

# **SYLLABUS FOR THE FOUR-YEAR UNDERGRADUATE PROGRAMME (FYUGP)**

As per provisions of NEP\_2020 to be implemented from  
academic year 2022 onwards.



## **DEPARTMENT OF PSYCHOLOGY**

SESSION – 2025-26

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

**BA ( SEMESTER V & VI) in Psychology**  
**Scheme of Examination 2025-26**

**THEORY PAPER :**

Class	Paper	Course title	Course code	Credit value	Theory marks	Internal marks	Passing marks
Sem.-V DSC	V	Psychological statistics	UBADCT510	3	80	20	40
Sem.-V DSE I	V	Applied cognitive psychology	UBADET510	3	80	20	40
Sem.-V DSE II	V	Education psychology	UBADET510	3	80	20	40
Sem.-VI DSC	VI	Human development	UBADCT610	3	80	20	40
Sem.-VI DSE I	VI	Psychology and mental health	UBADET610	3	80	20	40
Sem.-VI DSE II	VI	Foundamental of clinical psychology	UBADET610	3	80	20	40

# **PRACTICAL PAPER :Lab**

<b>Class</b>	<b>Paper</b>	<b>Course title</b>	<b>Course code</b>	<b>Credit value</b>	<b>Practical + viva marks+ sesional</b>	<b>Internal assessment :</b>	<b>Passing marks</b>
DSC - V	V	Psychology Practicum	UBADCL510	1	20+ 10+10	10	20
DSE- III	V	psychology Practicum	UBADEL510	1	20+10+10	10	20
DSE- IV	V	psychology Practicum	UBADEL510	1	20+10+10	10	20
DSC - IV	VI	psychology Practicum	UBADCL610	1	20+10+10	10	20
DSE - V	VI	psychology Practicum	UBADEL610	1	20+10+10	10	20
DSE - V	VI	psychology Practicum	UBADEL610	1	20+10+10	10	20



GOVT. DIGVIJAY AUTONOMOUS P.G. COLLEGE, RAJNANDGAON (C.G.)  
**FYUGP (CBCS/LOCF Course)**  
 Department: -PSYCHOLOGY

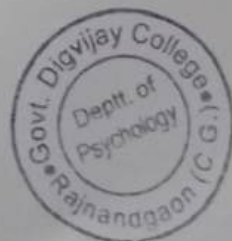
Session: 2025-26	Program: DSC
Semester: V	Subject: PSYCHOLOGY
Course Type: DSC	Course Code: UBADCT510
Course Title:	PSYCHOLOGICAL STATISTICS
Credit: 3+1	Lecture: 60
M.M. 100 = (ESE 80+IA 20)	Minimum Passing Marks: 40%

Title	PSYCHOLOGICAL STATISTICS
Course Learning Outcome:	<ol style="list-style-type: none"> <li>1. Understanding the nature of measurement and its various levels.</li> <li>2. Developing skills to use quantitative techniques such as measures of central tendency.</li> <li>3. Knowind how to use the normal probility curve as a model in scientific theory.</li> <li>4. Learning basic techniques of descriptive and inferential statistics (parametric as well as non-parametric).</li> </ol>

Units	Lectures	Lectures (15 x 4 = 60)
I	15	Statistics : meaning and applicationin psychology, nature of score,categorical and continuous variables, frequency distribution, graphic representation of data.
II	15	Measures of central tendency: mean, meadian and mode of group and un group data, measures of variability: range,S.D, Q.D., A.D.,applications of measures of central tendency and variability
III	15	Inferential statistics: concept of null hypothesis,level of significance , type I error & type II error ,T-test (uncorrelated data )Correlation concept ,types and methods – rank difference and product moment , biserial and tetrachoric coefficient.
IV	15	Distribution free statistics : chi- square, median and sign test, applications of computer in psychological statistics .

**Reference:-**

1. Siegel S., (1994) Non parametric statistics new york ; McGraw Hill Garret : *statistics in psychology and education* times of india publisher.
2. Baron, R. A., Byrne, D., & Bhardwaj, G. (2010). *Social psychology* (12th Ed.). New Delhi, India: Pearson.
3. Branscombe, N.R. & Baron, R. A., (2017) *Social Psychology* (14th Ed.) New Delhi, India: Pearson.
4. Hogg, M. A., & Vaughan, G. M. (2005). *Social psychology*. Harlow: Pearson Prentice Hall.
5. Husain, A. (2012). *Social psychology*. New Delhi, India: Pearson.



## SEMESTAR -V

### LAB

Course code – UBADCL510

Credit score – 1

**Course Learning Outcomes ( CLO)**

After the completion of course, the students will have ability to:

1. Assessment ability
2. Understanding psychological symptoms
3. Concept clarification

## EXPERIMENT

The following experiment any 4 are to be done

1. Bilateral transfer of training
2. Measurement of illusion
3. Habit interference
4. Effect of need priority on selection of advertising material
5. Effect of mental fatigue upon performance

### Text books. Reference books, other Resources

**Suggested Readings:**

### Reference books

1. Sharma, S.N. and Bhargava , V.(2019). *Experiments and test in psychology and Education*, H.P. Bhargava, Book House
2. Singh, R.N. and bharadwaj, s.s (2015-16). *Modern psychological Experiments and Test* .

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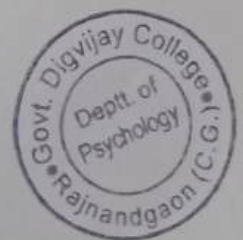
**Subject Expert - Dr. Gautami Bhatpahari**

- Dr. Basant Sonber

## Alumni

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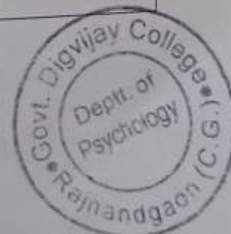
**FYUGP (CBCS/LOCF Course)**

Department: -PSYCHOLOGY

Session: 2025-26	Program: DSC
Semester: V	Subject: PSYCHOLOGY
Course Type: DSE	Course Code: UBADET510
Course Title:	APPLIED COGNITIVE PSYCHOLOGY
Credit: 3+1	Lecture: 60
M.M. 100 = (ESE 80+IA 20)	Minimum Passing Marks: 40%

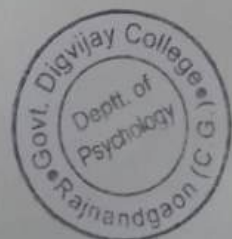
Title	APPLIED COGNITIVE PSYCHOLOGY
Course Learning Outcome:	<ol style="list-style-type: none"><li>1. Developing a basic understanding of counseling as a profession</li><li>2. Gaining an overview of basic approaches, theories and techniques in counseling</li><li>3. Developing awareness about the contemporary issues and challenges in counseling</li><li>4. Learning about the newer forms of therapy like solution focused therapy, narrative therapy etc.</li></ol>

Units	Lectures	Lectures (15 x 4 = 60)
I	15	<p>Introduction</p> <ul style="list-style-type: none"><li>• Applied cognitive psychology : nature ,scope, and history</li><li>• Emergence of modern cognitive psychology</li><li>• Methods of studying applied cognitive psychology (experiment and case study)</li></ul>
II	15	<p>Perception and attention :</p> <ul style="list-style-type: none"><li>• Perception : top-down,bottom-up process,and size constancy</li><li>• Attention : nature, types and determinants</li></ul>
III	15	<p>Thinking and problem solving</p> <ul style="list-style-type: none"><li>• Thinking –nature,type</li><li>• Tool –sign, symbol and language</li><li>• Problem solving – nature and steps</li></ul>
IV	15	<p>Psychology and technology :</p> <ul style="list-style-type: none"><li>• Human-computer interaction</li><li>• Psychological application of virtual reality,</li><li>• Psychology of artificial intelligence.</li></ul>



**References :**

1. Aguilere D.C. (1998). *Crisis intervention : Theory and methodology* (8<sup>th</sup> Ed.) Philadelphia : mosby. Belkin, G.S. (1998 ). *Introduction to counsellig* (3<sup>rd</sup> E.d) Iowa: w.c. brown.
2. Capuzzi, D. & gross, D.R. (2007). *Counselling and psychothetapy: theories and interventions* ( 4<sup>th</sup> Ed), New Delhi. Pearson.
3. Friedlander , M.L. & Diamond, G.M. (2012). Couple and Family therapy. In E.M. Aitmaier and j.c. Hansen (Eds.) *The Oxford handbook of counselling psychology*. New York .





## SEMESTAR – V LAB

Course title – psychology practicum  
Course code – UBADEL510  
Program – DSE  
Credit score – 1

### Course Learning Outcomes (CLO)

After the completion of course, the students will have ability to:

1. Learn to level of aspiration
2. Learn to knowledge of result

### EXPERIMENT

1. Level of aspiration
2. Zeigarnik effect
3. Knowledge of result
4. Meaningfulness in verbal learning

### Text books, Reference books, other Resources

#### Suggested Readings:

#### Reference books

1. Sharma, S.N. and Bhargava, V. (2019). *Experiments and test in psychology and Education*, H.P. Bhargava, Book House
2. Singh, R.N. and Bharadwaj, S.S. (2015-16). *Modern psychological Experiments and Test*. Agrawal publication

Incharge H.O.D. - Dr. Anjali Mohan Kodopi

Subject Expert - Dr. Gautami Bhatpahari

- Dr. Basant Sonber

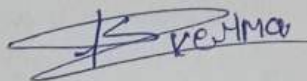
Alumni

Anant Verma

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14/8/2025



14.08.2025







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**FYUGP (CBCS/LOCF Course)**  
Department: -PSYCHOLOGY

Session: 2025-26	Program: DSC
Semester: V	Subject: PSYCHOLOGY
Course Type: DSE	Course Code: UBADET510
Course Title:	EDUCATION PSYCHOLOGY
Credit: 3+1	Lecture: 60
M.M. 100 = (ESE 80+IA 20)	Minimum Passing Marks: 40%

<b>Title</b>	<b>EDUCATION PSYCHOLOGY</b>
<b>Course Learning Outcome:</b>	1 After the completion of course ,the student will have ability of 2 understanding the meaning and procesec of education at inaiidual and social plains in the qndion context. 3 demonstrating on appreciation of various theoretical perspectives on cognitive contexis

Units	Lectures	Lectures (15 x 4 = 60)
I	15	Conceptual and theoretical perspectives Conceptual theoretical perspective and application of educational psychology Theorise behavioristic , social learning and cognitive its application and importance in teaching
II	15	Information processing modele Instructional models : concept,characteristics and models Teaching methetl: concept, explaining and questioning Programmeol learning : concept,characteristic and models
III	15	Human diversity and education Learning styles: nature approaches to learnig style Special education for various forms of exeptionality Mind fullness in learning
IV	15	Individual and group differences Understanding educational stress and anxiety,bullying parental and pree pressure Education and technology in contemporeny india..



## SEMESTAR – V LAB

Course title – psychology practicum  
Course code – UBADEL510  
Program – DSE  
Credit score – 1

### Course Learning Outcomes (CLO)

After the completion of course, the students will have ability to:

3. Learn to level of aspiration
4. Learn to knowledge of result

### EXPERIMENT

1. Level of aspiration
2. Zeigarnik effect
3. Knowledge of result
4. Meaningfulness in verbal learning

### Text books, Reference books, other Resources

#### Suggested Readings:

#### Reference books

3. Sharma, S.N. and Bhargava, V. (2019). *Experiments and test in psychology and Education*, H.P. Bhargava, Book House
4. Singh, R.N. and bharadwaj, s.s (2015-16). *Modern psychological Experiments and Test*. Agrawal publication

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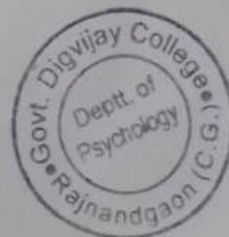
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- Dr. Basant Sonber

Alumni

- Anurag Verma

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**FYUGP (CBCS/LOCF Course)**

Department: -PSYCHOLOGY

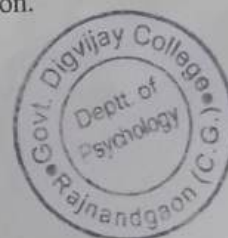
Session: 2025-26	Program: DSC
Semester: VI	Subject: PSYCHOLOGY
Course Type: DSC	Course Code: UBADCT610
Course Title:	HUMAN DEVELOPMENT
Credit: 3+1	Lecture: 60
M.M. 100 = (ESE 80+IA 20)	Minimum Passing Marks: 40%

Title	HUMAN DEVELOPMENT
Course Learning Outcome:	1.Explain the need and importance of studying human growth and development across span 2.identify the biological and environmental factors affecting human development 3.describe the characteristics, needs and developmental tasks of different stages in the human life cycle .

Units	Lectures	Lectures (15 x 4 = 60)
I	15	Concept of human Development, Theories of human development : psychoanalytical and maslow , determinants of human development- biological,social, cultural factors, approaches to study humam developments : longitudinal and cross-sectional.
II	15	Socialisation : role of family, peers anf school, media and socialization , ecological factors in human development, cognitive development : theoretical perspectives piaget , vyogotsky.
III	15	Development of morality and self concept , development of gender differences and gender reles. Role of marriage, family and occupation in human development.
IV	15	Emergence of self , development of personal identity, sequential development of emotions, Problems of aging .

**Reference –**

1. Berk L.E.(1989) child development . Boston : Allyn and bacon..
2. Santrock J.W. (1999) Lifespan development . new York McGraw Hill.
3. E.B. Hurlock (1997) development psychology: a life span approach . v, edition.





## SEMESTAR –VI LAB

Course title – Psychology Practicum  
Course code – UBADCL610  
Program – DSC  
Credit score – 1

### Course Learning Outcome (CLO)

After the completion of course, the students will have ability to:

1. Concept clarification
2. Understanding of human development traits

### TEST

From the following tests any 4 are to be done .

1. Level of aspiration
2. Need for guidance
3. Attitude scale
4. Mental health
5. Family environment test

### Text books, Reference books, other Resources

Suggested Readings:

Reference books

1. Sharma, S.N. and Bhargava , V.(2019). *Experiments and test in psychology and Education*, H.P. Bhargava, Book House
2. Singh, R.N. and bharadwaj, s.s (2015-16). *Modern psychological Experiments and Test* .

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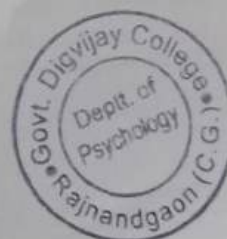
Subject Expert - Dr. Gautami Bhatpahari

- Dr. Basant Sonber

Alumni

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Anjali Veema

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## SEMESTAR – VI LAB

Course title – psychology practicum

Course code – UBADEL610

Program – DSE

Credit score – 1

### Course Learning Outcomes (CLO)

After the completion of course, the students will have ability to:

1. Assess mental health traits
2. Understanding of mental health

### TEST:-

( From the following tests any 4 are to be done)

1. Locus of control
2. Eysenk personality questionnaire
3. adjustment
- ~~4. level of experience test~~
4. vocational interest

### References:

1. Shrivastav, D.N. and vermapreeti Adhunikprayogatmak 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

### E-Reference:

Swayam Central

<https://swayam.gov.in>

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Incharge H.O.D. - Dr. Anjali Mohan Kodopi

Subject Expert - Dr. Gautami Bhatpahari

- Dr. Basant Sonber

Alumni

- Preeti Verma

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*14.08.2025*  
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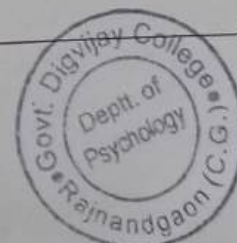
**FYUGP (CBCS/LOCF Course)**

Department: -PSYCHOLOGY

Session: <b>2025-26</b>	Program: <b>DSE</b>
Semester: <b>VI</b>	Subject: <b>PSYCHOLOGY</b>
Course Type: <b>DSE II</b>	Course Code: <b>UBADET510</b>
Course Title:	<b>FUNDAMENTAL OF CLINICAL PSYCHOLOGY</b>
Credit: <b>3+1</b>	Lecture: <b>60</b>
M.M. 100 = (ESE 80+IA 20)	Minimum Passing Marks: <b>40%</b>

Title	<b>FUNDAMENTAL OF CLINICAL PSYCHOLOGY</b>
<b>Course Learning Outcomes (CLO)</b>	After the completion of course, the students will have ability of : <ol style="list-style-type: none"><li>1. Developing a foundational knowledge of clinical psychology ,its historical development (especially w.r.t india)and professional ethics.</li><li>2. Acquiring knowledge about anxiety disorders and trauma &amp; stressor-related ,dissociative and personality disorders.</li><li>3. Acquiring knowledge and skills for distinguishing normal and abnormal behaviour and learn the criteria of determining abnormality.</li></ol>

Units	Lectures	Lectures (15 x 4 = 60)
<b>I</b>	<b>12</b>	Introduction <ol style="list-style-type: none"><li>1. Definition of clinical psychology, historical development of clinical psychology in (with special reference to india)</li><li>2. Ethics of the profession.</li><li>3. Concept of abnormal behavior</li></ol>
<b>II</b>	<b>15</b>	clinical assessment and classification: <ol style="list-style-type: none"><li>1. clinical assessment : clinical interview (emphasis on mental status examination-MSE), case history and observation</li><li>2. psychological testing and neuropsychological test battery</li><li>3. classification and diagnosis: classification models: DSM V and ICD (latest)</li></ol>
<b>III</b>	<b>11</b>	Anxiety and obsessive compulsive disorders: <ol style="list-style-type: none"><li>1. generalized anxiety disorder</li></ol>





		2. social anxiety disorder (social phobia) 3. panic disorder 4. obsessive compulsive disorder
IV	11	Trauma & stressor-related dissociative and personality disorders : 1. Adjustment disorder 2. Post-traumatic stress disorder 3. Personality disorders (clusters A, B and C) only clinical picture

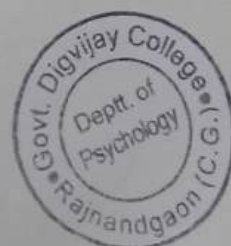
#### Learning resources:

#### Text books recommended-

1. Hassan, S. (2004) *Naidanik manovigyan*, Motilal Banarsidas, New Delhi
2. Singh, A.K. (2021) *Uchchar Naidanik manovigyan*, Motilal Banarsidas, New Delhi

#### Reference book recommended

1. Beg, M.A., & Beg, S. (1996). Logotherapy and the vedantic view of life and mental well-being. *Journal des Viktor-Frankl-Instituts*, 1, 97-112.
2. Butcher, J.N., Hooly, J.M., Mineka, S. & Dwivedi, C.B. (2017). *Abnormal psychology*. New Delhi: Pearson.





## SEMESTAR – VI LAB

Course title – psychology practicum

Course code – UBADEL610

Program – DSE II

Credit score – 1

### Course Learning Outcomes (CLO)

After the completion of course, the students will have ability to:

1. Assess mental health traits
2. Understanding of mental health

### TEST:-

(From the following tests any 4 are to be done)

1. Locus of control
2. Eysenk personality questionnaire
3. adjustment
- ~~4. level of experience test~~
5. vocational interest

### References:

1. Shrivastav, D.N. and vermapreeti 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

### E-Reference:

Swayam Central

<https://swayam.gov.in>

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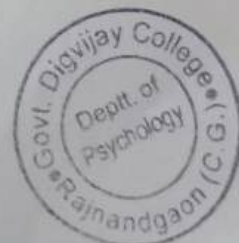
Subject Expert - Dr. Gautami Bhatpahari

- Dr. Basant Sonber

Alumni

- Anshu Verma

*[Signature]*



**BA ( SEMESTER VII & VIII) in Psychology**  
**Scheme of Examination 2025-26**

**THEORY PAPER :**

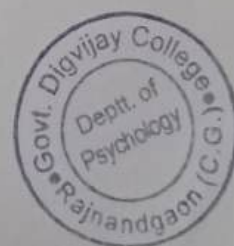
Class	Paper	Course title	Course code	Credit value	Theory marks	Internal marks	Passing marks
Sem.-VII DSC	VII	Basic psychological processes-I	UBADCT510	3	80	20	40
Sem.-VII DSE I	VII	Social psychology	UBADET710	3	80	20	40
Sem.-VII DSE II	VII	Psychopathology	UBADET710	3	80	20	40
Sem.-VII DSE-III	VII	Forensic psychology	UBADCT710	3	80	20	40
Sem.-VII DSC	VII	Research methodology	UBADET710	3	80	20	40
Sem.-VII DSE I	VII	Lab course	UBADET810	3	80	20	40
Sem.-VIII DSC	VIII	Basic psychological processes -II	UBADET810	3	80	20	40
Sem.-VIII DSE I	VIII	Group processes and cultural psychology	UBADET810	3	80	20	40
Sem.-VIII DSE II	VIII	Community psychology	UBADET810	3	80	20	40



GOVT. DIGVIJAY AUTONOMOUS P.G. COLLEGE, RAJNANDGAON (C.G.)  
**FYUGP (CBCS/LOCF Course)**  
 Department: -PSYCHOLOGY

Session: 20225-26	Program: DSC
Semester: VII	Subject: PSYCHOLOGY
Course Type: DSC	Course Code: - UBADET610
Course Title:	Basic psychological processes -1
Credit: 3+1	Lecture: 60
M.M. 100 = (ESE 80+IA 20)	Minimum Passing Marks: 40%

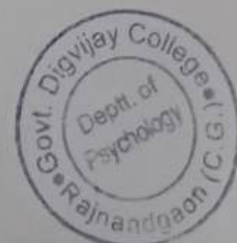
Title	Basic psychological processes -1
Course Learning Outcome:	<p>After the completion of course, the students will have ability to:</p> <ol style="list-style-type: none"> <li>1. Able to conceptualize forensic psychology.</li> <li>2. Developing an understanding how various theories and principles of psychology are applied in the court of law and criminal justice system.</li> <li>3. Understanding the roles of forensic psychologists and psychologists in court.</li> <li>4. Developing a working knowledge on methods of investigation used in forensic psychology with an emphasis on crime scene analysis and forensic psychological tools.</li> <li>5. Learning about the forensic interviewing with the help of advanced tools used in crime investigation.</li> <li>6. Demonstrating ability to developing offender or criminal profiling</li> <li>7. Demonstrating working knowledge of forensic report writing and providing psychological consultancy in forensic setting.</li> </ol>





Units	Lectures	Lectures (15 x 4 = 60)	Credits 03
I	15	<p>PSYCHOPHYSICS</p> <p>1.1 Psychophysics: Nature, Problems and Methods. Signal Detection Theory, Subliminal Perception and Related Factors.</p> <p>1.2 Perceptual Processes--Approaches to study Perception: Gestalt, Physiological, Information Processing and Ecological Approaches.</p> <p>1.3 Perceptual Organization: Gestalt, Figure and Ground, Laws of Organization.</p> <p>1.4 Perceptual Constancy: Size, Shape and Brightness.</p> <p>1.5 Depth Perception: Monocular and Binocular cues</p> <p>1.6 Movement Perception: Nature, Types and Theories</p>	

II	15	<p>ATTENTION</p> <p>2.1 Nature, Concept and Mechanism of Attention.</p> <p>2.2 Selective Attention: Types, Theories and Applications</p>	
III	15	<p>MOTIVATION AND EMOTION</p> <p>3.1 Basic Motivational Concepts: Instincts, needs, drives, incentives, motivational cycle.</p> <p>3.2 Approaches to study Motivation: Psychoanalytical, Ethological, S-R Cognitive, and Humanistic.</p> <p>3.3 Types of motives: Biological Motives, Social Motives- Achievement, Affiliation, and Approval</p> <p>3.4 Emotion: Concepts, Physiological Correlates of Emotions.</p> <p>3.5 Theories of Emotions: James - Lange, Canon - Bard, Schachter and Singer.</p> <p>3.6 Conflicts: Sources and Types</p>	
IV	15	<p>CONSCIOUSNESS</p> <p>1.1 Nature and concept of consciousness</p> <p>1.2 Theories of Consciousness.</p> <p>1.3 Methods of studying Consciousness.</p> <p>1.4 Consciousness and Self and Identity.</p>	





### References:

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

### E-Reference:

Swayam Central

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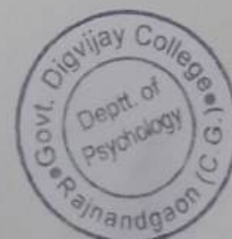
GOVT. DIGVIJAY AUTONOMOUS P.G. COLLEGE, RAJNANDGAON (C.G.)

**FYUGP (CBCS/LOCF Course)**

**Department: -PSYCHOLOGY**

Session: 20225-26	Program: DSC
Semester: VII	Subject: PSYCHOLOGY
Course Type: DSE-I	Course Code: - UBADET610
Course Title:	SOCIAL PSYCHOLOGY
Credit: 3+1	Lecture: 60
M.M. 100 = (ESE 80+IA 20)	Minimum Passing Marks: 40%

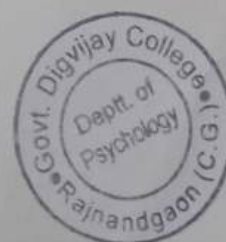
Title	SOCIAL PSYCHOLOGY
Course Learning Outcome:	<p>After the completion of course, the students will have ability to:</p> <ol style="list-style-type: none"><li>8. Able to conceptualize forensic psychology.</li><li>9. Developing an understanding how various theories and principles of psychology are applied in the court of law and criminal justice system.</li><li>10. Understanding the roles of forensic psychologists and psychologists in court.</li><li>11. Developing a working knowledge on methods of investigation used in forensic psychology with an emphasis on crime scene analysis and forensic psychological tools.</li><li>12. Learning about the forensic interviewing with the help of advanced tools used in crime investigation.</li><li>13. Demonstrating ability to developing offender or criminal profiling</li><li>14. Demonstrating working knowledge of forensic report writing and providing psychological consultancy in forensic setting.</li></ol>



Units	Lectures	Lectures (15 x 4 = 60)	Credits 03
I	15	INTRODUCTION OF SOCIAL PSYCHOLOGICAL PERSPECTIVES 1.1 Nature and Scope of Social Psychology. Historical Background. 1.2 Methods of Social Psychology. 1.3 Theoretical Perspective: Cognitive Dissonance, Attribution, Field, Psychodynamic, Symbolic Interactions, Socio-Biology	
II	15	SOCIAL COGNITION AND PERSON PERCEPTION 2.1 Sources of Errors in Social Cognition, Social Perception, 2.2 Person Perception, Determinants of Person Perception. Impression Formation and Management 2.3 Role of Stereotypes in Person Perception.	
III	15	SOCIAL INFLUENCE PROCESS 3.1 Meaning and nature of Social Influence. Social Facilitation, Conformity, Compliance and Obedience, Social Power and Reactance 3.2 Attitude Nature and Characteristics. Development and Formation of Attitudes. 3.3 Theories of Attitude Change	
IV	15	SOCIAL PSYCHOLOGY AND SOCIAL SITUATION 4.1 Prosocial Behavior: Nature, Characteristics Determinants 4.2 Aggression and Violence: Nature, Characteristics Determinants and theories. 4.3 Management of Aggression.	

## References:

1. Baron, R. A. & Byrne, D. (2000) Social Psychology 12th edition. Pearson, New Delhi.
2. Billing, M. (1976). Social Psychology and Intergroup Relations, New York, Academic Press.
3. Dalal, A.K. (1989). Attribution: Theory and Research New Delhi, Wiley Limited.
4. Dalal, A. K. & Misra, G. (Ed.) (2001). New Directions in Indian Psychology, Vol. 1 Social Psychology
5. Eiser, J. R. (1986). Social Psychology, London: Cambridge University Press.
6. Feldman, R.S. (1985). Social Psychology, New York, Mc Graw -Hill





7. Lindsey, G. & Aronson, E. (Eds) (1985). The Handbook of Social Psychology, New York. Random House

Incharge H.O.D. - Dr. Anjali Mohan Kodopi

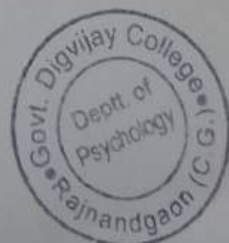
Subject Expert - Dr. Gautami Bhatpahari

- Dr. Basant Sonber

Alumni

- .....  
Anant Verma

*Anjali*  
*L. Bhat*  
*14/8/2025*  
*14-08-2025*  
*Anant Verma*







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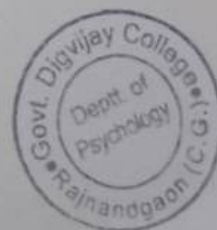
**FYUGP (CBCS/LOCF Course)**

Department: -PSYCHOLOGY

Session: 20225-26	Program: DSC
Semester: VII	Subject: PSYCHOLOGY
Course Type: DSE-II	Course Code: - UBADET610
Course Title:	FORENSIC PSYCHOLOGY
Credit: 3+1	Lecture: 60
M.M. 100 = (ESE 80+IA 20)	Minimum Passing Marks: 40%

Title	FORENSIC PSYCHOLOGY
Course Learning Outcome:	<p>After the completion of course, the students will have ability to:</p> <ol style="list-style-type: none"><li>15. Able to conceptualize forensic psychology.</li><li>16. Developing an understanding how various theories and principles of psychology are applied in the court of law and criminal justice system.</li><li>17. Understanding the roles of forensic psychologists and psychologists in court.</li><li>18. Developing a working knowledge on methods of investigation used in forensic psychology with an emphasis on crime scene analysis and forensic psychological tools.</li><li>19. Learning about the forensic interviewing with the help of advanced tools used in crime investigation.</li><li>20. Demonstrating ability to developing offender or criminal profiling</li><li>21. Demonstrating working knowledge of forensic report writing and providing psychological consultancy in forensic setting.</li></ol>

Units	Lectures	Lectures (15 x 4 = 60)	Credits 03
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I	15	<p>Introduction</p> <p>1.1 Defining forensic psychology</p> <p>1.2 History of forensic psychology</p> <p>The roles of the Forensic Psychologist:</p> <p>Clinical and Experimental</p>	
II	15	<p>The Psychologist in Court</p> <p>1.1 Expert evidence, Forensic reports</p> <p>1.2 Pre-trial preparation, Forensic portfolio</p> <p>Examination in chief, Cross Examination</p>	
III	15	<p>Eyewitness Testimony and False Confession</p> <p>1.1 The accuracy of witness evidence</p> <p>1.2 Eyewitness evidence in court</p> <p>1.3 Consequences and types of false confession</p>	
IV	15	<p>Profile Analysis</p> <p>4.1 Nature of profiling work</p> <p>4.2 FBI Profiling –</p> <p>Stage 1: Data assimilation stage;</p> <p>Stage 2: Crime scene classification;</p> <p>Stage 3: Crime scene reconstruction;</p> <p>Stage 4: Profile generation</p> <p>4.3 Statistical/Actuarial profiling</p>	

### References:

7. Batchman, R., & Schutt, R. K. (2008). *Fundamentals of research in criminology and criminal justice*. London: Sage.
8. Haward, L. (1981). *Forensic psychology*. London: Batsford Academic and Educational Ltd.
- Howitt, D. (2002). *Forensic and criminal psychology*. New Delhi, India: Prentice Hall.
9. Loftus, E. F. (1996). *Eyewitness testimony: With a new preface*. Cambridge, MA: Harvard University Press.



10. Ross, F. D., Read, D. J., & Toglia, M. P. (1994). *Adult eyewitness testimony*. New York: Cambridge University Press.
11. Webb, D. (2013). *Criminal profiling: An introductory Guide*. UK: Independent Publishing Platform.
12. Wrightsman, L. S. & Fulero, S. M. (2008). *Forensic psychology* (3rd Ed.). Belmont, CA: Wadsworth Publishing Co.

**E-Reference:**

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<https://swayam.gov.in>

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Incharge H.O.D. - Dr. Anjali Mohan Kodopi *Anjali<sup>h</sup>*  
Subject Expert - Dr. Gautami Bhatpahari *L. Bhat 14/8/2025*  
- Dr. Basant Sonber *[Signature] 14.08.2025*  
Alumni - *Anant Verma*

*[Signature]*







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

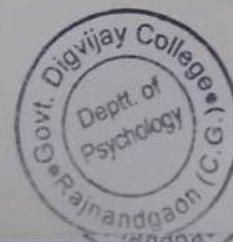
**FYUGP (CBCS/LOCF Course)**

**Department: -PSYCHOLOGY**

Session: 20225-26	Program: DSC
Semester: VII	Subject: PSYCHOLOGY
Course Type: DSE-III	Course Code: - UBADET610
Course Title:	PSYCHOPATHOLOGY
Credit: 3+1	Lecture: 60
M.M. 100 = (ESE 80+IA 20)	Minimum Passing Marks: 40%

Title	PSYCHOPATHOLOGY
Course Learning Outcome:	<p>After the completion of course, the students will have ability to:</p> <ul style="list-style-type: none"><li>22. Able to conceptualize forensic psychology.</li><li>23. Developing an understanding how various theories and principles of psychology are applied in the court of law and criminal justice system.</li><li>24. Understanding the roles of forensic psychologists and psychologists in court.</li><li>25. Developing a working knowledge on methods of investigation used in forensic psychology with an emphasis on crime scene analysis and forensic psychological tools.</li><li>26. Learning about the forensic interviewing with the help of advanced tools used in crime investigation.</li><li>27. Demonstrating ability to developing offender or criminal profiling</li><li>28. Demonstrating working knowledge of forensic report writing and providing psychological consultancy in forensic setting.</li></ul>

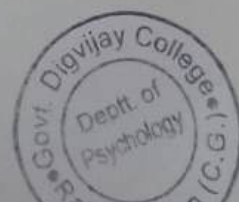
Units	Lectures	Lectures (15 x 4 = 60)	Credits 03
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I	15	<p>CONCEPT OF PSYCHOPATHOLOGY AND CLASSIFICATION SYSTEM</p> <p>1.1 Diagnosis: Purpose, Diagnostic system: Mental Status Examination (MSE).</p> <p>1.2 Clinical Interview and Diagnostic Tools, Classification Systems: ICD and DSM.</p> <p>1.3 Evaluation of Classification System.</p> <p>1.4 Theoretical Models of Psychopathology: Psychodynamic, Behavioural, Cognitive, Humanistic, Biological and Socio-Cultural.</p>	
II	15	<p>PSYCHOTIC SPECTRUM DISORDERS</p> <p>1.1 Schizophrenia,</p> <p>1.2 Mood Disorder</p> <p>1.3 Personality Disorders: (Clinical Characteristics, Etiology and Management)</p>	
III	15	<p>DISORDERS OF ANXIETY, SOMATOFORM, AND BEHAVIOURAL SYNDROMES</p> <p>2.1 Panic, Phobic, OCD, Post-Traumatic, GAD, Somatoform Disorders,</p> <p>2.2 Impulse Control Disorder, Eating Disorder, Sleep Disorder.</p> <p>2.3 Dissociative Disorder: Types, Characteristics, Etiology and Management</p>	
IV	15	<p>SUBSTANCE RELATED DISORDERS AND DEVELOPMENTAL DISORDERS OF CHILDHOOD</p> <p>4.1 Mental Retardation</p> <p>4.2 Disorders of Childhood: - Autism, Spectrum Disorder (ASD), Attention Deficit Disorder (ADD), Attention Deficit and Hyperactive Disorder (ADHD).</p> <p>4.3 Learning disabilities.</p>	

#### References:

1. Aboud, T.D. (1988). Health Psychology in Global Perspective. Thousand Oaks, C.A: Sage
2. Page, J. D.: Psychopathology (1975). The Science of Understanding Deviance. (2 nd Ed.)
3. Carson, C.R. & Butcher, J. N. (1992). Abnormal Psychology and Modern Life (17th Ed) Harper Collins Publisher
4. Adams, H. E. & Sutker. P. B. (2004). Comprehensive Handbook of Psychopathology, New York, Plenum Press



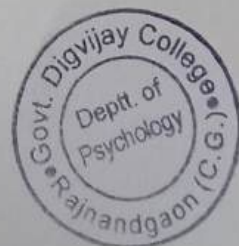
5. Prokap, C.R. & Bradly, L.A. (1991). Medical Psychology: Contribution to Behavioural Medicine. Academic Press
6. Davison, G.C. & Neal, J.N. (2000). Abnormal Psychology – 8th Ed. Wiley, Publishers,
7. Singh, R.N. Qureshi, A.N. & Bharadwaj, S.S., Manovikriti Vigyan Ke Aadhar (2018). Chaukhamba Auriyantalaya
8. Singh, A.K. Ucchatar Naidanik Manovigyan (2021) Motilal Banarsidas Delhi

**E-Reference:**

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<https://swayam.gov.in>  
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<https://egyankosh.ac.in/>  
youtube

Incharge H.O.D. - Dr. Anjali Mohan Kodopi *Anjali*  
Subject Expert - Dr. Gautami Bhatpahari *Gautami*  
- Dr. Basant Sonber *Basant* 14.08.2025  
Alumni - *Anurag Verma*

*Dr. Anjali*







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

**FYUGP (CBCS/LOCF Course)**

Department: -PSYCHOLOGY

Session: 20225-26	Program: DSC
Semester: VII	Subject: PSYCHOLOGY
Course Type: DSC	Course Code: - UBADET610
Course Title:	Research Methodology
Credit: 3+1	Lecture: 60
M.M. 100 = (ESE 80+IA 20)	Minimum Passing Marks: 40%

Title	
<b>Course Learning Outcome:</b>	<p>After the completion of course, the students will have ability to:</p> <ul style="list-style-type: none"><li>29. Able to conceptualize forensic psychology.</li><li>30. Developing an understanding how various theories and principles of psychology are applied in the court of law and criminal justice system.</li><li>31. Understanding the roles of forensic psychologists and psychologists in court.</li><li>32. Developing a working knowledge on methods of investigation used in forensic psychology with an emphasis on crime scene analysis and forensic psychological tools.</li><li>33. Learning about the forensic interviewing with the help of advanced tools used in crime investigation.</li><li>34. Demonstrating ability to developing offender or criminal profiling</li><li>35. Demonstrating working knowledge of forensic report writing and providing psychological consultancy in forensic setting.</li></ul>

Units	Lectures	Lectures (15 x 4 = 60)	Credits 03
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<b>I</b>	15	<b>INTRODUCTION TO PSYCHOLOGICAL RESEARCH</b> 1.5 Meaning, Purpose and Dimensions of Research. Types of Psychological Research: Qualitative and Quantitative. 1.6 Parametric and Non-Parametric Statistics. Methods of Psychological Research: Experimental, Quasi-Experimental, Case Studies, Field Studies. 1.7 Variables: Nature and Types. Techniques of experimental manipulation control in experiment.	
<b>II</b>	15	<b>RESEARCH PROCESS</b> 2.1 Research Process: Consideration of Research Problem and Hypothesis 2.2 Operationalization in research 2.3 Sampling: Probability and Non-probability Sampling. 2.4 Sources of Bias. Ethical Issues in Psychological Research	
<b>III</b>	15	<b>EXPERIMENTAL DESIGNS</b> 3.1 Designs: Randomized groups and Matched Groups 3.2 Factorial Designs: Between and Within Groups 3.3 Repeated Measures (One Factor)	
<b>IV</b>	15	<b>ANALYSIS OF VARIANCE</b> 2.1 ANOVA: One -Way –assumptions, computation and characteristics 2.2 ANOVA: Two - Way - assumptions, computation and characteristics Use of Computer in Psychological Researches 4.3 Research Report Writing (APA Style)	

#### References

1. Black, T. R. (1988). Quantitative Research Designs for Social Sciences. Thousand Oaks: Sage.
2. Broota, K. D. (1992). Experimental Design in Behavioural Research. Wiley Eastern Ltd. New Delhi.
3. Edwards, A. K. (1976). Experimental Designs in Psychological Research. New York Holt.
4. Kerlinger, D. & Katz, L. (1983). Foundation of Behavioural Research (2nd ed.) Surjeet Publication, Kamla Nagar, Delhi.
5. Kothari C.R. (1986). Research Methodology: Methods and Techniques. Wiley Eastern Ltd. New Delhi.
6. Mason, J. (1997). Qualitative Researching. Thousand Oaks: Sage.
7. Siegal, S. (1956). Non-Parametric Statistics for Behavioural Sciences. New York, McGraw Hill.



8. Winer, B.J. (1971). Statistical Principles in Experimental Design. New York, Mc Graw Hill.

**E-Reference:**

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<https://egyankosh.ac.in/>

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Incharge H.O.D. - Dr. Anjali Mohan Kodopi *Anjali*

Subject Expert - Dr. Gautami Bhatpahari

- Dr. Basant Sonber *Basant* 14.08.2025

Alumni

- *Anand Vema*

*Basant*





## SEMESTAR – VII LAB

Course title – Psychology practicum

Course code – UBADL710

Program – LAB COURSE

Credit score – 1

### Course Learning Outcomes (CLO)

After the completion of course, the students will have ability to:

1. Concept clarification
2. Applicability skill development
3. Understanding of cognitive interviews

Unit	Subject
1	1. Constancy- Size/Shape/Brightness 2. Mental Fatigue 3. Selective Attention 4. Knowledge of Results

Unit	Subject
1	Computation of Reliability and Validity of a Psychological Test (standardized/ non-standardized)

Incharge H.O.D. - Dr. Anjali Mohan Kodopi

Subject Expert - Dr. Gautami Bhatpahari

- Dr. Basant Sonber

Alumni

- Anand Verma

*[Signature]*





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

**FYUGP (CBCS/LOCF Course)**

**Department: -PSYCHOLOGY**

Session: <b>2025-26</b>	Program: <b>DSC</b>
Semester: <b>VIII</b>	Subject: <b>PSYCHOLOGY</b>
Course Type: <b>DSC</b>	Course Code: - <b>UBADET710</b>
Course Title:	<b>BASIC PSYCHOLOGICAL PROCESSES-II</b>
Credit: <b>3+1</b>	Lecture: <b>60</b>
M.M. 100 = <b>(ESE 80+IA 20)</b>	Minimum Passing Marks: <b>40%</b>

<b>Title</b>	<b>Basic psychological processes -II</b>
<b>Course Learning Outcome:</b>	<p>After the completion of course, the students will have ability to:</p> <ol style="list-style-type: none"><li>1. Understanding the status of mental health problem in india and the world.</li><li>2. Learning to provide psychological first aid to people</li><li>3. Understanding and enhancing positive mental health and wellbeing.</li></ol> <p>Being able to identify people suffering from common mental health problems like anxiety and depression</p>

<b>Units</b>	<b>Lectures</b>	<b>Lectures (15 x 4 = 60)</b>	<b>Credits 03</b>
<b>I</b>	<b>15</b>	<p>LEARNING PROCESS</p> <p>1.1 Classical Conditioning: Procedure, and related Issues.</p> <p>1.2 Instrumental Learning: Paradigms and Theoretical Issues and process.</p> <p>1.3 Phenomenon: Escape Conditioning, Avoidance Conditioning, Generalization.</p> <p>1.4 Reinforcement: Basic variables and Schedules.</p> <p>Experimental Analysis of Behaviour</p> <p>1.5 Behaviour Modification, Shaping, Discrimination Learning and Neurophysiology of Learning.</p>	



<b>II</b>	15	<b>VERBAL LEARNING</b> 2.1 Verbal Learning: Methods and Materials, Organizational Processes 2.2 Learning Theories: Hull, Tolman and Skinner. 2.3 Cognitive approaches in Learning: Latent Learning and Observational Learning.	
<b>III</b>	15	<b>MEMORY</b> 3.1 Memory Processes: Encoding, Storage, Retrieval. 3.2 Stages of Memory: Sensory Memory, Short-Term Memory (STM) and Long-Term Memory (LTM). Episodic and Semantic Memory	
<b>IV</b>	15	<b>FORGETTING</b> 4.1 Forgetting: Nature and causes of Forgetting. 4.2 Theories of Forgetting: Interference, Decay, and Retrieval. 4.3 Improving Memory.	

#### Reference:

1. Baddley, A. (1997). Human Memory: Theory and Practice. New York: Psychology Press.
2. DAmato, M.R. (1970). Experimental Psychology, New York, Mc. Graw Hill.
3. Galotti, K. M. (1999). Cognitive Psychology in and outside Laboratory, Mumbai: Thompson, Asia.
4. Sen Anima: Attention & Distraction. New Delhi.
5. Smith, E.E. & Kosslyn, S. M. (2007). Cognitive Psychology: Mind and Brain. Prentice Hall
6. Snodgrass, J. G., Berger, G. L. & Haydon, M. (1985). Human Experimental Psychology, New York, Oxford University Press.
7. Tripathi, A.N. & Babu, N. (2008). Cognitive Processes, Misra, G. (Ed.). Psychology in India: Advances in Research, Vol. 1. New Delhi: Pearson Education.

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Incharge H.O.D. - Dr. Anjali Mohan Kodopi

Subject Expert - Dr. Gautami Bhatpahari

- Dr. Basant Sonber

Alumni

- Anurag Verma

~~Anurag Verma.~~





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

**FYUGP (CBCS/LOCF Course)**

Department: -PSYCHOLOGY

Session: 2025-26	Program: DSC
Semester: VIII	Subject: PSYCHOLOGY
Course Type: DSE-I	Course Code: - UBADET710
Course Title:	GROUP PROCESSES AND CULTURAL PSYCHOLOGY
Credit: 3+1	Lecture: 60
M.M. 100 = (ESE 80+IA 20)	Minimum Passing Marks: 40%

Title	Group processes and cultural psychology
Course Learning Outcome:	After the completion of course, the students will have ability to: <ol style="list-style-type: none"><li>1. Understanding the status of mental health problem in india and the world.</li><li>2. Learning to provide psychological first aid to people</li><li>3. Understanding and enhancing positive mental health and wellbeing</li></ol> Being able to identify people suffering from common mental health problems like anxiety and depression

Units	Lectures	Lectures (15 x 4 = 60)	Credits 03
I	15	INTER GROUP RELATIONS 1.1 Group Dynamics and Group Behaviours 1.2 Group Effectiveness and Group Cohesiveness: meanings and formation 1.3 Decision making, problem solving and group level behaviours.	
II	15	LEADERSHIP 2.1 Leadership: Meaning, Nature and Function 2.2 Styles and Effectiveness of Leadership	



		2.3 Psychology of Followers	
III	15	SOCIAL ISSUES 3.1 Poverty, Caste, Gender and Population Issues in India. 3.2 Communal Tension and Harmony Culture and Behaviour- I 3.3 Culture and Cognition 3.4 Culture and Emotion. 3.5 Culture and Organization.	
IV	15	CULTURE AND BEHAVIOUR- II 4.1 Culture and Health. 4.2 Culture and Personality. 4.3 Health, Environment and Law.	

#### Reference:

1. Aronson, E (Eds). (1985). The Handbook of Social Psychology. N Y: Random House.
2. Baron, A.B. & Byrne, D. (1991). Social Psychology, - Boston Allyn& Bacon
3. Billing, M. (1976). Social Psychology and Inter Group Relations, NY: Academic Press
- Lindsey, G.
4. Dalal, A.K. (1989). Attribution Theory and Research New Delhi, Wiley Limited.
5. Eiser, J. R. (1986). Social Psychology, London: Cambridge University Press.
6. Feldman R.S. (1985) Social Psychology, New York, McGraw Hill.
7. Mishra, G. (1990). Applied Social psychology in India ND: Sage
8. A.K.Singh (2021) An Outline of Social Psychology. (Hindi) Motilal Banarasidas International, New Delhi

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Incharge H.O.D. - Dr. Anjali Mohan Kodopi

Subject Expert - Dr. Gautami Bhatpahari

- Dr. Basant Sonber

Alumni

- Anant Verma

Anjali  
L. Kodopi  
14/8/2025  
[Signature] (4-08-2025)

[Signature]





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

**FYUGP (CBCS/LOCF Course)**

Department: -PSYCHOLOGY

Session: 2025-26	Program: DSC
Semester: VIII	Subject: PSYCHOLOGY
Course Type: DSE-II	Course Code: - UBADET710
Course Title:	COMMUNITY PSYCHOLOGY
Credit: 3+1	Lecture: 60
M.M. 100 = (ESE 80+IA 20)	Minimum Passing Marks: 40%

Title	COMMUNITY PSYCHOLOGY
Course Learning Outcome:	After the completion of course, the students will have ability to: <ol style="list-style-type: none"><li>1. Understanding the status of mental health problem in india and the world.</li><li>2. Learning to provide psychological first aid to people</li><li>3. Understanding and enhancing positive mental health and wellbeing</li></ol> Being able to identify people suffering from common mental health problems like anxiety and depression

Units	Lectures	Lectures (15 x 4 = 60)	Credits 03
I	15	Introduction to community psychology 1.1 Definition and scope of Community Psychology; 1.2 Types of communities –locality based and Relational. 1.3 Models: Ecological level and social action model.	
II	15	Core values in community psychology : 1.1 Individual and family wellness, sense of community, respect for human diversity. 2.2 social justice, Empowerment and citizen Participation, Collaboration and community	



		strengths 2.3 Community function –socialization and supportive Functions.	
<b>III</b>	15	Communities as setting for health promotion 1.1 need and process of community organization and building for health promotion programming 1.2 Community program for child and maternal health for physical Challenged	
<b>IV</b>	15	Interventions for community development and empowerment 1.1 concept and practices for community development and empowerment 1.2 Methods of intervention in community psychology	

#### Reference:

1. Baddley, A. (1997). Human Memory: Theory and Practice. New York: Psychology Press.
2. DAmato, M.R. (1970). Experimental Psychology, New York, Mc. Graw Hill.
3. Galotti, K. M. (1999). Cognitive Psychology in and outside Laboratory, Mumbai: Thompson, Asia.
4. Sen Anima: Attention & Distraction. New Delhi.
5. Smith, E.E. & Kosslyn, S. M. (2007). Cognitive Psychology: Mind and Brain. Prentice Hall
6. Snodgrass, J. G., Berger, G. L. & Haydon, M. (1985). Human Experimental Psychology, New York, Oxford University Press.
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GOVT. DIGVIJAY AUTONOMOUS P.G. COLLEGE, RAJNANDGAON (C.G.)

**FYUGP (CBCS/LOCF Course)**

Department: -PSYCHOLOGY

Session: 2025-26	Program: DSC
Semester: VIII	Subject: PSYCHOLOGY
Course Type: DSE-III	Course Code: - UBADET710
Course Title:	PSYCHOLOGY HEALTH AND YOGA
Credit: 3+1	Lecture: 60
M.M. 100 = (ESE 80+IA 20)	Minimum Passing Marks: 40%

Title	Psychology health and yoga
Course Learning Outcome:	<p>After the completion of course, the students will have ability to:</p> <ol style="list-style-type: none"><li>1. Demonstrating knowledge of health psychology.</li><li>2. Demonstrating adequate knowledge about issues related to stress, stress management and coping.</li><li>3. Developing adequate knowledge about the promotion of healthy behaviour</li></ol> <p>Appreciating the value of practicing Yoga in daily life through research evidence and in-depth understanding of the promotion of health benefits of Yoga.</p>

Units	Lectures	Lectures (15 x 4 = 60)	Credits 03
I	15	<p>Introduction to Health Psychology</p> <ol style="list-style-type: none"><li>1.1 Emergence and development of the field</li><li>1.2 Concept of 'health' and Cross cultural definitions of health (including Indian)</li><li>1.3 Biomedical and Bio psychosocial models</li><li>1.4 Cultural approaches to medicines (especially with respect to Traditional Indian medicine: Ayurveda)</li></ol>	
II	15	<p>Stress and Coping</p> <ol style="list-style-type: none"><li>2.1 Theories of Stress (Cannon's fight-or-flight theory, Taylor et al.'s Tend-and-Befriend Theory,</li></ol>	



		Selye's General Adaptation Syndrome, Lazarus' Cognitive Appraisal Model) 2.2 Physiology of stress 2.3 Types of psychological stressors 2.4 Coping with stress and stress management (including biofeedback)	
III	15	Promoting Healthy Behaviors 3.1 Determinants of health behaviours 3.2 Theories of health behaviours: Health Belief Model, Theory of Planned Behaviour, Self-Determination Theory, Cognitive-Behavioural Approaches, Trans theoretical Model of Behaviour Change, and other Current Trends 3.3 Using the mass media for health promotion	
IV	15	Health promotion through Yoga 4.1 Yoga intervention for lifestyle disorders 4.2 Research evidence on the impact of yoga intervention on lifestyle disorders	

### References:

1. Taylor, S.E., (2009). *Health Psychology* (9th Ed). New Delhi, Tata McGraw-Hill  
Ogden, J. (2012). *Health Psychology*. New York, McGraw-Hill.
2. Morrison, V., & Bennett, P. (2009). *Introduction to Health Psychology* (2nd Ed) Pearson Education Limited, New York.
3. Gurung, R. A. R. (2014). *Health Psychology: A Cultural Approach*, USA, Wadsworth: Cengage learning
4. Dalal, A. K., & Misra, G. (Eds.). (2012). *New Directions in Health Psychology*. New Delhi: Sage Publications.
5. Agarwala, S., Das, I., Kumar, K., and Kumar, S. (2009). *Health Psychology*. New Delhi, Allied publishers. (Chapter 23)
6. Babu, R. K. (2011). *Asana sutras*. Vizianagaram, India: Home of Yoga Publications.
7. Desikachar, T. K. V. (2003). *Reflections on Yoga Sutras of Patanjali*. Krishnamacharya Yoga Mandiaram.

### E-Reference:



Swayam Central

<https://swayam.gov.in>

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Subject Expert - Dr. Gautami Bhatpahari

- Dr. Basant Sonber

Alumni

- Anand Verma

*Anjali*  
*L. Bhat*  
*14/8/2025*  
*[Signature]* 14.08.2025  
*[Signature]*





## SEMESTAR – VIII LAB

Course title – Psychology practicum

Course code – UBADL810

Program – LAB COURSE

Credit score – 1

Course Learning Outcome (CLO)

After the completion of course, the students will have ability to:

1. Assessment Ability
2. Understanding of psychological traits

1	<b>Dissertation / Research Project -</b> Quantitative Research Design Statistical Analysis –Two Way ANOVA Following APA procedure
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### References:

1. Broota, K. D. (1992). Experimental design in behavioural research. New Delhi: Wiley Eastern.
  2. Minium, E. W., King, B. M., & Bear, G. (1993). Statistical reasoning in psychology and education. New York: John Wiley
  3. Mohanty, B. & Misra, S. (2015). Statistics for behavioral and social sciences. New Delhi: Kerlinger, F. N. (1973). Foundation of Behavioural Research
  4. Kerlinger, D. & Katz, L. (1983). Foundation of Behavioural Research (2nd ed.) Surjeet Publication, Kamla Nagar, Delhi
- E-Reference:  
Swayam Central  
<https://swayam.gov.in>  
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