

U.G. Syllabus

Department of Psychology

School of Humanities and Social Sciences

HNB Garhwal University

(Srinagar Garhwal)

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(Prof. A.V.S. Madhwarat)

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U.G. Course structure (for 3 years)

Department of Psychology
School of Humanities and Social Sciences
H.N.B. Garhwal University, Srinagar Garhwal

Semester	Course Category	Course Title	Credits
Semester-I	Core	Fundamentals of Psychology	6
	Additional Course	Psychology for Living	4
	Skill course	Psychology in Education	2
Semester-II	Core	Introduction to Social Psychology	6
	Additional Course	Self and Personal Growth	4
	Skill course	Applications of Social Psychology	2
Semester-III	Core	Psychological Distress and Well-Being	6
	Additional Course	Psychology for Living	4
	Skill Course	Managing Stress	2
Semester-IV	Core	Statistical Methods and Psychological Research	6
	Additional Course	Self and Personal Growth	4
	Skill Course	Developing Emotional Competence	2
Semester-V	Elective	Psychology of Behavioural Disorder	6
		Life Span Development	6
	Vocational Course/ Field Visit/ Entrepreneurship Skills		4
Semester-VI	Elective	Counselling Psychology	6
		Industrial & Organizational Psychology	6
	Vocational Course/ Field Visit/ Entrepreneurship Skills		4

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SEMESTER V

PSYCHOLOGY CORE SUBJECT-1 (CS-1): CREDIT 4+2 ELECTIVE PAPER I: PSYCHOLOGY OF BEHAVIORAL DISORDER

Learning outcomes:

- To learn Classification of mental Disorders: DSM and ICD-11
- To aware about various anxiety disorders
- To know about Schizophrenia and other Psychotic Disorders
- To know about Personality Disorders

1. Classification of mental Disorders

- i. Pre- DSM-IV classifications and their critique: Brief history of DSM-V.
- ii. Multi-axial classification of Diseases: ICD-11.

2. Anxiety Disorders: Phobias, Obsessive compulsive disorder, Generalized Anxiety disorder

3. Somatoform disorders: Dissociate disorders.

4. Mood Disorders: Manic episode, Depressive episode, bipolar affective disorder, Dysthymia.

5. Schizophrenia and other Psychotic Disorders: Delusional disorder, Brief psychotic disorder. Disorders due to psychoactive substance use Alcohol & drug dependence.

6. Personality Disorders: Paranoid schizoid, disseminative, Impulsive, Borderline, Anxious, Avoidant, Dependent Personality Disorders.

Practicum: Two practicum to be done on any two topics from the syllabus.

BOOKS RECOMMENDED:

- Carson, R.C., Butcher, J.N. Mineka, S. & Hooley, J.M. (2007). Abnormal psychology, 13th ed. Pearson Education, India.
- Sarason, I.G. & Sarason, R.B. (2002). Abnormal psychology: The problem of maladaptive behavior (10th ed). Delhi: Pearson Education. Colman Scattt foresman and company
- Barlow, D.H. Durand V.M. (1999). Abnormal psychology (2nd ed). Pacific Grove: Books/cole.
- Nolen-Hoeksema, S. (2004). Abnormal psychology 3rd ed. McGraw Hill: New York, USA.
- Alloy L.B. Riskind, J.H. & Manos M.J. (2005). Abnormal psychology: current perspectives. 9th ed. Tata McGraw-Hill New Delhi, India.

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PSYCHOLOGY CORE SUBJECT-2 (CS-2): CREDIT 4+2

ELECTIVE PAPER II: LIFE SPAN DEVELOPMENT

Learning outcomes:

- To understand the meaning and process of development,
 - To know the influence of heredity, environment and context on human development,
 - Identify the stages of development and describe the major characteristics of conception, infancy, childhood, adolescence, adulthood and old age, and
 - Reflect on your own course of development and related experiences.
1. **Introduction to life-span perspective:** Nature, issues and theoretical perspectives; Life-span development in the Indian context; methods and designs
 2. **Physical development:** Patterns of growth from conception till late adulthood; disability; Death and dying.
 3. **Cognitive development:** Introduction, Piagetian, Vygotskian, and Information processing approaches; Cognitive changes in adulthood and old age; Language development.
 4. **Socio-emotional development:** Emotional development; Moral development; The Self; Gender and sexuality; Successful aging.

Practicum: Two practicum to be done on any two topics from the syllabus

Readings:

- Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.
- Feldman, R.S. & Babu, N. (2011). *Discovering the life-span*. New-Delhi: Pearson.
- Santrock, J.W. (2012). *A topical approach to life-span development*. New-Delhi: Tata McGraw-Hill.

VOCATIONAL COURSE/ FIELD VISIT/ ENTREPRENEURSHIP SKILLS (CREDIT-4)

- **FIELD VISIT:** CASE STUDY/ PROJECT

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SEMESTER VI

PSYCHOLOGY CORE SUBJECT-1 (CS-1): CREDIT 4+2

ELECTIVE PAPER I: COUNSELING PSYCHOLOGY

Learning outcomes:

- To develop an understanding of basic concepts, processes, techniques of Counselling.
- To understand counselling as a helping profession;
- To know the characteristics of counselling relationship;
- To learn therapeutic value and therapeutic climate;
- Elucidate the barriers to communication which affects therapy adversely; and Analyse the core characteristics and dimensions of an effective counsellor

1. **Introduction:** Meaning and goals; Counselling process and relationship; Counsellor Effectiveness, Counselling in the Indian context
2. **Approaches:** Overview of approaches to counselling: Psychodynamic, Behavioural, Person-centred and Cognitive-behavioural
3. **Techniques:** Play, art, drama, music, dance; Yoga and meditation
4. **Applications:** Family Counselling; School and Career Counselling.

Practicum: Two practicum to be done on any two topics from the syllabus

Readings:

- Gladding, S. T. (2012) Counselling: A Comprehensive Profession. (7th ed).
- Pearson Rao, S.N. & Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill.
- Seligman, L. & Reichenberg, L.W. (2010). Theories of Counselling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.

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PSYCHOLOGY CORE SUBJECT-2 (CS-1): CREDIT 4+2

ELECTIVE PAPER II: INDUSTRIAL & ORGANIZATIONAL PSYCHOLOGY

Learning outcomes:

- To understand industrial psychology;
- To understand organisational psychology;
- Differentiate between industrial and organisational psychology;
- To learn the major fields of Industrial & Organisational Psychology;
- To know the process of research in Industrial & Organisational Psychology; and
- Differentiate among various methods of research in industrial and organizational psychology.

Unit 1: Introduction: Industry and organization; Current status of I/O psychology, I/O psychology in the Indian context.

UNIT 2: Work Related Attitudes: Job satisfaction; Organizational Commitment; Organizational Citizenship Behavior; Work Engagement.

UNIT 3: Work Motivation: Theories and application; Indian perspective.

Unit 4: Leadership: Contemporary perspectives on leadership; Cross-cultural leadership issues; Indian perspective on leadership

Practicum: Two practicum to be done on any two topics from the syllabus.

Reading List:

- Aamodt, M. G. (2001) Industrial Organizational Psychology. India: Cengage Learning.
- Chadha, N.K. (2007) Organizational Behavior. Galgotia Publishers: New Delhi.
- Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.
- Luthans, F. (2009). Organizational behavior. New Delhi: McGraw Hill.
- Muchinsky, P.(2006). Psychology applied to work: An introduction to industrial and organizational psychology. NC: Hypergraphic Press.
- Pareek, U.(2010). Understanding organizational behaviour. Oxford: Oxford University Press.

VOCATIONAL COURSE/ FIELD VISIT/ ENTREPRENEURSHIP SKILLS (CREDIT-4)

- FIELD VISIT: CASE STUDY/ PROJECT

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