

**KONGUNADU ARTS AND SCIENCE COLLEGE  
(AUTONOMOUS)**

Re-accredited by NAAC with A<sup>+</sup> Grade (4<sup>th</sup> Cycle)

Affiliated to Bharathiar University

College of Excellence (UGC)

29<sup>th</sup> Rank among colleges in NIRF 2023

Coimbatore-641029, Tamil Nadu, India



**DEPARTMENT OF PSYCHOLOGY (UG)**

**Curriculum and Scheme of Examinations (CBCS)**

(2023-2024 onwards)

## **DEPARTMENT OF PSYCHOLOGY**

### **Vision:**

Assuring Global standard in psychological studies through traditional and holistic way.

### **Mission:**

- Promoting a foundation for the scientific understanding of behavior and mental process.
- Providing an enhanced learning with committed competency to apply to the real world situations.

### **PROGRAMME OUTCOME(PO)**

**PO1** To develop their skills through practical and theoretical knowledge of Psychology.

**PO2** To expertise students as psychologists to earn more and to contribute to the social development of the state and nation.

**PO3** To analyze the influence of psychology on individuals, organizations, and society, including ethical, legal, and social issues.

**PO4** To enhance their skill to pursue higher education in various fields of psychology.

**PO5** An ability to identify the problem, formulate case and its associated intervention in the area of clinical, counseling, educational and industrial settings.

**PO6** Ability to gain knowledge in the area of developmental psychology to understand the developmental problems.

**PO7** Ability to conduct psychological experiment to understand the psychological components.

**PO8** Exhibit the ability to appreciate the values of others' culture, value, and background, follow the ethics, and work constructively with the team as a professional.

## **PROGRAMME SPECIFIC OUTCOME (PSO)**

- PSO1** Students will be able to understand the theories, major concepts and underpinning mechanisms, which explain human thought and behaviour pertain to specific and larger context.
- PSO2** Students will be able to locate, evaluate, and apply psychological information that strengthen the individual, group, community and build public policies.
- PSO3** Students would gain competencies and professional skills for working and conducting research the field of clinical psychology, counselling and health psychology.
- PSO4** Assess and critically evaluate central ideas and assumptions comprehensively facilitating a research and analysis of data.
- PSO5** Students will be able to understand the nature of organizational psychology, it's contemporary trends, work related attributes and work motivation, different leadership styles in organization, concept of organizational stress and it's causes and management.

**KONGUNADU ARTS AND SCIENCE COLLEGE (AUTONOMOUS)  
COIMBATORE – 641 029**

Course Name : B.Sc. Psychology

Curriculum and Scheme of Examination under CBCS  
(Applicable to the students admitted during the Academic Year 2023-2024)

Semester	Part	Subject Code	Title of the Paper	Instruction hours/cycle	Exam. Marks			Duration of Exam (hours)	Credits
					CIA	ESE	TOTAL		
I	I	23TML101	Language I@	6	25	75	100	3	3
	II	23ENG101	English -I	6	25	75	100	3	3
	III	23UPS101	Core Paper 1 – General Psychology-I	5	25	75	100	3	4
	III	23UPS102	Core Paper 2 – Developmental Psychology-I	5	25	75	100	3	4
	III	23UPS1A1	Allied Paper 1 – Bio Psychology-I	6	25	75	100	3	5
	IV	23EVS101	Environmental Studies **	2	-	50	50	3	2
	<b>Total</b>				<b>30</b>	<b>-</b>	<b>-</b>	<b>550</b>	<b>-</b>
II	I	23TML202	Language II@	6	25	75	100	3	3
	II	23ENG202	English –II	6	25	75	100	3	3
	III	23UPS203	Core Paper 3 – General Psychology-II	5	25	75	100	3	4
	III	23UPS204	Core Paper 4 – Developmental Psychology-II	5	25	75	100	3	4
	III	23UPS2A2	Allied Paper 2 – Bio Psychology-II	6	25	75	100	3	5
	IV	23VED201	Value Education- Moral and Ethics**	2	-	50	50	3	2
	<b>Total</b>				<b>30</b>	<b>-</b>	<b>-</b>	<b>550</b>	<b>-</b>
III	I	23UPS303	Language III@	6	25	75	100	3	3
	II	23UPS303	English –III	6	25	75	100	3	3
	III	23UPS305	Core Paper 5 – Abnormal Psychology-I	5	25	75	100	3	5
	III	23UPS3CL	Core Practical 1 – Experimental Psychology-I	4	40	60	100	3	2
	III	23UPS3A3	Allied Paper 3 – Psychological Statistics	5	25	75	100	3	5
	IV	23UGC3S1	Skill Based subject 1- Cyber Security	2	100	-	100	3	3
	IV	23TBT301/ 23TAT301/ 23UHR3N1	Basic Tamil* / Advanced Tamil**/ Non-major elective- I**	2	-	75	75	3	2
<b>Total</b>				<b>30</b>	<b>-</b>	<b>-</b>	<b>675</b>	<b>-</b>	<b>23</b>
IV	I	23UPS404	Language IV@	6	25	75	100	3	3
	II	23UPS404	English –IV	6	25	75	100	3	3
	III	23UPS406	Core Paper 6 – Abnormal Psychology -II	5	25	75	100	3	5
	III	23UPS4CM	Core Practical 2 – Experimental Psychology-II	4	40	60	100	3	2
	III	23UPS4A4	Allied Paper 4 – Research Methodology	5	25	75	100	3	5
	IV	23UPS4S2	Skill Based subject 2 – Psychological Applications in Industry	2	25	75	100	3	3
	IV	23TBT402/ 23TAT402/ 23UWR4N2	Basic Tamil* / Advanced Tamil**/ Non-major elective- II**	2	-	75	75	3	2
<b>Total</b>				<b>30</b>	<b>-</b>	<b>-</b>	<b>675</b>	<b>-</b>	<b>23</b>
V	III	23UPS507	Core Paper 7 – Social Psychology-I	5	25	75	100	3	5
	III	23UPS508	Core Paper 8 – Industrial Psychology-I	5	25	75	100	3	4
	III	23UPS509	Core Paper 9 – Health Psychology	4	25	75	100	3	4
	III	23UPS5CN	Core Practical 3 – Experimental Psychology – III	4	40	60	100	3	2
	III	23UPS510	Core Paper 10 – Forensic Psychology	5	25	75	100	3	4
	III	23UPS5E1	Major Elective 1	5	25	75	100	3	5
	IV	-	<b>EDC</b>	2	100	-	100	3	3
	IV	<b>23UPS5IT</b>	<b>Internship Training ****</b>	Grade					
	<b>Total</b>				<b>30</b>	<b>-</b>	<b>-</b>	<b>700</b>	<b>-</b>

UPS 2

VI	III	23UPS611	Core Paper 11 – Social Psychology-II	6	25	75	100	3	5
	III	23UPS612	Core Paper 12 – Industrial Psychology-II	6	25	75	100	3	4
	III	23UPS6CO	Core Practical 4 - Experimental Psychology – IV	6	40	60	100	3	2
	III	23UPS6E2	Major Elective 2	6	25	75	100	3	5
	III	23UPS6Z1	Project***	#4	20	80	100	-	5
	IV	23UPS6S3	Skill Based subject 3 - Counselling Psychology	2	25	75	100	3	3
				<b>Total</b>	<b>30</b>	-	-	<b>600</b>	-
	V	23NCC \$/NSS/YRC /PYE/ECC/ RRC/ WEC101#	Cocurricular Activities*	-	50	-	50	-	1
<b>Grand Total</b>				-	-	-	<b>3800</b>	-	<b>140</b>

**Note :**

CBCS – Choice Based Credit system; CIA– Continuous Internal Assessment  
ESE– End of Semester Examinations

\$ For those students who opt NCC under Cocurricular activities will be studying the prescribed syllabi of the UGC which will include Theory, Practical & Camp components. Such students who qualify the prescribed requirements will earn an additional 24 credits.

@ Hindi/Malayalam/ French/ Sanskrit – 23HIN/MLM/FRN/SAN101 - 404

\* - No End-of-Semester Examinations. Only Continuous Internal Assessment (CIA)

\*\* - No Continuous Internal Assessment (CIA). Only End-of-Semester Examinations (ESE)

\*\*\* Project Report – 60 marks; Viva voce – 20 marks; Internal-20 marks

# Not to be included in faculty workload

\*\*\*\* The students shall undergo Internship training / field work for a minimum period of 14 working days at the end of the fourth semester during summer vacation and submit the report in the fifth semester which will be evaluated for 100 marks by the concerned guide and followed by an Internal Viva voce by the respective faculty or HOD as decided by the department. According to their marks, the grades will be awarded as given below.

Marks %	Grade
85 – 100	O
70 – 84	D
60 – 69	A
50 – 59	B
40 – 49	C
< 40	U (Reappear)

**Major Elective Papers (2 papers are to be chosen from the following 6 papers)**

1. Consumer Behaviour
2. Sports Psychology
3. Human Resource Management
4. Environmental Psychology
5. Psychology and Gender Issues
6. Behaviour Modification

**Non-Major Elective Papers**

1. Human Rights
2. Women Rights
3. Consumer Affairs

**Sub. Code & Title of the Extra Departmental Course (EDC) :**

23UPS5X1 – Psychology and Wellbeing

**# List of Cocurricular Activities:**

1. National Cadet Corps (NCC)
2. National Service Scheme (NSS)
3. Youth Red Cross (YRC)
4. Physical Education (PYE)
5. Eco Club (ECC)
6. Red Ribbon Club (RRC)
7. Women Empowerment Cell (WEC)

**Note:** In core/ allied subjects, no. of papers both theory and practical are included wherever applicable. However, the total credits and marks for core/allied subjects remain the same as stated below.

**Tally Table:**

S.No.	Part	Subject	Marks	Credits
1.	I	Language – Tamil/Hindi/Malayalam/ French/ Sanskrit	400	12
2.	II	English	400	12
3.	III	Core – Theory/Practical	1600	60
	III	Allied	400	20
		Electives/Project	300	15
4.	IV	Basic Tamil / Advanced Tamil (OR) Non-major electives	150	4
		Skill Based subject	300	9
		EDC	100	3
		Environmental Studies	50	2
		Value Education	50	2
5.	V	Cocurricular Activities	50	1
		<b>Total</b>	<b>3800</b>	<b>140</b>

- 25 % CIA is applicable to all subjects except JOC, COP and SWAYAM courses which are considered as extra credit courses.
- 100 % CIA for Cyber Security and EDC paper.
- The students who complete any **MOOC On learning platforms like SWAYAM, NPTEL, Course era, IIT Bombay Spoken Tutorial etc.**, before the completion of the 5<sup>th</sup> semester and the course completion certificate should be submitted through the HOD to the Controller of Examinations. Extra credits will be given to the candidates who have successfully completed.
- An **Onsite Training** preferably relevant to the course may be undertaken as per the discretion of the HOD.
- Students who successfully complete **Naan Mudhalvan** courses in 3<sup>rd</sup> and 5<sup>th</sup> semester will be given 2 extra credits for each course. They are asked to submit the marks to Controller of Examinations through and undersigned by the HOD.

Semester	Naan Mudhalvan Course Title
III	Banking and Financial services - Paper 1
V	Banking and Financial services - Paper 2

**Components of Continuous Internal Assessment**

Components		Marks	Total
<b>Theory</b>			
CIA I	75	(75+75) Converted to 15	25
CIA II	75		
Assignment/Seminar		5	
Attendance		5	
<b>Theory</b>			
CIA I	75	(50+50) Converted to 15	25
CIA II	75		
Assignment/Seminar		5	
Attendance		5	
<b>Practical</b>			
CIA Practical		25	40
Observation Notebook		10	
Attendance		5	
<b>Project/Case study</b>			
Review		15	20
Regularity		5	

**BLOOM’S TAXONOMY BASED ASSESSMENT PATTERN**

**K1**-Remembering;**K2**-Understanding;**K3**-Applying;**K4**-Analyzing;**K5**-Evaluating

**1. Theory Examination:**

**CIA I & II and ESE: 75 Marks**

Knowledge Level	Section	Marks	Description	Total
K1 Q1 to 10	A (Answer all)	10 x 1 = 10	MCQ	75
K1 – K5 Q11 to 15	B (Either or pattern)	5 x 5 = 25	Short Answers	
K2 – K5 Q16 to 20	C (Either or pattern)	5 x 8 = 40	Descriptive / Detailed	

**CIA I & II and ESE: 50 Marks**

Knowledge Level	Section	Marks	Description	Total
K1 Q1 to 10	A (Answer all)	10 x 1 = 10	MCQ	50**
K1 – K5 Q11 to 15	B (Either or pattern)	5 x 3 = 15	Short Answers	
K2 – K5 Q16 to 20	C (Either or pattern)	5 x 5 = 25	Descriptive / Detailed	

\*\*For ESE 50 marks converted to 25 marks.

**2. ESE Practical Examination:**

Knowledge Level	Section	Marks	Total
K3	Experiments	50	60
K4		Record Work	
K5			

**3. ESE Project Viva Voce:**

Knowledge Level	Section	Marks	Total
K3	Project Report	60	80
K4		Viva voce	
K5			



<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Paper 1 - General Psychology - I		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	I	5	75	4

### Course Objectives

1. To understand the definition and history of Psychology.
2. To know the meaning and perspective of psychology.
3. To comprehend the basics of Sensation & Perception.

### Course Outcomes (CO)

At the end of the course, the students will be able to

K1 to K5	CO1	Understand the concept and scope of psychology.
	CO2	To gain the knowledge about sensation and perception in psychology.
	CO3	To understand different models of human behavior based on Psychology.
	CO4	To gain the knowledge about the nature of consciousness.
	CO5	Apply learning principles to everyday life.

### Syllabus

#### UNIT I

(14 Hours)

##### Introducing psychology

What is psychology: A working definition Origin of psychology Philosophical origins: Early Indian and Greek thoughts, Major ideas of Descartes, Locke. Biological origins: Darwin, Genetics, Development of psychology in India

Branches of psychology- Scope of psychology- Brief history of modern scientific psychology: Structuralism, Functionalism, Behaviorism, Gestalt psychology, Piaget, Psychoanalysis, Cognitive approach -Psychology and other disciplines.

#### UNIT II

(15 Hours)

##### Experimentation and critical thinking in Psychology

Psychology as a science - Goals of scientific enterprise- Steps in scientific investigation. Methods of psychology: Naturalistic observation, case study, survey, correlational studies, experimental method. Factors and characteristics of experimental method: variables – dependent, independent, extraneous variables – Experimental control –placebo effect, experimental effect, double blind procedure, lab and field experiment. Steps in conducting psychological research. Developing critical thinking abilities.

#### UNIT III

(16 Hours)

##### Sensation and Perception

Sense modalities, Psychophysics- Absolute threshold, Differential threshold, Just Noticeable Difference (JND) Attention– factors affecting attention – subjective and objective factors Selective attention, Phenomena associated with attention – \*span of attention, division of attention, distraction of attention.

Perception, Subliminal perception. Perceptual set, Perceptual defense. Perceptual organization. Gestalt principles Perception of depth, space and distance: monocular and binocular cues. Perceptual styles Perceptual constancies Color perception – color theories- Illusions of different types. Habituation, Extra sensory perception – critical view. Enhancing perceptual accuracy.

**UNIT IV****(16 Hours)****Mind, Consciousness and altered states**

Awareness and consciousness, States of mind: Nature of consciousness, Functions of consciousness, Changes in consciousness: dream and sleep, Circadian Rhythm, Sleep cycle, Stages of sleep.

Altered states: Lucid dreaming, Hypnosis- facts and myths, \*meditation, Hallucinations, Religious ecstasy, drug induced states.

**UNIT V****(14 Hours)****Learning**

Definition. Classical conditioning: Elements, principles, generalization, discrimination, second order conditioning. Illustrations (child, developmental, school). Applications. Trial and error learning. Operant conditioning: Reinforcement, punishment, shaping, chaining, stimulus control, schedules of reinforcement, partial reinforcement effect. Applications: Contingencies in schools, Premack principle.

\*Behavior modification.

Types of learning- Verbal learning. Social and cognitive learning: \*Observational learning. Process and principles. Latent learning, cognitive map, Insight learning. Improving learning- Economy in learning.

\* denotes Self study

**Teaching Methods:**

Smart classroom / PowerPoint presentation / Seminar / Quiz / Discussion
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**Text Books:**

1. Baron, R.A. (2004), “**Psychology**”, 5th ed. New Delhi: Pearson Education.
2. Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (1993), “**Introduction to Psychology**”, 7th ed. New Delhi: Tata McGraw Hill.

**Reference Books:**

1. Lee. J A (2010), ” **The Scientific Endeavour**”. New Delhi. Pearson
2. Mishra, B. K. (2008),” **Psychology: The study of human behaviour**”, New Delhi: Prentice Hall of India.
3. Weiten, W. (2002),”**Psychology: Themes and variations**”, 5th ed. New York: Brooks/Cole Publishing Co.
4. Richard J. Gerrig& Philip G. Zimbardo (2002),” **Psychology and life** “,16<sup>th</sup> edition, USA: Allyn & Baconpublishers.

**MAPPING**

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	S	H	M	H	M
CO2	S	H	M	S	H
CO3	H	S	M	M	H
CO4	S	H	S	H	S
CO5	S	M	M	M	S

**S – Strong**                      **H – High**                      **M – Medium**                      **L – Low**

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Paper 2 - Developmental Psychology - I		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	I	5	75	4

### Course Objectives

1. To gain the knowledge about the life span development and historical perspective.
2. To understand the physical development in Puberty.
3. To know the stages of cognitive development.
4. To learn the emotions of infancy, childhood and adulthood period.

### Course Outcomes (CO)

K1 to K5	CO1	Students are able to understand the importance of Life span development
	CO2	Understanding the physical development of childhood
	CO3	To know the cognitive development of infancy to adulthood
	CO4	To analyse the Piagets and Kohlbergs Theory
	CO5	Summarize and point out factors that drive human behavior

### Syllabus

#### UNIT I

(15 Hours)

#### Introduction to Life Span Development

Introduction. Importance of life span development, Historical perspective. Characteristics of life span perspective. Nature of development. Cross sectional and longitudinal approaches in developmental study. Theories by Freud - Erickson- Piaget- Vygotsky. Information processing Behavioral -Social cognitive- eclectic orientation.

#### UNIT II

(14 Hours)

#### Prenatal Development

Fertilization - Germinal period- embryonic period- Fetal period. Prenatal diagnostic tests. Effects of teratogens. Neonatal health and responsiveness. Consequences of low birth weight.

#### UNIT III

(16 Hours)

#### Physical Development

Newborn- reflexes- perception (vision, hearing, other senses, inter modal perception) Height and weight in infancy and childhood. Gross and fine motor skills. Handedness Physical development in puberty. Changes in early, middle and late adulthood. Theories of aging.

#### UNIT IV

(16 Hours)

#### Cognitive Development

Stages of cognitive development- sensory motor stage- object permanence- preoperational stage- intuitive thought- concrete operations- semantics- pragmatics.

\*Language development - How language develops- babbling- two word utterance- advances in early, middle and late childhood- metalinguistic awareness.

**UNIT V****Emotional Development****(14 Hours)**

Introduction- Development of emotion through infancy, childhood, adolescence and adulthood.

Describing and classifying temperament- Chess and Thomas, Kagan, Rothbart and Bates.

Theories of attachment-\* care giving and attachment Moral development- Piaget's and Kohlberg's theory- stages- Social conventional reasoning- basic processes- Resistance to temptation- self-control- Empathy- Moral characters.

\* denotes Self study

**Teaching Methods:**

Smart classroom / PowerPoint presentation / Seminar / Quiz / Discussion

**Text Book:**

1. Hurlock, E.B (1996)“**Developmental Psychology-A Life span Approach**”  
NewDelhi : TataMcGraw Hill Publishing Company.

**Reference Books:**

1. Berk, L.E (2003), ”**Child Development**”, (3rd ed). New Delhi: Pearson Education Pvt Ltd.
2. Hurlock, E.B (1978),“**Child Development**”, (6<sup>th</sup> ed.) London: McGraw Hill Book Company.
3. Papalia, D.E et.al (2004), “**Human Development**”, (9th Ed). New Delhi: Tata McGrawHill Publishing Company.
4. Santrock, J.E (2007),“**Child Development**”, (2nd end) New Delhi: Tata McGrawHill Publishing Company.

**MAPPING**

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	S	M	M	H	H
CO2	M	H	S	H	M
CO3	H	M	M	S	S
CO4	M	M	S	S	S
CO5	H	H	M	M	L

S – Strong                      H – High                      M – Medium                      L – Low

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Allied Paper 1 - Bio Psychology - I		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	I	6	90	5

### Course Objectives

1. To understand the relationship between the body, mind and the brain.
2. To explain the biological foundations of behavior, including theories, history, and research methods.
3. Understand the evolution and development of the nervous system.
4. To learn the structures and functions that underlies sensation, perception, and motor control.

### Course Outcomes (CO)

K1 to K5	CO1	To remember process of signaling between nerve cells including chemical Neurotransmitters.
	CO2	Understand anatomy and functions of the basic cell of the nervous system.
	CO3	To analysis the role of neurotransmitters in human functioning.
	CO4	Able to evaluate basic brain structures and functional neural systems.
	CO5	Describe the biological underpinnings of cognition and socioemotional functioning.

### Syllabus

#### UNIT I

(18 Hours)

#### Introduction to Biopsychology

Understanding human consciousness: A Physiological approach. Nature of Physiological approach: Goals of Research, Biological roots of Physiological Psychology. Natural selection and evolution: Functionalism and Inheritance of Traits, Evolution of human species, evolution of large brains. Ethical issues in research with animals. Careers in neuroscience.

#### UNIT II

(18 Hours)

#### Nervous System

Cells of the Nervous System: Neurons, supporting cells. Neural Communication: Measuring electrical potentials of axons, Membrane potential, The action potential and its conduction. Communication between neurons- Non-synaptic communication.

#### UNIT III

(18 Hours)

#### The Structure of the Nervous System

Basic feature of the Nervous System. The central nervous system: its development, The forebrain, The midbrain, The hindbrain, The spinal cord. The Peripheral Nervous System: Spinal nerves, cranial nerves, the autonomic nervous system.

#### UNIT IV

(18 Hours)

#### Methods and Strategies of Research in Biopsychology

Experimental ablation: Evaluating the behavioural effects of brain damage, producing brain lesions. Stereotaxic surgery, Histological methods, Tracing neural connections, Study of the living human brain. Recording and stimulating neural activity: neural activity, metabolic and synaptic activity, measuring brain's secretions, Stimulating neural activity, behavioural effects of electrical brain stimulation. Neurochemical methods-Genetic methods.

**UNIT V**

**(18 Hours)**

**Psychobiology of Sensory Systems**

Psychobiology of Sensory Systems: Anatomy of the visual system: The eyes, Photoreceptors. Connections between eye and brain. Audition: The stimulus, Anatomy of the ear, Auditory hair cells and the transduction of auditory information. Somatosenses-Gustation Olfaction

\* denotes Self study

**Teaching Methods:**

Smart Classroom / PowerPoint Presentation / Seminar / Quiz / Discussion

**Text Books:**

1. Carlson.R.N. (2017). Foundations of Physiological Psychology (6th Ed.). New Delhi, Pearson Education, Inc.
2. Pineal, J. P. J. (2006),”Biopsychology”(6<sup>th</sup> Ed.), India, Dorling Kindersley.
3. Kalat, J. W. (2004). Biological basis of human behavior (8th Ed.).New York: Brooks/Cole.

**Reference Books:**

- 1 Kalat, J. W. (2004). Biological basis of human behavior (8th Ed.).New York: Brooks/Cole.
- 2.Schneider, A.M. &Tarshis, B. (1986).An Introduction to Physiological Psychology.(3rd Ed.). New York: Random House, Inc.

**MAPPING**

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
<b>CO1</b>	H	M	H	H	H
<b>CO2</b>	S	H	S	H	H
<b>CO3</b>	H	M	H	S	S
<b>CO4</b>	M	M	S	S	H
<b>CO5</b>	M	H	M	M	M

**S** – Strong                      **H** – High                      **M** – Medium                      **L** – Low

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Paper 3 - General Psychology - II		
Batch 2023-2026	Semester II	Hours / Week 5	Total Hours 75	Credits 4

### Course Objectives

1. To learn the concept of long-term memory and short-term memory.
2. To develop the ability of thinking and Language.
3. To understand the theory of Emotions.

### Course Outcomes (CO)

K1 to K5	CO1	Understanding the concept of Emotions.
	CO2	Memory, its stages and functions and strategies to improve memory.
	CO3	To learn the concept of emotional intelligence.
	CO4	Critically analyze approaches to the study of personality and its measurement.
	CO5	Understand and apply the process of encoding, storing and retrieval of information.

### Syllabus

#### UNIT I

(15 Hours)

#### Memory

Encoding, storage and retrieval processes. Sensory, short term and long-term memories. Organizing information-Chunking, Hierarchies. Information processing model of memory, Working memory. Levels of processing. Implicit and explicit memory Semantic, episodic and procedural memory. State dependent memory. Memory construction. Other phenomena related to memory: Eyewitness testimony, implicit memory, false memory, childhood amnesia, flashbulb memory.

\*Measuring memory: recall, recognition, relearning, and integration.

Forgetting: Curve of forgetting. Reasons of forgetting: fading, interference, distortion, repression, amnesia, motivated forgetting, Strategies for improving memory: rehearsal, elaboration, organization, giving meaning, mnemonics, Good sleep.

#### UNIT II

(14 Hours)

#### Thinking and language

Components of thought: Images and Concepts. Structure of language: Phonemes, Morphemes, Grammar. Language and thought. Reasoning: deductive and inductive. \*Problem solving- Steps. Barriers to effective problem solving: Mental set, Confirmation bias, Fixation. Strategies of problem solving: algorithms, heuristics, means to end analysis, backward search. Culture, cognitive style and problem solving.

Creativity. Convergent and divergent thinking, Stages in creativity. Decision making: Using and misusing heuristics, Belief perseverance phenomenon, \*Overconfidence.

#### UNIT III

(16 Hours)

#### Motivation and Emotion

Definition of motivation, Motivational concepts: Need, Instinct, drive, incentives, Drive reduction theory. Primary and secondary motives: Motivation of hunger and eating, sexual motivation, Need to belong, Levels of arousal, Yerke's-Dodson law. Learned motives: affiliation, achievement and power motive, Hierarchy of motives.

Definition of Emotion Elements of emotional experience. Physiological correlates of emotion. Theories of emotion (briefly): James-Lange theory, Cannon-Bard theory, Schachter-Singer theory, Appraisal theory, Evolutionary theory, Opponent process theory, Facial feedback hypothesis Cognition and emotion.

**UNIT IV**

**(16 Hours)**

**Intelligence**

Definition of Intelligence. Intelligence as a process: Piaget. Structure of intelligence: Approaches of Spearman, Thurstone and Cattell. Triarchic approach. Multiple intelligences, PASS model. Relationship of intelligence with Creativity.

Concept of IQ. Evolution of intelligence testing: Stanford-Binet, Wechsler scales. Extremes of intelligence: Mental retardation and giftedness. Determiners of intelligence: \*heredity and environment. Emotional intelligence.

**UNIT V**

**(14 Hours)**

**Personality**

Self-concept of personality. Determinants of personality. Early approaches: Brief descriptions of ancient Indian typology (Gunas), Greek typology on humours, phrenology, somatotypes. Limitations. Psychodynamic approaches. Freud’s theory: Levels of consciousness.

Structure of personality, Defense mechanisms with descriptions and examples, early experience, Psychosexual stages of development, Neo Freudian Approaches- Jung, Adler, Horney. (In Brief) Trait theories- Allport, Cattell, Eysenck, Humanistic perspective, The social-cognitive perspective.

\* denotes Self study

**Teaching Methods:**

Smart Classroom / PowerPoint Presentation / Seminar / Quiz / Discussion

**Text Books:**

1. Baron, R.A. (2004). *Psychology*, 5th ed. New Delhi: Pearson Education.
2. Myers, D.G.(2010). *Psychology* 9<sup>th</sup> edition. New York, Worth publishers.

**References Books:**

1. Bootzin, R., & Bower, G.H. (1991). *Psychology today-An Introduction*, 7th ed. New York: McGraw Hill Inc.
2. Coon, D. (1983). *Introduction to psychology: Exploration and application*. New York: West Publishing Co.
3. Mishra, B. K. (2008). *Psychology: The study of human behaviour*. New Delhi: Prentice Hall of India.
4. Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (1993). *Introduction to psychology*, 7th ed. New Delhi: Tata McGrawHill.
5. Weiten, W. (2002). *Psychology: Themes and variations*, 5th ed. New York: Brooks/Cole Publishing Co.

**MAPPING**

PSO CO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	H	M	H	H	H
CO2	M	H	S	S	H
CO3	H	M	M	M	S
CO4	M	S	S	S	S
CO5	H	H	M	M	M

S – Strong

H – High

M – Medium

L – Low



<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Paper 4 - Developmental Psychology - II		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	II	5	75	4

### Course Objectives

1. To understand the characteristics of early and late childhood.
2. To know the physical change in adolescence.
3. To learn about the characteristics of middle age and hazards of old age.

### Course Outcomes (CO)

K1 to K5	CO1	Understanding the characteristics of early and late childhood.
	CO2	Understanding the development task of adolescence.
	CO3	To know about the family adjustment and marital adjustment in adulthood.
	CO4	List and describe critical biological changes during adolescence.
	CO5	To learn adjustment to retirement and coping with family life.

### Syllabus

#### UNIT I

(15 Hours)

##### Childhood

Introduction- Characteristics of Early & Late Childhood- Speech Improvement in Childhood, Emotional Expression in Childhood, Social Behavior in Childhood, \* Moral development in Childhood, Hazards of Childhood.

#### UNIT II

(16 Hours)

##### Adolescence

Introduction- Characteristics of Adolescence, Development Tasks of Adolescence, Physical change in Adolescence, Social and Morality Change in Adolescence, Sex- Role typing in Adolescence, Family Relationships in Adolescence, Physical & Psychological Hazards of Adolescence.

#### UNIT III

(14 Hours)

##### Adulthood

Introduction- Characteristics of Early & Late Adulthood- Developmental Tasks of Early & Late Adulthood, Personal & Social Hazards of Early Adulthood, Vocational & Family Adjustment in Early Adulthood, Marital Adjustment in Adulthood, \*Hazards of Adulthood.

#### UNIT IV

(16 Hours)

##### Middle Age

Introduction- Characteristics of Middle Age- Developmental Tasks of Middle Age, Adjustment to Mental Changes, Adjustment to Social Changes, Vocational Adjustment in Middle Age, Family Adjustment, Hazards of Middle Age.

**UNIT V****(14 Hours)****Old Age**

Introduction- Characteristics of Old Age- Problems Unique to Old Age, Physical Adjustment, Adjustment to Motor Ability, Mental Adjustment, Vocational Adjustment, Adjustment to Retirement, Coping with Family Life, \* Hazards of Old Age.

\* denotes Self study

**Teaching Methods:**

Smart Classroom / PowerPoint Presentation / Seminar / Quiz / Discussion

**Text Books:**

1. Hurlock, E.B (1981) Developmental Psychology-A Life span Approach, (5<sup>th</sup> ed.) New Delhi: Tata McGraw Hill Publishing Company.
2. Berk, L.E (2003) Child Development (3rd ed). New Delhi: Pearson Education Pvt Ltd.

**Reference Books:**

1. Hurlock, E.B (1978) Child Development (6<sup>th</sup> ed.) London: McGraw Hill Book Company.
2. Papalia, D.E et.al (2004) Human Development (9th Ed). New Delhi: Tata McGrawHill Publishing Company.
3. Santrock, J.E (2007) Child Development (2nd end) New Delhi: Tata McGrawHill Publishing Company.

**MAPPING**

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
<b>CO1</b>	S	M	S	H	M
<b>CO2</b>	M	H	M	S	H
<b>CO3</b>	H	S	M	S	S
<b>CO4</b>	M	M	S	M	M
<b>CO5</b>	H	H	M	M	S
<b>S – Strong</b>	<b>H – High</b>		<b>M – Medium</b>		<b>L – Low</b>

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Allied Paper 2 - Bio Psychology - II		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	II	6	90	5

### Course Objectives

1. To understand the importance of physiology of emotion.
2. To explain the physiology basis of learning.
3. To understand the physiology basis of memory.
4. To explain the influence of stress, drug – intake on the brain functioning.

### Course Outcomes (CO)

K1 to K5	CO1	Recall the influence of brain over various physiological human motives.
	CO2	Identify the importance of brain damage and various disorders related to human brain.
	CO3	Examine the role of limbic system in managing human emotions.
	CO4	Illustrate the role of left cerebral hemisphere in decision making.
	CO5	Analyze the impact of neural degeneration in an individual.

### Syllabus

#### UNIT I

(18 Hours)

##### Physiology of Emotions

Physiology of Emotions – Emotion as response patterns: Fear, Anger and Aggression Hormonal control of aggressive behavior. Communication of emotions: Facial expression emotions. Neural basis of the communication of emotions. Feelings of Emotions.

#### UNIT II

(18 Hours)

##### Physiological basis of Learning

Physiological basis of Learning: The nature of learning. Learning and synaptic plasticity: Induction of long-term potentiation, Role of NMDA receptors. Mechanisms of synaptic plasticity, Long term depression. Perceptual learning.

Physiology of Classical conditioning - Physiology of instrumental conditioning

#### UNIT III

(18 Hours)

##### Physiological basis of Memory

Physiological basis of Memory: Relational learning. Human anterograde amnesia: Basic description- Spared learning abilities – Declarative and nondeclarative memories. Anatomy of anterograde amnesia. Failure of relational learning – Role of hippocampal formation in spatial memory. Relational learning in laboratory animals.

#### UNIT IV

(18 Hours)

##### Physiology of Reproductive Behaviour

Physiology of Reproductive Behaviour: Hormonal control of sexual behavior: female reproductive cycles. Hormonal control of sexual behavior of laboratory animals. Androgens and behavior: Masculinization and defeminization.

Effects of pheromones-Human sexual behavior-Sexual orientation. Neural control of sexual behavior- Parental behaviour

**UNIT V**

**(18 Hours)**

**Neurological Disorders**

Neurological Disorders: Tumors –Seizure disorders – Cerebrovascular accidents. Disorders of development.

Degenerative disorders: Transmissible spongiform encephalopathies, Parkinson’s disease Huntington’s disease, Alzheimer’s disease, Multiple sclerosis. Disorders caused by infectious diseases.

**\* denotes Self study**

**Teaching Methods:**

Smart Classroom / PowerPoint Presentation / Seminar / Quiz / Discussion

**Text Books:**

1. Carlson.R.N. (2017). Foundations of Physiological Psychology (6th Ed.). New Delhi, Pearson Education, Inc.
2. Pineal, J. P. J. (2006),”Biopsychology”(6<sup>th</sup> Ed.), India, Dorling Kindersley.

**Reference Books:**

- 1 Kalat, J. W. (2004). Biological basis of human behavior (8th Ed.).New York: Brooks/Cole.
- 2.Schneider, A.M. &Tarshis, B. (1986).An Introduction to Physiological Psychology.(3rd Ed.). New York: Random House, Inc.
3. Baron, R.A. (2004).Psychology, 5th ed. New Delhi: Pearson Education.
4. Gerrig, R. J &Zimbardo, P. G.(2002).
5. Psychology and life(16thEd). USA: Allyn& Bacon publishers.

**MAPPING**

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	S	M	S	H	H
CO2	M	H	H	S	M
CO3	H	S	S	M	S
CO4	M	M	H	S	M
CO5	H	H	M	M	S

**S – Strong                      H – High                      M – Medium                      L – Low**

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Paper 5 - Abnormal Psychology - I		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	III	5	75	5

### Course Objectives

1. To learn the historical antecedents to modern understandings of abnormal behavior.
2. Describe the major classes and characteristics of psychological disorders.
3. Know the primary treatments for psychological disorders.

### Course Outcomes (CO)

K1 to K5	CO1	To understand the historical background and paradigms of abnormal behavior.
	CO2	Understand abnormal behaviour patterns and apply the knowledge to assessment diagnosis and classification systems.
	CO3	Design, conduct, or evaluate treatment process.
	CO4	Evaluate psychological research relevant to the study of abnormal behavior.
	CO5	Apply the contemporary theories and research related to causes and treatments of psychological disorders.

### Syllabus

#### UNIT I

##### Introduction and Paradigms in Abnormality

(14 hours)

Range of Abnormal behavior- triggers, stigma and adaptive and maladaptive behavior- Historical background- Epidemiology of Maladaptive Behaviour. Theoretical perspectives on Maladaptive Behaviour.

Biological perspective- Psychodynamic- Behavioural- \*Cognitive- Humanistic- Existential- Community-Cultural Perspective- Interactional approach.

#### UNIT II

##### Classification and Assessment

(15 hours)

Classification: Advantages and Disadvantages- Vulnerability- Resilience- Coping- Multiaxial Approach- DSM IV TR- Major Diagnostic Categories- Evaluation.

Assessment: Basis of Classification – Interview- Intelligence tests- Neuropsychological tests- Personality- Behavioural and Cognitive Assessment- Relational and Bodily assessment.

#### UNIT III

##### Stress, Coping and Maladaptive Behaviour

(16-hours)

Stress and Coping- Coping Skills- Process- Social Support- Stressful Situations and Life transitions  
\*Clinical Reactions to Stress- Adjustment Disorder- Acute Stress disorder- Dissociative Disorder- Treating Stress related Problems.

**UNIT IV**

**Anxiety Disorders**

**(16 hours)**

Generalized Anxiety Disorder- Panic Disorder- Phobias- Obsessive Compulsive Disorder- Post traumatic Stress Disorder. Interpreting and Treating Anxiety disorders.

**UNIT V**

**Bodily Maladaptations**

**(14 hours)**

Biopsychosocial Model- Stress and Illness- Eating disorders- Sleep disorders- psychophysiological disorders- diagnostic dilemmas.

Disorders of Bodily preoccupation- Somatoform disorders.

\* **denotes Self study**

**Teaching Methods:**

Smart classroom / PowerPoint presentation / Seminar / Quiz / Discussion

**Reference Book:**

Sarason., I. G. & Sarason B. R. (2012). Abnormal Psychology- The Problem of Maladaptive Behaviour, 11<sup>th</sup> Edition: New Delhi: Prentice Hall of India.

**MAPPING**

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	S	M	M	H	H
CO2	M	H	S	S	H
CO3	H	M	S	H	L
CO4	M	S	H	S	S
CO5	H	H	M	M	M

**S – Strong                      H – High                      M – Medium                      L – Low**

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Practical 1 - Experimental Psychology - I		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	III	4	60	2

### Course Objectives

1. To enable students to understand the experimental approach in scientific investigation.
2. To develop the structured report writing skill of the experiments.
3. To enable students to identify and apply appropriate experimental tests according to the requirements

### Course Outcomes (CO)

K1 to K5	CO1	Experiment with testing human capacities such as sensory, perception and Attention.
	CO2	Relate the acquired knowledge of psychological processes to the method employed in testing.
	CO3	Demonstrate understanding of how psychological processes can be established objectively.
	CO4	To become proficient in measuring sensory dimensions of human behaviour.
	CO5	Make observation, interpret and use the data obtained from measurement to analyze individual differences in human capacities.

### Syllabus

#### Suggestion

Size Weight Illusion box (22 weights)  
 Progressive Weight Box  
 Two Hand Coordination with error counter  
 Suggestible Questions

#### Association

Free Association Test  
 Colour Preference Apparatus

#### Sensory and Motor Test

Finger Maze Apparatus  
 Finger Dexterity Board with Pins  
 Tweezers Dexterity Board with Pins  
 Minnesota Rate of Manipulation test (MRMT)

**Attention**

Division of Attention Board with reset 6 digit impulse counter

Clerical Aptitude test

Tachistoscope apparatus with Cards

Cutaneous Sense Spot Test

**Perception**

Depth Perception Apparatus

Size Constancy Apparatus

Kinesthetic Figural After Effect

Muller Lyre Apparatus with Stand

**Fatigue**

Ergograph-Measuring Physical Fatigue - Mental Fatigue - Grip dynamometer Steadiness Tester

Inventory for factors influencing sports career

**Teaching Methods:**

Smart classroom / PowerPoint presentation / Seminar / Quiz / Discussion

**Reference Books:**

1. Anastasi and Urbina (2010). Psychological Testing (7<sup>th</sup> Ed.) New Delhi. PHI Learning Pvt. Ltd.
2. Rajamanickam (2005). Experimental Psychology, Vol 1 & Vol II, New Delhi : Concept Publishing Company.
3. Collins, and Drever, J(1968).Experimental Psychology: Ludhiana: Lyall Book Depot
4. Kuppaswamy .B (1954). Elementary Experiments In Psychology, Madras: Oxford Publishing Press
5. Woodworth, R.S.and Schlosberg .H. (1971) Experimental Psychology. New Delhi: Oxford Publishing Co.
6. Freeman F.S. (1976). Theory and Practice of Psychological Testing: New Delhi: Oxford and IBH Publishing Co.

**MAPPING**

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	H	S	S	S	H
CO2	M	H	S	H	H
CO3	H	M	H	S	S
CO4	M	M	S	S	S
CO5	M	H	S	M	S
	S – Strong	H – High	M – Medium		L – Low



<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Allied Paper 3 - Psychological Statistics		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	III	5	75	5

### Course Objectives

1. To give basic knowledge about statistical concepts.
2. To solve the social problems using various statistical techniques.
3. To provide knowledge and skills to select and conduct appropriate statistical tests for psychological research.

### Course Outcomes (CO)

K1 to K5	CO1	Remembering appropriate Statistical techniques for summarizing and displaying social science data.
	CO2	Understanding the concepts of measures of central tendency and formulate percentile by arranging the data from smallest to largest.
	CO3	Applying the statistical tools to solve sociological problems.
	CO4	Analyzing and interpret the variance form ANOVA output.
	CO5	Evaluating the correlation among the variables.

### Syllabus

#### UNIT I

(15 Hours)

Meaning and Definition of Statistics – \*Nature and Scope of Statistics-Uses and Limitations of Statistics - Importance of Statistics in Psychology and Research - Collection of Data - Primary and Secondary Data - Classification and Tabulation of Data - Formation of Frequency Distribution.

#### UNIT II

(15 Hours)

Diagrammatic and Graphical Representation of Statistical Data - Simple, Multiple, Subdivided, Percentage Bar Diagrams and Pie Diagram - Histogram, Frequency Polygon, Frequency Curve, Ogives - Measures of Central Tendency – Computations and Properties of Mean, Median, Mode, Geometric Mean and Harmonic Mean.

#### UNIT III

(15 Hours)

Measures of Dispersion – Range, Quartile Deviation, Mean Deviation (about Mean), Standard Deviation and Co-efficient of Variation – Concept of Skewness – Karl Pearson's and Bowley's Coefficient of Skewness – Simple Problems.

#### UNIT IV

(15 Hours)

Correlation – Types of Correlation-Scatter Diagram – Karl Pearson's Coefficient of Correlation – Spearman's Rank Correlation. Regression Equations – Properties of Regression Coefficients – Simple Problems.

**UNIT V****(15 Hours)**

Concept of Sampling- Test of Mean for Large Samples-t-test: Specified Mean-Difference between two Samples Means. F-Test of Significance for small sample-Meaning, purpose and assumptions of Analysis of variance – One way ANOVA – Chi square test for goodness of fit and independent test for attributes.

\* denotes Self Study

(Questions for Examination may be taken from the Self Study Portion also).

**Teaching Methods:**

Chalk and Talk, Power point Presentations, Seminar, Assignment, Smart Class Room

**Text Books:**

1. S.P.Gupta - Statistical Methods, Sultan Chand & Sons, New Delhi, 46 threvised Edition, 2021.
2. R.S.N. Pillai and V. Bagavathi - Statistics – Sultan Chand & Sons Company Ltd, New Delhi, Reprint 2014.
3. J.P Verma and Mohammed Ghufuran- Statistics for Psychology, Tata McGraw Hill Education (P) Ltd. New Delhi.

**Reference Books:**

1. Garrett, H.E. (2004). Statistics in Psychology and Education, 6<sup>th</sup> Edition, New Delhi: Paragon International Publishers.
2. Guilford, J.P., and Fruchter. (1987). Fundamental Statistics in Psychology and Education, 6<sup>th</sup> Edition, Singapore: McGraw Hill.
3. Mangal, S.K. (2004). Statistics in Psychology and Education, 2<sup>th</sup> Edition, New Delhi: PrenticeHall.
4. Girija, M., Sasikala, L., and Girija. (2004). Introduction to Statistics, 1<sup>st</sup> Edition, New Delhi: Vrinda Publications.
5. Bhandarkar, K.M. (2006). Statistics in Education, 1<sup>st</sup> Edition, Hyderabad: Neelkamal.

**MAPPING**

CO \ PSO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	H	M	S	S	H
CO2	M	H	S	M	S
CO3	S	H	M	H	M
CO4	H	S	H	S	H
CO5	S	H	M	S	M

S - Strong

H-High

M-Medium

L-Low

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Paper 6 - Abnormal Psychology - II		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	IV	5	75	5

### Course Objectives

1. To understand the maladaptive behavior in humans.
2. To explain the causes and risk factors of psychiatry disorders.
3. To understand the types of personality disorders.
4. To explain the treatment and therapeutic approaches.

### Course Outcomes (CO)

K1 to K5	CO1	Define the experience of anxiety and related disorders in an individual.
	CO2	Outline the disorders of sexual variance and cognitive impairment.
	CO3	Identify the spectrum disorders of schizophrenia.
	CO4	Identify the bipolar tendencies experienced by an individual.
	CO5	Examine the various forms of therapies and their effectiveness.

### Syllabus

#### UNIT I

##### Mood Disorders

(15 hours)

Mood disorders- Depression vulnerability factors-Depressive disorders- Causes and treatment of depression Bipolar disorders- Causes and treatment-\* Suicide and prevention of suicide.

#### UNIT II

##### Personality disorders

(15 hours)

Classifying personality disorders- odd or eccentric behavior- dramatic, emotional or erratic behavior- anxious or fearful behavior- treatment of personality disorder.

#### UNIT III

##### Sexual disorders

(15 hours)

Changing views of sexual behaviour- sexual dysfunction types and treatment- gender identity disorder- paraphilias- sexual victimization.

#### UNIT IV

##### Schizophrenia and other psychotic disorders

(15 hours)

\*Psychotic disorders- Schizophrenia- subtypes- positive and negative symptoms- development of schizophrenia- vulnerability- therapeutic approaches- other psychotic disorders.

**UNIT V**

**Cognitive impairment disorders**

**(15 hours)**

Vulnerability to brain disorders- delirium tremens- dementia- \*cognitive impairment disorders - Disorders of childhood and adolescence- externalizing and internalizing disorders- pervasive developmental disorders.

\* denotes Self study

**Teaching Methods:**

Smart classroom / PowerPoint presentation / Seminar / Quiz / Discussion

**Reference Book:**

Sarason., I. G. & Sarason B. R. (2012). Abnormal Psychology- The Problem of Maladaptive Behaviour, 11<sup>th</sup> Edition: New Delhi: Prentice Hall of India.

**MAPPING**

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	S	M	S	H	H
CO2	H	H	M	S	H
CO3	H	M	S	M	S
CO4	M	M	S	M	L
CO5	H	H	M	M	S

**S – Strong                      H – High                      M – Medium                      L – Low**

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Practical 2 - Experimental Psychology - II		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	IV	4	60	2

### Course Objectives

1. To provide students with practical exposure.
2. To assess, apply and interpret various questionnaires.
3. To understand the various types of test related to perception.
4. To explain the motivation analysis test.

### Course Outcomes (CO)

K1	CO1	To assess the various emotion pattern of an individual.
	CO2	To evaluate the reaction time of an individual.
to	CO3	To analyze the need pattern of social motive.
K5	CO4	To analyze the learning process of an individual.
	CO5	To analyze the learning process of an individual.

### Syllabus

#### Feeling and Emotion

Judging Emotions from Photographs

#### Motivation

Motivation Analysis Test

Need Pattern Scale

Social Motive Scale

Achievement Motivation Scale

#### Reaction Time

Simple Reaction Time Apparatus

Choice Reaction Time Apparatus

Association Reaction Time Apparatus

Discrimination Time Reaction Time Apparatus

#### Learning

Maze Learning Apparatus

Winking Reflex Apparatus Air/Puff Apparatus

Retroactive Inhibition (Effect of Interpolated Activities on Previous Learning)

Card Sorting Tray with Cards for Habit Interference

Vividness of Imagery

Concept Formation (Yerkes's Multiple Choice Apparatus)

Problem Solving Ability Test (**L.N. Dubey**)

Passi-Usha Test of Creative Problem Solving

Eating Disorder Examination Questionnaire

WHO (Five) Wellbeing Index

Test of Thinking Strategies (**Smriti Swarup and D.H. Mehta Swarup Mehta**)

### Teaching Methods:

Smart classroom / Power point presentation / Seminar / Quiz / Discussion

### Reference Books:

1. Anastasi and Urbina (2010). Psychological Testing (7<sup>th</sup> Ed.) New Delhi. PHI Learning Pvt. Ltd.
2. Rajamanickam (2005). Experimental Psychology, Vol 1 & Vol II, New Delhi : Concept Publishing Company.
3. Collins, and Drever, J(1968).Experimental Psychology: Ludhiana: Lyall Book Depot.
4. Kuppuswamy .B (1954). Elementary Experiments In Psychology, Madras: Oxford Publishing Press.
5. Woodworth, R.S. and Schlosberg. H. (1971) Experimental Psychology. New Delhi: Oxford Publishing Co.
6. Freeman F.S. (1976). Theory and Practice of Psychological Testing: New Delhi: Oxford and IBH Publishing Co.

### MAPPING

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	S	M	H	H	H
CO2	M	H	H	M	H
CO3	H	M	S	S	S
CO4	M	M	S	M	S
CO5	H	L	M	M	H

S – Strong

H – High

M – Medium

L – Low

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Allied Paper 4 - Research Methodology		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	IV	5	75	5

### Course Objectives

1. To give basic knowledge about research and its methodologies.
2. To identify the concepts and procedures of sampling, data collection, analysis and Reporting.
3. To develop an understanding of various research designs and techniques.

### Course Outcomes (CO)

K1 to K5	CO1	Remembering the research problem and technique and defining a problem are developing a research plan.
	CO2	Understanding the concepts of sampling, error and its degrees of freedom.
	CO3	Identifying various sources of information for data collection.
	CO4	Analyzing to prepare key elements of a research report.
	CO5	Interpreting the results of the data using statistical techniques.

### Syllabus

#### UNIT I

(15 Hours)

Introduction: Meaning of Research-Objectives Research-Types of Research-Research Approaches-Significance of Research-Research Methods versus Methodology- Research and Scientific Method-Research Process-Criteria of Good Research –Problems Encountered by Research in India.

Defining the Research Problem: What is a Research Problem? - Selecting the Problem -Necessity of Defining the Problem-Technique Involved in Defining a Problem -An illustration-Conclusion.

#### UNIT II

(15 Hours)

Research Design: Meaning of Research Design-Need for Research Design - Features of a Good Design-Important Concepts Relating to Research Design - Different Research Designs–Basic Principles of Experimental Designs-Important Experimental Designs-Conclusion.

#### UNIT III

(15 Hours)

Data Collection: Introduction-Experiments and Surveys-Collection of Primary Data-Collection of Secondary Data-Selection of Appropriate Methods for Data Collection-Case Study Method.

Data Preparation: Data Preparation Process-Some Problems in Preparation Process-Missing Values and Outliers-Types of Analysis-Statistics in Research.

#### UNIT IV

(15 Hours)

Testing of Hypothesis: What is a Hypothesis- Basic Concepts Concerning Testing of Hypothesis- Testing the Hypothesis-Test Statistic and Critical Region-Critical Value and Decision Rule- Procedure for Hypothesis Testing- Hypothesis Testing for Mean- Hypothesis Testing for Proportion- Hypothesis Testing for Variance- Hypothesis Testing for Difference of Two Mean- Hypothesis Testing for Difference of Two Proportions- Hypothesis Testing for Difference of Two Variance.

**UNIT V****(15 Hours)**

Interpretation and Report Writing: Meaning of Interpretation-Techniques of Interpretation-Precautions in Interpretation- Significance of Report Writing- Different Steps in Writing Report-Layout of the Research Report-Types of Reports-Oral Presentation-Mechanics of Writing a Research Report-Precautions for Writing Research Reports-Conclusion.

\* denotes Self Study

(Questions for Examination may be taken from the Self Study Portion also).

**Teaching Methods:**

Chalk and Talk, Power point Presentations, Seminar, Assignment, Smart Class Room
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**Text Book:**

1. C.R.Kothari & Gaurav Garg, Research Methodology Methods and Techniques, 4<sup>th</sup> Multi Colour Edition, New Age International (P) Limited, Publishers, New Delhi, 2019.

**Reference Books:**

1. Panneerselvam.R, Research Methodology, 3<sup>rd</sup> Edition, Hall of India (Pvt.), New Delhi, 2006.
2. Yogesh Kumar Singh, Fundamental of Research Methodology and Statistics, 1<sup>st</sup> Edition, New Age International (P) Ltd, New Delhi, 2006.
3. Santosh Gupta, Research Methodology and Statistical Techniques, Deep &Deep PublicationsPvt.Ltd, New Delhi, 2003.
4. Kenneth S.Bordens Bruce B.Abbott, Research and Design Methods A Process Approach, 6<sup>th</sup> Edition, Tata Mcgraw- Hill Publication, Company Ltd., New York, 2006.
5. P.Saravanavel, Research Methodology, Reprint, KitabMahal, Allahabad, 2008.
6. Pradeep Rohilla, Research Methodology, APH Publishing Corporation, New Delhi, 2017.

**MAPPING**

CO \ POS	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	H	M	S	S	H
CO2	M	H	S	M	S
CO3	S	H	M	H	M
CO4	H	S	H	S	H
CO5	S	H	M	M	H

S - Strong

H-High

M-Medium

L-Low



<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Paper 7 - Social Psychology - I		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	V	5	75	5

### Course Objectives

1. Introduce the students to the discipline of social psychology and highlight the influences of various perspectives on it.
2. Understand the relationship between attitude and behavior and thereby enable them to predict social behavior.
3. Gain knowledge about various sources of prejudice and thereby devise techniques to reduce prejudice.

### Course Outcomes (CO)

K1 to K5	CO1	Understanding the roots of Social Psychology.
	CO2	Enhancing the non-verbal communication skills.
	CO3	Analyze reasons for being with and deviating from the group.
	CO4	Understand human behaviour in social setting.
	CO5	Able to evaluate of ourselves.

### Syllabus

#### UNIT I

##### **An Introduction to Social Psychology**

**(15 hours)**

Definition - The Boundaries of Social Psychology - The roots of Social Psychology - The Future of Social Psychology - Research in Social Psychology: Theories and Hypotheses, Experimental Research, Correlation Research.

#### UNIT II

##### **Perceiving and Understanding Others**

**(15 hours)**

\*Nonverbal communication-Attribution: Situational and Dispositional Causes - Theories of Attribution: Jones and Davis's Theory - Kelley's Theory –Impression formation and impression management.

#### UNIT III

##### **Prejudice, Discrimination and Stereotypes**

**(15 hours)**

Prejudice- Discrimination and Stereotypes – The causes effects and cures- Nature and origins stereotyping-Prejudice and Discrimination: Feelings and action toward Social groups-Techniques for countering its effects.

#### UNIT IV

##### **The Self and Attitude**

**(15 hours)**

Defining the Self: Self presentation-Self knowledge-Thinking about the self-Personal versus social identity- Self-Esteem-Attitudes towards our selves- Social comparison- \*Evaluation of ourselves- Attitude formation-Development of attitudes-Attitude influence and guide behavior- Fine art of persuasion- Cognitive Dissonance.

**UNIT V****Interpersonal Attraction: Close Relationships****(15 hours)**

Internal determination and external determinants of attraction – Factors based interacting with others – Interdependent relationships with family and friends – Marriage - Troubled Relationships and the effects of Marital Failure.

\* denotes Self study

**Teaching Methods:**

Smart classroom / PowerPoint presentation / Seminar / Quiz / Discussion

**Reference Books:**

1. Feldman, Robert S., Social Psychology, (Second Edition). New Jersey, USA: Prentice Hall, 1998.
2. Baron, R.A. and Byrne, D., Social Psychology, (8th Edition). New Delhi: Prentice Hall of India, 1997.
3. Baron, R.A., Bharadwaj.,G.,Branscombe.N.R. and Byrne,D. Social Psychology, (8th Edition) New Delhi; Pearson Education (2009).

**MAPPING**

PSO CO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	S	M	S	H	H
CO2	H	M	M	S	H
CO3	H	M	S	S	S
CO4	M	H	S	M	H
CO5	L	H	M	M	S

S – Strong

H – High

M – Medium

L – Low

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Paper 8 - Industrial Psychology - I		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	V	5	75	4

### Course Objectives

1. To understand the nature of organizational behaviour.
2. To identify the processes used in developing communication and resolving conflicts.
3. To explain group dynamics and demonstrate skills required for working in groups.
4. To discuss the implementation of organizational training program.

### Course Outcomes (CO)

K1 to K5	CO1	To analyze the psychological principles influence behavior in the workplace.
	CO2	Evaluate individual behavior in the workplace as influenced by personality, values, perceptions, and motivations.
	CO3	Understand the management style as it relates to influencing and managing behavior in work settings.
	CO4	Create modules to enhance group dynamics, communication, leadership.
	CO5	Apply relevant contemporary theories, concepts and models to analyze real life management situations.

### Syllabus

#### UNIT I

##### Introduction

(15 hours)

Definition – Historical development of I-O Psychology – Scope of I-O Psychology –Challenges for I-O Psychology – I-O Psychology as a career Working Conditions - Physical working conditions – Work schedules.

#### UNIT II

##### Job Analysis and Job Evaluation

(15 hours)

Job Analysis - Definition, Applications and Scope - \*Various Methods of Job Analysis - Job Evaluation: - Various Methods of Job Evaluation.

#### UNIT III

##### Employee Selection Principles and Techniques

(15 hours)

Employee preferences – The recruitment process – Selection Techniques: Biographical information – Application Blanks – \*Biographical Inventories – Interviews – References and Letters of recommendation – Assessment Centers.

**UNIT IV****Training and Development****(15 hours)**

Scope of organizational training programs – \*Goals of organizational training programs – The Pretraining Environment - Psychological factors in training – Training Methods – Evaluating organizational training programs – Career development and planning.

**UNIT V****Performance Appraisal****(15 hours)**

The need for Performance Appraisal – Techniques of Performance Appraisals: Objective Performance Appraisal Methods – Judgmental Performance Appraisal Methods – Performance Appraisal for Managers – Bias in Performance Appraisal – Improving Performance Appraisals – The Post appraisal Interview.

\* denotes Self study

**Teaching Methods:**

Smart classroom / PowerPoint presentation / Seminar / Quiz / Discussion

**Reference Books:**

1. Schultz, D. and Schultz.E.Sydney. Psychology and Work Today, An Introduction to Industrial and Organizational Psychology, New Delhi: Pearson Education, 2004.
2. Miner John, B., Industrial and Organisational Psychology, New York: McGraw - Hill, 1992.

**MAPPING**

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	H	M	M	H	H
CO2	M	H	S	S	H
CO3	H	M	M	S	L
CO4	M	H	S	S	S
CO5	H	L	S	M	S

S – Strong

H – High

M – Medium

L – Low

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Paper 9 - Health Psychology		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	V	4	60	4

### Course Objectives

1. To enable students to understand the need and perspectives of health psychology.
2. Various models available to conceptualize health.
3. The influence of stress and pain on health and the importance of social support in managing stress and pain.
4. The nature pain and its management.

### Course Outcomes (CO)

K1 to K5	CO1	To understand the effects of bio, psycho and social factors on a person's health.
	CO2	Knowledge about research in health psychology and critically evaluate the key studies.
	CO3	Apply health psychology theories and research findings to address health-related issues.
	CO4	Analysis the effects of health status and changes in health based on a person's emotions, thinking, and behaviour.
	CO5	Create the healthy relationship and to understand health compromising Behaviors.

### Syllabus

#### UNIT I

##### Foundation of Health Psychology

(12hours)

Introducing Health Psychology- Conducting Health Research- Seeking and Receiving Health Care- Adhering to healthy Behaviour.

#### UNIT II

##### Stress, Pain and Coping

(12 hours)

Defining, Measuring and Managing Stress- Understanding Stress, Immunity and Disease:- Understanding and Managing Pain- Considering Alternative Approaches.

#### UNIT III

##### Behaviour and Chronic Disease

(12 hours)

Behavioural Factors in Cardiovascular disease- Behavioural Factors in Cancer- Living with Chronic illness.

#### UNIT IV

##### Behavioural Health

(12 hours)

Smoking Tobacco- Using Alcohol and other drugs- Eating and Weight- Exercising.

**UNIT V**

**Looking Toward the Future**

**(12 hours)**

Future Challenges.

**\* denotes Self study**

**Teaching Methods:**

Smart classroom / PowerPoint presentation / Seminar / Quiz / Discussion

**Text Books:**

1. Brannon, L., & Feist (2007). Health Psychology. San Francisco: Wadsworth.
2. Friedman, H.S. (2002). Health Psychology, 2nd edition. Upper Saddle River, NJ: Prentice Hall.

**Reference Books:**

1. Allen, F. Health Psychology: Theory and Practice. Allen & Unwin. (1998).
2. Bennett, P., Sprugeon, P., & Weinman, J. (1990). Current Developments in Health Psychology. Gordon & Breach Publishing.
3. Bernard, L.C. & Krupat, E. Health Psychology. Harcourt Brace College. (1997).
4. Carroll, D. Health Psychology: Stress, Behavior, and Disease. Taylor & Francis, Inc. (1992).
5. Crossley, M.L. Rethinking Health Psychology. Open University Press.(2000).
6. Kaplan, R., Patterson, T.L., & Sallis, J.F. Health and Human Behavior. McGraw Hill Companies, Inc. (1993).

**MAPPING**

<b>PSO</b> <b>CO</b>	<b>PSO1</b>	<b>PSO 2</b>	<b>PSO 3</b>	<b>PSO 4</b>	<b>PSO 5</b>
<b>CO1</b>	S	M	S	H	M
<b>CO2</b>	M	H	M	S	H
<b>CO3</b>	H	M	S	S	S
<b>CO4</b>	M	L	S	M	S
<b>CO5</b>	S	H	M	M	M

**S** – Strong

**H** – High

**M** – Medium

**L** – Low

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Practical 3 - Experimental Psychology - III		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	V	4	60	2

### Course Objectives

1. To enable students to understand the experimental approach in scientific investigation.
2. To develop the structured report writing skill of the experiments.
3. To enable students to identify and apply appropriate experimental tests according to the requirements.
4. To enhance the skills needed for conducting experiments and psychological tests

### Course Outcomes (CO)

K1 to K5	CO1	To become proficient in measuring personality tests.
	CO2	To become proficient in measuring individual's aspiration.
	CO3	To become proficient in measuring memory and learning aspects of human behavior.
	CO4	To become proficient in measuring tests related to imagination.
	CO5	To become proficient in measuring social dimensions of human behavior.

### Syllabus

#### Personality

Eysenck Personality Inventory

Rotter's I-E Locus of Control

Myers-Briggs Type Indicator (MBTI)

Big Five Personality Factor

#### Memory

Short Term Memory Test (Asthana)

Long Term Memory Test (Asthana)

Span of Immediate Memory ( Rakhi Bhargava)

P. G. I. Memory Scale ( D. Pershad and N. N. Wig)

Mirror Drawing

Level of Aspiration Measure (Mahesh Bhargava and M.A. Shah)

Occupational Aspiration Scale (J. S. Grewal)

Educational Aspiration Inventory (T. Pradeep Kumar)

Target Dart Test (Rajamanickam)

Bells Adjustment Inventory

Marital Adjustment Inventory (H. M. Singh)

Global Adjustment Scale (Sanjay Vohra)

Youth Problem Inventory (M. Verma)

The Multidimensional Students' Life Satisfaction Scale

### Teaching Methods:

Smart classroom / Power point presentation / Seminar / Quiz / Discussion

### Reference Books:

1. Anastasi and Urbina (2010). Psychological Testing (7<sup>th</sup> Ed.) New Delhi. PHI Learning Pvt. Ltd.
2. Rajamanickam (2005). Experimental Psychology, Vol 1 & Vol II, New Delhi : Concept Publishing Company.
3. Collins, and Drever, J(1968).Experimental Psychology: Ludhiana: Lyall Book Depot.
4. Kuppaswamy .B (1954). Elementary Experiments In Psychology, Madras: Oxford Publishing Press.
5. Woodworth, R.S.and Schlosberg .H. (1971) Experimental Psychology. New Delhi: Oxford Publishing Co.
6. Freeman F.S. (1976). Theory and Practice of Psychological Testing: New Delhi: Oxford and IBH Publishing Co.

### MAPPING

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	H	M	S	H	H
CO2	M	H	S	S	H
CO3	H	M	M	S	S
CO4	S	M	S	S	M
CO5	H	L	M	M	M

S – Strong

H – High

M – Medium

L – Low



<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Paper 10 - Forensic Psychology		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	V	5	75	4

### Course Objectives

1. To understand basics of forensic psychology.
2. Apply knowledge of forensic psychology in analyzing cases.
3. Appreciate the role of forensic psychologist in crime scene analysis, offender profiling and eyewitness testimony.

### Course Outcomes (CO)

K1 to K5	CO1	Being able to conceptualize forensic psychology as a distinct discipline within the wider field of psychology as well as an understanding of its historical roots.
	CO2	Apply choice of correct techniques in criminal investigation.
	CO3	Understanding the roles of forensic psychologists and psychologists in court.
	CO4	Demonstrating knowledge of key issues in forensic psychology including eyewitness testimony and false confession.
	CO5	Developing an understanding how various theories and principles of psychology are applied in the court of law and criminal justice system.

### Syllabus

#### UNIT I

**(14 hours)**

Forensic sciences; forensic psychology: \*past and present. Psychology & law. Psychologist as an expert witness

#### UNIT II

**(15 hours)**

\*Understanding Criminal Behavior. Psychology of crime. Determinants of criminal behavior biological, psychological, neuropsychological and social.

#### UNIT III

**(16 hours)**

Forensic Psychology in Crime Investigation. Psychological examination of crime scene. Offender profiling; examination of high-risk offenders- Forensic interviewing

#### UNIT IV

**(16 hours)**

Forensic Psychology as an Aid to Investigation. Psychological profiling. Detection of deception: polygraph examination, firm, lie detection, brain electrical oscillation signature profiling, narcoanalysis, forensic hypnosis, voice-stress analysis. Theories, techniques, instrumentation, methodology, procedure & critical evaluation.

**UNIT V**

**(14 hours)**

Forensic Psychology in Criminal Proceedings. Criminal responsibility, diminished capacity, risk assessment. Eye-witness testimony.

\* denotes Self study

**Teaching Methods:**

Smart classroom / PowerPoint presentation / Seminar / Quiz / Discussion

**Text Books:**

1. Fulero, S ,& Wrightsman , L,. (2014). Forensic Psychology. New York: Wadsworth Publishers.
2. Goldstein A.M (2012) Forensic Psychology: Emerging Topics and Expanding Roles. New York; John Wiley.
3. Bartol, C., & Bartol, A. (2008). Introduction to Forensic Psychology: Research and Application (Second ed.). London: SAGE.

**MAPPING**

<b>POS</b> <b>CO</b>	<b>PSO1</b>	<b>PSO 2</b>	<b>PSO 3</b>	<b>PSO 4</b>	<b>PSO 5</b>
<b>CO1</b>	H	M	S	H	H
<b>CO2</b>	S	H	M	S	H
<b>CO3</b>	H	M	M	M	S
<b>CO4</b>	M	M	L	S	L
<b>CO5</b>	H	H	M	M	S

S – Strong

H – High

M – Medium

L – Low

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Paper 11 - Social Psychology - II		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	VI	6	90	5

### Course Objectives

1. To understand the theories, concepts, perspectives in social psychology.
2. To explain how theories used to describe human attitude and behaviour.
3. Analysis the nature of human diversity and attitudes toward diversity.

### Course Outcomes (CO)

K1 to K5	CO1	Illustrate group influences and apply the knowledge to explain day to day events.
	CO2	To understand the key substantive content of the field of social psychology.
	CO3	Identify reasons for why, when people help and devise strategies to promote pro-social behavior.
	CO4	Use existing knowledge and concepts to identify the causes of the social Behavior.
	CO5	Develop the abilities to analysis regarding the principles of social behavior.

### Syllabus

#### UNIT I

##### Prosocial Behavior

(18 hours)

Prosocial Behaviour and Altruism: Dealing with emergencies-Motives for prosocial behavior. Responding to an emergency- External and internal influence on helping behavior- Long term commitment to prosocial acts

#### UNIT II

##### Aggression

(18 hours)

Perspectives on aggression- Causes of human aggression: Social, culture, personal, and Situational – Aggression in ongoing relationship: bullying and aggression at work-The prevention and control of aggression: some useful techniques

#### UNIT III

##### Groups and Individuals

(18 hours)

\*Benefits of joining: Effects of the presence of others: From task performance to Behavior in Crowds- Social loafing: Letting others do the work –Coordination in groups- Perceived fairness in groups: Its nature and effects- \*Decision making by groups

#### UNIT IV

##### Conformity, Compliance and Obedience

(18hours)

Conformity: Factors affecting Conformity - The bases of Conformity - Compliance: The Foot-in the-Door Technique – The Door-in-the-Face Technique - The That's-Not-All Technique - The Lowballing \*Technique - On-the-Job Influence. Obedience: Obedience to Authority - Milgram Studies - Defying Social Pressure.



<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Paper 12 - Industrial Psychology – II		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	VI	6	90	4

### Course Objectives

1. To comprehend motivation in the industry and job satisfaction.
2. To know the accident and prevention techniques.
3. To learn the stressors in the work place.
4. To explain the engineering psychology.
5. To understand the Industrial clinical psychology.

### Course Outcomes (CO)

K1 to K5	CO1	Define the motivation and job satisfaction.
	CO2	Outline the various components of job involvement.
	CO3	Identify the stress in the workplace.
	CO4	To analyze the psychological principles influence behavior in the workplace.
	CO5	Examine the effectiveness of Industrial Clinical Psychology.

### Syllabus

#### UNIT I

##### Motivation, Job Satisfaction and Job Involvement

(18 hours)

Motivation: - Content Theories of Motivation – Process Theories of Motivation – Job Satisfaction: Impact of Personal Characteristics – Job Satisfaction and On the Job Behaviour – Job Involvement and Organisational Commitment.

#### UNIT II

##### Accident and Safety

(18 hours)

Accident Statistics – \*Causes of Accidents – Accident Proneness – Accident Prevention.

#### UNIT III

##### Stress in The Workplace

(18 hours)

Occupational Health Psychology – Physiological Effects of Stress – Individual Differences in Stress Responses – Work Family Conflicts – Causes of Stress in the Workplace – Effects of Stress in the Workplace – Treating Stress in the Workplace.

#### UNIT IV

##### Engineering Psychology

(18 hours)

History and Scope of Engineering Psychology – Time and Motion Study – Person Machine Systems – Workspace Design – Displays – Controls – Design of Computer Work Stations.



<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Core Practical 4 - Experimental Psychology – IV		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	VI	6	90	2

### Course Objectives

1. To provide students with practical exposure.
2. To assess, apply and interpret various questionnaires.
3. To understand the various types of test related to thinking.
4. To explain the social psychology test.
5. To know the testing and assessment.

### Course Outcomes (CO)

K1 to K5	CO1	To assess and interpret the thinking of an individual.
	CO2	To assess the various social skills of an individual.
	CO3	Applying various test methods in research methodology.
	CO4	To evaluate the intelligence of an individual.
	CO5	To analyze the ability of an individual.

### Syllabus

#### Social Psychology

Aggression Scale

Altruism Scale

Attitude Scale (Adult)

Social Skills Problem Behaviour Checklist (**Madhu Mathur and Saroj Aurora**)

Happiness Scale

WHO Quality of Life – BREF

Student Resilience Survey

#### Research Methodology

Test of Significance

Correlation Methods

One Way Anova

**Testing and Assessment**

Alexander Pass-along Test

Raven's Progressive Matrices

Bhatia's Battery

Binet Kamath Test of Intelligence

Reasoning Ability Test ( Shailaja Bhagawat)

**Reference Books:**

1. Anastasi and Urbina (2010). Psychological Testing (7<sup>th</sup> Ed.) New Delhi. PHI Learning Pvt. Ltd.
2. Rajamanickam (2005). Experimental Psychology, Vol 1 & Vol II, New Delhi : Concept Publishing Company.
3. Collins, and Drever, J(1968). Experimental Psychology: Ludhiana: Lyall Book Depot
4. Kuppaswamy .B (1954). Elementary Experiments In Psychology, Madras: Oxford Publishing Press.
5. Woodworth, R.S. and Schlosberg .H. (1971) Experimental Psychology. New Delhi: Oxford Publishing Co.
6. Freeman F.S. (1976). Theory and Practice of Psychological Testing: New Delhi: Oxford and IBH Publishing Co.

**MAPPING**

<b>PSO CO</b>	<b>PSO1</b>	<b>PSO 2</b>	<b>PSO 3</b>	<b>PSO 4</b>	<b>PSO 5</b>
<b>CO1</b>	M	M	H	H	H
<b>CO2</b>	M	H	S	S	H
<b>CO3</b>	H	M	M	L	S
<b>CO4</b>	M	M	S	S	H
<b>CO5</b>	S	H	M	M	S

**S – Strong****H – High****M – Medium****L – Low**



<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Project Work & Viva – Voce		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	VI	4	60	5

### PROJECT WORK AND VIVA VOCE (100 MARKS)

The students are required to take up a group project work on an issue of psychological importance under the supervision of teachers. The project work may be either examining the relationship among certain psychological variables or psychological case analyses.

The project work shall be carried out during the VI semester and the project report shall be submitted at the end of the VI semester neatly typed and bound (1 Hard Copy and 1 Soft Copy in PDF format).

#### Guidelines:

1. Assure that the topics selected must be within the limits of the individual or group members capacity.
2. Authenticity of data should be verified and assured.
3. Genuine issues of psychological interest have to be selected.
4. Hypothesis has to be framed to represent the problem of study.
5. Independent variable, dependent variable and intervening variables have to be properly identified.
6. Sufficient review of literature about the variables selected has to be presented.
7. Appropriate experimental design, if necessary, has to be selected.
8. Study should be based on viable methodology.
9. Proper sampling technique has to be adopted.
10. Analysis must be completed
11. Interpretation of results should be substantiated with conceptual and other proofs.
12. References should be complete.
13. If possible, project work can be an extension of the test constructed.

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Major Elective - Consumer Behaviour		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	V/VI	5/6	75/90	5

### Course Objectives

1. Demonstrate how knowledge of consumer behaviour can be applied to marketing.
2. To learn about factors which influence consumer behaviour.
3. Relate psychological aspects such as personality, perception, and attitude to the choice's consumers make.
4. Demonstrate methods to improve customer satisfaction.

### Course Outcomes (CO)

K1 to K5	CO1	To understand consumer behaviour in an informed and systematic way.
	CO2	To analyses personal, socio-cultural, and environmental dimensions related to consumer behavior.
	CO3	To enable students in designing and evaluating the marketing strategies.
	CO4	Application of market research in framing effective marketing strategies.
	CO5	Analyze the major stages which consumers usually go through when making a consumption.

### Syllabus

#### UNIT I

##### Introduction to Consumer Behaviour

The marketing concept. The role of technology in exchange between consumers and markets. Consumer values, satisfaction and retention. Consumer decision making.

#### UNIT II

##### Segmentation, Targeting and Positioning

Market segmentation and effective targeting. Bases for segmentation: Demographics and other bases. Behavioural targeting. Positioning and repositioning. Perceptual mapping.

#### UNIT III

##### Consumer Motivation and Personality

The dynamics of motivation. Systems of need – Measurement of motives. The nature and theories of personality. Personality traits and consumer behaviour. Product and brand personification – Self and self-image.

**UNIT IV**

**Consumer Perception**

The elements of perception. Perceptual selection – Perceptual organization. Perceptual interpretation – Consumer imagery Perceived quality – Perceived risk.

**UNIT V**

**Consumer Learning**

The elements of consumer learning. Classical conditioning – Instrumental conditioning - Observational learning. Information processing – Cognitive learning Consumer involvement and Hemispheric lateralization Outcomes and measures of consumer learning.

\* denotes Self study

**Teaching Methods:**

Smart classroom / PowerPoint presentation / Seminar / Quiz / Discussion

**Text books:**

- 1.Schiffman, .G.L, Wisenblit, J. & Kumar, R.S. (2018). Consumer Behaviour (11th Ed.), Noida. Pearson Education.
- 2.Loudon, D., Consumer Behaviour, Concepts and Applications, Albert Biutta, McGraw Hill, 2004.

**Reference Book:**

1. Kurder, K. Consumer Behaviour, PHI/Pearson, 2002.

**MAPPING**

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	H	M	S	H	H
CO2	H	H	H	S	H
CO3	H	H	H	M	L
CO4	S	H	S	M	S
CO5	H	H	M	M	S

**S – Strong                      H – High                      M – Medium                      L – Low**

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Major Elective - Sports Psychology		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	V/VI	5/6	75/90	5

### Course Objectives

1. To understand the theoretical foundation of the psychological processes related to sports.
2. To learn foundations and philosophical questions related to the development of sport program.
3. Describe biomechanical foundations of human movement and sports performance.
4. Identify motor control processes and mechanisms underlying the learning sports skills.
5. Integrate psycho-sociocultural perspectives on sport.

### Course Outcomes (CO)

K1 to K5	CO1	To apply psychological techniques and strategies to enhance performance in sport.
	CO2	Evaluate research in sport psychology and psychological factors related to performance.
	CO3	Apply sport psychology theories and research that best fit different performance.
	CO4	Evaluate the effectiveness of their work with individuals in sport, exercise, and performance psychology.
	CO5	Create methods to work with clients in sport, exercise, and performance psychology.

### Syllabus

#### UNIT I

##### The Field of Sport Psychology

Introduction to Sport Psychology: Meaning and scope, Importance, Sport Psychology in India. Factors influencing the mental demands of a given sport, Sport and exercise psychology as an academic discipline. History of sport and exercise psychology. Orientation in sport psychology: Psychophysiological, Cognitive-behavioral, Social Psychological. Research methods in sport and exercise psychology, what do sport psychologists do?

#### UNIT II

##### Exercise and Psychological Well-being

Exercise and Psychological Well-being: Reducing anxiety and depression with exercise, Enhancing mood with exercise. Effect of exercise on psychological wellbeing. Developing personality and cognitive functioning with exercise. Enhancing Quality of life with exercise. Examining the runner's high, Exercise and positive prevention.

#### UNIT III

##### Personality and Motivation in Sport psychology

Personality and Motivation in Sport psychology: Personality and sport performance- Theories specific to sport behavior: Trait theories- Eysenck, Cattell and Big five dimensions. Narrow band theories of Personality: Sensation seeking, Telic dominance, Mental toughness and attentional style, Interactional approaches. Applying the interactional model to sports: Mood profiling. Motivation and Goal setting in Sport: Intrinsic and extrinsic motivation. Theories of motivation, Self-efficacy, Pathological motivation and sport. Goal setting: Effectiveness of goal setting, Principles of goal setting. Anxiety in Sport performance: Anxiety reduction techniques.

**UNIT IV**

**Psychological skill training**

Psychological skill training: Psychological skill training- Importance of Psychological skill training. Effectiveness of Phases of Psychological skill training. Goal of Psychological skill training- Self regulation, Increasing self-awareness, Coping with adversity. Imagery in sport: Factors affecting the effect of imagery in sports, How imagery works? Self-confidence- How does expectations influence performance? Building self-confidence.

**UNIT V**

**Social Psychology of Sport**

Social Psychology of Sport: Group definition, Understanding group structure, Creating effective teams, Maximizing individual performance in groups. Group cohesion: Relationship between group cohesion and performance, Factors affecting group cohesion, Strategies to enhance cohesion. Social Facilitation: Coaction and audience effect, Home advantage, Negative effects of group performance: Social Loafing and group think. Violence and Aggression in Sport: Hostile aggression, instrumental aggression and assertiveness, Link between aggression and performance, Social learning theory, Frustration aggression hypothesis. Individual differences in aggression: gender, identification with team. Situational factors affecting aggression: Physical environment, Game circumstances, Reducing aggression in sports.

\* denotes Self study

**Teaching Methods:**

Smart classroom / PowerPoint presentation / Seminar / Quiz / Discussion

**Text Books:**

1. Jarvis, M. (2006). Sport Psychology. New York, Routledge.
2. Weinberg RS and Gould D (2006). Foundations of Sport and Exercise Psychology (4th En). Human Kinetics. USA.

**Reference Books:**

1. Moran, A. P. (2004). Sport and Exercise Psychology, a critical Introduction. New York, Routledge.
2. Kremer, J., & Scully, D. (2001). Psychology in Sport. Taylor and Francis publishers Tenenbaum, G., & Ecklund, R. C. (2007). Handbook of Sport Psychology(3rdEdn.). New Jersey, John Wiley & Sons.

**MAPPING**

<b>CO \ PSO</b>	<b>PSO1</b>	<b>PSO 2</b>	<b>PSO 3</b>	<b>PSO 4</b>	<b>PSO 5</b>
<b>CO1</b>	S	H	M	S	H
<b>CO2</b>	H	S	S	H	S
<b>CO3</b>	M	H	M	S	H
<b>CO4</b>	S	H	H	M	H

**S** – Strong      **H** – High      **M** – Medium      **L** – Low

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Major Elective - Human Resource Management		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	V/VI	5/6	75/90	5

### Course Objectives

1. To understand the importance of human resources and their effective management in organizations.
2. Demonstrate a basic understanding of different tools used in forecasting and planning human resource needs.
3. Learn current theory and practice of recruitment and selection.
4. To interpret the role of resistance and commitment in relation to change, propose change strategies for enhancing organizational development.
5. Understand the nature and sources of conflict and the different strategies and approaches used in the resolution of conflict.

### Course Outcomes (CO)

K1 to K5	CO1	To understand the current theory and practice of recruitment, selection, performance appraisal and training.
	CO2	Evaluate the role of recruitment and selection in relation to the organization's business.
	CO3	Analyze the key issues related to administering the human elements.
	CO4	Apply advanced training strategies and specifications for the delivery of training programs.
	CO5	To create a unique selection strategy for a specific job.

### Syllabus

#### UNIT I

##### Introduction to Human Resource Management

Introduction: Nature, Philosophy, Need, Objectives and Evolution of Human Resources Management; HRM Functions; HRD Concept; HRD Strategy; HR Responsibilities; Environmental Factors of HRM: Environmental Factors, Challenges to HRM.

#### UNIT II

##### Concepts and Process of Human Resource Planning

**Human Resource Planning:** Importance, Process, Barriers; Strategic Planning; Human Resource Information Systems (HRIS); Forecasting Demands: Forecasting Supply; Man Power Forecasting. - Job Stress Counselling and Mentoring.

#### UNIT III

##### Job Design and Job Analysis: Recruitment and Selection

**Job Design:** Introduction- Definition. Techniques used in Job Design: Job Simplification- Job Enlargement Job Rotation- Job Enrichment- Total Quality Management (TQM). **Job Analysis:** 6 Steps, Job Description vs. Job Specification, Methods of Collecting Job Analysis Information; Role of Recruitment and Selection: Situational Factors in Recruitment, Recruitment Policy, External and Internal Sources of Recruiting and its Merits and Demerits, Selection Process and its Types, Structured Interview Guide.



<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Major Elective - Environmental Psychology		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	V/VI	5/6	75/90	5

### Course Objectives

1. To introduce the origins, methods, research and applications in the field of environmental psychology.
2. Demonstrate how knowledge of psychology can be applied to Environment.
3. To learn about factors which influence Environment and relate psychological aspects to the environment behaviour.
4. To develop an appreciation of how psychology can contribute to shaping environments, preserve natural environments, and deal with the challenges of environmental crowding.
5. To develop students' capacities to be able to perform a basic research, practice or policy work in the field of environmental psychology.

### Course Outcomes (CO)

K1 to K5	CO1	Select appropriate methods of research in the field of environmental psychology.
	CO2	Interpret the nature of human, components of eco systems and stressors of the environment.
	CO3	Describe and carryout the ecological view of psychological issues and identify the problems faced by the environmental psychologists.
	CO4	Evaluate an interdisciplinary scientific field which tries to complicate, understand, and improve the dynamic relationship between peoples and places.
	CO5	Analyze and interpret the explicit consideration of the environment when trying to understand psychological phenomena.

### Syllabus

#### UNIT I

##### Environmental Psychology

Nature and Characteristics; Classification of Environment. Indian Perspective on Human environment Relationship, World view in Psychology and Environmental Psychology, Environment Behavior theories: Arousal, Environmental Load, adaptation level. Behavior constraints, Ecological and Environmental Stress Approach.

**Research Methods in Environmental Psychology:** Experimental, Simulation, Methods of Data Collection: Self-report, Naturalistic Observation, Field Survey, Interview and Questionnaire, experimental, correlational and descriptive methods of data collection in environmental Research.

#### UNIT II

##### Ecology and Development

Human Nature and Environmental Problems; Prosocial and Pro-environmental Behaviours, Ecosystems and Their Components: Ecology, Demography, Mortality and Fertility. Resource Use: Common Property Resources, Sustainable Developments, Acculturation and Psychological adaptation.

**Environmental Stress:** Nature and Characteristics. Types of Stress: Natural Disasters, Technological Catastrophe, Noise and Air-pollution, Nature and characteristics: Natural disasters, Technological catastrophe. Noise, Heat and Air pollution: Nature, characteristics and their influences on behavior with special reference to Indian conditions.



**UNIT III****Environmental Perception, Cognition and Attitudes**

Nature and Characteristics of Environmental Perception: Social and Cultural Influences. Environmental Cognition and Cognitive Mapping. Acquisition of Environmental Attitudes, Perception of movement, adaptation and change.

**Effect of Environment on Behavior:** Personal Space and Territoriality: Nature Functions and Determinants of Personal Space, Consequences of Personal Space Invasion Territoriality Functions and Types; Personal Space: Nature, measurement, determinants, consequences of personal space invasion.

**UNIT IV****Crowding**

Nature and Characteristics, Features and Effects of Crowding on Animals and Human Beings, Concept, physiological and behavioral consequences, theories of crowding, overload, arousal, density intensify, behavior constraints, control.

**Environmental Psychology and Saving the Environment:** Environmental Education, Prompts and Reinforcement Techniques in Indian Context.

**UNIT V****Environmental psychology and community**

Quality of life, social process and socialites, preventive intervention; social support and personal control: areas of intervention; Residential neighborhood and urban environments.

**Changing behavior to save the environment:** environmental education, prompt, reinforcement, techniques, specific environmental problems: Littering energy conservation, transportation and vandalism.

**Reference Books:**

1. Bell, P. A., Greene, T. C., Fisher, J. D. and Baum, A. (2001). Environmental Psychology (Vth Edition). USA: Wadsworth Group / Thomson learning, 10 Davis Drive Belmont CA.
2. Goldsmith, E. (1991). The Way; The Ecological World – View. Bostone; Shambala
3. Ittelson W. H., Proshansky, H. M., Rilvin, E. G., Winkel, G. H. and Dempsey, D. (1974). An Introduction to Environmental Psychology. New York: Holt Rinehart and Winston.
4. Stokols, D. and Atmann, I. (Eds) (1987). Handbook of Environmental Psychology. New York: Wiley.
5. Tewari, P. S. N. (2000). Paryavaraniya Manovigyan. New Delhi: Moti Lal Banarsi Das.
6. Sahoo, F.M. Mishra P.K. & Pinta, R.S. (1985) Environment and Behavior: Ecology Perspective. New Delhi: Akshat Publications.
7. Bell, P.A. Fisher, J.D. & Loomis, R.J. (1973) Environmental Psychology, Philadelphia W.B. Sannders.

**MAPPING**

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	S	H	S	H	H
CO2	S	H	M	S	H
CO3	H	S	H	M	L
CO4	S	H	S	H	S
CO5	M	H	M	M	H

S – Strong

H – High

M – Medium

L – Low

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Major Elective - Psychology and Gender Issues		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	V/VI	5/6	75/90	5

### Course Objectives

1. To understand the gender stereotypes.
2. To know the theoretical Positions about gender development.
3. To understand the Women's health.
4. To explain the Gender Identity and Career.
5. To know the Psychopathology and Gender Issues.

### Course Outcomes (CO)

K1 to K5	CO1	Define the meaning and concepts of gender.
	CO2	Outline the theories of Gender Development.
	CO3	Identify the Perspectives on marital interaction.
	CO4	Analyze the importance of Victimization issues.
	CO5	Examine Women and the Criminal Justice System.

### Syllabus

#### UNIT I

##### Gender Concepts

Gender Concepts – Concepts: gender, sex, masculinity, femininity, feminism, men and masculinity. Studying gender: Methods and History of Gender Research. Gender Stereotypes: Masculinity and Femininity Gender-Role Attitude. Introduction to the Psychology of Women, History of the feminine Psychology, Women and Feminist Pedagogy, Feminist child-rearing. Women's conception of self and morality. Are women morally superior to men?

#### UNIT II

##### Gender Stereotypes and Other Gender Biases

Gender Stereotypes and Other Gender Biases: Gender Comparisons in Cognitive Abilities and Attitudes About Achievements Gender Comparisons in Social and Personality Characteristics. Race and gender as psychological variables: Social and ethical issues. Theoretical Positions about gender development and Functioning. Hormones and Chromosomes. Theories of Gender Development, Developing Gender Identity, Social Cognitive Theory of gender development and functioning; Sex role theory.

#### UNIT III

##### Gender Issues, Family and Health

Gender Issues, Family and Health: Current perspectives on dual-career families, The social psychophysiology of marriage. Perspectives on marital interaction, Male sexual proprietaries and violence against wives. Women's health: Mothering and Reproductive Rights; Pregnancy, Childbirth, and Motherhood, Menstruation, menopause, abortion, AIDS. Biological influences. Implications for single-sex schooling. Health compromising behavior: alcoholism, smoking; Health enhancing behavior: proper diet, exercise.

**UNIT IV**

**Gender Identity and Career**

Gender Identity and Career: Intelligence and Cognitive Abilities, Emotions, Relationships and Sexuality; Lesbian and bisexual women. Intelligence and Cognitive Abilities, Emotions, Relationships and Sexuality; Lesbian and bisexual women. Victimization issues: Rape, battering, harassment. Careers and Work; Examining personal characteristics and influences, gender differences in pay and in occupational pursuits, gender gap in political attitudes. Women, men, work, and family: An expansionist theory.

**UNIT V**

**Psychopathology and Gender Issues**

Psychopathology and Gender Issues: Sex Treatment for Mental Disorders, Stress, Coping, and Differences in Health: Evidence and Explanations. Approaches to rehabilitation; interventions in the rehabilitation processes; models of adaptation to disability; family and caregivers issues. Women and the Criminal Justice System; women as criminal offenders, women as victims. Successful practices to prevent violence against women. Effective strategies and practices to support victims of violence, including victims of sexual assault.

\* denotes Self study

**Teaching Methods:**

Smart classroom / PowerPoint presentation / Seminar / Quiz / Discussion

**Text Books:**

1. BrannonL. (2012). Gender: Psychological Perspectives, 6/E, McNeese State University Helgeson, V. S.(2010) Psychology of Gender, 4/E Carnegie Mellon University.
2. Magnusson E. and Marecek, J. (2012). Gender and Culture in Psychology: Theories and Practices.

**Reference Books:**

1. NoremJ. K. andClinchy B. M. (1998). The Gender and Psychology Reader.
2. Rudman, L. A. and Glick, P.(2008). The Social Psychology of Gender: How Power and Intimacy Shape Gender Relations.

**MAPPING**

<b>CO \ PSO</b>	<b>PSO1</b>	<b>PSO 2</b>	<b>PSO 3</b>	<b>PSO 4</b>	<b>PSO 5</b>
<b>CO1</b>	H	S	M	M	H
<b>CO2</b>	M	M	S	H	S
<b>CO3</b>	S	H	S	S	M
<b>CO4</b>	M	H	H	M	M
<b>CO5</b>	L	M	S	H	M

**S** – Strong

**H** – High

**M** – Medium

**L** – Low

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Major Elective - Behaviour Modification		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	V/VI	5/6	75/90	5

### Course Objectives

1. To understand the concept of human behavior.
2. To enable the students to focus on their behavior.
3. Implemented the behavior modification methods in their life.

### Course Outcomes (CO)

K1 to K5	CO1	To acquire the knowledge about behavior modification and to know the history and applications.
	CO2	To understand the basic principles of Behavior Modification.
	CO3	To analyze behavior change and to know the principles of recording.
	CO4	To understand the behavior modification techniques.
	CO5	To apply the behavior modification techniques in their day today life.

### Syllabus

#### UNIT I

Introduction to Behavior Modification: Human Behavior: Meaning - Behavior Modification: Meaning – Characteristics Historical Roots - Areas of Application: Developmental Disabilities - Mental illness. Education – Rehabilitation Community - Business, Industry, and Human Services Self-Management- Child Management – Sports.

#### UNIT II

\*Basic Principles of Behavior Modification. Reinforcement: Factors Influencing the Effectiveness of Reinforcement. Schedules of Reinforcement – Extinction: Factors Influencing Extinction. Punishment: Factors Influencing the Effectiveness of Punishment. Stimulus Control: Discrimination and Generalization. Shaping - Modelling.

#### UNIT III

Measurement of Behavior and Behavior Change: Target Behavior – Definition. Observing and Recording Behavior- - The Logistic of Recording. Methods of Recording -Recording Instrument. Graphing Behavior and Measuring Change.

#### UNIT IV

\*Behaviour Modification Techniques: Systematic Desensitization Process- Application. \*Basic Techniques: JPMR - REBT - Aversive techniques - Flooding- Modeling- Shaping. Prompting - Fading- Chaining-Token Economy- Time Out.

**UNIT V**

Management of Bio-psychosocial Issues: Management of Anxiety. Stress - Obesity - Phobia - Stuttering and Stammering. Cognitive Behaviour Modification: Cognitive Therapy- Cognitive Restructuring. Self Management methods. Risk Factor Modification. Lifestyle Management - Interventions for Chronic Illness.

\* denotes Self study

**Teaching Methods:**

Smart classroom / PowerPoint presentation / Seminar / Quiz / Discussion

**Text Books:**

1. Miltenberger, R. G., (2000). Behavior Modification (2nd ed). Library of Congress Cataloging-in Publication Data.
2. Martin, G; Pear, J (2007). Behavior Modification: What it is and how to do it (8th ed). Upper Saddle River, NJ: Pearson Prentice Hall

**References Books:**

1. Wolpe, J., (1972). The Practice of Behavior Therapy. NJ: Pearson Prentice Hall. Introduction Behaviour Modification.

**MAPPING**

<b>CO \ PSO</b>	<b>PSO1</b>	<b>PSO 2</b>	<b>PSO 3</b>	<b>PSO 4</b>	<b>PSO 5</b>
<b>CO1</b>	S	M	H	H	H
<b>CO2</b>	M	H	H	S	H
<b>CO3</b>	H	M	M	L	S
<b>CO4</b>	M	M	M	M	S
<b>CO5</b>	H	H	M	M	S

**S** – Strong

**H** – High

**M** – Medium

**L** – Low

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Skill Based subject 1- Cyber Security		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	III	2	30	3

### Course Objectives

1. The course introduces the basic concepts of Cyber Security
2. To develop an ability to understand about various modes of Cyber Crimes and Preventive measures
3. To understand about the Cyber Legal laws and Punishments

### Course Outcomes (CO)

K1 to K5	CO1	To Understand the Concepts of Cybercrime and Cyber Frauds.
	CO2	To Know about Cyber Terrorism and its preventive measures.
	CO3	To Analyze about the Internet, Mobile Phone and E-commerce security issues.
	CO4	To Understand about E-mail and Social Media Issues.
	CO5	To Describe about various legal responses to Cybercrime.

### Syllabus

**UNIT I (6 Hours)**  
Introduction to Cyber Security: Definition of Cyber Security- Why is Cyber Security important? Layers of Cyber Security- Evolution of Cyber Security. Cyber hacking - Cyber fraud: Definition- Different modes of cyber fraud - Cyber fraud in India. Cyber pornography.

**UNIT II (6 Hours)**  
Cyber Terrorism: Modes of cyber terrorism. Cybercrime: What is Cybercrime? Cybercrime preventive methods - Preventive steps for individuals & organizations - Kinds of cybercrime - Malware and its types – Cyber attacks.

**UNIT III (5 Hours)**  
Internet Mobile Phone and E-commerce Security issues: Data theft - Punishment of data theft- Theft of internet hours - Internet safety tips for children & parents. Mobile phone privacy-E-Commerce security issues.

**UNIT IV (6 Hours)**  
Email and Social media issues: Aspects of Social Media - The Vicious Cycle of unhealthy social media use- Modifying social media use to improve mental health. Computer Virus - Antivirus – Firewalls.

**UNIT V (7 Hours)**  
Cyber Forensics and Digital Evidence: What does Digital Footprint Mean? - Web Browsing and Digital Footprints- Digital Footprint examples – How to Protect Your Digital Footprints? - How to erase your Footprints? - Browser Extensions and Search Engine Deletion - Cyber Crime and Cyber Laws - Common Cyber Crimes and Applicable Legal Provisions: A Snapshot - Cyber Law (IT Law) in India – The Information Technology Act of India 2000 - Cyber Law and Punishments in India - Cyber Crime Prevention guide to users – Regulatory Authorities.

**Teaching Methods:**

Chalk and Talk, Presentation, Seminar, Quiz, Discussion &amp; Assignment

**Text Book:**

1. “**Cyber Security**”, **Text Book** prepared by “Kongunadu Arts and Science College”, Coimbatore - 29, 2022.

**Reference Books:**

1. Mayank Bhushan, Rajkumar Singh Rathore, Aatif Jamshed, “**Fundamental of Cyber Security**”, BPB Publications, 1<sup>st</sup> Edition, 2017.
2. Anand Shinde, “**Introduction to Cyber Security-Guide to the world of Cyber Security**”, Notion Press, 2021.
3. Paul Grishman, “**Cyber Terrorism- The use of the Internet for Terrorist Purpose**”, Axis Publication, 1<sup>st</sup> Edition 2010.
4. Shilpa Bhatnagar, “**Encyclopaedia of Cyber and Computer Hacking**”, Anmol Publications, 1<sup>st</sup> Edition 2009.

**Web References:**

1. <http://deity.gov.in/> - Department of Electronics and Information Technology,
2. Govt. of India
3. <http://cybercellmumbai.gov.in/> - Cybercrime investigation cell
4. <http://ncrb.gov.in/> - National Crime Records Bureau
5. <http://catindia.gov.in/Default.aspx> - Cyber Appellate Tribunal
6. <http://www.cert-in.org.in/> - Indian Computer Emergency Response Team
7. <http://cca.gov.in/rw/pages/index.en.do> - Controller of Certifying Authorities
8. [www.safescrypt.com](http://www.safescrypt.com) - Safescrypt
9. [www.nic.in](http://www.nic.in) – National Informatics Centre
10. <https://www.kaspersky.com/resource-center/definitions/what-is-a-digital-footprint>
11. <https://geekflare.com/digital-footprint/>

**Mapping**

CO \ PSO	PSO				
	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	S	H	M	S	H
CO2	H	S	S	H	S
CO3	M	H	M	S	H
CO4	S	H	H	M	H

S – Strong

H – High

M – Medium

L – Low

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Skill Based subject 2 - Psychological Applications in Industry		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	IV	2	30	3

### Course Objectives

1. To gain understanding of key human relations skills demanded at the workplace.
2. To develop self-understanding, strengthen interpersonal relationships, manage stress, effective communication skills.
3. Perform as a focused leader in today's tough business environment.

### Course Outcomes (CO)

K1 to K5	CO1	To acquire the knowledge about behavior modification and to know the history and Applications.
	CO2	To understand the basic principles of Behavior Modification.
	CO3	To analyze behavior change and to know the principles of recording.
	CO4	To understand the behavior modification techniques.
	CO5	To apply the behavior modification techniques in their day today life.

### Syllabus

#### UNIT I

**(4 Hours)**

Self management and social awareness: Understanding self-strengths and weaknesses, Johari window, Emotional Intelligence, Stress and Coping, Time Management.

#### UNIT II

**(6 Hours)**

Inter-personal Communication: Verbal (Oral, writing) and Non-verbal Communication at Work, Overcoming barriers to effective communication, Active Listening, Giving and Receiving Feedback.

#### UNIT III

**(4 Hours)**

Leadership Development: Characteristics of Leadership (developing confidence, assertiveness), Effective Delegation, Problem Solving, Conflict Resolution.

#### UNIT IV

**(8 Hours)**

Team building: Characteristics of a team, Negotiation, Appreciation of Diversity, Group Decision Making.



**UNIT V****(8 Hours)**

Industrial / Organisational Counselling: - Meaning – Problems in industry / Organisations – Methods of Industrial / Organisational Counselling – Approaches to industrial / Organisational Counselling.

**Reference Books:**

1. De Bono, E. (1985). Six Thinking Hats: An Essential Approach to Business Management. New York: Little, Brown, & Company.
2. Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.
3. Hayes, J. (2002). Interpersonal skills at work, 2nd edition. New York: Routledge.
4. Luft, J. & Ingham, H. (1955). The Johari window: A graphic model of interpersonal awareness. Proceedings of the western training laboratory in group development. Los Angeles: UCLA.
5. Miner, John B. Industrial Organizational Psychology. New York: McGraw – Hill.

**MAPPING**

<b>CO \ PSO</b>	<b>PSO1</b>	<b>PSO 2</b>	<b>PSO 3</b>	<b>PSO 4</b>	<b>PSO 5</b>
<b>CO1</b>	S	M	M	H	H
<b>CO2</b>	M	H	S	S	H
<b>CO3</b>	H	M	H	S	L
<b>CO4</b>	M	H	M	S	S
<b>CO5</b>	H	H	M	M	S

**S – Strong                      H – High                      M – Medium                      L – Low**

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Skill Based subject 3 - Counselling Psychology		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	VI	2	30	3

### Course Objectives

To enable the students to

1. Understand the meaning and importance of counselling in the present context.
2. Learn the methods of establishing counselling relationship.
3. Know the dynamics and termination of counselling relationship.
4. Understand the behavioural, cognitive and other approaches to counselling.

### Course Outcomes (CO)

At the end of the course, the students will be able to

K1 to K5	CO1	Understand the concept of counselling psychology.
	CO2	To gain the knowledge about the need and importance of counselling psychology.
	CO3	To understand different models of human behavior based on Psychology.
	CO4	Evaluate the psychoanalytic and humanistic approaches to counselling.
	CO5	Applying the counselling principles to everyday life.

### Syllabus

#### UNIT I

(4 Hours)

##### Introduction

History of and Trends in Counselling - Definition of Counselling – History of Counselling – Current trends in the New Millennium - Dealing with violence, trauma and crises, the challenge of managed care, promoting wellness, concern for social justice, greater emphasis on the use of technology and leadership.

#### UNIT II

(6 Hours)

##### Counselling Process

Building Counselling Relationships – Factors that influence the Counselling process – Seriousness of the presenting problem, Structure, Initiative, The physical setting, Client qualities and Counsellor qualities - Types of Initial Interviews – Conducting the initial interview – exploration and the identification of goals.

#### UNIT III

(4 Hours)

##### Counselling Relationships

Working in a Counselling Relationship – Counsellor skills in the understanding and action phases – Transference and Counter transference – the real relationship. Termination of Counselling Relationships – Function of termination – Timing of termination – Issues of termination – Resistance to termination – Premature termination – Counsellor initiated termination.

**UNIT IV****(8 Hours)****Theories of Counselling**

Psychoanalytic, Adlerian and Humanistic Theories of Counselling– Psychoanalytic theories – Psychoanalysis - Adlerian theory – Adlerian Counselling - Humanistic theories – Person Centered Counselling, Existential Counselling and Gestalt therapy.

**UNIT V****(8 Hours)****Theories of Counselling**

Behavioural, Cognitive, Systemic, Brief and Crisis Theories of Counselling – Behavioural Counselling – Cognitive and Cognitive-Behavioural counselling – Systems Theories – Brief Counselling Approaches – Solution-focused counselling, Narrative Counselling – Crisis Counselling Approaches.

\* denotes Self study

**Teaching Methods:**

Smart classroom / PowerPoint presentation / Seminar / Quiz / Discussion

**Reference Books:**

1. Samuel T. Gladding. (2009). Counselling– A Comprehensive Profession. Sixth Edition. Pearson Education.
2. Narayana Rao, S.: Counselling Psychology (2010). New Delhi: Tata McGraw Hill.
3. Nelson Jones, Richard. (1982). The Theory and Practice of Counselling Psychology, London: Holt, Rinehart and Winston.
4. Gibson, Robert L and Mitchell, Marianne H, (1981). Introduction to Guidance, New York: MacMillan

**MAPPING**

PSO CO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
<b>CO1</b>	H	M	S	H	S
<b>CO2</b>	M	H	M	S	H
<b>CO3</b>	H	M	S	S	S
<b>CO4</b>	M	M	M	S	M
<b>CO5</b>	H	H	M	M	S

S – Strong                      H – High                      M – Medium                      L – Low

<b>Programme Code: 21</b>		<b>B.Sc. Psychology</b>		
Title of the Paper:		Extra Departmental course – Psychology and Wellbeing		
Batch	Semester	Hours / Week	Total Hours	Credits
2023-2026	V	2	30	3

### Course Objectives

1. The nature of Psychological Well-Being and happiness.
2. The factors of well-being.
3. To build a resilience and Positive Personality.
4. To know the process of developing effective solutions to challenging and often systemic social and environmental issues.

### Course Outcomes (CO)

K5	CO1	Define the fundamental concepts of psychology and wellbeing.
	CO2	Classify the human happy life and application of mindfulness.
K1	CO3	Identify the importance of personal goals, self-regulation and control.
	CO4	Identify the various new social practices that aim to meet social needs.
	CO5	Examine various Practice of mindfulness.

### Syllabus

#### UNIT I

(6 hours)

#### Introduction to Psychological Well Being

Well Being: Meaning, Goals and Definition, types of well-being - physical, emotional, social, spiritual, and intellectual. 7 C's of wellbeing. Biological, social and psychological factors influence health and illness. Happiness: Meaning, Hedonic and Eudemonic happiness, Happiness Across the lifespan, Gender and happiness, \*Marriage and happiness, Culture and happiness, Global measure of happiness.

#### UNIT II

(6 hours)

#### Self management

**Personal Goals:** Definition, Measuring PG, Universal human motives, Goals contribute to well-being.

**Self-Regulation:** Meaning, Control and discrepancy theory, planning for S-R success, Goals and problems. **Self-Control:** Meaning, \*Value of self-control; Self-control failure, Goal disengagement.

#### UNIT III

(6 hours)

#### Positive Emotions and Well-Being

Positive Self – Positive Emotions – Broaden and build theory of PE – Hope, Optimism, Empathy, Gratitude, Forgiveness. Positive Relationship: Close relationship – Minding Model.

**UNIT IV**

(6 hours)

**Resilience and Positive Traits**

**Resilience:** Meaning, Developmental and clinical perspectives, Sources of resilience; Children, Adulthood, Later life, Successful aging growth through trauma; **Positive Traits:** Meaning, Personality, Positive beliefs, Positive illusions.

**UNIT V**

(6 hours)

**Social Innovation, Life Above Zero and Mindfulness**

**Social Innovation:** Meaning, Types, Social entrepreneurship, Emotional creativity. **Life Above Zero:** Interconnections of the good and bad, Contours of a positive life, Components of happy life, Seligman PERMA model of well-being. **Mindfulness:** Practice of mindfulness, Mindfulness and well-being.

\* denotes Self study

**Teaching Methods:**

Smart classroom / PowerPoint presentation / Seminar / Quiz / Discussion

**Text Books:**

1. Baumgardner, Steve and Crothers, Marie-Positive Psychology, Pearson Education, Ins, 2015.
2. Baron, R.A. (2004), “**Psychology**”, 5th ed. New Delhi: Pearson Education.
3. Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (1993), “**Introduction to Psychology**”, 7th ed. New Dehi: Tata McGraw Hill.
4. Stephen R.Covey., (1989) “**The 7 habits of highly effective people**” 25<sup>th</sup> Anniversary edition, Free Press, USA.

**Reference Books:**

1. Synder, C.R., Lopez,S. J.,and Pedrotti,J.T- Positive Psychology- The scientific and practical explorations of human strengths, Sage Publications, New Delhi, 2nd Ed 2011.
2. Synder,C.R. Lopez,Shane J. Handbook of Positive Psychology, Oxford University Press,2002.
3. Lopez,Shane J. The Encyclopedia of Positive Psychology Volume I, Blackwell Publishing Ltd, 2009.

**MAPPING**

CO \ PSO	PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1		S	M	S	H	H
CO2		M	H	S	H	H
CO3		M	H	S	S	S
CO4		M	M	M	S	H
CO5		H	H	M	L	S
	S – Strong	H – High		M – Medium		L – Low

For B.A., BBA, B.Com, BCA and B.Sc., Degree Students			
PART IV – ENVIRONMENTAL STUDIES			
Batch	Hours / Week	Total Hours	Credits
2023-2026	2	30	2

### Course Objectives

1. The course will provide students with an understanding and appreciation of the complex interactions of man, health and the environment. It will expose students to the multi-disciplinary nature of environmental health sciences.
2. To inculcate knowledge and create awareness about ecological and environmental concepts, issues and solutions to environmental problems.
3. To shape students into good “Eco citizens” thereby catering to global environmental needs.
4. This course is designed to study about the types of pollutants including gases, chemicals petroleum, noise, light, global warming and radiation as well as pollutant flow and recycling and principles of environmental pollution such as air, water and soil.
5. The course will address environmental stress and pollution, their sources in natural and workplace environments, their modes of transport and transformation, their ecological and public health effects, and existing methods for environmental disease prevention and remediation.

### Course Outcomes

On successful completion of the course, the students will be able to

K1 to K5	CO 1	Understand how interactions between organisms and their environments drive the dynamics of individuals, populations, communities and ecosystems.
	CO2	Develop an in depth knowledge on the interdisciplinary relationship of cultural, ethical and social aspects of global environmental issues.
	CO3	Acquiring values and attitudes towards complex environmental socio-economic challenges and providing participatory role in solving current environmental problems and preventing the future ones.
	CO4	To gain inherent knowledge on basic concepts of biodiversity in an ecological context and about the current threats of biodiversity.
	CO5	To appraise the major concepts and terminology in the field of environmental pollutants, its interconnections and direct damage to the wildlife, in addition to human communities and ecosystems.

### Syllabus

#### UNIT I

#### MULTIDISCIPLINARY NATURE OF ENVIRONMENT

(6 HOURS)

Definition: scope and importance – Need for public awareness - Natural resources – Types of resources – Forest Resources – Water Resources – Mineral Resources – Food Resources – Energy Resources – Land Resources.

#### UNIT II

#### ECOSYSTEMS

(6 HOURS)

Concept of an ecosystem – Structure and functions of an ecosystem – Procedures, consumers and decomposers – Energy flow in the ecosystem – Ecological succession – Food chains, food web and ecological pyramids – Structure and function of the following ecosystem – Forest Ecosystem – Grassland Ecosystem – Desert Ecosystem – Aquatic Ecosystem.

#### UNIT III

#### BIODIVERSITY AND ITS CONSERVATION

(6 HOURS)

Introduction – Definition – Genetic – Species and ecosystem diversity- Bio geographical classification of India – Value of biodiversity – Biodiversity at global, national and local levels – India as a mega - diversity Nation - Hot spot of biodiversity – Threats to biodiversity - Endangered and endemic species of India – Conservation of Biodiversity – Insitu Conservation of Biodiversity – Exsitu Conservation of Biodiversity.

**UNIT IV****ENVIRONMENTAL POLLUTION****(6 HOURS)**

Definition - Causes, effects and control measures of : Air Pollution – Water Pollution – Soil Pollution – Marine Pollution – Noise Pollution – Thermal Pollution – Nuclear Pollution – Solid Waste Management: Causes, effects, control measures of urban and industrial wastes – Role of individual in prevention of pollution – Pollution case studies – domestic waste water, effluent from paper mill and dyeing, cement pollution – Disaster Management – Food, Drought, Earthquake, Tsunami, Cyclone and Landslide.

**UNIT V****SOCIAL ISSUES AND THE ENVIRONMENT****(6 HOURS)**

Sustainable Development – Smart City, Urban planning, Town Planning , Urban problems related to energy – Water Conservation: Rain Water Harvesting and Watershed Management – Resettlement and rehabilitation of people, its problems and concerns, case studies Narmatha Valley Project – Environmental ethics, issues and possible solutions – Climate change, global warming, ozone layer depletion, acid rain, nuclear accidents and holocaust, case studies – Hiroshima and Nagasaki, Chernobyl – Consumerism and waste products – Environmental Protection Act – Air Pollution Act (Prevention and Control) – Water Pollution Act (Prevention and control) – Wild Life Protection Act – Forest Conservation Act – Issues involved in enforcement of environmental legislation – Public awareness – Human Population and the environment – Population Growth and Distribution – Population Explosion – Family Welfare Programme – Environment and Human Health – Human Rights – Value Education – HIV/ AIDS – Women and Child Welfare – Role of Information Technology in Environment and Human Health.

**Text Book:**

1.P.Arul, A Text Book of Environmental Studies, Environmental Agency, No 27, Nattar street, Velacherry main road, Velacheery, Chennai – 42, First Edition, Nov.2004.

**Reference Books:**

1. Purohit Shammi Agarwal, A text Book of Environmental Sciences, Publisher Mrs.Saraswati Prohit, Student Education , Behind Naswan Cinema Chopansi Road, Jodhpur.
2. Dr.Suresh and K.Dhameja, Environmental Sciences and Engineering , Publisher S.K.Kataria & Sons, 424/6, Guru Nanak Street, Vaisarak, Delhi -110 006.
- 3.J.Glynn Henry and Gary W Heinke, Environmental Science and Engineering, Prentice Hall of India Private Ltd., New Delhi – 110 001.

Question Paper Pattern for General papers

**Environmental Studies****Question paper pattern****External only****23EVS101**

Duration: 3 hours

Total Marks : 50

Answer all Questions (5 x 10 = 50 Marks)  
Essay type, either or type questions from each unit.

<b>Programme Code: 21</b>	<b>For B.A., BBA, B.Com, BCA and B.Sc., Degree Students</b>		
<b>PART IV – MORAL AND ETHICS</b>			
<b>Batch</b> 2023-2026	<b>Hours / Week</b> 2	<b>Total Hours</b> 30	<b>Credits</b> 2

### Course Objectives

1. To impart Value Education in every walk of life.
2. To help the students to reach excellence and reap success.
3. To impart the right attitude by practicing self introspection.
4. To portray the life and messages of Great Leaders.
5. To insist the need for universal brotherhood, patience and tolerance.
6. To help the students to keep them fit.
7. To educate the importance of Yoga and Meditation.

### Course Outcomes (CO)

After completing the course the students:

K1 to K5	CO1	Will be able to recognize Moral values, Ethics, contribution of leaders, Yoga and its practice.
	CO2	Will be able to differentiate and relate the day to day applications of Yoga and Ethics in real life situations.
	CO3	Can emulate the principled life of great warriors and take it forward as a message to self and the society.
	CO4	Will be able to analyze the Practical outcome of practicing Moral values in real life situation.
	CO5	Could Evaluate and Rank the outcome of the pragmatic approach to further develop the skills.

### Syllabus

#### UNIT I

(4 Hours)

**Moral and Ethics:** Introduction – Meaning of Moral and Ethics – Social Ethics – Ethics and Culture – Aim of Education.

#### UNIT II

(6 Hours)

**Life and Teachings of Swami Vivekananda:** Birth and Childhood days of Swami Vivekananda – At the Parliament of Religions – Teachings of Swami Vivekananda

#### UNIT III

(4 Hours)

**Warriors of our Nation:** Subhas Chandra Bose – Sardhar Vallabhbai Patel – Udham Singh – V.O. Chidambaram Pillai – Bhagat Singh – Tiruppur Kumaran – Dheeran Chinnamalai – Thillaiyadi Valliammai – Velu Nachiyar – Vanchinathan

#### UNIT IV

(8 Hours)

**Physical Fitness and Mental Harmony:** Simplified Physical Exercise – Hand Exercises – Leg Exercises – Neuro Muscular Breathing Exercises – Eye Exercises – Kabalabathi – Maharasana A & B – Massage - Acupressure – Relaxation – Kayakalpa Yogam - LifeForce – Aim & Objectives – Principle – Methods. Introspection – Analysis of Thoughts – Moralization of Desires – Neutralization of Anger – Eradication of Worries



**Sub.Code: 23VED201**

**UNIT V**

**(8 Hours)**

**Yoga and Meditation – The Asset of India:** Yogasanam – Rules & Regulations – Surya Namaskar – Asanas –Sitting – Stanging – Prone - Supine - Pranayama – Naadi Sudhi – Ujjayi – Seethali – Sithkari - Benefits. Meditation – Thanduvassudhi - Agna – Shanthi – Thuriyam – Benefits.

**Text Book:**

1. Value Based Education – Moral and Ethics – compiled by Kongunadu Arts and Science College (Autonomous), 2<sup>nd</sup> Edition (2021).

**Reference Books:**

1. Swami Vivekananda – A Biography, Swami Nikhilananda, Advaita Ashrama, India, 24<sup>th</sup> Reprint Edition (2010).
2. Gandhi, Nehru, Tagore and other eminent personalities of Modern India, Kalpana Rajaram, Spectrum Books Pvt. Ltd., revised and enlarged edition(2004).
3. Freedom Fighters of India, Lion M.G. Agrawal, Isha Books Publisher, First Edition (2008).
4. Easy steps to Yoga by Swami Vivekananda, A Divine Life Society Publication(2000).
5. Yoga Practices - 1 – The World Community Service Centre – Vethathiri Publications, Sixth Edition (2017),Erode.
6. Yoga Practices - 2 – The World Community Service Centre – Vethathiri Publications– Eighth Edition (2017),Erode.

**Value Education – Moral & Ethics**

**23VED201**

**Question Paper Pattern**

**(External only)**

Duration: 3 hours

Total Marks: 50

Answer all Questions (5 x 10 = 50 Marks)  
Essay type, either or type questions from each unit.

<b>Programme Code : 21</b>	<b>For B.A., BBA, B.Com, BCA and B.Sc., Degree Students</b>		
<b>PART IV -NON MAJOR ELECTIVE –I HUMAN RIGHTS</b>			
<b>Batch</b> 2023-2026	<b>Hours / Week</b> 2	<b>Total Hours</b> 30	<b>Credits</b> 2

### Course Objectives

1. To prepare for responsible citizenship with awareness of the relationship between Human Rights, democracy and development.
2. To impart education on national and international regime on Human Rights.
3. To sensitive students to human suffering and promotion of human life with dignity.
4. To develop skills on human rights advocacy.
5. To appreciate the relationship between rights and duties.
6. To foster respect for tolerance and compassion for all living creature.

### Course Outcomes (CO)

K1 to K5	CO1	To understand the hidden truth of Human Rights by studying various theories.
	CO2	To acquire overall knowledge regarding Human Rights given by United Nation Commission (UNO).
	CO3	To gain knowledge about various organs responsible for Human Rights such as National Human Rights Commission and State Human Right Commission (UNHCR).
	CO4	To get habits of how to treat aged person, others and positive social responsibilities.
	CO5	To treat and confirm, child, refugees and minorities with positive social justice.

### Syllabus

#### UNIT I

Definition, Meaning, Concept, Theories and Kinds of Human Rights- Evaluation and Protection of Human Rights in India- Development of Human Rights under the United Nations.

#### UNIT II

United Nations Charter and Human Rights - U.N.Commission on Human Rights- Universal Declaration of Human Rights - International Covenant on

- Civil & Political Rights
- Economic, Social and Cultural Rights

#### UNIT III

Human Rights and Fundamental Rights (Constitution) - Enactments regarding Human Rights Laws in India - National Human Rights Commission and State Human Rights Commission.

#### UNIT IV

Aged persons and their Human Rights - Human Rights of Persons with Disabilities - Tribal Human Rights in India - Three Generation Human Rights -Social Awareness and Responsibilities of Individuals.

**UNIT V**

Rights of Women, Child, Refugees and Minorities –Social media and Human Rights  
NGO's in protection of Human Rights - Right to Election

**Text Books:**

1. Human Rights (2019) Compiled by Kongunadu Arts and Science College, Coimbatore –29.

**Reference Book:**

1. Human Rights, (2018) Jaganathan,MA.,MBA.,MMM.,ML.,ML., Humanitarian Law and J.P.Arjun Proprietor,Usha JaganathanRefugee Law, law series, 1<sup>st</sup> floor, Narmatha Nanthi Street, Magathma Gandhi Nagar, Madurai – 625014.

**Non-major Electives I – Human Rights  
Question Paper Pattern**

**Duration: 3 Hours**

**Max. Marks: 75**

**Answer ALL Questions**

**SECTION A**

(5 x 5 = 25 marks)

Short answers, either or type, one question from each unit.

**SECTION B**

(5 x 10 = 50 marks)

Essay type questions, either or type, one question from each unit.

Programme Code: 21		<b>B.Sc. Psychology</b>		
Course Code: 21UWR4N2		<b>Part IV -Non- Major Elective – II Women’s Rights</b>		
Batch <b>2023- 2026</b>	Semester <b>IV</b>	Hours / Week <b>2</b>	Total Hours <b>30</b>	Credits <b>2</b>

### Objectives

1. To know about the laws enacted to protect Women against violence.
2. To impart awareness about the hurdles faced by Women.
3. To develop a knowledge about the status of all forms of Women to access to justice.
4. To create awareness about Women’s rights.
5. To know about laws and norms pertaining to protection of Women.
6. To understand the articles which enables the Women’s rights.
7. To understand the Special Women Welfare laws.
8. To realize how the violence against Women puts an undue burden on healthcare services.

### Course Outcomes (CO)

**After Completion of the Course the student will be able to**

K1 to K5	CO1	Appraise the importance of Women’s Studies and incorporate Women’s Studies with other fields.
	CO2	Analyze the realities of Women Empowerment, Portrayal of Women in Media, Development and Communication.
	CO3	Interpret the laws pertaining to violence against Women and legal consequences.
	CO4	Contribute to the study of the important elements in the Indian Constitution, Indian Laws for Protection of Women.
	CO5	Spell out and implement Government Developmental schemes for women and create awareness on modernization and impact of technology on Women.

### Syllabus

#### UNIT I

**(6 Hours)**

##### Women’s Studies:

Basic concepts of Women’s studies in Higher education, Women’s studies perspectives- Socialization- Patriarchy- Women’s studies as an academic discipline- Growth and development of Women’s studies as a discipline internationally and in India.

#### UNIT II

**(6 Hours)**

##### Socio-Economic Development of Women:

Family welfare measures, role of Women in economic development, representation of Women in media, status of Women land rights, Women Entrepreneurs, National policy for the empowerment of women.

#### UNIT III

**(6 Hours)**

##### Women’s Rights – Access to Justice:

Crime against Women, domestic violence – physical abuse- verbal abuse – emotional abuse - economic abuse – minorities, dowry- harassment and death, code of conduct for work place, abetment of suicide.

#### UNIT IV

**(6 Hours)**

##### Women Protective acts:

Protective legislation for Women in the Indian constitution- Anti dowry, SITA, PNDDT, and Prevention Sexual Harassment at Workplace (Visaka case), Domestic violence (Prevention) Act.

#### UNIT V

**(6 Hours)**

##### Women and Child welfare:

Safety provisions - various forms of mass media, radio, visual, internet, cyber space, texting, SMS and smart phone usage. Healing measures for the affected Women and child society by private and public sector, NGO and society.

**Teaching Methods:**

Smart Class Room / PowerPoint Presentation / Seminar / Quiz / Discussion / Flipped Class

**Text Book:**

1. **Women's Rights** (2021), Published by Kongunadu Arts & Science College, Coimbatore – 641 029.

**Reference Books:**

1. **“Rights of Indian Women”** by Vipul Srivatsava. Publisher: Corporate Law Advisor, 2014.
2. **“Women's security and Indian law”** by Harsharam Singh. Publisher: Aabha Publishers and Distributors, 2015.
3. **“Women's Property Rights in India”** by Kalpaz publications, 2016.

**Question Paper Pattern**

Duration :3 hrs

Max: 75 marks

**Section A** (5 X 5=25 Marks)

Short notes

Either – Or/ Type - Question from each unit.

**Section B** (5 X 10=50 Marks)

Essay type - Either – Or/ Type - Question from each unit.

Programme Code : 21		For B.A., B.Sc., and BCA Degree Students	
<b>Non- Major Elective – Consumer Affairs</b>			
<b>Batch</b>	<b>Hours/Week</b>	<b>Total Hours</b>	<b>Credits</b>
2023-2026	2	30	2

### Course Objectives

- 1.To familiarize the students with their rights and responsibilities as a consumer.
- 2.To understand the procedure of redress of consumer complaints.
3. To know more about decisions on Leading Cases by Consumer Protection Act.
4. To get more knowledge about Organizational set-up under the Consumer Protection Act
5. To impart awareness about the Role of Industry Regulators in Consumer Protection
6. To understand Contemporary Issues in Consumer Affairs

### Course Outcomes (CO)

K1 to K5	CO1	Able to know the rights and responsibility of consumers.
	CO2	Understand the importance and benefits of Consumer Protection Act.
	CO3	Applying the role of different agencies in establishing product and service standards.
	CO4	Analyse to handle the business firms' interface with consumers.
	CO5	Assess Quality and Standardization of consumer affairs.

### Syllabus

#### UNIT I

**(6 Hours)**

Conceptual Framework - Consumer and Markets: Concept of Consumer, Nature of markets: Liberalization and Globalization of markets with special reference to Indian Consumer Markets, E-Commerce with reference to Indian Market, Concept of Price in Retail and Wholesale, Maximum Retail Price (MRP), Fair Price, GST, labeling and packaging along with relevant laws, Legal Metrology. Experiencing and Voicing Dissatisfaction: Consumer buying process, Consumer Satisfaction/dissatisfaction-Grievances-complaint, Consumer Complaining Behaviour: Alternatives available to Dissatisfied Consumers; Complaint Handling Process: ISO 10000suite

#### UNIT II

**(6 Hours)**

The Consumer Protection Law in India - Objectives and Basic Concepts: Consumer rights and UN Guidelines on consumer protection, Consumer goods, defect in goods, spurious goods and services, service, deficiency in service, unfair trade practice, restrictive trade practice.

Organizational set-up under the Consumer Protection Act: Advisory Bodies: Consumer Protection Councils at the Central, State and District Levels; Adjudicatory Bodies: District Forums, State Commissions, National Commission: Their Composition, Powers, and Jurisdiction (Pecuniary and Territorial), Role of Supreme Court under the CPA with important case law.

**UNIT III****(6 Hours)**

Grievance Redressal Mechanism under the Indian Consumer Protection Law - Who can file a complaint? Grounds of filing a complaint; Limitation period; Procedure for filing and hearing of a complaint; Disposal of cases, Relief/Remedy available; Temporary Injunction, Enforcement of order, Appeal, frivolous and vexatious complaints; Offences and penalties.

Leading Cases decided under Consumer Protection law by Supreme Court/National Commission: Medical Negligence; Banking; Insurance; Housing & Real Estate; Electricity and Telecom Services; Education; Defective Products; Unfair Trade Practices.

**UNIT IV****(6 Hours)**

Role of Industry Regulators in Consumer Protection

- i. Banking: RBI and Banking Ombudsman
- ii. Insurance: IRDA and Insurance Ombudsman
- iii. Telecommunication: TRAI
- iv. Food Products: FSSAI
- v. Electricity Supply: Electricity Regulatory Commission
- vi. Real Estate Regulatory Authority

**UNIT V****(6 Hours)**

Contemporary Issues in Consumer Affairs - Consumer Movement in India: Evolution of Consumer Movement in India, Formation of consumer organizations and their role in consumer protection, Misleading Advertisements and sustainable consumption, National Consumer Helpline, Comparative Product testing, Sustainable consumption and energy ratings.

Quality and Standardization: Voluntary and Mandatory standards; Role of BIS, Indian Standards Mark (ISI), Ag-mark, Hallmarking, Licensing and Surveillance; Role of International Standards: ISO an Overview.

Note: Unit 2 and 3 refers to the Consumer Protection Act, 2086. Any change in law would be added appropriately after the new law is notified.

**Teaching Methods:**

Smart Class rooms /Power Point Presentations / Seminars/Quiz /Discussion /Flipped Classrooms

**SUGGESTED READINGS:**

1. Khanna, Sri Ram, Savita Hanspal, Sheetal Kapoor, and H.K. Awasthi. (2007) Consumer Affairs, Universities Press.
2. Choudhary, Ram Naresh Prasad (2005). Consumer Protection Law Provisions and Procedure, Deep and Deep Publications Pvt Ltd.
3. G. Ganesan and M. Sumathy. (2012). Globalisation and Consumerism: Issues and Challenges, Regal Publications.
4. Suresh Misra and Sapna Chadah (2012). Consumer Protection in India: Issues and Concerns, IIPA New Delhi.
5. Rajyalaxmi Rao (2012), Consumer is King, Universal Law Publishing Company
6. Girimaji, Pushpa (2002). Consumer Right for Everyone Penguin Books.
6. E-books :-[www.consumereducation.in](http://www.consumereducation.in)
7. Empowering Consumers e-book,[www.consumeraffairs.nic.in](http://www.consumeraffairs.nic.in) 9.ebook,[www.bis.org](http://www.bis.org).
8. The Consumer Protection Act, 2086 and its later versions.