition.

Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling Kindersley.

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

Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.

Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.

Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.

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

Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.

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

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

#### **PSYGDSE04T: DEVELOPMENTAL PSYCHOLOGY CONTEMPORARY APPROACHES**

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

1. Contemporary Approaches: Cognitive, Language and emotional development
2. Development of Identity: Personality development, Gender and sexuality, Development of Self.
3. Developmental Disabilities:
  - a) Intellectual Disability,
  - b) Learning Disability& Communication Disorders
  - c) Autism Spectrum Disorders
  - d) ADHD

Readings:

1. Auluck, S. (2002). Self and identity. In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 374-398. New Delhi: Concept Publishing Company.
2. Chiu, C., & Hong, Y. (2006). Social Psychology of Culture. New York: Psychology Press.
3. Jain, U. (2002). An Indian perspective on emotions. In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 281-291. New Delhi: Concept Publishing Company.
4. Misra, G., & Gergen, K. J. (2002). On the place of culture in psychological science. . In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 421-439. New Delhi: Concept Publishing Company.
5. Roa, K. R. (2011). Indian psychology: Implications and applications. In Cornelissen, R.M. M., Misra, G., Varma, S. (Eds.), Foundation of Indian Psychology: Theories and concepts, Vol, 1. New Delhi: Pearson.



6.Sinha, J. B. P. (2002). Towards indigenization of Psychology in India. . In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 440-457. New Delhi: Concept Publishing Company.

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

## **PSYGGEC01T: PSYCHOLOGY AND MEDIA**

**Objective:** To understand the effect of media on human psyche and to develop a criticalawareness of the underlying psychological processes and mechanisms

UNIT I: Media and User: understanding mass media; Issues in Media psychology: Construction of reality, media and culture, Media and ethics, regulation.

UNIT II: Media and advertising: Developing an effective advertising programme /media promotions/ campaigns for social marketing. Case studies in the Indian context.

UNIT III: Audio-Visual media (TV and movies) and Print media: Nature and their impact;

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

Case studies in the Indian context.

UNIT IV: Interactive and emerging technologies: Virtual social media, interactive media, gaming, issues of internet addiction. Case studies in the Indian context.

### **References:**

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

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

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

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

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

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

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

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

## PSYGGEC02T: INTER-GROUP RELATIONS

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

- 1. Nature of intergroup relations:** Cooperation vs. competition; Classical study of Robbers cave experiment; Realistic conflict theory.
- 2. Social categorization and conflict:** Ingroup vs. outgroup; Consequences of social categorization: Cognitive biases & stereotypes, conflict and social categorization.
- 3. Cultural aspects of intergroup relations:** Social identity, Stereotypes, case studies in the Indian context.
- 4. Resolving intergroup conflict:** Intergroup contact; Promoting intergroup cooperation; Conflict management strategies.

### Readings:

1. Baron, R.A., Branscombe, N.R, Byrne, D. & Bhardwaj, G. (2009) Social psychology. New Delhi: Pearson.
2. Keyton, J. (2006). Communicating groups-building relationships in group effectiveness. New York: Oxford University Press.
3. Smith, P.B., Bond, M.H & Kagitcibasi, C.(2006) Understanding social psychology across culture. New Delhi : Sage Publications.
4. Zorsyth, D.R. (2009) Group dynamics. Broke/Cole: Wadsworth .