



UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A GRADE' UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

Academic Section
Email: academicsectionju14@gmail.com

NOTIFICATION (22/Sept./Adp/32)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the Syllabi and Courses of Study in the subject of **Psychology of Semesters Ist and IInd for Four Year Under Graduate Programme under the Choice Based Credit System as per NEP-2020 (as given in the annexure)** for the examinations to be held in the years as per the details given below:

Subject	Semester	for the examination to be held in the years
Psychology	Semester-I	December 2022, 2023 and 2024
	Semester-II	May 2023, 2024 and 2025

The Syllabi of the courses is available on the University website: www.jammuuniversity.ac.in

Sd/-
DEAN ACADEMIC AFFAIRS

No. F. Acd/II/22/5957-5978
Dated: 19-09-2022

Copy for information and necessary action to:

1. Special Secretary to the Vice-Chancellor, University of Jammu for information of Hon'ble Vice-Chancellor
2. Dean, Faculty of Social Science
3. HOD/Convener, Board of Studies in Psychology
4. Sr. P.A. to the Controller of Examinations
5. All members of the Board of Studies
6. Confidential Assistant to the Controller of Examinations
7. I/C Director, Computer Centre, University of Jammu
8. Deputy Registrar/Asst. Registrar (Conf. /Exams. UG/ Exam Eval Non-Prof/CDC)
9. Incharge, University Website for Uploading of the notification.

Simla Sharma
Deputy Registrar (Academic)
16/9/22

[Signature]
17/9/22

**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)**

PROPOSED COURSE SCHEME FOR TWO SEMESTERS (01YEAR)

BACHELOR OF PSYCHOLOGY

SEMESTER-I							
SNO	COURSE TYPE	COURSE CODE	COURSE TITLE	CREDITS	MAXIMUM MARKS		
					THEORY	PRACTICALS	TOTAL
1	Major	UMJPSYT101	FOUNDATION OF BEHAVIOUR	4	75	25	100
2	Minor	UMIPSYT102	BASIC PSYCHOLOGICAL PROCESSES	4	75	25	100
3	MD/ID	UMDPSYT103	PSYCHOLOGY IN EVERYDAY LIFE	3	75	--	75
4	SEC	USEPSYT104	LIFE SKILLS-I	2	50	--	50
SEMESTER-II							
1	Major	UMJPSYT201	PSYCHOLOGY OF INDIVIDUAL DIFFERENCES	4	75	25	100
2	Minor	UMIPSYT202	PERSONAL GROWTH AND RELATIONSHIP THROUGH PSYCHOLOGY	4	75	25	100
3	MD/ID	UMDPSYT203	PSYCHOLOGY OF HAPPINESS AND WELLBEING	3	75	--	75
4	SEC	USEPSYT204	LIFE SKILLS- II	2	50	--	50

COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
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UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN DEC 2022, DEC 2023, DEC 2024

**SEMESTER-I
(MAJOR COURSE)**

COURSE TITLE: FOUNDATION OF BEHAVIOR

Course code= UMJPSYT101

Total Marks=100

Credits=04 * (3 theory +1 practical) Theory Marks-75 (External = 60 + Internal = 15)

Duration of exam – 3 hours

Practical Marks-25

Course Outcome:

- The students will be able to understand what Psychology is all about.
- The students will develop familiarity with basic concepts related to learning, Attention, perception, memory, motivation and emotion.
- The students will develop familiarity with individual level phenomenon such as intelligence and personality

Unit 1: Introduction: Nature, origin and scope of psychology, psychology as a science, schools and modern perspectives of Psychology. Methods of studying human behavior: observation, experiment, case study, interview.

Unit 2: Cognitive Processes: Attention and its types, Meaning of Perception and Gestalt laws of perceptual organization, Learning: classical and operant conditioning, Observation learning. Memory processes, information processing model, techniques for improving memory.

Unit 3: Motivation and emotion: Nature and types of motives, Maslow's Need Hierarchy theory. Emotions: Components of emotions, theories of emotion: James-Lange Theory, Cannon Ward theory and Schachter-Singer theory of emotions.

Unit 4: Personality: Nature and theories (Freud, Jung and Maslow). Intelligence: Nature and theories (Spearman, Gardner and Sternberg).

Books Recommended

- Baron, R.A & Misra, G. (2014). Psychology (Indian Subcontinent Edition). Pearson Education Ltd.
- Carver, C. S., & Scheier, M. F. (2019). *Perspectives on personality*. Pearson education.
- Ciccarelli, S. K & White, J. N. (2017). Psychology (5th ed). Pearson Education.
- Mazur, J. E. (2018). Learning and behavior: Instructor's review copy. Psychology Press.
- Weblink: <https://egyankosh.ac.in/>

***One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.**

COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN DEC 2022, DEC 2023, DEC 2024
SEMESTER-I
(MAJOR COURSE)
COURSE TITLE: FOUNDATION OF BEHAVIOR
COURSE CODE= UMJPSYT101

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus: (to be conducted by course coordinator)

Time Duration- 1.5 Hour (15 Marks)

Section A (5 marks) -5 Very Short Answer questions of 1 marks each to be attempted.

Section B (10 marks) -2 Long Answer questions of 5 marks to be attempted out of 3 given questions.

(b) External End Semester University Examination (60Marks)

Time Duration 03 Hours

Section A: Four (04) short answer questions representing all units/ syllabi i.e. one (01) question from each unit. The students are required to attempt all the questions. Each question shall be of three (03) marks (All Compulsory)

Section B: Eight (08) Long answer questions representing whole of the syllabi i.e. two (02) questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 marks

**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)**

**EXAMINATION TO BE HELD IN DEC 2022, DEC 2023, DEC 2024
SEMESTER-I
(MAJOR COURSE)
COURSE TITLE: FOUNDATION OF BEHAVIOR
COURSE CODE= UMJPSYT101**

Practical (25 Marks).

Credits: 01*

Continuous Assessment: 10 Marks

Final examination: 15 Marks

Course Outcome: Students will be conferred an array of skills to carry out experiments in lab settings, design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report

Practical group comprises of 15 students for work in laboratory

Choose any four practical from below mentioned list

1. Observation Method
2. Pass A Long test
3. Bilateral transfer of training
4. Muller-Lyer Illusion
5. Retroactive Inhibition and Proactive Inhibition
6. Span of attention
7. Achievement Motivation test
8. Emotional Intelligence scale
9. EPQ

NOTE:

Final Examination shall carry 15 Marks

Conduction: 5

Report Writing: 5

Viva voce: 5

In each practical examination, a student will be given ONE practical to perform during examination.

***One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration.**

COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN DEC 2022, DEC 2023, DEC 2024

**SEMESTER-I
(MINOR COURSE)**

COURSE TITLE: BASIC PSYCHOLOGICAL PROCESSES

Course code= UMIPSYT102

Total Marks=100

Credits=04 *(3 theory +1 practical) Theory Marks-75 (External = 60 + Internal = 15)

Duration of exam – 3 hours

Practical Marks-25

Course Outcome:

- The students will learn about the fundamental processes and core psychological concepts, models, classical theories, varied perspectives, and will be able to apply them in their own and in other's lives.
- The students will have a clear understanding of the concepts like intelligence, motivation, emotion and personality.
- The students will develop critical analytical skills regarding the individualistic traits

Unit 1: Introduction: Nature and scope of psychology, psychology as a science, approaches (psychoanalytic, behavioral, cognitive, humanistic and socio-cultural). Methods of studying human behavior: observation, experiment, case study, interview.

Unit 2: Cognitive Processes: Attention and its types, Meaning of sensation and perception, Gestalt laws of perceptual organization, Learning: classical and operant conditioning. Memory processes, information processing model, techniques for improving memory.

Unit 3: Motivation and emotion: Nature of motivation, motivation cycle and types of motives. Emotions: Components of emotions, theories of emotion: James-Lange Theory and Cannon Ward theory of emotions.

Unit 4: Personality: Nature, determinants and theories (Cattell and Freud). Intelligence: Nature of Intelligence, concept of I.Q and theories (Spearman, Gardner and Sternberg).

Books Recommended

- Baron, R.A & Misra, G. (2014). Psychology (Indian Subcontinent Edition). Pearson Education Ltd.
- Carver, C. S., & Scheier, M. F. (2019). *Perspectives on personality*. Pearson education.
- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K & White, J. N. (2017). Psychology (5th ed). Pearson Education.

COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN DEC 2022, DEC 2023, DEC 2024
SEMESTER-I
(MINOR COURSE)
COURSE TITLE: BASIC PSYCHOLOGICAL PROCESSES

COURSE CODE= UMIPSYT102

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus: (to be conducted by course coordinator)

Time Duration- 1.5 Hour (15 Marks)

Section A (5 marks) -5 Very Short Answer questions of 1 marks each to be attempted.

Section B (10 marks) -2 Long Answer questions of 5 marks to be attempted out of 3 given questions.

(b) External End Semester University Examination (60Marks)

Time Duration 03 Hours

Section A: Four (04) short answer questions representing all units/ syllabi i.e. one (01) question from each unit. The students are required to attempt all the questions. Each question shall be of three (03) marks (All Compulsory)

Section B: Eight (08) Long answer questions representing whole of the syllabi i.e. two (02) questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 marks

**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)**

**EXAMINATION TO BE HELD IN DEC 2022, DEC 2023, DEC 2024
SEMESTER-I
(MINOR COURSE)**

**COURSE TITLE: BASIC PSYCHOLOGICAL PROCESSES
COURSE CODE= UMIPSYT102**

Practical (25 Marks).

Credits: 01*

Continuous Assessment: 10 Marks

Final examination: 15 Marks

Course Outcome: Students will be conferred an array of skills to carry out experiments in lab settings, design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report

Practical group comprises of 15 students for work in laboratory

Choose any four practical from below mentioned topics

1. How to conduct Interview
2. Case Study
3. Muller-Lyer Illusion
4. Motivation
6. Perception
7. Personality
8. Intelligence (verbal/Non Verbal).

NOTE:

Final Examination shall carry 15 Marks

Conduction: 5

Report Writing: 5

Viva voce: 5

In each practical examination, a student will be given ONE practical to perform during examination.

**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)**

***One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration**

**EXAMINATION TO BE HELD IN DEC 2022, DEC 2023, DEC 2024
SEMESTER-I
(MULTIDISCIPLINARY COURSE)
COURSE TITLE: PSYCHOLOGY IN EVERYDAY LIFE**

**Course code=UMDPSYT103 Total Marks=75 Credits=03
Theory Marks-75 (External = 60 + Internal = 15) Duration of exam – 3 hours**

Course outcome:

- The students will be better equip for understanding the skills required to manage everyday lives and the knowledge will be significant in enhancing their own lives and society.
- The students will learn usage of mnemonics as a learning strategy, challenges to healthy living and role of psychological skills in improving health.

Unit-1: Concept and meaning of psychology, Psychology in everyday life: Formation and challenges. Character strength and virtues, Practice of everyday living.

Unit-2: Concept; Meaning of educational psychology, Teaching learning process, understanding learners need, Dealing of students with special need, Learning strategies- Mnemonics

Unit-3: Motivation; Meaning, Types (intrinsic and extrinsic), Maslow hierarchy of need, Trio need theory- competence, relatedness and autonomy needs, Work-life balance.

Unit-4 : Role of psychology in health, Challenges to healthy living, stress, Model linking psychology and physical health, Psychological skills for enhancing intrapersonal experiences.

Books Recommended

- Ciccarelli, S.K., & White, J.N. (2016). Psychology. Pearson Education India.
- Donaldson, S.I., Csikszentmihalyi, M., & Nakamura, J. (Eds.). (2020). Positive psychological science: Improving everyday life, well-being, work, education, and societies across the globe. Routledge.
- Lord, J. (Ed.). (2022). Psychology of Education: Theory, Research and Evidence-Based Practice. Sage.
- Schraube, E., & Højholt, C. (Eds.). (2015). Psychology and the conduct of everyday life. London: Routledge.

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UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN DEC 2022, DEC 2023, DEC 2024
SEMESTER-I
(MULTIDISCIPLINARY COURSE)
COURSE TITLE: PSYCHOLOGY IN EVERYDAY LIFE
COURSE CODE= UMDPSYT103

- Strongman, K.T. (2007). Applying psychology to everyday life: A beginner's guide. JohnWiley & Sons.
- Weblink: <https://egyankosh.ac.in/>

***One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40minutes duration.**

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus: (to be conducted by course coordinator)

Time Duration- 1.5 Hour (15 Marks)

Section A (5 marks) -5 Very Short Answer questions of 1 marks each to be attempted.

Section B (10 marks) -2 Long Answer questions of 5 marks to be attempted out of 3 given questions.

(b) External End Semester University Examination (60Marks)

Time Duration 03 Hours

Section A: Four (04) short answer questions representing all units/ syllabi i.e. one (01) question from each unit. The students are required to attempt all the questions. Each question shall be of three (03) marks (All Compulsory)

Section B: Eight (08) Long answer questions representing whole of the syllabi i.e. two (02) questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 marks

COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN DEC 2022, DEC 2023, DEC 2024

SEMESTER-I

(SKILL ENHANCEMENT COURSE)

COURSE TITLE: LIFE SKILLS-1

Course code= USEPSYT104	Total
Marks=50	
Credits=02	Duration of exam -2.5
hours	

Course Outcomes:

- The Students will able to understand about Life skills
- The Students will equip them with the social and interpersonal skills that enable them to cope with the demands of everyday life.
- The students will be able to build self-confidence, encourage critical thinking, foster independence to communicate more effectively.

Unit 1: Meaning and significance of life skills, Life skills identified by WHO: Self awareness, Empathy, Critical thinking, Creative thinking, Decision making, problem solving, Effective communication, Interpersonal relationship, coping with emotion. Applying life skills in personal life and at work place.

Unit 2: Definition, need for self-awareness. Self -concept, self -esteem, self- efficacy, self regulation, Human Values. Techniques of Self- Awareness: questionnaires, journaling, reflective questions, meditation, mindfulness, psychometric tests, feedback.

Unit 3: Nature, Types and Sources of Stress. Effects of stress on physiological functioning (Emotional, Physiological, Cognitive and Behavioural), Coping with Stress, Stress management techniques. Meaning, characteristics and nature of resilient people, Ways to build Resilience

Books Recommended

- Barun K. M. (2017). *Personality Development & Soft Skills*. Oxford Publishers.
- Dudhate, B.A.(2016). *Life Skills Education*. Neel Kamal publishers.
- Khera, S.(2017). *You Can Win*. Bloomsbury Publishing India.
- James, L.(2016). *The First Book of Life Skills*. Embassy Books.
- Remesh, S.& Vishnu R. G.(2016). *Life Skills for Engineers*. McGraw Hill Education (India) Private Ltd.
- <https://link.springer.com/book/10.1007/978-3-030-85214-6>
- <https://www.himpub.com/documents/Chapter939.pdf>

COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN DEC 2022, DEC 2023, DEC 2024

SEMESTER-I

(SKILL ENHANCEMENT COURSE)

COURSE TITLE: LIFE SKILLS-1

COURSE CODE= USEPSYT104

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus: (to be conducted by course coordinator)

Time Duration- 1.5 Hour (15 Marks)

Section A (5 marks) -2 Very Short Answer questions of 2.5 marks each to be attempted.

Section B (10 marks) -1 Long Answer questions of 5 marks to be attempted out of 2 given questions.

(b) External End Semester University Examination (60Marks)

Time Duration 2.5 Hours

Section A: Four (04) short answer questions representing all units/ syllabi i.e. one (01) question from each unit. The students are required to attempt all the questions. Each question shall be of three (2.5) marks (All Compulsory)

Section B: Six (06) Long answer questions representing whole of the syllabi i.e. two (02) questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 10 marks

COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
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UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN MAY 2023, MAY 2024, MAY 2025

SEMESTER-II

(MAJOR COURSE)

COURSE TITLE: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES

Course code= UMJPSYT201

Total Marks=100

Credits=04 * (3 theory +1 practical) Theory Marks-75 (External = 60 + Internal = 15)

Duration of exam – 3 hours

Practical Marks-25

Course Outcome:

- The students will understand and classify the different types of personality
- The students will be able to understand the theoretical concepts of intelligence
- The students will be able to Compare and contrast different theories of intelligence
- The students will be able to Understand the theoretical concepts of self

Unit 1: Individual differences, Factors affecting individual differences; Personality: Nature, Bio-psychosocial determinants of Personality, Indian concept of Personality Perspectives on personality: Trait and Type, Psychodynamic, Humanistic, Phenomenological. Personality assessment: Need, Rating scales, Questionnaires, Projective Techniques; Integration of Personality.

Unit II: Intelligence: Nature, Theory of Intelligence: Spearman two factor theory, Thorndike multiple factor Theory, Thurstone group factor theory, Guilford theory, Sternberg Triarchic theory, Gardner's theory of Intelligence; Heredity, Environment and Intelligence; Emotional intelligence; Relationship between Intelligence and Creativity

Unit III: Concept of Self: Idealized And Actual Self, Indian And Western Concept of Self, Culture And Self, Concept of Identity Formation, Erickson And Marcia's Model of Identity.

Unit IV: Motivation: Intrinsic and Extrinsic Motivation, Self-Determination Theory, Level Of Aspiration, Self- Regulation And Self Enhancement, Fostering Creativity, Fostering Memory (Mnemonics)

Books Recommended

- Ciccarelli, S.K., & White, J.N. (2018). Psychology (5th ed.), adapted by G. Misra, Indian subcontinent adaptation. Pearson India Education Services Pvt. Ltd.
- Kalyana, (2015). "Soft Skill for Managers"; First Edition; Wiley Publishing Ltd.
- James, L. (2016). "The First Book of Life Skills"; First Edition, Embassy Books.

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COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN MAY 2023, MAY 2024, MAY 2025

**SEMESTER-II
(MAJOR COURSE)**

COURSE TITLE: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES

COURSE CODE= UMJPSYT201

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus: (to be conducted by course coordinator)

Time Duration- 1.5 Hour (15 Marks)

Section A (5 marks) -5 Very Short Answer questions of 1 marks each to be attempted.

Section B (10 marks) -2 Long Answer questions of 5 marks to be attempted out of 3 given questions.

(b) External End Semester University Examination (60Marks)

Time Duration 03 Hours

Section A: Four (04) short answer questions representing all units/ syllabi i.e. one (01) question from each unit. The students are required to attempt all the questions. Each question shall be of three (03) marks (All Compulsory)

Section B: Eight (08) Long answer questions representing whole of the syllabi i.e. two (02) questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 marks

**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)**

**EXAMINATION TO BE HELD IN MAY 2023, MAY 2024, MAY 2025
SEMESTER-II
(MAJOR COURSE)
COURSE TITLE: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES
COURSE CODE= UMJPSYT201**

**Practical (25 Marks).
01***

Credits:

Continuous Assessment: 10 Marks

Final examination: 15 Marks

Course Outcome: Students will be conferred an array of skills to carry out experiments in lab settings, design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report

Practical group comprises of 15 students for work in laboratory

Choose any four practical from below mentioned list

1. Big Five Inventory
2. Kundu's Introversion Extraversion Inventory
3. Alexander Pass Along Test
4. Jalota's Group test of General Mental Ability
5. Resenberg's self Esteem Scale
6. Adolescent Self Esteem Questionnaire
7. Achievement motivation scale
8. Intrinsic Motivation Inventory

NOTE:

Final Examination shall carry 15 Marks

Conduction: 5

Report Writing: 5

Viva voce: 5

In each practical examination, a student will be given ONE practical to perform during examination.

***One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration**

COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN MAY 2023, MAY 2024, MAY 2025

SEMESTER-II

(MINOR COURSE)

**COURSE TITLE: PERSONAL GROWTH AND RELATIONSHIP THROUGH
PSYCHOLOGY**

Course code= UMIPSYT202

Total Marks=100

Credits=04 * (3 theory +1 practical) Theory Marks-75 (External = 60 + Internal = 15)

Duration of exam – 3 hours

Practical Marks-25

Course Outcome:

- The students will know, how psychology can be used for personal growth and enhancing relationships.
- The students will be inspired to begin the journey of self-discovery and promote meaningful social relationships.

Unit 1: Managing Emotions: Basic and Self Conscious emotions, emotional intelligence; Cultivating positive emotions: Flourishing, Strengths and Virtues. Enhancing Attention and memory Training for enhancement of cognitive capacity.

Unit 2: Motivating Yourself: Rewarding yourself for success, Attribution styles and dealing with failure. Problem solving: Concepts and strategies; Creative thinking: Factors affecting creativity; Enhancing creativity in individuals and groups.

Unit 3: Managing interpersonal relations: Unconditional Positive Regard, empathy, listening and acceptance, gratitude. Benefits of social support. Stress and Coping: Reactions to Stress, Appraisal, Coping strategies-Problem focused coping, Emotion focused coping, Proactive coping: Dealing with negative emotions, Healthy and unhealthy negative emotions

Unit 4: Mindfulness and wellbeing : Concepts of Mindlessness and Mindfulness ,Essential attitudes of Mindfulness ,Applying Mindfulness in daily life-Mindful Eating, Mindful Listening Power of positive thinking ;Hope, Learned optimism, Psychological hardiness, Resilience.

Books Recommended

- Baron, R.A & Misra, G. (2014). Psychology (Indian Subcontinent Edition).Pearson Education Ltd.
- Baumgardner,S.R. & Crothers,M.K. (2009). Positive Psychology. Pearson Education.
- Ciccarelli, S. K & White, J. N. (2017). Psychology (5th ed). Pearson Education.
- Hoskyn, M., Iarocci,G. & Young, A.R. (Eds.). (2017). Executive functions in children's everyday lives: A handbook for professionals in applied psychology. Oxford University Press.
- Logie,R.H. Camos,V., & Cowan, N.(Eds.). (2021). Working Memory: State of the Science.Oxford University Press.
- Selhub, E. (2019). The Stress Management Handbook: A Practical Guide to Staying Calm,

COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
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UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN MAY 2023, MAY 2024, MAY 2025
SEMESTER-II
(MINOR COURSE)
COURSE TITLE: PERSONAL GROWTH AND RELATIONSHIP THROUGH
PSYCHOLOGY
COURSE CODE= UMIPSYT202

- Keeping Cool, and Avoiding Blow-Ups. Skyhorse Publishers.
- Snyder, C.R. & Lopez, S.J. (Eds.). (2002). Handbook of Positive Psychology. Oxford University Press.
- Zinn, J.K. (2017). Mindfulness for beginners. Jaico Publishing House.

***One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.**

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus: (to be conducted by course coordinator)

Time Duration- 1.5 Hour (15 Marks)

Section A (5 marks) -5 Very Short Answer questions of 1 marks each to be attempted.

Section B (10 marks) -2 Long Answer questions of 5 marks to be attempted out of 3 given questions.

(b) External End Semester University Examination (60Marks)

Time Duration 03 Hours

Section A: Four (04) short answer questions representing all units/ syllabi i.e. one (01) question from each unit. The students are required to attempt all the questions. Each question shall be of three (03) marks (All Compulsory)

Section B: Eight (08) Long answer questions representing whole of the syllabi i.e. two (02) questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 marks

**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)**

**EXAMINATION TO BE HELD IN MAY 2023, MAY 2024, MAY 2025
SEMESTER-II
(MINOR COURSE)
COURSE TITLE: PERSONAL GROWTH AND RELATIONSHIP THROUGH
PSYCHOLOGY
COURSE CODE= UMIPSYT202**

Practical (25 Marks).

Credits: 01*

Continuous Assessment: 10 Marks

Final examination: 15 Marks

Course Outcome: Students will be conferred an array of skills to carry out experiments in lab settings, design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report

Practical group comprises of 15 students for work in laboratory

Any four practicals from the below mentioned topics

1. Emotional intelligence
2. Creativity
3. Problem solving
4. Social Support
5. Mindfulness
6. Hope
7. Wellbeing
8. Optimism

NOTE:

Final Examination shall carry 15 Marks

Conduction: 5

Report Writing: 5

Viva voce: 5

In each practical examination, a student will be given ONE practical to perform during examination.

***One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration**

COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN MAY 2023, MAY 2024, MAY 2025
SEMESTER-II
(MULTIDISCIPLINARY COURSE)
COURSE TITLE: PSYCHOLOGY OF HAPPINESS AND WELLBEING

Course code=UMDPSYT203

Total Marks=75 Credits=03

Theory Marks-75 (External = 60 + Internal = 15)

Duration of exam – 3 hours

Course outcome:

- The students will be able to understand the usage of Psychology in everyday life
- The students will be able to explore what makes people happy.
- The students will understand experience marked by preponderance of positive emotions and informing them about emerging paradigm of positive Psychology.
- The students will build relevant competencies for experiencing and sharing happiness as lived experience and its implications.
- The students will be equipped to enhance Subjective Well-being

Unit-1: Psychology in Life: Concept and meaning of psychology, Psychology in everyday life: Formation and challenges.Character strength and virtues, Practice of everyday living.

Unit-2: Psychology and Education: Concept; Meaning of educational psychology, Teaching learning process, understanding learners need, Dealing of students with special need, Learning strategies- Mnemonics

Unit-3: Psychology and Work: Meaning, Motivation; Types (intrinsic and extrinsic), Maslow hierarchy of need, Trio need theory- competence, relatedness and autonomy needs, Work-life balance.

Unit-4 Psychology and Health: Role of psychology in health, Challenges to healthy living, stress, Model linking psychology and physical health, Psychological skills for enhancing intrapersonal experiences.

Books Recommended

- Ciccarelli, S.K., & White, J.N. (2016). Psychology. Pearson Education India.
- Donaldson, S.I., Csikszentmihalyi, M., & Nakamura, J. (Eds.). (2020). Positive psychological science: Improving everyday life, well-being, work, education, and societies across the globe. Routledge.
- Lord, J. (Ed.). (2022). Psychology of Education: Theory, Research and Evidence-Based Practice. Sage.

COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN MAY 2023, MAY 2024, MAY 2025

SEMESTER-II

(MULTIDISCIPLINARY COURSE)

COURSE TITLE: PSYCHOLOGY OF HAPPINESS AND WELLBEING

COURSE CODE=UMDPSYT203

- Schraube, E., & Højholt, C. (Eds.). (2015). Psychology and the conduct of everyday life. London: Routledge.
- Strongman, K.T. (2007). Applying psychology to everyday life: A beginner's guide. John Wiley & Sons.
- Weblink: <https://egyankosh.ac.in/>

***One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40minutes duration.**

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus: (to be conducted by course coordinator)

Time Duration- 1.5 Hour (15 Marks)

Section A (5 marks) -5 Very Short Answer questions of 1 marks each to be attempted.

Section B (10 marks) -2 Long Answer questions of 5 marks to be attempted out of 3 given questions.

(b) External End Semester University Examination (60Marks)

Time Duration 03 Hours

Section A: Four (04) short answer questions representing all units/ syllabi i.e. one (01) question from each unit. The students are required to attempt all the questions. Each question shall be of three (03) marks (All Compulsory)

Section B: Eight (08) Long answer questions representing whole of the syllabi i.e. two (02) questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 marks

COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN MAY 2023, MAY 2024, MAY 2025

**SEMESTER-II
(SKILL ENHANCEMENT COURSE)
COURSE TITLE: LIFE SKILLS-II**

Course code= USEPSYT204

Total Marks=50

Credits=02

Duration of exam -2.5 hours

Course Outcomes:

- The students will understand the foundations of communication, positive interpersonal relationship, stress and emotion management and group dynamics
- The students will be able to analyze the factors contributing to effective communication, positive interpersonal relationships and effective stress and emotional management
- The students will be able to apply the principles of effective communication, positive interpersonal relationships and effective stress and emotional management in everyday life
- The students will be able to create individual effective strategies for enhancing communication skills, maintaining health inter personal relationships and positive management of stress and emotions

Unit 1: Effective communication and Presentation skills. , Verbal and nonverbal communication, types of barriers, Writing Skills: Activities: Letter Writing, Job Application, Resume writing. , Listening Skills: Activities : Listen and Draw , Blindfold walk Activities : Interview Skills, Group Discussion, Presentation Skills, stand up for fillers, Just A Minute

Unit 2: Interpersonal Relationship: Meaning and benefits of Interpersonal skills , Components of Interpersonal skills, Techniques of improving Interpersonal skills, Activities: Role play, Ice breakers, circle time discussions, group discussion, two truths and a lie and SWOC analysis of peer

Unit 3: Group and Team Dynamics : Introduction to Groups: Composition, formation, expectations, Problem Solving, Consensus, Dynamics techniques, Group vs Team, Team Dynamics, Managing team performance and managing conflicts Activities : Chinese Puzzle, Use what you have game ,Group timeline, Do the Math : Cooperation and competition in groups, Barter Puzzle

Books Recommended

- Barun K. Mitra, (2017). "Personality Development & Soft Skills", Oxford Publishers, Third impression,
- ICT Academy of Kerala, (2016). "Life Skills for Engineers", McGraw Hill Education (India) Private Ltd.,
- Kalyana, (2015). "Soft Skill for Managers"; First Edition; Wiley Publishing Ltd,
- Verma, S. (2014). "Development of Life Skills and Professional Practice"; First Edition; Sultan Chand (G/L) & Company, 201

COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN MAY 2023, MAY 2024, MAY 2025

SEMESTER-II

(SKILL ENHANCEMENT COURSE)

COURSE TITLE: LIFE SKILLS-II

COURSE CODE= USEPSYT204

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus: (to be conducted by course coordinator)

Time Duration- 1.5 Hour (15 Marks)

Section A (5 marks) -2 Very Short Answer questions of 2.5 marks each to be attempted.

Section B (10 marks) -1 Long Answer questions of 5 marks to be attempted out of 2 given questions.

(b) External End Semester University Examination (60Marks)

Time Duration 2.5 Hours

Section A: Four (04) short answer questions representing all units/ syllabi i.e. one (01) question from each unit. The students are required to attempt all the questions. Each question shall be of three (2.5) marks (All Compulsory)

Section B: Six (06) Long answer questions representing whole of the syllabi i.e. two (02) questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 10 marks

EXAMINATION TO BE HELD IN YEAR 2022 ONWARDS

POSITIVE PSYCHOLOGY OF LEADERSHIP AND COACHING (Value Added Course) PSYCHOLOGY

Course Code: PGPSYVA

Hours: 30

Course Outcomes:

- The students will be able to apply principles and techniques of Positive Psychology in a coaching context.
- The students will be able to use essential techniques of Positive Psychology Coaching, Understanding, experiencing, and practicing the techniques for effective coaching.

Unit-I

Positive Psychology and Individuals: Positive psychology and its applications (clinical, coaching, and other settings). Recognize and use personal leadership strengths

Unit-II

Positive Psychology Coaching in Organizations: Essential Techniques of Positive Psychology Coaching in organizations, coaching for Positive Change

Unit-III

Positive organizational leadership: Elements of Authentic Leadership Development. Role of positive emotions in the workplace and strength-based organizational development.

Unit-IV

Positive Organizations and Appreciative Inquiry: Meaning in work Creativity Leadership Coaching and Positive Psychology

Books Recommended:

- Dierolf, K., Meier, D., & Szabó, P. (2009). *Coaching Plain & Simple: Solution-focused brief coaching essentials*. New York: WW Norton & Company.
- Dweck, C. S. (2006) *Mindset: The New Psychology of Success*. New York: Random House.
- Green, S., & Palmer, S. (2018). Positive psychology coaching: Science into practice. In *Positive psychology coaching in practice* (pp. 1-15). Routledge.
- Lyubomirsky, S. (2008) *The How of Happiness: A New Approach to Getting the Life You Want*. New York: Penguin.
- Neff, K. (2011) *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*. New York: William Morrow.
- Parashar, F. (2022). *A Beautiful Way to Coach: Positive Psychology Coaching in Nature*. Routledge.

Note: This value added course is open for students in all disciplines, for enhancing the skills and improving their placement prospects.