

Panel of the board of studies in the Subject of Psychology

A.	Faculty	mem	bers	of	the	col	lege
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Dr.Ravinder Kour.

Associate Prof

Convenor (H.O.D)

Dr. Pivali Arora.

Asst. Prof

FacultyMember

Dr. Palak Malhotra.

Asst .Prof

FacultyMember

Ms. Silony Chirag. . Asst. Prof

FacultyMember 2

B. Subject Expert nominated by the Vice Chancellor,

University of Jammu, Jammu

Prof (Dr.) Arti Bakhshi.

H.O.D.

Deptt.of Psychology,

University of Jammu artibakhshi@gmail.com

C. One subject expert from Outside the State

Prof.(Dr)Inderpreet Sandhu.

Deptt. of Psychology,

Punjab University, Patiala (Punjab)

inderpreetsandhu@pbi.ac.in

D. Two subject expert from Outside the Parent University. Dr.

Rama Badyal

(Retd. Principal).

badyalrama@gmail.com

Prof.Dr.Manmeet Singh (HOD).Psychiatry ASCOMS, Jammu

dr.manmeet1222@gmail.com

One Representative from Industry/corporate sector. E.

Sunaina Razdan (Founder and CEO, Brain Preneure

tickoosuniana@gmail.com

F.One Alumni

Shveta Sharma.

Directorate of School Education

shvetasharma@gmail.com

H.O.D. Psychology

IQSC Convener

Department Psychology

GCW Parade

Minutes of the meeting of board of studies in Psychology GCW, Parade Ground, Jammu, J&K held on 07.10.2022

A meeting of board of studies in Psychology, GCW, Parade Ground, Jammu was conducted in offline mode under the convener ship of Dr Ravinder Kour, HOD Psychology on 07.10.2022.

The agenda of the meeting was:

- 1. To frame the syllabi of B.A Semester-I and Semester-II for Psychology Major and Psychology Minor, in the light of NEP-2020 for the three academic sessions 2022-23,2023-24, and 2024-25,
- 2. To frame the syllabi of multidisciplinary course in Psychology for other streams as mandated by NEP-2022
- 3. Framing of paper setter and evaluator panel

After threadbare discussion and deliberations on each agenda point, the board members unanimously resolved.

- That the content of the proposed syllabi for Psychology Major and Psychology Minor for Semester I &II are well designed, balanced and prepared in a systematic order, keeping in view the needs and standard of the students as mandated by NEP-2020. Hence recommended for the academic sessions2022-23. 2023-24 and 2024-25.
- 2. The multidisciplinary course in Psychology will enhance the capacity of a student in understanding the basic concepts in Psychology and their applications in day to day life in addition to their mainstream education.
- 3. That convener board of studies is authorized to prepare the panel for paper setters and evaluators for the academic session 2022-23.

The following members were present in the meeting-

Panel of the board of studies in the Subject of Psychology

Faculty members of the college

Dr. Ravinder Kour *

Associate Professor

Convener (H.O.D)

Dr. Piyali Arora

Assistant Professor

Dr. Palak Malhotra.

Assistant Professor

Ms. Silony Chirag.

Assistant Professor

B. Subject Expert nominated by the Vice Chancellor , University of Jammu, Jammu & Kashmir

Prof. (Dr.) Arti Bakhshi. H.O.D. Deptt. of Psychology, University of Jammu, artibakhshi@qmail.com

C. One subject expert from Outside the State

Dr.Inderpreet Sandhu,

dhu. Deptt.of

Psychology,

Punjab'

University.

Patial

(Punjab)

inderpreetsandhu@pbi.a&in

D. Two subject expert from Outside the Parent University.

Dr. Rama Badyal(Retd.Principal). badyalrama@qmail.com

Prof. (Dr.) Manmeet Singh (HOD). Psychiatry ASCOMS. Jammu, dr.manmeet1222@gmail.com

E. One Representative from Industry corporate sector.
 Sunaina Razdan (Founder and CEO, Brain Preneure, tickoosuniana@qmail.com

F. One Alumni

Shveta Sharma., shvetasharma@gmail.com

DEPARTMENT OF PSYCHOLOGY GOVT. COLLEGE FOR WOMEN, PARADE, JAMMU

Detailed Syllabus for Examination to be held 2022 onwards

B.A Semester-1 (MAJOR)



Course Title: Foundations of Psychology

Course Code: UPSMJT-101

Total Marks: 100

Credits: 4

Internal Marks: 20

Duration of Examination: 3 Hours

External Marks:80

Course Objectives and Learning Outcomes

After the completion of this course students will be able to-

Use scientific reasoning to interpret psychological phenomena.

Demonstrate knowledge of psychological information in everyday life.

Engage in innovative and integrative learning.

Interpret, design, and conduct basic psychological research.

Unit-I

INTRODUCTION

Concept of Psychology: Meaning, Nature, Goals and Scope of Psychology.

Methods to Study Psychological Processes: liltrospection, Observation, Experimental and Case Study.

Unit-II

ATTENTION AND LEARNING

Attention: Meaning, Nature, Types and Determinants of Attention

Learning: Meaning, Nature, Laws of Learning, Theories of Learning- Classical conditioning.

Operant conditioning, Human Maze Learning and Kohler's Insight Theory

UNIT-III

MEMORY AND FORGETTING

Memory; Meaning, stages of memory (encoding, storage, retrieval), Atkinson & Shiffrin model, Techniques to improve memory.

Forgetting: Concept. factors affecting forgetting, Theories of forgetting (anterograde & retrograde inhibition)

Unit-IV

NTELLIGENCE AND EMOTIONS

Intelligence: Concept, Theories of Intelligence (Spearman's two factor theory and Thorndike's Multifactor theory), Determinants of intelligence. Concept of I.Q. Types of Intelligences tests

Emotions: Concept, Types of Emotions, Theories of Emotions- James-Lange theory, Cannon Bard theory, Singer-Schachter Theory, Concept of emotional intelligence.

UNIT-V

MOTTVATJON AND PERSONALITY

Motivation: Concept of Motivation, Concept of Need, Drive and Incentive. Types of Motivation (Intrinsic/Extrinsic Motivation), Maslow's Theory of Self Actualization, McClelland Achievement Motivation Theory.

Personality: Concept of Personality, Classification of Personality - Kretschmer, Sheldon and Carl Jung, Freud's psychoanalytical Approach). measurement of personality (projective techniques -TAT and Rorschach inkblot test)

References:

Morgan. C.T. et at (2004) Introduction to Psychology (7 Ed) Tata McGraw Hill Edition.

Ciccarelli, S.K. & Mayer, G.E. (2008) Psychology (South Asian Ed) New Delhi, Pearson.

Baron, R.A. & Mishra, G. (2014) Psychology (Indian subcontinent Ed) Pearson Education Ltd

Jain, S. (2014) Introduction to Psychology, Kalyani Publication

<u>Lab Couse-I</u> Course Code: UPSMJP-102

Psychology Practical Examination

Credits: 02* INTERNAL: 25 Marks EXTERNAL: 25 Marks

Students are supposed to perform Four out of Six Practicals from the Syllabus. Practical Examination will be of two Hours Duration. External Examiner will conduct the Practical Examination. The Students will perform one Practical in the Exam (Internal and external)

Internal (a) 20 percent attendance (b) 20 percent Viva voce (c) 20 percent practical work/Book based on the practical done as per time table(day to day performance) (d) 40 percent internal test.

External (a) 40 percent for practical paper and (b) 60 percent for viva \OCC

"One Credit is two hours duration for fifteen working days or 45 periods of 40 minutes duration

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DEPARTMENT OF PSYCHOLOGY GOVT. COLLEGE FOR WOMEN, PARADE, JAMMU

Detailed Syllabus for Examination to be held 2022 onwards B.A Semester- I (MINOR)

Course Title: Foundations of Psychology

Course Code: UPSMNT-103

Total Marks: 100

Credits: 4

Internal Marks: 20 Duration of Examination: 3 Hours External Marks: 80

Course Objectives and Learning Outcomes

After the completion of this course students will be able to-

Use scientific reasoning to interpret psychological phenomena.

Demonstrate knowledge of psychological information in everyday

life. Engage in innovative and integrative learning.

Interpret, design, and conduct basic psychological research.

Unit-I

INTRODUCTION

Concept of Psychology: Meaning, Nature, Goals and Scope of Psychology.

Methods to Study Psychological Processes: Introspection, Observation, Experimental and Case Study.

Unit-II

ATTENTION AND LEARNING

Attention: Meaning, Nature, Types and Determinants of Attention

Learning: Meaning, Nature, Laws of Learning, Theories of Learning- Classical conditioning,

Operant conditioning, Human Maze Learning and Kohler's Insight Theory

UNIT-HI

MEMORY AND FORGETTING

Memory; Meaning, stages of memory (encoding, storage, retrieval), Atkinson & Shiffrin model, Techniques to improve memory.

Forgetting: Concept. factors affecting forgetting, Theories of forgetting (anterograde & retrograde inhibition)

Jnit-IV

TELLIGENCE AND EMOTIONS

Intelligence: Concept. Theories of Intelligence (Spearman's two factor theory and Thorndike's Multifactor theory), Determinants of intelligence, Concept of 1.Q, Types of Intelligences tests

Emotions: Concept. Types of Emotions, Theories of Emotions- James-Lange theory, Cannon Bard theory. Singer-Schachter Theory. Concept of emotional intelligence.

UNIT-V

MOTIVATION AND PERSONALITY

Motivation: Concept of Motivation, Concept of Need, Drive and Incentive, Types of Motivation (Intrinsic/Extrinsic Motivation). Maslow's Theory of Self Actualization. McClelland Achievement Motivation Theory.

Personality: Concept of Personality, Classification of Personality - Kretschmer, Sheldon and Carl Jung, Freud's psychoanalytical Approach). measurement of personality (projective techniques -TAT and Rorschach inkblot test)

References:

Morgan. C.T. ct at (2004) Introduction to Psychology (7 Ed) Tata McGraw Hill Edition. Ciccarelli, S.K. & Mayer, G.E. (2008) Psychology (South Asian Ed) New Delhi, Pearson. Baron, R.A. & Mishra, G. (2014) Psychology (Indian subcontinent Ed) Pearson Education Ltd Jain, S.(2014) Introduction to Psychology, Kalyani Publication

Lab Course-II UPSMNP-104

wchology Practical Examination

Credits: 02* INTERNAL: 25 Marks EXTERNAL: 25 Marks

Students are supposed to perform Four Practical's from the Syllabus. Practical Examination will be of two Hours Duration. External Examiner will conduct the Practical Examination. The Students will perfoll 111 one Practical in the Exam (internal and external)

Internal (a) 20 percent attendance (b) 20 percent Viva voce (c) 20 percent practical work/Book based on the practical done as per time table(day to day performance) (d) 40 percent internal test.

External (a) 40 percent For practical paper and (b) 60 percent for viva voce

"One Credit is two hours duration for fifteen working days or 45 periods of 40 minutes duration

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B.A. Programme Curriculum (CBCS)NEP-2020 Session 2022-23,2023-24,2024-25 Semesters-I/II/III (Multidisciplinary) Choice Based Credit System Course Code: UPSMDT-105

Course Title-PSYCHOLOGY IN EVERYDAY LIFE

Theory-45 Lectures

redits: Theory-03

Internal Examination:15 marks External Examination:60 marks

gration of exam: 3 hours

Course Objectives: Students will be oriented with basic concepts of Psychology though which they will be acquainted with the behavioral world and enable them to understand psychological phenomenon of self and others.

Learning Outcomes: After the completion of this course students will be able to-

- Understand the basic concept of psychology as a subject and its application
- Understand fundamentals associated with the cognitive conative and behaviour
- Understand common psychological disorders stress and coping
- Understand concept of self, growth and competence

Unit I:Basics of Psychology-I: Concept of Psychology(meaning & nature of psychology), Concept of Sensation, Perception & Attention, Concept of Learning (characteristics of learning). Concept of Memory (stages of memory, types of memory, forgetting).

Unit 11:Basic Psychological Process- II: Concept of intelligence (definition of intelligence, concept of IC Concept of Motivation (types of motivation-intrinsic & extrinsic), Concept of Emotion (types of emotion concept of emotional intelligence).

Unit III: Understanding mental health issues: Symptoms of stress, anxiety & depression, Types of constrategies- Problem focused, Emotion focused & Social support

Unit JV: Growth and actualizing self: Concept of subjective well-being, optimism, resilience, Masl theory of Self Actualization.



DEPARTMENT OF PSYCHOLOGY GOVT. COLLEGE FOR WOMEN, PARADE, JAMMU

Detailed Syllabus for Examination to be held 2022 onwards B.A Semester- II (MAJOR)

Course Title: Human Development

Course Code: UPSMJT-201

Total Marks: 100

Credits: 4

Internal Marks: 20 Duration of Examination: 3 Hours External Marks: 80

Course Objectives and Learning Outcomes-

- To understand normal growth and development across life span.
- ii) To evaluate core concepts, strengths and weaknesses of the major theories of life-span development
- iii) To understand issues and crises through differential Developmental stages.
- iv) To understand the theoretical perspectives of different development stages.

Unit-I

Introduction and Developmental research methods

Concept of human development. meaning of growth and development, Principles of human development

Developmental research methods-Longitudinal, Cross sectional and Cross-Sequential studies

Unit-II

Biological foundations and Theories of Human Development

Basics of genetics and role of heredity and environment

Freud's psychosexual theory. Chomsky's Theory of language development. Piaget's Cognitive development theory and Vygotsky's Socio-Cultural theory.

Unit-III

Prenatal Development and Infancy

Stages of prenatal development, Factors innuencing prenatal development, hazards of prenatal development

Infancy: Physical, psychosocial. cognitive development

Unit-IV

Childhood and Adolescence

Childhood: Physical, psychosocial, cognitive development,

Adolescence: Physical, psychosocial, Erikson's Psycho-social theory and Cognitive

development

Unit-V

Adulthood and Old age

Adulthood: Career, Marriage and Parenthood.

Oldage: Cognitive, Emotional and Physical changes, Grief and bereavement

References:

Bee, H, & Boyd.D (2002). Life Span Development, Boslon:-Allyn& Bacon.

Berk.L.E(2003), Child Development(6"Ed.) Dclhi: Pearson Education Publication.

Feldman.R.S (2012) Discovering the lifeSpan (2ndEd).NewDelhi: Tata McGraw HillPublishing Company Ltd. New Delhi.

Hurlock.F.B (2024). Devclopment Psychology (S'Ed).NewDelhi:TataMcGrawPublishingCompany Ltd. New Delhi.

Santrock, J. W(2011) Life Span Development (I3Ed). New Delhi: Tata McGraw Hill Publishing Company Ltd. New Delhi.

Shaffer, D.R. & Kipp, K. (2007) Development Psychology: Childhood and Adolescence (9"Ed). Canada: Wadsworth Learning.

Srivastava. A.K. (1998) Child Development: An Indian Perspective. New Delhi: NCERT.

Shanna A.&Bakhshi (2007). A Textbook of-Development andAbnormal Psychology, Jammu:N.RBook International

Lab Course-I UPSMJP202

Psychology Practical Examination

credits: 02* INTERNAL: 25 Marks EXTERNAL: 25 Marks

Students are supposed to perform Four Practical's from the Syllabus. Practical Examination will be of two Hours Duration. External Examiner will conduct the Practical Examination. The Students will perform one Practical in the Exam (internal and external).

Internal (a) 20 percent attendance (b) 20 percent Viva voce (c) 20 percent practical work/Book based on the practical done as per time table(day to day performance) (d) 40 percent internal test.

External (a) 40 percent for practical paper (subject required to conduct practical if required) and (b) 60 percent for viva voce.

"One Credit is two hours duration for fifteen working days or 45 periods of 40 minutes duration

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DEPARTMENT OF PSYCHOLOGY GOVT. COLLEGE FOR WOMEN, PARADE, JAMMU

Detailed Syllabus for Examination to be held 2022 onwards

B.A Semester- II (MINOR)

Course Title: HUMAN DEVELOPMENT

Course Code: UPSYMNT-203

Total Marks: 100

Credits: 04

Internal Marks: 20

Duration of Examination: 3 Hours

External Marks: 80

Course Objectives and Learning Outcomes-

- i)To understand normal growth and development across the lifespan.
- ii) To evaluate core concepts, strengths and weaknesses of the major theories of life-span development
- iii) To understand issues and crises through differential developmental stages.
- iv) To understand the theoretical perspectives of different development stages.

Unit-I

Introduction and developmental research strategies

Concept of human development, meaning of growth and development, Principles of human development

Developmental research methods-Longitudinal, Cross-sectional and Cross-Sequential studies

Unit II

Biological foundations and Theories of Human Development

Basics of genetics and role of heredity and environment

Freud's psychosexual theory, Chomsky's theory of language development, Piaget's cognitive development theory and Vygotsky's socio-cultural theory.

Unit-III

Prenatal Development and Infancy

Stages of prenatal development, Factors influencing prenatal development, hazards of prenatal development

Infancy: Physical, psychosocial, cognitive and development,

Unit-IV

Childhood and Adolescence

Childhood: Physical, psychosocial, cognitive development.,

Adolescence: Physical, psychosocial, Erikson' psycho-social theory, and Cognitive development

Unit-V

Adulthood and Old age

Adulthood: Career, Marriage and Parenthood

Oldage: Cognitive, Emotional and Physical changes, Grief and bereavement

References:

Bee, H, & Boyd.D (2002). Life Span Development, Boston:-Allyn& Bacon.

Berk, L.E (2003), Child Development (6th Ed.) Delhi: Pearson Education Publication.

Feldman, R.S (2012) Discovering the lifeSpan(2ndEd). NewDelhi: TataMcGraw Hill Publishing Company Ltd. New Delhi.

Hurlock, F.B (2024). Development Psychology (5th Ed). New Delhi: Tata McGraw Hill Publishing Company Ltd. New Delhi.

Santrock, J. W(2011) Life Span Development (13Ed). New Delhi: TataMcGraw Hill Publishing Company Ltd. New Delhi.

Shaffer, D.R. & Kipp, K. (2007) Development Psychology: Childhood and Adolescence (9thEd). Canada: Wadsworth Learning:

Srivastava, A.K. (998). Child Development: An Indian Perspective, New Delhi: NCERT.

Sharma A. &Bakhshi (2007). A Textbook of Development and Abnormal Psychology ,Jammu:N.R Book International.

Lab Course-II UPSMJP-204

Psychology Practical Examination

Credits: 02* INTERNAL: 25 Marks EXTERNAL: 25 Marks

Students are supposed to perform Four Practical's from the Syllabus. Practical Examination will be of two Hours Duration. External Examiner will conduct the Practical Examination. The Students will perform one Practical in the Exam (Internal and external)

Internal (a) 20 percent attendance (b) 20 percent Viva voce (c) 20 percent practical work/Book based on the practical done as per time table(day to day performance) (d) 40 percent internal test

External (a) 40 percent for practical paper (subject required to conduct practical if required) and (b) 60 percent for viva voce

-One Credit is two hours duration for fifteen working days or 45 periods of 40 minutes duration

B.A. Programme Curriculum (CBCS)NEP-2020 Session 2022-23,2023-24,2024-25 Semesters-I/II/III (Multidisciplinary) Choice Based Credit System Course Code: UPSMDT-205

Course Title-PSYCHOLOGY IN EVERYDAY LIFE

Theory-45 Lectures

uration of exam: 3 hours

redits: Theory-03

Internal Examination: 15 marks External Examination: 60 marks

Course Objectives: Students will be oriented with basic concepts of Psychology though which they will be acquainted with the behavioral world and enable them to understand psychological phenomenon of self and others.

Learning Outcomes: After the completion of this course students will be able to-

- Understand the basic concept of psychology as a subject and its application
- Understand fundamentals associated with the cognitive conative and behaviour
- Understand common psychological disorders stress and coping
- Understand concept of self, growth and competence

Unit I:Basics of Psychology-I: Concept of Psychology(meaning & nature of psychology), Concept of Sensation, Perception & Attention, Concept of Learning (characteristics of learning). Concept of Memory (stages of memory, types of memory, forgetting).

Unit 11:Basic Psychological Process- II: Concept of intelligence (definition of intelligence, concept of IQ). Concept of Motivation (types of motivation-intrinsic & extrinsic), Concept of Emotion (types of emotion, concept of emotional intelligence).

Unit III: Understanding mental health issues: Symptoms of stress, anxiety & depression, Types of coping strategies- Problem focused, Emotion focused & Social support

Unit JV: Growth and actualizing self: Concept of subjective well-being, optimism, resilience, Maslow theory of Self Actualization.

Suggested Reading:

Baron, R., & Mishra. G. (2016), Psychology(5" ed.) Pearson.

ciccarelli, S.K., White, NJ., &Misra, G (2017) Psychology (5"ed., South Asian Edilion). Pearson Education.

Atwater, E. & Grorer. D & Karen (/999) Psychology for living: Adjustment, growth and Behaviour Today. Prentice Ha!!.

Carr. A (2004). Positive Psychology: The Science of Happiness and Human Strength. UK: Rutledge

INTERNET SURFING REQUIRED: Students will be highly encouraged to find out the relevant material through INTERNET surfing.

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Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the Examination to be held in_

Syllabus framed as per NEP-20

Course Title: UNDERSTANDING SOCIAL PSYCHOLOGY

SEMESTER-III (MAJOR)

Course Code: UPSMJT-301

Credit: 4 **Duration** of examination: 3 hours

Total marks: 100 Internal marks:20 External marks:80

Course Objectives and Learning Outcomes

After the completion of this course students will be able-

- To understand the influence of Social Environment on persons thought and behavior
- To understand the process of Socialization
- To understand human behavior in context to- Group, Crowd, and Leadership Role.
- To understand different social beliefs like Stereotypes and Prejudice,

Unit -I INTRODUCTION TO SOCIAL PSYCHOLOGY

- Introduction: Concept, Nature and scope of Social Psychology.
- Methods to study Social Psychology: Interview, Questionnaire, Case study and Sociometric methods.

Unit -II SOCIALIZATION AND SOCIAL INTERACTION

- Socialization: Concept, Nature, Process of socialization
- Social Interaction: Cooperation, Competition, Conformity, Compliance, and Social facilitation.

Unit-III GROUPS AND CROWD

- Group structure: Concept, Nature, Types (Primary and secondary, Formal and informal group, In group and out-group), Functions of group
- Crowd: Concept, Characteristics, Types of Crowd, Difference between Group and Crowd.

Unit - IV LEADERSHIP AND PROPAGAND

- Leadership: Concept, Qualities, Functions of a leader
- Propaganda: Concept, Characteristics, Types, Techniques

Unit -V PREJUDICES AND STEREOTYPES

- Stereotypes: Concept, Characteristics, Formation, Types of stereotypes, Methods to reduce stereotypes
- Prejudices: Concept, Characteristics, Types, Formation, Methods to reduce prejudice

BOOKS RECOMMENDED

Baron, R. A., & Branscombe, N.R. (2020). Social Psychology. 13/e, vol 1. New Jersey: Pearson Education Limited.

Baron, R.A. & Byrne, D. (2017). Social Psychology. (14th Ed.). New Delhi: Pearson Education. Kassin, S., Fein, S., & Markus, H.R. (2011). Social Psychology. 8/e Wadsworth, cengage Learning.

Worchel, S., Cooper, J., Goethals, G.R & Olson, J.M. (2000). Social Psychology. NJ: Wadsworth Thomson Learning.



Govt. College for Women, Parade Ground Jammu
Detailed Syllabus for the Examination to be held in_____

Syllabus framed as per NEP-20 SEMESTER-III (MAJOR-2)

Course Title: FUNDAMENTALS OF PERSONALITY PSYCHOLOGY

Course Code: UPSMJT- 302

Credit: 4

Duration: 3 hours

Total marks: 100

Internal marks:20

External marks:80

urse Objectives and Learning Outcomes

ter the completion of this course students will be able-

- To understand nature of personality and its determining factors
- To understand different personality theories
- To understand personality assessment and approaches to personality tests

Unit -I INTRODUCTION TO PERSONALITY

- Understanding personality: Concept, Characteristics, Basic issues of personality (Nature vs Nurture, Nomothetic vs Idiographic approach)
- Determinants of Personality: Biological, Psychological and environmental factors

Unit-II-TYPE & TRAIT THEORIES OF PERSONALITY

- Type theories: Kretschmer typology, Sheldon's Typology, Ayurvedic typology)
- Trait theories: Gordon Allport-Cardinal, central & Secondary disposition, H.J. Eyesenck –
 Neuroticism, Extraversion-Introversion, Psychoticism)

Unit -III PSYCHODYNAMIC THEORIES OF PERSONALITY

- Psychodynamic approach: Psychoanalytical theory (Sigmund Freud-id, ego, superego, Eros & Thanatos, Five psychosexual stages)
- Neo-Freudian: Contribution of Alfred Adler (family constellation & birth order); Carl Jung (analytical psychology, collective unconscious, archetypes, anima & animus, psychological types-extroversion & introversion).

Unit-IV BEHAVIORISTIC & HUMANISTIC THEORIES OF PERSONALITY

- Behaviour theories: B.F Skinner Operant Conditioning theory, I.V. Pavlov Classical Conditioning),
 Social- Cognitive theories (Albert Bandura)
- Humanistic theory: Abraham Maslow(Need hierarchy theory), Carl Rogers (Client Centered theory)

Unit -V PERSONALITY ASSESSMENT & APPROACHES

- Personality Assessment: Meaning and purpose, Testing and measurement concepts (Standardization- Norm, Reliability, Validity)
- Approaches of personality tests: Subjective tests (Sentence Completion test); Objective tests (16-Personality Factor), Projective tests (Thematic Apperception Test)

DOKS RECOMMENDED

Lest, J., &Fiest, G. J. (2018). Theories of Personality. (7th ed.). McGraw Hill.

filler J. (2017). Psychology of personalty. (1sted.). Pearson Education.

Aurger, J. M. (2011). Personality.8th ed. Belmont: Wadsworth, Cengage Learning.

ngler, B. (2006) Personality Theories. New York: Hougton Mifflin Company.

Lindzey and Campbell. (2007). Theories of Personality. New York: John Wiley & Sons.

ersen, R. J. & Buss, D. M. (2008). Personality Psychology: Domains of Knowledge about Human

ature. (3rd ed.). New York: McGraw Hill.



DEPARTMENT OF PSYCHOLOGY Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the Examination to be held in______ Syllabus framed as per NEP-20

Lab Course-I

Course Title: Understanding of Social Psychology (Major-1)

Course Code: UPSMJP-303

ology Practical Examination

ts: 02* INTERNAL: 25 Marks EXTERNAL: 25 Marks

Students are supposed to perform **Four** Practical's from the Syllabus. Practical **Exam**ination will be of **two** Hours Duration. External Examiner will conduct the Practical **Exam**ination. The Students will perform **one** Practical in the Exam (Internal and external)

Internal (a) 20 percent attendance (b) 20 percent Viva voce (c) 20 percent practical work/Book based on the practical done as per time table (day to day performance) (d) 40 percent internal test

External (a) 40 percent for practical paper (subject required to conduct practical if required) and (b) 60 percent for viva voce

"One Credit is two hours duration for fifteen working days or 45 periods of 40 minutes duration

Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the Examination to be held in_

Syllabus framed as per NEP-20

Course Title: UNDERSTANDING SOCIAL PSYCHOLOGY SEMESTER-III (MINOR)

Course Code: UPSMNT-304

Credit: 4 **Duration of examination: 3 hours**

Total marks: 100 Internal marks:20 External marks:80

Course Objectives and Learning Outcomes

After the completion of this course students will be able-

- To understand the influence of Social Environment on persons thought and behavior
- To understand the process of Socialization
- To understand human behavior in context to- Group, Crowd, and Leadership Role.
- To understand different social beliefs like Stereotypes and Prejudice,

Unit -I INTRODUCTION TO SOCIAL PSYCHOLOGY

- Introduction: Concept, Nature and scope of Social Psychology.
- Methods to study Social Psychology: Interview, Questionnaire, Case study and Sociometric methods.

Unit –II SOCIALIZATION AND SOCIAL INTERACTION

- Socialization: Concept, Nature, Process of socialization
- Social Interaction: Cooperation, Competition, Conformity, Compliance, and Social facilitation.

Unit-III GROUPS AND CROWD

- Group structure: Concept, Nature, Types (Primary and secondary, Formal and informal group, In group and out-group), Functions of group
- Crowd: Concept, Characteristics, Types of Crowd, Difference between Group and Crowd.

Unit - IV LEADERSHIP AND PROPAGAND

- Leadership: Concept, Qualities, Functions of a leader
- Propaganda: Concept, Characteristics, Types, Techniques

Unit -V PREJUDICES AND STEREOTYPES

- Stereotypes: Concept, Characteristics, Formation, Types of stereotypes, Methods to reduce stereotypes
- Prejudices: Concept, Characteristics, Types, Formation, Methods to reduce prejudice

BOOKS RECOMMENDED

Baron, R. A., & Branscombe, N.R. (2020). Social Psychology. 13/e, vol 1. New Jersey: Pearson **Education** Limited.

Baron, R.A. & Byrne, D. (2017). Social Psychology. (14th Ed.). New Delhi: Pearson Education. Kassin, S., Fein, S., & Markus, H.R. (2011). Social Psychology. 8/e Wadsworth, cengage Learning.

Worchel, S., Cooper, J., Goethals, G.R & Olson, J.M. (2000). Social Psychology. NJ: Wadsworth Thomson Learning.

B.A. Programme Curriculum (CBCS)NEP-2020 Session 2022-23,2023-24,2024-25 Semesters-I/II/III (Multidisciplinary) Choice Based Credit System

Course Code: UPSMDT-305

Course Title-PSYCHOLOGY IN EVERYDAY LIFE

Theory-45 Lectures

its: Theory-03

ation of exam: 3 hours

Internal Examination: 15 marks External Examination:60 marks

Course Objectives: Students will be oriented with basic concepts of Psychology though which they will be acquainted with the behavioral world and enable them to understand psychological phenomenon of self and others.

Learning Outcomes: After the completion of this course students will be able to-

- Understand the basic concept of psychology as a subject and its application
- Understand fundamentals associated with the cognitive conative and behaviour
- Understand common psychological disorders stress and coping
- Understand concept of self, growth and competence

Unit I:Basics of Psychology-I: Concept of Psychology(meaning & nature of psychology), Concept of Sensation, Perception & Attention, Concept of Learning (characteristics of learning). Concept of Memory (stages of memory, types of memory. forgetting).

Unit 11:Basic Psychological Process- II: Concept of intelligence (definition of intelligence, concept of IQ). Concept of Motivation (types of motivation-intrinsic & extrinsic), Concept of Emotion (types of emotion, concept of emotional intelligence).

Unit III: Understanding mental health issues: Symptoms of stress, anxiety & depression, Types of coping strategies- Problem focused, Emotion focused & Social support

Unit JV: Growth and actualizing self: Concept of subjective well-being, optimism, resilience, Maslow's theory of Self Actualization.

Suggested Reading:

Baron, R., & Mishra. G. (2016), Psychology(5" ed.) Pearson.

ciccarelli, S.K., White, NJ., &Misra, G (2017) Psychology (5"ed., South Asian Edilion). Pearson Education.

Atwater, E. & Grorer, D & Karen (/999) Psychology for living: Adjustment, growth and Behaviour Today. Prentice Ha!!.

Carr. A (2004). Positive Psychology: The Science of Happiness and Human Strength. UK: Rutledge

INTERNET SURFING REQUIRED: Students will be highly encouraged to find out the relevant material through INTERNET surfing.

7/10/22



DEPARTMENT OF PSYCHOLOGY Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the Examination to beheld in Syllabus framed as per NEP-20

SEMESTER IV (MAJOR-1)
Course Title:- ABNORMAL PSYCHOLOGY-I

Course Code: UPSMJT-401

Credit: 04

Duration:3 hours

Course Objectives and Learning Outcomes

After the completion of this course students will be able-

To understand classificatory system of psychological disorders
To understand about normal and abnormal behavior patterns

To understand about stress, neurotic and somatoform disorder

To understand about eating and sleep disorder

Unit I INTRODUCTION TO ABNORMAL BEHAVIOUR

Total marks: 100 Internal marks:20

External marks:80

Understanding abnormal behaviour: Criteria of normality and abnormality,
 Determinants of abnormal behaviour-Biological, psychological and socio culture.

Classificatory system :- DSM and ICD

Unit II STRESS AND FRUSTRATION

 Stress: Concept of stress), General Adaptation syndrome, Categories of stress, Sources of stress, Coping with stress

Frustration: Nature, Concept, and Sources of frustration, Conflict & its types

Unit III: ANXIETY DISORDERS: ETIOLOGY & SYMPTOMS

- Anxiety Disorder: Symptoms-Generalized Anxiety Disorder, Panic Disorder, Obsessive Compulsive Disorder, Phobic Disorders
- . Etiology of Anxiety disorders: Panic Disorder, Phobic Disorder, Obsessive Compulsive Disorder

Unit IV DISSOCIATIVE DISORDERS AND SOMATOFORM DISORDERS

Dissociative disorders: Symptoms, etiology

Somatoform disorders: Symptoms, etiology

Unit V EATING AND SLEEP DISORDER

Eating disorder: Symptoms (Anorexia nervosa, Bulimia nervosa), treatment of eating disorders

Sleep disorder: Symptoms, Psychological treatment of insomnia

BOOKS RECOMMENDED

Barlow, H.D. & Durand, V.M. (2018). Abnormal Psychology; An Integrative Approaches., ed 8th, NewDelhi: Wadsworth Thomson Learning.

Sarason B.R, Sarason IG (2017) 11th ed Pearson India

Carson, R.C. Butcher, J.N. & Mineka, S. (2000). Abnormal Psychology and Modern Life. (11th ed.) . Ally and Bacon.

Mangal SK 2020 Sterling Publishers Pvt. Limited

Govt. College for Women, Parade Ground Jammu
Detailed Syllabus for the Examination to beheld in
Syllabus framed as per NEP-20
Semester -IV (MAJOR-2)

Course title:- ABNORMAL PSYCHOLOGY -II

Course Code: UPSMJT-402

Credit: 04

Duration: 3 hour

Total marks: 100 Internal marks:20

External marks:80

Course Objectives and Learning Outcomes

After the completion of this course students will be able-

- To understand about mood disorder & schizophrenia
- To understand different types of personality disorders
- To understand about classification of mental retardation and its causes
- To understand about personality assessment
- To understand about psychotherapy techniques

Unit I- MOOD DISORDERS AND SCHIZOPHRENIA: ETIOLOGY & SYMPTOMS

- . Mood disorders: symptoms, etiology
- . Schizophrenia: symptoms, etiology

Unit II-PERSONALITY DISORDERS: TYPES & SYMPTOMS

- Personality disorders :- concept, types of personality disorders (Cluster A; Cluster B;
 Cluster C Personality Disorders)
- Symptoms : Personality Disorders (Cluster A; Cluster B; Cluster C Personality Disorders)

Unit III- MENTAL RETARDATION: CLASSIFICATION & ETIOLOGY

- . Mental retardation:; Classification, etiology
- . Mental Retardation: Prevention & management

Unit IV:-CHILDHOOD DISORDER

- Symptoms: Attention Deficit Hyperactivity Disorder (ADHD); Conduct Disorder
- . Etiology : ADHD, Conduct Disorder

Unit V PSYCHOTHERAPIES

- . Psychotherapy: Freudian psychoanalytic therapy; Client Centred therapy.
- .Psychotherapy : Behaviour therapy (systematic desensitization, aversion therapy), Beck's Cognitive Behaviour therapy

BOOKS RECOMMENDED

Barlow, H.D. & Durand, V.M. (2014). Abnormal Psychology; An Integrative Approaches. 7th Ed. **New** Delhi: Wadsworth Thomson Learning.

Seligman, M.E.P., Walker, E.F., &Rosenhan, D.L. (2001). Abnormal Psychology.

(4thed.). New York: W.W. Norton & Co.

Jill M. Hooley James N. Butcher, Susan Mineka (2013). Abnormal Psychology and Modern Life. (15thed.) . Ally and Bacon.

Durand, V.M. & Barlow, D.H. (2000).Abnormal Psychology. Belmont, CA:Wadsworth/Thomson Learning.



Govt. College for Women, Parade Ground Jammu
Detailed Syllabus for the Examination to beheld in

Syllabus framed as per NEP-20 Semester -IV

Course Title: EDUCATIONAL PSYCHOLOGY (MAJOR-3)

Course Code: UPSMJP-403

Credit: 04

Duration:3 hour

Total marks: 100
Internal marks:20

External marks:80

Course Objectives and Learning Outcomes:

After the completion of this course students will be able-

To understand the principles and methods of Psychology in Education

To understand Adjustment & Mental Hygiene

To know about Exceptional children and general class-room management

To understand Higher Cognitive Functioning (thinking and problem solving)

To understand Transfer of Learning/training & Motivation

Unit I INTRODUCTION

- . Educational psychology: nature, scope and relevance of educational psychology, relationship between education and psychology.
- . Methods of studying education psychology: introspection, Experimental and observation method.

Unit II ADJUSTMENT AND MENTAL HYGIENE

- . Adjustment: Meaning & characteristics of well-adjusted person, maladjustment-causes & characteristics
- . Mental Hygiene: Meaning, characteristics, causes, developing good mental health

Unit III EXCEPTIONAL CHILDREN, CATEGORIES AND GENERAL CLASSROOM MANAGEMENT OF BEHAVIOUR

- . Mental Retardation: concept, types, causes, responsibilities of teachers towards learners with mental retardation,
- . Classroom Management of Problem Behaviour: Issues related to Classroom Management, Disciplining Problem behavior

Unit IV COGNITION- THINKING, & PROBLEM SOLVING

- . Thinking: Nature of thinking, Types of thinking, Mental images, Nature & Process of creative thing;
- . Problem solving : Concept, Obstacle to problem-solving, and Types of problem solving.

Unit V TRANSFER OF LEARNING/TRAINING & MOTIVATION

- . Transfer of learning / Training: Meaning and Definitions of Transfer of Learning/Training · Forms of Transfer of learning/Training
- Motivation: -Nature, motivational cycle, Teachers role in development of motivation among students



Govt. College for Women, Parade Ground Jammu
Detailed Syllabus for the Examination to beheld in
Syllabus framed as per NEP-20

BOOKS RECOMMENDED

Bartlett, S., & Burton, D. (2012). Introduction to education studies. London: Sage.

Leicester, M. (2008). Creating an inclusive school. London: Continuum International Publishing Group. Long, M. (2000). The Psychology of Education. Sussex: Routledge.

Slavin, R. (2006). Educational psychology: Theory and practice. New York: Pearson.

Woolfolk, A. (2013). Educational psychology. Delhi: Pearson.



DEPARTMENT OF PSYCHOLOGY Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the Examination to be held in Syllabus framed as per NEP-20

Lab Course-I
Course Title: Abnormal Psychology-1
Course Code: UPSMJP-404

ogy Practical Examination

02* INTERNAL: 25 Marks EXTERNAL: 25 Marks

Students are supposed to perform Four Practical's from the Syllabus. Practical Examination will be of two Hours Duration. External Examiner will conduct the Practical Examination. The Students will perform one Practical in the Exam (Internal and external)

Internal (a) 20 percent attendance (b) 20 percent Viva voce (c) 20 percent practical work/Book based on the practical done as per time table (day today performance) (d) 40 percent internal test

External (a) 40 percent for practical paper (subject required to conduct practical if required) and (b) 60 percent for viva voce

"One Credit is two hours duration for fifteen working days or 45 periods of 40 minutes duration



DEPARTMENT OF PSYCHOLOGY Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the Examination to beheld in Syllabus framed as per NEP-20

Lab Course- II
Course Title: Educational Psychology
Course Code: UPSMJP-405

logy Practical Examination

02* INTERNAL: 25 Marks EXTERNAL: 25 Marks

Students are supposed to perform Four Practical's from the Syllabus. Practical Examination will be of two Hours Duration. External Examiner will conduct the Practical Examination. The Students will perform one Practical in the Exam (Internal and external)

Internal (a) 20 percent attendance (b) 20 percent Viva voce (c) 20 percent practical work/Book based on the practical done as per timetable (day today performance) (d) 40 percent internal test

External (a) 40 percent for practical paper (subject required to conduct practical if required) and (b) 60 percent for viva voce

"One Credit is two hours duration for fifteen working days or 45 periods of 40 minutes duration

Govt. College for Women, Parade Ground Jammu

Detailed Syllabus for the examination to be held in

Syllabus framed as per NEP-20

Semester -IV Title of Paper: Counseling Psychology

Course: MINOR

Course Code: UPSMNT-406

Credit: 4 **Duration**: Total Marks: 100 Internal Marks: 20 External Marks: 80

Course Objectives and Learning Outcomes:

After the completion of this course students will be able-

- To understand the basic concept of counseling
- To learn about counseling process
- To understand and learn the approaches
- To learn about Qualities of Counselor

UNIT-I (INTRODUCTION)

Counseling: Meaning, definitions and concept of Counseling.

Characteristics of counseling

Guidance: Meaning, definitions and concept of Guidance

Difference between Guidance and Counseling

UNIT-II (COUNSELLING APPROACH)

Counselling Approaches: Behavioral Approach, Client- Centered Approach and Cognitive Behavioral Approach.

Counseling process: Preparatory stage, Exploratory stage, Planning stage, Action stage, Evaluation and Termination stage.

UNIT-III (APPLICATIONS)

Significance of Counselling: Importance of Counselling

Application of Counselling: Family Counselling(meaning and assessment techniques),

Career Counselling(meaning and assessment techniques)

UNIT-IV (COUNSELLING ASSESSMENT)

Meaning, need of assessment and benefits of assessment.

Components of effective assessment: Interview, Observation, MMP12, 16 PFQ, (TAT,

Rorschach Ink blot test.

UNIT-V (ETHICS AND LEGAL ASPECT OF COUNSELLING)

Concept of Ethics, Morality and Law. Codes of Ethics for Counsellor, Making Ethical Decisions. Law and Counselling in India.

DEPARTMENT OF PSYCHOLOGY

Govt. College for Women, Parade Ground Jammu

Detailed Syllabus for the examination to be held in

Syllabus framed as per NEP-20

BOOKS RECOMMENDED

Murphy, D., & British Psychological Society, (2017). Counseling Psychology: A textbook for study and practice.

Douglas, B., Woolfe, R., Strawbridge, S., Kasket, E., &Galbraith, V. (Eds) (2016). The handbook of counselling psychology.

Gladding, S.T.(2012). Counseling: A Comprehensive Profession. (7th ed). Person.McLeod, j. (2003). An Introduction to Counselling. (3rd ed). McGraw Hill Education.

Rao, S.N.& Sahajpal, P. (2013) Counseling 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.

INTERNET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through INTERNET surfing

Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the examination to be held in Syllabus framed as per NEP-20

EXAMINATION PATTERN

A) Internal Assessment Theory: (20 marks)

Duration of paper= 1 hour

- a) Internal assessment shall be conducted after covering 40 % of the syllabus= 15 marks
- b) Attendance = 5 marks

Paper setting

The paper shall comprise of three sections:

- a) Very Short answer type: Attempt any two out of three questions (Maximum of 30 words each) = 2 marks each.
- b) Short answer type: Attempt any two out of three questions (Maximum of 50 words each) = 3 marks each.
- c) Long answer type: Attempt any one out of two questions (Maximum of 100 words each) = 5 marks each.

(B) External Examination Theory: (80 marks)

Duration of paper= 3 hour

The paper shall comprise of three sections:

Section A consist of 05 short answer type questions representing all units/syllabi (at least one from each unit) having 70-80 words carrying 3 marks each. All compulsory (15 marks).

Section B consist of 05 medium answer type questions representing all units/syllabi (at least one from each unit) having 250-300 words carrying 7 marks each. All compulsory (35 marks).

Section C consist of 05 long answer type questions representing all units/syllabi (02 to be attempted) with detailed analysis/explanation to be stated within 500-600 words carrying 15 marks each (30 marks).



GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU180001, J&K E-mail:principalgcwparade@gmail.com

Panel of the Board of studies in the subject of Psychology (2022-25)

A. Head of the Department

Dr. Probhjot Kour

Convenor

B. Faculty Members of the college

Dr. Divya Puri (Asstt. Prof.)

Member

Dr. Sakshi (Lecturer)

Member

C. Subject expert Nominated by Vice-Chancellor, University of Jammu, J&K (UT).

Dr. Arti Bakhshi (Retd.) Head, Department of psychology University of Jammu

Member

D. Two Subject Experts from outside the Parent university

Dr. Rama Badyal (Principal Retd.)

Member

Prof. Dr. Manmeet Singh Head, Psychiatry, ASCOMS, Jammu Member

E. One Representative from Industrial/Corporate Sector

Ms. Sunaina Razdan Founder &CEO, Brain Preneure Jammu

Member

F. Two Special Invitees

Dr. Manisha Kohli Principal GDC, Kunjwani

Member

Dr. Ravinder Kour Head, Dept. of Psychology, GDC, Basohli Member

G. One Alumna

Ms. Shveta Sharma (Govt. Teacher) Directorate of School Education Member



GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU180001, J&K E-mail:principalgewparade@gmail.com

Minute of Meetings of Board of studies in the subject of Psychology

A meeting of the Board of studies of the Department of Psychology was held on 25-05-24 in offline mode

Agenda of the meeting:

- 1. To get approval for the syllabus framed for B.A Semester IV Minor in the light NEP-2020 for the academic session 2024-25, 2025-26 and 2026-27.
- 2. To get approval for the syllabi framed for B.A Semester V and semester VI (Major and Minor) in the light of NEP-2020 for the academic session 2024-25, 2025-26 and 2026-27.
- 3. To incorporate the suggestions given by the worthy external members in the syllabi.
- 4. To decide the mode of examination
- 5. Any other item with the permission of chair.

After threadbare discussion and deliberations on the above agenda, the members of the Board of Studies unanimously decided that the contents of the syllabi of Psychology Major and Minor for Semester V and VI and Psychology Minor for Semester IV is well designed and prepared according to the needs and standards as mandated by NEP 2020. Hence recommended for the academic session, with slight modifications.

The following members were present in the meeting: **Internal Members:**

1. Dr. Probhjot Kour (Convenor, BoS) Assistant Professor

2. Dr. Divya Puri Assistant Professor

3. Dr. Sakshi Lecture

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Dryge Pari 25/5/24 September 25/5/24

External Members:

- 1. Dr. Arti Bakhshi (Retd. HoD)
 Dept. of Psychology
 University of Jammu
- 2. Dr. Rama Badyal Principal Retd.
- 3. Dr. Manmeet Singh Head, Psychiatry, ASCOMS, Jammu
- 4. Ms. Sunaina Razdan
 Founder & CEO, Brain Preneure
- 5. Dr. Manisha Kohli Principal, GDC, Kunjwani
- 6. Dr. Ravinder Kour Head, Dept. of Psychology GDC, Basohli

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Place: - Jammu

Date: - 25-05-2024

External Members:

Dr. Arti Bakhshi (Retd. HoD)
 Dept. of Psychology
 University of Jammu

2. Dr. Rama Badyal Principal Retd.

 Dr. Manmeet Singh Head, Psychiatry, ASCOMS, Jammu

Ms. Sunaina Razdan
 Founder & CEO, Brain Preneure

 Dr. Manisha Kohli Principal, GDC, Kunjwani

6. **Dr. Ravinder Kour**Head, Dept. of Psychology
GDC, Basohli

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Place: - Jammu

Date: - 25-05-2024

Govt. College for Women, Parade Ground Jammu

Detailed Syllabus for the examination to be held in 2024-2025,26,27

Syllabus framed as per NEP-2020

Semester -V Title of Paper: Health Psychology

erse: MAJOR

erse Code: UPSMJT-501

edit: 4

Total Marks: 100 Internal Marks: 20 External Marks: 80

purse Objectives and Learning Outcomes:

After the completion of this course students will be able-

- Understand the biopsychosocial model of health and its implications for understanding health and illness
- Examine health behaviour theories and models and their applications to promoting health behaviour change.
- to understand health enhancing and health compromising behaviour.

Unit-I (Introduction to Health Psychology)

Components of health psychology (social, emotional, cognitive and physical aspects), mind-body relationship.

Goals of Health Psychology; Techniques for promoting health behaviour change (e.g., goal setting, self-monitoring, action planning, self-determination)

Unit-II (Models of Health Psychology)

Types of health psychology (clinical health psychology, public health psychology, community health psychologyand critical health psychology)

Medical Model of Health and Illness (Health-illness continuum Model, High Level Wellness Model, Health Belief Model, and paradigm of Health Model

Unit-III (Behaviour and Health)

Characteristics of health behaviour, Barriers to health behaviour.

Cognitive-behavioural approaches to health behaviour change

Unit-IV (Health Enhancing Behaviours)

Health Enhancing Behaviors: Exercise, nutrition, Affirmations, social support, Safety

Health compromising behaviours: Characteristics of Health compromising behaviours, Smoking, Alcoholism, Poor Nutritional Habits.

Unit-V (Stress and Coping Stress)

Definition, types and sources of stress

Theoretical contributions: Lazarus's Appraisal Model, Flight or fight response, General Adaptation Syndrome (GAS)

References/Suggested Readings:

Ayers, S., Baum, A., McManus, C., Newman, S., Wallston, K., Weinman, J., & West, R. (2007). Cambridge Handbook of Psychology, Health and Medicine (2nd Ed). Cambridge University Press.

Brannon, L., McNeese, J. F., & Updegraff, J. A. (2014). Health Psychology an introduction to behavior and health (8th Ed). Delhi: Cengage Learning

Morrison, V., & Bennett, P. (2009). Introduction to Health Psychology (2nd Ed) Pearson Education Limited, New York.

Ogden, J. (2012). Health Psychology. McCrawhill Foundation.

Rathus, S.A & Nevid, J.S.(2021) Exploring Health Psychology (Ist Edition). John Wiley & Sons, Inc.

Straub, R.O. (2014). Health Psychology: A BioPsychosocial Approach (4th Ed). Worth Publishers A Macmillan Higher Education Company

Taylor, S.E., (2009). Health Psychology (9th Ed). New Delhi: Tata McGraw-Hill Publishing Company Ltd

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Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the examination to be held in 2024-25, 25-26, 26-27 Syllabus framed as per NEP-20

EXAMINATION PATTERN

- A) Continuous Evaluation (Theory): (20 marks) Duration of paper= 1 hour
- a) Internal assessment shall be conducted after covering 40 % of the syllabus= 15 marks
- b) Attendance = 5 marks

Paper setting

The paper shall comprise of three sections:

- a) Very Short answer type: Attempt any two out of three questions (Maximum of 30 words each) = 2 marks each.
- b) Short answer type: Attempt any two out of three questions (Maximum of 50 words each) = 3 marks each.
- c) Long answer type: Attempt any one out of two questions (Maximum of 100 words each) = 5 marks each.
- (B) End semester Evaluation (Theory): (80 marks)

Duration of paper= 3 hour

The paper shall comprise of three sections:

Section A consist of 05 short answer type questions representing all units/syllabi (at least one from each unit) having 70-80 words carrying 3 marks each. All compulsory (15 marks).

Section B consist of 05 medium answer type questions representing all units/syllabi (at least one from each unit) having 250-300 words carrying 7 marks each. All compulsory (35 marks).

Section C consist of 05 long answer type questions representing all units/syllabi (02 to be attempted) with detailed analysis/explanation to be stated within 500-600 words carrying 15 marks each (30marks).

Govt. College for Women, Parade Ground Jammu

Detailed Syllabus for the examination to be held in

Syllabus framed as per NEP-20

Programme: U.G. Semester : V

Course Title: Lab Course I

lature of Course: Practical Course Code: UPSMJP-504

Credits: 02 Duration: 3 hours Maximum Marks: 50 Minimum Pass Marks: Internal:09; External:09

Course Objectives and Learning Outcomes:

After the completion of this course students will be able to assess and administer various psychological tests

Course Content

Select any four practical from below mentioned list.

- 1.. General Health Questionnaire (GHQ)
- 2. General Well-Being Scale
- 3.Student stress scale
- 4.Brief COPE scale
- 5. Quality-of-Life Scale
- 6The Mental Health Continuum Short Form (MHC-SF)

EXAMINATION PATTERN:

A) Internal Assessment: 25 marks out of 50

Components of internal assessment:

- a) 5 marks for attendance
- b) 12 marks daily performance in the practical
- c) 8 marks for internal assessment test.
- B) External Assessment: 25 marks out of 50
 - a) 15 marks test
 - b) 10 viva-voce

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Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the examination to be held in 2024-25,25-26, 26-27

Syllabus framed as per NEP-2020 Semester -V

Title of Paper: Introduction to Psychotherapy

MAJOR-II Code: UPSMJT-502

Total Marks: 100 Internal Marks:20 External Marks:80

on: 3 hours

Objectives and Learning Outcomes:

After the completion of this course students will be able-

- Appreciate the various psychological modalities
- Develop an understanding of various therapies and assessment
- Understand the importance of the development of personal awareness and skills in the effective applications of therapies to various psychological disorders.

IT-I Basics of Psychotherapy

ncept of Psychotherapy, need of Psychotherapy, goals of psychotherapy, Ethical principles in chotherapy

aracteristics of psychotherapist, counselling vs. Psychotherapy

NIT-II Psychological Assessment

mportance of assessment, characteristics of psychological assessment, types of tests (group and ndividual test, pen-paper and performance tests, verbal and non-verbal test, speed and power test) Difference between Psychological Assessment and Psychological Testing

UNIT-III Process of Psychotherapy

Phases of Psychotherapy (beginning phase, middle phase and terminal phase). Importance of therapeutic alliance, basic psychotherapy skills: Empathy, Active Listening, Genuineness

UNIT-IV Schools of Therapies

Pharmacotherapy, Psychodynamic Psychotherapy, Behaviour Therapy, Cognitive -Behavioural Therapy and Interpersonal Therapy.

Integrative approaches: combining medications and psychotherapy.

UNIT-V Psychotherapy and Mental Health

Role of Psychotherapy for enhancing mental health.

Factors affecting psychotherapy: Nonspecific Factors, Client and Therapist Factors

References/Suggested Readings:

Corey, G.(2019). Theory and practice of counselling and psychotherapy (10th ed.)

uertes, J. N. (2022). The other side of psychotherapy: understanding clients' and experiences and contribution in treatment. American vchological Association.

chols, M. P., & Schwartz, R.C. (2009). Family Therapy: Concepts and Methods. Pearson.

tochaska, J.O., & Norcross, J. C. (2010). System of Psychotherapy: A transtheoretical analysis (7th Ed.). Pacific Grove, CA; Book /Cole.

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Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the examination to be held in 2024-25,25-26, 26-27 Syllabus framed as per NEP-2020

AMINATION PATTERN

A) Continuous Evaluation: (20 marks)

Duration of paper= 1 hour

- a) Internal assessment shall be conducted after covering 40 % of the syllabus= 15 marks
- b) Attendance = 5 marks

Paper setting

The paper shall comprise of three sections:

- a) Very Short answer type: Attempt any two out of three questions (Maximum of 30 words each) = 2 marks each.
- b) Short answer type: Attempt any two out of three questions (Maximum of 50 words each) = 3 marks each.
- c) Long answer type: Attempt any one out of two questions (Maximum of 100 words each) = 5 marks each.

(B) End Semester Evaluation: (80 marks)

Duration of paper= 3 hour

The paper shall comprise of three sections:

Section A consist of 05 short answer type questions representing all units/syllabi (at least one from each unit) having 70-80 words carrying 3 marks each. All compulsory (15 marks).

Section B consist of 05 medium answer type questions representing all units/syllabi (at least one from each unit) having 250-300 words carrying 7 marks each. All compulsory (35 marks).

Section C consist of 05 long answer type questions representing all units/syllabi (02 to be attempted) with detailed analysis/explanation to be stated within 500-600 words carrying 15 marks each (30 marks).

Govt. College for Women, Parade ground, Jammu Detailed syllabus for the examination to be held in 2024,25, 25-26,26-27.

Syllabus Framed as per NEP-2020

Programme: U.G. Semester: V

Course Title: Lab Course II

Nature of Course: Practical Course Code: UPSMJP-505 Maximum Marks: 50 Credit: 02

Course Objectives and Learning Outcomes:

After the completion of the course, students will be able to

- Assess and administer the various psychological tests
- To understand therapies based on Classical and operant conditioning

Course Content:

Choose any four Practicals from below mentioned list:

- 1. Intelligence Test
- 2. DASS
- 3. The Mental Health Continnum Short form
- 4. Orientation to Cognitive Behavior Therapy
 - 5. Videos and Presentations based on therapies (02)

Examination Pattern:

A) Internal assessment: 25 marks out of 50

Components of Internal assessment:

- a)5 marks for attendance
- b) 12 marks for daily performance in the practical
- c) 08 marks for Internal Assessment Test.
- B) External Assessment: 25 marks out of 50
 - a) 15 marks for conduction
 - b) Viva voce

Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the examination to be held in 2024-25,2026,2027

Syllabus framed as per NEP-2020

Programme: U.G. Semester: V

Course Title: Cognitive Psychology

lature of Course: Major Course Code: UPSMJT-503

Credits: 2

Duration: 2hours

Maximum Marks: 40 Minimum Pass Marks: 15

Course Objectives and Learning Outcomes:

After the completion of this course students will be able-

- To understand Key concepts and theories in cognitive psychology
- To understand the key issues in cognitive Psychology
- To understand mental processes that underlie human behaviour.

Course Content:

UNIT-1: Introduction to Cognitive Psychology

Meaning, brief history of emergence of cognitive Psychology, current theoretical issues in cognitive psychology, Basic concept of cognitive neuroscience, Artificial Intelligence, Chatgpt

Attention: Selective, sustained and Divided attention, theories of attention (Broadbert & Attenuation)

Perception: Basic concept, Principles of Perceptual organization, Theoretical Approaches to

Perception: Bottom-up approaches, Top-Down approaches.

Unit III: Thinking and Problem solving

Thinking: Nature, Building Blocks of thought, Types of thinking: Divergent and Convergent Thinking, Creative Thinking

Problem-Solving: meaning, Strategies of problem solving: Heuristics and Problem solving

Suggested Readings:

Galotti, K.M. (2014). Cognitive Psychology (5thed.). New Delhi:Sage Kellog, R.T. (2012). Fundamental of Cognitive Psychology (2nded). New Delhi: Sage Solso, R.L(2006). Cognitive Psychology. New Delhi: Pearson Edition Sternberg, R.J. (2007). Cognitive Psychology (4th ed.). New Delhi: Thomson

Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the examination to be held in 2024, 2025, 2026 Syllabus framed as per NEP-2020

aluation Pattern:

3% attendance mandatory to appear in examination however no marks shall be allotted to

Evaluation of Theory Component: Maximum Marks 50

Continuous Evaluation: 10 Marks

Question Paper shall comprise of 3 sections

- A). Section A shall comprise of 3 questions of 1 mark each and student will have to attempt any 2 question.
- B). Section B shall comprise of 3 questions of 2 marks each and student will have to attempt any 2
- C). Section C shall comprise of 4 marks each and students will have to attempt any one question.

Semester End Evaluation: 40 Marks

Question Paper shall comprise of 3 sections:

- A) Section A shall comprise of 4 short questions Each question carries 2 marks and student will have to attempt all questions.
- B). Section B shall comprise of 4 questions of 5 marks representing two questions from each unit and student will have to attempt all questions.
- c). Section C comprise of 3 Long questions of 12 marks each, one from each unit. The students are required to attempt any one question

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Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the examination to be held in 2024, 25, 26 Syllabus framed as per NEP-20

Programme U.G.
Semester: V
Course Title: Environmental Psychology

re of Course: Minor se Code: UPSMNT506

ite: 4

ation: 3 hours

Maximum Marks: 80 Minimum Pass Marks

irse Objectives and Learning Outcomes:

- Student shall gain knowledge on environmental psychology.
- Basic concepts related to environmental psychology.
- Understanding pro-environment behaviours and strategies to reduce adverse effects of anti-environmental behaviour.
- Relationship between environment and behaviour.

ourse Content:

nit 1: Introduction to Environmental Psychology

- Meaning, current scope and characteristics of the environment psychology Methods
 of studying environment psychology.
- Models of Environmental Behaviour (Theory of Planned Behavior, The Norm Activation Model).

Unit 2: Environment and Well-being

- Relationship between environment and well-being, Public Health Problems, Effects of environmental stress.
- Health benefits of nature, Quality of life with respect to environment.

Unit 3: Pro-environmental Behaviour

- Values and Pro-environmental Behaviour (Social orientation and Schwartz's value theory).
- Measuring environmental behaviour (Uni-dimensional and Multidimensional),
 Informational strategies to promote environmental behaviour.

Unit 4: Environmental Perception

- Concept and Characteristics of Environmental Perception.
- Subjective risk judgments, Emotional reaction to environmental risks.

Init 5: Enivronment-Behaviour Relationship

- Nature and Functions of Environment-Behaviour relationship.
- Theories: Adaptation, Environmental stress and Ecological theories.

ences/Suggested Readings:

Bell, P.A., Greene, T.C., Fisher, J.D. & Buam, A. (1996). Environmental Psychology: Harcourt Brace College Publishers.

- Devlin, A.S. (2018). Environmental Psychology and Human Well-Being. Elsevier.
- Steg, L., Berg, A. & Groot, J. (2019). Environmental Psychology: An Introduction. BPS Blackwell, UK: John Wiley.
- Das, B.K. (2019). Environmental Psychology. New Delhi: Omega Publications.

DEPARTMENT OF PSYCHOLOGY

Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the examination to be held in 2024,25,26 Syllabus framed as per NEP-2020

EXAMINATION PATTERN

A) Internal Assessment Theory: (20 marks)

Duration of paper= 1 hour

- a) Internal assessment shall be conducted after covering 40 % of the syllabus= 15 marks
- b) Attendance = 5 marks

Paper setting

The paper shall comprise of three sections:

- a) Very Short answer type: Attempt any two out of three questions (Maximum of 30 words each) = 2 marks each.
- b) Short answer type: Attempt any two out of three questions (Maximum of 50 words each) = 3 marks each.
- c) Long answer type: Attempt any one out of two questions (Maximum of 100 words each) = 5 marks each.

(B) External Examination Theory: (80 marks)

Duration of paper= 3 hour

The paper shall comprise of three sections:

Section A consist of 05 short answer type questions representing all units/syllabi (atleast one from each unit) having 70-80 words carrying 3 marks each. All compulsory (15 marks).

Section B consist of 05 medium answer type questions representing all units/syllabi (at least one from each unit) having 250-300 words carrying 7 marks each. All compulsory (35 marks).

Section C consist of 05 long answer type questions representing all units/syllabi (02 to be attempted) with detailed analysis/explanation to be stated within 500-600 words carrying 15 marks each (30 marks).

Govt. College for Women, Parade Ground Jammu

Detailed Syllabus for the examination to be held in 2024-25,2026,2027

Syllabus framed as per NEP-2020

Programme: U.G. Semester: VI

Course Title : Positive Psychology

re of Course: Major se Code: UPSMJT-601

is: 4

Maximum Marks: 80 Minimum Pass Marks: 29

on: 3 hours

Objectives and Learning Outcomes:

After the completion of this course students will be able-

- to understand the basic concept of positive Psychology and its different theoretical perspectives
- to understand the basic concept of Character strengths and virtues
- to have deeper understanding of various approaches for enhancing well being
- to comprehend the concept and importance of forgiveness and gratitude in day to day life.

Course Content:

Unit 1: Foundation of Positive Psychology

sitive Psychology: History, goals, scope and assumptions.

tical Frameworks: Different theoretical perspectives (Eastern, Western and Indian) within positive

Psychology

UNIT-II: Strengths and Virtues

Introduction of VI classification of character strength and Virtues;

Post Traumatic Resilience and growth

Empathy and Altruism

UNIT III: Introduction to Happiness

Concept, Types of happiness- Eudaimonic and Hedonic happiness, Positive correlates of happiness

Concept of psychology of Happiness

Setting Goals for Life and Happiness

UNIT IV: Approaches for enhancing Well-being

Emotion focused approaches: subjective well-being, Emotional Intelligence

Cognitive Focused Approaches: Hope, self- efficacy

Strategies for fostering positive relationships through effective communication

UNIT-V: Forgiveness and Gratitude

Interpersonal Approaches: Forgiveness, Gratitude Intrapersonal Approaches: Meditation, Spirituality

References/Suggested Readings:

- Carr, A. (2022). Positive Psychology. The Science of Happiness and Human Strengths. London: Routledge
- Linley, P.A. and Joseph, S. (2004), Positive Psychology in Practice, New York: John Wiley and
- Seligman, M.E.P. (2002). Authentic happiness. New York: Free Press
- Snyder, C.R. and Lopez, S.J. (2005), Handbook of Positive Psychology, New York Oxford University Press

Snyder, C.R. and Lopez, Ş.J. (2011), Positive Psychology. (2nd ed.) Sage Publication

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DEPARTMENT OF PSYCHOLOGY Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the examination to be held in Syllabus framed as per NEP-20

NAMINATION PATTERN

8) Continuous Evaluation (Theory): (20 marks)

Duration of paper= 1 hour

- Internal assessment shall be conducted after covering 40 % of the syllabus= 15 marks
- b) Attendance = 5 marks

Paper setting

The paper shall comprise of three sections:

- a) Very Short answer type: Attempt any two out of three questions (Maximum of 30 words each) =
- b) Short answer type: Attempt any two out of three questions (Maximum of 50 words each) = 3
- c) Long answer type: Attempt any one out of two questions (Maximum of 100 words each) = 5 marks each.
- (B) End Semester Evaluation Theory: (80 marks)

Duration of paper= 3 hour

The paper shall comprise of three sections:

Section A consist of 05 short answer type questions representing all units/syllabi (atleast one from each unit) having 70-80 words seem type questions representing all units/syllabi (atleast one from each unit) having 70-80 words seem type questions representing all units/syllabi (atleast one from each unit) having 70-80 words seem type questions representing all units/syllabi (atleast one from each unit) having 70-80 words seem type questions representing all units/syllabi (atleast one from each unit) having 70-80 words seem type questions representing all units/syllabi (atleast one from each unit) having 70-80 words seem type questions representing all units/syllabi (atleast one from each unit) having 70-80 words seem type questions representing all units/syllabi (atleast one from each unit) having 70-80 words seem type questions representing type question unit) having 70-80 words carrying 3 marks each. All compulsory (15 marks).

Section B consist of 05 medium answer type questions representing all units/syllabi (at least one from each unit) having 250,200. each unit) having 250-300 words carrying 7 marks each. All compulsory (35 marks).

Section C consist of 05 long answer type questions representing all units/syllabi (02 to be attempted)
with detailed analysis (2) with detailed analysis (2) with detailed analysis/explanation to be stated within 500-600 words carrying 15 marks each (30 marks).

Govt. College for Women, Parade Ground Jammu

Detailed Syllabus for the examination to be held in_ Syllabus framed as per NEP-20

> Programme: U.G. Semester: VI Course Title: Lab-Course I

Nature of Course: Practical Course Code: UPSMJP-604

Credits: 02 Duration: 3 hours Maximum Marks: 50 Minimum Pass Marks:

Course Learning Outcomes:

After the completion of this course students will be able to asses and administer the various psychological Tests mentioned below

Course Content

Choose any four practicals from below mentioned list.

- 1. Gratitude
- 2. Resilience
- 3. Happiness
- 4. Hope
- Self-Efficacy
- 6. Subjective well being

EXAMINATION PATTERN:-

A) Internal Assessment: 25 marks out of 50

Components of internal assessment:

- a) 5 marks for attendance
- b) 12 marks daily performance in the practical
- c) 8 marks for internal assessment test.
- B) External Assessment: 25 marks out of 50
 - a) 15 marks test
 - b) 10 viva

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Govt. College for Women, Parade Ground Jammu
Detailed Syllabus for the examination to be held in 2024-25,2026,2027
Syllabus framed as per NEP-20

Programme: U.G. Semester : VI

Course Title: Research Methodology

ture of Course: Major urse Code: UPSMJT602

redits: 4

uration: 3 hours

Maximum Marks: 80 Minimum Pass Marks:29

Course Objectives and Learning Outcomes:

After the completion of this course students will be able-

- To understand the basic concept of research
- To learn about application of suitable research designs/sampling technique
- Acquire knowledge on hypotheses formulation and testing.
- To understand the measurement techniques, interpretation/analysis and report writing.

Course Content:

UNIT-1: Introduction to Research

- · Meaning, Objectives, Types of research
- Research approaches (Qualitative and Quantitative), steps for conducting research, Ethical Issues in research.

UNIT-II: Research Plan and Design

- · Meaning, need, Components and Features of research design
- · Method of datacollection (Primary/ Secondary).

UNIT-III: Hypothesis and Sampling

- Meaning, Types and Characteristics of Hypothesis, Errors in hypothesis testing.
- Concept of Sampling: Criteria of selecting a sampling procedure. Characteristics of a good sample design. Types of sampling.

UNIT-VI: Statistics in research

- Definition and types of statistics, Concept of measures of central tendency (mean, median and mode).
- Concept of range, mean deviation, standard deviation, co-relation.

UNIT-IV Application of central Tendency and Measures of Variability

- Application of Mean, Median, Mode
- Application of measures of Variability: Range, Mean deviation, Quartile deviation, Standard deviation.

References/Suggested Readings:

Kothari, C. R. (2004). Research methodology: Methods and techniques. New Age International.

Gupta, B.N. & Gupta, N. (2021). Research Methodology. SBPD. Publications.

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ingal, S.K., & Mangal, S. (2013). Research methodology in behavioural sciences. PHI earning Pvt. Ltd.
Icburney, D.H. (2001). Research methods. Thomson Wadsworth.
Singh, A.K. (2017). Tests, measurements and research methods in behavioural sciences (5th ed.). Bharati Bhawan Publishers & Distributors.

DEPARTMENT OF PSYCHOLOGY
Govt. College for Women, Parade Ground Jammu
Detailed Syllabus for the examination to be held in 2024,2025,2026
Syllabus framed as per NEP-20

EXAMINATION PATTERN

A) Continuous Evaluation (Theory): (20 marks) Duration of paper= 1 hour

- a) Internal assessment shall be conducted after covering 40 % of the syllabus= 15 marks
- b) Attendance = 5 marks

Paper setting

The paper shall comprise of three sections:

- a) Very Short answer type: Attempt any two out of three questions (Maximum of 30 words each) = 2 marks each.
- b) Short answer type: Attempt any two out of three questions (Maximum of 50 words each) = 3 marks each.
- c) Long answer type: Attempt any one out of two questions (Maximum of 100 words each) = 5 marks each.

(B) End semester Evaluation (Theory): (80 marks)

Duration of paper= 3 hour

The paper shall comprise of three sections:

Section A consist of 05 short answer type questions representing all units/syllabi (atleast one from each unit) having 70-80 words carrying 3 marks each. All compulsory (15 marks).

Section B consist of 05 medium answer type questions representing all units/syllabi (at least one from each unit) having 250-300 words carrying 7 marks each. All compulsory (35 marks).

Section C consist of 05 long answer type questions representing all units/syllabi (02 to be attempted) with detailed analysis/explanation to be stated within 500-600 words carrying 15 marks each (30 marks)

DEPARTMENT OF PSYCHOLOGY Govt. College for Women, Parade Ground Jammu

Detailed Syllabus for the examination to be held in Syllabus framed as per NEP-20

Programme: U.G. Semester : VI Course Title: Lab Course II

Nature of Course: Practical Course Code: UPSMJP-605 Credits: 02 Duration: 3 hours

Maximum Marks: 50 Minimum Pass Marks:

Course Objectives and Learning Outcomes:

After the completion of this course students will be able-

- To identify research problem
- To carry out research using suitable research designs/sampling technique
- To do the interpretation, analysis and report writing.

Course Content

Select any four practical from below mentioned list.

- 1. Hypothesis Formulation (Various types).
- 2. Planning of research using research design
- Observation method
- 4. Interview Method.
- 5. Activity on use of various sampling techniques for data collection.
- 6. Application of Central Tendency (Mean) on any psychological Test

EXAMINATION PATTERN:-

A) Internal Assessment: 25 marks out of 50

Components of internal assessment:

- a) 5 marks for attendance
- b) 12 marks daily performance in the practical
- c) 8 marks for internal assessment test.
- B) External Assessment: 25 marks out of 50
 - a) 15 marks test
 - b) 10 viva

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Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the examination to be held in 2024-25, 2026, 2027 Syllabus framed as per NEP-2020

Programme: U.G. Semester: VI

Course Title: Organizational Psychology

lature of Course: Major Jourse Code: UPSMJT-603

Credits: 4 **Duration: 3 hours** Maximum Marks: 80 Minimum Pass Marks: 29

Course Objectives and Learning Outcomes:

The student will be able to:

- understand the basics of Organizational behaviour and identify the variable associated with it
- Understand the concept of Attitude and factors important in attitude Formation.
- Understand the factors affecting job satisfaction in organizations.
- Identify and develop effective motivational and leadership skills.
- Understand the positive organization behaviour and skills for developing positive relations at work.

Course Content:

UNIT I: Organizational Behaviour

Organizational Behaviour: Meaning, Nature and scope of organizational behaviour Organizational Models (Autocratic Model, Custodial model, Supportive model and

UNIT II: Motivation and Performance

Theories of Motivation: Maslow's hierarchy, Herzberg's two factor theory, and expectancy

Job design and motivation; Incentives and rewards in motivation

UNIT III: Attitude and Job Satisfaction

Attitude: Meaning, Components and Types of attitudes, Factors in Attitude Formation. Job Satisfaction: Theories of job Satisfaction (Maslow's theory of job satisfaction, Herzberg's Two Factor Theory), Factors determining job Satisfaction

UNIT IV: Leadership and Team Building

Leadership: Nature of leadership, Qualities of Leader, Theories of leadership-Trait Theory of Leadership, Situational Model of Leadership.

Team building: Types of Teams, Developing successful Teams.

UNIT V: Positive Organization behaviour

Positive Organization behaviour: Perspective, Psychological capital state

Positive Relations at Work: Positive Relations at Work, Organizational commitment,

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organizational Justice

ggested Readings and References:

eenberg, J., & Baron, R.A. (2017). Behavior in organizations: understanding and managing human side of work. Pearson

othans, F., Luthans, K.W., & Luthans, B.C. (2015 Organizational Behavior: An evidence-sed approach. IAP

cshane, S.L., & Von Glinow, M.A. (2018). Organizational Behavior (8th ed.). Mc Graw-hill ducation.

rasad, L.M (2003). Organizational Behavior. Educational Publishers.

Robbins, S. P., Judge, T. A., & Campbell, T. T. (2022). Organizational Behaviour (18th ed.). Pearson.

DEPARTMENT OF PSYCHOLOGY Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the examination to be held in Syllabus framed as per NEP-20

EXAMINATION PATTERN

A) Continuous Evaluation (Theory: (20 marks)

Duration of paper= 1 hour

- a) Internal assessment shall be conducted after covering 40 % of the syllabus= 15 marks
- b) Attendance = 5 marks

Paper setting

The paper shall comprise of three sections:

- a) Very Short answer type: Attempt any two out of three questions (Maximum of 30 words
- b) Short answer type: Attempt any two out of three questions (Maximum of 50 words each)
- c) Long answer type: Attempt any one out of two questions (Maximum of 100 words each) = 5 marks each.

(B) End semester Evaluation (Theory): (80 marks)

Duration of paper= 3 hour

The paper shall comprise of three sections:

Section A consist of 05 short answer type questions representing all units/syllabi (atleast one from each unit) having 70-80 words carrying 3 marks each. All compulsory (15 marks).

Section B consist of 05 medium answer type questions representing all units/syllabi (at least one from each unit) having 250-300 words carrying 7 marks each. All compulsory (35 marks).

Section C consist of 05 long answer type questions representing all units/syllabi (02 to be attempted) with detailed analysis/explanation to be stated within 500-600 words carrying 15 marks each (30 marks).

DEPARTMENT OF PSYCHOLOGY Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the examination to be held in 2024-2025, 2026, 2027 Syllabus framed as per NEP-2020

Programme: U.G. Semester: VI Course Title: Community Psychology

of Course: Minor ourse Code: UPSMNT606 edits: 4 mention: 3 hours

Maximum Marks: 80 Minimum Pass Marks: 29

ourse Objectives and Learning Outcomes:

After the completion of the course the student shall be able to

- develop an understanding of the goals, principles of community psychology
- learn about the elements and models to understand community
- become familiar with concept of social change and implications of community intervention strategies.
- Apply knowledge of community psychology in different settings.

Course Content:

UNIT 1: Introduction to community psychology

- Concept, Goals and principles of community psychology.
- Role of Community Psychologist, Community Psychology and related fields: Clinical Psychology, Social work, Public Health and Counseling

UNIT 2: Understanding Community

- levels and elements of community
- Models of community: Social ecological model, Bronfenbrenner's theory.

UNIT 3: Social Change

- Concept, reasons and types of social change.
- Community intervention strategies: Creating planned change, Citizen participation, Consultation, Community education and information dissemination

UNIT 4: The Mental health System

- Models of mental health: Medical, Psychoanalytical, Behavioral, Humanistic,
 - Biopsychosocial Model Brief history of Community mental health care, Deinstitutionalization.

UNIT 5: Application of community psychology

- Community psychology and health care system, Prevention over remediation, Shifting focus from individuals to groups
- Coping in the community: Social support and help groups

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erences/Suggested Readings: Kloos, B., Hill, J., Thomas, E., Wandersman, A., Elias, M. J., & Dalton, J. H., (2012). Community Psychology: Linking Individuals and Communities (3rd ed.). Wadsworth, Cengage Learning

Moritsugu, J. Vera, E., Wong, F.Y. & Duffy, K.G. (2017). Community Psychology (5th

ed.). Routledge.

Nelson, G. & Prilleltensky, I. (2010). Community Psychology: In Pursuit of Liberation and Well Being. Palgrave Macmilan

DEPARTMENT OF PSYCHOLOGY

Govt. College for Women, Parade Ground Jammu Detailed Syllabus for the examination to be held in 2024-25,26,27 Syllabus framed as per NEP-20

EXAMINATION PATTERN

Duration of paper= 1 hour A) Continuous Evaluation Theory: (20 marks)

- a) Internal assessment shall be conducted after covering 40 % of the syllabus= 15 marks
- b) Attendance = 5 marks

Paper setting

a) Very Short answer type: Attempt any two out of three questions (Maximum of 30 words The paper shall comprise of three sections:

b) Short answer type: Attempt any two out of three questions (Maximum of 50 words each)

c) Long answer type: Attempt any one out of two questions (Maximum of 100 words each) = 5 marks each.

Duration of paper= 3 hour (B) End Semester Evaluation Theory: (80 marks)

The paper shall comprise of three sections:

Section A consist of 05 short answer type questions representing all units/syllabi (atleast one from each unit) having 70-80 words carrying 3 marks each. All compulsory (15 marks).

Section B consist of 05 medium answer type questions representing all units/syllabi (at least one from each unit) having 250-300 words carrying 7 marks each. All compulsory (35 marks).

Section C consist of 05 long answer type questions representing all units/syllabi (02 to be attempted) with detailed analysis/explanation to be stated within 500-600 words carrying 15 marks each (30 marks).