

NATIONAL EDUCATION POLICY-2020

**Common Minimum Syllabus for University Campus and all Affiliated Colleges
of Sri Dev Suman Uttarakhand University For First Three Years of Higher
Education**



STRUCTURE OF UG- PSYCHOLOGY SYLLABUS(ACCORDING TO CBCS PATTERNS)

Revised Syllabus (BOS-11.07.2023)

2022-23

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Curriculum Design Committee, Uttarakhand

Sr. No.	Name & Designation	
1.	Prof. N.K. Joshi Vice-Chancellor, Sridev Suman Uttarakhand University, Badshahithaul, Tehri Garhwal, Uttarakhand	Chairman
2.	Dr. Manmohan Singh Chauhan, Vice-Chancellor, Kumaon University, Nainital, Uttarakhand	Member
3.	Prof. O.P.S. Negi Vice-Chancellor, Uttarakhand Open University	Member
4.	Prof. Jagat Singh Bisht, Vice-Chancellor, Soban Singh Jeena University, Almora	Member
5.	Prof. Surekha Dangwal Vice-Chancellor, Doon University, Dehradun	Member
6.	Prof. M.S.M. Rawat Advisor, Rashtriya Uchchatar Shiksha Abhiyan, Uttarakhand	Member
7.	Prof. K.D. Purohit Advisor, Rashtriya Uchchatar Shiksha Abhiyan, Uttarakhand	Member




EXPERT COMMITTEE

S.N	Name	Designation	Department	Affiliation
1.	Prof. Madhu Lata Nayal	Professor & Head	Department of Psychology	S.S.J Campus S.S.J University Almora
2.	Dr.Renu Jalal	Assistant Professor	Department of Psychology	M.B.Govt. P. College Haldwani Kumaun University, Nainital
3.	Dr. Rekha Joshi	Assistant Professor	Department of Psychology	M.B.Govt. P. College Haldwani Kumaun University, Nainital





SYLLABUS PREPARATION COMMITTEE

S.N	Name	Designation	Department	College/University
1	Prof. Madhu Lata Nayal	Professor & Head	Department of Psychology	S.S.J Campus S.S.J University Almora
2	Dr.Renu Jalal	Assistant Professor	Department of Psychology	M.B.Govt. P. College Haldwani Kumaun University, Nainital
3	Dr. Rekha Joshi	Assistant Professor	Department of Psychology	M.B.Govt. P. College Haldwani Kumaun University, Nainital



**Sri Dev Suman Uttarakhand University
Badshahithaul, Tehri Garhwal**

Uttarakhand)Members of Board of Studies Psychology

S.N.	Name	Designation	Department	B.O.S.	Signature
1.	Prof. Dinesh Chandra Goswami	Dean faculty of Arts, Sri DevSumanUttarakhand University, Badshahithaul (T.G.)	Geography	Chairman	
2.	Dr.Poonam Pandey	Asst.prof.S.D.M.Govt.P.G.Coll ege,Doiwala Dehradun	Psychology	Member	
3.	Prof. Janki Panwar	Principal, Govt. P.G.College Kotdwar	Higher Education	Member	
4.	Prof. L. Rajbanshi	Principal, Govt. P.G.College Jaiharikhal	Higher Education	Member	
5.	Prof. K.L.Talwar	Principal, Govt. P.G.College, Chakrata	Higher Education	Member	
6.	Director	Uttarakhand Bhasha Sanshthan Rajpur Road, Dehradun		Member	

LIST OF ALL PAPERS IN SIX SEMESTERS

Semester-wise titles of the papers in psychology

YEAR	SEMESTER	COURSE CODE	PAPER TITLE	THEORY/PRACTICAL	CREDITS
CERTIFICATE COURSE IN UNDER GRADUATE (ARTS)					
1ST YEAR	I	PSYC 101T	Basic Psychological Processes (Core Course/Major Elective)	Theory	4
		PSYC 102P	Lab work/Psychological Test	Practical	2
		PSYC 103ME	Psychology for Living (Minor Elective)	Theory	4
		PSYC 104SD	Managing stress (Skill development)	Theory	3
	II	PSYC 201T	Social Psychology (Core Course/Major Elective)	Theory	4
		PSYC 202P	Lab work/Psychological Test	Practical	2
		PSYC 203 SD	Effective decision Making (Skill development)	Theory	3
DIPLOMA IN UNDER GRADUATE (ARTS)					
2ND YEAR	III	PSYC 301T	Psychopathology (Core Course/Major Elective)	Theory	4
		PSYC 302P	Lab work/Psychological Test	Practical	2
		PSYC 303ME	Health & Well Being (Minor Elective)	Theory	4
		PSYC 304SD	Skill Development	Theory	3
	IV	PSYC 401T	Psychological Statistics (Core Course/Major Elective)	Theory	4
		PSYC 402P	Lab work/Psychological Test	Practical	2
		PSYC 403SD	Skill Development	Theory	3
BACHELOR OF ART					
3RD YEAR	V	PSYC 501T	Psychological Assessment (Core Course)	Theory	4
		PSYC 502T	Systems of Psychology (Core Course)	Theory	4
		PSYC 503P	Lab Work/Survey/Field Visit	Practical	2

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		PSYC 504 RP	Research Project	Project	Qualifying
VI		PSYC 601T	Environmental Psychology (Core Course)	Theory	4
		PSYC 602T	Human Development (Core Course)	Theory	4
		PSYC 603P	Lab Work/Survey/Field Visit	Practical	2
		PSYC 604 RP	Research Project	Project	Qualifying

Undergraduate Structure of (Certificate Course)

Subject – Psychology

Course	Year	Sem	Paper (T)	Credit	Paper (P)	Credit	Minor Elective	Credit	Skill	Credit	Project
Certificate Course in Arts	1	I	Basic Psychological Processes	4	Lab Work/Psychological Test	2	Psychology for Living	4	Managing Stress	3	
		II	Social Psychology	4	Lab Work/Psychological Test	2			Effective Decision Making	3	

Marks of Distribution of Internal Assessment & External assessment will be as per University norms

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SEMESTER - I

CORE PAPER/MAJOR ELECTIVE

Course Title: Basic psychological processes

UNIT 1: Introduction: definition, goals and scope of Psychology, origin and development of Psychology, Psychology in India ,Methods.

UNIT 2: Biological bases of behavior: Human Evolution: Genes and behavior, hormones and glands. Nervous system: neuron, central nervous system and peripheral nervous system.

UNIT 3: Cognitive processes: Perception: nature of perception, laws of perceptual organization, learning, conditioning, Theories of conditioning, memory- processes, information processing model ,process of forgetting, interference :proactive and retroactive interference, Ziegarnik effect.

UNIT 4: Motivation and emotion: nature of motivation, Types of motivation, biogenic and sociogenic ,The need hierarchy model of motivation. Emotions : aspects of emotions, key emotions, James-Lange and Cannon-Bard theories of emotion.

UNIT 5: Personality and intelligence:

Personality: nature, theories

Intelligence: nature, theories, concept of IQ, types of intelligence test

Practical (Topics)

- I. Bilateral transfer of training/Maze learning
- II. Attitude scale/Effect of knowledge of results on performance
- III. Retroactive Inhibition/Memory span for digits/words
- IV. Verbal test of Intelligence /Reaction Time

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SEMESTER - I

Course Title: PSYCHOLOGY FOR LIVING - Minor Elective

Unit 1: Introduction: What is psychology, relevance of psychology, Psychological factors and physical illness, body image, lifestyle intervention

Unit 2: Self and relationship: Importance of family and peer groups in one's life, importance of emotional intelligence, Role of culture, Orientation of emotional intelligence scale.

Unit 3: Self in disintegrative experiences: Anxiety, Stress, depression, coping, orientation of Depression anxiety stress scale (DASS)

Unit 4: Growth and actualizing self: Self-direction, subjective well-being, hope, optimism, resilience.

SEMESTER - I

Course Title : Managing stress (Skill Development)

Unit1: Stress: Introduction, nature, symptoms. sources of stress: environmental, social, psychological and physiological.

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.


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SEMESTER – II

Core paper/Major Elective

PAPER 1: Theory-Social Psychology

Unit 1: Psychology of the social: The meaning of 'Social', scopes of social psychology. Brief history of social psychology (special emphasis on India). Approaches to social psychology and socialization.

Unit 2: Individual level processes.

Person Perception: Attributing theories, social cognition, schema, schematic processing.

Attitude: formation, measurement and change

Unit 3: Interpersonal processes:

Interpersonal attraction, pro-social behavior, aggression

Unit 4: Group dynamics and intergroup relations:

Nature of groups, group influence processes, Social Facilitation, Social Loafing and Deindividuation. Intergroup relations: Intergroup conflict, prejudices and gender stereotypes and their impact.

Practical- Topics

- I. Measurement of Attitude/Interpersonal Attraction
- II. Prejudice scale/Sociometry
- III. Social Conformity/Religiosity
- IV. Adjustment/Aggression scale



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SEMESTER – II

SKILL DEVELOPMENT

Course Title: Effective Decision Making

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 work place: developing competencies and skill required for effective decision making.

Undergraduate Structure of (Diploma Course) Subject -- Psychology

DIPLOMA IN UNDER GRADUATE (ARTS)

III	PSYC 301T	Psychopathology (Core Course/Major Elective)	Theory	4
	PSYC 302P	Lab work/Psychological Test	Practical	2
	PSYC 303ME	Health & Well Being (Minor Elective)	Theory	3
	PSYC	Managing Human Resources (Skill	Theory	3


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2ND YEAR		304SD	Development)		
	IV	PSYC 401T	Psychological Statistics (Core Course/Major Elective)	Theory	4
		PSYC 402P	Lab work/Psychological Test	Practical	2
		PSYC 403SD	Emotional Intelligence (Skill Development)	Theory	3

SEMESTER - III

CORE PAPER/MAJOR ELECTIVE

Course Title: Psychopathology


UNIT 1: Understanding abnormality: definition and criteria of abnormality, classificatory system: DSM and ICD

UNIT 2: Causes of abnormal behavior: biological, psychological, social and cultural factors. Developmental disorders: Mental retardation, autism, ADHD , learning

UNIT 3: Anxiety disorders: (symptoms /clinical picture and intellectual Disability,): Types, Ecology and Treatment, general anxiety disorder (GAD) , panic disorder, phobia and obsessive compulsive disorder (OCD)

UNIT 4: Somatoform and Dissociative disorder: Somatic symptom and related disorders, Dissociative disorders: types and etiology.

UNIT 5: Depressive and Bipolar disorder: Schizophrenia: types, clinical picture and etiology.

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UNIT 6: Substance related disorder: Alcohol abuse and Drug abuse: clinical picture and etiology. Early disorder: Anorexia Nervosa and Bulimia Nervosa.

Practical Topics:

- 1- Stress / Neural development
- 2- Anxiety / Learning disability
- 3- Depression / Coping mechanism
- 4- Substance abuse / Intelligence test

SEMESTER III

MINOR ELECTIVE

COURSE TITLE: Health and Well Being

Unit 1: Introduction to Health Psychology: definition, scope and goals of health psychology, Biopsychosocial model of health and well being.

Unit 2: Psychological well being and happiness: Psychological factors in mental health disorders, Psychological intervention for promoting mental health , Health promotion and behavior.

Unit 3: Stress and coping: Effects of physical and mental health, coping and stress management.

Unit 4: Health management: Health enhancing behavior: exercise, nutrition, health compromising, illness management.

Unit 5: Human strength and life enhancement: classification of human strength and virtues, cultivating inner strength: hope and optimism, gainful employment and me/we balance.

SEMESTER III



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SKILL DEVELOPMENT

Course Title: Managing Human Resources

Unit 1: Introduction to human resource management: definition, evolution and strategic importance of HRM, roles and responsibilities of HR professionals , current trends and challenges in HRM.

Unit 2: Legal and ethical considerations in HRM, employment laws and regulations, equal employment opportunity and diversity, ethical issues in HRM.

Unit 3: Recruitment and selection: Job analysis and job description, recruitment strategies and sources, selection methods and techniques, psychological test and types.

Unit 4: Training and development: Needs assessment and training design, training methods and delivery options, employee development programs, career planning and succession management.

SEMESTER IV

Core paper / Major Elective

PAPER-1: Theory-Statistics in Psychology

Unit 1: Statistics in Psychology: Meaning and purpose of statistics in psychology, discrete and continuous variables.

Unit 2: Frequency distribution and their graphical representation: Frequency polygon, histogram, cumulative frequency curve and ogive curve

Unit 3: Measurement of central tendency: mean, median and mode: meaning, computation and application.

Unit 4: Measurement of variability: range, quartile deviation and standard deviation: meaning, application and computation.



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Unit 5: Correlation: Concept of correlation, linear and non-linear correlation, Pearson's product moment correlation, Spearman's rank order correlation.

Unit 6: Normal distribution: Concept of probability, characteristics of NPC, skewness and kurtosis.

Unit 7: Hypothesis testing and making inferences: Parametric and non parametric test, standard error of mean, interpretation of t-value , degree of freedom, chi-square test, type-I and type-II errors in inference.

Practical-Topics

1: Substitution learning / self-report inventory

2: Retroactive interference / intelligence test

3: Paired association method / Zeigarnik effect

4: Ranking method / achievement test

SEMESTER IV

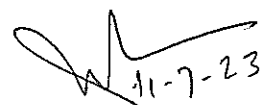
SKILL DEVELOPMENT

Course Title: Emotional Intelligence

Unit 1: Introduction: Emotional intelligence, models of emotional intelligence, E Q competencies: self awareness, self regulation, motivation, empathy and interpersonal skills, importance of emotional intelligence.

Unit 2: Knowing one's and others emotions: Levels of emotional awareness, recognizing emotions in one self, the universality of emotional expression, perceiving emotions accurately in others.

Unit 3: Managing emotions: The relationship between emotions, thought and behavior, techniques to manage emotions.



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Unit 4: Applications: Workplace, relationships, conflict management, leadership.

BACHELOR OF ART- PSYCHOLOGY					
3RD YEAR	V	PSYC 501T	Psychological Assessment (Core Course)	Theory	4
		PSYC 502T	Systems of Psychology (Core Course)	Theory	4
		PSYC 503P	Lab Work/Survey/Field Visit	Practical	2
		PSYC 504 RP	Research Project	Project	Qualifyi ng
	VI	PSYC 601T	Environmental Psychology (Core Course)	Theory	4
		PSYC 602T	Human Development (Core Course)	Theory	4
		PSYC 603P	Lab Work/Survey/Field Visit	Practical	2
		PSYC 604 RP	Research Project	Project	Qualifyi ng

SEMESTER – V

CORE PAPER – PAPER - 1

Course Title: Psychological Assessment

Unit 1: Introduction: Nature and scope of psychological assessment, levels of measurement: Nominal, ordinal, interval and ratio scales.

Unit 2: Basic psychometric concepts: Test construction and item analysis, Reliability and validity: Meaning and types, standardization and norms.

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Unit 3: Test: Meaning, characteristics and types of test, scaling techniques: ranking, rating and paired comparison, familiarity with Likert, Thurstone and Guttman scales.

Unit 4: Assessment of ability: Assessment of general abilities, intelligence, interest, interpersonal interaction.

Unit 5: Personality assessment: Assessment of personality, use of self – report inventories, interview, projective and non projective test.

SEMESTER - V

CORE PAPER – PAPER - 2

Course Title: Systems of Psychology

Unit 1: Development of Psychology: Contribution of Weber, Fechner, Helmholtz, William James and Cattell, Eastern perspective – yoga and vedantic view.

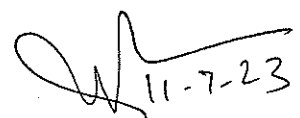
Unit 2: Structuralism: Contribution of Wundt and Titchener, criticism of structuralism.

Unit 3: Behaviorism: Watson's behaviorism, characteristics and evaluation.

Unit 4: Neo – behaviorism: Contribution of Tolman, Guthrie, Hull and Skinner.

Unit 5: Gestalt Psychology: Elements of gestalt theory: perception, learning and thinking.

Unit 6: Psychoanalysis: Freudian contribution, theory of Freud, Adler and Jung, evaluation of psychoanalysis theory, neo – Freudian theory: contribution of Karen Horney, Erich Fromm and Sullivan.



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SEMESTER - V

Practical – Topics

1: Mental fatigue / Stress management

2: Religiosity scale / Conflict scale

3: Job satisfaction / Work motivation / Assessment of life satisfaction (vocational / educational).

4: Interest test / Achievement motivation scale / Adjustment / Academic anxiety / Mental health.

SEMESTER - V

CORE – COMPULSORY

Course Title: Research Project

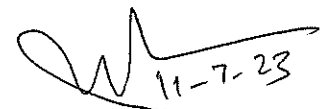
Unit 1: Identify a research problem consider its significance. Plan your data collection from any organization or community. Data collection should be either through questionnaire or interview or with the help of audio – visual medium.

Unit 2: Analyze the data and submit detailed report and presentation. The student will be working in a group for completing the project but will write the final report individually. Research project will be as APA guidelines.

SEMESTER – VI

CORE PAPER – PAPER - 1

Course Title: Environmental Psychology



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Unit 1: Environment and behavior: Earth as a living system: The Gaia hypothesis, deep ecology, man- environment relationship, physical orientation, social orientation, cultural orientation and products of earth. Effects of environment on behavior: noise pollution, air pollution, crowding and population explosion.

Unit 2: Ecology and development: Human behavior and environmental problems: Global warming, green house effect, energy depletion, pro environmental behaviors. Ecosystem and their components: Sustainable development. Resource use: Common property resources. Ecology: Acculturation and psychological adaptation.

Unit 3: Psychological approaches to environment: Field theory approach; Eco-cultural psychology (Berry), biosocial psychology (Dawson), ecological psychology (Barker), ecological system approach (Bronfenbrenner).

Unit 4: Environmental assessment: socio psychological dimensions of environmental impact, environmental deprivation- nature and consequences. Creating environmental awareness: Social Movements- Chipko, Tehri, Narmada.

SEMESTER – VI

CORE PAPER – PAPER - 2

Course Title: Life Span Development

Unit 1: Human growth and development: Meaning, goals, domains, principals and issues, difference between growth and development.

Unit 2: Genes and Chromosomes: The basics of genetics, interaction of heredity and environment.

Unit 3: Prenatal Development: Stages and factors influencing prenatal development.



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Unit 4: Theoretical approaches to human development: Piaget's cognitive theory, Vygotsky's sociocultural theory, Erikson's psychosocial theory and Kohlberg's moral development.

Unit 5: Human development in infancy, childhood and adolescence: Infancy and childhood; Physical, cognitive and psychosocial development .Adolescence; Physical and cognitive development.

Unit 6: Psychosocial development: Adolescence; Self identity, sexuality and interpersonal relationship. Adulthood; Personality development, career, marriage and intimate relationship.

SEMESTER – VI

Practical – Topics:

- 1: Student behavior survey
- 2: Aggression scale
- 3: Environmental awareness inventory
- 4: Personal space

SEMESTER - VI

CORE – COMPULSORY

Course Title: Research Project

Unit 1: Visit to any community of the surrounding and identify any issues, good practices, skills, community services etc. For example Health services, Women self help groups, N.G.Os., Banks, Organizations, Industries, Villages, Panchayat etc. (10 – 12 students group can be formed).



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Unit 2: Based on the field visit, observation and experiences, each student will write a research proposal in this semester. Research proposal consists with a clear statement of the problem, a review of literature , how the literature relates to the proposed study, formal research questions and hypothesis, a full method selection and the proposed data analysis method. The student will work in groups in completing the project but will write the final proposal individually.

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