

**SYLLABUS FOR**  
**FOUR YEAR UNDERGRADUATE PROGRAM**  
**(NEP-2020)**

**Program: Bachelor in Science (2024 -28)**

**DISCIPLINE – PSYCHOLOGY**

**Session – 2025-26**



**DEPARTMENT OF PSYCHOLOGY**

**GOVT. DIGVIJAY AUTONOMOUS P.G. COLLEGE,**  
**RAJNANDGAON (C.G.)**



# FOUR YEAR UNDERGRADUATE PROGRAM (NEP-2020)

Program: Bachelor in Science (2024 -28)

## DISCIPLINE – PSYCHOLOGY

Session – 2025 -26

DISCIPLINE ELECTIVEC COURSE (DSC)- 01 TO 08		DISCIPLINE ELECTIVEC COURSE (DSE)- 01 TO 12	
CODE	TITLE	CODE	TITLE
PSSC-01T	Introduction To Psychology	PSSE -01T	Applied Cognitive Psychology
PSSC-01P	Lab. Course -1 (Experiment and Activity)	PSSE -01P	Lab. Course -1(Experiment and Activity)
PSSC-02T	Psychopathology	PSSE -02T	Positive Psychology
PSSC-02P	Lab. Course -2 (Psychological Testing)	PSSE -02P	Lab. Course -2(Psychological Testing)
PSSC-03T	Foundation of Social Psychology	PSSE -03T	Sports And Exercise Psychology
PSSC-03P	Lab. Course -3t(Experiment and Activity)	PSSE -03P	Lab. Course -3 (Activity)
PSSC-04T	Psychological Assessment	PSSE -04T	Psychology of Health And Yoga
PSSC-04P	Lab. Course -4 (Psychological Testing)	PSSE -04P	Lab. Course -4 (Activity)
PSSC-05T	Quantitative Data Analysis	PSSE -05T	Educational Psychology
PSSC-05P	Lab. Course -5 (Activity)	PSSE -05P	Lab. Course -5 (Activity)
PSSC-06T	Personality Psychology	PSSE -06T	Community Psychology
PSSC-06P	Lab. Course -6 (Activity)	PSSE -06P	Lab. Course -6 (Activity)
PSSC-07T	Human Development	PSSE -07T	Fundamentals of Clinical Psychology- I
PSSC-07P	Lab. Course -7 (Activity)	PSSE -07P	Lab. Course -7 (Activity)
PSSC-08T	Fundamentals Of Counseling	PSSE -08T	Human Resource Management
PSSC-08P	Lab. Course -8 (Activity)	PSSE -08P	Lab. Course -8 (Activity)
		PSSE -09T	Forensic Psychology
		PSSE -09P	Lab. Course -9 (Activity)
		PSSE -10T	Environmental Psychology
		PSSE -10P	Lab. Course -10 (Activity)
		PSSE -11T	Fundamentals Of Clinical Psychology- II
		PSSE -11P	Lab. Course -11 (Activity)
		PSSE -12T	Organizational Psychology
		PSSE -12P	Lab. Course -12 (Activity)
GE – 01&02		VAC	
PSGE- 01T	Introduction To Psychology	PSVAC-01	Stress Management
PSGE- 01P		SEC	
PSGE- 02T	Psychopathology	PSSEC-01	Statistical Package for Science & Social Science( Excel, SPSS)
PSGE- 02P			



**FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)**  
**DEPARTMENT OF PSYCHOLOGY**  
**COURSE CURRICULUM**

**PART-A: Introduction**

Program: Bachelor in Social Sciences  
*(Diploma/Degree/Honors)* Semester- III Session:2025-2026

1	Course Code	PSSC-03T
2	Course Title	Foundation of Social Psychology
3	Course Type	Discipline Specific Course (DSC)
4	Pre-requisite(if, any)	As per program
5	Course Learning Outcomes(CLO)	<p><i>After the completion of course, the students will have ability to:</i></p> <ul style="list-style-type: none"> <li>➤ <i>Understanding the basic social psychological concepts and familiarize with relevant methods.</i></li> <li>➤ <i>Understanding the applications of social psychology to social issues like gender, environment, health, intergroup conflicts, etc.</i></li> <li>➤ <i>Developing skills pertaining to mapping of social reality and understanding how people evaluate social situations.</i></li> <li>➤ <i>Familiarizing with the concepts of social affect and affective processes including people's harming and helping behaviors.</i></li> </ul>
6	Credit Value	03 Credit Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100 Min Passing Marks:40

**PART-B: Content of the Course**

**Total No. of Teaching-Learning Periods (01 Hr. per period) - 45 Periods (45 Hours)**

Unit	Topics(Course contents)	No. of Period
I	<p>Introduction</p> <p>1.1 Definition and nature of social psychology</p> <p>1.2 Methods of social psychology: Sociometry and Focus Group Discussion</p> <p>1.3 Applications of social psychology: Intergroup conflicts &amp; Influence of social media</p>	12
II	<p>Social Cognition and Attitudes</p> <p>2.1 Perceiving self and others: Self-concept and self-esteem, Impression formation, Impression Management.</p> <p>2.2 Attitudes: Nature and measurement, attitude change</p>	11
III	<p>Affective Processes in Social Context:</p> <p>3.1 Social affects (concepts of guilt, shame, envy, gratitude, forgiveness &amp; compassion)</p> <p>3.2 Pro-social behavior</p> <p>3.3 Aggression and social violence</p>	11
IV	<p>Group Processes and Collective Behavior:</p> <p>4.1 Group: Nature and group formation</p> <p>4.2 Group and performance: Social facilitation, Social loafing and social conformity</p> <p>4.3 Leadership: Qualities of Leaders and types of Leadership:</p>	11



LEMOUCATTE, AUCOURTUE AND LAISSEZ-Faire.

Keywords

Social psychology, Sociometry, Focus group discussion, Pro social behavior, Aggression  
Social violence, Group process, Collective behavior

Signature of Convener & Members

*Em*

*Almohit*

*Amel*

*Shaima*

*Almot*  
*L. Mot*

*Shaima*

*Amel*

*Almohit*



## PART-C

Learning Resources: Text Books, Reference Books and Others

### Text Books Recommended

1. Baron, R. A., Byrne, D., & Bhardwaj, G. (2010). Social psychology (12th Ed.). New Delhi, India: Pearson.
2. Branscombe, N.R. & Baron, R. A., (2017) Social Psychology (14th Ed.) New Delhi, India: Pearson.
3. Singh, A.K. (2021) Samaj Manovigyan ki Ruprekha (12th Ed.) Motilal Banarsidas INT. Delhi.
4. Suleman, Md. (2014) Uchhatar Samaj Manovigyan Motilal Banarsidas INT. Delhi.
5. Tripathi, L.B. (2016) Ahunik Samaj Manovigyan (4th Ed.) Pawan Printers, Agra

### Reference Books Recommended

1. Hogg, M. A., & Vaughan, G. M. (2005). Social psychology. Harlow: Pearson Prentice Hall.
2. Husain, A. (2012). Social psychology. New Delhi, India: Pearson.
3. Myers, D. G. (2008). Social psychology. New Delhi, India: Tata McGraw-Hill.
4. Taylor, S. E., Peplau, L. A., & Sears, D. O. (2006). Social psychology (12th Ed.). New Delhi, India: Pearson

### Online Resources-

#### e-Resources/e-books and e-learning portals

- > Swayam Central  
<https://swayam.gov.in>
- > Youtube

### Online Resources-

#### e-Resources/e-books and e-learning portals

- > <https://egyankosh.ac.in/handle/123456789/4448>
- > <https://epeg.inflibnet.ac.in/Home>
- > <https://ndi.iitkgp.ac.in/homestudy/humanities>

### Part-D: Assessment and Evaluation

#### Suggested Continuous Evaluation Methods:

Maximum Marks: 100 Marks  
Continuous Internal Assessment (CIA): 30 Marks  
End Semester Exam (ESE): 70 Marks

**Continuous Internal Assessment (CIA):**  
(By Course Teacher)

Internal Test / Quiz-(2): 20 +20	Better marks out of the two Test / Quiz + Assignment / Seminar - 10	obtained marks in Assignment shall be considered against 30 Marks
Total Marks - 30		

**End Semester Exam (ESE):**

Two section - A & B  
Section A: (I) Objective Type Questions  
(II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks  
Section B: Long Answer Type Questions One From Each Unit With Internal option  
4x10=40 Marks  
Total Marks=70

Name and Signature of Convener & Members

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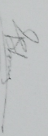
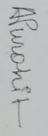
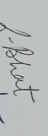
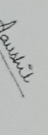
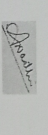
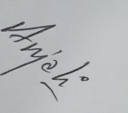
## FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)

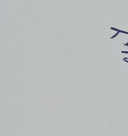
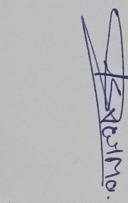
## DEPARTMENT OF PSYCHOLOGY

## COURSE CURRICULUM

COURSE CURRICULUM				
PART-A: Introduction				
Program: Bachelor in Social Sciences (Diploma/Degree/Honors)		Semester- III		Session:2024-2025
1	Course Code	PSSC-03P		
2	Course Title	Lab Course -3 (Experiment and Activity)		
3	Course Type	Laboratory Course		
4	Pre-requisite(if, any)	As per program		
5	Course Learning Outcomes (CLO)	After the completion of course, the students will have ability of: ➤ Concept clarification ➤ Applicability skill development ➤ Development of analytical thinking		
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)	
7	Total Marks	Max.Marks:50	Min Passing Marks:20	
PART-B: Content of the Course				
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)				
Experiment	Topics(Course contents)			No. of Period
1	Effect of Order of Information on Person-Perception			30
2	Social Facilitation			
3	Effect of Leadership on Performance			
4	Effect of Group on Decision Making			
Activity	(ANY ONE) 1. To study Bystander Effect: Using actor and confederates to see how children standing outside the canteen/ garden of college respond to the actor fainting. Behavioral response as well as the time taken by children in responding to the “fainting” actor is recorded and analyzed.  2. Analysis of News in National daily’s (Newspapers in Hindi, English and other languages), identifying news of unethical/immoral incidents, making a list of incidents for a month, then classifying it according to types of incidents and also analyzing underlying values and bases of moral behavior, and the kind of social problem associated with it.			
Keywords	Bystander Effect, News Analysis, Person-Perception, Social Facilitation, Leadership, Decision Making			

Signature of Convener &amp; Members


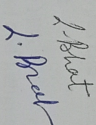

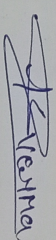










<b>PART-C</b>			
Learning Resources: Text Books, Reference Books and Others			
<b>Text Books Recommended</b>			
1. Shrivastav, D.N. and Verma Preeti Adhunik Prayogatmak Manovigyan (2014-15) Agrawal Publications, Sanjay Nagar, Agra			
2. Woodworth, R.S. & Schlosberg, H Experimental Psychology (1954) Oxford & IBH Publishing company Pvt. Ltd., New Delhi			
<b>Online Resources-</b>			
<b>e-Resources/e-books and e-learning portals</b>			
> Swayam Central <a href="https://swayam.gov.in">https://swayam.gov.in</a> > youtube			
<b>Online Resources-</b>			
<b>e-Resources/e-books and e-learning portals</b>			
> <a href="https://egyankosh.ac.in/handle/123456789/4448">https://egyankosh.ac.in/handle/123456789/4448</a> > <a href="https://epp.inflibnet.ac.in/Home">https://epp.inflibnet.ac.in/Home</a> > <a href="https://ndi.iitkgp.ac.in/homestudy/humanities">https://ndi.iitkgp.ac.in/homestudy/humanities</a>			
<b>Part-D: Assessment and Evaluation</b>			
<b>Suggested Continuous Evaluation Methods:</b>			
<b>Maximum Marks:</b>			
<b>Continuous Internal Assessment (CIA):</b>			
<b>End Semester Exam (ESE):</b>			
<b>Internal Assessment:</b>	Internal Test / Quiz-(2):	10 & 10	Better marks of the Test / Quiz & Assignment/Seminar+Attendance - 05
Continuous Internal Assessment (CIA)	Total Marks-	15	obtained marks in Assignment shall be considered against 15 Marks
<b>End Semester Exam (ESE):</b>	<b>Laboratory / Field Skill Performance: On spot Assessment</b>		
	A. Performed the Task based on lab. Work (Conduction of Experiment)-20		
	B. Spotting based on tools & technology (written) (Report writing)- 10		
	C. Viva-voce (based on principle/technology) - 05		
	<b>Total Marks-</b>		
	35		

**Name and Signature of Convener & Members**

 Arunachal  
 A. Prad  
 Anand  
 Anshu  
 Anshu



**FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)**  
**DEPARTMENT OF PSYCHOLOGY**  
**COURSE CURRICULUM**

**PART-A:**

**Introduction**

Program: Bachelor in Social Sciences  
**(Diploma/Degree/Honors)**

**Semester- III**

**Session: 2024-2025**

1	Course Code	PSSE-01T	
2	Course Title	Applied Cognitive Psychology	
3	Course Type	Discipline Elective Course (DSE)	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	<p>After the completion of course, the students will have ability to:</p> <ul style="list-style-type: none"> <li>➤ Developing an appreciation of how Cognitive Psychology principles can be applied to real life settings and to understand the nature and scope of Applied Cognitive Psychology.</li> <li>➤ Knowing how to apply principles of cognitive psychology to issues related to face identification.</li> <li>➤ Understanding the applications of research based on perception and memory to real life settings</li> <li>➤ Developing an understanding of cognitive psychology applications in the area of technology.</li> </ul>	
6	Credit Value	03 Credit	Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100	Min:PassingMarks:40

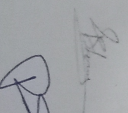
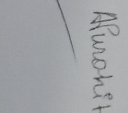
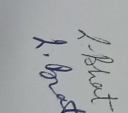
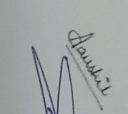
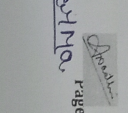
**PART-B:**

**Content of the Course**

**Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)**

Unit	Topics(Course contents)	No. of Period
I	<p>Introduction</p> <p>1.1 Applied Cognitive Psychology: Nature, Scope, and History.</p> <p>1.2 Emergence of modern cognitive psychology</p> <p>1.3 Methods of studying applied cognitive psychology (experiment and case study)</p>	12
II	<p>Perception and Attention:</p> <p>2.1 Perception : Top- Down, Bottom- Up Process, and Size constancy</p> <p>2.2 Attention: Nature, Types and Determinants</p>	11
III	<p>Thinking and Problem Solving</p> <p>3.1 Thinking – Nature, Type,</p> <p>3.2 Tools – Sign, Symbol and Language</p> <p>3.3 Problem Solving – Nature and Steps</p>	11
IV	<p>Psychology and Technology:</p> <p>4.1 Human-Computer Interaction,</p> <p>4.2 Psychological applications of Virtual Reality,</p> <p>4.3 Psychology of Artificial Intelligence.</p>	11
Keywords	<p>Applied Cognitive Psychology, Attention, Perception, Thinking, Problem-Solving, Human-Computer Interaction, Virtual Reality</p>	

Signature of Convener & Members:



## PART-C

### Learning Resources: Text Books, Reference Books and Others

#### Text Books Recommended

1. Singh, A.K. (2017)-*Sangyanamnak Manovigyan*. Motilal Banarsidas, Delhi
2. Gully Baba (2020), *Applied Cognitive Psychology* MPC 003 Learning And Memory, Gully Baba Publication Pvt Ltd
3. Galotti, M.K.(2024), *Cognitive Psychology: In And Out Of The Laboratory*, Sage Text
4. Connolly, J., Palmer, M., Barton, H. & Kiwan, G.(eds.), (2016), *Introduction to Cyber Psychology*. London: Routledge.
5. M. (Eds). (2011). *IAP Handbook of Applied Psychology*. UK: Wiley Blackwell.

#### Reference Books Recommended

1. Groome, D. & Eysenck, M. W. (2016). *An Introduction to Applied Cognitive Psychology*. London: Routledge, Taylor & Francis.
2. Martin, P. R., Cheung, F. M., Knowles, M. C., Kyrios, M., Littlefield, L., Overmier, J. B., Prieto, J.

#### Online Resources- e-Resources/e-books and e-learning portals

- > Swayam Central
- <https://swayam.gov.in>
- > youtube

#### Online Resources-

##### e-Resources/e-books and e-learning portals

- > <https://egyankosh.ac.in/handle/123456789/4448>
- > <https://epp.inflibnet.ac.in/Home>
- > <https://ndl.iitkgp.ac.in/homestudy/humanities>

#### Part-D: Assessment and Evaluation

##### Suggested Continuous Evaluation Methods:

Maximum Marks: 100 Marks

Continuous Internal Assessment (CIA): 30 Marks

End Semester Exam (ESE): 70 Marks

##### Continuous Internal Assessment (CIA): (By Course Teacher)

Internal Test / Quiz-(2): 20 +20	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
Assignment / Seminar - 10	
Total Marks - 30	

##### End Semester Exam (ESE):

Two section - A & B

Section A: (I) Objective Type Questions 10x1=10 Marks

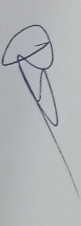
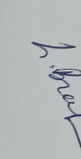
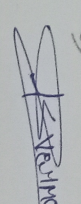
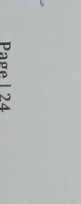
(II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks

Section B: Long Answer Type Questions One From Each Unit With Internal option

4x10=40 Marks

Total Marks=70

#### Name and Signature of Convener & Members

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 J. Blot  
 J. Blot  
 J. Blot



**FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)**  
**DEPARTMENT OF PSYCHOLOGY**  
**COURSE CURRICULUM**

**PART-A:**

**Introduction**

Program: Bachelor in Social Sciences  
*(Diploma/Degree/Honors)*

Semester- III

Session: 2025-2026

1	Course Code	PSSE-01P
2	Course Title	Lab Course -1 (Experiment and Activity)
3	Course Type	Laboratory Course
4	Pre-requisite(if, any)	As per program
5	Course Learning Outcomes(CLO)	<p>After the completion of course, the students will have ability to:</p> <ul style="list-style-type: none"> <li>&gt; Learn the experimental concept of attention</li> <li>&gt; Learn the experimental concept of perception and problem solving</li> <li>&gt; Understanding the use of AI in learning</li> </ul>
6	Credit Value	01 Credit (Credit= 30Hrs for Practices /Field work)
7	Total Marks	Max.Marks:50 MinPassingMarks:20

**PART-B:**

**Content of the Course**

**Total No. of learning-Training/performance Periods: 30 Periods (30 Hours)**

Experiment	Topics(Course contents)	No. of Period
1	Division Of Attention	30
2	Size Constancy	
3	Problem Solving Check List	
4	Concept Formation	
Activity-	Uses of AI in Teaching Learning Process	
Keywords	Attention, Size Constancy Problem Solving, Concept Formation, Artificial Intelligence	

*Signature of Convener & Members*

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## PART-C

### Learning Resources: Text Books, Reference Books and Others

#### Text Books Recommended

1. Shrivastav, D.N. and Verma Preeti Adhunik Prayogatmak Manovigyan (2014-15) Agrawal Publications, Sanjay Nagar, Agra
2. Woodworth, R.S. & Schlosberg, H Experimental Psychology (1954) Oxford & IBH Publishing company Pvt. Ltd, New Delhi

#### Online Resources-

##### e-Resources/e-books and e-learning portals

- Swayam Central  
<https://swayam.gov.in>
- Youtube

#### Online Resources-

##### e-Resources/e-books and e-learning portals

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epegp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

#### Part-D: Assessment and Evaluation

##### Suggested Continuous Evaluation Methods:

Maximum Marks:

50 Marks

Continuous Internal Assessment (CIA):


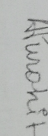
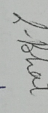
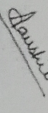

15 Marks

End Semester Exam (ESE):

35 Marks

Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz-(2): Assignment/Seminar + Attendance - Total Marks-	10 & 10 05 15	Better marks of the Test / Quiz & Attendance & File submission + obtained marks in Assignment shall be considered against	15 Marks
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment A. Performed the Task based on lab. Work (Conduction of Experiment)- B. Spotting based on tools & technology (written) (Report writing)- C. Viva-voce (based on principle/technology) - Total Marks-			
				20 10 05 35

#### Name and Signature of Convener & Members



## FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)

## DEPARTMENT OF PSYCHOLOGY

## COURSE CURRICULUM

## PART-A:

## Introduction

Program: Bachelor in Social Sciences  
(Diploma/Degree/Honors)

Semester- IV

Session: 2025 2026

1	Course Code	PSSC-04T
2	Course Title	Psychological Assessment
3	Course Type	Discipline Specific Course (DSC)
4	Pre-requisite(if, any)	As per program
5	Course Learning Outcomes(CLO)	<p>After the completion of course, the students will have ability to:</p> <ul style="list-style-type: none"> <li>&gt; Developing an understanding of the basic principles of psychological assessment.</li> <li>&gt; Developing knowledge about the steps in test construction and test standardization.</li> <li>&gt; Understanding the impact of cultural contexts on assessment</li> <li>&gt; Developing knowledge of the ethical and legal issues involved in the assessment process.</li> <li>&gt; Evaluating the appropriateness and quality of psychological tests and their psychometric strengths and weaknesses.</li> <li>&gt; Developing knowledge about the application of tests in a variety of settings.</li> </ul>
6	Credit Value	03 Credit Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100 Min Passing Marks:40

## PART-B:

## Content of the Course

Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)

Unit	Topics(Course contents)	No. of Period
I	<p>Introduction to Psychological Assessment</p> <p>1.1. Psychological assessment: Principles of assessment, Nature and Purpose</p> <p>1.2. Similarity and Difference between Test and Assessment.</p> <p>1.3. Types of Assessment: Observation, Interview, Questionnaire.</p> <p>1.3 Ethical and Professional Issues and Challenges.</p>	12
II	<p>Psychological Testing</p> <p>2.1 Definition of a Test and Types of Test</p> <p>2.2 Characteristics of a Good Test</p> <p>2.3 Applications of Psychological Tests in various contexts (Educational, Counseling and Guidance, Clinical, Organizational etc.)</p>	11
III	<p>Test and Scale Construction</p> <p>3.1 Test Construction and Standardization: Item Analysis.</p> <p>3.2 Reliability, Validity, and Norms (characteristics of z-scores, T-scores, Percentiles, Stens and Stanines)</p> <p>3.3 Scale Construction: Likert, Thurstone, Guttman &amp; Semantic Differential Scale</p>	11







## PART-C

### Learning Resources: Text Books, Reference Books and Others

#### Text Books Recommended

1. Aiken, L. R., & Groth - Marnet, G. (2009). Psychological testing and assessment (12th Ed.). New Delhi: Pearson Education.
2. Anastasi, A., & Urbina, S. (2003). Psychological testing (7th Ed.). New Delhi, India: Prentice - Hall of India Pvt. Ltd.
3. Barve, B. N., & Narake, H. J. (2008). Manomapan. Nagpur, India: Vidya Prakashana.
4. Cohen, R. J., Sverdluk, M. E. & Kuntzker, M. M. (2014) Psychological Testing and Assessment (7th Ed.). McGraw Hill Education (India) Private Limited, New Delhi.
5. Ashana, V. (2022) Shiksha me Mapan Avam Mulyankan, Agrawal Publications, Sanjay Nagar, Agra.
6. Bhargava, M. (2018) Manovaigyanik Mapan, Mulyankan avam Sankhyiki, H.P. Bhargava Book House
7. Shrivastav, D. N., and Verma, Preeti (2014-15), Adhunik Prayogatmak Manovigyan, Agrawal Publications, Sanjay Nagar, Agra.
8. Srivastav, D. N. (2016), Manovaigyanik Nidharan Agrawal Publications Sanjay Nagar, Agra.
9. Singh, A. K. (2019) Tests, Measurements And Research In Behavioural Sciences, Bharti Bhawan

#### Reference Books Recommended

1. Desai, B., & Abhyankar, S. (2007). Manasashatrya mapan. Pune, India: Narendra Prakashana.
2. Gregory, R. J. (2014). Psychological testing: History, principals and applications. (6th Ed.). Boston: Pearson Education.
3. Husain, A. (2012). Psychological Testing. New Delhi, India: Pearson Education.
4. Kaplan, R. M., & Saccuzzo, D. P. (2012). Psychological testing: Principles, applications and issues (8th Ed.). New Delhi, India: Cengage.

#### Online Resources-

##### e-Resources/e-books and e-learning portals

- > Swayam Central  
<https://swayam.gov.in>
- > youtube

#### Online Resources-

##### e-Resources/e-books and e-learning portals

- > <https://egyankosh.ac.in/handle/123456789/4448>
- > <https://eppg.inflibnet.ac.in/Home>
- > <https://ndl.iitkgp.ac.in/homestudy/humanities>

#### Part-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:  
Maximum Marks: 100 Marks  
Continuous Internal Assessment (CIA): 30 Marks  
End Semester Exam (ESE): 70 Marks

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Deuter marks out of the two test / quiz  
obtained marks in Assignment shall be  
considered against 30 Marks

considered against 30 Marks

Section A: (I) Objective Type Questions 10x=10 Marks

(II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks

4x10=40	Marks
Total Marks=70	

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**FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)**  
**DEPARTMENT OF PSYCHOLOGY**  
**COURSE CURRICULUM**

COURSE CURRICULUM			
PART-A:		Introduction	
Program: Bachelor in Social Sciences ( <i>Diploma/Degree/Honors</i> )		Semester- IV	Session:2024-2025
1	Course Code	PSSC-04P	
2	Course Title	Lab Course -4 (Psychological Testing)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability to: ➤ Understanding the testing procedure of interest test, personality test and aptitude test. ➤ Learning the administration of projective test.	
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)
7	Total Marks	Max.Marks:50	MinPassingMarks:20
PART-B: Content of the Course			
Total No. of Learning-Training/Performance Periods: 30 Periods (30 Hours)			
Test	Topics(Course contents)	No. of Period	
1	Vocational Interest	30	
2	Sentence completion Test		
3	Personality Test		
4	Aptitude Test		
Activity-	Make a comparative chart of personality traits of renowned personality		
Keywords	Vocational Interest, Personality, Aptitude, Personality Traits		

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## PART-C

### Learning Resources: Text Books, Reference Books and Others

#### Text Books Recommended

1. Shrivastav , D.N. and Verna Preeti Adhunik Prayogalmak Manovigyan (2014-15) Agrawal Publications , Sanjay Nagar, Agra

#### Online Resources-

- e-Resources/e-books and e-learning portals
- Swayam Central
- <https://swayam.gov.in>
- youtube

#### Online Resources-

- e-Resources/e-books and e-learning portals
- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://eegp.inflibnet.ac.in/Home>
- <https://ndi.itkcp.ac.in/homestudy/humanities>

#### Part-D: Assessment and Evaluation

##### Suggested Continuous Evaluation Methods:

Maximum Marks:

50 Marks

Continuous Internal Assessment (CIA):

15 Marks

End Semester Exam (ESE):

35 Marks

Internal Assessment:	Internal Test / Quiz-(2):	10 & 10	Better marks of the Test / Quiz & Attendance -05
Continuous Internal Assessment (CIA)	Assignment/Seminar+ Attendance-05	15	Attendance & File submission + obtained marks in Assignment shall be considered against 15 Marks
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment	20	
	A. Performed the Task based on lab. Work (Conduction of Test)-	10	
	B. Spotting based on tools & technology (written) (Report writing) -	05	
	C. Viva-voice (based on principle/technology) -	05	
	Total Marks-	35	

#### Name and Signature of Convener & Members

*Alwarat*  
*1. Bhat*  
*2. Bhat*  
*Shankar*  
*Shruti*  
*Shruti*



## FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)

## DEPARTMENT OF PSYCHOLOGY

## COURSE CURRICULUM

## PART-A: Introduction

Program: Bachelor in Social Sciences  
(Diploma/Degree/Honors)

Semester- IV

Session:2025-2026

1	Course Code	PSSE-02T
2	Course Title	Positive Psychology
3	Course Type	Discipline Elective Course (DSE)
4	Pre-requisite(if, any)	As per program
5	Course Learning Outcomes(CLO)	<p>After the completion of course, the students will have ability to:</p> <ul style="list-style-type: none"> <li>➤ Understanding the conceptual approaches to happiness and well-being.</li> <li>➤ Able to locate the diversity in the experiences of happiness with individual's life span and across different domains.</li> <li>➤ Learning the various pathways through which positive emotions and positive traits contribute to happiness and well-being.</li> <li>➤ Being able to identify the key virtues and character strengths which facilitate happiness and well-being.</li> </ul>
6	Credit Value	03Credit      Credit = 15 Hours - learning & Observation
7	Total Marks	Max.Marks:100      Min Passing Marks:40

## PART-B:

## Content of the Course

Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)

Unit	Topics(Course contents)	No. of Period
I	<p>Introduction</p> <p>1.1 Positive Psychology: Meaning, Definition, Assumptions and Goals.</p> <p>1.2 Relationship with other fields (Health, Education and Social)</p> <p>1.3 Meaning and Measures of Happiness and Well-being : Hedonic and Eudemonic traditions.</p>	12
II	<p>Happiness and Well-Being</p> <p>2.1 Concept of Happiness and Wellbeing</p> <p>2.2 Facets of Life: Gender, Love, Marriage, Close Relationship</p> <p>2.3 Happiness Across the Lifespan</p>	11
III	<p>Emotions, Personality Traits and Well-Being</p> <p>3.1 Positive Emotions(Hope, Optimism, Gratitude)and Well-Being</p> <p>3.2 Cultivating Positive Emotions</p> <p>3.3 Positive Traits: Personality, Emotions, and Biological bases of Emotions</p>	11
IV	<p>Virtues, Character Strengths, and Well-Being</p> <p>4.1 Classification of Human Virtues(Seligman's Approach)</p> <p>4.2 Wisdom as a Foundational Strength and Virtue; Character Strengths and Health.</p> <p>4.3 Religion and Virtues: Buddhism, Confucianism, Islam, and Hinduism.</p>	11
Keywords	Positive psychology, Happiness, Wellbeing, Optimism, Gratitude, Virtues, Character strength, Religion.	

Signature of Convener &amp; Members

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M. Anandhi

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## PART-C

### Learning Resources: Text Books, Reference Books and Others

#### Text Books Recommended

1. Seligman, M. E.P. (2002). *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. New York: Free Press/Simon and Schuster.
2. Baumgardner, S.R., Crothers, M.K. (2009). *Positive psychology*. New Delhi, India: Pearson.
3. Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK: Routledge.
4. David, S.A., Boniwell, I., & Ayers, A.C. (2013). *The Oxford handbook of happiness*. Oxford: Oxford University Press.
5. Husain, A. & Saeeduzzafar. (2011). *Islamic virtues and human development*. New Delhi, India: Global Vision Publishing House.
6. Joseph, S. (Ed.) (2015). *Positive psychology in practice: Promoting human flourishing in work, health, education, and everyday life*. Hoboken, NJ: John Wiley & Sons.
7. Kumar, U., Archana, & Prakash, V. (2015). *Positive psychology—Applications in work, health and well-being*. Delhi & Chennai, India: Pearson.

#### Reference Books Recommended

1. Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford University Press.
2. Snyder, C. R., & Lopez, S.J. (2002). *Handbook of positive psychology*. New York: Oxford University.
3. Snyder, C. R., & Lopez, S.J. (2007). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. Thousand Oaks, CA: Sage.

#### Online Resources-

##### e-Resources/e-books and e-learning portals

- Swayam Central  
<https://swayam.gov.in>
- youtube

#### Online Resources-

##### e-Resources/e-books and e-learning portals

- <https://egyankosh.ac.in/handle/123456789/4448>
- <https://epgp.inflibnet.ac.in/Home>
- <https://ndl.iitkgp.ac.in/homestudy/humanities>

#### Part-D: Assessment and Evaluation

##### Suggested Continuous Evaluation Methods:

Maximum Marks: 100 Marks  
Continuous Internal Assessment (CIA): 30 Marks  
End Semester Exam (ESE): 70 Marks

##### Continuous Internal Assessment (CIA): (By Course Teacher)

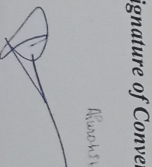
Internal Test / Quiz (2): 20 +20	Better marks out of the two Test / Quiz
Assignment / Seminar - 10	+ obtained marks in Assignment shall be
Total Marks - 30	considered against 30 Marks

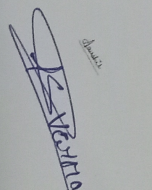
##### End Semester Exam (ESE):

Two section - A & B	
Section A: (I) Objective Type Questions 10x1=10 Marks (II) Short Answer Type Questions (One From Each Unit) 4x5=20 Marks	
Section B: Long Answer Type Questions One From Each Unit With Internal option 4x10=40 Marks	
Total Marks=70	

Name and Signature of Convener & Members

Responsible

  
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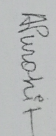
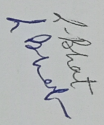
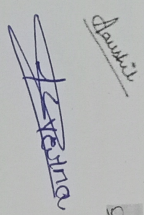

  
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**FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 2028)**  
**DEPARTMENT OF PSYCHOLOGY**  
**COURSE CURRICULUM**

DEPARTMENT OF PSYCHOLOGY			
COURSE CURRICULUM			
PART-A: Introduction		Semester- IV	Session:2025-2026
Program: Bachelor in Social Sciences ( <i>Diploma/Degree/Honors</i> )			
1	Course Code	PSSE-02P	
2	Course Title	Lab Course -2 (Psychological Testing)	
3	Course Type	Laboratory Course	
4	Pre-requisite(if, any)	As per program	
5	Course Learning Outcomes(CLO)	After the completion of course, the students will have ability of: ➤ Concept clarification of happiness, optimism. ➤ Concept clarification of wellbeing and mental health.	
6	Credit Value	01 Credit	(Credit= 30Hrs for Practices/Field work)
7	Total Marks	Max.Marks:50	Min:PassingMarks:20
PART-B: Content of the Course			
Total No. of learning-Training/Performance Periods: 30 Periods (30 Hours)			
Test	Topics(Course contents)		No. of Period
1	Happiness Scale		30
2	Optimism Scale		
3	Wellbeing Scale		
4	Mental Health		
ACTIVITY-	Positive Psychology through Movies: Selecting any relevant movie/movies and designing tasks based on that, like: Making a chart of positive and negative emotions displayed, Emotion-behavior link, Analysis of character strengths and virtues.		
Keywords	Positive Psychology, Happiness, Optimism, Wellbeing, Mental Health		

**Signature of Convener & Members**



## PART-C

### Learning Resources: Text Books, Reference Books and Others

#### Reference Books Recommended

1. Kumar, U., Archana, & Prakash, V. (2015). *Positive psychology—Applications in work, health and well-being*. Delhi & Chennai, India: Pearson.
2. Authentic happiness by Martin Seligman (2002) *Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. New York: Free Press/Simon and Schuster
3. David, S.A. Boniwell, I., & Ayers, A.C. (2013). *The Oxford handbook of happiness*. Oxford: Oxford University Press.
4. Positive Psychology for improving Mental Health and Wellbeing by Geetika Patnayak

#### Online Resources-

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- > Swayam Central  
<https://swayam.gov.in>
- > youtube

#### Online Resources-

##### e-Resources/e-books and e-learning portal

- > <https://egyankosh.ac.in/handle/123456789/4448>
- > <https://epgp.inflibnet.ac.in/Home>
- > <https://ndi.iitkgp.ac.in/homestudy/humanities>

#### Part-D: Assessment and Evaluation

##### Suggested Continuous Evaluation Methods:

Maximum Marks: 50 Marks

Continuous Internal Assessment (CIA): 15 Marks

End Semester Exam (ESE): 35 Marks

##### Internal Assessment:

Continuous Internal Assessment (CIA)	Internal Test / Quiz-(2): Assignment/Seminar + Attendance- 05 Total Marks- 15	Better marks of the Test / Quiz & Attendance & File submission + obtained marks in Assignment shall be considered against 15 Marks
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##### End Semester Exam (ESE):

	Laboratory / Field Skill Performance: On spot Assessment A. Performed the Task based on lab. Work (Conduction of Test)- B. Spotting based on tools & technology (written) (Report writing)- C. Viva-voice (based on principle/technology) - Total Marks-	20 10 05 35
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#### Name and Signature of Convener & Members

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