

U.G. Psychology Syllabus W.e .f. 2026-27 Batch

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 (2 subjects)	DSC -I (Major) Fundamentals of Psychology-I	1	2	2		DSC -II (Major) Fundamentals of Psychology-II	1	2	2
	DSC -I (Minor) Fundamentals of Psychology-I	1	2	2		DSC –II (Minor) Fundamentals of Psychology-II	1	2	2
M.D/I.D (Minor)- 1 Subject	M.D/I.D (M)-I Psychology For Living	1	4	-		M.D/I.D (M) -II Self and Personal Growth	1	4	-
M.D/I.D (General)	M.D/I.D (G)-I	1	3	-		M.D/I.D (G) -II	1	3	-
SEC/AEC	AEC-Communication Skills or AMSC	1	3	-		AMSC or AEC-Communication Skills	1	3	-
VAC	Understanding and connecting with environment Or Life Skills & personality development	1	2	--		Understanding and connecting with environment Or Life Skills & personality development	1	2	-
Total		6	17	3			6	17	3
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								
The student may opt for Communication Skills in one semester, and any one course from Additional Multidisciplinary skill Course (SEC--AMSC) in the other semester.									
AMSC- Additional Multidisciplinary Skill Course (is offered as SEC)									
The department may offer a (M.D./I.D -Minor) as either a fully theory-based or fully practical-based module.									
List of Additional Multidisciplinary Skill course (SEC-AMSC) courses: Following are the courses which will be offered by the University under AMSC under the 4-year U.G. program. University may add new courses under AMSC in future along with the following courses: 1. Plant Nursery Development and Management 2. Basic Yoga practices 3. Physical Education and Sports Management 4. Regional Folklores and their cultural context 5. Indian traditional music 6. Tour and travel Operations									
Communication Skills- AEC ‘Communication Skills’ course will be offered in Hindi, English and Sanskrit Languages, student may opt any one language for studying the course									
Life Skill & Personality Development – VAC Understanding and connecting with environment- VAC									

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B.A. PSYCHOLOGY (NEP) SYLLABUS WEF 2026-27 Batch

SEMESTER I

DSC-I (Major/Minor): FUNDAMENTALS OF PSYCHOLOGY- I

(Credits: 2+2)

Course Outcomes:

CO1: Explain the nature, origin, development, and scope of Psychology including methods such as experimental and observational approaches.

CO2: Describe the biological basis of behavior including neurons, nervous system, brain structures, and endocrine glands.

CO3: Explain sensory processes involved in vision and hearing.

CO4: Analyze attention and perception including types of attention and laws of perceptual organization.

CO5: Apply psychological principles of sensation, perception, and biological systems to understand human behavior.

UNITS:

1. Introduction to Psychology:

i. Psychology as a science, Origin and development of Psychology, Psychology in India, Perspectives of Psychology Scope of Psychology and Methods (Experimental method and Observational).

ii. 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.

2. Sensation and Perception:

Sensory Processes: Vision and Hearing.

Attention: Characteristics and Types of Attention.

Perception: Nature of Perception, Laws of Perceptual Organization,

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.(M)-I : PSYCHOLOGY FOR LIVING

(Credits: 4)

Course Outcomes:

CO1: Explain the concept, relevance, and mind–body relationship in Psychology including psychological factors in physical illness and body image.

CO2: Describe the role of family, peer groups, culture, and emotional intelligence in shaping self and relationships.

CO3: Analyze psychological distress including anxiety, stress, depression, and coping mechanisms.

CO4: Explain growth processes including physical, emotional, social, and intellectual development.

CO5: Apply concepts of mental health, wellbeing, resilience, and Maslow’s self-actualization theory to personal development.

UNITS:

1. Introduction:

What is Psychology, relevance of Psychology, mind-body relationship, Psychological factors and physical illness, body image.

2. Self and Relationships:

Importance of family and peer groups in one’s life, importance of emotional intelligence, role of culture.

3. Self in disintegrative experiences:

Anxiety, Stress, Depression and Coping Strategies.

4. Growth and Actualizing Self:

Mental Health & Well Being, Hope, Optimism, Resilience.

Physical Growth, Mental/Intellectual Growth, Emotional Growth, Social Growth and Personal Growth.

Characteristics of a Self-Actualizing Person, Maslow’s Hierarchy and Self-Actualization

References:

1. Atwater, E. & Grover, D. & Karen (1999). Psychology for living: Adjustment, growth and behavior today. Prentice Hall.
2. Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

SEMESTER II

DSC-II (Major/Minor): FUNDAMENTALS OF PSYCHOLOGY- II (Credits: 2+2)

Course Outcomes:

CO1: Explain learning processes including classical, instrumental, observational, latent, and insight learning in Cognitive Psychology.

CO2: Describe memory processes including information processing model, types of memory and techniques for improving memory.

CO3: Analyze applications of memory such as autobiographical, false, and flashbulb memory in everyday life.

CO4: Explain motivation including its types and major theories.

CO5: Analyze emotions including their nature, characteristics, key emotions, and major theories.

UNITS:

1. Cognitive Processes:

- i. Learning- Classical Conditioning, Instrumental Conditioning, Observational, Cognitive Learning: Latent and Insight.
- ii. Memory- Nature and Scope, Processes, Information Processing Model, Techniques for Improving Memory and Applications of Memory in Everyday Life (Autobiographical, False Memory and Flashbulb Memory).

2. Motivation and Emotion:

- i. Motivation- Nature and Types (Biogenic, Psychogenic and Sociogenic), Theories of Motivation (Drive Reduction Model, Optimal Arousal Model and Acquired Need Theory).
- ii. Emotions- Nature and Characteristics Aspects of Emotions, Key Emotions, Theories of Emotion (James Lange, Canon Bard and Schachter Singer).

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 McGraw Hill.
5. Glassman,W.E.(2000).*Approaches to Psychology*(3rd Ed.) Buckingham: Open University Press.

M.D./I.D.(M)-II: SELF AND PERSONAL GROWTH

(Credits: 4)

Course Outcomes:

CO1: Explain the concept of personality and self, including perspectives on self as object and process in Personality Psychology.

CO2: Describe bases of self-knowledge and developmental views of self by William James, Cooley, and Carl Rogers.

CO3: Analyze contributions of Indian thought to the understanding of self and personality.

CO4: Apply concepts of self and personal growth in developing character strengths and virtues.

CO5: Analyze self-development processes from developmental and cultural perspectives in personality formation.

UNITS:

1. Introduction:

Concept of Personality (Perspectives), Self as an Object and as a process.

Bases of Self-Knowledge

2. Self from a Developmental Perspective:

Ideas of William James, Cooley and Carl Rogers.

3. Self in Indian Thought:

Contributions of Indian Thought to the understanding of self.

4. Personal Growth:

Self and Personal Growth, Developing Character Strengths and Virtues.

References:

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

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

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