



KARNATAK UNIVERSITY, DHARWAD  
ACADEMIC (S&T) SECTION  
ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಧಾರವಾಡ  
ವಿದ್ಯಾಮಂಡಳ (ಎಸ್&ಟಿ) ವಿಭಾಗ



Tele: 0836-2215224  
e-mail: academic.st@kud.ac.in  
Pavate Nagar, Dharwad-580003  
ಪಾವಟೆ ನಗರ, ಧಾರವಾಡ - 580003

NAAC Accredited  
'A' Grade 2014

website: kud.ac.in

No.KU/Aca(S&T)/RPH-394A/2021-22/1155

Date: 29 OCT 2021

ಅಧಿಸೂಚನೆ

ವಿಷಯ: 2021-22ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಎಲ್ಲ ಸ್ನಾತಕ ಕೋರ್ಸುಗಳಿಗೆ 1 ಮತ್ತು 2ನೇ ಸೆಮಿಸ್ಟರ್  
NEP-2020 ಮಾದರಿಯ ಪಠ್ಯಕ್ರಮವನ್ನು ಅಳವಡಿಸಿರುವ ಕುರಿತು.

- ಉಲ್ಲೇಖ: 1. ಸರ್ಕಾರದ ಅಧೀನ ಕಾರ್ಯದರ್ಶಿಗಳು(ವಿಶ್ವವಿದ್ಯಾಲಯ 1) ಉನ್ನತ ಶಿಕ್ಷಣ ಇಲಾಖೆ ಇವರ ಆದೇಶ  
ಸಂಖ್ಯೆ: ಇಡಿ 260 ಯುಎನ್ಇ 2019(ಭಾಗ-1), ದಿ:7.8.2021.  
2. ವಿಶೇಷ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ನಿರ್ಣಯ ದಿನಾಂಕ: 19.08.2021  
3. ಈ ಕಚೇರಿ ಸುತ್ತೋಲೆ ಸಂ.No. KU/Aca(S&T)/RPH-394A/2021-22/18 ದಿ:21.08.2021.  
4. ಸರ್ಕಾರಿ ಆದೇಶ ಸಂ ಇಡಿ 260 ಯುಎನ್ಇ 2019(ಭಾಗ-1),ಬೆಂಗಳೂರು ದಿ. 15.9.2021.  
5. ಎಲ್ಲ ಅಭ್ಯಾಸಸೂಚಿ ಮಂಡಳಿ ಸಭೆಗಳ ನಡವಳಿಗಳು  
6. ಎಲ್ಲ ನಿಖಾಯಗಳ ಸಭೆಗಳು ಜರುಗಿದ ದಿನಾಂಕ: 24,25-09-2021.  
7. ವಿಶೇಷ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ನಿರ್ಣಯ ಸಂಖ್ಯೆ: 01 ದಿನಾಂಕ: 28.9.2021.  
8. ಈ ಕಚೇರಿ ಸುತ್ತೋಲೆ ಸಂ.No. KU/Aca(S&T)/RPH-394A/2021-22/954 ದಿ:30.09.2021.  
9. ಎಲ್ಲ ನಿಖಾಯದ ಡೀನರು / ಸಂಪನ್ಮೂಲ ತಜ್ಞರ ಸಭೆ ದಿನಾಂಕ 21.10.2021.  
10. ಎಲ್ಲ ಸ್ನಾತಕ ಅಭ್ಯಾಸಸೂಚಿ ಮಂಡಳಿ ಅಧ್ಯಕ್ಷರುಗಳ ಸಭೆ ದಿನಾಂಕ 22.10.2021.  
11. ವಿಶೇಷ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ನಿರ್ಣಯ ಸಂಖ್ಯೆ: 01 ದಿನಾಂಕ: 27.10.2021.  
12. ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಆದೇಶ ದಿನಾಂಕ: 29-10-2021

ಮೇಲ್ಕಾಣಿಸಿದ ವಿಷಯ ಹಾಗೂ ಉಲ್ಲೇಖಗಳನ್ವಯ ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಆದೇಶದ ಮೇರೆಗೆ, 2021-22ನೇ  
ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಅನ್ವಯವಾಗುವಂತೆ, ಎಲ್ಲ B.A./ BPA (Music)/BVA/ BTM/ BSW/ B.Sc./B.Sc. Pulp & Paper  
Science/ B.Sc. (H.M)/ BCA/ B.A.S.L.P./ B.Com/ B.Com (CS)/ & BBA ಸ್ನಾತಕ ಕೋರ್ಸುಗಳ 1 ಮತ್ತು 2ನೇ  
ಸೆಮಿಸ್ಟರ್ಗಳಿಗೆ NEP-2020 ರಂತೆ ವಿಶೇಷ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ಅನುಮೋದಿತ ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಈಗಾಗಲೇ  
ಪ್ರಕಟಪಡಿಸಿದ್ದು, ಮುಂದೆ ದಿನಾಂಕ 04.10.2021 ವರೆಗೆ ಸರಕಾರವು ಕಾಲಕಾಲಕ್ಕೆ ನೀಡಿದ ನಿರ್ದೇಶನಗಳನ್ನು ಅಳವಡಿಸಿಕೊಂಡು  
ದಿನಾಂಕ 27.10.2021 ರಂದು ಜರುಗಿದ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯಲ್ಲಿ ಅನುಮೋದನೆ ಪಡೆದು ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ  
[www.kud.ac.in](http://www.kud.ac.in) ದಲ್ಲಿ ಭಿತ್ತರಿಸಲಾಗಿದೆ. ಸದರ ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲದಿಂದ ಡೌನ್‌ಲೋಡ್ ಮಾಡಿಕೊಳ್ಳಲು  
ಸೂಚಿಸುತ್ತ ವಿದ್ಯಾರ್ಥಿಗಳ ಹಾಗೂ ಸಂಬಂಧಿಸಿದ ಎಲ್ಲ ಬೋಧಕರ ಗಮನಕ್ಕೆ ತಂದು ಅದರಂತೆ ಕಾರ್ಯಪ್ರವೃತ್ತರಾಗಲು ಕವಿವಿ  
ಅಧೀನದ/ಸಂಲಗ್ನ ಮಹಾವಿದ್ಯಾಲಯಗಳ ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ ಸೂಚಿಸಲಾಗಿದೆ.

ಅಡಕ: ಮೇಲಿನಂತೆ  
ಗೆ,

ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯದ ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಬರುವ ಎಲ್ಲ ಅಧೀನ ಹಾಗೂ ಸಂಲಗ್ನ ಮಹಾವಿದ್ಯಾಲಯಗಳ  
ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ. (ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ ಹಾಗೂ ಮಿಂಚಂಚೆ ಮೂಲಕ ಬಿತ್ತರಿಸಲಾಗುವುದು)

ಪ್ರತಿ:

1. ಕುಲಪತಿಗಳ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
2. ಕುಲಸಚಿವರ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
3. ಕುಲಸಚಿವರು (ಮೌಲ್ಯಮಾಪನ) ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
4. ಅಧೀಕ್ಷಕರು, ಪ್ರಶ್ನೆ ಪತ್ರಿಕೆ / ಗೌಪ್ಯ / ಜಿ.ಎ.ಡಿ. / ವಿದ್ಯಾಮಂಡಳ (ಪಿ.ಜಿ.ಪಿ.ಎಚ್.ಡಿ) ವಿಭಾಗ, ಸಂಬಂಧಿಸಿದ  
ಕೋರ್ಸುಗಳ ವಿಭಾಗಗಳು ಪರೀಕ್ಷಾ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
5. ನಿರ್ದೇಶಕರು, ಕಾಲೇಜು ಅಭಿವೃದ್ಧಿ / ವಿದ್ಯಾರ್ಥಿ ಕಲ್ಯಾಣ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.

*Haniff. 29/10/21*  
ಕುಲಸಚಿವರು.



**Practical Subject**

**KARNATAK UNIVERSITY, DHARWAD**

## **04 - Year B.A. (Hons.) Program**

**\*\*\***

### **SYLLABUS**

**Subject: PSYCHOLOGY**

**[Effective from 2021-22]**

**DISCIPLINE SPECIFIC CORE COURSE (DSCC) FOR SEM I & II,  
OPEN ELECTIVE COURSE (OEC) FOR SEM I & II and  
SKILL ENHANCEMENT COURSE (SEC) FOR SEM I**

**AS PER N E P - 2020**

**Karnatak University, Dharwad**  
**Four Years Under Graduate Program in PSYCHOLOGY for B.A. (Hons.)**  
**Effective from 2021-22**

Sem	Type of Course	Theory/ Practical	Instruction hour per week	Total hours of Syllabus / Sem	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks	Credits
I	DSCC - 1	Foundations of Psychology - I	04 hrs	56	02 hrs	40	60	100	04
		Practical - I	04 hrs	52	03 hrs	25	25	50	02
	OEC - 1	Health Management	03 hrs	42	02 hrs	40	60	100	03
	*SEC - 1	Communication Skills (Theory)	03 hrs	30	02 hrs	20	30	50	02
II	DSCC - 2	Foundations of Psychology - II	04 hrs	56	02 hrs	40	60	100	04
		Practical - II	04 hrs	52	03 hrs	25	25	50	02
	OEC - 2	Psychology and Mental Health	03 hrs	42	02 hrs	40	60	100	03
<b>Details of the other Semesters will be given later</b>									

**\* Student can opt digital fluency as SEC or the SEC of his/ her any one DSCC selected**

**Name of Course (Subject): PSYCHOLOGY**

**Programme Specific Outcome (PSO)**

On completion of the 03/04 years Degree in PSYCHOLOGY the students will be able to:

- PSO 1 : Acquire in-depth understanding of basic principles of functioning of mind and behaviour
- PSO 2 : Accurately assess fundamental psychological phenomena
- PSO 3 : Apply the knowledge of psychology to face life's challenges and develop skills for effective living
- PSO 4 : Become effective counselors, psychologists and trainers

# B.A. Semester – I

**Subject: PSYCHOLOGY**  
**Discipline Specific Course (DSC)**

**The course PSYCHOLOGY in I semester has two papers (Theory Paper – I for 04 credits & Practical Paper - II for 2 credits) for 06 credits: Both the papers are compulsory. Details of the courses are as under.**

## Course No. - 1 (Theory)

Course No.	Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
<b>Course - 01</b>	DSCC	Theory	04	04	56 hrs	2hrs	40	60	100

**Course No. - 1 (Theory): Title of the Course (Theory): Foundations of Psychology – I**

### Course Outcome (CO):

After completion of course (Theory), students will be able to:

- CO 1 : Understand the fields and methods of Psychology
- CO 2 : Effectively use memory techniques in learning and remembering
- CO 3 : Assess various psychological phenomenon

<b>Syllabus - Course 1 (Theory): Title – Foundations of Psychology - I</b>	<b>Total Hrs: 56</b>
<b>Unit-I : Genesis and Goals of Psychology</b>	<b>14 hrs</b>
<p><b>Psychology:</b> Emergence and Development; Definition and Goals of Psychology. Key Perspectives: Psychodynamic, Behavioural, Humanistic, Biological and Cognitive</p> <p><b>Psychology as Basic Science:</b> General, Bio–Physiological, Social, Child, Developmental, Abnormal and Cognitive Psychology</p> <p><b>Psychology as Applied Science:</b> Educational, Clinical, Industrial, Sports and Military psychology</p> <p><b>Methods of Psychology:</b> Introspection, Observation, Experimental, Clinical and Survey Method</p> <p><b>Goals of Psychology:</b> Understanding, Describing, Predicting and Control of Behaviour</p>	
<b>Unit-II: Biology and Behaviour</b>	<b>12 hrs</b>
<p><b>Neuron:</b> Structure and functions; Neural impulse; Synapse and Neurotransmitters</p> <p><b>Nervous System:</b> Structure and Functions of Central nervous system and Peripheral nervous system</p> <p><b>Methods of Studying Brain Functions:</b> invasion, lesion, ablation, chemical and stimulation method</p> <p><b>Endocrine system:</b> Functions and Effects: Pituitary, Thyroid, Parathyroid, Adrenal and Gonads</p>	

<b>Unit-III: Sensation, Attention and Perception</b>	<b>14 hrs</b>
<p><b>Sensation:</b> Definition and Characteristics; Types of Senses and Receptors involved in each Sensation.</p> <p><b>Attention:</b> Meaning and Phenomena (Span of Attention, Division of Attention, Fluctuation and Distraction), Determinants: Objective and Subjective.</p> <p><b>Perception:</b> Meaning and Characteristics, Gestalt Laws of Perceptual Organization.</p> <p><b>Depth Perception:</b> Meaning, Perceptual Constancies, Monocular and Binocular Cues; Errors in Perception 1) Illusion: Horizontal &amp; Vertical, Muller Lyer and Illusion of Movement. 2) Hallucination: Visual, Auditory and Tactile</p>	
<b>Unit-IV: Learning and Memory</b>	<b>16 hrs</b>
<p><b>Learning:</b> Introduction, Definition, Factors influencing Learning: Motivation, Reinforcement and Association.</p> <p><b>Types of Learning:</b> Trial and Error Learning: Experiment and Laws. Classical Conditioning: Experiment and Laws - Extinction, Spontaneous Recovery, Generalization, Discrimination, Higher Order Conditioning.</p> <p><b>Operant Conditioning:</b> Experiment (experiment on Pigeons) Reinforcement, Schedules of Reinforcement, Shaping and Chaining; Cognitive Learning: Insightful (Kohler) and Observational (Bandura).</p> <p><b>Memory:</b> Basic Processes – Encoding, Storage and Retrieval; Types of Memory: Sensory Memory, Short-Term Memory, Long-Term Memory, Working Memory, Semantic Memory, Autobiographical Memory and Flashbulb Memory</p> <p><b>Techniques to improve Memory:</b> Mnemonics, Chunking, SQ3R (Survey, Question, Read, Recite and Review); Forgetting: Nature and Causes of Forgetting</p>	

**Text Books:**

- Robert Feldman. (2011). *Essential of Understanding Psychology* (10th Edition)
- Morgan, C. T., King, R. A., Weiss, J. R. & Schopler, J. (2012). (Latest Edition). *Introduction to Psychology*. Tata McGraw Hill Education Pvt. New Delhi
- Nataraj, P. (latest edition). *Psychology for Beginners*. Mysore: Srinivasa publication
- Parameshwaran, E. G., & Beena, C. (2010). *An Invitation to Psychology*, Neelkamal Pvt. Ltd. Hyderabad

**Books for Reference:**

- Mangal S. K. (2000). *General Psychology*. New Delhi: Sterling Publishers Pvt. Ltd
- Shashi Jain (Latest edition). *Introduction to Psychology*. New Delhi: Kalyani Publishers
- Rajamanickam, M. (2008). *Modern General Psychology*. Vol 1 & 2. Concept Publisher. New Delhi

## B.A. Semester – I

### Subject: PSYCHOLOGY Discipline Specific Course (DSC)

#### Course No.-1 (Practical)

Course No.	Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
Course-01	DSCC	Practical	02	04	52 hrs	3hrs	25	25	50

#### Course No.1 (Practical): Title of the Course (Practical): PRACTICAL - I

#### Course Outcome (CO):

After completion of course (Practical), students will be able to:

- CO 1: Conduct experiments
- CO 2: Learn and apply the statistics for data interpretation
- CO 3: Do individual and group discussions
- CO 4: Measure various psychological phenomena

#### List of the Experiments for 52 hrs / Semesters

1. Directed observation on the accuracy of report
2. Colour blindness
3. Localization of sound
4. Mapping of colour zones
5. Set on attention
6. Bilateral transfer of training
7. Muller-Lyer Illusion
8. Illusion of movement (Phi-Phenomena)
9. Meaning on retention
10. Retroactive inhibition
11. Proactive inhibition
12. Span of attention

#### STATISTICS

- Grouping of Data: Tabulation and frequency distribution
- Measures of Central tendency: Mean and Median for Grouped and Ungrouped data

**General instructions: 1. Minimum 08 practicals to be conducted**  
**2. STATISTICS is compulsory**

#### Books for Reference:

- Experimental Psychology. P. Nataraj
- Experimental Psychology. Postman & Eugen
- Experimental Psychology. Anne Anastasi

## Scheme of Practical Examination (distribution of marks)

### 25 marks for Semester End Examination

Plan and procedure	05
Conducting one experiment	05
Results and discussion	05
Viva	05
Statistics (Compulsory)	05
<b>Total</b>	<b>25</b>

### 25 Marks for IA (Formative Assessment) Examination

Journal Marks	15
IA Test	10
<b>Total</b>	<b>25</b>

## B.A. Semester – I

### Subject: PSYCHOLOGY Open Elective Course (OEC-1) (OEC for other students)

Course No.	Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
OEC-1	OEC	Theory	03	03	42 hrs	2hrs	40	60	100

#### OEC-1: Title of the Course: Health Management

#### Course Outcome (CO)

After completion of course, students will be able to:

- CO 1 : Understand health, illness and their continuum
- CO 2 : Understand the sources of stress and gain skills to overcome stress in their life and work
- CO 3 : Identify strengths and weaknesses in themselves and adopt strategies to enhance their strengths and minimize their weaknesses

Syllabus- OEC: Title - Health Management	Total Hrs: 42
<b>Unit-I: Introduction to Health and Illness</b>	<b>14 hrs</b>
<b>Health and Illness:</b> Illness, Health and Wellbeing; Health Continuum <b>Models of Health and Illness:</b> Medical, Bio-psycho-social; Holistic Health <b>Nature:</b> Nature and Sources of Stress; Personal and Social Mediators of Stress <b>Effects of Stress:</b> Effects of Stress on Physical and Mental Health; Coping and Stress Management.	
<b>Unit-II: Health Management</b>	<b>14 hrs</b>
<b>Health Enhancing Behaviours:</b> Exercise, Nutrition, Meditation, Yoga; Health Compromising Behaviours (alcoholism, smoking, internet addiction) <b>Protecting Health:</b> Health Protective behaviours, Illness Management.	
<b>Unit-III: Promoting Human Strengths and Life Enhancement</b>	<b>14 hrs</b>
<b>Strength:</b> Meaning; Realizing Strength; Maximizing Unrealized Strength. <b>Weakness:</b> Meaning, Identifying and Overcoming Weakness. Strategies to develop Hope and Optimism.	

#### References:

- Carr. A. (2004) Positive Psychology: The science of happiness and human strength UK: Routledge.
- DiMatteo, M. R & Martin, L. R.(2002). Health Psychology. New Delhi: Pearson.
- Forshaw, M. (2003). Advanced Psychology: Health Psychology. London: Hodder and Stoughton.
- Hick. J. W. (2005). Fifty signs of Mental Health. A Guide to Understanding Mental Health. Yale University Press.
- Snyder, C R., & Lopez. S.J.(2007) Positive Psychology: The scientific and Practical Explorations of Human Strengths. Thousand Oaks, CA Sage.
- Taylor. S. E. (2006). Health Psychology (6th Edition). New Delhi: Tata McGraw Hill.

## B.A. Semester - I

### Subject: PSYCHOLOGY SKILL ENHANCEMENT COURSE (SEC)-I

#### Title of Paper: Communication Skills

Type of Course	Theory/ Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Mode of Examination	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
SEC-I	Theory	02	03hrs	30	Theory	2hr	20	30	50

#### Course Outcome (CO):

After completion of Skill Enhancement course, students will be able to:

- CO 1:** Understand the basic process of communication, both verbal and non-verbal
- CO 2:** Identify their own psychological barriers to effective communication and will be able to overcome the barriers
- CO 3:** Develop effective listening skills, develop cultural sensitivity and improve their interpersonal relationship

Syllabus- SEC-1: Title – Communication Skills	Total Hrs: 30
<b>Unit-I: Basic Concepts in Communication</b>	<b>10 hrs</b>
<p><b>Communication:</b> Nature and process of communication, principles of communication, towards communication competence</p> <p><b>Communication skills:</b> articulating the message, active listening skills, giving and receiving feedback</p> <p><b>Choosing appropriate channel and medium of communication,</b> benefits and challenges of technology mediated communication. Personal attitudes and communication</p>	
<b>Unit-II: Communication Styles</b>	<b>10 hrs</b>
<p><b>Verbal and nonverbal Communication:</b> Bodily communications in human society. The application of appropriate communication</p> <p><b>Nonverbal communication:</b> proxemics, posture, facial expression, eye contact, paralanguage, movement, silence</p> <p><b>Barriers:</b> Psychological barriers in communication, self-talk and self-concept, drives affecting communication apprehension.</p> <p>Identifying personal barriers, overcoming barriers for effective communication, Cultural differences in communication in multicultural context</p>	
<b>Unit-III: Communication Barriers and Breakdowns</b>	<b>10 hrs</b>
<p><b>Communication in relational context:</b> Understanding dynamics of interpersonal communication, Self-disclosure and trust, Emotions and Power, Assertiveness, Conflict resolution and harmony</p> <p><b>Communication Art:</b> Art of nonviolent communication, Communication and diversity, Public and Mass Communication: Influence on collective psyche.</p>	

## References:

- Adler. R. B., & Proctor II, R.F. (2012). Looking out/Looking in. (14th ed.). USA: Wadsworth CENTAGE Learning
- Adler. R, B & Proctor, P. F. (2009). Communication Goals and Approaches. Wadsworth CENTAGE Learning, India
- Argyle, M. (1975). Bodily communication. London: Methuen Co. Ltd
- Civinkly. M. (Ed.) (1974). Messages: A reader in human connection. New York: Random House
- Gudykunst. W. B. (Ed.) (2003). Cross-cultural and intercultural communication. Thousand Oaks. CA: Sage Publications
- Rosenberg. M. B. (2012). Living nonviolent communication: Practical tools to connect and communicate skillfully in every situation. Boulder, CO: Sounds True

**Details of Formative assessment (IA) for SEC: 40% weightage for total marks**

<b>Type of Assessment</b>	<b>Weightage</b>	<b>Marks of IA Test</b>	<b>Duration</b>	<b>Commencement</b>
Written test-1	10%	05	1 hr	8 <sup>th</sup> Week
Written test-2	10%	05	1 hr	12 <sup>th</sup> Week
Seminar	10%	05	10 minutes	--
Case study / Assignment / Field work / Project work/ Activity	10%	05	-----	--
Total	40% of the maximum marks allotted for the paper	20		

**Faculty of Arts  
04 - Year UG Honors programme: 2021-22**

**GENERAL PATTERN OF THEORY QUESTION PAPER FOR SEC  
(30 marks for semester end Examination with 1 hr duration)**

**Part-A**

1. Question number 1-06 carries 1 mark each. Answer any 05 questions : 05 marks

**Part-B**

2. Question number 07- 11 carries 05 Marks each. Answer any 03 questions : 15 marks

**Part-C**

3. Question number 12-15 carries 10 Marks each. Answer any 01 question : 10 marks

(Minimum 1 question from each unit)

**Total: 30 Marks**

**Note: Proportionate weightage shall be given to each unit based on number of hours prescribed.**

**Details of Formative assessment (IA) for DSCC theory/OEC: 40% weight age for total marks**

Type of Assessment	Weight age	Marks of IA Test	Duration	Commencement
Written test-1	10%	10	1 hr	8 <sup>th</sup> Week
Written test-2	10%	10	1 hr	12 <sup>th</sup> Week
Seminar	10%	10	10 minutes	--
Case study / Assignment / Field work / Project work/ Activity	10%	10	-----	--
Total	40% of the maximum marks allotted for the paper	<b>Total = 40</b>		

**Faculty of Arts  
04 - Year UG Honors programme: 2021-22**

**GENERAL PATTERN OF THEORY QUESTION PAPER FOR DSCC/ OEC  
(60 marks for semester end Examination with 2 hrs duration)**

**Part-A**

1. Question number 1-06 carries 2 marks each. Answer any 05 questions : 10marks

**Part-B**

2. Question number 07- 11 carries 05Marks each. Answer any 04 questions : 20 marks

**Part-C**

3. Question number 12-15 carries 10 Marks each. Answer any 03 questions : 30 marks

(Minimum 1 question from each unit and 10 marks question may have sub questions for 7+3 or 6+4 or 5+5 if necessary)

**Total: 60 Marks**

**Note: Proportionate weight age shall be given to each unit based on number of hours prescribed.**



## B.A. Semester – II

**Subject: PSYCHOLOGY**  
**Discipline Specific Course (DSC)**

**The course PSYCHOLOGY in I semester has two papers (Theory Paper –I for 04 credits & Practical paper-II for 2 credits) for 06 credits: Both the papers are compulsory. Details of the courses are as under.**

### Course No. - 2 (Theory)

Course No.	Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
<b>Course-02</b>	DSCC	Theory	04	04	56 hrs	2hrs	40	60	100

### **Course No.2 (Theory): Title of the Course (Theory): Foundations of Psychology - II**

#### **Course Outcome (CO):**

After completion of course (Theory), students will be able to:

- CO 1: Understand the cognitive processes
- CO 2: Apply the knowledge of Psychology in everyday life
- CO 3: Assess various psychological processes such as emotion, motivation and personality

<b>Syllabus- Course 2 (Theory): Title – Foundations of Psychology - II</b>	<b>Total Hrs: 56</b>
<b>Unit-I: Emotion</b>	<b>14 hrs</b>
<b>Nature:</b> Definition and Characteristics, Types of Emotions - Primary and Secondary <b>Theories of Emotions:</b> James - Lange, Cannon - Bard, Schechter - Singer and Lazarus <b>Changes accompanying Emotions:</b> Physical, Physiological and Psychological, Physiological basis of Emotions <b>Measurement of Emotions:</b> Emotional intelligence, Enhancing Positive Emotions	
<b>Unit-II: Motivation</b>	<b>14 hrs</b>
<b>Nature:</b> Meaning, Definition and Motivation Cycle <b>Physiological motives:</b> Hunger, Thirst, Sex, Sleep and Maternal; Psychosocial motives – Affiliation, Achievement, Power and Aggression, Maslow’s Theory of Motivation Intrinsic and Extrinsic Motivation, Strategies to Enhance Motivation	
<b>Unit-III: Intelligence, Thinking and Reasoning</b>	<b>14 hrs</b>
<b>Intelligence:</b> Meaning and definition, factors influencing intelligence; Theories: Spearman, Thurstone, Sternberg and Gardner <b>Distribution of Intelligence:</b> Concept of IQ, Mentally gifted (Genius) and Mentally Challenged (APA classification); Measurement of Intelligence: Tests: Verbal, Non-	

<p>Verbal and Performance tests, Power and Speed tests, Individual and Group tests, Culture Fair and Culture Free Tests</p> <p><b>Thinking:</b> Nature and Definitions; types of thinking: Convergent and Divergent thinking, language and thought; Concept Formation</p> <p><b>Reasoning:</b> Inductive Reasoning and Deductive Reasoning, Problem-solving and Decision-making; Creative thinking.</p>	
<b>Unit-IV: Personality</b>	<b>14 hrs</b>
<p><b>Nature:</b> Meaning and Definitions; Approaches: Freud's Psychodynamic, Cattell's Trait Approach, Bandura's Social learning,</p> <p><b>Types of Personality:</b> Sheldon, Jung, Type A, B, C and D</p> <p><b>Assessment of Personality:</b> Objective methods (Rating Scales, Interview and Behavioural tests), Self-Report Inventories – Big Five and EPI, Projective tests – Rorschach's, TAT and CAT (Nature, merits and demerits of each method)</p>	

**Text Books:**

- Morgan, King, Weizs and Schopler (Latest edition). Introduction to Psychology, New Delhi: Tata McGraw Hill
- Nataraj, P. (Latest edition). General Psychology. Mysore: Srinivasa Publication
- Baron, Robert A. (2002). Psychology. New Delhi: Prentice Hall of India
- Feldman, Robert S. (2004). Understanding Psychology. New Delhi: Tata McGraw Hill

**Books for References:**

- Mangal S. K. (2000). General Psychology. New Delhi: Sterling Publishers Pvt.Ltd
- Vinay Prabhu. (2002). General Psychology. Mumbai: Vipul Prakashana
- Shashi Jain (Latest edition). Introduction to Psychology. New Delhi: Kalyani Publishers
- Hilgard, Atkinson & Atkinson (Latest edition). Introduction to Psychology. Oxford IBH Publishing Co. Pvt. Ltd

## B.A. Semester – II

### Subject: PSYCHOLOGY Discipline Specific Course (DSC)

#### Course No. - 2 (Practical)

Course No.	Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
Course-02	DSCC	Practical	02	04	52 hrs	3hrs	25	25	50

#### Course No.2 (Practical): Title of the Course (Practical): PRACTICAL - II

#### Course Outcome (CO)

After completion of course (Practical), students will be able to:

- CO 1: Conduct experiments
- CO 2: Learn and apply the statistics for data interpretation
- CO 3: Do individual and group discussions
- CO 4: Measure various psychological phenomena

#### List of the Experiments for 52 hrs / Semesters

1. Judgement of Emotions
2. Emotion and Free Association
3. Achievement Motivation
4. Assessment of Aggression
5. Otis test of Intelligence
6. Raven's Progressive Matrices (RPM)
7. Yerke's Multiple-choice test
8. Concept Formation
9. Eysenck Personality Inventory (EPI)
10. Bell's Adjustment Inventory
11. Reasoning Test
12. Emotional Intelligence

#### STATISTICS

- Grouping of Data: Tabulation and frequency distribution
- Measures of Central tendency: Mean and Median for Grouped and Ungrouped data

**General instructions: 1. Minimum 08 practicals to be conducted**

#### **2. STATISTICS is compulsory**

#### **Books for Reference:**

- Experimental Psychology. P. Nataraj
- Experimental Psychology. Postman & Eugen
- Experimental Psychology. Anne Anastasi

## Scheme of Practical Examination (distribution of marks)

### 25 marks for Semester End Examination

Plan and procedure	05
Conducting one experiment	05
Results and discussion	05
Viva	05
Statistics (Compulsory)	05
<b>Total</b>	<b>25</b>

### 25 Marks for IA (Formative Assessment) Examination

Journal Marks	15
IA Test	10
<b>Total</b>	<b>25</b>

## B.A. Semester – II

### Subject: PSYCHOLOGY Open Elective Course (OEC-2) (OEC for other students)

Course No.	Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
OEC-2	OEC	Theory	03	03	42 hrs	2hrs	40	60	100

#### OEC-2: Title of the Course: Psychology and Mental Health

#### Course Outcome (CO)

After completion of course, students will be able to:

CO 1: Understand the status of mental health problem in India and the world.

CO 2: Start conversations about mental health and create mental health awareness amongst non-Psychology students.

CO 3: Identify people suffering from common mental health problems like anxiety and depression and learn to provide psychological first aid to people

CO 4: Understand and enhance positive mental health and wellbeing

Syllabus- OEC: Title – Psychology and Mental Health	Total Hrs: 42
<b>Unit-I</b>	<b>16 hrs</b>
<p><b>Mental Health:</b> Concept of mental health, Issues of mental health in India and the globe, Some common conditions and their epidemiology</p> <p><b>Importance of mental health:</b> identify mental health challenges to help reduce the stigma of mental illness</p> <p><b>Mental Health issues:</b> Issues in adolescents and young adults: Bullying, academic grades, body image, relational issues with parents and friends/romantic partners, sexual orientation</p>	
<b>Unit-II</b>	<b>10 hrs</b>
<p><b>The invisible monsters:</b> Anxiety - Signs and Symptoms</p> <p><b>Depression:</b> Signs and Symptoms, Causes</p> <p><b>Suicide:</b> Preventative treatment measures, becoming gatekeepers of suicide</p>	

<b>Unit-III</b>	<b>16 hrs</b>
<p><b>Psychological Help to increase Well-being:</b> Reaching out and providing initial help; Recognizing the signs that someone may need support; Knowing what to do and what not to do when a person reaches out for help</p> <p><b>Psychological first aid:</b> Utilizing the RAPID model (Reflective listening, Assessment of needs, Prioritization, Intervention, and Disposition), guiding the person towards appropriate professional help</p> <p><b>Mental Health Practice and Care:</b> Counseling, therapy, guidance, mentoring, Peer mentoring: concept and skills</p>	

**References:**

1. Butcher, J.N., Hooly, J. M, Mineka, S. & Dwivedi, C.B (2017). Abnormal Psychology. New Delhi: Pearson.
2. Muir-Cochrane, E., Barkway, P. & Nizette, D. (2018). Pocketbook of Mental Health (3<sup>rd</sup> Edition). Elsevier
3. Snider, Leslie and WHO (2011).Psychological First Aid: Guide for Field Workers. Retrieved from [http://www.aaptuk.org/downloads/Psychological\\_first\\_aid\\_Guide\\_for\\_field\\_workers.pdf](http://www.aaptuk.org/downloads/Psychological_first_aid_Guide_for_field_workers.pdf)
4. WHO (2003). Investing in Mental Health. Retrieved from [https://www.who.int/mental\\_health/media/investing\\_mnh.pdf](https://www.who.int/mental_health/media/investing_mnh.pdf)

**Details of Formative assessment (IA) for DSCC theory/OEC: 40% weightage for total marks**

Type of Assessment	Weightage	Marks of IA Test	Duration	Commencement
Written test-1	10%	10	1 hr	8 <sup>th</sup> Week
Written test-2	10%	10	1 hr	12 <sup>th</sup> Week
Seminar	10%	10	10 minutes	--
Case study / Assignment / Field work / Project work/ Activity	10%	10	-----	--
Total	40% of the maximum marks allotted for the paper	<b>Total = 40</b>		

**Faculty of Arts  
04 - Year UG Honors programme: 2021-22**

**GENERAL PATTERN OF THEORY QUESTION PAPER FOR DSCC/ OEC  
(60 marks for semester end Examination with 2 hrs duration)**

**Part-A**

1. Question number 1-06 carries 2 marks each. Answer any 05 questions : 10marks

**Part-B**

2. Question number 07- 11 carries 05Marks each. Answer any 04 questions : 20 marks

**Part-C**

3. Question number 12-15 carries 10 Marks each. Answer any 03 questions : 30 marks

(Minimum 1 question from each unit and 10 marks question may have sub questions for 7+3 or 6+4 or 5+5 if necessary)

**Total: 60 Marks**

**Note: Proportionate weight age shall be given to each unit based on number of hours prescribed.**

