



UNIVERSITY OF JAMMU

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

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION (25/Sept./Adp./79)

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 revised Syllabi and Courses of Studies of the subject of **Psychology** of Semester I, II and III for **Four Year Under Graduate Programme (FYUGP)** as per **NEP-2020 (as given in the annexure)** for the **Regular Candidates** for the examinations to be held in the years as per the details given below:-

Subject	Semester	Existing Course Code	New Course Code	For the examinations to be held in the year	%age Change
Psychology	Semester-I	UMJPSYT-101	UMJPSYT-110	Dec. 2026, 2027 and 2028	40%
		UMIPSYT-102	UMIPSYT-112	Dec. 2026, 2027 and 2028	40%
		UMDPSYT-103	UMDPSYT-113	Dec. 2026, 2027 and 2028	40%
		USEPSYT-104	USEPSYT-111	Dec. 2026, 2027 and 2028	100%
	Semester-II	UMJPSYT-201	UMJPSYT-210	May 2027, 2028 and 2029	40%
		UMIPSYT-202	UMIPSYT-212	May 2027, 2028 and 2029	30%
		UMDPSYT-203	UMDPSYT-213	May 2027, 2028 and 2029	40%
		USEPSYT-104	USEPSYT-211	May 2027, 2028 and 2029	100%
	Semester-III	UMJPSYT-301	UMJPSYT-310	Dec. 2027, 2028 and 2029	50%
		UMJPSYT-302	UMJPSYT-312	Dec. 2027, 2028 and 2029	40%
		UMIPSYT-303	UMIPSYT-313	Dec. 2027, 2028 and 2029	40%
		UMDPSYT-304	UMDPSYT-314	Dec. 2027, 2028 and 2029	40%
		USEPSYT-305	USEPSYT-311	Dec. 2027, 2028 and 2029	100%

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

Sd/-
DEAN ACADEMIC AFFAIRS

No. F. Acd/II/25/9890-9908

Dated: 15/9/25

Copy for information and necessary action to:

1. Dean, Faculty of **Social Science**
2. Convener, Board of Studies in **Psychology**
3. All members of the Board of Studies
4. Sr. P.A. to the Controller of Examinations
5. Director, CITES&M, University of Jammu for directing the concerned to upload the notification on University Website.
6. C.A. to the Controller of Examinations
7. Director, Computer Centre, University of Jammu.
8. Joint Registrar/Deputy Registrar/Asst. Registrar (Confidential/Exam UG/Exam. Non Prof.)

Abirca
15/9/25
Joint Registrar (Academic)

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15/9/25

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

SEMESTER-I								Percentage of change
SNO.	COURSE TYPE	COURSE CODE	COURSE TITLE	CREDITS	MAXIMUM MARKS			
					THEORY	PRACTICALS	TOTAL	
1	Major	UMJPSYT110	GENERAL PSYCHOLOGY	4	75	25	100	60%
2	Minor	UMIPSYT112	PSYCHOLOGICAL PROCESSES	4	75	25	100	40%
3	Multi-disciplinary	UMDPSYT113	PSYCHOLOGY IN DAY TO DAY LIFE -I	3	75	--	75	40%
4	Skill enhancement	USEPSYT111	LIFE SKILLS -I	3	50	--	50	100%
SEMESTER-II								
1	Major	UMJPSYT210	PSYCHOLOGICAL DIVERSITY	4	75	25	100	40%
2	Minor	UMIPSYT212	PSYCHOLOGY AND PERSONAL GROWTH	4	75	25	100	30%
3	Multi-disciplinary	UMDPSYT213	PSYCHOLOGY IN DAY TO DAY LIFE -II	3	75	--	75	40%
4	Skill enhancement	USEPSYT211	LIFE SKILLS -II	3	50	--	50	100%
SEMESTER-III								
1	Major	UMJPSYT310	PSYCHOLOGY OF SOCIAL BEHAVIOUR	4	75	25	100	50%
2	Major	UMJPSYT312	APPROACHES TO PERSONALITY PSYCHOLOGY	4	75	25	100	40%
3	Minor	UMIPSYT313	HEALTH AND WELLBEING	4	75	25	100	40%
4	Multi-disciplinary	UMDPSYT314	PSYCHOLOGY IN DAY TO DAY LIFE -III	3	75	--	75	40%
5	Skill enhancement	USEPSYT311	LIFE SKILLS-III	3	50	--	50	100%

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SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY COURSE (NEP- 2020)
(PSYCHOLOGY)
EXAMINATION TO BE HELD IN DEC ~~2025~~²⁰²⁸, DEC2026, DEC2027 (SEMESTER-I)

(Major Course)

Course Title: General Psychology

Course code= UMJPSYT110

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:

- Understand basic tenets of psychology.
- Acquaint with the methods of studying human behaviour
- Develop familiarity with basic concepts related to learning, Attention, perception, memory, motivation and emotion.
- Developing familiarity with individual-level phenomena such as intelligence and personality

Unit I- Introduction:

- **Introduction to psychology**-Nature and Scope of psychology; Schools of Psychology: Structuralism; Functionalism; Behaviourism; Gestalt
- **Methods of studying human behavior: Observation** method, Experiment method, Case study, Interview method

Unit II- Cognitive process I:

- **Sensation and Attention**- Structure and function of sense organs: Visual (Eye), Auditory (Ear); Meaning & definition of attention; types of attention.
- **Perception & Learning** - Meaning & definition of perception; Determinants of Perception; Perceptual organization; Perceptual constancy; Meaning of learning; Theories of learning (Classical Conditioning & Operant Conditioning)

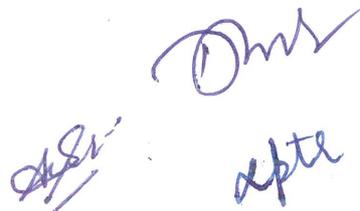
Unit III- Cognitive process II:

- **Memory**- Meaning& definition of memory; Types of memory; Information processing model; Technique for improving memory
- **Intelligence**- Meaning & definition of Intelligence, Theories of intelligence (Spearman, Thurstone Sternberg, Gardner)

Unit IV- Affect & Personality:

- **Motivation & Emotion**- Meaning of motivation; types of motives; Motivation cycle; Maslow need hierarchy; Difference between feeling & basic emotion, Theories of emotion (James-Lange Theory, & Cannon Bard Theory)
- **Personality**- Meaning& definition of personality; Nature of personality; Determinants, Introduction to Psychoanalysis (Freud).





SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY COURSE (NEP- 2020)
(PSYCHOLOGY)
EXAMINATION TO BE HELD IN DEC ~~2025~~²⁰²⁸, DEC2026, DEC2027 (SEMESTER-I)

Books Recommended

- Baron, R.A & Misra, G. (2014). *Psychology (Indian Subcontinent Edition)*. Pearson Education Ltd.
Ciccarelli, S. K & White, J. N. (2017). *Psychology* (5th ed). Pearson Education.
Eysenck, M. W. (2023). *Fundamentals of psychology* (2nd ed.). Routledge.
Eysenck, M. W. (2022). *Simply psychology*. Routledge.
Feldman, R. S. (2024). *Essentials of understanding psychology* (14th ed.). McGraw Hill.

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

COURSE CODE UMJPSYT110

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus:

Time Duration-1 Hour (15 Marks)

Section A (5 marks) -5 Very Short Answer questions of 1marks 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.
Each question shall be of three (03) marks (**AllCompulsary**)

Section B: Eight (08) Long answer questions (four to be attempted) representing whole of the syllabi i.e. two (02) questions from each unit. Each question shall be of 12 marks



SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY COURSE (NEP- 2020)
(PSYCHOLOGY) Dec-2028
EXAMINATION TO BE HELD IN ~~DEC 2025~~, DEC2026, DEC2027, (SEMESTER-I)

COURSE CODE= UMJPSYT110

Practical(25Marks).

Credits: 01*

Continuous Assessment: 10 Marks

Final examination: 15Marks

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. Intelligence (Verbal/ Non Verbal)
2. Knowledge of Result on Performance
3. Transfer of Learning
4. Retroactive Inhibition and Proactive Inhibition
5. Division of attention
6. Emotional Intelligence scale
7. Personality test (Orientation)

NOTE:

Final Examination shall carry 15 Marks

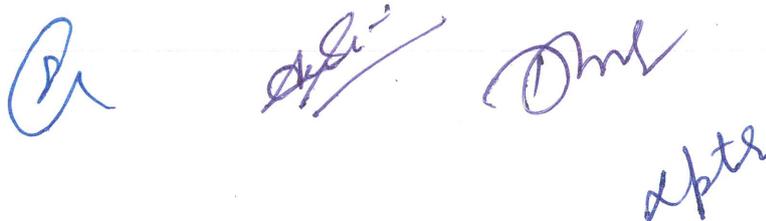
Conduction: 5

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**

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SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY COURSE (NEP- 2020)
(PSYCHOLOGY)
EXAMINATION TO BE HELD IN ~~DEC 2025~~, DEC2026, DEC2027 (SEMESTER-I) ^{+ Dec 2028}

(Minor Course)

Course Title: Psychological processes

Course code= UMIPSYT112

Credits=04 *(3 theory +1 practical)

Duration of exam – 3 hours

Total Marks=100

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

Practical Marks-25

Course Outcome:

- Learn about the fundamental processes and core psychological concepts, models, classical theories, varied perspectives.
- will be able to apply concepts in their own and in others' lives.
- Clear understanding of concepts like intelligence, motivation, emotion and personality. It will develop critical analytical skills regarding these individualistic traits

Unit 1- Concept of Psychology:

- **Basics of psychology**-Nature; Scope; Relationship between psychology and sociology, psychology and education, psychology and anthropology.
- **Methods of studying human behavior**-Observation method; Experiment method; Case-study; Interview method

Unit 2- Sensation and Perception:

- **Sensation**- Structure and function of sense organs: Visual (Eye), Auditory (Ear); Perception- Meaning & definition of perception; Perceptual organization, Perceptual constancy,

Unit 3- Learning and Memory:

- **Learning**-Meaning& definition of learning; Theories of learning (Classical Conditioning & Operant Conditioning)
- **Memory**- Meaning& definition of memory; types of memory; Information processing model; Technique for improving memory;

Unit IV- Motivation & Emotion:

- **Motivation** - meaning & definition of motivation; Types of motives; Maslow's Need hierarchy theory; Difference between feeling & basic emotion;
Emotions- Nature, Theories of emotion (James-Lange Theory, & Cannon Bard Theory and Schachter-Singer Theory)

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

EXAMINATION TO BE HELD IN DEC ~~2025~~, DEC2026, DEC2027 (SEMESTER-I) ^{Dec 2028}

Books Recommended

- Baron, R.A & Misra, G. (2014). *Psychology (Indian Subcontinent Edition)*. Pearson Education Ltd.
- Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning.
- Ciccarelli, S. K & White, J. N. (2017). *Psychology (5th ed.)*. Pearson Education.
- Eysenck, M. W. (2023). *Fundamentals of psychology* (2nd ed.). Routledge.
- Eysenck, M. W. (2022). *Simply psychology*. Routledge.
- Feldman, R. S. (2024). *Essentials of understanding psychology* (14th ed.). McGraw Hill.
- Glassman, W.E. (2000). *Approaches to Psychology (3rd Ed.)*. Open University Press.

Course code= UMIPSYT112

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus:

Time Duration-1 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.
Each question shall be of three (03) marks (**All Compulsory**)

Section B: Eight (08) Long answer questions (four to be attempted) representing whole of the syllabi i.e. two (02) questions from each unit. Each question shall be of 12 marks

COURSE CODE= UMIPYT112

Practical (25Marks).

Continuous Assessment: 10 Marks

Final examination: 15Marks

Credits: 01*

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 related with the syllabus

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**

SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY COURSE (NEP- 2020)
(PSYCHOLOGY) ^{+ Dec 2028}
EXAMINATION TO BE HELD IN DEC ~~2023~~, DEC2026, DEC2027 (SEMESTER-I)

(Multidisciplinary/Interdisciplinary Course)

Course Title : Psychology in day to day Life-I

Course code=UMDPST113

Total Marks=75

Credits=03

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

Duration of exam- 3 hours

Course outcome:

- Equip the students towards better understanding of the skills required to manage everyday lives.
- Learn strategies and ways to balance their work and life, challenges to healthy living and role of psychological skills in improving health.
- Able to understand the application of psychological concepts in education
- The knowledge will be significant in enhancing their lives and society as a whole.

Unit 1- Understanding Psychology:

- **Concept of psychology-** Meaning & definition of psychology; Nature of psychology, Scope of psychology
- **Psychology in everyday-** Relevance of psychology in everyday life; Cultivating positive emotions- Character strength, and virtue

Unit 2- Psychology and Education:

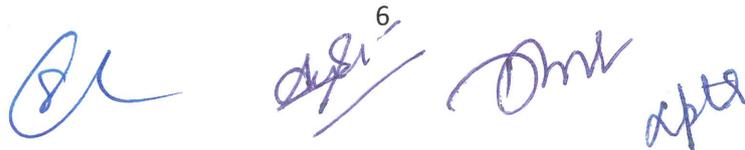
- **Learning** – Nature, Laws of Learning, Types of learning (Verbal, Motor, Serial, Paired-associative), Factors affecting Learning, Classical and operant conditioning, Difference between Classical and operant conditioning.
- **Education Psychology** - Meaning & definition of education psychology; Understanding learners need; Students with special need

Unit 3- Psychology at work:

- **Motivation-** Meaning and nature of motivation; Types of motivation (intrinsic and extrinsic motivation); Maslow's Hierarchy of need; Trio need theory.
- **Emotions-** Nature, Theories of emotion (James-Lange Theory, & Cannon Bard Theory and Schachter-Singer Theory)

Unit IV- Psychology and health:

- **Health Behaviours-** Concept, World Health Organization (WHO) Definition, Role of psychology in health; Challenges to healthy living; Understanding stress; Stress model (general adaptive syndrome); Bio-psycho-social model of health; Psychological skills for enhancing interpersonal experience
- **Lifestyle choices-** Concept of lifestyle; Promoting healthy lifestyle; Social support in health outcomes



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

EXAMINATION TO BE HELD IN ~~DEC 2025~~, DEC2026, DEC2027 (SEMESTER-I) ^{Dec 2028}

Unit IV- Psychology and health:

- **Health Behaviours-** Concept, World Health Organization (WHO) Definition, Role of psychology in health; Challenges to healthy living; Understanding stress; Stress model (general adaptive syndrome); Bio-psycho-social model of health; Psychological skills for enhancing interpersonal experience
- **Lifestyle choices-** Concept of lifestyle; Promoting healthy lifestyle; Social support in health outcomes

Books Recommended

- Bart L. Weathington, Christopher J.L. Cunningham, & Michael D. Biderman. (Eds.).(2011).*Applied psychology in everydaylife*. CambridgeScholarPublishing.
- 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-BasedPractice*.Sage.
- Myers, D.G. ,&DeWall,N.(2023). *Psychology in Everyday Life(6TH ed.)*. Macmillan learning
- 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*. JohnWiley&Sons.

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

COURSECODE=UMDPST113

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus:

Time Duration-1 Hour (15 Marks)

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

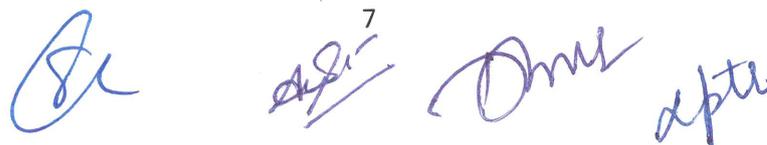
Section B (10 marks) -2 Long Answer questions of 5 marks to be attempted out of 3 given questions.

(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. Each question shall be of three (03) marks (**All Compulsory**)

Section B: Eight (08) Long answer questions (four to be attempted) representing whole of the syllabi i.e. two (02) questions from each unit. Each question shall be of 12 marks



Skill Enhancement Course (SEC)

Semester I: Life Skills - I

Course Code: USEPSYT111

Credits: 03 (1 Theory + 2 Skills)

Total Marks: 75 (25 Theory + 50 Skill)

Duration of examination 1 ½ hours (theory) and 3 hours (skills)

Course Outcomes

- Able to understand about Life skills
- Equip students with the social and interpersonal skills that enable them to cope with the demands of everyday life.
- Build self-confidence, encourage critical thinking, foster resilience and help students to communicate more effectively.

Part-1

Unit 1: Overview of Life Skills and Self-Concept

- **Introduction to Life Skills:** Meaning, Life skills identified by the World Health Organization, Importance of life skills in daily life
- **Application of Life Skills:** Self-awareness, Empathy, Critical thinking & creative thinking, Problem-solving & decision making, Effective communication & interpersonal relationships.

Unit 2: Stress and Resilience

- **Understanding and Managing Stress:** Nature, types, and sources of stress, Coping mechanisms for stress.
- **Developing Resilience-**Meaning and characteristics of resilient individuals, Importance of resilience in life, Strategies and techniques 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.

Part-2

Skill (50 Marks)

1. Administration of psychological tests (any two out of three)- Self Concept or any other scale related to Self), Resilience, Perceived Stress Scale.
 2. Stress Diary – Record stress triggers and coping (to be recorded on the basis of one week, nature of stress may be Mild/Moderate /Severe.
 3. Daily Life Skills – Identify 5 life skills in daily life (such as Time management, empathy, gratitude, decision making, etc.)
 4. Resilience Story – Share a personal challenge overcome (own experience/as narrated by others).
- Report to be prepared by the students with geo-tag photograph (wherever relevant)*

NOTE FOR PAPER SETTING

Note for paper setting for Mid Term examination: Part-1

Section A: Shall Comprise 3 short answer type questions of (3 marks each) covering both units, with at least one question from each unit. The students have to attempt all three 3 questions from section A.

Section B : Shall comprise a total of 4 questions, with two questions selected from each unit. Each question shall be of 8 marks. The students have to attempt 2 questions selecting only one question from each unit.

Evaluation of skills: final examination Part- 2

The evaluation of skills will be internal. The examination of skills shall be of 50 marks. The evaluation of skills will be done internally through the board of three members (including the trainer of the course)

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(MAJOR COURSE)

COURSE TITLE: PSYCHOLOGICAL DIVERSITY

Course code= UMJPSYT210

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:

- Understand and classify the different types of personality
- Understand the theoretical concepts of intelligence
- Compare and contrast different theories of intelligence
- Understand the theoretical concepts of self

Unit I: Understanding Individual differences:

- **Introduction:** Concept of individual differences; Types of individual difference; Factors affecting individual differences(Role of genes & environment)
- **Methods to study individual differences:** Psychometric method (use of standardized tests to measure intelligence, personality and aptitude); Projective techniques.

Unit II: Intelligence and Creativity:

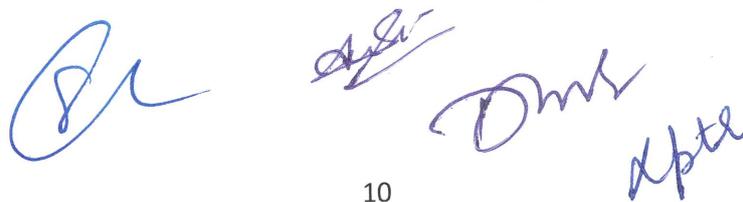
- **Intelligence-** Nature of intelligence; The role of Heredity and environment, Classification of Intelligence Tests : Individual tests, group tests, Verbal tests, Non-verbal tests, Speed and power test, Tests Measurement of intelligence; Concept of Intelligence Quotient.
- **Creativity-** Nature and Characteristics, Steps, Torrance Test of creative thinking, Nurturing creativity; relationship between intelligence and creativity

Unit III: Personality and Motivation

- **Personality-**Theories of Personality (Murray, Allport, Cattell, Eysenck) ;Measurement of personality-self report measure, projective methods, behavioural method
- **Motivation-** Theories of motivation- Drive theory, arousal theory, expectancy theory, intrinsic and extrinsic motivation; Achievement motivation.

Unit IV: Self and Identity:

- **Concept of self-** idealized and actual self; Indian and western concept of self; culture and self
- **Cognition-** concept of Information processing; information processing and individual difference; Cognitive Styles- Field dependence/independence, reflective /impulsive style; Locus of control.



SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY COURSE (NEP- 2020)
(PSYCHOLOGY)
EXAMINATION TO BE HELD IN ~~MAY 2026~~, MAY 2027, MAY 2028 & May 2029
(SEMESTER-II)

Books Recommended

Course code= UMJPSYT210

- Bandura, A. (1977). *Social learning theory*. Englewood Cliffs, NJ: Prentice Hall.
- Baron, R.A & Misra, G. (2014). *Psychology (Indian Subcontinent Edition)*. Pearson Education Ltd.
- Baron, R.A. (2005). *Psychology (5th ed.)*. New Delhi: Pearson Education.
- Ciccarelli, S. K & White, J. N. (2017). *Psychology (5th ed.)*. Pearson Education.
- Ciccarelli, S.K., & White, J.N. (2018). *Psychology (5th ed.)*, adapted by G. Misra, Indian subcontinent adaptation. Pearson India Education Services Pvt. Ltd.
- Eysenck, M. W. (2022). *Simply psychology*. Routledge.
- Eysenck, M. W. (2023). *Fundamentals of psychology (2nd ed.)*. Routledge.
- Feldman, R. S. (2024). *Essentials of understanding psychology (14th ed.)*. McGraw Hill.
- James, L. (2016). *"The First Book of Life Skills"*; First Edition, Embassy Books.
- Kalyana, (2015). *"Soft Skill for Managers"*; First Edition; Wiley Publishing Ltd.

***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:

Time Duration-1 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. Each question shall be of three (03) marks (AllCompulsary)

Section B: Eight (08) Long answer questions (four to be attempted) representing whole of the syllabi i.e. two (02) questions from each unit. Each question shall be of 12 marks

SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY COURSE (NEP- 2020)
(PSYCHOLOGY)
EXAMINATION TO BE HELD IN ~~MAY 2026~~ MAY 2027, MAY 2028 + May 2029
(SEMESTER-II)

COURSE CODE= UMJPSYT210

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 Psychometric tests from below mentioned list

1. Personality Traits
2. Introversion Extraversion Inventory
3. General Mental Ability
4. Self Esteem Questionnaire
5. Achievement motivation
6. Intrinsic Motivation
7. Locus of control
8. Cognitive styles

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**

SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY COURSE (NEP- 2020)
(PSYCHOLOGY)
EXAMINATION TO BE HELD IN ~~MAY 2026~~, MAY 2027, MAY 2028 + May - 2029
(SEMESTER-II)

(Minor Course)

Course Title: Psychology and Personal growth

Course code= UMIPSYT212

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:

- Understand emotional intelligence and emotional regulation
- Understand how psychology can be used for personal growth
- Familiarize with the concepts of Motivation and problem solving
- Explore the concepts of positive psychology
- Learn how to promote meaningful social relationships

Unit I: Emotional Intelligence and Emotional Regulation:

- **Emotional intelligence-** Concept of emotional intelligence; Emotional Competencies; Theories (Salovey- Mayer and Goleman); Role of E.I. in Success, Overcoming Emotional triggers
- **Emotional Regulation-** concept of emotional regulation; core features of emotional regulation, Process model; Strategies of emotional regulation.

Unit II: Behavioural and cognitive process in goal achievement:

- **Motivation-**Meaning & definition of motivation, Importance, self – motivation, (Intrinsic and extrinsic); Self- Determination theory
- **Problem solving-** Concepts, Factors affecting problem solving, and strategies of problem solving: Trial and error, Heuristics, algorithms.

Unit III: Positive Psychology:

- **Mindfulness and Flow** :meaning & definition; Applying Mindfulness in daily life- Mindful Eating and Mindful Listening, Flow
- **Positive thinking-** Hope, Optimism and Resilience.

Unit IV: Managing interpersonal relations and Communication-

- Interpersonal relationship: Nature of interpersonal relationship; Formal and informal relations;
- Communication- Nature, Factors affecting interpersonal communication and relations, barriers to effective communication.

SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY COURSE (NEP- 2020)
(PSYCHOLOGY)
EXAMINATION TO BE HELD IN ~~MAY 2026~~, MAY 2027, MAY 2028 *4 May 2029*
(SEMESTER-II)

Books Recommended

Course code= UMIPSYT212

- 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.
- Eysenck, M. W. (2023). *Fundamentals of psychology* (2nd ed.). Routledge.
- Feldman, R. S. (2024). *Essentials of understanding psychology* (14th ed.). McGraw Hill.
- Snyder, C.R. & Lopez, S.J. (Eds.). (2002). *Handbook of Positive Psychology*. Oxford University Press.

***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:

Time Duration-1 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. Each question shall be of three (03) marks (All Compulsory)

Section B: Eight (08) Long answer questions (four to be attempted) representing whole of the syllabi i.e. two (02) questions from each unit. Each question shall be of 12 marks

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SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY COURSE (NEP- 2020)
(PSYCHOLOGY)
EXAMINATION TO BE HELD IN ~~MAY 2026~~, MAY2027, MAY2028 + May 2029
(SEMESTER-II)

COURSE CODE= UMIPSYT212

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 entire syllabus

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**

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SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY COURSE (NEP- 2020)
(PSYCHOLOGY)
EXAMINATION TO BE HELD IN MAY ~~2026~~, MAY2027, MAY2028 + May 2029
(SEMESTER-II)

(Multidisciplinary/Interdisciplinary Course)

Course Title: Psychology in day to day Life-II

Course code=UMDPSYT213

Total Marks=75

Credits=03

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

Duration of exam- 3 hours

Course outcome:

- Equip the students towards better understanding of the skills required to manage everyday lives.
- Learn strategies and ways to balance their work and life, challenges to healthy living and role of psychological skills in improving health.
- Able to understand the application of psychological concepts in education
- The knowledge will be significant in enhancing their lives and society as a whole.

Unit 1- Understanding Psychology:

- **Concept of psychology-** Meaning & definition of psychology; Nature of psychology, Scope of psychology
- **Psychology in everyday-** Relevance of psychology in everyday life; Cultivating positive emotions-Character strength, and virtue

Unit 2- Psychology and Education:

- **Learning** – Nature, Laws of Learning, Types of learning (Verbal, Motor, Serial, Paired-associative), Factors affecting Learning, Classical and operant conditioning, Difference between Classical and operant conditioning.
- **Education Psychology** - Meaning & definition of education psychology; Understanding learners need; Students with special need

Unit 3- Psychology at work:

- **Motivation-** Meaning and nature of motivation; Types of motivation (intrinsic and extrinsic motivation); Maslow's Hierarchy of need; Trio need theory.
- **Emotions-** Nature, Theories of emotion (James-Lange Theory, & Cannon Bard Theory and Schachter-Singer Theory)

Unit IV- Psychology and health:

- **Health Behaviours-** Concept, World Health Organization (WHO) Definition, Role of psychology in health; Challenges to healthy living; Understanding stress; Stress model (general adaptive syndrome); Bio-psycho-social model of health; Psychological skills for enhancing interpersonal experience
- **Lifestyle choices-** Concept of lifestyle; Promoting healthy lifestyle; Social support in health outcomes

SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY COURSE (NEP- 2020)
(PSYCHOLOGY)
EXAMINATION TO BE HELD IN ~~MAY 2026~~, MAY 2027, MAY 2028 ^{4 May 2029}
(SEMESTER-II)

COURSECODE=UMDPSYT 213

Books Recommended

- Bart L. Weathington, Christopher J.L. Cunningham, & Michael D. Biderman. (Eds.).(2011).*Applied psychology in everydaylife*. CambridgeScholarPublishing.
- 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-BasedPractice*.Sage.
- Myers, D.G. ,&DeWall,N.(2023). *Psychology in Everyday Life(6TH ed.)*. Macmillan learning
- 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*. JohnWiley&Sons.

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

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus:

Time Duration-1 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 unis/ syllabi i.e. one (01) question from each unit. Each question shall be of three (03) marks (**AllCompulsary**)

Section B: **Eight (08) Long answer questions (four to be attempted) representing whole of the syllabi i.e. two (02) questions from each unit. Each question shall be of 12 marks**

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SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY COURSE (NEP- 2020)
(PSYCHOLOGY)
EXAMINATION TO BE HELD IN ~~MAY 2026~~, MAY 2027, MAY 2028 + May 2029
(SEMESTER-II)

Skill Enhancement Course (SEC)

Life Skills – II

Course Code: USEPSYT211

Credits: 03 (1 Theory + 2 Skills)

Total Marks: 75 (25 Theory + 50 Skill)

Duration of examination 1 ½ hours (theory) and 3 hours (skills)

Course Outcomes

- Understand the foundations of communication and factors contributing to effective communication
- Analyze and apply the principles of effective communication, building positive interpersonal relationships
- Create effective strategies for conflict management in teams

Unit I: Communication, Presentation, and Interpersonal Skills

- **Communication and Presentation Skills:** Verbal and non-verbal communication, Barriers to communication, Listening skills, Effective presentation skills, Interview skills.
- **Building Healthy Interpersonal Connections:** Meaning and benefits of interpersonal skills, Components of interpersonal relationships, Techniques for improving interpersonal effectiveness

Unit II: Group and Team Dynamics

- **Understanding Group and Team Behaviour:** Concept and composition of groups, Group vs Team, Problem solving and consensus-building in groups.
- **Conflict management in team:** Team dynamics, Managing team performance, Conflict management in teams.

Books Recommended

- Barun K. Mitra, (2017). “*Personality Development & Soft Skills*”, Oxford Publishers, Third impression,
- Caruso, D. R. and Salovey P, (2004). “*The Emotionally Intelligent Manager: How to Develop and Use the Four Key Emotional Skills of Leadership*”, John Wiley & Sons,
- Kalyana, (2015). “*Soft Skill for Managers*”; First Edition; Wiley Publishing Ltd,
- ShaliniVerma, (2014). “*Development of Life Skills and Professional Practice*”; First Edition; Sultan Chand (G/L) & Company.

SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY COURSE (NEP- 2020)
(PSYCHOLOGY)
EXAMINATION TO BE HELD IN ~~MAY 2026~~, MAY 2027, MAY 2028 + May 2029
(SEMESTER-II)

Course Code: USEPSYT211

Skill (50 Marks)

Part-2

1. Prepare Resume & Job Application .
2. Mock Interview / Group Discussion – Students will participate in simulation.
3. Interpersonal skill building- To be conducted through Role –Play on any everyday life issue.
4. Team Activity – Group project on campus (e.g. health, environment, mental health awareness, etc.); Group size between 5-10 students per group.

Note: Report to be prepared by the students with geo-tag photograph (wherever relevant)

NOTE FOR PAPER SETTING

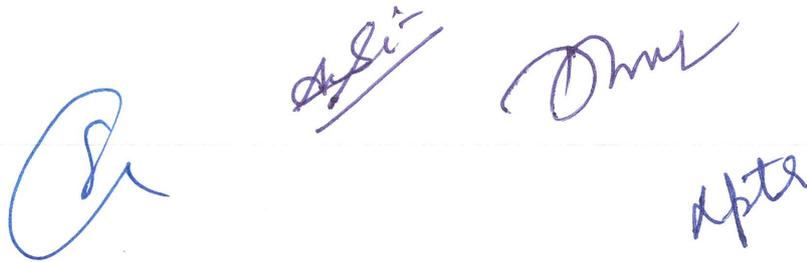
Note for paper setting for Mid Term examination: Part-1

Section A: Shall Comprise 3 short answer type questions of (3 marks each) covering both units, with at least one question from each unit. The students have no attempts all three 3 questions from section A.

Section B : Shall comprise a total of 4 questions, with two questions selected from each unit. Each question shall be of 8 marks. The students have to attempt 2 questions selecting only one question from each unit.

Evaluation of skills: final examination Part- 2

The evaluation of skills will be internal. The examination of skills shall be of 50 marks. The evaluation of skills will be done internally through the board of three members (including the trainer of the course)

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SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP) UNDER
NATIONAL EDUCATION POLICY (NEP-2020)

(PSYCHOLOGY)

EXAMINATION TO BE HELD IN ~~DEC 2026~~, DEC 2027, DEC 2028 + Dec 2029

(SEMESTER-III)

(MAJOR COURSE)

COURSE TITLE: PSYCHOLOGY OF SOCIAL BEHAVIOR

Course code= UMJPSYT310

Credits=04 * (3 theory +1 practical)

Duration of exam – 3 hours

Total Marks=100

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

Practical Marks-25

Course Outcomes:

- Appreciate how individual behavior is influenced by social and cultural context.
- Understand how social behavior can be analyzed in terms of social-psychological theories.
- Equipped to apply social psychological knowledge in solving social problems.

Unit 1: Introduction: Meaning, nature and Scope of social psychology, Brief history of social psychology, Levels of social behavior.

Experimental research and Field Experiment: meaning, difference between experimental research and field experiments, strength and weaknesses of field experiments, field surveys.

Unit 2: Attitude: Concept, components, factors that influence attitude formation Attitude Change: Persuasion, Cognitive Dissonance, and theories of attitude change.

Attribution: Concept, Biases and Kelly's Attribution Theory, Implicit Bias and Stereotypes.

Unit 3: Interpersonal Processes: Concept and Rules of Interpersonal Attraction, Altruistic behaviour; Pro-social Behaviour: meaning and Steps involved in the process of Pro-social behavior.

Aggression: Concept, causes, theories and control.

Unit 4: Group dynamics: Nature, Characteristics, types and stages of group formation, Conformity, Compliance and Obedience; Groups: Key aspects and norms of groups, Social Facilitation and Social Loafing.

Prejudice and Stereotypes: Nature, Causes, and methods to Reduce Prejudice, Stereotypes: Nature and types.

Book Recommended

- Aronson, E. (2008). *The social animal* (10th ed.). New York: Worth Publishers.
- Baron, R. A., & Byrne, D. (2003). *Social psychology* (10th ed.). Boston: Allyn & Bacon.
- Baumeister, R. F., & Leary, M. R. (Eds.). (1995). *The need to belong: Desire for interpersonal attachments as a fundamental human motivation*. New York: Guilford Press.
- Cialdini, R. B. (2001). *Influence: Science and practice* (4th ed.). Boston: Allyn & Bacon.
- Festinger, L. (1957). *A theory of cognitive dissonance*. Stanford, CA: Stanford University Press.
- Fiske, S. T. (2004). *Social beings: A core motives approach to social psychology*. Hoboken, NJ: Wiley.
- Heider, F. (1958). *The psychology of interpersonal relations*. New York: Wiley.
- Myers, D. G. (2008). *Social psychology* (9th ed.). New York: McGraw-Hill.
- Tajfel, H. (1981). *Human groups and social categories: Studies in social psychology*. Cambridge: Cambridge University Press.

SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP) UNDER
NATIONAL EDUCATION POLICY (NEP-2020)

(PSYCHOLOGY)

EXAMINATION TO BE HELD IN ~~DEC 2026~~, DEC2027, DEC2028 + Dec 2029
(SEMESTER-III)

Course code= UMJPSYT310

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus (to be conducted by course coordinator)
(15 Marks) Time Duration- 1.5 Hour

Section A (5 marks) – Five (5) Very Short Answer questions of 1 marks each (All compulsory).

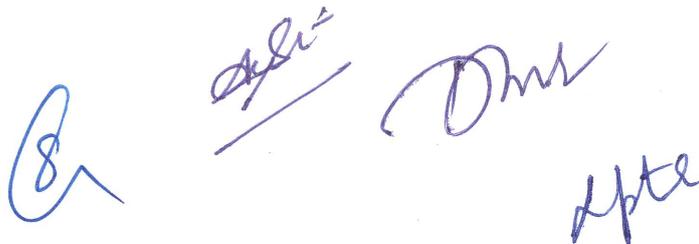
Section B (10 marks) – Two (2) Long Answer questions of 5 marks to be attempted out of 3 given questions.

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

Time Duration— 03 Hours

Section A (12 marks): 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 (48 marks) : 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

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SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP) UNDER
NATIONAL EDUCATION POLICY (NEP-2020)

(PSYCHOLOGY)

EXAMINATION TO BE HELD IN ~~DEC2026~~, DEC2027, DEC2028 + Dec 2029
(SEMESTER-III)

(MAJOR COURSE)

COURSE TITLE: Psychology of Social behavior

COURSE CODE= UMJPSYT310

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. Social Intelligence Scale
2. Aggression
3. Conflict Scale
4. Attitude Scale
5. Interpersonal Reactivity Index
6. Interpersonal attraction scale
7. Conformity
8. Sociometry
9. Prosocialbehaviour

NOTE:

Final Examination shall carry 15 Marks (Conduction: 5 marks; Report Writing: 5 marks; Viva voce: 5 marks)

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

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

SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP) UNDER
NATIONAL EDUCATION POLICY (NEP-2020)

(PSYCHOLOGY)

EXAMINATION TO BE HELD IN ~~DEC2026~~, DEC2027, DEC2028 + Dec 2029

(SEMESTER-III)

(MAJOR COURSE)

COURSE TITLE: APPROACHES TO PERSONALITY PSYCHOLOGY

Course code= UMJPSYT312

Credits=04 * (3 theory +1 practical)

Duration of exam – 3 hours

Total Marks=100

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

Practical Marks-25

Course outcome:

- Understand the meaning and nature of personality, role of various factors in personality development.
- Gain knowledge on types of personalities and its impact on their behaviour.
- Develop the understanding on application of different approaches of personality in their everyday life.
- Know assessment of personality.

Unit I: Psychoanalytic approach and neo-psychoanalytic

- **Psychoanalytic Approach:** Instincts, Levels of Personality, The structure of Personality, Anxiety, Defenses against anxiety, Psycho-sexual stages, Assessment in Freud's theory.
- **Neo-psychoanalytic approaches:** Carl Jung and Alfred Adler.

Unit II: Approaches to personality-I

- **Type theories-** Hippocrates, Kretchmer, and Sheldon.
- **Trait theories-** Allport, Cattell, and Eysenck

Unit III: Approaches to personality-II:

- **Behavioural and Cognitive theories-** Skinner and Bandura's social cognitive theory.
- **Humanistic Approaches-** Abraham Maslow and Carl Rogers.

Unit IV: Personality Assessment:

- **Personality Assessment-** Need for personality assessment, Types of personality inventories- meaning of objective tests, projective tests, Observation method;
- **Description of Personality Tests-** Objective tests- Cattell's Sixteen Personality Factor Scale (16PF), Minnesota Multiphasic Personality Inventory (MMPI), Projective methods – Rorschach Psychodiagnostic, Thematic Apperception Test (TAT); Observation methods- rating scale, interview method

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SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP) UNDER
NATIONAL EDUCATION POLICY (NEP-2020)

(PSYCHOLOGY)

EXAMINATION TO BE HELD IN ~~DEC 2026~~, DEC2027, DEC2028 + Dec 2029
(SEMESTER-III)

Course code= UMJPSYT312

Books Recommended

- Baron, R.A & Misra, G. (2014). *Psychology (Indian Subcontinent Edition)*. Pearson Education Ltd.
- Bradberry, T. (2007). *"The Personality Code"*. New York: Putnam.
- Ciccarelli, S. K & White, J. N. (2017). *Psychology (5th ed)*. Pearson Education
- Cooper, C. (2015). *Individual Differences and Personality (3rd Ed.)* New York: Oxford.
- Gaines, S.O. (2019). *Personality Psychology: The Basics*. Routledge.
- Hall, C.S., Lindzey, G., Campbell, J.B. (1997). *Theories of Personality*. New York: Wiley & Sons.
- McMartin, J. (2016). *Personality psychology: A student-centered approach*. Sage Publications.

***One Credit is of 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)
(15 Marks) Time Duration- 1.5 Hour

Section A (5 marks) – Five (5) Very Short Answer questions of 1 marks each (All compulsory).

Section B (10 marks) – Two (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 (12 marks): 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 (48 marks) : 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



SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP) UNDER
NATIONAL EDUCATION POLICY (NEP-2020)

(PSYCHOLOGY)

EXAMINATION TO BE HELD IN ~~DEC 2026~~, DEC 2027, DEC 2028 + Dec 2029
(SEMESTER-III)

COURSE CODE= UMJPSYT312

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. Big-five inventory
2. Eysenck's personality inventory
3. 16 personality factors
4. Myers Briggs Types indicator
5. Sentence completion test
6. Orientation to any one projective technique
7. Introversion-Extraversion Scale

NOTE:

Final Examination shall carry 15 Marks (Conduction: 5 marks; Report Writing: 5 marks; Viva voce: 5 marks)

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

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

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A signature in the center, possibly "Anjali".
A signature below it, possibly "Omni".
The initials "Apt" at the bottom right.

SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP) UNDER
NATIONAL EDUCATION POLICY (NEP-2020)

(PSYCHOLOGY)

EXAMINATION TO BE HELD IN ~~DEC2026~~, DEC2027, DEC2028 + Dec 2029
(SEMESTER-III)

(MINOR COURSE)

COURSE TITLE: HEALTH AND WELL BEING

Course code= UMIPSYT313

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:

- Understanding the concept of health and well-being.
- Develop understanding and management of Stress, illness, and pain.
- Develop adequate knowledge about health management.
- Appreciate inner strengths and virtues, like hope and optimism.

UNIT I : Concept of Health Psychology:

- **Introduction to Health Psychology**-Emergence of the field of Health Psychology, History of health psychology, Disease and Health model.
- **Models of health psychology**- Medical Model, , Holistic Health model, Bio-Psychosocial model

UNIT II : Stress, and coping, illness and pain:

- **Stress and coping:** causes of stress, consequences of stress, coping with stress, coping resources.
- **Pain and illness**-Difference between Disease, Disorder, Illness, Sickness; Quality of life and wellbeing

UNIT III: Health Management:

- **Health-Enhancing Behaviours**- Exercise, Nutrition, meditation, healthy lifestyle
- **Health Compromising Behaviours**- Meaning of health hazards; alcoholism, smoking, internet addiction

Unit IV: Wellbeing and Human Strengths:

- **Human strengths**- Classification of Human Strengths and Virtues; Cultivating Inner Strengths- Hope, Optimism, resilience.
- **Wellbeing**-Concept of hedonic and eudaimonic well-being; PERMA Principle

Books Recommended

- Agarwala, S., Das, I., Kumar, K., & Kumar, S. (2009). *Health Psychology*. New Delhi, Allied Publishers.
- Carr, A. (2011). *Positive Psychology: The Science of Happiness and Human Strength*. London, UK: Routledge.
- Sarafino, E.P., & Smith, T.W. (2016). *Health Psychology: Bio Psychosocial Interactions* (9th Ed.).New York: Wiley.
- Sanderson, C.A. (2018).*Health Psychology: Understanding the mind-body connection* (3rd Edition). New York: Sage.
- Taylor, S.E. (2017). *Health psychology* (10th Ed.) New Delhi: Tata McGraw Hill.

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

SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP) UNDER
NATIONAL EDUCATION POLICY (NEP-2020)

(PSYCHOLOGY)

EXAMINATION TO BE HELD IN ~~DEC 2026~~, DEC2027, DEC2028 + Dec 2029
(SEMESTER-III)

=

COURSE CODE=UMIPSYT313

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus (to be conducted by course coordinator)
(15 Marks) Time Duration- 1.5 Hour

Section A (5 marks) – Five (5) Very Short Answer questions of 1 marks each (All compulsory).

Section B (10 marks) – Two (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 (12 marks): 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 (48 marks) : 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

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SYLLABUS OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP) UNDER
NATIONAL EDUCATION POLICY (NEP-2020)

(PSYCHOLOGY)

EXAMINATION TO BE HELD IN ~~DEC 2026~~, DEC 2027, DEC 2028 + Dec 2029
(SEMESTER-III)

(MINOR COURSE)

COURSE TITLE: HEALTH AND WELLBEING

COURSE CODE=UMIPSYT313

Practical (25 Marks).

Credits: 01*

Continuous Assessment: 10 Marks

Final examination: 15 Marks

Course Outcome: This paper aims to introduce the Students to the concept of psychological assessment and evaluation along with its theoretical and practical implications in health psychology.

Practical group comprises of 15 students for work in laboratory

Choose any four practicals from below mentioned topics

- Well-being scale
- Stress scale
- Ways of coping scale
- Scale for assessment of Alcohol consumption
- Smoking/ nicotine dependence scale
- Internet addiction scale
- Hope scale
- Optimism scale
- Happiness scale

NOTE:

Final Examination shall carry 15 Marks (Conduction: 5 marks; Report Writing: 5 marks; Viva voce: 5 marks)

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

***One Credit is of 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)

(MULTIDISCIPLINARY/INTERDISCIPLINARY COURSE)

COURSE TITLE: PSYCHOLOGY IN DAY TO DAY LIFE-III

Dec- 2027, 2028 & 2029

Course code=UMDPSYT314

Total Marks=75 Credits=03 Theory Marks-75

Duration of exam- 3 hours

(External = 60 + Internal = 15)

Course outcome:

- Equip the students towards better understanding of the skills required to manage everyday lives.
- Learn strategies and ways to balance their work and life, challenges to healthy living and role of psychological skills in improving health.
- Able to understand the application of psychological concepts in education
- The knowledge will be significant in enhancing their lives and society as a whole.

Unit 1- Understanding Psychology:

- **Concept of psychology-** Meaning & definition of psychology; Nature of psychology, Scope of psychology
- **Psychology in everyday-** Relevance of psychology in everyday life; Cultivating positive emotions-Character strength, and virtue

Unit 2- Psychology and Education:

- **Learning** –Nature, Laws of Learning, Types of learning (Verbal, Motor, Serial, Paired-associative), Factors affecting Learning, Classical and operant conditioning, Difference between Classical and operant conditioning.
- **Education Psychology** - Meaning& definition of education psychology; Understanding learners need; Students with special need

Unit 3- Psychology at work:

- **Motivation-** Meaning and nature of motivation; Types of motivation (intrinsic and extrinsic motivation); Maslow's Hierarchy of need; Trio need theory.
- **Emotions-** Nature, Theories of emotion (James-Lange Theory, & Cannon Bard Theory and Schachter-Singer Theory)

Unit IV- Psychology and health:

- **Health Behaviours-** Concept, World Health Organization (WHO) Definition, Role of psychology in health; Challenges to healthy living; Understanding stress; Stress model (general adaptive syndrome); Bio-psycho-social model of health; Psychological skills for enhancing interpersonal experience
- **Lifestyle choices-** Concept of lifestyle; Promoting healthy lifestyle; Social support in health outcomes

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

Dec - 2027, 2028 + 2029

Course code=UMDPST314

Books Recommended

- Bart L. Weathington, Christopher J.L. Cunningham, & Michael D. Biderman. (Eds.).(2011).*Applied psychology in everydaylife*. CambridgeScholarPublishing.
- 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-BasedPractice*.Sage.
- Myers, D.G. ,&DeWall,N.(2023). *Psychology in Everyday Life(6TH ed.)*. Macmillan learning
- 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*. JohnWiley&Sons.

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

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus (to be conducted by course coordinator) (15 Marks) Time Duration- 1.5 Hour
Section A (5 marks) – Five (5) Very Short Answer questions of 1 marks each (All compulsory).
Section B (10 marks) – Two (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 (12 marks): 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 (48 marks) : 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

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

Dec-2027, 2028 + 2029
SKILL ENHANCEMENT COURSE (SEC)

USEPSYT311

SEMESTER III: LIFE SKILLS - III

Course Code: USEPSYT311

Credits: 03 (1 Theory + 2 Skills)

Total Marks: 75 (25 Theory + 50 Skill)

Duration of examination: 1 ½ hours (theory) and 3 hours (skills)

Course Outcomes

- Understand the significance of personality development
- Aware of the factors that influence personality
- Realize that all of us have inherent strengths and unique qualities that we need to strengthen and use to our advantage.
- Know aspects of personality for holistic development

Part I

Unit I: Personality Development and Self-Understanding

- **Introduction to Personality Development:** Importance of personality development, Big Five personality factors.
- **Techniques for Development-**Group discussion, Role-play, SWOC (Strengths, Weaknesses, Opportunities, Challenges) analysis, Self-reflection and assertiveness training

Unit II: Enhancing Soft Skills and Emotional Competence

- **Core Soft Skills for Personality Growth:** Body language, Verbal and non-verbal communication, Time management, Teamwork and collaboration.
- **Leadership development:** Qualities of successful leaders, leadership styles, Leadership development techniques

Books Recommended

- Andrews, S. How to Succeed at Interviews. 21st (rep.) New Delhi. Tata McGraw-Hill 1988.
- Hurlock, E.B (2006). Personality Development, 28th Reprint. New Delhi: Tata McGraw Hill.
- Hindle, T. Reducing Stress. Essential Manager series. Dk Publishing, 2003
- Mile, D.J. Power of positive thinking. Delhi. Rohan Book Company, (2004).
- Murphy, J. (2011). Assertiveness: How to stand-up for yourself and win the respect of others. Indy Pub.
- Stephen P. R. & Timothy A. J. (2014), *Organizational Behavior 16th Edition*: Prentice Hall.
- Tuhovsky, I. (2022). The Science of Effective Communication. Positive Coaching LLC

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Dec- 2027, 2028 + 2029

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

COURSECODE= USEPSYT311

Part 2

Skill (50Marks).

1. Personality SWOC Analysis: Students will write his/her Strengths, Weaknesses, Opportunities & Challenges.

2. Assertiveness Practice (Role Play): Student will speak up confidently in groups in any random topic given by teacher, teacher has to rate him/her on confidence, body language, speech quality, content .

3. Presentation: Have students give presentations on topics related to leadership (e.g. Overcoming Obstacles, Building Trust, Managing Conflict, etc.) and teacher will assess their communication and leadership skills.

4. Motivational Journaling and celebrating success: Students will maintain a motivational journal related to the current academics to track their progress and reflect on their experiences, they will also write about their achievement of small goals to boost motivation and confidence.

Report to be prepared by students with geo-tag photograph (wherever relevant) .

NOTE FOR PAPER SETTING

Note for paper setter for Mid Term Examination: Part- 1

Section A: Shall comprise 3 short-answer type questions of (3 marks each) covering both units, with at least one question from each unit. The students have to attempt all three 3 questions from section A

Section B shall comprise a total of 4 questions, with two questions selected from each unit. Each question shall be of 8 marks. The students have to attempt 2 questions, selecting only one question from each unit

Evaluation of skills: Final examination part-2

The evaluation of skills will be internal. The examination of skills shall be of 50 marks. The evaluation of skills will be done internally through the board of three members (including the trainer of the course)

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