

DEPARTMENT OF PSYCHOLOGY
KURUKSHETRA UNIVERSITY KURUKSHETRA

Established by the State Legislature Act XII of 1956
(A⁺ Grade, NAAC Accredited)

Scheme of Examination for Undergraduate programmes in the Subject of Psychology as per NEP 2020 (Multiple Entry-Exit, Internships and Choice Based Credit System- Learning Outcome Based) w. e. f. 2023-24 in phased manner.

Semester	Course Type	Course Code	Nomenclature of paper	Credits	Credits		Contact hours	Internal Assessment marks		End term Exam. Marks		Max. Marks	Duration of End Term exam. (Hrs T / P)
					Theory (T)	Practical (P)		T+P	T	P	T		
1	CC-1 MCC-1	B23-PSY-101	Foundations of Psychology	4	3	1	5	20	10	50	20	100	3/3
	MCC-2	B23-PSY-102	Elementary Statistics	4	3	1	5	20	10	50	20	100	3/3
	CC-M1	B23-PSY-103	Problems of Adolescence	2	2	NA	2	15	-	35	00	50	3
	-MDC 1	B23-PSY-104	Understanding Psychology	3	2	1	4	15	05	35	20	75	3/3
2	CC-2 MCC-3	B23-PSY-201	Social Psychology	4	3	1	5	20	10	50	20	100	3/3
	DSEC-1	B23-PSY-202	Assessment of Personality and Intelligence	4	3	1	5	20	10	50	20	100	3/3

Semester	Course Type	Course Code	Nomenclature of paper	Credits	Credits		Contact hours	Internal Assessment Marks		End Term Exam. Marks		Max. Marks	Duration of End Term exam. (Hrs)
					Theory	Practical		T+P	T	P	T		
	-MDC 2	B23-PSY-203	Understanding Abnormal Behaviour	3	2	1	4	15	05	35	20	75	3/3
	CC-M2	B23-PSY-204	Stress Management	2	2	NA	2	15	-	35	-	50	3
3	CC-3 MCC-4	B23-PSY-301	Experimental Psychology	4	3	1	5	20	10	50	20	100	3/3
	MCC-5	B23-PSY-302	Physiological Psychology	4	3	1	5	20	10	50	20	100	3/3
	-MDC 3	B23-PSY-303	Health and Wellbeing	3	2	1	4	15	05	35	20	75	3/3
4	CC-4 MCC-6	B23-PSY-401	Developmental Psychology	4	3	1	5	20	10	50	20	100	3/3
	MCC-7	B23-PSY-402	Indian Psychology	4	3	1	5	20	10	50	20	100	3/3
	MCC-8	B23-PSY-403	Cognitive Psychology	4	3	1	5	20	10	50	20	100	3/3
	DSE-1	B23-PSY-404	Health Psychology	4	3	1	5	20	10	50	20	100	3/3
		Or											
		B23-PSY-405	Abnormal Psychology	4	3	1	5	20	10	50	20	100	3/3

Semester	Course Type	Course Code	Nomenclature of paper	Credits	Credits		Contact Hours	Internal Assessment Marks		End Term Exam. Marks		Max. Marks	Duration of End Term exam. (Hrs) T / P
					Theory (T)	Practical (P)		T+P	T	P	T		
5	CC-5 MCC-9	B23-PSY-501	Psychological Testing	4	3	1	5	20	10	50	20	100	3/3
	MCC-10	B23-PSY-502	Guidance	4	3	1	5	20	10	50	20	100	3/3
	DSE-2	B23-PSY-503	Psychotherapies	4	3	1	5	20	10	50	20	100	3/3
		Or											
		B23-PSY-504	Organizational Psychology	4	3	1	5	20	10	50	20	100	3/3
	DSE-3	B23-PSY-505	Intelligence	4	3	1	5	20	10	50	20	100	3/3
		Or											
	B23-PSY-506	Clinical Psychology	4	3	1	5	20	10	50	20	100	3/3	
6	CC-6 MCC-11	B23-PSY-601	Counselling	4	3	1	5	20	10	50	20	100	3/3
	MCC-12	B23-PSY-602	Personality	4	3	1	5	20	10	50	20	100	3/3
	DSE-4	B23-PSY-603	Organizational Behaviour	4	3	1	5	20	10	50	20	100	3/3
		Or											
		B23-PSY-604	Consumer Psychology	4	3	1	5	20	10	50	20	100	3/3

Semester	Course Type	Course Code	Nomenclature of paper	Credits	Credits		Contact Hours	Internal Assessment Marks		End Term Exam. Marks		Max. Marks	Duration of End Term exam. (Hrs) T / P
					Theory (T)	Practical (P)		T+P	T	P	T		
	DSE-5	B23-PSY-605	Sports Psychology	4	3	1	5	20	10	50	20	100	3/3
		Or											
		B23-PSY-606	Forensic Psychology	4	3	1	5	20	10	50	20	100	3/3
7	CC-H1	B23-PSY-701	Systems and Theories	4	4	0	4	30	00	70	00	100	3
	CC-H2	B23-PSY-702	Research Methodology	4	4	0	4	30	00	70	00	100	3
	CC-H3	B23-PSY-703	Applied Social Psychology	4	4	0	4	30	00	70	00	100	3
	DSE-6	B23-PSY-704	Understanding Self	4	4	0	4	30	00	70	00	100	3
		Or											
			B23-PSY-705	Personality Development	4	4	0	4	30	00	70	00	100
	PC-H1	B23-PSY-706	Practicum	4	0	4	8	00	30	00	70	100	3

Semester	Course Type	Course Code	Nomenclature of paper	Credits	Credits		Contact Hours	Internal Assessment Marks		End Term Exam. Marks		Max. Marks	Duration of End Term exam. (Hrs) T / P	
					Theory (T)	Practical (P)		T+P	T	P	T			P
8	CC-H4	B23-PSY-801	Cognitive Processes	4	4	0	4	30	00	70	00	100	3	
	CC-H5	B23-PSY-802	Positive Psychology	4	4	0	4	30	00	70	00	100	3	
	CC-H6	B23-PSY-803	Advance Statistics	4	4	0	4	30	00	70	00	100	3	
	DSE-7	B23-PSY-804	Child Psychology	4	4	0	4	30	00	70	00	100	3	
	Or													
			B23-PSY-805	Educational Psychology	4	4	0	4	30	00	70	00	100	3
		PC-H2	B23-PSY-806	Practicum	4	0	4	8	00	30	00	70	100	3
	Research	B23-PSY-807	Dissertation/Project	12						300		300		

Note: 1. CC of concerned semester will be CC – M (4 credits) for non psychology students.

2. AEC/SEC/VAC/VOC course(s) will be chosen from the pool of courses.

3. Discrepancy, if any, in the scheme will be dealt as per ordinance for UG programs prepared by Kurukshetra University, Kurukshetra.

4. The scheme will be implemented in phased manner with effect from the session 2023-24.

LIST OF VALUE AIDED COURSES

APPENDIX-I

Semester	Course Type	Course Code	Nomenclature of paper	Credits	Credits		Contact hours	Internal Assessment marks		End term Exam. Marks		Max. Marks	Duration of End Term exam. (Hrs T / P)
					Theory (T)	Practical (P)		T+P	T	P	T		
4	VAC-4	B23-VAC-402	Art of Happiness	2	2	NA	2	15	00	35	00	50	3
	VAC-4	B23-VAC-411	Social and Emotional Learning	2	2	NA	2	15	00	35	00	50	3
	VAC-4	B23-VAC-416	Emotional Intelligence	2	2	NA	2	15	00	35	00	50	3

Syllabi for Under-Graduate Programmes in the subject of Psychology with Multiple Entry-Exit, Internship and Choice Based Credit System – Learning Outcomes Based Curriculum Framework – (CBCS-LOCF) in accordance with New Education Policy (NEP) 2020 with effect from the session 2023-24 (in phased manner)



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Undergraduate Programs (Psychology) Syllabus, Semester –I

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	I		
Name of the Course	Foundations of Psychology		
Course Code	B23-PSY-101		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC/MCC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. demonstrate an understanding of foundational concepts of psychology and human behaviour. 2. understand the structure and function of sensory processes. 3. comprehend theoretical concepts of emotion and motivation. 4. understand various theories and factors affecting personality and intelligence. 5. conduct experiments and tests related to Foundations of Psychology 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks: 30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Introduction: Nature and Scope of Psychology; Psychology as a Science and Present Status, Psychology in India. Methods to Study Behaviour: Interview, Case study and Experimental.	14
II	Sensation: Nature, Characteristics and Types Structure and Functions of Visual and Auditory sensation. Attention: Nature and Characteristics.	14
III	Emotion: Nature, Factors Affecting and Theories: James-Lange, Cannon- Bard and Schachter-Singer. Motivation: Needs, Drives, Incentives, Biological and Social Motives.	14
IV	Personality: Nature, Factors Affecting and Theories: Allport, Cattell and Eysenck. Intelligence: Nature, Factors Affecting and Theories: Spearman, Thurstone, and Cattell.	14
	<p>Practical</p> <ol style="list-style-type: none"> 1. NEO-FFI/ Personality Test 2. Retinal Colour Zones / Colour Blindness 3. Study of Emotions. 4. Simple Reaction Time 5. Verbal Test of Intelligence. 6. Performance Test of Intelligence/RPM. 7. 16PF Questionnaire <p>Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.</p>	32

Suggested Evaluation Methods	
<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	<p>End Term Examination:</p> <p>50 Marks</p> <p>20 Marks</p>
Part C-Learning Resources	
<p>Recommended Books/e-resources/LMS:</p> <p>Baron, R.A & Misra, G.(2014). Psychology. New Delhi: Pearson Education.</p> <p>Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.</p> <p>Passer, M.W & Smith, R.E. (2013). Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill</p> <p>Chaplin, T., & Krawiec, T.S. (1979). Systems & Theories of Psychology (4th Ed.). New York: Holt Rinehart.</p> <p>Singh, A. and Singh, U. (1984). Samanya Manovigyan. Bhiwani: VaidicPrakashan.</p> <p>Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas.</p>	

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Undergraduate Programs (Psychology) Syllabus, Semester –I

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	I		
Name of the Course	Elementary Statistics		
Course Code	B23-PSY-102		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. develop insight about statistics and level of measurements. 2. have in depth understanding of types, frequency distribution and graphical representation of data. 3. have knowledge about measures of central tendency and variability. 4. develop insight about normal probability curve and methods of correlation. 5. draw different types of graph and calculations of central tendencies through excel. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks: 30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Statistics: Meaning, Types, Scope, and Advantages and Disadvantages of statistics. Measurement: Meaning, Levels of Measurement: Nominal, Ordinal, Interval and Ratio. Uses of Measurement.	14
II	Unit-II Data: Meaning, Types-Primary and Secondary. Difference between Primary and Secondary Data. Frequency Distribution, Graphical Representation of Data: Frequency Polygon, Histogram and Bar Diagram .	14
III	Measures of Central Tendencies: Mean, Median and Mode. Measures of Variability: Range, Mean Deviation, Standard Deviation and Quartile Deviation.	14
IV	Normal Probability Curve: Meaning and Characteristics. Correlation: Meaning, Types of Correlation. Method: Spearman Rank Difference, Pearson Product Moment and Tetrachoric	14
	Practical <ol style="list-style-type: none"> 1. Drawing of Histogram 2. Drawing of Bar Diagram 3. Drawing of Polygon 4. Drawing of Pie-chart 5. Calculation of Mean in Excel/Spreadsheet. 6. Calculation of Median in Excel/Spreadsheet 7. Calculation of Mode in Excel/Spreadsheet. <p>Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.</p>	32

Suggested Evaluation Methods	
<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	<p>End Term Examination:</p> <p>50 Marks</p> <p>20 Marks</p>
Part C-Learning Resources	
<p>Recommended Books/e-resources/LMS:</p> <p>Garrett, H.E.(1926) Statistics in Psychology and Education, Longmans, Green and Co.</p> <p>Suleman,M. (2016) Statistics in Psychology, Education and other Social Sciences,5th edition,Delhi: Moti Lal Bnarsi Das.</p> <p>Singh, R. and RadheShyam (2008) Comprehensive Statistics for Behavioural Sciences. Delhi: Sanjay Prakashan.</p> <p>Gupta,L., Singh,R. and RadheyShyam (2015) Fundamental Statistics for Social Sciences. Intellectual foundation,India.</p>	

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Undergraduate Programs (Psychology) Syllabus, Semester –I

Session: 2023-24			
Part A – Introduction			
Subject	Psychology		
Semester	I		
Name of the Course	Problems of Adolescence		
Course Code	B23-PSY-103		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC - M		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. get awareness regarding different domains of development during adolescence. 2. understand various mental health issues. 3. develop insight regarding different health issues. 4. know about etiology and psychosocial management of adolescents' health issues. 		
Credits	Theory	Practical	Total
	2	NA	2
Contact Hours	2 Per week	NA	2 Per Week
Max. Marks: 50 Internal Assessment Marks: 15 End Term Exam Marks: 35		Time: 3 Hours	

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Adolescence: Nature, Adolescent's Maturation, Pubertal Changes and Hormonal Influences.	7
II	Mental Health Issues: Stress, Anxiety, Depression and Suicide.	7
III	Health Issues: Nutrition and Eating disorders. Substance Abuse - Smoking, Tobacco and Alcohol.	7
IV	Sexually Transmitted Infections: Types and Management- Psychosocial. Coping with Stress.	7
Suggested Evaluation Methods		
<p>Internal Assessment:</p> <p>➤ Theory</p> <ul style="list-style-type: none"> • Class Participation: 04 Marks • Seminar/presentation/assignment/quiz/class test etc.: 04 Marks • Mid-Term Exam: 07Marks 		<p>End Term Examination:</p> <p>35 Marks</p>
Part C-Learning Resources		
<p>Recommended Books/e-resources/LMS:</p> <p>Berk, L.E. (2004). Developmental Through the Life Span. Delhi: Pearson Education.</p> <p>Sheffer, D.R. & Katherine, K. (2007). Developmental Psychology: Childhood And Adolescence NewYork: Thomson Wadsworth.</p> <p>Santrock, J.W. (1997). Life Span Development: Dubuque: Brown and Benchmark.</p>		

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Undergraduate Programs (Psychology) Syllabus, Semester –I

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	I		
Name of the Course	Understanding Psychology		
Course Code	B23-PSY-104		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MDC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. provide basic understanding about historical development and domains of psychology. 2. get understanding of study methods of psychology. 3. acquaint the students with learning process in psychology. 4. acquaint the students with memory process in psychology. 5. conduct experiment on learning and memory. 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 Per week	2 per week/ Per group	4 per week / per group
Max. Marks: 75 Internal Assessment Marks: 20 End Term Exam Marks: 55		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions (1 mark each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Psychology: Nature, Historical background and Fields of Psychology, Emergence of Psychology as a Science.	7
II	Methods: Experimental, Interview, Observation and Case Study.	7
III	Learning: Nature and Factors Affecting. Classical and Instrumental Conditioning.	7
IV	Memory: Nature, Study Methods, Factors Affecting Memory. Types of Memory.	7
	<p>Practical</p> <ol style="list-style-type: none"> 1. Sound Localization. 2. Experiment on STM 3. Experiment on LTM 4. Study of Primacy and Recency Effect 5. Simple Reaction time. 6. Observation. 7. Transfer of Training. 8. <p>Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.</p>	32
Suggested Evaluation Methods		
<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory (15 Marks) <ul style="list-style-type: none"> • Class Participation: 04 Marks • Seminar/presentation/assignment/quiz/class test etc.: 04 Marks • Mid-Term Exam: 07 Marks ➤ Practical (5 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 5 Marks • Mid-Term Exam: Nil 		<p>End Term Examination:</p> <p>35 Marks</p> <p>20 Marks</p>

Part C-Learning Resources**Recommended Books/e-resources/LMS:**

Atkinson, R.L., Atkinson, R.L. et. Al. (1985). Introduction to Psychology. N.Y. HBJ Publishers.

Ciccarelli, S.K. & Meyer, G.E. (2006). Psychology. New Delhi: Pearson Education Inc.

Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi:Moti Lal Banarsidas.

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Undergraduate Programs (Psychology) Syllabus, Semester –II

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	II		
Name of the Course	Social Psychology		
Course Code	B23-PSY- 201		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC/MCC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. demonstrate an understanding of the foundational concepts of social behaviour and methods of study. 2. demonstrate understanding of socialization process, person perception and attitudes. 3. acquaint with interpersonal attraction, pro-social behaviour and aggression. 4. understand the concept of leadership and dynamics of group and collective behaviour. 5. Acquaint with different types of psychological test related to social phenomenon. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks: 30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	<p>Introduction: Meaning, History, Scope and Relationship of Social Psychology with Anthropology and Sociology. Determinants of Social Behaviour. Method: Observation, Sociometry and Survey.</p>	14
II	<p>Socialization: Nature, Agencies and Factors Affecting Socialization. Person perception: Nature and Determinants. Attitude: Nature, Formation, Change and Resistance to Change.</p>	14
III	<p>Interpersonal Attraction: Nature and Determinants. Pro-social behaviour: Meaning, Stages and Determinants. Aggression: Nature, Causes and Control.</p>	14
IV	<p>Group Behaviour: Meaning, Formation, Types and Functions of Group. Leadership: Nature, Characteristics and Types. Collective Behaviour: Crowd and Mob.</p>	14
	<p>Practical</p> <ol style="list-style-type: none"> 1. Sociometry 2. Measurement of Attitude 3. Altruism Scale 4. Stereotype Scale 5. Aggression Scale 6. Prejudice Scale 7. Leadership Styles <p>Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.</p>	32

Suggested Evaluation Methods	
<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	<p>End Term Examination:</p> <p>50 Marks</p> <p>20 Marks</p>
Part C-Learning Resources	
<p>Recommended Books/e-resources/LMS:</p> <p>Baron, R.A., Byrne, D. & Bhardwaj. G (2010).Social Psychology (12th Ed).New Delhi: Pearson.</p> <p>Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi.</p> <p>McDavid, J. W. &Harrari, H. (1968).Social Psychology. New York: Harper & Row.</p> <p>Kretch and Crutchfield (1948).Theory and Problems of Social Psychology. New York: McGraw Hill.</p> <p>Myers, D.G. (2008). Social psychology. New Delhi: Tata McGraw-Hill.</p>	

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Undergraduate Programs (Psychology) Syllabus, Semester –II

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	II		
Name of the Course	Assessment of Personality and Intelligence		
Course Code	B23-PSY-202		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSEC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. understand basic nature of personality assessment tools and get acquainted with most widely used self-report measures of personality. 2. understand the characteristic features of projective techniques and to have in-depth knowledge of prominent techniques and their application. 3. look into the seminal work toward testing of human abilities and grasp the conceptualization of the scaling of intelligence. 4. have understanding of application of variety of intelligence tests. 5. administer, score and interpret the psychological tests. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Personality: Historical Antecedents of Personality. Meaning and purpose of Personality Assessment. Personality Tests: Nature, Self-Report Measures: MMPI, 16 PF and EPQ. Ethical Issues in Personality Assessment.	14
II	Projective Technique: Nature and Salient Features. Word Association Test, Sentence Completion Test, Rorschach Inkblot Test and Thematic Apperception Test.	14
III	Intelligence: Historical Background of Intelligence Testing. Nature and Purpose of Intelligence Test. Concept of IQ and Deviation IQ. Measures of Intelligence: Alexander Pass-Along Test, Cattell's Culture Fair Test, and RPM.	14
IV	Measurement of Intelligence: GMAT, Wechsler Adult Intelligence Scale, Wechsler Intelligence Scale for Children, Wechsler Preschool and Primary Scale of Intelligence. Difference between Individual and Group Testing.	14
	Practical 1. EPQ 2. GMAT 3. 16PF Questionnaire 4. Culture Fair Test 5. WAT 6. Alexander Pass Along Test 7. Sentence Completion Test Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.	32

Suggested Evaluation Methods	
<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	<p>End Term Examination:</p> <p>50 Marks</p> <p>20 Marks</p>
Part C-Learning Resources	
<p>Recommended Books/e-resources/LMS:</p> <p>Anastasi, A.&, Urbina, S., (2009). Psychological Testing. PHI Learning Private Ltd.: New Delhi.</p> <p>Aiken, L.S.,& Marnat, G.G.(2009). Psychological Testing and Assessment (12th edition). Dorling Kindersley India Pvt. Ltd.: New Delhi.</p> <p>Singh, A.K.(2012) .Tests, Measurements and Research Methods in Behavioural Sciences.: Moti Lal Banarsidas: New Delhi.</p> <p>Singh, A.K. (2009). Uchattar Samanaya Manovigyan.: Moti Lal Banarsidas: New Delhi.</p>	

KURUKSHETRA UNIVERSITY KURUKSHETRA
(Established by the State Legislature Act XII of 1956)
(A+ Grade, NAAC Accredited)
Undergraduate Programs (Psychology) Syllabus, Semester –II

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	II		
Name of the Course	Understanding Abnormal Behaviour		
Course Code	B23-PSY-203		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VA C)	MDC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. acquaint with the abnormal behaviour and its criteria and characteristics. 2. understand models of abnormality. 3. gain knowledge about anxiety based and mood disorders. 4. understand the concept of psychotherapies. 5. develop skill to apply the psychological tests for assessment. 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 Per week	2 per week/ Per group	4 per week / per group
Max. Marks: 75 Internal Assessment Marks: 20 End Term Exam Marks: 55		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions (1 mark each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Abnormal Behaviour: Meaning, Criteria and Characteristics. Causes of Abnormal Behaviour.	7
II	Models of Abnormality: Biological, Psychological and Socio-cultural.	7
III	Anxiety Based Disorders: Obsessive Compulsive Disorder, Phobia, Panic Attack: Etiology and Management. Mood Disorder: Types and Causes.	7
IV	Psychotherapies: Psychoanalysis, Behaviour Therapy and Cognitive Behaviour Therapy.	7
	<p>Practical</p> <ol style="list-style-type: none"> 1. Obsessive- compulsion Checklist 2. Depression Inventory 3. Adjustment Inventory 4. Mental Health Questionnaire 5. Anxiety Inventory 6. PGI- Memory Scale 7. Defence Mechanism Inventory <p>Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.</p>	32

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Undergraduate Programs (Psychology) Syllabus, Semester –II

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	II		
Name of the Course	Stress Management		
Course Code	B23-PSY-204		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-M		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. acquaint with the main symptoms and sources of stress. 2. understand the effect of stress on health. 3. learn various stress management techniques. 4. learn different ways of coping with stress. 		
Credits	Theory	Practical	Total
	2	NA	2
Contact Hours	2 Per week	NA	2 per week
Max. Marks: 50 Internal Assessment Marks: 15 End Term Exam Marks: 35		Time: 3 Hours	

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions (1 mark each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Stress: Nature, Symptoms and Sources of Stress.	7
II	Stress and Health: Effect of Stress on Cardio-Vascular System, Endocrine System and Immune System.	7
III	Managing Stress: Methods- Yoga, Meditation, Relaxation Training and Biofeedback	7
IV	Coping with Stress: Use of Distraction, Imagery and resilience	7
Suggested Evaluation Methods		
<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory (15 Marks) • Class Participation: 04 Marks • Seminar/presentation/assignment/quiz/class test etc.: 04 Marks • Mid-Term Exam: 07Marks 		<p>End Term Examination:</p> <p>35 Marks</p>
Part C-Learning Resources		
<p>Recommended Books/e-resources/LMS:</p> <p>Carr A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.</p> <p>DiMatteo, M.R. & Martin, L.R (2002). Health Psychology, New Delhi: Pearson.</p> <p>Neiten, W. & Lloyd, M.A. (2007). Psychology applied to Modern life. Thomson Detmar Learning</p> <p>Taylor, S.E. (2006). Health Psychology, 6th Edition, New Delhi: Tata McGraw Hill.</p>		

KURUKSHETRA UNIVERSITY KURUKSHETRA
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Undergraduate Programs (Psychology) Syllabus, Semester –III

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	III		
Name of the Course	Experimental Psychology		
Course Code	B23-PSY-301		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC/MCC		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. develop understanding regarding experimental procedure and perception. 2. develop an understanding regarding nature and methods of classical psychophysics. 3. acquaint with processes of Learning and Memory. 4. acquire understanding regarding Problem Solving and elementary Statistics. 5. conduct experiments related to their theory paper. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Experimental Psychology: Nature and Historical Development. Experimental Method. Perception: Nature and Characteristics. Perception of Form, Depth and Movement.	14
II	Psychophysics: Nature, Concept of Continuum, and Problems. Methods of Classical Psychophysics: Method of Limits, Constant Stimuli and. Average Error.	14
III	Learning: Definition, Factors Affecting. Theories of Learning: Trial and Error, Insight and Classical Conditioning. Memory: Process and Types, Methods to Study Memory.	14
IV	Thinking: Nature and Types. Problem Solving: Nature and Stages of Problem Solving. Verbal Learning: Nature, Material, Method and Organizational Processes.	14
	Practical <ol style="list-style-type: none"> 1. Absolute Limen by Method of Constant Stimuli 2. Differential Limen by Method of limits. 3. Muller-Lyre Illusion 4. Bilateral Transfer of Training 5. Maze Learning 6. Experiment on STM/LTM 7. Problem Solving <p>Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.</p>	32

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Undergraduate Programs (Psychology) Syllabus, Semester –III

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	III		
Name of the Course	Physiological Psychology		
Course Code	B23-PSY-302		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. develop an understanding regarding nature and fields of physiological psychology along with its methods. 2. acquaint themselves with nature of neural activities alongwith CNS. 3. develop insight into peripheral nerves system and effect of hormones on behaviour. 4. understand physiological mechanisms associated with hunger and thirst. 5. conduct experiments related to theory paper. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	<p>Introduction: Nature, Fields, Relation with disciplines of Neuroscience.</p> <p>Methods of Study: Imaging Techniques, Recording Physiological Activity and Brain Lesion.</p>	14
II	<p>Human Nervous system: Cells- Types, Structure and Functions. Neural Conduction and Synaptic Transmission.</p> <p>Central Nervous System: Structure and Functions of Brain and Spinal Cord.</p>	14
III	<p>Peripheral Nervous System: Structure and Functions of Somatic and Autonomic Nervous System.</p> <p>Hormones and Behaviour: Pituitary, Adrenal, Pancreas, Gonads.</p>	14
IV	<p style="text-align: center;">UNIT-IV</p> <p>Physiological Mechanisms associated with Learning and Memory.</p> <p>Motivation: Physiological Mechanisms of Hunger, and Thirst.</p> <p>Psychophysiology of Sleep: Necessity and Stages of Sleep.</p>	14
	<p>Practical</p> <ol style="list-style-type: none"> 1. Neuropsychological Battery 2. PGI-Memory Scale 3. Galvanic Skin Response 4. Mapping of Retinal Colour Zones 5. EMG/EEG 6. Sound Localization 7. Two hand coordination. <p>Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.</p>	32

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Undergraduate Programs (Psychology) Syllabus, Semester –III

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	III		
Name of the Course	Health and Wellbeing		
Course Code	B23-PSY-303		
Course Type: (CC/MCC/MDC/CC- M/DSEC/VOC/DSE/PC/AEC/VA C)	MDC		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. gain understanding regarding the concept of health psychology and related discipline. 2. get acquainted with concept of wellbeing. 3. understand the phenomenon of stress and pain. 4. get acquainted with health promoting behaviours. 5. conduct tests related to health and health related behaviour. 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 Per week	2 per week/ Per group	4 per week / per group
Max. Marks: 75 Internal Assessment Marks: 20 End Term Exam Marks: 55		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions (1 mark each) uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Introduction to Health Psychology: Components of Health, Relationship of Health with Psychology, Mind and Body. Goals of Health Psychology.	7
II	Well-being: Components of Well-being: Eudemonia and Hedonism, Life Satisfaction and Affect.	7
III	Stress: Causes and Consequences. Coping with Stress. Illness and Pain	7
IV	Health Enhancing Behaviors: Resilience, Hope, Optimism; Exercise, Safety, Nutrition.	7
	Practical <ol style="list-style-type: none"> 1. Well-being Scale 2. Stress Inventory 3. Resilience Scale 4. General Health Questionnaire 5. Optimism Scale 6. Happiness Scale 7. Type A/ B Personality Inventory <p>Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.</p>	32
Suggested Evaluation Methods		
<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory (15 Marks) <ul style="list-style-type: none"> ● Class Participation: 04 Marks ● Seminar/presentation/assignment/quiz/class test etc.: 04 Marks ● Mid-Term Exam: 07 Marks ➤ Practical (5 Marks) <ul style="list-style-type: none"> ● Class Participation: Nil ● Seminar/Demonstration/Viva-voce/Lab records etc.: 5 Marks ● Mid-Term Exam: Nil 		<p>End Term Examination : 35 Marks</p> <p>20 Marks</p>

Part C-Learning Resources**Recommended Books/e-resources/LMS:**

Feuerstein, M, Elise, R.L. and Kuczmier cigk, A.R. (1986). Health Psychology A Psychological perspective. New York : Plenum Press.

Friedman- Di-mateo (1989). Health Psychology. New York : Prentice Hall.

Prokop, C.K. Breadley, L.A. Burisn, T.G. Anderson K.O. and Fox, J.E. (1991). Health Psychology Clinical Methods and research. New York : Macmillan.

Sarafino, E.P. (2002). Health psychology: Bio Psychosocial interactions (4th Ed.).NY: Wiley.

Schumidt L.R. Schwenkemgger, P. weinment, J. and maes, S. (1990). Theoretical and Applied Aspects of Health Psychology. London : Hardwood/Academic.

Snyder, C.R., &Lopez,S.J.(2007).Positive Psychology :The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.

Spaceman, S. and Oskamp, S. (1988). The Social Psychology of Health. New York : Sage Publications.

Taylor, S.E. (2006). Health Psychology (6th Ed.). New York: Tata McGraw Hill.

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Undergraduate Programs (Psychology) Syllabus, Semester –IV

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Developmental Psychology		
Course Code	B23-PSY-401		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC/MCC		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. develop understanding regarding concepts, process, domains and different perspectives of human development. 2. grasp understanding of beginning of human life and birth process. 3. inculcate knowledge regarding nature of development across life Span 4. To understand the transitional processes during adolescence and old age. 5. conduct tests related to their theory paper. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks: 30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Human Development: Concept, Principles, Issues, and Determinants. Major Perspectives: Psychodynamic, Behavioural and Contextual.	14
II	Earliest Development: Basic of Genetics, Transmission of Genetics information, Inherited and Genetic Disorders. Prenatal Development: Fertilization, Stages and Threats to Development in Prenatal Environment.	14
III	Infancy and Childhood: Physical, Cognitive and Social Development. Adolescence: Physical and Sexual Maturation; Nutrition and Eating disorders.	14
IV	Threats to Adolescent's Well-Being: Aggression, Bullying, Juvenile Delinquency and Obesity. Aging: Concept, Factors: Biological and Psychological. Dementia, Alzheimer.	14
	<p>Practical</p> <ol style="list-style-type: none"> 1. Family Environment Scale 2. Emotional Maturity Scale 3. Youth Problem Inventory 4. Aggression Questionnaire 5. Mini Mental Status Examination (Test) 6. Impulsiveness scale 7. Case study 8. <p>Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.</p>	32

KURUKSHETRA UNIVERSITY KURUKSHETRA
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Undergraduate Programs (Psychology) Syllabus, Semester –IV

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Indian Psychology		
Course Code	B23-PSY-402		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. develop understanding regarding Indian Psychology and related concepts. 2. grasp understanding of concepts of Upnishads and Advaita Vedantam. 3. inculcate knowledge regarding transpersonal psychology in Bhagwat Gita. 4. understand Buddhism, Jainism and yoga. 5. conduct tests related to their theory paper. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Indian Psychology: Introduction, Fundamental assumptions, Historical Development, Harmony of body and Mind, Eastern and Western Approach to Psychology.	14
II	Concepts of Upnishads: State of Consciousness, Factor related to Personality and Mental Functions. Advaita Vedantam: Function of Mind, Human Personality and Consciousness	14
III	Transpersonal Psychology in Bhagavat Gita. Identity and Existence. Self- knowledge. Karma and Sanyasa, Work,	14
IV	Psychology of Buddhism and Jainism: Factors of Personality, Cognition and Affection. Yoga Psychology: Definition, Theory and Applications, Patanjali Yoga Sutras and Sidhis – Basic Concepts, Yoga Psychology and Samkhya.	14
	<p>Practical</p> <ol style="list-style-type: none"> 1. Triguna Test of Personality 2. Test of Anasakti and Aasakti 3. Self Concept 4. Self Esteem 5. Self Efficacy 6. Mysore Tridosh Test 7. Any Practical on Yoga <p>Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.</p>	32

Suggested Evaluation Methods	
<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	<p>End Term Examination:</p> <p>50 Marks</p> <p>20 Marks</p>
Part C-Learning Resources	
<p>Recommended Books/e-resources/LMS:</p> <p>Matthijs Cornelissen, R.M., Misra, G., & Varma, S. (2014). Foundations and Applications of Indian Psychology. India : Pearson</p> <p>Rao, K.R., Paranjpe, A.C., & Dalal, A.K.(2008). Handbook of Indian Psychology. New Delhi: FoundationBook</p> <p>Safaya, R. (1975). Indian Psychology. New Delhi: MunshiramManoharlal Publishers</p> <p>Dalal, A.S. (Ed.) (2011). A greater psychology: An introduction to the psychological thought of Sri Aurobindo. New York: Penguin Putnam Inc.</p> <p>Rao, K.R. &Paranjpe, A.C. (2016). Psychology in the Indian tradition: New Delhi: India: Springer Pvt. Ltd.</p> <p>Kuppuswamy, B. (1990). Elements of ancient Indian psychology. Delhi: Konark Publishers Pvt. Ltd.</p>	

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Undergraduate Programs (Psychology) Syllabus, Semester –IV

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Cognitive Psychology		
Course Code	B23-PSY-403		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	MCC		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. acquaint themselves about history of cognitive psychology, and understand different methods to study cognition. 2. have in-depth understanding of nature and types of attention and different models of selective attention. 3. have familiarity with process of pattern recognition along with reasoning. 4. have acquaintance with nature, structure of language development and problem solving. 5. conduct tests related to their theory paper. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Cognitive Psychology: Nature, Scope, Historical background and Current Status of Cognitive Psychology. Methods to Study Cognition - Behavioral and Physiological.	14
II	Attention: Nature; Selective Attention and Divided Attention: Nature, Models of Selective Attention – Broadbent and Treisman. Vigilance.	14
III	Pattern Recognition: Nature and Theories- Prototype Matching and Template Matching. Reasoning: Nature and Types – Inductive and Deductive.	14
IV	Language: Nature, Properties, and Structure. Stages of Language Development. Problem Solving: Nature and Classification of Problems, Factors Affecting Problem Solving.	14
	<p>Practical</p> <ol style="list-style-type: none"> 1. Attention (Selective / Focused) 2. Problem Solving 3. Stroop Effect 4. Letter Cancellation 5. Trail Making 6. Maze Learning 7. Tower of Hanoi <p>Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.</p>	32

Suggested Evaluation Methods	
<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	<p>End Term Examination:</p> <p>50 Marks</p> <p>20 Marks</p>
Part C-Learning Resources	
<p>Recommended Books/e-resources/LMS:</p> <p>Eysenck, M.W., & Keane, M.P (2000). Cognitive Psychology: A students guide, Psychology Press.</p> <p>Galotti, K.M.(2000). Cognitive Psychology in and out of the Laboratory. Delhi: Thomson.</p> <p>Kellogg, R.T. (2012). Fundamentals of Cognitive Psychology. Lab Angles: Sage. Matlin, M.W. (2008), Cognition. New York: Wiley. Solso, R.L. (2001). Cognitive Psychology. Delhi: Pearson Education. Sternberg, R.J. (2007). Cognitive Psychology. Delhi: Thomson.</p>	

KURUKSHETRA UNIVERSITY KURUKSHETRA
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(A+ Grade, NAAC Accredited)
Undergraduate Programs (Psychology) Syllabus, Semester –IV

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Health Psychology		
Course Code	B23-PSY-404		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. gain understanding regarding the concept of health psychology and related discipline. 2. get acquainted with behavioural risk actors of health. 3. develop insight into health related disorders. 4. understand pain and geriatric health psychology. 5. conduct tests related to health and health related behaviour. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Introduction to Health Psychology: Nature and Emergence, Goals and Scope. Relationship with Clinical Psychology and Behavioural Medicine. Models of Health Behaviour: Biomedical and Biopsychosocial.	14
II	Behavioural Risk Factors: Substance Abuse, Smoking, Diet, Sedentary Life Style, Type A Behaviour Personality.	14
III	Health Related Disorders- Coronary Heart Disease, Cancer, Diabetes, HIV and AIDS.	14
IV	Pain- Concept, Causes, Physiology of Pain, Social Factors in Experiencing Pain, Treating Pain. Geriatric Health Psychology- Health Problems Related to Aging - Treatment / Interventions.	14
	<p>Practical</p> <ol style="list-style-type: none"> 1. Well-being Scale 2. Stress Inventory 3. General Health Questionnaire 4. BMI 5. Optimism Scale 6. Happiness Scale 7. Type A/ B Personality Inventory <p>Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.</p>	32

Suggested Evaluation Methods	
<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	<p>End Term Examination:</p> <p>50 Marks</p> <p>20 Marks</p>
Part C-Learning Resources	
<p>Recommended Books/e-resources/LMS:</p> <p>Cooper, CL, (ed) 1983. Stress Research. Issues for the Eightie. New York: Wiley & sons.</p> <p>DiMatteo, M.R. and Martin, L.R.(2002). Health psychology. New Delhi: Pearson.</p> <p>Feuerstein, M, Elise, R.L. and Kuczmier cigk, A.R. (1986). Health Psychology A Psychological perspective. New York : Plenum Press.</p> <p>Friedman- Di-mateo (1989). Health Psychology. New York : Prentice Hall.</p> <p>Prokop, C.K. Bradley, L.A. Burisn, T.G. Anderson K.O. and Fox, J.E. (1991). Health Psychology Clinical Methods and research. New York : Macmillan.</p> <p>Sarafino, E.P. (2002). Health psychology: Bio Psychosocial interactions (4th Ed.).NY: Wiley.</p> <p>Schmidt L.R. Schwenkemgger, P. weinment, J. and maes, S. (1990). Theoretical and Applied Aspects of Health Psychology. London : Hardwood/Academic.</p> <p>Snyder, C.R., &Lopez,S.J.(2007).Positive Psychology :The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.</p> <p>Spaceman, S. and Oskamp, S. (1988). The Social Psychology of Health. New York : Sage Publications.</p> <p>Taylor, S.E. (2006). Health Psychology (6th Ed.). New York: Tata McGraw Hill.</p>	

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Undergraduate Programs (Psychology) Syllabus, Semester –IV

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Abnormal Psychology		
Course Code	B23-PSY-405		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE		
Level of the course (As per Annexure-I)	200-299		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. inculcate understanding regarding abnormality from different perspectives. 2. expose towards different types of assessment and diagnostic classification. 3. develop understanding regarding anxiety disorders and substance abuse. 4. understand the concepts of Mood and psychotic disorders. 5. conduct tests related to theory paper. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks:30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Abnormal Psychology: Nature, Differentiation between Normality and Abnormality. Criteria of Abnormality. Viewpoint to Psychopathology: Biological, Psychodynamic, Behavioural and Cognitive.	14
II	Classification of Psychopathology: Need for Classification, DSM Classification System, DSM-V. Diagnostic Assessment: Interview, Case History and Projective Techniques: Rorschach and Word Association Test.	14
III	Symptom and Etiology of Anxiety Based Disorders: Generalized Anxiety Disorder, Obsessive Compulsive Disorder and Phobic Disorders. Symptom and Etiology of Substance /Drug Abuse: Stimulants and Alcoholism.	14
IV	Symptoms and Etiology of Mood Disorders: Unipolar and Bipolar. Symptoms, Etiology and Types of Schizophrenia.	14
	<p>Practical</p> <ol style="list-style-type: none"> 1. CAQ. 2. Depression Scale/Inventory 3. Anxiety Scale 4. PGI Memory Scale 5. Rorschach Inkblot Test 6. Case Study 7. Defence Mechanism Inventory (DMI) <p>Note: Students will perform at least five practical. The examiner will allot one practical at the time of end term examination for evaluation.</p>	32

Suggested Evaluation Methods	
<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory (20 Marks) <ul style="list-style-type: none"> • Class Participation: 05 Marks • Seminar/presentation/assignment/quiz/class test etc.: 05 Marks • Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) <ul style="list-style-type: none"> • Class Participation: Nil • Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks • Mid-Term Exam: Nil 	<p>End Term Examination:</p> <p>50 Marks</p> <p>20 Marks</p>
Part C-Learning Resources	
<p>Recommended Books/e-resources/LMS:</p> <p>Anand, V. and Srivastva, R. (2003).ManovikritiVigyan, Delhi: MotiLalBanarsiDas.</p> <p>Carson, R.C.; Butcher, J.N., et al. (2007). Abnormal Psychology.(13th Ed.) New Delhi: Pearson Education.</p> <p>Davison, G.C. & Neale, J.M. (1998).Abnormal Psychology (7th Ed.) New York: Willy.</p> <p>Sarason, I.G. and Sarason, B.R. (2005).Abnormal Psychology: The Problem of MaladaptiveBehaviour (10th Ed.) New Delhi: Pearson Education Inc.</p> <p>Singh, A.K. (2006). AdhunikAsamanyaManovigyan, Delhi: Moti Lal Banarasi Das.</p> <p>Srivastava, D.N. (1991) AdhunikAsamnyaManovigyan (6th Ed.) Agra: Sahitya.</p>	

KURUKSHETRA UNIVERSITY
Undergraduate Programs (Psychology) Syllabus, Semester –IV

VAC-4

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Art of Happiness		
Course Code	B23-VAC-402		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	VAC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. get awareness regarding nature, sources and factors affecting happiness. 2. understand the role of culture in happiness and relationship happiness and money. 3. develop insight about happiness as a intrinsic value, age relationship with happiness and ways to increase happiness. 4. know about key indicators and index of happiness, and status of happiness in India. 		
Credits	Theory	Practical	Total
	2	NA	2
Contact Hours	2	NA	2
Max. Marks: 50 Internal Assessment Marks: 15 Term Exam Marks: 35		Time: 3 Hours	

Part B- Contents of the Course

Instructions for Paper-Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 07 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Happiness: Definition and Nature. Sources of Happiness, Factors Affecting Happiness.	7
II	Culture and Happiness. Eastern and Western Approaches to Happiness. Relationship between Happiness and Money.	7
III	Happiness as Intrinsic Value. Age and Happiness. Ways to Increase Happiness.	7
IV	Measuring Happiness: Key Indicators. Happiness Index. Happiness in India.	7

Suggested Evaluation Methods

<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory • Class Participation: 04 Marks • Seminar/presentation/assignment/quiz/class test etc.: 04 Marks • Mid-Term Exam: 7 Marks 	<p>End Term Examination:</p> <p>50 Marks</p>
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Part C-Learning Resources

Recommended Books/e-resources/LMS:

- Seligman, M. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press.
- Selin, H. and Davey, G. (2012). Happiness Across Cultures. Springer.
- H H Lama, D. and Cutler, H. C. (2009). The Art of Happiness: A Handbook of Living (10th Anniversary Edition). New York: Riverhead Books.
- Clark, A. E., Fleche, S., Layard, R., Powdthavee, N. and Ward, G. (2019). The Origins of Happiness. NJ: Princeton University Press.
- Yew – Kwang Ng (2022). Happiness- Concept, Measurement and Promotion. Springer

KURUKSHETRA UNIVERSITY
Undergraduate Programs (Psychology) Syllabus, Semester –IV

VAC-4

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Social and Emotional Learning		
Course Code	B23-VAC-411		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	VAC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. get awareness regarding social and emotional learning alongwith its historical influences and critical areas. 2. understand the role of emotional intelligence in SEL and familiarity with roots of empathy.. 3. develop insight into measurement of SEL alongwith its current challenges. 4. know about evidences in support of SEL and build sustainable framework on the basis of SEL. 		
Credits	Theory	Practical	Total
	2	NA	2
Contact Hours	2	NA	2
Max. Marks: 50 Internal Assessment Marks: 15 Term Exam Marks: 35		Time: 3 Hours	

Part B- Contents of the Course

Instructions for Paper-Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 07 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Social and Emotional Learning: Nature, Historical Influences and Critical Areas of Competence.	7
II	Role of Emotional Intelligence in Social and Emotional Learning. Emotional Intelligence as Social Art. Roots of Empathy.	7
III	Measurement of Social and Emotional Learning: Tools and Checklists. Current Challenges.	7
IV	Evidences in Support of Social and Emotional Learning, SEL as a Sustainable Framework for success.	7

Suggested Evaluation Methods

<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory • Class Participation: 04 Marks • Seminar/presentation/assignment/quiz/class test etc.: 04 Marks • Mid-Term Exam: 7 Marks 	<p>End Term Examination:</p> <p>50 Marks</p>
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Part C-Learning Resources

Recommended Books/e-resources/LMS:

Black, D. L. (2022). Essentials of Social and Emotional Learning (SEL). NJ: Wiley.
 Goleman, D. (2005). Emotional Intelligence. USA: Bantam .

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Undergraduate Programs (Psychology) Syllabus, Semester –IV

VAC-4

Session: 2023-24			
Part A – Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Emotional Intelligence		
Course Code	B23-VAC-416		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	VAC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. get insight about emotional intelligence’s nature, models and building blocks. 2. discover personal competence and techniques of building emotional intelligence. 3. Gain knowledge about social Awareness & Relationship Management. 4. Gain insights into measurement and strategies to develop and enhance emotional intelligence. 		
Credits	Theory	Practical	Total
	2	NA	2
Contact Hours	2 Per week		2 per week
Max. Marks: 50		Time: 3 Hours	
Internal Assessment Marks: 15			
End Term Exam Marks: 35			

Part B- Contents of the Course		
<p>Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 7 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Emotional Intelligence: Nature and Significance. Models: Ability, Trait and Mixed.	07
II	Personal Competence: Self Awareness: Observing and Recognizing One's own Feelings, Knowing One's Strengths and Areas of Development.	07
III	Relationship Management: Effective communication, Collaboration, Teamwork, and Conflict management.	07
IV	Emotional Intelligence: Strategies to develop and enhance emotional intelligence.	07
Suggested Evaluation Methods		
<p>Internal Assessment:</p> <p>➤ Theory (15 Marks)</p> <ul style="list-style-type: none"> • Class Participation: 04 Marks • Seminar/presentation/assignment/quiz/class test etc.: 04Marks • Mid-Term Exam: 07 Marks 		<p>End Term Examination:</p> <p>35 Marks</p>
Part C-Learning Resources		
<p>Recommended Books/e-resources/LMS:</p> <p>Bar-On, R., & Parker, J.D.A.(Eds.) (2000). The handbook of emotional intelligence. San Francisco, California: Jossey Bros.</p> <p>Goleman, D. (2005). Emotional Intelligence. New York: Bantam Book.</p> <p>Singh, Dalip (2001). Emotional Intelligence at Work: A Professional Guide. Sage Publications Pvt. Ltd..</p> <p>Sternberg, R. J. (Ed.). (2000). Handbook of intelligence. Cambridge University Press.</p>		

