



**MANAV RACHNA INTERNATIONAL
INSTITUTE OF RESEARCH AND STUDIES**
(Deemed to be University under section 3 of the UGC Act, 1956)

**FACULTY OF BEHAVIORAL AND SOCIAL
SCIENCES**

**DEPARTMENT OF APPLIED
PSYCHOLOGY**

**CURRICULUM
AND
SCHEME OF EXAMINATION**

B.A. (Hons.) APPLIED PSYCHOLOGY

BATCH: 2022-23

FOREWORD

This is to certify that this booklet contains the entire Curriculum and Scheme of Examination of Bachelor (Hons.) of Applied Psychology being offered at Faculty of Behavioral and Social Sciences of this University. This has been duly vetted and finally approved by the Academic Council of the University vide its 41st meeting held on 13th September 2022 and changes, if any deemed appropriate, shall be duly incorporated after the necessary approval by the Academic Council.

This Curriculum and Scheme of Examination of Bachelor (Hons.) of Applied Psychology shall be implemented w.e.f. AY 2022-23.

Date:

**Prof. (Dr.) Naresh Grover
Dean-Academics, MRIIRS**

Preamble

The Department of Applied Psychology aims to encourage scholarship, research and innovation in a wide area of applied and fundamental aspects of Applied Psychology. The Programme Education Objectives (PEOs) of B.A (Hons.) Applied Psychology are consistent with the Vision and Mission of the Department as well as the University, and aim to enable the students to undertake careers involving psychological therapy and treatment, Evaluation and planning intervention, and conducting innovative and sensitive research to connect the knowledge of core and applied domains for effective resolution of longstanding issues using suitable techniques and theoretical perspectives, and to undertake progressive careers in advanced research fields. The POs and PSOs address the PEOs and aim to produce psychologists with high professional and social ethics. The courses offered cater to the need of regional (eg. Sports Psychology, Thesis/Project/Internship/Field Training), national (eg. Understanding Human Psyche, Psychology and Media) and global issues (eg. Introduction to Personality, Psychology and Health and Well-being) and identifying their solutions.

The curriculum includes courses focusing on employability, entrepreneurship and skill development which map strongly with the POs defining demonstration of technical knowledge and engagement in independent and life-long learning.

Certain courses are meant to create awareness about the environment and sustainability and inculcate professional ethics, like Environmental Studies, Psychology of Interpersonal Relationship. In order to inculcate within the students a responsive and perceptive perspective towards the current social and environment issues, the curriculum includes the solutions to deal with gender related and environment related issues in the society. The curriculum has been created in order to ensure for the students of Applied Psychology a holistic approach towards Society, Environment and one's own Self. The aim of the Department is to develop the students into a responsible member of society with inherent ethical and moral values, who can contribute to the prevalence of Applied Psychology at global level.

INDEX

Contents	Page Nos.
Vision and Mission of the Department	1
About the Department	1
Programme Educational Objectives and Programme Outcomes/Programme Specific Outcomes Mapping	1
Semester System and Choice Based Credit System	3
Study Scheme	4
Course Contents in Detail	13
Appendix A: List of courses having relevance to the Local/Regional, National and Global Development needs.	101
Appendix B: List of courses having focus on Employability, Entrepreneurship and Skill Development	103
Appendix C: Appendix C: List of courses and proposed activities relevant to Professional Ethics, Gender, Human Values, Environment and Sustainability	105

About the Department

Department of Applied Psychology was started in 2012 at Faculty of Management studies. at the outset it had incepted the post graduate course in applied psychology and gradually in order to spread its wings further the department also introduced undergraduate program in applied psychology in 2015 and later in 2017 it was transferred to newly founded Faculty of Behavioral and social sciences, where it had also started the doctoral program in Psychology. The Department of Applied Psychology functions with a firm belief that every individual is unique and have something to offer in creating a better world and education is the mean to facilitate that specific uniqueness of the individual.

Vision Statement

To become the preeminent intellectual and creative school for effective engagement in a life that requires individuals to grapple with complex problems, pursue more fluid and flexible career pathways and collaboratively create change contributing to a better ethical and just world

Mission

- To deliver a world class curriculum enabling students to empower and support people with Psychological Issues
- To shape intellectuals through experimentation exposure and experiences
- To develop excellent citizens who can contribute in emerging global economy by being harbingers of change
- To create future leaders by providing cutting edge fundamental and applied knowledge that can positively impact glocal communities

Program Education Objectives (PEO's)

PEO-1: Create competent Psychologists who have fundamental knowledge of psychological principals to meet current and future needs globally and for local communities
PEO-2: Shape future researchers to describe, apply and evaluate complex psychological phenomena and resolve issues pertinent to mankind in order to strengthen social concern.
PEO-3: Train young minds to become professionals with strong ethical principles in the field of Psychology
PEO-4: Inculcate continuous learning to prepare students to successfully meet the professional demands and challenges by helping them learn range of skills including Interpersonal skills, group dynamics and teamwork.

Program Objectives (PO's)

Program Objectives are brief, clear statements that describe the desired learning outcomes of instruction; i.e., the **specific** skills, values, and attitudes students should exhibit that reflect the broader **goals**. ... tasks on which students can be expected to demonstrate varying degrees of progress. During the and by the end of the program the students will be able to-

PO-1	Appreciate different methodological approaches to psychological understanding and unable them to acquire necessary experience for future training.
PO-2	Apply psychological understanding, knowledge and skills in identifying real world problems at International, National and local level and finding solutions to them.
PO-3	Build professional competence in terms of applying psychological techniques and knowledge pertaining to everyday life
PO-4	Connect concepts learned in local, national and international context.
PO-5	To show integrity in personal and professional relationships and conduct.
PO-6	Develop cultural and historical awareness towards different traditions and understand and fulfil environmental responsibilities.
PO-7	Enable students to identify key theories and utilize them to solve challenges at various levels (personal, professional, social,etc.)

Program Specific Objectives (PSOs)

PSO-1:	Build advanced skills in different areas of psychological sciences through testing, experimentation and research and provide psychological help (e.g. psychological testing, experimentation, counseling, interviewing, and therapies)
PSO-2	Develop better research and development framework to facilitate the local and global development of society by resolving issues pertinent to social, humanitarian and scientific relevance
PSO-3	Design constructive solutions by connecting theory with practice and engage learners in logical analysis of real world issues

Articulation Matrix (Mapping is labeled as strongly with 3, moderately with 2 and low with 1)

	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6	PSO-1	PSO-2	PSO-3
PEO-1	3	3	2	2	3	3	3	3	3
PEO-2	3	2	3	3	3	3	3	2	3
PEO-3	2	3	3	3	2	2	3	3	3
PEO-4	3	3	3	3	3	2	3	3	2

Semester and Choice Based Credit System

Each course has a certain number of credits assigned to it depending upon its duration in periods for lecture, tutorial and laboratory/clinical practice in a week. A few courses/activities are without credit (s) and are referred to as Audit Pass Courses (APC) but are mandatory to pass as a partial fulfillment of award of degree.

(b)Earning of credits

At the end of every course, a letter "Grade" shall be awarded in each course for which a student has registered. On obtaining a minimum Pass Grade, student shall accumulate the course credits as Earned Credits. A student's performance shall be measured by the number of credits that he/she has earned and by the weighted grade point average. Grades obtained in the audit courses shall not be counted for computation of grade point average, however shall be mandatory to pass as a partial fulfillment of award of degree.

For Award of Degree of a programme **B.A. (Hons.) Applied Psychology**, he/she has to earn minimum **140 credits** during the **3 year duration** of the program in **6 semesters**.

The total credits required to be earned have been further classified under two baskets of courses: "Compulsory Courses Basket", and "Elective Courses Basket". The total **98 credits** required to be earned under "Compulsory Courses Basket" and **42 credits** under "Elective Courses Basket".

All courses under "Compulsory Courses Basket", are required to be qualified and cleared/pass by each and every student enrolled under the program and are semester-wise listed in the study scheme along with credits assigned to each course.

Under Elective Courses Basket, there will be three types of courses:

- Semester-wise courses offered by the department itself
- Open/Inter-disciplinary courses offered at the Institute/University level notified from the office of Dean-Academics.
- Massive Open Online Courses (MOOCs) available on SWAYAM Platform or any other platform as recommended by UGC/AICTE and notified from the office of Dean-Academics.

Each course shall have credits assigned to it. Student shall be required to register courses every semester for as many courses/credits specified under "Elective Courses Basket" depending upon his/her interest, capability/pace of learning and availability of time slot (without any clash in time table) so as to earn all required total credits under the "Elective Courses Basket" during the entire programme duration.

However, for registration of courses [including courses under "Compulsory Courses Basket", "Elective Courses Basket" and Previous Semester Courses (wherein he/she was declared in-eligible on the basis of attendance or he/she could not clear the course within permissible given chances)], if any, the maximum limit in a semester shall be 30 credits.

Semester wise Study Scheme with contact hours, assigned credits & distribution of marks

Study Scheme of BA (Hons.) Applied Psychology

SEMESTER- I															
Course Type	Course Code	Title of Course	Pre-requisite Course, if		Periods per Week				Marks				Duration of Exam	Credits	
			Title	Code	L	T	P	Total	Internal		External				Total
									Theory	Practical	Theory	Practical			
Compulsory Course															
Ability Enhancement Course	CH-202B	Environmental Studies			3	1	0	4	100	NA	100	NA	200	3 hours	4
Core	BPSY-DS-106	Introduction to Psychology			3	1	0	4	100	NA	100	NA	200	3 hours	4
	BPSY-DS-107	Practical Training in Psychology			0	0	4	4	NA	50	NA	50	100	Viva	2
	BPSY-DS-103A	Bio-Psychology			3	1	0	4	100	NA	100	NA	200	3 hours	4
Discipline Centric Elective (pick any one)***	BPSY-DS-104A	Educational Psychology			3	1	0	4	100	NA	100		200	3 hours	4
	BPSY-DS-108	Evolutionary Psychology													
Total for Core Course+ Discipline Centric Elective					12	4	4	20	400	50	400	50	900		18 Credit
Elective Courses*															
Generic Elective (pick	PSY-GE-003	Introduction to Political Science			3	1	0	4	100	NA	100	NA	200	3 hours	4

any one)***	BPSY-GE-27	Supervised Independent Learning* * - Term Paper			0	0	6	6	NA	100	NA	100	200	Viva	3
Domain Centric Elective (pick any one)***	BPSY-ID-001	Pioneer Works in Psychology			3	1	0	4	100	NA	100	NA	200	3 hours	4
	BPSY-ID-002	Youth Psychology													
<p>* Under Elective Courses, beside the mentioned Domain Specific Elective Courses, other Inter-disciplinary, Generic, on-line Courses (MOOCs etc) and other approved courses shall be offered, which shall be notified well before start of the semester. The student shall be required and allowed to opt the courses out of offered courses as per maximum limit for maximum credits and for the category of Elective Courses under University Rules.</p>															

SEMESTER- II															
Course Type	Course Code	Title of Course	Pre-requisite Course, if	Periods per Week				Marks				Duration of Exam	Credits		
								Internal		External				Total	
				Title	Code	L	T	P	Total	Theory	Practical				Theory
Compulsory Course															
Core	BPSY-DS-206	Fundamentals of Social Psychology			3	1	0	4	100	NA	100	NA	200	3 hours	4
	BPSY-DS-207	Practical Training in Psychology II			0	0	8	8	NA	50	NA	50	100	Viva	4
	BPSY-DS-208	Introduction to Research Methodology			3	1	0	4	100	NA	100	NA	200	3 hours	4
	BPSY-DS-209	Personality Theories			3	1	0	4	100	NA	100		200	3 hours	4

Total for Core Course+ Discipline Centric Elective				9	3	8	20	300	50	300	50	700		16 Cred it					
Elective Courses*																			
		Supervis ed Independ ent Learning II** - Textual Analysis							0	0	8	8	NA	100	NA	100	200	Viva	4
	BPSY- GE-28																		
Domain Centric Elective (pick any one)* **	PSY- GE- 002	Introducti on to Sociology																	
	BPS Y-ID- 004	Vedic Maths			3	1	0	4	100	NA	100	NA	200	3 hours					4
<p>* Under Elective Courses, beside the mentioned Domain Specific Elective Courses, other Inter-disciplinary, Generic, on-line Courses (MOOCs etc) and other approved courses shall be offered, which shall be notified well before start of the semester. The student shall be required and allowed to opt the courses out of offered courses as per maximum limit for maximum credits and for the category of Elective Courses under University Rules.</p>																			

SEMESTER- III															
Course Type	Course Code	Title of Course	Pre- requisit e Course, if		Periods per Week				Marks					Durati on of Exam	Credi ts
			Titl e	Cod e	L	T	P	Tot al	Internal		External		Tot al		
									Theo ry	Practi cal	Theo ry	Practi cal			
Compulsory Course															
Core	BPSY- DS- 304	Introductio n to Statistics			3	1	0	4	100	NA	100	NA	200	3 hours	4
	BPSY- DS- 306	Practical Training in Psychology III			0	0	6	6	NA	50	NA	50	100	Viva	3
	BPSY- DS- 302	Developme ntal Psychology I			3	1	0	4	100	NA	100	NA	200	3 hours	4

	BPSY-DS-305	Positive Psychology			3	1	0	4	100	NA	100		200	3 hours	4
Total for Core Course+ Discipline Centric Elective					9	3	6	18	300	50	300	50	700		15 Credit
Elective Courses*															
	BPSY-GE-29	Supervised Independent Learning III** - Survey Report			0	0	8	8	NA	100	NA	100	200	Viva	4
Domain Centric Elective (pick any one)**	BPSY-ID-005	Media Psychology													
	BPSY-ID-006	Sustainability & Psychology			2	1	0	3	100	NA	100	NA	200	3 hours	3
<p>* Under Elective Courses, beside the mentioned Domain Specific Elective Courses, other Inter-disciplinary, Generic, on-line Courses (MOOCs etc) and other approved courses shall be offered, which shall be notified well before start of the semester. The student shall be required and allowed to opt the courses out of offered courses as per maximum limit for maximum credits and for the category of Elective Courses under University Rules.</p>															

SEMESTER- IV															
Course Type	Course Code	Title of Course	Pre-requisite Course, if		Periods per Week				Marks				Duration of Exam	Credits	
			Title	Code	L	T	P	Al	Internal		External				Total
									Theory	Practical	Theory	Practical			
Compulsory Course															
Core	BPSY-DS-405	Health & Nutritional Psychology			3	1	0	4	100	NA	100	NA	200	3 hours	4
	BPSY-DS-402	Practical Training in Psychology IV			0	0	6	6	NA	50	NA	50	100	Viva	3

	BPSY-DS-404	Psychological Testing			3	1	0	4	100	NA	100	NA	200	3 hours	4
	BPSY-DS-403	Developmental Psychology II			3	1	0	4	100	NA	100		200	3 hours	4
Total for Core Course+ Discipline Centric Elective					9	3	6	18	300	50	300	50	700		15 Credits
Elective Courses*															
	BPSY-GE-30	Supervised Independent Learning IV** - Case Report Writing			0	0	8	8	NA	100	NA	100	200	Viva	4
Domain Centric Elective (pick any one)**	BPSY-ID-011	Introduction to Sports Psychology													
	PSY-GE-006	Indian Psychology			2	1	0	3	100	NA	100	NA	200	3 hours	3
<p>* Under Elective Courses, beside the mentioned Domain Specific Elective Courses, other Inter-disciplinary, Generic, on-line Courses (MOOCs etc) and other approved courses shall be offered, which shall be notified well before start of the semester. The student shall be required and allowed to opt the courses out of offered courses as per maximum limit for maximum credits and for the category of Elective Courses under University Rules.</p>															

SEMESTER- V															
Course Type	Course Code	Title of Course	Pre-requisite Course, if		Periods per Week				Marks				Duration of Exam	Credits	
									Internal		External				Total
			Titl e	Cod e	L	T	P	al	Theo ry	Practi cal	Theo ry	Practi cal			
Compulsory Course															
Core	BPSY-DS-501	Industrial and Organizational			3	1	0	4	100	NA	100	NA	200	3 hours	4

		Psychology I												
	BAP-DS-503	Practical Training in Psychology V			0	0	6	6	NA	50	NA	50	100	3
	BPSY-DS-502	Abnormal Psychology I			3	1	0	4	100	NA	100	NA	200	4
	BPSY-DS-504	Counseling I			3	1	0	4	100	NA	100		200	4
Total for Core Course+ Discipline Centric Elective					9	3	6	18	300	50	300	50	700	15
Elective Courses*														
	BPSY-GE-31	Supervised Independent Learning V** - Summer Internship			0	0	8	8	NA	100	NA	100	200	4
Domain Centric Elective (pick any one)**	BPSY-ID-004	Psychology of Peace											3 hours	
	BPSY-ID-007	Gender, Culture & Diversity			2	1	0	3	100	NA	100	NA	200	3
<p>* Under Elective Courses, beside the mentioned Domain Specific Elective Courses, other Inter-disciplinary, Generic, on-line Courses (MOOCs etc) and other approved courses shall be offered, which shall be notified well before start of the semester. The student shall be required and allowed to opt the courses out of offered courses as per maximum limit for maximum credits and for the category of Elective Courses under University Rules.</p>														

SEMESTER- VI																
Course Type	Course Code	Title of Course	Pre-requisite Course, if	Periods per Week					Marks				Duration of Exam	Credits		
				Titl e	Cod e	L	T	P	al	Internal		External			Tot al	
										Theo ry	Practi cal	Theo ry				Practi cal

Compulsory Course																			
Core	BPSY-DS-601	Industrial and Organizational Psychology II							3	1	0	4	100	NA	100	NA	200	3 hours	4
	BPSY-DS-603	Practical Training in Psychology VI								6	6		NA	50	NA	50	100	Viva	3
	BPSY-DS-602	Abnormal Psychology II							3	1	0	4	100	NA	100	NA	200	3 hours	4
	BPSY-DS-604	Counseling Paradigms							3	1	0	4	100	NA	100		200	3 hours	4
	BAP-DS-605	Dissertation							0	0	0	0	NA	100	NA	100	200	Viva	4
Total for Core Course+ Discipline Centric Elective									9	3	8	20	300	150	300	150	900		19 Credit
Elective Courses*																			
Choose any 2 out of 3	BPSY-ID-008	Crisis Intervention																	
	BPSY-ID-009	Criminal Psychology							2	1	0	3	100	NA	100	NA	200	3 hours	3
	BPSY-ID-010	Fashion psychology																	
* Under Elective Courses, beside the mentioned Domain Specific Elective Courses, other Inter-disciplinary, Generic, on-line Courses (MOOCs etc) and other approved courses shall be offered, which shall be notified well before start of the semester. The student shall be required and allowed to opt the courses out of offered courses as per maximum limit for maximum credits and for the category of Elective Courses under University Rules.																			

Detailed List of papers are attached herewith:

Course Type	Course Code	Title of Course
IDAEP	BPSY-ID-001	Pioneer Works in Psychology
	BPSY-ID-002	Youth Psychology
	BPSY-ID-003	Intergroup Relations
	BPSY-ID-004	Psychology of Peace

	BPSY-ID-005	Media Psychology
	BPSY-ID-006	Sustainability & Psychology
	BPSY-ID-011	Introduction to Sports Psychology
	BPSY-ID-007	Gender, Culture & Diversity
	BPSY-ID-008	Crisis Intervention
	BPSY-ID-009	Criminal Psychology
	BPSY-ID-010	Fashion psychology
Generic Elective	PSY-GE-002	Introduction to Sociology
	PSY-GE-003	Introduction to Political Science
	PSY-GE-004	Vedic Mathematics
	PSY-GE-006	Indian Psychology
	BPSY-GE-27	Supervised Independent Learning** - Term Paper
	BPSY-GE-28	Supervised Independent Learning II** - Textual Analysis
	BPSY-GE-29	Supervised Independent Learning III** - Survey Report
	BPSY-GE-30	Supervised Independent Learning IV** - Case Report Writing
	BPSY-GE-31	Supervised Independent Learning V** - Summer Internship
Discipline Centric Elective	BPSY-DS-104 A	Educational Psychology
	BPSY-DS-108	Evolutionary Psychology

SEMESTER-I

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

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CH-202B: ENVIRONMENTAL STUDIES

Periods/week Credits

L: 3 T: 0 3

Evaluation: 100

Duration of Examination: 3 Hrs

Max. Marks: 200

Continuous

End Semester Exams: 100

Prerequisite: The students should have the knowledge of environment, biodiversity, atmospheric pollution and importance of environmental studies. They should have the knowledge of causes and effects of disasters and various environmental problems.

Course Outcomes

By the end of this course, a student should be able to:

CH-202B.1- Explain the significance of equitable use of natural resources and will be able to utilize the knowledge of

biodiversity conservation and protection of environment.

CH-202B.2 - Test for atmospheric pollution and global issues related to environment like natural disasters and will be able to

understand the different acts for pollution control.

CH-202B.3 - Develop an understanding to major health issues of women and children will gain knowledge of Mortality and

Mortality rate.

CH-202B.4 - Combine the knowledge of different ecosystems and energy flow in ecosystem.

CH-202B.5 – Design a model of disaster management.

PART- A

Unit 1: Introduction to environmental studies

1. Multidisciplinary nature of environmental studies;
2. Scope and importance; Concept of sustainability and sustainable development.

Unit 2: Ecosystems

1. What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: food chains, food webs and ecological succession. Case studies of the following ecosystems :
 - a. Forest ecosystem
 - b. Grassland ecosystem
 - c. Desert ecosystem
 - d. Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

Unit 3: Natural Resources: Renewable and Non-renewable Resources

1. Land resources and land use change; Land degradation, soil erosion and desertification.
2. Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations.
3. Water: Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter-state).

4. Energy resources: Renewable and non renewable energy sources, use of alternate energy sources, growing energy needs, case studies.

Unit 4: Biodiversity and Conservation

1. Levels of biological diversity : genetic, species and ecosystem diversity; Biogeographic zones of India; Biodiversity patterns and global biodiversity hot spots
2. India as a mega-biodiversity nation; Endangered and endemic species of India
3. Threats to biodiversity: Habitat loss, poaching of wildlife, man-wildlife conflicts, biologicalInvasions; Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity.
4. Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic and Informational value.

PART-B

Unit 5: Environmental Pollution

- 5.1 Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution
 2. Nuclear hazards and human health risks
 3. Solid waste management: Control measures of urban and industrial waste.
- 5.4 Pollution case studies.

Unit 6: Environmental Policies & Practices

1. Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture.
2. Environment Laws: Environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. International agreements: Montreal and Kyoto protocols and Convention on Biological Diversity (CBD).
3. Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

Unit 7: Human Communities and the Environment

1. Human population growth: Impacts on environment, human health and welfare.
2. Resettlement and rehabilitation of project affected persons; case studies.
3. Disaster management: floods, earthquake, cyclones and landslides.
4. Environmental movements: Chipko, Silent valley, Bishnois of Rajasthan.
5. Environmental ethics: Role of Indian and other religions and cultures in environmental conservation.
6. Environmental communication and public awareness, case studies (e.g., CNG vehicles in Delhi).

Unit 8: Chemistry for peaceful purposes

1. The duality of chemistry: Chemistry for peaceful purposes versus Chemical Weapons
2. Dual – use nature of toxic and precursor chemicals
3. Weapons of mass destructions, disarmament

Unit 9: Field work*

1. Visit to an area to document environmental assets: river/ forest/ flora/fauna, etc.
2. Visit to a local polluted site-Urban/Rural/Industrial/Agricultural.
3. Study of common plants, insects, birds and basic principles of identification.
4. Study of simple ecosystems-pond, river, Delhi Ridge, etc.

Suggested Readings:

1. R.Carson, 2002. *Silent Spring*. Houghton Mifflin Harcourt.

2. M. Gadgil, & R. Guha, 1993. *This Fissured Land: An Ecological History of India*. Univ. of California Press.
3. B. Gleeson, and N. Low, (eds.) 1999. *Global Ethics and Environment*, London, Routledge.
4. P. H. Gleick, 1993. *Water in Crisis*. Pacific Institute for Studies in Dev., Environment & Security. Stockholm Env. Institute, Oxford Univ. Press.
5. Martha J. Groom, K. Meffe Gary, and Carl Ronald Carroll. *Principles of Conservation Biology*. Sunderland: Sinauer Associates, 2006.
6. R. Edward Grumbine, and M.K. Pandit, 2013. Threats from India's Himalaya dams. *Science*, 339: 36--37.
7. P. McCully, 1996. *Rivers no more: the environmental effects of dams* (pp. 29--64). Zed Books.
8. John R. McNeill, 2000. *Something New Under the Sun: An Environmental History of the Twentieth Century*.
9. I.L. Pepper, C.P. Gerba, & Brusseau, M.L. 2011. *Environmental and Pollution Science*. Academic Press.
10. M.N. Rao, & A.K. Datta, 1987. *Waste Water Treatment*. Oxford and IBH Publishing Co. Pvt. Ltd.
11. P.H. Raven, D.M. Hassenzahl, & L.R. Berg, 2012. *Environment*. 8th edition. John Wiley & Sons.
12. A. Rosencranz, S. Divan, & M. L. Noble, 2001. *Environmental law and policy in India*. Tripathi 1992.
13. R. Sengupta, 2003. *Ecology and economics: An approach to sustainable development*. OUP.
14. J.S. Singh, S.P. Singh, and S.R. Gupta, 2014. *Ecology, Environmental Science and Conservation*. S. Chand Publishing, New Delhi.
15. N.S. Sodhi, L. Gibson, & P.H. Raven, (eds). 2013. *Conservation Biology: Voices from the Tropics*. John Wiley & Sons.
16. V. Thapar, 1998. *Land of the Tiger: A Natural History of the Indian Subcontinent*.
17. E. O. Wilson, 2006. *The Creation: An appeal to save life on earth*. New York: Norton.
18. World Commission on Environment and Development. 1987. *Our Common Future*. Oxford University Press.

The break-up for Internal marks:

Sessional tests	:	40 marks
Attendance	:	10 marks
Field work & Report writing / Model making	:	50 marks

Instructions for paper setting End Semester Examination: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B. Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Distribution of Continuous evaluation table

Sessional- I	30%
Sessional- II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Course Articulation Matrix

CO statement CH202B	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
CH202B.1	3	3	2	3	3	3	3	3	2
CH202B.2	3	2	2	2	3	3	3	2	2

CH202B.3	3	3	1	3	3	3	3	3	1
CH202B.4	3	3	2	3	2	3	3	3	2
CH202B.5	2	3	2	3	3	2	2	3	2

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-106 Introduction to Psychology

Periods/week Credits
L: 3 T:1 P:0 4
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Pre-requisites:

Course Type: Compulsory Core Course

Course Outcome: The students will be able to-

- BPSY-DS-106.1. Concept of Psychology, Domains of psychology.
- BPSY-DS-106.2. Different perspectives of Psychology
- BPSY-DS-106.3 Basic principles of psychological processes.
- BPSY-DS-106.4 Applications of psychological principles

PART A

Unit-1 Concept of Psychology

- 1.1 Definition of Psychology
- 1.2 Sub-disciplines and the related field of psychology
- 1.3 Schools of Psychology: Structuralism, Functionalism, Gestalt, Behaviourism, Cognitive perspective, Humanistic perspective.
- 1.3 Recent development in the field of Psychology

Unit-2 Sensation and Perception

- 2.1 Sensory Process: Hearing, Vision, Taste, smell, touch, and pain
- 2.2 Perception: Concept of Perception. Form perception, Depth perception, Time perception, Perceptual constancy

Unit-3 Attention and Emotion

- 3.1 Attention: Definition, Determinants of attention
- 3.2 Fluctuation and Shift of attention
- 3.3 Emotion: Definition, Basic and Mixed emotion, Theories of Emotion (James Lang theory, Cannon-Bard Theory, Schachter singer theory)

Unit-4 Learning and Memory:

- 4.1 Learning: Basic principles of learning, Theories of learning (Trial and Error theory, Gestalt theory, Classical Conditioning, Instrumental Conditioning, Cognitive learning), Application of learning principle
- 4.2 Memory: Concept. Information processing model of memory, The level of processing approach, The organization of long-term memory,
- 4.3 Forgetting: Definition. Causes

Unit-5 Motivation

- 5.1 Concept of Motivation
- 5.2 Theories of Motivation

Required Reading:

- R. A. Baron. 2006. *Psychology* (5thEd.). New Delhi: Pearson Education
- C. Morgan, R. King, J, Weisz, &J, Schopler, J. *Introduction to Psychology* (7th Ed.). New Delhi: McGraw Hill Education
- S.K. Mangal 2020. *General Psychology*. Sterling Publishers Pvt. Limited

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-DS-106	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-DS-106.1	3	3	3	3	2	3	3	3	3
BPSY-DS-106.2	3	2	2	3	3	3	2	2	3
BPSY-DS-106.3	3	2	3	3	2	3	3	3	3
BPSY-DS-106.4	3	3	3	3	2	3	3	3	2

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-107-: Practical training in Psychology

Periods/week Credits

L: 0 T: 0 P: 6 3

Examination: Viva

Max. Marks: 100

Internal/Continuous Assessment: 50

End Semester Exam: 50

Prerequisites:

Course Type: Core

- BPSY-DS-107.1 Equip students with using different psychological assessment tools
BPSY-DS-107.2 Train students in the interpretation of different psychological assessment tools
BPSY-DS-107.3 Gain practical and transferable psychological skills
BPSY-DS-107.4 Enhanced skill of conducting & documenting experiments/ practical in field of psychology.

Suggested Practical:

Reaction time

Span of attention

Maze Learning

Paired Associates- Verbal Learning

Career decision scale

Locus of control

Oxford happiness test

References

Anastasi, A., & Urbina, S. (1997). Psychological testing. Upper Saddle River, N.J: Prentice Hall.
Woodworth, R. S., Schlosberg, H., Kling, J. W., & Riggs, L. A. (1971). Woodworth & Schlosberg's Experimental psychology. New York: Holt, Rinehart and Winston.
Myers, A., & Hansen, C. H. (2002). Experimental psychology. Pacific Grove, CA: Wadsworth/Thomson Learning.

Course Articulation Matrix.

CO statement	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-DS-107.1	3	2	3	1	1	2	1	3	2
BPSY-DS-107.2	3	1	2	3	3	3	3	2	2
BPSY-DS-107.3	3	3	3	1	2	2	3	3	2
BPSY-DS-107.4	3	3	2	3	1	3	3	2	3

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-103 A: Bio-Psychology

Periods/week Credits

Max. Marks: 200

L: 3 T: 1 4

Internal/Continuous Assessment: 100

Duration of Examination: 3 Hrs

End Semester Exam: 100

Pre-requisites:

Course Type: Compulsory Core Course

Course Outcome: The Students will be able to-

BPSY-DS-103A.1	explore biological basis of behavior
BPSY-DS-103A.2	understand connection between brain and behavior
BPSY-DS-103A.3	evaluate significance of brain in affective processes
BPSY-DS-103A.4	Evaluate significance of brain in cognitive processes

PART A

Module 1: Introduction to Bio-Psychology

1. Basics of Physiological Psychology
2. Recent trends and developments in Bio-Psychology
3. Neuro-imagery

Module 2: Anatomy and Evolution of Nervous System

- 2.1. CNS and PNS
- 2.2. Neuron and Neurotransmission
- 2.3. Neurotransmitters

Module 3: The Senses

- 3.1. Vision
- 3.2. Audition
- 3.3 Gustation
- 3.4. Olfaction
- 3.5. Somatosensory

PART B

Module 4: Psychophysiology Sleep and Arousal

- 4.1. Neurophysiology of arousal, and sleep
- 4.2 Neurophysiology of attention and consciousness
- 4.3 Neurophysiology of Sleep

Module 5: Psychophysiology Emotion, Learning, Memory and Motivation

- 5.1 Psychophysiology of emotions
- 5.2 Psychophysiology of learning and memory
- 5.3. Physiological basis of Hunger
- 5.4 Physiological basis of Thirst

Text Books/ Reference Books:

- Carlson, N. R. (2013). *Foundations of Physiological Psychology*. Boston CL
- Levinthal, C. F. (2003). *Introduction to Physiological Psychology*. New Delhi: PHI
- Leukel, F, (1985) *Introduction to Physiological Psychology*, CBS publishers, New Delhi

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-DS-103A	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-DS-103A.1	3	2	3	3	3	3	3	3	3
BPSY-DS-103A.2	2	3	3	3	3	3	3	3	3
BPSY-DS-103A.3	3	3	3	3	2	2	3	3	2
BPSY-DS-103A.4	3	3	3	3	2	2	3	3	2

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-104A: Educational Psychology

Periods/week Credits

200

L: 3 T: 1 4

100

Duration of Examination: 3 Hrs

100

Max. Marks :

Internal/Continuous Assessment :

End Semester Exam:

Pre-requisites:

Course Type: Elective Course

BPSY-DS-104.1	comprehend the relationship between psychology and education
BPSY-DS-104.2	apply classroom management skills
BPSY-DS-104.3	analyze major issues in current education system
BPSY-DS-104.4	appreciate the concept inclusive education
BPSY-DS-104.5	evaluate the strength and weakness of modern education

PART A

Module 1 Education and Psychology

1.1 An Introduction: Nature, Scope & Relevance of Educational Psychology

1.2 Psychology to Education; 'Child-centered' and 'progressive' education

Module 2 Debates and Issues in Educational Psychology

2.1 De-constructing childhood; Role of Play in Education

2.2 Role of a teacher: Teacher as a potter, as gardener, as animal-trainer, as priest, education as dialogue

PART B

Module 3 Classroom Management & Assessment

3.1 Issues related to Classroom Management, Discipline and Control

3.2 Characteristics of Effective Teachers; Teaching Methods & Issues related to Technological Advances;

Module 4 Inclusive Education

4.1 Dealing with Classroom Diversity: Inclusive Education: Nature, Concept & Importance;

4.2 Addressing classroom diversity: Gender, Socio-Economic Status, Caste, Regional, Ethnic & Linguistic Diversity, and Disability

Module 5: Exceptionality and Special Education

Conceptualizing Exceptionality: Categorization, Labeling and its educational implications; Responsibilities of Teachers towards learners with Special Needs

Text Books/ Reference Books:

- Lahey R.B. Graham J. E., (2000) An Introduction to Educational Psychology, 6th Ed., Tata McGraw Hill Publishers, New Delhi.
- Slavin, R. (2008). *Educational psychology: Theory into practice*, (9th ed.). Boston: Allyn and Bacon.

- Santrock J. W. (2010) Educational Psychology, Inwin Professional Publishers, Delhi

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

CO statement	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-DS-104.1	3	3	2	3	3	3	3	3	2
BPSY-DS-104.2	3	2	3	3	3	3	3	2	3
BPSY-DS-104.3		3	3	3	2	3	3	3	3
BPSY-DS-104.4	3	3	2	2	3	3	2	3	3
BPSY-DS-104.5	3	3	3	3	3	2	3	3	2

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-108 Evolutionary Psychology

Periods/week Credits
L: 3 T: 1 P: 0 4
Duration of Examination: 3 Hrs
: 100

Max. Marks: 200
Internal/Continuous Assessment : 100
End Semester Exam

Course Type: (Elective)

BPSY-DS-108.1	ate understanding of the basic terminology used in evolutionary psychology.
BPSY-DS-108.2	Demonstrate an understanding of evolution by natural selection, as well as foundational theories in the field of evolutionary psychology
BPSY-DS-108.3	Analyze and explore how human behavior and our minds have adaptive function.
BPSY-DS-108.4	Apply evolutionary theory to examine the function of psychological mechanisms.
BPSY-DS-108.5	This course will cover methods of applying evolutionary theory to psychology, going through evolutionary accounts of human behaviour.

PART A

Module 1

- 1.1 Fundamentals of Evolutionary Psychology
- 1.2 Human Survival Problems
- 1.3 Different ideologies in the field of Evolutionary Psychology

Module 2

- 2.1 Sex & sexual selection
- 2.2 Women's & Men's long term mating strategies
- 2.3 Women's & Men's short term mating strategies

Module 3

- 3.1 Parenting
- 3.2 Kinship
- 3.3 Cooperation among non-relatives

PART B

Module 4

- 4.1 Aggression & Warfare
- 4.2 Conflict between the sexes
- 4.3 Status, Prestige & Social Dominance

Module 5

- 5.1 Social, common knowledge, and Humor: Live & let live
- 5.2 Understanding motivation & emotion through Evolutionary Psychology
- 5.3 Abnormal health & Drug Use: Implications towards psychological & physical health

Required Reading;

- Buss, D.M. (2014). Evolutionary Psychology: The new science of the mind, 5th Ed,
- Workman L. & Reader W., (2014) Evolutionary Psychology: An Introduction, 3rd Ed.
- Todd K. Shackelford (2020). The Sage Handbook of Evolutionary Psychology.

Software required/Weblinks:

- Assessment Tools
- Assignment/Tutorials
- Sessional tests
- Term end examination

CO statement BPSY-DS-104	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-DS-108.1	3	3	2	2	3	3	3	3	2
BPSY-DS-108.2	2	3	3	3	3	3	3	1	3
BPSY-DS-108.3	2	2	3	3	2	3	2	3	3
BPSY-DS-108.4	2	2	1	3	3	3	2	3	2
BPSY-DS-108.5	2	3	3	3	3	3	3	3	3

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

PSY-GE-003: Introduction to Political Science

Periods/week	Credits	Max. Marks : 200
L: 3 T:1	4	Continuous Evaluation : 100
Duration of Examination: 3 Hrs		End Semester Exam : 100

Pre-requisites:

Course Type: Program Generic Elective

Course Outcome: The students will be able to-

- Psy-GE-003.1 understand governance in India
- Psy-GE-003.2 analyze different component of governance
- Psy-GE-003.3 evaluate relative significance of governance

PART A

Unit 1: Structure and Process of Governance

- 1.1 Indian Model of Democracy
- 1.2 Parliament
- 1.3 Party Politics
- 1.4 Electoral behavior

Unit 2: The Supreme Court and Judicial Activism

- 2.1 Units of Local Governance (Grassroots Democracy)

PART B

Unit 3:

- 3.1 The Political Economy of Development,
- 3.2 Political Significance of Media and Popular Culture

Unit 4: Dynamics of Civil Society

- 4.1 New Social Movements and Various Interests

Text Books/ Reference Books:

- Kohli, Atul (ed.). 2001. The Success of India's Democracy, New Delhi, Cambridge University Press.
- J. Dreze and A. Sen. 1995. India: Economic Development and Social Opportunity, Clarendon.
- J. Bhagwati. 1993. India in Transition: Freeing The Economy, 1993.
- E. Stiglitz. 2003. Globalization and its Discontents, WW Norton, 2003.
- I.G. Patel. 2002. Glimpses of Indian Economic Policy: An Insider View, New Delhi, Oxford University Press.
- G. Shah (ed.). 2002. Social Movements and the State, New Delhi, Sage Publications, 2002.

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks

Course Articulation Matrix

CO statement PSY-GE-003	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
Psy-GE-003.1	3	3	3	3	3	2	2	3	3
Psy-GE-003.2	3	3	3	2	3		2	3	3
Psy-GE-003.3	3	2	3	3	1	1	1	1	2

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-GE-27: Supervised Independent Learning** - Term Paper

Periods/week	Credits	Max. Marks : 200
P:6	3	Continuous Evaluation : 100
Duration of Examination: 3 Hrs		End Semester Exam : 100

Pre-requisites: Nil

Course Type: Program Generic Elective

Course Outcome: The students will be able to-

BPSY-GE-27.1 Develop the research skills for scientific approach

BPSY-GE-27.2 Conduct review of literature on specific area of interest

BPSY-GE-27.3 Develop the ability to deduce specific outcomes from large pool of research studies

In I semester of the program learners are required to conduct a secondary research project under the supervision of an assigned faculty member. The learners are required to select a relevant topic and identify the past researches related to the topic. Based on these reviews, students are required to draw conclusion and key learnings. It is mandatory to submit a research report as it is graded and will contribute to their CGPA.

Students will be evaluated on the following parameters:

S.No	Name Of Component	Percentage Marks
1	CRITICAL INSIGHT	10
2	REPORT	20
3	VIVA VOCE	20
4	REVIEW OF RELATED LITERATURE	10
5	CONTENT & LAYOUT OF THE REPORT	10
6	IMPLICATIONS & CONCLUSIONS	10
7	FINDINGS OF THE STUDY	20

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-ID-001: Pioneer Works in Psychology

Periods/week Credits

L: 3 T: 1 4

Duration of Examination: 3 Hrs

Course Outcome: The Students will be able to-

BPSY-ID-001.1 understand eastern and western perspective in psychology

BPSY-ID-001.2 analyze different school of thoughts in psychology

BPSY-ID-001.3 critically evaluate different perspectives

BPSY-ID-001.4 Develop skills to relate the philosophical & historical foundation of contemporary psychology

Generic Elective

Max. Marks : 200

Internal/Continuous Assessment : 100

End Semester Exam : 100

PART A

Module-1 Introduction and Background

1.1: Early Developments, Psychology in Ancient Ages,

1.2 Development from Philosophy and Science

Module-2: Rise of Psychology

2.1: Psychology and Experimentation

2.2: Structuralism and Functionalism

PART B

Module-3 Psychology in 20th Century

3.1: Different School of Psychology: Psychoanalysis, Behaviouralism, Gestalt

Module-4 Psychology after World War II

4.1: Humanistic and Existential

4.2 Eastern Perspective

Suggested Reading;

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

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

CO statement BPSY-ID-001	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-ID-001.1	3	3	3	3	3	3	2	3	2
BPSY-ID-001.2	3	2	3	2	3	3	3	1	2
BPSY-ID-001.3	2	3	2	3	2	3	3	3	1
BPSY-ID-001.4	3	3	2	3	3	3	3	2	3

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set

from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-ID-002: Youth Psychology

Periods/week Credits

L: 3 T: 1 4

Duration of Examination: 3 Hrs

Max. Marks : 200

Continuous Evaluation : 100

End Semester Exam : 100

Pre-requisites:

Course Type: Open Elective

Course Outcome: The Students will be able to-

BPSY-ID-002.1	Understanding risk behaviours & challenges of youth (drug abuse, delinquency, sexuality & suicide risk),
BPSY-ID-002.2	Understanding & analyzing the phases in the development of youth identity
BPSY-ID-002.3	Practice positive youth development including responsibility, social capital, citizenship and political engagement.
BPSY-ID-002.4	Developing an appreciation of the various issues in defining the category of 'youth'

UNIT 1

Introduction: Defining youth; Youth across cultures; Formulation of youth identity; Concerns and relevance of youth psychology.

UNIT 2

Youth development and society: Relationship with family members, peers and friends; Romantic relationships and intergenerational relations; Youth culture: Gender, media and values.

UNIT 3:

Issues and challenges: Youth and risk behaviours (Drug abuse, delinquency, sexuality & suicide risk); Employment, education; Youth in transition.

UNIT 4

Youth and sustainable social well-being: Positive youth development: Responsibility, social interest and social capital.

Core Readings

- B.B. Brown, R. Larson, and T. S. Saraswathi. 2002. The world's youth: Adolescence in eight regions of the globe. New York: Cambridge University Press.
- I.A. Connidis. 2010. Family ties and aging. Sage.
- L. Heinz and R.R. Ansbacher. 1956. The individual psychology of Alfred Adler. New York: Basic Books.

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination
-

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-O-206	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-ID-002.1	3	3	3	3	2	2	3	3	3
BPSY-ID-002.2	3	3	3	3	3	2	2	2	3
BPSY-ID-002.3	3	3	3	3	3	2	3	3	3
BPSY-ID-002.4	3	3	3	3	3	2	3	3	3

SEMESTER-II

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-206: FUNDAMENTALS OF SOCIAL PSYCHOLOGY

Periods/week Credits
L: 3 T:1 4
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Pre-requisites:

Course Type: Program Core

Course Outcome: The students will be able to-

BPSY-DS-206.1 Know different areas of social psychology

BPSY-DS-206.2 Evaluate the world around him

BPSY-DS-206.3 Analyze group and group dynamics

BPSY-DS-206.4 Critically evaluate issues relating violence, peace and cooperation

PART A

Unit 1: Introduction

1. Definition
2. Nature
3. Origin and Development.
4. Social Psychology in Indian context
5. Applications.

Unit 2: Understanding and Evaluating the Social World

- 2.1 Social cognition
- 2.2 Perception
- 2.3 Attitudes and Attitudes change.

Unit 3: Aspects of Social Interaction and Influence

- 3.1 Interpersonal attraction
- 3.2 Prosocial behavior
- 3.3 Social Facilitation and Social Loafing

PART B

Unit 4: Group Dynamics and Intergroup Relations

- 4.1 Nature of groups
- 4.2 Consequences of belonging-performance
- 4.3 Decision making, cooperation and conflict
- 4.4 Nature of intergroup relation-prejudice, stereotype and discrimination
- 4.5 Intergroup conflict
- 4.6 Intervention techniques

Unit 5: Aggression

- 5.1 Nature of aggression
- 5.2 Causes of aggression
- 5.3 Bullying
- 5.4 Prevention and control on aggression

Suggested Practicals (Any two out of the following)

- Social Psychology case study
- Questionnaire on Social Psychology topics
- Documentary analysis
- Participant and Non participant observation

Text Books/ Reference Books:

- E. Aronson, T.D. Wilson and R.M. Akert. 2010. Social Psychology (7th ed.). Boston: Prentice Hall.
- R.A. Baron, N.R. Branscombe, D. Byne, D. and G. Bhardwaj. 2010. Social Psychology (12th Edition). Delhi, Pearson.
- N.K. Chadha (ed). 2012. Social Psychology: McMillan Publishers , New Delhi

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks

Course Articulation Matrix

CO statement BPSY-DS-206	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-DS-206.1	3	3	3	3	3	3	3	3	3
BPSY-DS-206.2	2	3	3	3	3	3	3	3	3
BPSY-DS-206.3	3	2	3	3	3	3	3	3	3
BPSY-DS-206.4	3	3	2	2	3	3	2	3	3

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-207-: Practical Training in Psychology II

Periods/week	Credits	Max. Marks: 100
L: 0 T: 0 P: 8 4		Internal/Continuous Assessment: 50
Examination: Viva		End Semester Exam: 50

Pre-requisites:

Course Type: Core

- BPSY-DS-207.1 Equip students with using different psychological assessment tools
BPSY-DS-207.2 Train students in the interpretation of different psychological assessment tools
BPSY-DS-207.3 Gain practical and transferable psychological skills
BPSY-DS-207.4 Enhanced skill of conducting & documenting experiments/ practical in field of psychology.

Suggested Practical:

Beck's Depression Inventory

Youth Problem Inventory

Tachitoscope (Span of Attention Visual)

Career Decision Scale

Social Intelligence Scale

Questionnaire for Social Maturity Scale

Practical on Motivation

Standard Progressive Matrices

References

Urbina, S. (2014). Essentials of psychological testing. John Wiley & Sons.

Course Articulation Matrix.

CO statement BPSY-DS-207	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-DS-207.1	3	2	3	1	1	2	1	3	2
BPSY-DS-207.2	3	1	2	3	3	3	3	2	2
BPSY-DS-207.3	3	3	3	1	2	2	3	3	2
BPSY-DS-207.4	3	3	2	3	1	3	3	2	3

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-208: Introduction to Research Methodology

Periods/week	Credits	Max. Marks: 200
L: 2 T: 1 P: 0 3		Internal/Continuous Assessment: 100
Duration of Examination: 3 Hrs.		End Semester Exam: 100

Pre-requisites:

Course Type: Core

Course Objectives:

- BPSY-DS-208.1 Understanding the philosophy of quantitative research
- BPSY-DS-208.2 Delving into issues surrounding quantitative research, like hypothesis variable, research design, etc.
- BPSY-DS-208.3 Exploring the various quantitative tools of data collection in psychological research
- BPSY-DS-208.4 Evaluate the process of analysis in quantitative and qualitative research.

UNIT-1: Introduction

1. Meaning and nature of scientific research
2. Types of research
3. Steps of research
4. Scales of measurement

Unit 2: Variables and hypothesis

1. Meaning, nature, and types of variables
2. Meaning, characteristics, and types of hypotheses
3. Type I and Type II error

UNIT-3: Research Design

1. Meaning of research design
2. Types of research design

UNIT 4: Sampling

1. Population vs Sample
2. Probability sampling
3. Non-probability sampling

UNIT-5: Tools of Data Collection and Analysis of Data

1. Questionnaires
2. Survey
3. Observation
4. Interview

Unit 6: Analysis of Data

- 6.1 Qualitative data analysis techniques
- 6.2 Quantitative data analysis techniques

Recommended Readings:

1. McGuigam, F.J. (1968). Experiments in Psychology. Willey.
2. Selliz, C. Et al. (1956). Research Methods in Social Relations; Methuen.
3. Mohsin, S.M. (1984). Research Methods in Behavioural Science. Orient Logman.
4. Singh, A.K. (1984). Tests, Measurements and Research Methods in Behavioral Sciences.
5. Kerlinger, F.N. (1993). Foundations of Behavioural Research. New Delhi: Tata McGraw Hill.

Distribution of Continuous Evaluation

Component of Assessment	% of Distribution
Sessional- I	30%
Sessional- II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-DS-208	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-DS-208.1	3	3	3	2	2	3	3	3	3
BPSY-DS-208.2	3	3	3	3	3	3	3	1	3
BPSY-DS-208.3	3	2	3	3	3	3	3	3	3
BPSY-DS-208.4	2	2	3	3	3	3	2	3	2

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-209: Personality Theories

Periods/week Credits
L: 3 T:1 P:0 4
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Pre-requisites:

Course Type: Compulsory Core Course

Course Outcome: The students will be able to-

- BPSY-DS-209.1 Understand the concept of personality structure and development.
- BPSY-DS-209.2 Discuss the major and emerging theories of personality.
- BPSY-DS-209.3 Discuss how current research supports and critiques the major personality theories.
- BPSY-DS-209.4 Discuss 'normal' and 'abnormal' personality functioning in a variety of contexts.
- BPSY-DS-209.5 Describe how culture influences the development and study of personality

PART A

UNIT I

- 1.1 Introduction to Personality: Nature and characteristics of Personality; Structure and Types of Personality.
- 1.2 Measurement of Personality. Development of Personality
- 1.3 Determinants of Personality: Biological, Social and Cultural.

UNIT II

- 2.1 Personality Theories: Psychoanalytic approach to Personality,
- 2.2 Neo-psychoanalytic personality theories- Carl Jung, Alfred Adler; Erik Erikson' lifespan approach;

PART B

UNIT III

- 3.1 Personality Theories: Type and trait approach: Gordon Allport, Raymond Cattell, Hans Eysenk, Big Five
- 3.2 Learning and social learning Theories: B. F. Skinner, Albert Bandura;
- 3.4 Personal construct theory: George Kelly.

UNIT IV

- 4.1 Humanistic theories: Abraham Maslow, Carl Rogers.
- 4.2 Existentialism: Rollo May, Victor Frankl
- 4.3 Indian Perspective to Personality; Recent trends and development

Suggested Practicals (Any two out of the following)

- Personality Evaluation through EPQ
- Personality Evaluation through 16PF
- Personality Evaluation through MBTI
- Personality Profiling
- Personality analysis of historical Figures

Core Readings

- D.P. Schultz and S.E. Schultz. 2009. Theories of Personality (9th Ed). Belmont, CA: Wadsworth, Cengage Learning.
- Feist & Feist. 2008. Theories of Personality (7th Ed). Mc Graw Hill Higher Education

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-DS-209	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-DS-209.1	3	3	3	3	2	2	3	3	3
BPSY-DS-209.2	3	3	3	3	3	3	2	2	3
BPSY-DS-209.3	3	3	3	3	3	3	3	3	3
BPSY-DS-209.4	3	3	3	3	2	3	3	3	2
BPSY-DS-209.5	3	3	3	3	3	2	3	3	3

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES
(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-GE-28: Supervised Independent Learning II: Textual Analysis

Periods/week Credits
L: 0 T: 0 P: 0 2

Max. Marks : 200
Continuous Assessment :100
End Semester Exam : 100

Duration of End Term Examination: Viva

Pre-requisites: NA

Course Type: Generic Elective

Course Outcome: The students will be able to-

- | | |
|--------------|--|
| BPSY-GE-28.1 | To understand the basics of how text can be analysed |
| BPSY-GE-28.2 | To enrich the understanding of how themes can be culled from text |
| BPSY-GE-28.3 | To get introduced to the methodologies and methods in qualitative research |

The students are to conduct a textual analysis on a written text of their choice (stories, poems, narratives, or any other write-ups). The analysis must include"

1. Codes
2. Subthemes
3. Themes

The following aspects must be highlighted while culling out themes and writing interpretation from the text:

1. Description of the text – what the text wants to highlight
2. Context of the text
3. Characters/authors in text and their backgrounds
4. Any event that occurred
5. Consequences/lessons from the event/text for the character/author

Assessment Parameter:

S.No	Name of Component	% Contribution
1	Concept And Layout of the Report	50
2	Critical Insight	10
3	Viva Voce	30
4	Feedback by Assigned guide/supervisor	10

Course Articulation matrix

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3
BPSY-GE-28.1	3	2	2	1	1	1	3	3	3	1
BPSY-GE-28.2	3	1	1	1	1	1	3	3	3	2
BPSY-GE-28.3	3	2	3	2	1	2	2	3	3	2

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

PSY-GE-002: Introduction to Sociology

Periods/week	Credits	Max. Marks : 200
L: 3 T:1	4	Continuous Evaluation : 100
Duration of Examination: 3 Hrs		End Semester Exam : 100

Pre-requisites:

Course Type: Generic Elective

Course Outcomes: The students will be able to-

- PSY-GE-002.1 understand the relationship of individual and society
- PSY-GE-002.2 comprehend different special issues and its causes
- PSY-GE-002.3 analyze social issues and problems

PART A

Unit 1: The nature of Sociology

- 1.1 The meaning of sociology
- 1.2 Sociology and social sciences
- 1.3 The scientific and humanistic orientations to sociological study

Unit 2: The Individual in/and Society

- 2.1. Society, culture, and socialisation
- 2.2. Relation between individual and society
- 2.3. Social control: norms, values, and sanctions.

PART B

Unit 3: Social Stratification and Mobility

- 1.1. Meaning
- 1.2. Forms
- 1.3. Theories

Unit 4: The Applications of Sociology

- 4.1. Introduction to applied sociology
- 4.2. Sociology and social problems
- 4.3. Sociology and social change
- 4.4. Sociology and social policy and action
- 4.5. Sociology and development
- 4.6. Sociology and professions
- 4.7 Recent trends and developments in Sociology

Suggested Readings

- T.B. Bottomore. 1972. Sociology: A guide to problems and literature. Bombay: George Allen and Unwin (India).
- M. Harlambos. 1998. Sociology: Themes and perspectives. New Delhi: Oxford University Press.
- Inkeles. 1987. What is sociology? New Delhi: Prentice-Hall of India.

- N. Jayaram. 1988. Introductory sociology. Madras: Macmillan India. Johnson, Harry M. 1995. Sociology: A systematic introduction. New Delhi: Allied Publishers.
- R.T. Schaefer, T, Richard and R, P. Lamm. 1999. Sociology. New Delhi: Tata-McGraw Hill.

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement PSY-GE-002	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
PSY-GE-002.1	3	3	3	3	2	2	1	3	3
PSY-GE-002.2	3	3	3	3	2	1	2	2	3
PSY-GE-002.3	2	3	3	3	3	3	2	2	3

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

PSY-GE-004: VEDIC MATHEMATICS

Periods/week	Credits	Max. Marks : 200
L: 3 T:1	4	Continuous Evaluation : 100
Duration of Examination: 3 Hrs		End Semester Exam : 100

Pre-requisites:

Course Type: Program Generic Elective

Course Outcome: The Students will be able to-

- PSY-GE-004.1 understand different methods applied in vedic maths
- PSY-GE-004.2 apply methods in basic calculation
- PSY-GE-004.3 appreciate the traditional roots of knowledge

PART A

Unit 1: Introduction to Vedic Mathematics

- 1.1 Basics of mathematics
- 1.2 Addition and subtraction using vedic methods

Unit 2: Multiplication, Squaring and Square Roots

- 2.1 Multiplication of complementary numbers like 23×27
- 2.2 Multiplication by numbers consisting of all 9s; multiplication by numbers above the base
- 2.3 Multiplication by numbers below the base; multiplication by 11; multiplication by 12; multiplication of any number by 9, 99, 999.

PART B

Unit 3: Generic Multiplication

- 3.1 Multiplication by two-digit numbers;
- 3.2 Multiplication by three and four-digit numbers

Unit 4: Squaring, Square Root and Cubing

- 4.1 Squaring of numbers in patterns
- 4.2 Squaring numbers with any number of digits
- 4.3 Square root
- 4.4 Cubing

Text Books/ Reference Books:

- D. Bathia. 2008. Vedic Mathematics Made Easy. New Delhi: Jaico Publishing House
- B.K.T. Maharaj. 1990. Vedic Mathematics. India: Motilal Banarasidas Publishers

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from

each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement PSY-GE-004	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
PSY-GE-004.1	3	3	3	3	3	2	3	2	3
PSY-GE-004.2	3	3	1	3	3	2	3	1	2
PSY-GE-004.3	3	3	3	3	2	1	3	2	1

SEMESTER-III

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-304: INTRODUCTION TO STATISTICS

Periods/week Credits
L: 3 T:1 4
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Pre-requisites:

Course Type: Program Core

Course Outcome: The Students will be able to-

- BPSY-DS-304.1 Explore data and its different methods of presentation
- BPSY-DS-304.2 Analyze data descriptively
- BPSY-DS-304.3 Evaluate different intermediate methods of statistics
- BPSY-DS-304.4 Apply statistics to solve real life problems

PART A

Unit 1: Introduction (Descriptive and Inferential Statistics)

1. Introduction to statistics
2. Descriptive and inferential statistics
3. Parametric and non-parametric statistics

Unit 2: Frequency Distribution and Graphic Presentations; Measures of Central tendency and Variability

- 2.1 Measures of Central Tendency
- 2.2 Measures of variability
- 2.3 Normal Probability Curve
- 2.4 Histogram and frequency polygon

Unit 3: Testing hypothesis

- 3.1 Z-test One group and two group
- 3.2 Chi square
- 3.3 One sample t test, independent sample t test, t test for repeated measures

PART B

Unit 4: Analysis of Variance

- 4.1 One way ANOVA
- 4.2 Two way ANOVA

Unit 5: Introduction to Correlation and Regression

- 5.1 Nature and types, computation of correlation by Rank Order method and product moment method
- 5.2 Nature and types of regression, equation, and computation of Linear Regression

Text Books/ Reference Books:

- S.A. Haslam and C. McGarty, C. 2003. *Research methods and statistics in psychology*. London: Sage
- H.E. Garrett. 1979. *Statistics in Psychology and Education*, Newyork, Vakils

- N.K. Chadha. 1991. Statistics for Behavioral and Social Sciences. Reliance Pub. House: New Delhi
- Minium, E.W., King, B.M. & Bear, G. (1993). Statistical Reasoning in Psychology and Education. New York: John Wiley and Sons, Inc.

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-306 --: Practical training in Psychology III

Periods/week Credits Max. Marks: 100
L: 0 T: 0 P: 6 3 Internal/Continuous Assessment: 50
Examination: Viva End Semester Exam: 50

Prerequisites:

Course Type: Core

- BPSY-DS-306.1 Equip students with using different psychological assessment tools
- BPSY-DS-306.2 Train students in the interpretation of different psychological assessment tools
- BPSY-DS-306.3 Gain practical and transferable psychological skills
- BPSY-DS-306.4 Enhanced skill of conducting & documenting experiments/ practical in field of psychology.

Unit 1: Understanding Psychometric properties of test

Basic introduction to test and measurement.

- 1.1 Difference between test and experiment
- 1.2 Reliability
- 1.3 Validity
- 1.4 Norms
- 1.5 Item analysis

Unit 2: Suggested Practical:

- Muller Iyer effect
- Retroactive Inhibition
- Zeigarnik effect
- RSPM
- Rosenzweig Picture Frustration test
- Beck's hopelessness scale

References

Anastasi, A., & Urbina, S. (1997). Psychological testing. Upper Saddle River, N.J: Prentice Hall.
Woodworth, R. S., Schlosberg, H., Kling, J. W., & Riggs, L. A. (1971). Woodworth & Schlosberg's Experimental psychology. New York: Holt, Rinehart and Winston.
Myers, A., & Hansen, C. H. (2002). Experimental psychology. Pacific Grove, CA: Wadsworth/Thomson Learning.

Course Articulation Matrix.

CO statement	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3

BPSY-DS-306.1	3	2	3	1	1	2	1	3	2
BPSY-DS-306.2	3	1	2	3	3	3	3	2	2
BPSY-DS-306.3	3	3	3	1	2	2	3	3	2
BPSY-DS-306.4	3	3	2	3	1	3	3	2	3

ANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-302 Developmental Psychology I

Periods/week Credits
L: 3 T:1 P:0 4
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Pre-requisites:

Course Type: Compulsory Core Course

Course Outcome: The students will be able to-

- BPSY-DS-302.1 Identify the contribution of the major theorists in the field of developmental psychology.
BPSY-DS-302.2 Demonstrate a broad working knowledge of developmental psychology.
BPSY-DS-302.3 Demonstrate an understanding of various stages of development.
BPSY-DS-302.4 Be able to apply the concepts in novel settings.

PART A

Unit-1 Life Span Development: History, Theories and Applications

- 1.1 Issues of development, Theoretical Foundations of Development,
1.2 Application of Developmental Psychology in Social Policy.

Unit-2 Prenatal Development and Infancy

- 2.1 Prenatal environmental influences, Childbirth and Approaches to it,
2.2 Complications at Birth. Motor Development in Infancy, Perceptual Development in Infancy.
2.3 Issues of deprivation and enrichment.

Unit-3 Physical Development

- 3.1 The Course of Physical Growth, Development of Brain,
3.2 Puberty and Its Psychological Impact,
3.3 Puberty and Adolescent Health.

Unit-4 Cognitive Development

- 4.1 Piaget's Cognitive development theory,
4.2 Core Knowledge Perspective,
4.3 Vygotsky's Socio Cultural Perspective.

Unit-5 Emotional Development

- 5.1 Development and Functions of Emotions,
5.2 Understanding and Responding to Emotions of Others.
5.3 Temperament, Development of Attachment.

Unit-6 Recent Trends and Development

- 6.1 Recent trends in Developmental Psychology

Required Reading:

- L.E. Berk. 2013. Child Development. Pearson: New Jersey.
- R.S. Feldman and N Babu. 2011. Discovering The Life-Span. Pearson: New-Delhi
- D.R. Shaffer and K. Kipp. 2013. Developmental Psychology: Childhood and Adolescence. Cengage: Boston.
- R.V. Kale and J.C. Kavanaugh. 2008. Human Development: A Life Span View. Wadsworth: USA

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-DS-302	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-DS-302.1	3	3	3	3	2	3	3	3	3
BPSY-DS-302.2	3	2	2	3	3	3	2	2	3
BPSY-DS-302.3	3	2	3	3	2	3	3	3	3
BPSY-DS-302.4	3	3	3	3	2	3	3	3	2

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-305: Positive Psychology

Periods/week Credits
L: 3 T: 1 P: 0 4
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester Exam
: 100

Pre-requisites:

Course Type: Foundation (Core)

- BPSY-DS-305.1 Demonstrate an understanding of the aim and scope of positive psychology and implications to well-being and flourishing.
- BPSY-DS-305.2 Describe the implications of the science and application of positive psychology to biological, psychological, social and emotional outcomes.
- BPSY-DS-305.3 Identify research that supports the principles, strategies, tools and skills of positive psychology.
- BPSY-DS-305.4 Integrate and apply core concepts of positive psychology and resiliency factors into their own lives and professional practice.

PART A

Unit 1

- 1.1 Historical Roots and
- 1.2 Background: assumptions,
- 1.3 goals and definitions of positive psychology
- 1.4 Illness Wellness Continuum

Unit 2

- 2.1 Positive Subjective Experiences:
- 2.2 Happiness, hope
- 2.3 Subjective wellbeing and Resilience.
- 2.4 Virtues and strengths of character; VIA

Unit 3

- 3.1 concept of flow,
- 3.2 Flourishing
- 3.3 GRIT

PART B

Unit 4

- 4.1 Mindfulness based interventions
- 4.2 Empathy based interventions
- 4.3 Savoring based interventions
- 4.4 Gratitude Interventions
- 4.5 Optimistic Interventions

Unit 5

- 5.1 Positive Psychology at workplace
- 5.2 positive aging, positive schooling and education, healthy living
- 5.3 Positive Psychotherapy

Suggested Readings:

- S.R. Baumgardner & M.K. Crothers. 2009. Positive Psychology. First Edition. South Asia: Pearson Education.

- A. Carr. 2004. Positive Psychology: The Science of Happiness and Human Strengths. East Sussex: Routledge.
- C.R. Snyder & S.J. Lopez. 2008. Positive Psychology: The Scientific and Practical Explorations of Human Strengths. Second Edition. New Delhi: Sage Publications..

Distribution of Continuous Evaluation

Component of Assessment	% of Distribution
Sessional- I	30%
Sessional- II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-DS-305	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-DS-305.1	3	3	2	2	3	3	3	2	2
BPSY-DS-305.2	1	3	3	3	3	3	3	2	3
BPSY-DS-305.3	3	3	3	3	3	3	2	3	2
BPSY-DS-305.4	3	3	2	3	3	3	2	3	3

**MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES
(Deemed to be University under section 3 of the UGC Act 1956)**

BPSY-GE-29: Supervised Independent Learning III: Survey Report

Periods/week Credits
L: 0 T: 0 P: 8 4

Max. Marks : 200
Continuous Assessment :100
End Semester Exam : 100

Duration of End Term Examination: Viva

Pre-requisites: NA

Course Type: Generic Elective

Course Outcome: The students will be able to-

- BPSY-GE-29.1 To understand the basics of how primary data is to be collected.
- BPSY-GE-29.2 To enrich the understanding of how descriptive statistics can be carried out from primary data
- BPSY-GE-29.3 To get introduced interpretation of the findings of descriptive statistics

In III semester of the program, learners are required to collect primary data using two questionnaires under the supervision of an assigned faculty member. The learners are required to carry out descriptive statistics on the data collected. Based on the data, students are required to draw conclusion and key learnings. It is mandatory to submit a research report as it is graded and will contribute to their CGPA.

Assessment Parameter:

S.No	Name of Component	% Contribution
1	Concept And Layout of the Report	50
2	Critical Insight	10
3	Viva Voce	30
4	Feedback by Assigned guide/supervisor	10

Course Articulation matrix

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3
BPSY-GE-29.1	3	2	2	1	1	1	3	3	3	1
BPSY-GE-29.2	3	1	1	1	1	1	3	3	3	2
BPSY-GE-29.3	3	2	3	2	1	2	2	3	3	2

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-ID-005: Media Psychology

Periods/week Credits
L: 2 T:1 3
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Pre-requisites:

Course Type: Program Core

Course Outcome: The students will be able to-

- BAP-ID-001.1 Appreciate media and its relevance in everyday life
- BAP-ID-001.2 Apply techniques to understand media and its impact
- BAP-ID-001.3 Evaluate and design interactive use of social media

PART A

Unit 1

- 1.1 Introduction to Media Psychology
- 1.2 History and School of thoughts
- 1.2 Media and User: understanding mass media, interactive and Emerging technologies
- 1.3 Media ethics and Inclusion

Unit 2

- 2.1 Media and advertising: Developing an effective advertising programme
- 2.2 Computer mediated persuasion and compliance- elaboration likelihood model
- 2.3 Case studies in the Indian context.

PART B

Unit 3

- 3.1 Social Justice and Media: Gender, class, caste, religion and disability
- 3.2 Dark Media: Aggression, bullying and trolling
- 3.3 Propaganda, Fakenews and deepfaking

Unit 4

- 4.1 The psychology of Gaming
- 4.2 The Psychology of addiction and Media Fatigue
- 4.3 Identity formation and self representation in interactive media

Unit 5

- 5.1 Moral reasoning
- 5.2 Prosocial behavior and Media
- 5.3 Positive Psychology applied in Media

Core Reading

- Arthur A. Raney, Sophie H. Janicke-Bowles, Mary Beth Oliver, Katherine R. Dale(2020).*introduction to Positive Media Psychology*. Routledge
- Kumar, N (2020). *Media Psychology: Exploration and Application*. Routledge India
- K.E. Dill. 2009. How Fantasy becomes Reality Seeing Through Media Influence.New York: Oxford University Press.
- Giles, D. (2003). Media Psychology

• **Distribution of Continuous Evaluation**

Sessional I	30%
Sessional II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-DS-205	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BAP-ID-001.1	3	3	3	3	3	2	3	3	2
BAP-ID-001.2	3	3	3	2	3	3	2	3	3
BAP-ID-001.3	3	3	2	3	3	3	3	3	3

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BAP-ID-006: Sustainability and Psychology

Periods/week Credits
L: 2 T:1 3
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Course Type: Program Core

Course Outcome: The students will be able to-

- BAP-ID-006.1 Identify how psychological theories, findings, and methods have been and can be applied to problems of environmental sustainability (such as climate change, climate justice, energy, water, waste, food and agriculture)
- BAP-ID-006.2 Identify advantages and shortcomings of sustainability and climate analyses and responses that ignore/include individual-level considerations
- BAP-ID-006.3 Describe how culture, social group and social identity shape a person's response to sustainability and to climate change
- BAP-ID-006.4 Connect psychological theory to (sustainable) behavior in the real world

PART A

Unit 1: Introduction

1. Introduction to the Psychology of Sustainability
2. Power, Privilege, and a Paradigm Problem
3. Where do we go from Here? Applying an Ecological Worldview

Unit 2: Psychology for a Sustainable Future

- 2.1 Psychology and Environment
- 2.2 Psychological theories for a sustainable future
- 2.3 Self and Environment
- 2.4 Sustainability and Motivation

PART B

Unit 3: What's good for the Planet is good for us

- 3.1 Health Costs of Unsustainable Living
- 3.2 Healing the Split Between Planet and Self
- 3.3 Path to Sustainability

Unit 4: India and sustainability

- 4.1 Indian view of sustainability
- 4.2 Recent research trends

Text Books/ Reference Books:

Scott, B.A., Amel, E.L., Koger, S.M. and Manning, C.M. (2016). Psychology for Sustainability. New York, NY: Taylor & Francis.

Clayton, S. and Manning, C (2018). Psychology and Climate Change: Human Perceptions, Impacts, and Responses.

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks

Course Articulation Matrix

CO statement BPSY-DS-203	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BAP-ID-006.1	3	3	3	3	2	2	3	3	3
BAP-ID-006.2	3	3	3	3	3	2	2	2	3
BAP-ID-006.3	3	3	3	3	2	3	3	3	3
BAP-ID-006.4	3	3	3	3	2	3	3	3	2

SEMESTER-IV

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-405: Health & Nutritional Psychology

Periods/week Credits
L: 3 T:1 4
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Pre-requisites:

Course Type: Compulsory Core Course

Course Outcome: The students will be able to-

- BPSY-DS-405.1 Explain the core concept and models of holistic health.
BPSY-DS-405.2 Identify the impact of stress on physical and mental health and apply the various coping mechanism to cope with day to day stress.
BPSY-DS-405.3 Transfer the knowledge of health and illness management into health enhancing behavior.
BPSY-DS-405.4 Apply human strengths and virtues into cultivating inner strength.

PART A

UNIT 1

- 1.1 Illness, Health and Well-being Continuum and Models of health and illness:
1.2 Medical, Bio-psychosocial models of health
1.3 holistic health; health and well-being.

UNIT 2

- 2.1 Stress and Coping Nature and sources of stress;
2.2 Effects of stress on physical and mental health;
2.3 Coping and stress management

PART B

UNIT 3

- 3.1 Health Management Health-enhancing behaviors: Exercise, Nutrition, Health compromising behaviours;
3.2 Health Protective behaviours, Illness Management
3.3 Health Belief Model

Unit 4

- 4.1 Life style related disorders: CHD, Hypertension, stroke, Diabetes
4.2 Psycho- Neuro Immunology; Disorders of immune system; Co-factor theory

Unit 5

- 5.1 Nutritional Psychology; Need of nutritional psychology
5.2 Food Brain connection; Gut Brain connection
5.3 Food and Mental Health
5.4 Latest Research development

Core Reading

- Taylor, S. (1999) Health psychology. 4th Edition, McGraw- Hill, Chicago.
- M. Forshaw. 2013. Health psychology. New Delhi: Pearson.
- J.W. Hick. 2015. Advanced Psychology: Health Psychology. London: Hodder and Stoughton.

Distribution of Continuous Evaluation

Sessional I	30%
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Sessional II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-DS-405	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3	
BPSY-DS-405.1	3	3	2	3	2	3	3	2	3	
BPSY-DS-405.2	3	2	3	3	3	3	2	3	3	
BPSY-DS-405.3	3	2	2	3	2	3	2	2	3	
BPSY-DS-405.4	3	3	3	3	2	3	3	3	2	

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-402 -: Practical training in Psychology IV

Periods/week Credits

L: 0 T: 0 P: 6 3

Examination: Viva

Max. Marks: 100

Internal/Continuous Assessment: 50

End Semester Exam: 50

Prerequisites:

Course Type: Core

- BPSY-DS-402.1 Equip students with using different psychological assessment tools
- BPSY-DS-402.2 Train students in the interpretation of different psychological assessment tools
- BPSY-DS-402.3 Gain practical and transferable psychological skills
- BPSY-DS-402.4 Enhanced skill of conducting & documenting experiments/ practical in field of psychology.

Unit 1: Suggested Practical:

Transfer of learning

Beck's Anxiety scale

Bell's Adjustment Inventory

Memory Drum

Size Constancy

Mental Fatigue

EPQ

References

Anastasi, A., & Urbina, S. (1997). Psychological testing. Upper Saddle River, N.J: Prentice Hall.

Woodworth, R. S., Schlosberg, H., Kling, J. W., & Riggs, L. A. (1971). Woodworth & Schlosberg's Experimental psychology. New York: Holt, Rinehart and Winston.

Myers, A., & Hansen, C. H. (2002). Experimental psychology. Pacific Grove, CA: Wadsworth/Thomson Learning.

Course Articulation Matrix.

CO statement	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-DS-402.1	3	2	3	1	1	2	1	3	2
BPSY-DS-402.2	3	1	2	3	3	3	3	2	2
BPSY-DS-402.3	3	3	3	1	2	2	3	3	2
BPSY-DS-402.4	3	3	2	3	1	3	3	2	3

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-402: Psychological Testing

Periods/week Credits
L: 3 T:1 4
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Pre-requisites:

Course Type: Compulsory Core Course

Course Outcome: The students will be able to-

- BPSY-DS-402.1** Critically evaluate Evaluation instruments.
- BPSY-DS-402.2** Develop skills to critically construct and execute Evaluation instruments.
- BPSY-DS-402.3** Demonstrate a working understanding of reliability and validity.
- BPSY-DS-402.4** Learn the application of Evaluation tools in various fields of psychology.

PART A

Unit 1.

- 1.1 Psychological Testing and Evaluation
- 1.2 Definition of testing and Evaluation; the process and tools of Evaluation
- 1.3 The parties and types of settings involved
- 1.4 How Evaluations are conducted; Evaluation of people with disabilities

Unit 2. Tests, Testing and Norms

- 2.1 Reference sources for authoritative information about tests
- 2.2 Various assumptions about Psychological Testing and Evaluation
- 2.3 What is a 'Good Test';

Unit 3

- 3.1 Norms – sampling to develop norms,
- 3.2 types of norms, fixed reference group scoring systems, norm-referenced versus criterion-referenced evaluation
- 3.3 Inference from Measurement – meta analysis; culture and inference

PART B

Unit 4 Reliability

- 4.1 The concept of Reliability; Reliability estimates: Test-Retest, Parallel and Alternate Forms, Split- Half, Inter-Item Consistency – Kuder-Richardson formulas, Cronbach's Coefficient Alpha; Inter- Scorer Reliability
- 4.2 Using and interpreting a coefficient of Reliability – purpose and nature of the test
- 4.3 Alternatives to the true score model: Generalizability theory

Unit 5

- 5.1 Item Response Theory
- 5.2 The concept of Validity
- 5.3 Content Validity c) Criterion-related Validity 5.4 Construct Validity
- 5.5 Validity, bias, and fairness

Unit-6

- 6.1 Application of Psychological Testing:
- 6.2 Personality,
- 6.3 Interest,
- 6.4 Aptitude and other type of testing

Suggested Reading;

- N.K. Chadha. 2009. Applied Psychometry. Sage Pub: New Delhi
- A.K. Singh. 2008. *Tests, measurement research methods in behavioural sciences*. Patna: Bharti Bhawan
- R.M. Kaplan and D.P. Saccuzzo. 2005. *Psychological testing: Principles, applications and issues*. New Delhi: Cengage

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-403 Developmental Psychology II

Periods/week Credits
L: 3 T:1 4
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Pre-requisites:

Course Type: Compulsory Core Course

Course Outcome: The students will be able to-

BPSY-DS-403.1 Understand the core concepts of language development

BPSY-DS-403.2 Explain the process of moral development and evolution of self and social understanding.

BPSY-DS-403.3 Demonstrate the knowledge of self and social understanding

BPSY-DS-403.4 Discuss the developmental changes in middle and late adulthood.

PART A

Unit-1 Language Development

- 1.1 Theories of Language development,
- 1.2 Phonological development,
- 1.3 Semantic development,
- 1.4 Grammatic development,
- 1.5 Pragmatic development, Bilingualism.

Unit-2 Moral Development

- 2.1 Morality and Human nature,
- 2.2 Morality as Adoption of Social Norms,
- 2.3 Morality as Social Understanding,
- 2.4 Development of Morally relevant Self Control. Development of Aggression.

Unit-3 Self and Social Understanding

- 3.1 Emergence of Self and development of Self Concept,
- 3.2 Self esteem, Development of Identity,
- 3.3 Understanding Others, Understanding Conflict.

Unit-4 The Middle Adulthood

- 4.1 Physical Changes and Health,
- 4.2 Cognitive Development,
- 4.3 Personality and Middle Age, Family Dynamics.

Unit-5 : Late Adulthood

- 5.1 The Older Adults: Who Are They?,
- 5.2 Physical Changes in Old Age, Cognitive Changes in Old Age,
- 5.3 Mental Health Issues In Old Age And Its Intervention.

Unit 6: Recent trends and development

Required Reading:

- L.E. Berk. 2013. Child Development. Pearson: New Jersey.
- R.S. Feldman and N Babu. 2011. Discovering The Life-Span. Pearson: New-Delhi

**MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES
(Deemed to be University under section 3 of the UGC Act 1956)**

BPSY-GE-30: Supervised Independent Learning IV: Case Report

Periods/week Credits
L: 0 T: 0 P: 8 4

Max. Marks: 200
Continuous Assessment:100
End Semester Exam: 100

Duration of End Term Examination: Viva

Pre-requisites: NA

Course Type: Generic Elective

Course Outcome: The students will be able to-

- BPSY-GE-30.1 To understand the basics of how case details are to be collected.
- BPSY-GE-30.2 To enrich the understanding of how case descriptions can help in understanding human behavior
- BPSY-GE-30.3 To get introduced interpretation of the findings of case report and suggest interventions.

In IV semester of the program, learners are required to make a case study. The learners are required to write a case study on either a real case or a book/movie character. Based on the data, students are required to design a treatment plan for the case. It is mandatory to submit a research report as it is graded and will contribute to their CGPA.

Assessment Parameter:

S.No	Name of Component	% Contribution
1	Concept And Layout of the Report	50
2	Critical Insight	10
3	Viva Voce	30
4	Feedback by Assigned guide/supervisor	10

Course Articulation matrix

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3
BPSY-GE-30.1	3	2	2	1	1	1	3	3	3	1
BPSY-GE-30.2	3	1	1	1	1	1	3	3	3	2
BPSY-GE-30.3	3	2	3	2	1	2	2	3	3	2

MANAV RACHNA INTERNATIONAL UNIVERSITY

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-ID-011-: Introduction to Sport Psychology

Periods/week Credits

L: 2 T: 1 3

Duration of Examination: 3 Hrs

Max. Marks : 200

Internal:100

External: 100

Pre-requisites:

Course Type: Ability Enhancement Foundation Course Core

Course Outcome

BPSY-ID-011.1 Explore the extent to which biological, psychological and sociocultural factors influence sport performance

BPSY-ID-011.2 Assess and analyse the techniques and theories of skill development in sports.

BPSY-ID-011.3 Develop skills for performance measurement and performance maintenance in sports

BPSY-ID-011.4 Use relevant psychological assessments to help athletes and coaches.

Unit1

1.1 Sports Psychology: Definition, Nature and Scope.

1.2 Brief history of Sports Psychology:

1.3 Behavioral Principles and their applications in sports

Unit 2

2.1 Psychological Concepts Applied to Sports: Anxiety, Motivation, Personality and Leadership

Unit 3

3.1 Coaching: Nature and Meaning,

3.2 Psychological skills involve in coaching,

3.3 Coaching for elite athlete and coaching for disables

Unit 4

4.1 Perception of Sports in India,

4.2 Developing sportsperson in India,

4.3 Value and Ethics in Sports

Suggested Readings

- Nicholas T. Gallucci 2008. Sports Psychology. New York: The Psychology Press.
- Richard, H. Cox 2002. Sports Psychology. New York: Palgrave Macmillan. Eighth edition.
- Thelma, S. H. 1992. Advances in Sports Psychology. Illinois: Human Kinetics.

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B one from each unit. Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
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BPSY-ID-011.1	3	3	3	3	3	3	3	3	2	
BPSY-ID-011.2	3	2	3	2	3	3	3	2	2	
BPSY-ID-011.3	3	3	3	3	3	3	3	3	1	
BPSY-ID-011.4	3	2	3	2	3	3	3	2	2	

MANAV RACHNA INTERNATIONAL UNIVERSITY

(Deemed to be University under section 3 of the UGC Act 1956)

PSY-GE-006: Indian Psychology

Periods/week Credits
L: 3 T: 1

Max. Marks : 100
Internal:50
External:

4 50
Duration of Examination: 3 Hrs

Pre-requisites:

Course Type: Ability Enhancement Foundation Course Core

Course Outcome

- PSY-GE-006.1 Identify the various approaches, fields, and subfields of Indic psychology along with their major concepts
- PSY-GE-006.2 Define the major domains and scope of Indic psychology.
- PSY-GE-006.3 Explain how the principles of Indic Psychology influence the study of mental processes.
- PSY-GE-006.4 Explain the basic interests of the different fields of Indic Psychology

Unit-1

- 1.1 Introduction to Indian Psychology,
- 1.2 Psychological thought in Ancient India,
- 1.3 Indian thought and tradition: Indian Psyche

Unit-2

- 2.1 Yoga psychology: Theory and applications
- 2.2 Patanjali yoga sutras and sidhis – Basic concepts
- 2.3 Yoga psychology and Samkhya Metaphysic

Unit-3

- 3.1 Psychology in the advaita Vedanta: concept of manas, ahamkara, buddhi and citta, person and personality, self realization

Unit-4

- 4.1 Psychological influence on religious thoughts

Text Books/ Reference Books:

- Cornlissen, R.M.S, Mishra, G & Verma, S 2011, Foundation of Indian Psychology, New Delhi, Pearson
- Rao, K.R. & Paranjape, A.C 2008, Handbook of Indian Psychology, India, Cambridge University Press
- Reat, N.R 1990 The Origins of Indian Psychology, India, Asian Humanity Press

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B one from each unit. Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
PSY-GE-006.1	3	3	2	3	3	3	3	3	2
PSY-GE-006.2	3	2	2	2	3	3	3	2	2
PSY-GE-006.3	3	3	1	3	3	3	3	3	1
PSY-GE-006.4	3	2	2	2	3	3	3	2	2

SEMESTER-V

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-501 Industrial and Organizational Psychology I

Periods/week Credits
L: 3 T:1 4
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Pre-requisites:

Course Type: Compulsory Core Course

Course Outcome: The students will be able to-

- BPSY-DS-501.1 Demonstrate knowledge of the key theoretical concepts, principal perspectives, and fundamental techniques of Industrial and Organizational Psychology
BPSY-DS-501.2 Illustrate the use of the skills and competencies of Industrial and Organizational psychology.
BPSY-DS-501.3 Generate the identity of a professional psychologist with a clear connection to the specialty area of Industrial and Organizational psychology
BPSY-DS-501.4 Apply the learnt concepts in novel areas pertaining IO psychology.

PART A

Unit 1

- 1.1 Introduction to Organizational Psychology,
- 1.2 Historical background,
- 1.3 Pioneer researches in organizational behavior

Unit 2

- 2.1 Work motivation- content theories, process theories, reward and punishment framework,
- 2.2 Job design and
- 2.3 job satisfaction and
- 2.4 organizational commitments

PART B

Unit 3

- 3.1 Personality and individual differences- Selection and hiring and Evaluation,
- 3.2 Emotional intelligence at work

Unit 4

- 4.1 Leadership Contemporary perspectives on leadership;
- 4.2 Cross-cultural leadership issues; Indian perspective on leadership;
- 4.3 Diversity issues in leadership

Suggested Reading

- N.K. Chadha. 2007. Organizational Behavior. Galgotia Publishers: New Delhi
- N.K. Chadha. 2005. Human Resource Management-Issues, case studies and experiential exercises.3rd edition. New Delhi: Sai Printographers
- S. Robbins, T.A. Judge and S Sanghi, 2009. *Organizational behavior(13thEd.)*. New Delhi: Pearson Education

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%
Assignment	20%

Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-DS-501	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3	
BPSY-DS-501.1	3	2	3	3	2	3	3	2	3	
BPSY-DS-501.2	3	3	3	3	3	3	2	3	3	
BPSY-DS-501.3	3	3	2	3	2	3	3	3	3	
BPSY-DS-501.4	3	3	3	3	2	3	3	3	2	

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-503 -: Practical training in Psychology IV

Periods/week Credits

L: 0 T: 0 P: 6 3

Examination: Viva

Max. Marks: 100

Internal/Continuous Assessment: 50

End Semester Exam: 50

Prerequisites:

Course Type: Core

- BPSY-DS-503.1 Equip students with using different psychological assessment tools
- BPSY-DS-503.2 Train students in the interpretation of different psychological assessment tools
- BPSY-DS-503.3 Gain practical and transferable psychological skills
- BPSY-DS-503.4 Enhanced skill of conducting & documenting experiments/ practical in field of psychology.

Unit 1: Suggested Practical:

Bhatia Battery of Intelligence

Beck's Depression inventory

Finger Maze

WHO QUALITY OF LIFE SCALE

16 PF

Work Motivation Questionnaire

Youth Problem Inventory

References

Anastasi, A., & Urbina, S. (1997). Psychological testing. Upper Saddle River, N.J: Prentice Hall.
Woodworth, R. S., Schlosberg, H., Kling, J. W., & Riggs, L. A. (1971). Woodworth & Schlosberg's Experimental psychology. New York: Holt, Rinehart and Winston.
Myers, A., & Hansen, C. H. (2002). Experimental psychology. Pacific Grove, CA: Wadsworth/Thomson Learning.

Course Articulation Matrix.

CO statement	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-DS-503.1	3	2	3	1	1	2	1	3	2
BPSY-DS-503.2	3	1	2	3	3	3	3	2	2
BPSY-DS-503.3	3	3	3	1	2	2	3	3	2
BPSY-DS-503.4	3	3	2	3	1	3	3	2	3

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-502 Abnormal Psychology I

Periods/week Credits
L: 3 T:1 4
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Pre-requisites:

Course Type: Compulsory Core Course

Course Outcome: The students will be able to-

- BPSY-DS-502.1 Describe the key concepts of abnormal psychology and the differences between what is considered normal and abnormal behavior
- BPSY-DS-502.2 Demonstrate enhanced ability to comprehend one's own and others' behavior by applying the knowledge of Evaluation, diagnosis, classification systems and DSM categories..
- BPSY-DS-502.3 Identify the basic standards for the diagnosis and classification of major psychological disorders
- BPSY-DS-502.4 Apply the concepts to create novel intervention techniques and plans.

PART A

Unit 1: Understanding Abnormal Behavior

1. Concept of Normalcy & Abnormal
2. History of Abnormal Behaviour, Brief overview of perspectives
- 1.3 Diathesis-stress model

Unit 2: Classification of Disorders

- 2.1 Classification: Overview of DSM V & ICD 10.
- 2.2 Overview of Treatment: Biological, Psychological.

PART B

Unit 3: Anxiety Disorders

- 3.1 Definition of Anxiety Disorders
- 3.2 Panic
- 3.3 Phobias
- 3.4 Generalized Anxiety Disorder
- 3.5 Obsessive-Compulsive Disorder and Related Disorders.

Unit 4: Mood Disorder

- 4.1 Definition of Moods
- 4.2 Unipolar disorder
- 4.3 Bipolar disorder and Related Disorders

Suggested Readings:

- R.C. Carson, J.N. Butcher, S. Mineka and J.M. Hooley. 2014. Abnormal Psychology. New Delhi: Pearson.
- D. H. Barlow and V.M. Durand. 2005. Abnormal Psychology: An Integrated Approach (4th Ed.).Wadsworth: New York.
- N. Frude. 1998. Understanding abnormal psychology. Oxford: Blackwell Publishers.

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%

Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-DS-502	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3	
BPSY-DS-502.1	2	3	3	3	2	3	3	3	3	
BPSY-DS-502.2	3	3	3	3	3	3	2	3	3	
BPSY-DS-502.3	2	3	2	3	2	3	3	3	3	
BPSY-DS-502.4	3	3	3	3	2	3	3	2	2	

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-504 Counseling I

Periods/week Credits
L: 3 T:1 4
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Pre-requisites:

Course Type: Compulsory Core Course

Course Outcome: The students will be able to-

- BPSY-DS-504.1 Demonstrate knowledge of the central areas, key academic perspectives, and basic techniques of counseling and psychology
- BPSY-DS-504.2 Illustrate the use of various skills and techniques in counseling psychology.
- BPSY-DS-504.3 Create the identity as a professional psychologist with a clear connection to the speciality area of counseling psychology
- BPSY-DS-504.4 Apply the concepts to practice.

PART A

Unit 1 Introduction

- 1.1) Definition and nature
- 1.2) Counseling as a profession-Training, activities and professional ethics
- 1.3) the effective counselor- Personality characteristics, skills, self of counselor

Unit 2 Counseling Process

- 2.1) Stages of counseling
- 2.2) Counseling relationship
- 2.3) Initial interview
- 2.4) Evaluation for counseling

PART B

Unit 3 Counseling Theory and Techniques

- 3.1) Individual counseling theory and techniques- Psychoanalytic, Humanistic, Behavioral, Cognitive,
- 3.2) Brief approaches

Unit 4 Group and multi cultural techniques

- 4.1) Group techniques
- 4.2) Multi-cultural techniques with special reference to Indian techniques such as yoga and meditation
- 4.3) Counseling and technology

Core Reading

- G.S. Belkin. 1988. Introduction to Counseling. W. C.: Brown Publishers
- S.T. Gladding. 2009. Counseling: A comprehensive Profession. Pearson: Delhi
- J. Nelson. 1982. Theory and Practice of Counseling Psychology. New York: Holt Rinehart & Winston
- N.K. Chadha. 2018. Counseling Skills. The readers paradise

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%
Assignment	20%

Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-DS-504	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3	
BPSY-DS-504.1	2	3	3	2	2	3	3	3	2	
BPSY-DS-504.2	3	2	3	2	3	3	3	3	3	
BPSY-DS-504.3	3	3	3	3	2	3	3	2	3	
BPSY-DS-504.4	2	3	3	3	2	3	3	2	2	

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-ID-004: Psychology of Peace

Periods/week Credits

Max. Marks : 200

L: 2 T: 1 P:0 3

Continuous Evaluation: 100

Duration of Examination: 3 Hrs

End Semester Exam : 100

Pre-requisites:

Course Type: Open Elective

Course Outcomes: The students will be able to

BPSY-ID-004.1. To explore concept of peace and conflict from psychological perspective

BPSY-ID-004.2. Create awareness about national and international peace and conflict process

BPSY-ID-004.3. Application of psychology in peace and conflict process

Unit 1

1.1 Introduction to Peace Psychology,

1.2 Basic Concepts,

1.3 Theories and Models

Unit 2

2.1 Thinking like an Activist,

2.2 Direct Violence: Intimate violence,

2.3 Violence against minorities,

2.4 War,

2.5 Genocide,

2.6 Democide,

2.6 Terrorism

Unit 3

3.1 Structural Violence:

3.2 Social Justice,

3.3 Woman and Children,

3.4 Globalism

3.5 Human right

Unit 4

4.1 Conflict resolution,

4.2 Psychology of peacemaking and peace building,

4.3 Reconciliation and issues of forgetting

Suggested Reading

- D. Druckman. 2001. Nationalism and war: A social-psychological perspective.
- L.M. Woolf and M.R. Hulsizer. 2005. Psychosocial roots of genocide: Risk, prevention, and intervention, *Journal of Genocide Research*, 7, 101-128.

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**

- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-ID-004.1	3	3	2	3	3	2	3	3	2
BPSY-ID-004.2	3	2	3	3	3	2	3	2	3
BPSY-ID-004.3	2	3	3	3	2	2	3	3	3

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-ID-007: Gender, Culture & Diversity

Periods/week Credits
L: 2 T: 1 P: 0 3
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester Exam
: 100

Pre-requisites:

Course Type: Generic Elective

BPSY-ID-007.1 Familiarity and understanding of the fundamental theories and concepts in the study of gender.

BPSY-ID-007.2 Demonstrate an understanding of the influence of sex and gender on human psychology and behaviour

BPSY-ID-007.3 Understanding and sensitization to the issues related to gendering in society in India and the world

BPSY-ID-007.4 Understand and evaluate the state and feminist perspectives on social problems through a gendered lens

PART A

Unit-1

1. Manifestation of Physical Characteristics in Males and Females and Its Implications.
2. Social Construction of Gender
- 1.3 Defining Diversity

Unit-2

- 2.1 Personality in relation to Sex,
- 2.2 Intellect in relation to Sex,
- 2.3 Diversity and Conflict; Diversity and Creativity; Diversity and Power/Privileges

PART B

Unit-3

- 3.1 An Insight into Menstruation.
- 3.2 Anorexia Nervosa,
- 3.3 Medicine and Feminism
- 3.4 Sexual Identity and Sexual Fluidity

Unit-4

- 4.1 State and Feminist Perspectives on Dowry and Domestic Violence,
- 4.2 Consequences of diversity
- 4.3 Recent trends and development

Unit-5

- 5.1. Pay, promotion, and the Glass Ceiling
- 5.2. Sexual harassment
- 5.3. Discrimination and Affirmative Action

Required Reading:

- Oakley. 1972. Sex, Gender & Society (1st Ed.). Routledge.
- S. Wilkinson and C. Kitzinger. 1995. Feminism and Discourse: Psychological Perspectives (1st Ed.) Sage
- G. Gangoli. 2007. Indian Feminisms: Law, Patriarchies & Violence in India (1st Ed.). Bristol: Ashgate

Distribution of Continuous Evaluation

Component of Assessment	% of Distribution
Sessional- I	30%
Sessional- II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BAP-ID-007	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BAP-ID-007.1	2	3	3	2	1	3	2	3	2
BAP-ID-007.2	3	3	3	3	3	2	3	1	3
BAP-ID-007.3	1	3	1	2		3	2	2	3
BAP-ID-007.4	3	3	2	3	3	3	2	3	3

SEMESTER-VI

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-601 Industrial and Organizational Psychology II

Periods/week Credits
L: 3 T:1 4
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Pre-requisites:

Course Type: Compulsory Core Course

Course Outcome: The students will be able to-

- BPSY-DS-601.1 Demonstrate ability to value, recognize and create supportive work environments.
BPSY-DS-601.2 Demonstrate critical thinking ability regarding Industrial and Organizational psychology theories, practices and models.
BPSY-DS-601.3 Display an understanding of organizational culture, norms and functioning and its impact on the workforce.
BPSY-DS-601.4 Assess the way theory and research in Industrial and Organizational Psychology applies to real-world issues and challenges and the practice of industrial and organizational psychology.

PART A

Unit 1

- 1.1 Dynamics of Organizational Behavior,
1.2 Organizational Culture Power and Politics: Influence, empowerment, sexual harassment, organizational politics.
1.3 Positive Organizational Behavior

Unit 2

- 2.1 Issues of Organizational Behavior: Workplace behavior, Emotional intelligence, Work life balance and quality of life.

Unit 3

- 3.1 Organizational structure and Design: Theories of organizational structure,
3.2 Nature and types of organizational design, organizational culture: component and characteristics

Unit 4

- 4.1 Organizational communication,
4.2 Group dynamics and conflict, Work stress and its management,
4.3 recent trends in organizational behavior

Core Reading

- N.K. Chadha. 2007. Organizational Behavior. Galgotia Publishers: New Delhi
- N.K. Chadha. 2005. Human Resource Management-Issues, case studies and experiential exercises. 3rd edition. New Delhi: Sai Printographers
- S. Robbins, T.A. Judge & S. Sanghi. 2009. *Organizational behavior(13th Ed.)*. New Delhi: Pearson Education

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%

Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-DS-601	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3	
BPSY-DS-601.1	3	2	3	3	2	3	3	2	3	
BPSY-DS-601.2	3	3	3	3	3	3	2	3	3	
BPSY-DS-601.3	2	3	2	2	2	3	2	3	3	
BPSY-DS-601.4	3	3	3	3	2	3	3	3	2	

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-603--: Practical training in Psychology VI

Periods/week Credits

L: 0 T: 0 P: 6 3

Examination: Viva

Max. Marks: 100

Internal/Continuous Assessment: 50

End Semester Exam: 50

Prerequisites:

Course Type: Core

- BPSY-DS-603.1 Equip students with using different psychological assessment tools
- BPSY-DS-603.2 Train students in the interpretation of different psychological assessment tools
- BPSY-DS-603.3 Gain practical and transferable psychological skills
- BPSY-DS-603.4 Enhanced skill of conducting & documenting experiments/ practical in field of psychology.

Unit 1: Suggested Practical:

MMPI

Draw-A-Person Test

Emotional Intelligence Scale

Multidimensional Aptitude Battery

DBDA

Loneliness Scale

Brief Resilience Scale

References

Anastasi, A., & Urbina, S. (1997). Psychological testing. Upper Saddle River, N.J: Prentice Hall.
Woodworth, R. S., Schlosberg, H., Kling, J. W., & Riggs, L. A. (1971). Woodworth & Schlosberg's Experimental psychology. New York: Holt, Rinehart and Winston.
Myers, A., & Hansen, C. H. (2002). Experimental psychology. Pacific Grove, CA: Wadsworth/Thomson Learning.

Course Articulation Matrix.

CO statement	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-DS-603.1	3	2	3	1	1	2	1	3	2
BPSY-DS-603.2	3	1	2	3	3	3	3	2	2
BPSY-DS-603.3	3	3	3	1	2	2	3	3	2
BPSY-DS-603.4	3	3	2	3	1	3	3	2	3

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-602 Abnormal Psychology II

Periods/week Credits
L: 3 T:1 4
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Pre-requisites:

Course Type: Compulsory Core Course

Course Outcome: The students will be able to-

- BPSY-DS-602.1 Identify and describe the major forms of psychological disorders and the major theories regarding the classification, etiology, and treatment of psychological disorders.
- BPSY-DS-602.2 Identify treatments for mental disorders and compare their efficacy in treating such disorders as well as demonstrate an ability to create suitable intervention programmes for effectively dealing with psychological disorders.
- BPSY-DS-602.3 Critically examine key concepts and theories in abnormal psychology.
- BPSY-DS-602.4 Apply in a situated, contextual way the conceptualization, causation, and treatment of mental disorders.

PART A

Unit 1: Schizophrenia

- 1.1 Definition and concept
2. DSM criteria
- 1.3 Etiology

Unit 2: Eating and Sexual Disorders

1. Definition and concept
- 2.2 DSM criteria
- 2.3 Etiology

PART B

Unit 3: Personality Disorder

- 3.1 Cluster A
- 3.2 Cluster B
- 3.3 Cluster C

Unit 4: Disorders of Development

- 4.1 Learning Disability
- 4.2 Intellectual Disability
- 4.3 ADHD
- 4.4 Autism

Suggested Readings:

- R.C. Carson, J.N. Butcher, S. Mineka. & J.M. Hooley. 2014. Abnormal Psychology. New Delhi: Pearson.
- D.H. Barlow and V.M. Durand. 2005. Abnormal Psychology: An Integrated Approach (4th Ed.).Wadsworth: New York.
- N. Frude. 1998. Understanding abnormal psychology. Oxford: Blackwell Publishers.

Distribution of Continuous Evaluation

Sessional I	30%
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Sessional II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-DS-602	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3	
BPSY-DS-602.1	2	3	3	3	2	3	3	3	3	
BPSY-DS-602.2	3	3	3	3	3	3	2	3	3	
BPSY-DS-602.3	2	3	2	3	2	3	3	3	3	
BPSY-DS-602.4	3	3	3	3	2	3	3	2	2	

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-604 Counseling Paradigm

Periods/week Credits
L: 3 T:1 4
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester
Exam : 100

Pre-requisites:

Course Type: Compulsory Core Course

Course Outcome: The students will be able to-

- BPSY-DS-604.1 Display an understanding various theories, techniques and research methods used in counseling.
- BPSY-DS-604.2 Demonstrate an ability to apply the skills to counsel children and adolescents.
- BPSY-DS-604.3 Demonstrate ability to assess family dynamics using key theories of family counseling.
- BPSY-DS-604.4 Demonstrates knowledge and understanding of relevant ethical/professional codes, standards and guidelines, laws, statutes, rules, and regulations.

PART A

Unit 1: Helping Behavior

1. Therapeutic Relationship
2. Communication Skills
3. Clinical Interviewing
4. Reflecting Skills

Unit 2: Ethical Considerations

- 2.1 Ethical Considerations
- 2.2 Issues with ethics

PART B

Unit 3: Techniques used in therapy

- 3.1 Reflecting Feeling
- 3.2 Summarization
- 3.3 Paraphrasing
- 3.4 Verbal and Non verbal cues

Unit 4: Counseling Processes

- 4.1 Building Relationships
- 4.2 Working through
- 4.3 Termination

Suggested Readings:

- N.S. Rao. 2007. Counseling and Guidance (2ndEdn) New Delhi: Tata McGraw-Hill.
- N Jones. 1982. The Theory and Practice of Counseling Psychology, New York: Holt Rinehart and Winston.
- S. T. Gladding. 2005. A comprehensive Profession.6th edition, Prentice Hall Publishers.
- T.A. Harris. 1973. I am OK, You are OK. Pan Books Ltd

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%

Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-DS-604	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3	
BPSY-DS-604.1	2	3	3	2	2	3	3	3	2	
BPSY-DS-604.2	3	2	3	2	3	3	3	3	3	
BPSY-DS-604.3	3	3	3	3	2	3	3	2	3	
BPSY-DS-604.4	2	3	3	3	2	3	3	2	2	

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-DS-605: Dissertation

Periods/week

Credits

200

Max. Marks:

L: 0 T: 0 P:0 4

Internal Marks : 100

External Marks : 100

Duration of Examination:
Viva

In last semester of the program learners are required to conduct an independent research project under the supervision of an assigned faculty member. The learners are being motivated to do the research in throughout their program, but in last semester it is mandatory to submit a research report as it is graded and will contribute to their CGPA.

Assessment Parameter:

Sr. No.	Assessment Parameter	% Contribution
1	Research Report	50
2	Idea of research	10
3	Feedback by Assigned Mentor/supervisor	10
4	Viva	30

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-ID-008: Crisis Intervention

Periods/week Credits
L: 2 T: 1 3
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation: 100
End Semester Exam:
100

Pre-requisites:

Course Type: Foundation (Core)

Upon completion of this course, the student will be able to

BPSY-ID-008.1 Describe the basics of trauma counselling

BPSY-ID-008.2 Demonstrate an understanding of the various types of psychological practices involved in trauma counselling.

BPSY-ID-008.3 Understand the application of counselling procedures.

BPSY-ID-008.4 Practically collaborate research and practise techniques of trauma counselling.

Unit 1: Introduction to trauma counselling

- 1.1 Introduction and overview
- 1.2 Trauma counselling and grief counselling
- 1.3 Adverse childhood experiences and catharsis
- 1.4 Self- Care

Unit 2: Approaching Crisis Intervention

- 2.1 Self care and resiliency
- 2.2 Culturally effective helping trauma clients
- 2.3 Ethical implications of trauma

Unit 3: Post-traumatic Stress Disorder

- 3.1 Understanding PTSD
- 3.2 Treatment for PTSD
- 3.3 Interventions for PTSD

Unit 4: Online Counselling

- 4.2 Telephone and Online Crisis Counseling
- 4.3 Resolving crisis
- 4.3 Bringing about a change
- 4.4 Personal Goals and self care

Core Readings:

- Crisis and Trauma Counselling, Eric Owens and Richard Parsons.
- Trauma Counseling Theories and Interventions 2012 Edition by Lisa Lopez Levers , Springer

Distribution of Continuous Evaluation

Component of Assessment	% of Distribution
Sessional- I	30%
Sessional- II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks: SPSS, MS Excel, NVivo

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-ID-008	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-ID-008.1	3	3	3	3	3	3	3	2	2
BPSY-ID-008.2	3	3	3	3	3	3	3	2	2
BPSY-ID-008.3	3	3	3	3	3	3	2	3	2
BPSY-ID-008.4	3	3	2	2	2	3	2	3	3

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-ID-009: CRIMINAL PSYCHOLOGY

Periods/week Credits
L: 2 T: 1 3
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation : 100
End Semester Exam
: 100

Pre-requisites:

Course Type: Program Core

- BPSY-ID-009.1** Explain psychological aspects forensic investigation
BPSY-ID-009.2 Explore theory of crime
BPSY-ID-009.3 Evaluate profile of the offenders
BPSY-ID-009.4 Analyze different correctional methods

PART A

Unit 1: Introduction to criminal psychology

1. Overview and history
2. Fields in forensic psychology
3. World perspective in forensic psychology

Unit 2: Investigative psychology

1. Police psychology,
2. Testing and selection of police personnel
3. Profiling in forensic psychology
4. Psychological autopsy in crime scene.

PART B

Unit 3: Crime and offenders

- 3.1 Theories of crime,
- 3.2 Juvenile offenders,
- 3.3 Stalking
- 3.4 sexual crimes

Unit 4: Correctional methods for inmates and offenders

- 4.1 Inmates treatments and rights
- 4.2 Psychological impact of incarceration- mental illness, solitary
- 4.3 Rehabilitative methods for correction and prevention.
- 4.4 Recent trends and development of psychology

Text Books/ Reference Books:

- R. Batchman, and R.K. Schutt. 2008. Fundamentals of research in criminology and criminal justice. London: Sage.
- L. Haward. 1981. Forensic psychology. London: Batsford Academic and Educational Ltd.
- D. Howitt. 2002. Forensic and criminal psychology. New Delhi, India: Prentice Hall.
 - E. F. Loftus. 1996. Eyewitness testimony: With a new preface. Cambridge, MA: Harvard University Press.
 - F. D. Ross, D.J. Read & M.P. Toglia. 1994. Adult eyewitness testimony. New York: Cambridge University Press.
 - D. Webb. 2013. Criminal profiling: An introductory Guide. UK: Independent Publishing Platform.
 - L.S. Wrightsman & S. M. Fulero. 2008. Forensic psychology (3rd Ed.). Belmont, CA: Wadsworth Publishing Co.

Distribution of Continuous Evaluation

Sessional I	30%
Sessional II	30%
Assignment	20%
Class Performance	10%
Attendance	10%

Software required/Weblinks:

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-ID-009	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-ID-009.1	2	3	3	3	2	3	3	3	3
BPSY-ID-009.2	2	2	3	3	2	2	3	2	3
BPSY-ID-009.3	3	3	2	3	3	3	2	2	3
BPSY-ID-009.4	2	3	3	2	2	3	3	3	2

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES

(Deemed to be University under section 3 of the UGC Act 1956)

BPSY-ID-010: Fashion Psychology

Periods/week Credits
L: 2 T: 1 3
Duration of Examination: 3
Hrs

Max. Marks : 200
Continuous
Evaluation: 100
End Semester Exam:
100

Pre-requisites:

Course Type: Foundation (Core)

Upon completion of this course, the student will be able to

BPSY-ID-010.1 Describe the basics of Fashion Psychology

BPSY-ID-010.2 Demonstrate an understanding of the various types of psychological Principles involved in Fashion Psychology.

BPSY-ID-010.3 Understand the application of Fashion Psychology in industry.

BPSY-ID-010.4 Practically collaborate research and practise techniques of Fashion Psychology.

Unit 1:

- 1.1 What is consumer behavior? Value and consumer behavior framework
- 1.2 Introduction to Clothing Understanding clothing,
- 1.3 Purpose of clothing; protection, modesty, attraction etc.
- 1.4 Clothing Values, Clothing Culture, men and women clothing and ornamentation, groups

Unit 2:

- 2.1 Psychology of Color
- 2.2 Factors Influencing Fashion Changes
- 2.3 Social Psychology of Fashion
- 2.4 Role of Costume as Status Symbol
- 2.5 Psychology of Visual merchandising.

Unit 3:

- 3.1 Modern Clothing-Youth style and fashion,
- 3.2 Ancient to modern clothing, unisex clothing
- 3.3 Fashion for all, ready to wear fashion, mass marketing of fashion.

Unit 4:

- 4.1 Planning for clothing needs, Clothes for school, Clothes for parties, Clothes for sports, Clothes for resting
- 4.2 Wardrobe Planning

Suggested Readings:

Black A.J. (1985) , ' A History of Fashion' ,USA Orbits Publishing Ltd.
Rouse E. (1989), 'Understanding Fashion',UK, Blackwell Science.

Distribution of Continuous Evaluation

Component of Assessment	% of Distribution
Sessional- I	30%
Sessional- II	30%
Assignment	20%
Class Performance	10%

Attendance	10%
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Software required/Weblinks: SPSS, MS Excel, NVivo

- **Assessment Tools:**
- Assignment/Tutorials
- Sessional tests
- Term end examination

Instructions for paper setting: Seven questions are to be set in total. First question will be conceptual covering entire syllabus and will be compulsory to attempt. Three questions will be set from each Part A and Part B (one from each unit). Student needs to attempt two questions out of three from each part. Each question will be of 20 marks.

Course Articulation Matrix

CO statement BPSY-ID-010	PO1	PO2	PO3	PO4	PO5	PO6	PSO 1	PSO 2	PSO 3
BPSY-ID-010.1	3	3	3	3	3	3	3	2	2
BPSY-ID-010.2	3	3	3	3	3	3	3	2	2
BPSY-ID-010.3	3	3	3	3	3	3	2	3	2
BPSY-ID-010.4	3	3	2	2	2	3	2	3	3

Appendix-A: List of courses having relevance to the Local/Regional, National and Global Development needs.

Course Code	Course Name	Regional	National	Global
CH-202B	Environmental Studies			√
BPSY-DS-106	Introduction to Psychology		√	
BPSY-DS-103A	Bio-Psychology			√
BPSY-DS-104A	Educational Psychology		√	
BPSY-DS-206	Fundamentals of Social Psychology			√
BPSY-DS-208	Introduction to Research Methodology			√
BPSY-DS-209	Personality Theories			√
BPSY-DS-304	Introduction to Statistics			√
BPSY-DS-302	Developmental Psychology I			√
BPSY-DS-305	Positive Psychology			√
BPSY-ID-005	Media Psychology			√
BPSY-ID-006	Sustainability & Psychology			√
BPSY-DS-405	Health & Nutritional Psychology			√
BPSY-DS-404	Psychological Testing			√
BPSY-DS-403	Developmental Psychology II			√
PSY-GE-006	Indian Psychology		√	
BPSY-ID-011	Introduction to Sports Psychology			√
BPSY-DS-501	Industrial and Organizational Psychology I			√
BPSY-DS-502	Abnormal Psychology I		√	
BPSY-DS-601	Industrial and Organizational Psychology II			√
BPSY-DS-602	Abnormal Psychology II			√
BPSY-ID-004	Psychology of Peace			√
BPsy-ID-007	Gender, Culture & Diversity			√
BPSY-DS-601	Industrial and Organizational Psychology II			√
BPSY-DS-602	Abnormal Psychology II		√	
BPSY-DS-605	Dissertation	√		
BPSY-ID-001	Pioneer Works in Psychology			√
BPSY-ID-002	Youth Psychology		√	
BPSY-ID-004	Psychology of Peace			√
PSY-GE-003	Introduction to Political Science		√	
PSY-GE-004	Vedic Mathematics		√	

PSY-GE-006	Indian Psychology		√	
BPSY-DS-504	Counseling I		√	
BPSY-DS-604	Counseling Paradigms			√
BPSY-ID-008	Crisis Intervention			√
BPSY-ID-009	Criminal Psychology			√
BPSY-ID-010	Fashion psychology		√	

Appendix B: List of courses having focus on Employability, Entrepreneurship and Skill Development

Introduction to Psychology	BPSY-DS-106	√		√
Educational Psychology	BPSY-DS-104A	√		
Practical Training in Psychology	BPSY-DS-107	√		√
Supervised Independent Learning** - Term Paper	BPSY-GE-27	√		√
Pioneer Works in Psychology	BPSY-ID-001	√		
Fundamentals of Social Psychology	BPSY-DS-206	√	√	
Practical Training in Psychology II	BPSY-DS-207	√		√
Introduction to Research Methodology	BPSY-DS-208	√	√	
Supervised Independent Learning II** - Textual Analysis	BPSY-GE-28	√		√
Introduction to Statistics	BPSY-DS-304	√	√	
Practical Training in Psychology III	BPSY-DS-306	√		√
Supervised Independent Learning III** - Survey Report	BPSY-GE-29	√		√
Media Psychology	BPSY-ID-005	√		
Sustainability & Psychology	BPSY-ID-006	√	√	
Health & Nutritional Psychology	BPSY-DS-405	√		√
Practical Training in Psychology IV	BPSY-DS-402	√		√
Psychological Testing	BPSY-DS-404	√		√

Supervised Independent Learning IV** - Case Report Writing	BPSY-GE-30	√		√
Introduction to Sports Psychology	BPSY-ID-011	√	√	
Developmental Psychology I	BPSY-DS-302	√		
Developmental Psychology II	BPSY-DS-403	√		√
Industrial and Organisational Psychology I	BPSY-DS-501	√		
Counseling I	BPSY-DS-504	√	√	
Abnormal Psychology I	BPSY-DS-502	√		
Industrial and Organisational Psychology II	BPSY-DS-601	√		
Counseling Paradigm	BPSY-DS-604	√	√	
Abnormal Psychology II	BPSY-DS-602	√		
Dissertation	BPSY-DS-605	√	√	√
Practical Training in Psychology V	BPSY-DS-503	√		√
Supervised Independent Learning V** - Summer Internship	BPSY-GE-31	√		√
Psychology of Peace	BPSY-ID-004	√		
Practical Training in Psychology VI	BPSY-DS-603	√		√
Crisis Intervention	BPSY-ID-008	√		√
Criminal Psychology	BPSY-ID-009	√	√	
Fashion psychology	BPSY-ID-010	√	√	

Appendix C: List of courses and proposed activities relevant to Professional Ethics, Gender, Human Values, Environment and Sustainability

Course Code	Course Name	Environment and Sustainability	Professional Ethics	Human Values	Gender Equality
BPSY-DS-104A	Educational Psychology			√	
BPSY-DS-206	Fundamentals of Social Psychology			√	
BPSY-DS-504	Counseling I		√		
BPSY-DS-604	Counseling Paradigms		√		
BPSY-ID-006	Sustainability & Psychology	√			
BPSY-ID-011	Introduction to Sports Psychology		√		
BPSY-ID-004	Psychology of Peace			√	
BPSY-ID-007	Gender, Culture & Diversity				√
BPSY-ID-009	Criminal Psychology			√	