

SCHEME OF EXAMINATION

AND

COURSE OF STUDY

CHOICE BASED CREDIT SYSTEM (CBCS)

B.A. (PSYCHOLOGY)

(w. e. f. 2019-2020)



C.P.K. Khatke
HEAD

Department of Psychology
Gurukul Kangri Vishwavidyalaya
Haridwar (U.K.)

DEPARTMENT OF PSYCHOLOGY
GURUKULA KANGRI VISHWAVIDYALAYA
HARIDWAR

(Deemed to be university u/s 3 of UGC Act 1956)

JULY 2019

DEPARTMENT OF PSYCHOLOGY
Gurukula Kangri Vishwavidyalaya, Haridwar
B.A. (PSYCHOLOGY)

DSC/ AEEC/D SE/GE	Subject Code	Subject Title	Period Per Week			Evaluation Scheme			Subject Total	
			L	T	P	Sessional		ESE		
						Credit	C T			T A
BA I Year										
Semester – I										
DSC1	BPY-C101	Foundation of Psychology	4		-	4	20	10	70	100
	BPY -C151	Practical-I	-		4	2	15	15	70	100
Semester – II										
DSC2	BPY -C201	Introduction of Social Psychology	4		-	4	20	10	70	100
	BPY -C251	Practical-II	-		4	2	15	15	70	100
Total						12				400
BAII Year										
Semester – III										
DSC3	BPY -C301	Psychological Disorders	4		-	4	20	10	70	100
	BPY -C351	Practical- III	-		4	2	15	15	70	100
SEC-1	BPY -S301	SEC-1	4		-	4	20	10	70	100
Semester – IV										
DSC 4	BPY -C401	Statistical Methods and Psychological Research	4		-	4	20	10	70	100
	BPY -C451	Practical- IV	-		4	2	15	15	70	100
SEC-2	BPY -S401	SEC-2	4		-	4	20	10	70	100
Total						20				600
BA III Year										
Semester – V										
DSE 1A	BPY-E501	DSE-1A (a/b)	4		-	4	20	10	70	100
	BPY -E551	Practical- V	-		4	2	15	15	70	100
SEC-3	BPY-S501	SEC-3	4		-	4	20	10	70	100
GE-1	BPY -G501	GE-1	4	2	-	6	20	10	70	100
Semester – VI										
DSE 2B	BPY-E601	DSE-2B (a/b)	4		-	4	20	10	70	100
	BPY-E651	Practical- VI	-		4	2	15	15	70	100
SEC-4	BPY-S601	SEC-4	4		-	4	20	10	70	100
GE-2	BPY -G601	GE-2	4	2	-	6	20	10	70	100
Total						32				800
TOTAL CREDITS						64	G TOTAL			1800

L = Lecture T = Tutorial S = Skill G = Generic P = Practical SP+ Student presentation/Seminars,
 C = Core, CT = Cumulative Test TA = Teacher Assessment, ESE = End Semester Examination

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BA. Psychology

Core papers Psychology (Credit: 06 each) (CP 1-4):

1. BPY-C101 Foundation of Psychology (4) + Lab (4)
2. BPY-C201 Introduction to Social Psychology (4) + Lab (4)
3. BPY-C301 Psychological Disorders (4) + Lab (4)
4. BPY-C401 Statistical Methods and Psychological Research (4) + Lab (4)

Discipline Specific Elective papers (Credit: 06 each) (DSE 1, DSE 2): Choose 2

1. BPY-E501 Life span development (4) + Lab (4)
or
BPY-E502 Industrial/Organizational Psychology (4) + Lab (4)
2. BPY-E601 Counseling Psychology (4) + Lab (4)
or
BPY-E602 Health and Wellbeing (4) + Lab (4)

Skill Enhancement Elective Course (any one)(Credit: 04 each)- SEC 1 to SEC 4

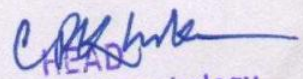
- BPY-S (301) Managing Stress / BPY-S (302) Applications of Social psychology
- BPY-S (401) Psychology in education / BPY-S (402) Developing emotional competence**
- BPY-S (501) Making Decision / BPY-S (502) Research Project
- BPY-S (601) Managing human resources

** The specific course is offered in the B.A. Fifth Semester. Student can opt research project in lieu of skill paper (SEC) in this semester with the permission of HOD and concerned teacher.

Students, those opting for research project in the Fifth semester will required to present the written consent of the supervisor along with tentative title within the stipulated period. If students fails to get the supervisor's consent then they will required to opt theory paper in lieu of research project.

Elective: Generic (GE) (Credit: 06 each) 1st in semester-V and 2nd in semester-VI

1. BPY-G501 Psychology of Living
2. BPY-G601 Self and Personal Growth


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Research project in Vth Semester:

The student securing a minimum of 55% marks in aggregate in I, II, III and IV Semester examination (subject to clearing all the theory and practical papers without any back) will have an opportunity to select a Research Project Work (4 credits) in lieu of **only skill paper of Vth semester**.

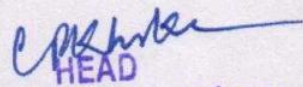
Student opting for Research Project will select a topic with the help of supervisor (one of the faculty member). Researchers have to submit an application along with topic and relevant information through the supervisor to the Head of the Department within 15 days of the starting of the semester V semester.

The Research project in typed form (two copies) following APA manual around fifty pages shall be submitted on or before 30th November to the Head of the Department along with Supervisor's certificate.

Division of Marks:

Report Writing	:	70 Marks
Viva Voce	:	<u>30 Marks</u>
Total	:	<u>100 Marks</u>

Note: Supervisor will act as an internal examiner. The marks will be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.


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BA I Year		BPY-C101		Semester-I	
DSC -PSY-1		Foundation of Psychology			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	04

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Objectives: To understand the basic psychological processes and their applications in everyday life.

Unit 1: Introduction:

Psychology: a science and a perspective, origin and development of psychology, psychology in India, methods (correlational & experimental). (Lectures -10)

Unit 2: Cognitive processes:

Perception, nature of perception, laws of perceptual organization, learning- conditioning (Pavlovian & Skinnerian), observational learning; memory-processes, information processing model, techniques for improving memory. (Lectures-20)

Unit 3: Motivation and Emotion:

Motives: biogenic (Hunger, Thirst, Sleep) and sociogenic (Achievement, Affiliation and Power)
Emotions: aspects of emotions, key emotions (Lectures-15)

Unit 4: Personality and Intelligence:

Personality: nature, theories (Freud, Jung & Maslow) Intelligence: nature, theories (Spearman, Thurston & Guilford) (Lectures-15)

Readings:

Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
Ciccarelli, S.K. & Meyer, G.E. (2008). Psychology (South Asian Edition). New Delhi: Pearson
Feldman, S.R. (2009). Essentials of understanding psychology (7th Ed.) New Delhi: Tata Mc Graw Hill.
Glassman, W.E. (2000). Approaches to Psychology (3rd Ed.) Buckingham: Open University Press.
R.N. Singh (1976). Advanced Experimental Psychology. Varanasi : Ganga Saran and Grand Sons.
Arun Kumar Singh (2002). Advanced General Psychology. Motilal Banarsidas, New Delhi.
Arun Kumar Singh (2002). Vyaktitva ka manovigyan, Motilal Banarsidas, New Delhi.
Cloninger, S. C. (2008). Theories of personality: Understanding persons (5th ed.). New York: Pearson.
Funder, D. C. (2010). The personality puzzle. New York: W. W. Norton & Company.
Mayer, J. D. (2007). Readings in personality psychology (1st ed.). New York: Pearson.
Singh, A. K. (2010). Vyaktitva Ka Manovigyan, Motilal Banarsidas, New Delhi.
Hall and Lindzey (1997). Theories of Personality, John and Wiley. Snyder and Lopez: Positive Psychology
Fadiman, J. & Frager, R. (2005). Personality & Personal Growth. (6th Ed.), New York: Prentice Hall
Bayer, B. M. & Shotler, J. S. (1997). Reconstructing the psychological subject, London Sage

BA I Year		BPY-C151		Semester-I	
DSC-1LAB		Practicals			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	02

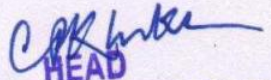
LIST OF EXPERIMENTS

Any four of the following:-

1. Span of Attention
2. Mental Fatigue
3. Memorization of Meaningful & Non-meaningful material
4. Simple Reaction Time
5. Adjustment Inventory
6. Zeigarnic Effect.
7. W.A.T. (Study of Complexes)
8. Achivement Motivation
9. M.P.I.
10. Verbal Intelligence Test.

NOTE:

1. Experiments shall carry 50Marks and 20 Marks shall be assigned for viva-voce examination.
2. 30 Marks shall be reserved for practical record and internal assesment.
3. In practical examination the student shall be required to perform **ONE** experiment.
4. A teacher shall be assigned 20 students for daily practical work in laboratory.
5. No batch for practical class shall consist of more than 20 students.
6. The number of students in a batch allotted to an examiner for practical examination shall not exceed 12-15 students.


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BA I Year		BPY-C201		Semester-II	
DSC-PSY-2 Introduction to Social Psychology					
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	04

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

BPY-C201 : Introduction to Social Psychology

Objective: to understand the basics of social psychology and to understand the individual in the social world.

Unit 1: Introduction:

Brief history of social psychology (special emphasis on India), Scope of social psychology, levels of social behavior, approaches towards understanding social behavior (Lectures-15)

Unit 2: Individual level processes:

Person perception: attribution-theories, biases and errors; Attitude: formation, change and resistance to change (Lectures -20)

Unit 3: Interpersonal processes:

Interpersonal attraction, prosocial behavior, aggression (Lectures-10)

Unit 4: Group dynamics:

Key aspects of groups, cooperation and conflict, group decision making. (Lectures-15)

Readings:

Baron, R.A., Byrne, D. & Bhardwaj.G (2010). Social Psychology (12thEd). New Delhi: Pearson.

Chadha, N.K. (2012). Social Psychology. MacMillan.

Myers, D.G. (2008). Social Psychology. New Delhi: Tata McGraw-Hill.

Baron, R.A. and Byrne, D. (2008). *Samajik Manovigyan (Hindi Sanskaran)*. Delhi: Pearson.

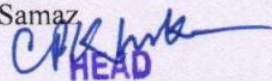
Shina, D. Tripathi, R.C. & Misra, G (1995). Deprivation: Its social roots and psychological consequences, Concept publishing company, New Delhi

Singh, A.K. (2009). *Samaj Manovigyan Ki Rooprekha*. Delhi: Moti Lal Banarsidas.

Dr. O.P. Sharma (2011). Samaz Manovigyan, Ritu Publication, Jaipur

Dr. R. N. Singh (2000). Adhunik Samaz Manovigyan, Vinod Pustak Mandir, Agra-2

Dr. D. N. Srivastava, Prof. Ranjeet Singh and Dr. Jagdeesh Pandey (1997). Adhunik Samaz Manovigyan, Har Prashad Bharhava, Bhargav Book House, Agra


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BA I Year		BPY-C251		Semester-II	
DSC-PSY-2		Practicals Course-II			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	02

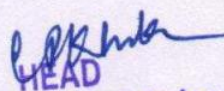
LIST OF EXPERIMENTS

Any four of the following:-

1. Social Confirmity.
2. Immediate memory span (Auditory)
3. Retroactive-Inhibition.
4. Memorization whole Vs Part method
5. Maze learning
6. Intelligence test (Non Verbal)
7. Study of values
8. Achievement motivation
9. Interest Inventory
10. Attitude scale

NOTE:

1. Experiments shall carry 50Marks and 20 Marks shall be assigned for viva-voce examination.
2. 30 Marks shall be reserved for practical record and internal assesment.
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BA II Year		BPY-C301		Semester-III	
DSC -PSY-3		Psychological Disorders			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	04

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

BPY-C301 : Psychological Disorders

Objective: To develop an understanding of the various psychological disorders and their treatment.

Unit 1: Basic Concepts: Definition and criteria of abnormality, classification, Diathesis Stress Model.
(Lectures-12)

Unit 2: Theoretical perspectives: Biological, familial, cultural, behavioral, cognitive and psychodynamic.
(Lectures- 18)

Unit 3: Clinical states: Anxiety disorders- Obsessive compulsive disorder, mood disorders-Unipolar, Bipolar; schizophrenia: Disorganized, Paranoid and Catatonic, learning disabilities.
(Lectures-15)

Unit 4: Treatment of disorders: (a) Biological treatment: Pharmacotherapy and Electroconvulsive therapy (b) Psychological treatment: Psychoanalytic therapy, Behaviour therapy and Cognitive-Behaviour therapy.
(Lectures-15)

Readings:

Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.

Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Integrated Approach (4th Ed.). Wadsworth: New York.

Frude, N. (1998). Understanding abnormal psychology. Oxford: Blackwell Publishers.

A.K. Singh (2004). Modern Abnormal Psychology. Varanasi : Motilal Banarasidas, Delhi.

A.K. Singh (2004). Uchhtar Naidanik Manovigyan. Varanasi : Motilal Banarasidas, Delhi.

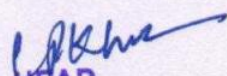
Shahid Husan (2001). Naidanik Manovigyan, Varanasi : Motilal Banarasidas, Delhi.

Sinha, D. Tripathi, R.C. & Mishra, G. (Eds.) (1982). Deprivation: Its social roots and psychological consequences. New delhi: Concept publishing Company.

G.B. Mohanty (1998). Text Book of Abnormal Psychology. New Delhi : Kalyani Publishers.

Labh Singh and Govind Tiwari (2003). Abnormal Psychology. Agra : Vinod PustakMandir.

H.K. Kapil (1988). Abnormal Psychology. Agra : Bhargava Book House.


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BA II Year		BPY-C351		Semester-III	
DSC3		Practicals			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	02

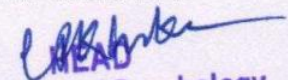
LIST OF EXPERIMENTS

Any four of the following:-

1. Personality (Introversion-Extroversion)
2. Concept Formation
3. Role of set in problem solving
4. Adolescent Adjustment
5. 4-PF Adolescent Personality test
6. Eight State Questionnaire
7. Defense Mechanism Inventory
8. Problem solution ability test
9. Language Creativity test
10. Emotional Maturity scale

NOTE:

1. Experiments shall carry 50Marks and 20 Marks shall be assigned for viva-voce examination.
2. 30 Marks shall be reserved for practical record and internal assesment.
3. In practical examination the student shall be required to perform **ONE** experiment.
4. A teacher shall be assigned 20 students for daily practical work in laboratory.
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BA II Year		BPY-S301		Semester-III	
SEC-1		Managing Stress			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	04

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Objective: To understand the main symptoms and sources of stress and learn ways of coping with stress.

Unit 1: Introduction: Meaning and Characteristics of stress, Symptoms of Stress (Emotional, Cognitive, Physical and Behavioral), Causes of stress, Types of stress, Reaction to Stress, Stress and Health

Unit 2: Model and Theory of Stress: Selye's GAS Model, Lazarus's Cognitive theory of stress, Theory of Helplessness

Unit 3: Coping with Stress: Meaning of Coping, Types of coping strategies (Emotion focused coping and Problem focused coping)

Unit 4: Stress Management: Cognitive restructuring, Behavioral skill training, Biofeedback training, Relaxation training (Yoga Nidra, Meditation, Yogic breathing, Asanas, Jacobson Relaxation training), Environmental changes approach

Suggested Readings:

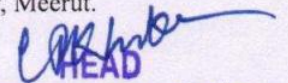
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DiMatteo, M.R. & Martin, L.R.(2002). Health psychology. New Delhi:

Pearson. Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Learning

Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.

C.P. Khokhar (2007). A Text Book of Stress, Coping and Health, Shalabh Publication, Shastri Nagar, Meerut.


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BA II Year		BPY-S302		Semester-III	
SEC-1 Applications of Social psychology					
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	04

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Objective: To apply the Principals of Social Psychology to understand and deal with Social issues.

Unit 1 : Introduction : Nature, Scope and relevance of Social Psychology.

Unit 2: Application of Social Psychology to Arenas of Life: Media, Health, Environment, Diversity, Sports and Law

Unit 3 : Social Psychology and one's own Life: Optimism, Personal Relationships, Academic Performance, Career and well-Being

Unit 4 : Methods: Self-Report Methods, Observation methods, Interview method, Experimental method and co relational method

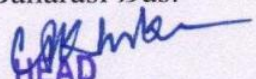
Readings :

Kloos, B., Hill, J., Thomas, E., Wandersman, Elias, M. J. & Dalton, J.H. (2012): Community Psychology: Linking Individuals and Communities. Wadsworth, Cengage.

Schneider, F. W., Gruman, A., Coult, L.M.(Eds) (2012): Applied Social Psychology: Understanding and Addressing Social and Practical Problems. New Delhi: Sage Publications.

R.A. Baron and D. Byrne (2000). **Social Psychology.** New Delhi : Prentice Hall of India Pvt. Ltd..

A.K. Singh (2009) : **Samaj Manovigyan Ke Ruprekha.** New Delhi : Motilal Banarasi Das.


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BA-II Year		BPY-C401		Semester-IV	
DSC 4 Statistical Methods and Psychological Research					
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	04

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Objective: To introduce basic statistical methods, psychological testing and qualitative methods and their uses.

Unit 1: Introduction: Scales of measurement, graphical representation of data (Lectures-10)

Unit 2: Data analysis: Measures of central tendency: Mean, median, mode (properties and computation). Standard deviation: properties and computation. Correlation: Pearson method, properties of Normal Probability Curve (NPC). (Lectures-20)

Unit 3: Psychological Testing: Introduction to psychological testing, characteristics of test, Reliability, Validity, Norms, standardization, types of tests. (Lectures -20)

Unit 4: Qualitative methods: Interview, observation, case study (Lectures-10)

Readings:

- Garrett, H.E. & Woodworth, R.S. (1987). *Statistics in Psychology and Education*.
 F.N. Kerlinger (1973). *Foundation of Behavioural Research*. Delhi : Surjeet Publications.
 A.K. Gupta and R. Singh (2009). *Research Methodology*. New Delhi: Vayu Education of India.
 Ramjee Srivastava (1999). *Psychological and Educational Measurement*, Varanasi: Motilal Banarsidas.
 B. Biswal and P.C. Dash (2009). *Statistics in Education and Psychology*, New Delhi: Dominant Publishers India
 L.H. Kidder (1981). *Research Methods in Social Science*. Tokyo : Holt Saunders.
 C.J. Goodwin (1998). *Research Psychology*. New York : John Wiley and Sons.
 A.K. Singh (1998). *Tests, Measurements And Research Methods in Behavioural Sciences*. Bharti Bhawan, New Delhi.
 A.K. Singh (1992). *Research Methods in Psychology, Sociology and Education*. Motilal Banarsidas, New Delhi. (Hindi Edition).
 Lal Bachan Tripathi (2002). *Psychological Research Methods*. H.P. Bhargav Book House, Agra (Hindi Edition).
 Dr. H.K. Kapil (1997). *Research Methods in Behavioural Sciences*. H.P. Bhargav Book House, Agra (Hindi Edition).
 Dr. H.K. Kapil (1997). *Basic Elements of Statistics (सांख्यिकी के मूल तत्व)*, H.P. Bhargav, Book House, Agra (Hindi Edition).
 Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.
 King, B.M. & Minium, E.W. (2007). *Statistical Reasoning in the Behavioral Sciences USA*: John Wiley & Sons.

B. Sc. II Year		BPY-C451		Semester-IV	
DSC4LAB		Course-IV		Practicals	
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	02

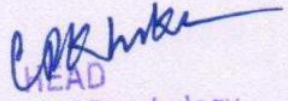
LIST OF EXPERIMENTS

Any four of the following:-

1. Social Distance Inventory
2. Marital Adjustment Inventory
3. Verbal Intelligence Tests
4. Depth Perception - Pictorial Cues.
5. Mental Health Scale
6. Verbal Learning - Serial Anticipation Method.
7. Verbal Conditioning.
8. Attitude Scale (Optimistic - Pessimistic)
9. Social Conformity Scale.
10. Frustration Scale

NOTE:-

1. Experiments shall carry 50 Marks and 20 Marks shall be assigned for viva-voce examination.
2. 30 Marks shall be reserved for practical record and internal assesment.
3. In practical examination the student shall be required to perform **ONE** experiment.
4. A teacher shall be assigned 20 students for daily practical work in laboratory.
5. No batch for practical class shall consist of more than 20 students.
6. The number of students in a batch allotted to an examiner for practical examination shall not exceed 12-15 students.


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BA II Year		BPY-S401		Semester-IV	
SEC-2					
Psychology in Education					
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	04

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Objective: To understand how the principles of psychology can be applied to the area of education.

Unit 1: Introduction to Educational Psychology: Nature, scope & relevance of Educational Psychology, Human Diversity and Education (Socio-cultural Differences: Gender, Socio-Economic Status, Linguistic Diversity)

Unit 2: Psychology in Education: Learning process: Trial & Error; Classical & Operant Conditioning; Insight Theory. Factors Influencing Learning: Related to Learner, Teacher, Parents, School Environment. Transfer of Learning: Concept and Factors Influencing it.

Unit 3: Group Dynamics & Leadership: Meaning and scope. Class as a group; social interaction. Individual in a group. Leadership: style & strategies for developing leadership qualities.

Unit 4: Effective Teaching and Classroom Management: Characteristics of Effective Teachers, Teaching Methods, Classroom Management, Responsibilities of Teachers towards learners with Special Needs.

Readings:

- Lahey R.B. Graham J. E., (2000).** An Introduction to Educational Psychology, 6th Ed., Tata McGraw Hill Publishers, New Delhi.
- Santrock John W. (2010).** Educational Psychology, Inwin Professional Publishers, Delhi.
- Woolfolk Anita (2004).** Educational Psychology, 9th Edition, Allyn and Bacon, Boston.
- Woolfolk Anita & Woolfolk Hoy Anita (2008).** Educational Psychology, Pearson, New Delhi.
- C.E. Skinner (1984).** Educational Psychology. New Delhi : Prentice Hall of India Pvt. Ltd.
- S.S. Mathur (1987).** Educational Psychology. Agra : VinodPustakMandir.
- H.R. Bhatia (1958).** Elements of Education and Psychology. Bombay : Orient Longmans.
- M. Dash (1988).** Educational Psychology. New Delhi : Deep and Deep Publications.
- P.D. Pathak (1988).** Educational Psychology. Agra : VinodPustakMandir.
- S.P. Chaube (1990).** Educational Psychology. Agra : VinodPustakMandir.
- Arun Kumar Singh (1994).** Siksha Manovigyan, New Delhi : Bahrti Bhawan, Publishers and Distributors.
- M. Suleman, and Ramender Kumar Sinha (1991).** Modern Educational Psychology, New Delhi: Motilal Banarsidas
- Arun Kumar Singh (2009).** Samaj Manovigyan Ke Ruprekha. New Delhi : Motilal Banarasi Das

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BA-II Year		BPY-C402		Semester-IV	
SEC-2		Developing emotional competence			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	04

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllbus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Objective: To help the student learn how to understand and manage their emotions and develop emotional competencies.

Unit 1: Introduction: Emotions, Key aspects of Emotions, Physiological Correlates of Emotion

Unit 2: Positive Emotional States and Well-Being: Self-efficacy, Empathy, Gratitude, Spirituality, Happiness, Love, Hope and Optimism.

Unit 3: Dealing with Problem Emotions: Fear, Anxiety, Depression, Guilt, Aggression and Pessimism.

Unit 4: Coping With Emotional States: Emotion Focused Coping, Socio-Emotional Selectivity and Emotional Story telling.

Readings :

Carr, A. (2004). Positive Psychology : The science of Happiness and Human Strangth.UK: Routledge.

Snyder, C. R., Shane, J. Lopez, Jennifer Teramoto Pedrotti (2011): Positive Psychology: The scientific and Practical Explorations of Human Strengths. New Delhi: Sage Publications.

Goleman, D.(1995). : Emotional Intelligence. New York: Bantam Book.

Goleman, D.(1998). : Working with Emotional Intelligence. New York: Bantam Book.

Singh, D.(2003):. Emotional Intelligence at Work(2nd ed.).New Delhi: Response Books.

Singh,A.K.(2010). : Ucchta Samanya Manovigyan. New Delhi. Motilal Banarsidas Publication

P. P. K. h
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ELECTIVE: DISCIPLINE SPECIFIC DSE

Note:- (Any one) (One in Sem-Vth and One in Sem-VIth):

BA III Year		BPY-E501		Semester-V	
DSE 1 Aa		LIFE SPAN AND DEVELOPMENT			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	4

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllbus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Objectives: To understand how human life unfolds from conception to late adulthood and to understand the relationship between theory and applications within each domain of development.

Unit 1: Introduction to life-span perspective: Nature, issues and theoretical perspectives; Life-span development in the Indian context; methods and designs . (Lectures-10)

Unit 2: Physical development: Patterns of growth from conception till late adulthood; disability; Death and dying. (Lectures-15)

Unit 3: Cognitive development: Introduction, Piagetian, Vygotskian, and Information processing approaches; Cognitive changes in adulthood and old age; Language development. (Lectures-20)

Unit 4: Socio-emotional development: Emotional development; Moral development; The Self; Gender and sexuality; Successful aging. (Lectures-15)

Readings:

Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.
 Feldman, R.S. & Babu, N. (2011). *Discovering the life-span*. New-Delhi: Pearson.
 Santrock, J.W. (2012). *Atypical approach to life-span development*. New-Delhi: Tata McGraw-Hill.
 E.B. Hurlock (1964). *Child Development*. New Delhi : Tata McGraw Hill.
 S.P. Chaube (1986). *Child Psychology*. Agra : Vinod Pustak Mandir.
 J. Pikunas (1969). *Human Development : A Science of Growth*. New York :TataMcGraw Hill.
 Preeti Verma and D.N. Srivastava (1986). *Child Psychology : Child Development*. Agra : Vinod Pustak Mandir.
 B.K. Singh (2005). *Child Development in India*. New Delhi : Adhyayan Publishers.
 L.E. Berk (1994). *Child Development*. New Delhi : Prentice Hall of India Pvt. Ltd.
 Ramjee Srivastava and L.B. Tripathi (1993). *Modern Developmental Psychology*. Patna: Motilal Banarasidas.
 E.B. Hurlock (1990). *Developmental Psychology*. New Delhi : Tata McGraw Hill.
 R.P. Devadas and N. Jaya (1991). *A Text Book on Child Development*. New Delhi: Macmillan India Ltd.

BA-II Year		BPY-C402		Semester-IV	
SEC-2		Developing emotional competence			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	04

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Objective: To help the student learn how to understand and manage their emotions and develop emotional competencies.

Unit 1: Introduction: Emotions, Key aspects of Emotions, Physiological Correlates of Emotion

Unit 2: Positive Emotional States and Well-Being: Self-efficacy, Empathy, Gratitude, Spirituality, Happiness, Love, Hope and Optimism.

Unit 3: Dealing with Problem Emotions: Fear, Anxiety, Depression, Guilt, Aggression and Pessimism.

Unit 4: Coping With Emotional States: Emotion Focused Coping, Socio-Emotional Selectivity and Emotional Story telling.

Readings :

Carr, A. (2004). Positive Psychology : The science of Happiness and Human Strangth.UK: Routledge.

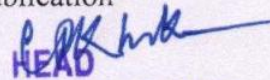
Snyder, C. R., Shane, J. Lopez, Jennifer Teramoto Pedrotti (2011): Positive Psychology: The scientific and Practical Explorations of Human Strengths. New Delhi: Sage Publications.

Goleman, D.(1995). : Emotional Intelligence. New York: Bantam Book.

Goleman, D.(1998). : Working with Emotional Intelligence. New York: Bantam Book.

Singh, D.(2003):. Emotional Intelligence at Work(2nd ed.).New Delhi: Response Books.

Singh,A.K.(2010). : Ucchatar Samanya Manovigyan. New Delhi. Motilal Banarsidas Publication


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02

BA III Year		BPY-E502		Semester-V	
DSE-PSY-1 INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY					
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	4

Objective: To introduce the basic concepts of I/O psychology and to understand the applications of psychology at the workplace.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Unit 1: Introduction: Industry and organization; Current status of I/O psychology, I/O psychology in the Indian context. (Lectures-10)

Unit 2: Work Related Attitudes: Job satisfaction; Organizational Commitment; Organizational Citizenship Behavior; Work Engagement. (Lectures-15)

Unit 3: Work Motivation: Theories and application; Indian perspective. (Lectures-15)

Unit 4: Leadership: Contemporary perspectives on leadership; Cross-cultural leadership issues; Indian perspective on leadership (Lectures-20)

ReadingList:

- Aamodt, M. G. (2001.) Industrial Organizational Psychology. India: Cengage Learning.
 Chadha, N.K. (2007). Organizational Behavior. Galgotia Publishers: New Delhi.
 Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.
 Luthans, F. (2009). Organizational behavior. New Delhi: McGraw Hill.
 Muchinsky, P. (2006). Psychology applied to work: An introduction to industrial and organizational psychology. NC: Hypergraphic Press.
 Pareek, U. (2010). Understanding organizational behaviour. Oxford: Oxford University Press.
 Prakash, A. (2011). Organizational behaviour in India: An indigenous perspective.
 G. Misra (Ed.). *Handbook of Psychology*. New Delhi: Oxford University Press.
 Singh, K. (2010). *Organizational Behaviour: Texts & Cases*. India: Dorling Kindersley.
 Blum & Naylor (1982). Industrial Psychology, Its Theoretical & Social Foundations CBS Publication
 Dr. Muhammad and Dr. Vinay Kumar Choudhary (1991). Adhunik odyogik avum sangathnatmak manovigyan, Motilal Banarsidas, Delhi (Hindi)
 Dr. R. K. Ojha (1986). Odyogik manovigyan, Vinod Pustak Mandir, Agra-2 (Hindi)

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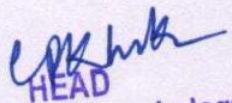
BA III Year		BPY-E551		Semester-V	
DSE LAB		Course-V		Practicals	
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	02

Any five of the following:-

1. Adolescent Personality Test
2. Job Satisfaction
3. Self Efficacy
4. Occupational Stress
5. Leadership style
6. Job Involvement Scale
7. Defense Mechanism Inventory
8. Problem solution ability test
9. PGI Social Support Questionnaire
10. Social Intelligence Scale

NOTE:-

1. Experiments shall carry 50Marks and 20 Marks shall be assigned for viva-voce examination.
2. 30 Marks shall be reserved for practical record and internal assesment.
3. In practical examination the student shall be required to perform **ONE** experiment.
4. A teacher shall be assigned 20 students for daily practical work in laboratory.
5. No batch for practical class shall consist of more than 20 students.
6. The number of students in a batch allotted to an examiner for practical examination shall not exceed 12-15 students.


 HEAD
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BA III Year		BPY-S501		Semester-V	
SEC-3		Making Decision			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	04

Objective: To understand how the principles of psychology can be applied to the area of education.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Objective: Students will learn various strategies through which they can make good decisions.

Unit 1: Introduction: Basic concepts of decision making; thinking, problem solving and concept formation. Importance of making good decisions, self-efficacy.

Unit 2: Decision Making and Judgement: Difference between reasoning and decision-making, Difference between decision-making and judgement.

Unit 3: Decision Process: Major heuristics in decision-making, biases and errors in decision-making.

Unit 4: Making Effective Decisions: Decisions regarding career, decision making in interpersonal context, Decision making at the workplace.

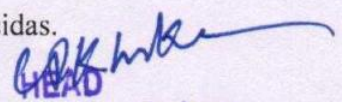
Readings:

Adler, R.B & Proctor, R.F (2009). Communication Goals and Approaches. Wadsworth cengage Learning, India

Chadha, N.K. & Bhatia, H. (2014). Career Development-different voices, different choices. The Readers Paradise: New Delhi.

Sherfield, R.M., Montgomery, R.J., & Moody, P.G. (2009). Developing soft skills. Pearson Education, India.

Arun Kumar Singh (2010). Advanced General Psychology, New Delhi ;MotilalBanarsidas.


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BA III Year	BPY-S502	Semester-V
Research Project ^{**}		

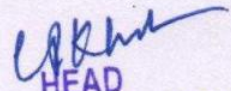
Objective: Students should be enable to design and conduct an original and ethical research. They should be able to write a dissertation in the APA format. The research done can either be empirical data based (Quantitative, Qualitative or Mixed methods) or it can be in the form of a critical review of research and theory.

Reference: Latest APA Manual for Dissertation

Evaluation: Viva jointly by one Internal and one External Examiner.

Division of Marks:

Report Writing	:	70 Marks
Viva Voce	:	<u>30 Marks</u>
Total	:	<u>100 Marks</u>


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BA III Year		BPY-G501		Semester-V	
GE-PSY		PSYCHOLOGY FOR LIVING			
Total Lectures + Tutorial	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
90	3 Hrs.	30	70	100	6

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Unit 1: Introduction: What is psychology, relevance of psychology, mind-body relationship, psychological factors and physical illness, body image, lifestyle interventions.

Unit 2: Self and relationships: Importance of family and peer groups in one's life, importance of emotional intelligence, role of culture.

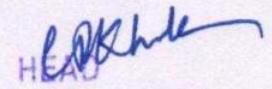
Unit 3: Self in disintegrative experiences: anxiety, stress, depression, coping

Unit 4: Growth and actualizing self: self-direction, subjective well-being, hope, optimism, resilience.

Readings:

Atwater, E. & Grover, D. & Karen (1999). Psychology for living: Adjustment, growth and behavior today. Prentice Hall.

Carr, A. (2004). **Positive Psychology:** The science of happiness and human strength. UK: Routledge.


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BA III Year		BPY-E601		Semester-VI	
DSE-PSY- 1 Ba		COUNSELING PSYCHOLOGY			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	4

Objective: To develop an understanding of basic concepts, processes, techniques of Counselling.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Unit 1: Introduction: Meaning and goals; Counseling process and relationship; Counselor effectiveness, Counseling in the Indian context

Unit 2: Approaches: Overview of approaches to counseling: Psychodynamic, Behavioral, Person-centered and Cognitive-behavioral

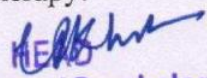
Unit 3: Techniques: Play, art, drama, music, dance; Yoga and meditation

Unit 4: Applications: Family Counseling; School and Career Counseling.

Practicum: Students are required to carry out any 2 practical based on the syllabus.

Readings:

- M. Asch (2009). Principles of Guidance and Counselling. New Delhi : Sarup and Sons.
 Shah Alam (2008). Basics of Guidance and Counselling. New Delhi : Global Vision Publishing House.
 S.N. Rao (2002). Counselling and Guidance. New Delhi : Tata McGraw Hill.
 S.K. Chhibber (2004). Guidance and Educational Counseling. New Delhi : Commonwealth Publishers.
 R.N. Sharma and Rachna Sharma (2004). Guidance and Counseling in India. New Delhi : Altantic Publishers.
 Indu Dave (1984). The Basic Essentials of Counseling. New Delhi : Sterling Publishers.
 A.S. Sharma (2004). Counseling Psychology. New Delhi : Commonwealth Publishers.
 A. David (2004). Guidance and Counselling. New Delhi : Commonwealth Publishers.
 Amarnath Rai and Madhu Asthana (2006). Guidance and Counselling. Varanasi : Motilal Banarasidas.
 Gladding, S. T. (2012). Counseling: A Comprehensive Profession. (7th ed). Pearson
 Rao, S.N. & Sahajpal, P (2013). Counselling and Guidance. New Delhi: Tata McGraw Hill.
 Seligman, L. & Reichenberg, L.W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.


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BA III Year		BPY-E602		Semester-VI	
DSE-PSY- 1 Bb		HEALTH AND WELL-BEING			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	4

Objective: To develop an understanding of health and how to maintain health and well- being.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllbus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

UNIT 1: Introduction to Health Psychology: components of health, relationship between health and psychology, mind and body relationship, goals of health psychology (Lectures-15)

UNIT 2: Well-Being: components of well-being: life satisfaction, affect (Lectures-10)

UNIT 3: Stress, illness and pain: causes, consequences and coping with stress, pain and illness. (Lectures 15)

UNIT 4: Health enhancing behaviors: Implications for well-being; psychological factors: resilience, hope, optimism; exercise, safety, nutrition. (Lectures 20)

Readings:

Di Matteo, M.R. and Martin, L.R.(2002). Health psychology. New Delhi: Pearson.

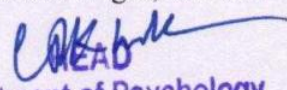
Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions (4th Ed.).NY: Wiley.

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

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

C.P. Khokhar (2003). A text Book of Stress, Coping and Health, Shalabh Publication, 259/5 Shastri Nagar, Meerut.

C.P. Khokhar (2007). Stress, Coping and Health, Shalabh Publication, 259/5 Shastri Nagar, Meerut.


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BA III Year		BPY-E651		Semester-VI	
DSE6 LAB		Course-VI		Practicals	
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	02

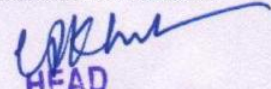
List of Experiments

Any five experiments of the following

1. Introversion-Extroversion Personality Scale.
2. Interest Inventory.
3. Quality of Life Scale.
4. PGI Health Questionnaire.
5. Frustration Scale.
6. Zeigarnic Effect.
7. Eysenck Personality Inventory.
8. Sixteen Personality Factors.
9. Retroactive Interference.
10. PGI Well Being Scale (GHQ-12).

NOTE:

1. Experiments shall carry 50Marks and 20 Marks shall be assigned for viva-voce examination. 30 Marks shall be reserved for practical record my internal assesment.
2. In practical examination the student shall be required to perform ONE experiment.
3. A teacher shall be assigned 20 students for daily practical work in laboratory.
4. No batch for practical class shall consist of more than 20 students.
5. The number of students in a batch allotted to an examiner for practical examination shall not exceed 12-15 students.


HEAD
 Department of Psychology
 Gurukul Kangri Vishwavidyalaya
 Haridwar (U.K.)

BA III Year		BPY-S601		Semester-VI	
SEC-4 Managing Human Resources					
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	04

Objective: To understand the main concepts related to human resource management and learn related techniques.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Unit (1): Introduction:

Meaning, Scope and Objectives of HRM, Importance, Evolution of the Concept of HRM, Approaches to HRM: Personal Management Vs Human Resource Management, HRM and Competitive Advantage, Traditional Vs Strategic Human Resource Management

Unit (2): Human Resource Practices/Planning:

Recruitment and Selection, Job Analysis, Job Description, Job Satisfaction, Methods of Job Analysis, Job Evaluation: Conventional Vs Strategic Planning, Recruitment, Source of Recruitment, Methods

Unit (3): Placement:

Training of Employees, Need for Training, Objectives, Approaches, Training Environment, Areas of Training, Training Evaluation Methods.

Unit (4): Performance Appraisal and Career Planning

Need & Importance, Objectives, Process- Methods and Problems of Performance Appraisal, Concept of Career Planning, Features, Methods- Uses of Career Development.

Suggested Readings:

1. Subha Rao P. (2014). Human Resources Management. Delhi: Himalaya Publication House
2. Flipppo, Edivin B. (1984). Personnel Management. New Delhi: Tata McGraw Hill
3. D.A. DeCenzo and S.P. Robbins (1999). **Human Resource Management**. New York : John Wiley and Sons.
4. P. Hersey and K.H. Blanchard (1995). **Management of Organizational Behaviour : Utilizing Human Resources**. New Delhi: Prentice Hall of India Pvt. Ltd.
5. G. Dessler (1998). **Human Resource Management**. New Delhi : Prentice Hall of India Pvt. Ltd.

BA III Year		BPY-G601		Semester-VI	
GE-PSY		SELF AND PERSONAL GROWTH			
Total Lectures + Tutorial	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
90	3 Hrs.	30	70	100	6

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Unit 1: Introduction: Notion of Personality, perspectives, Self as an object and as a process. Bases of Self knowledge.

Unit 2: Self from a Developmental Perspective: Ideas of William James, M. Lewis, Mead, Cooley, Robert Kegan; Carl Rogers.

Unit 3: Self in the Indian Thought: contributions of Indian thought to the understanding of self.

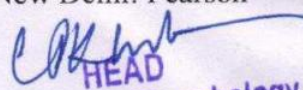
Unit 4: Personal Growth: Self and Personal growth; Developing character strengths and virtues.

Readings:

Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.

Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.


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