

HEMVATI NANDAN BAHUGUNA GARHWAL UNIVERSITY

(A Central University)

Srinagar Garhwal, Uttarakhand-246174



DEPARTMENT OF PSYCHOLOGY

**SYLLABUS FOR FOUR-YEAR UNDERGRADUATE PROGRAMME
(FYUP) [W.E.F. ACADEMIC SESSION 2025-26]**

Syllabus for UG Programme

- **FIRST SEMESTER**
- **SECOND SEMESTER**

FRAMEWORK FOR: THIRD SEMESTER TO SIXTH SEMESTER

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Department of Psychology

B.A. PSYCHOLOGY (NEP) SYLLABUS

First Year – NHEQF Level- 4.5

Course Category	Semester-I					Semester-II			
	Subject/Title	No. of paper	Credits			Subject /Title	No. of paper	Credits	
			T	P				T	P
Discipline Specific core	DSC-I (Major) Fundamentals of Psychology-I	1	2	2		DSC-I (Major) Fundamentals of Psychology-II	1	2	2
	DSC-II (Minor)	1	2	2		DSC-II (Minor)	1	2	2
M.D/I.D Subject-1	APPLIED PSYCHOLOGY Introduction to Applied Psychology-I	1	2	2		APPLIED PSYCHOLOGY Introduction to Applied Psychology-II	1	2	2
M.D/I.D Subject-2	MD/ID-I	1	2	2		MD/ID-II	1	2	2
SEC/AEC	Psychology in Education/ AMSC/Field work	1	2	-		Managing Stress / Field work/ Communication Skills	1	2	-
VAC	Understanding and connecting with environment Or Life Skills & Personality development (To be offered by university)	1	2	-		Understanding and connecting with environment Or Life Skills & personality development (To be offered by university)	1	2	-
Total		6	12	8			6	12	8
NHEQF Level 4.5	Student on exit after successfully completing First year (i.e., securing minimum required 40 credits + 4 Credits in one vocational course/skills-enhancement course of 4 credits) will be awarded “Undergraduate Certificate” of one year, in related field/discipline/subject.								

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Second Year – NHEQF Level- 5

Course Category	Semester-III					Semester-IV				
	Subject/Title	No. of paper	Credits			Subject /Title	No. of paper	Credits		
			T	P				T	P	
Major-I (One Subject)	DSC Major-I Introduction to Social Psychology	1	4	2		DSC Major-II Statistical Methods and Psychological Research	1	4	2	
Minor-I (One Subject)	DSC Minor-I Applications of Social Psychology	1	2	2		DSC Minor-I Self and Personal Growth	1	2	2	
SEC	SEC Major-I Positive Psychology	1	2	-		SEC Major-II Test Construction	1	2	-	
M.D/I.D	M.D/I.D-III APPLIED PSYCHOLOGY Community Psychology	1	2	2		M.D/I.D-IV APPLIED PSYCHOLOGY Counselling and Guidance	1	2	2	
AEC (Language based courses)	Indian, Modern, Regional Language-I (To be offered by university)	1	2	-		Indian, Modern, Regional Language-II (To be offered by university)	1	2	-	
VAC/AEC	IKS Or Culture, Traditions and Moral Values (To be offered by university)	1	2	-		IKS or Culture, Traditions and Moral Values (To be offered by university)	1	2	-	
Total		6	14	6			6	14	6	
NHEQF Level 5	Student on exit after successfully completing Second year (i.e., securing minimum required 80 credits + 4 Credits in one vocational course/skills-enhancement course of 4 credits) will be awarded "Undergraduate Diploma" of two year, in related field/discipline/subject.									

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Third Year – NHEQF Level- 5.5

Course Type	Semester-V					Semester-VI			
	Subject/Title	No. of paper	Credits			Subject /Title	No. of paper	Credits	
			T	P				T	P
Major-I (One)	DSC Major I- Behavioural Disorder-I	1	4	2		DSC Major-I Behavioural Disorder-II	1	4	2
	DSC II Major- Life Span Development	1	4	2		DSC Major-II Counselling and Guidance	1	4	2
	DSE Major Elective- I Clinical Assessment	1	4	-		DSE Major Elective-II Skills & Approaches to Counselling	1	4	-
	Field visit/Vocational/Internship	1	-	4		Project Report (Psychology)	1	-	4
Minor (One)	Minor-I Development of Emotional Competencies/Vocational/Community Outreach	1	4			Minor-II Counselling Techniques/Vocational/Community Outreach	1	4	-
Total		5	16	8			5	16	8
NHEQF Level 5.5	Student on exit after successfully completing three years (i.e., securing minimum required 128 credits) will be awarded “Bachelor’s Degree” of three year, in related field/discipline/subject.								

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B.A. PSYCHOLOGY (NEP) SYLLABUS

SEMESTER I

DISCIPLINE SPECIFIC CORE

(Credits: 2+2)

DSC-I (Major)

FUNDAMENTALS OF PSYCHOLOGY- I

Course Outcomes:

CO 1: Understand the nature, scope and role of psychology.

CO 2: Trace the historical development of psychology, including its growth in India.

CO 3: To understand the different aspects of learning, memory, motivation and emotion.

CO 4: Examine different cognitive theories.

CO 5: Implementation of Psychology in daily life.

CO 6: Ability to apply psychological tools.

Unit 1: Introduction:

Psychology: A science and a perspective, Origin and development of psychology, Psychology in India, Scope of Psychology, Methods: Experimental method and Observation.

Unit 2: Cognitive processes:

Learning: Classical conditioning, Instrumental conditioning, Cognitive learning: Kohler and Tolman; Memory- Processes, Information processing model, Techniques for improving memory.

Unit 3: Motivation and Emotion:

Motives: Biogenic and Socio-genic motives, motivational cycle, factors influencing motivation. Emotions: Aspects of emotions, key emotions, theories of emotion.

Practicum: Two experiments/tests to be done on any two topics from the syllabus.

References:

1. Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (2012). *Introduction to psychology* (7th ed.). New Delhi: Tata McGraw-Hill.
2. Baron R. A., Misra G., . (2018). *Psychology*. New Delhi: Pearson Education.
3. Ciccarelli , S. K & Meyer, G.E (2008). *Psychology* (South Asian Edition). New Delhi: Pearson
4. Feldman.S.R. (2009).*Essentials of understanding psychology* (7th Ed.) New Delhi: Tata Mc Graw Hill.
5. Glassman,W.E.(2000).*Approaches to Psychology*(3rd Ed.) Buckingham: Open University Press.

M.D./I.D. Subject-1: APPLIED PSYCHOLOGY

INTRODUCTION TO APPLIED PSYCHOLOGY-I

Course Outcomes:

CO1: To understand foundational concepts of applied psychology.

CO2: Comprehending theoretical concepts of psychology such as learning , memory and motivation.

CO3: Execute the basic psychological concepts of learning, , memory and motivation.

CO4: Assess and apply

Unit 1: Introduction to applied psychology: Nature, concept and areas of applied psychology.

Unit 2: Learning: Concept and nature, classical conditioning and instrumental conditioning. Applications of learning.

Unit 3: Memory: Concepts and types, techniques to improve memory and applications of memory.

Unit 4: Motivation: Basic motivational concept, motivational cycle and enhancing individual potential.

References:

1. Baron R. A., Misra G., . (2018). Psychology. New Delhi: Pearson Education.
2. Griffith, C. R. (2010). *An introduction to applied psychology*. Kessinger Publishing.
3. Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (2012). *Introduction to psychology* (7th ed.). New Delhi: Tata McGraw-Hill.



SKILL ENHANCEMENT COURSE/ ABILITY ENHANCEMENT COURSE (SEC/AEC)
(Credits:2)

PSYCHOLOGY IN EDUCATION

Course Outcomes:

- CO1: To understand nature, scope and relevance of educational psychology.
CO2: Applying the principles of psychology in educational settings.
CO3: To know characteristics of effective teaching and classroom management.
CO4: Apply strategies for learners with special needs.

Unit 1: Introduction to Educational Psychology: Nature, scope & relevance of Educational Psychology, Theoretical Perspectives in Educational Psychology

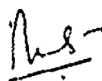
Unit 2: Effective Teaching and Classroom Management

- a. Characteristics of Effective Teachers
- b. Teaching Methods
- c. Classroom Management
- d. Responsibilities of Teachers towards learners with Special Needs

References:

1. Lahey R.B. Graham J. E., (2000) an Introduction to Educational Psychology, 6th Ed., Tata McGraw Hill Publishers, New Delhi.
2. Santrock John W. (2010) Educational Psychology, Irwin Professional Publishers, Delhi.
3. Woolfolk Anita (2004) Educational Psychology, 9th Edition, Alyyn and Bacon, Boston.
4. Woolfolk Anita & Woolfolk Hoy Anita (2008) Educational Psychology, Pearson, New Delhi.









SEMESTER II

DISCIPLINE SPECIFIC CORE

(Credits: 2+2)

DSC-I (Major)

FUNDAMENTALS OF PSYCHOLOGY- II

Course Outcomes:

CO1: Understanding the biological basis of human behaviour, its nature and scope.

CO2: Illustrate the functioning of sensation attention and perception.

CO3: Execute theories of personality and intelligence to understand individual behaviour.

CO4: Ability to apply psychological tools.

Unit 1: Biological Basis of Behaviour

Neuron: Structure and function. Nervous System: Central Nervous System and Peripheral Nervous System. Structure and function of Brain: Hindbrain, Midbrain, Forebrain. Endocrine Glands.

Unit 2: Sensation and Perception

Sensory Processes: Vision and Hearing. Attention: Characteristics and Types of Attention. Perception: Nature of Perception, Laws of Perceptual Organization,

Unit 3: Personality and Intelligence

Personality: Nature, Theories: Type and Trait Theories of Personality.

Intelligence: Nature, Types of Intelligence and Theories of Intelligence.

Practicum: Two experiments/tests to be done on any two topics from the syllabus

References:

1. Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (2012). *Introduction to psychology* (7th ed.). New Delhi: Tata McGraw-Hill.
2. Baron R. A., Misra G., . (2018). *Psychology*. New Delhi: Pearson Education
3. Ciccarelli , S. K & Meyer, G.E (2008). *Psychology (South Asian Edition)*. New Delhi: Pearson
4. Feldman.S.R. (2009). *Essentials of understanding psychology* (7th Ed.) New Delhi: Tata Mc Graw Hill.
5. Glassman, W.E.(2000). *Approaches to Psychology*(3rd Ed.) Buckingham: Open University Press.

M.D./I.D. Subject-1: APPLIED PSYCHOLOGY

INTRODUCTION TO APPLIED PSYCHOLOGY-II

Course Outcomes:

- CO1: Gain insight into the biological basis of human behaviour.
- CO2: To know the basic concepts of applied psychology.
- CO3: Illustrate the functioning of attention and perception.
- CO4: Assess and apply concept of personality and intelligence to understand human behaviour.

Unit 1: Biopsychology:

Neuron: structure and functions, nervous system, Brain: structure and functions, and endocrine system.

Unit 2: Attention and Perception:

Nature of attention, selective and divided attention.

Nature of perception, perceptual processing, laws of perceptual organisation, and applications.

Unit 3: Personality: Nature, personality-environment interaction, assessment and applications.

Unit 4: Intelligence: Nature, types, nature- nurture debate, basic assessment and applications.

References:

1. Baron R. A., Misra G., . (2018). Psychology. New Delhi: Pearson Education
2. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
3. Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (2012). *Introduction to psychology* (7th ed.). New Delhi: Tata McGraw-Hill.

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SKILL ENHANCEMENT COURSE/ ABILITY ENHANCEMENT COURSE (SEC/AEC)
(Credits:2)

MANAGING STRESS

Course Outcomes:

CO1: Explain the relationship between stress and physical/mental health, including the impact of chronic stress.

CO2: Understand the nature and concept of stress, including its physiological, emotional, and cognitive components.

CO3: Demonstrate basic practices in stress reduction techniques such as yoga, breathing exercises, relaxation, and mindfulness.

Unit 1: Stress: Nature of stress, symptoms of stress, sources of stress, Stress and health

Unit 2: Managing stress: Methods - yoga, meditation, relaxation techniques, problem focused and emotion focused approaches

References:

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

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

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

M. J. N. S.

Shamir *Kavya*