



UNIVERSITY OF JAMMU

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

NOTIFICATION (21/Aug/Adp/18)

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 Syllabi and Courses of Study in the subject of **B.A. Psychology (Hons.)** for semesters Vth and VIth under the **Choice Based Credit System** at the **Undergraduate level (as given in the Annexure)** for the examinations to be held in the years indicated against each semester as under:-

Subject	Semester	For the examinations to be held in the year
Psychology	Semester-V Semester-VI	December 2021, 2022 and 2023 May 2022, 2023 and 2024

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

Sd/-
DEAN ACADEMIC AFFAIRS

No. F. Acd/II/21/5791-5804
Dated: 31-08-2021

Copy for information and necessary action to:

1. Dean Faculty of Social Science
2. HOD/Convener, Board of Studies Psychology
3. All members of the Board of Studies
4. C.A. to the Controller of Examinations
5. Director, Computer Centre, University of Jammu
6. Deputy Registrar/Asst. Registrar (Conf. /Exams. U.G)
7. Incharge University Website for necessary action please

Sumit Sharma
Deputy Registrar (Academic)
27/8

27/8

26/8/21

B.A. PSYCHOLOGY (HONS)

SEMESTER V

EXAMINATION TO BE HELD IN DEC 2021, DEC 2022 and DEC 2023.

CORE COURSE

COURSE TITLE: UNDERSTANDING PSYCHOLOGICAL DISORDERS

COURSENO: UPSYHTC-501

CREDITS: 6 (Theory 4 + Practicum 2)

THEORY MARKS: 100 (External 80+ Internal Asst. 20) CONTACT HOURS: 60

DURATION OF EXAM –2 HOURS 30 MINUTES

TOTAL MARKS: 120 (THEORY= 100+ PRACTICUM= 20)

Objectives: The paper aims at providing an overview of the concept of abnormality and the symptoms and etiology of various psychological disorders. This will sensitize them to information on psychopathology and dispel myths regarding it.

Unit 1: Understanding Abnormality: Issues in defining Normality and Abnormality; Issues in diagnosis and classification; Nature of Clinical Assessment

Unit 2: Clinical Picture and Etiology of Disorders I: Anxiety disorders (any 2 disorders); Somatoform disorders –Hypochondriasis and Conversion disorders

Unit 3 : Clinical Picture of: Mood disorders; Eating disorders; Sexual disorders: Gender Identity Disorder

Unit 4 : Clinical Picture: Schizophrenia; Personality Disorder (any one); Borderline Personality Disorder / Anti Social Personality Disorders; Disorders of Development (any two): Learning disorder/ Mental Retardation, ADHD/ Autism

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

BOOKS RECOMMENDED

Bennett,P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.

Brewer,K. (2001). Clinical Psychology.Oxford : Heinemann Educational Publishers

Carson,R.C., Butcher,J.N.,Mineka,S.&Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.

David Barlow H. & Durand V. Mark, 7thEdition, e-book (2013) Abnormal Psychology :Cengage Learning India Edition

Kearney, C. A. &Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi :Cengage learning



B.A. PSYCHOLOGY (HONS)

SEMESTER V

EXAMINATION TO BE HELD IN DEC 2021, DEC 2022 and DEC 2023.

COURSE NO: UPSYHTC-501

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-1 Hour (20 Marks)

Section A-(10 marks) -5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B-(10 marks) -1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b)External End Semester University Examination Time Duration—2:30 Hours (80 Marks)

Section A-(15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B-(35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

Section C-(30 marks): 2 Long Answer Questions to be attempted from 4 given questions set from/across (covering) all units of the syllabus having 500-600 words of 15 marks each.



B.A. PSYCHOLOGY (HONS)

SEMESTER V

EXAMINATION TO BE HELD IN DEC 2021, DEC 2022 and DEC 2023.

PRACTICUM: UPSYHTC501

MARKS: 20

TWO PRACTICUM PERTAINING TO UPSYHTC- 501

(Internal Evaluation)

Attendance = 5marks

Record file =3 marks

Conduction/ Administration of any one Practicum = 06 Marks

Viva Voce of both the Practicum= 06 Marks

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

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B.A. PSYCHOLOGY (HONS)

SEMESTER V

EXAMINATION TO BE HELD IN DEC 2021, DEC 2022 and DEC 2023.

CORE COURSE

COURSE TITLE: ORGANIZATIONAL BEHAVIOUR

COURSE NO: UPSYHTC-502

CREDITS: 6(Theory 4 + Practicum 2)

THEORY MARKS: 100 (External 80+ Internal Asst. 20) CONTACT HOURS: 60

DURATION OF EXAM –2 HOURS 30 MINUTES

TOTAL MARKS: 120 (THEORY= 100+ PRACTICUM= 20)

Objectives:

To develop an awareness of the concepts related to organizational behavior. To Help the students develop connectivity between concepts and practices of organizations.

Unit 1: Introduction: Historical antecedents of Organizational Behaviour: Scientific management & Human Relations Movement; Contemporary Trends and Challenges; Organizational Behavior: Challenges in the Indian Setting

Unit 2: Individual level processes: Employee attitudes: Job satisfaction, Organizational Commitment, Organizational Citizenship Behaviour; Work Motivation; Early theories: Maslow, McClelland, Two factor.

Unit 3: Dynamics of Organizational Behavior: Organizational culture; Power and Politics: Influence, sexual harassment, organizational politics; Positive Organizational Behaviour: Optimism, Emotional Intelligence

Unit 4: Leadership: Basic approaches: Trait theories, Behavioral theories, Contingency theories; Contemporary Issues: Inspirational approaches to leadership, Challenges to the leadership construct; Indian perspective on leadership

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

BOOKS RECOMMENDED

Chadha, N.K. (2007). Organizational Behavior. Galgotia Publishers: New Delhi.

Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.

Griffin, R.W. & Moorhead, G. (2009). Organizational Behavior: Managing People & Organizations. New Delhi :Biztantra publishers.

Luthans, F. (2009). Organizational behavior. New Delhi: McGraw Hill



B.A. PSYCHOLOGY (HONS)

SEMESTER V

EXAMINATION TO BE HELD IN DEC 2021, DEC 2022 and DEC 2023.

COURSE NO: UPSYHTC-502

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.

Robbins, S. P. & Judge, T.A. (2007). Organizational Behavior (12th Ed). New Delhi: Prentice Hall of India.

Schermerhorn, J.R. , Hunt, J.G. & Osborn, R.N. (2008). Organizational Behavior (10th Ed.) New Delhi: Wiley India Pvt. Ltd.

Singh, K. (2010). Organizational Behavior: Texts & Cases. India: Dorling Kindersley Sinha, J.B.P. (2008). Culture and Organizational Behavior. New Delhi: Sage.

COURSE NO: UPSYHTC-502

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Internal Assessment Test:

Time Duration-1 Hour (20 Marks)

Section A-(10 marks) -5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B-(10 marks) -1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b) External End Semester University Examination Time Duration—2:30 Hours (80 Marks)

Section A-(15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B-(35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

Section C-(30 marks): 2 Long Answer Questions to be attempted from 4 given questions set from/across (covering) all units of the syllabus having 500-600 words of 15 marks each.



B.A. PSYCHOLOGY (HONS)

SEMESTER V

EXAMINATION TO BE HELD IN DEC 2021, DEC 2022 and DEC 2023.

PRACTICUM: UPSYHTC502

MARKS: 20

TWO PRACTICUM PERTAINING TO UPSYHTC- 502

(Internal Evaluation)

Attendance = 5marks

Record file =3 marks

Conduction/ Administration of any one Practicum = 06 Marks

Viva Voce of both the Practicum= 06 Marks

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

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B.A. PSYCHOLOGY (HONS)

SEMESTER V

EXAMINATION TO BE HELD IN DEC 2021, DEC 2022 and DEC 2023.

DISCIPLINE SPECIFIC COURSE

COURSE TITLE: POSITIVE PSYCHOLOGY

COURSE NO: UPSYHTE-503

CREDITS: 6(Theory 4 + Practicum 2)

THEORY MARKS: 100 (External 80+ Internal Asst. 20) CONTACT HOURS: 60

DURATION OF EXAM –2 HOURS 30 MINUTES

TOTAL MARKS: 120 (THEORY= 100+ PRACTICUM= 20)

Objective: To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.

Unit 1: Introduction: Positive Psychology: An Introduction, Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.

Unit 2: Positive Emotional States and Processes: Happiness and Well being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience

Unit 3: Positive Cognitive States and Processes: Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.

Unit 4: Applications of positive psychology: Work, education, ageing, health

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

BOOKS RECOMMENDED

Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall. Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.

Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.

Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.

Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.

Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.



B.A. PSYCHOLOGY (HONS)

SEMESTER V

EXAMINATION TO BE HELD IN DEC 2021, DEC 2022 and DEC 2023.

COURSENO: UPSYHTE-503

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-1 Hour (20 Marks)

Section A-(10 marks) -5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B-(10 marks) -1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b)External End Semester University Examination Time Duration—2:30 Hours (80 Marks)

Section A-(15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B-(35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

Section C-(30 marks): 2 Long Answer Questions to be attempted from 4 given questions set from/across (covering) all units of the syllabus having 500-600 words of 15 marks each.



B.A. PSYCHOLOGY (HONS)

SEMESTER V

EXAMINATION TO BE HELD IN DEC 2021, DEC 2022 and DEC 2023.

PRACTICUM: INDUSTRY/ ORGANIZATION VISIT

UPSYHTE503

MARKS: 20

**To know about the Recruitment, Selection and Training process of different Industry/
Organization**


(Internal Evaluation)

Attendance = 5marks

Record file =10 marks

Viva Voce of both the Practicum= 05 Marks

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

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B.A. PSYCHOLOGY (HONS)

SEMESTER V

EXAMINATION TO BE HELD IN DEC 2021, DEC 2022 and DEC 2023.

DISCIPLINE SPECIFIC COURSE

COURSE TITLE: HUMAN RESOURCE MANAGEMENT

COURSE NO: UPSYHTE-504

CREDITS: 6(Theory 4 + Practicum 2)

MAXIMUM MARKS: 100(External 80+ Internal Asst. 20) CONTACT HOURS: 60.

DURATION OF EXAM –2 HOURS 30 MINUTES

TOTAL MARKS: 120 (THEORY= 100+ PRACTICUM= 20)

Objective: To help students understand the various processes and issues inherent in organizations related to human resources.

Unit 1: Introduction to Human Resource Management (HRM): HRM and HRD, Context and issues in HRM

Unit 2: Human Resource Practices Job analysis; Recruitment and selection; Training; Performance evaluation

Unit 3: International human resource management (IHRM) The context of Globalization, Types of cross- national organizations, Role of culture in IHRM, Dimensions of Cultural difference (Hofstede).

Unit 4: Organizational change and development: Organizational change: concepts, models (one model), techniques (one for individual and one for group), organizational development: concepts, models (one model), techniques (one for individual and one for group).

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

BOOKS RECOMMENDED

Aamodt, M.G. (2001) Industrial/ Organizational Psychology. Thompson Wadsworth, a division of Thompson learning Inc.

Bhatnagar, J. & Budhwar, J.(2009). The changing face of people management in India. London: Routledge.

Briscoe, D. R., Schuler, R. S. & Claus, L. (2009). International human resource management: Policies and practices for multinational enterprises (3rd Ed). New York: Routledge.

Chadha, N.K. (2005) Human Resource Management-Issues, case studies and experiential exercises. (3rd ed.) New Delhi: Sai Printographers.



B.A. PSYCHOLOGY (HONS)

SEMESTER V

EXAMINATION TO BE HELD IN DEC 2021, DEC 2022 and DEC 2023.

DeCenzo, D.A.& Robbins, S.P.(2006). Fundamentals of human resource management.(8th Ed).
NY: Wiley.

COURSE NO: UPSYHTE-504

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-1 Hour (20 Marks)

Section A-(10 marks) -5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B-(10 marks) -1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b)External End Semester University Examination Time Duration—2:30 Hours (80 Marks)

Section A-(15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B-(35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

Section C-(30 marks): 2 Long Answer Questions to be attempted from 4 given questions set from/across (covering) all units of the syllabus having 500-600 words of 15 marks each.



B.A. PSYCHOLOGY (HONS)

SEMESTER V

EXAMINATION TO BE HELD IN DEC 2021, DEC 2022 and DEC 2023.

PRACTICUM: UPSYHTE504

MARKS: 20

TWO PRACTICUM PERTAINING TO UPSYHTE- 504

(Internal Evaluation)

Attendance = 5marks

Record file =3 marks

Conduction/ Administration of any one Practicum = 06 Marks

Viva Voce of both the Practicum= 06 Marks

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

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B.A. PSYCHOLOGY (HONS)

SEMESTER VI

SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2022, MAY 2023 and MAY 2024.

CORE COURSE

COURSE TITLE: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS

COURSE NO: UPSYHTC-601

CREDITS: 6(Theory 4 + Practicum 2)

MAXIMUM MARKS: 100(External 80+ Internal Asst. 20) CONTACT HOURS: 60.

DURATION OF EXAM –2 HOURS 30 MINUTES

TOTAL MARKS: 120 (THEORY= 100+ PRACTICUM= 20)

Objective: To introduce the etiological understanding and therapeutic interventions for the various psychological disorders. To Help students develop an understanding of how to deal with moderate to severe psychopathology.

Unit 1: Biological etiology-explanations and interventions for Mood disorders and Schizophrenia: Application in case of mood disorders and schizophrenia

Unit 2: Insight oriented explanations and interventions: Psychoanalytic perspective – Conversion disorder, OCD, Dissociative disorder; Humanistic and Existential perspective – Application in case of crises intervention

Unit 3: Behavioural and Cognitive explanations and interventions: Application in case of any two from phobias/panic disorder, depression/eating disorders

Unit 4: Going beyond the Individual and Singular Approaches: Family therapy and Group therapies, Efforts towards integration of approaches.

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

BOOKS RECOMMENDED

Bennett, P. (2011) Abnormal and Clinical Psychology: An introductory Textbook, McGraw Hill.

Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.

Plante, T.G. () Contemporary Clinical Psychology John Wiley & Sons.

Riskind, J.H., Manos, M.J. and Alloy, L.B. (2004) Abnormal Psychology : Current Perspectives. McGraw Hill



B.A. PSYCHOLOGY (HONS)

SEMESTER VI

SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2022, MAY 2023 and MAY 2024.

COURSE NO: UPSYHTC-601

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Internal Assessment Test:

Time Duration-1 Hour (20 Marks)

Section A-(10 marks) -5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B-(10 marks) -1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b) External End Semester University Examination Time Duration—2:30 Hours (80 Marks)

Section A-(15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each. Section B-(35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

Section C-(30 marks): 2 Long Answer Questions to be attempted from 4 given questions set from/across (covering) all units of the syllabus having 500-600 words of 15 marks each.



B.A. PSYCHOLOGY (HONS)

SEMESTER VI

SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2022, MAY 2023 and MAY 2024.

PRACTICUM: UPSYHTC601

MARKS: 20

Psychiatric Hospital/ Community health centre Visits.

(Internal Evaluation)

Attendance = 5marks

Record file (Any two case studies) =10 marks

Viva Voce = 05 Marks

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

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B.A. PSYCHOLOGY (HONS)

SEMESTER VI

SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2022, MAY 2023 and MAY 2024.

CORE COURSE

COURSE TITLE: COUNSELLING PSYCHOLOGY

COURSE NO: UPSYHTC- 602

CREDITS: 6(Theory 4 + Practicum 2)

MAXIMUM MARKS: 100(External 80+ Internal Asst. 20) CONTACT HOURS: 60.

DURATION OF EXAM –2 HOURS 30 MINUTES

TOTAL MARKS: 120 (THEORY= 100+ PRACTICUM= 20)

Objective: To develop an understanding of basic concepts, processes, and techniques of Counseling. Having a comprehensive understanding of the profession of counselling, particularly in the Indian context. Acquiring basic counselling skills of problem identification, and relationship building (e.g. empathy, listening, paraphrasing, unconditional positive regard). Developing qualities of an effective counsellor including increasing self-awareness, reflexivity, self-monitoring and objectivity. Helping clients having mild concerns in life; for instance acting as peer counsellors in the college/community.

UNIT 1 :Nature and Goals; Counselling as a profession: Professional Ethics (American Counselling Association, ACA) The Effective Counsellor: Personality Characteristics; Status of Counselling Psychology in India

UNIT 2 Therapeutic Process: Building Therapeutic Relationships; Working in a Therapeutic Relationship; Termination

UNIT 3 Techniques of Counselling: Psychoanalytic Techniques; Humanistic Techniques; Behavioral Techniques; Cognitive Techniques; Indian Techniques: Yoga and Meditation

UNIT 4 Applications: Child Counselling; Family Therapy; Career Counselling; Crisis Intervention: Suicide, Grief, and Sexual Abuse

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



B.A. PSYCHOLOGY (HONS)

SEMESTER VI

SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2022, MAY 2023 and MAY 2024.

COURSE NO: UPSYHTC-602

BOOKS RECOMMENDED

Corey, G. (2009). *Counselling and Psychotherapy: Theory and Practice* (7th Ed.) New Delhi: Cengage Learning.

Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7th Ed) New Delhi.

Kapur, M. (2011). *Counselling Children with Psychological Problems*. New Delhi, Pearson.

Rao, K. (2010). *Psychological Interventions: From Theory to Practice*. In G. Misra (Ed): *Psychology in India*. Volume 3: *Clinical and Health Psychology*. New Delhi. ICSSR/ Pearson.

Seligman, L. & Reichenberg, L.W. (2010). *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills* (3rd Ed). New Delhi: Pearson.

Udupa, K. N. (1985). *Stress and its Management by Yoga*. Delhi: Motilal Banarsidas.

Ziomek-Daigle, J. (2018). *Counseling children and adolescents: Working in school and Mental Health Settings*, New Delhi: Routledge.

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Internal Assessment Test:

Time Duration-1 Hour (20 Marks)

Section A-(10 marks) -5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B-(10 marks) -1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b) External End Semester University Examination Time Duration—2:30 Hours (80 Marks)

Section A-(15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each. Section B-(35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

Section C-(30 marks): 2 Long Answer Questions to be attempted from 4 given questions set from/across (covering) all units of the syllabus having 500-600 words of 15 marks each.



B.A. PSYCHOLOGY (HONS)

SEMESTER VI

SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2022, MAY 2023 and MAY 2024.

PRACTICUM: UPSYHTC602

MARKS: 20

TWO PRACTICUM PERTAINING TO UPSYHTC- 602

(Internal Evaluation)

Attendance = 5marks

Record file =3 marks

Conduction/ Administration of any one Practicum = 06 Marks

Viva Voce of both the Practicum= 06 Marks

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



B.A. PSYCHOLOGY (HONS)

SEMESTER VI

SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2022, MAY 2023 and MAY 2024.

DISCIPLINE SPECIFIC COURSE

COURSE TITLE: HEALTH PSYCHOLOGY

COURSE NO: UPSYHTE-603

CREDITS: 6 (Theory 4 + Practicum 2)

MAXIMUM MARKS: 100 (External 80+ Internal Asst. 20) CONTACT HOURS: 60.

DURATION OF EXAM – 2 HOURS 30 MINUTES

TOTAL MARKS: 120 (THEORY= 100+ PRACTICUM= 20)

Objective: To understand the relationship between psychological factors and physical health and learn how to enhance well-being.

Unit 1: Introduction: Introduction to Health Psychology: components of health: social, emotional, cognitive and physical aspects, mind-body relationship, goals of health psychology, Bio-psychosocial model of health

Unit 2: Behavior and health: Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.

Unit 3: Health Enhancing Behaviours: Exercise, nutrition, safety, pain, stress management

Unit 4: Health and Well-being: Happiness; Life satisfaction; Resilience; Optimism and Hope

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

BOOKS RECOMMENDED

Allen, F. (2011). Health psychology and behaviour. Tata McGraw Hill Edition.

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

Misra, G. (1999). Stress and Health. New Delhi: Concept.

Routledge. Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling

Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions (4th Ed.). NY: Wiley.

Snyder, C.R., Lopez S. J., & Pedrotti, J. T. (2011). Positive psychology: The scientific and practical explorations of human strengths. New Delhi: Sage.

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



B.A. PSYCHOLOGY (HONS)

SEMESTER VI

SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2022, MAY 2023 and MAY 2024.

COURSE NO: UPSYHTE-603

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Internal Assessment Test:

Time Duration-1 Hour (20 Marks)

Section A-(10 marks) -5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B-(10 marks) -1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b) External End Semester University Examination Time Duration—2:30 Hours (80 Marks)

Section A-(15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each. Section B-(35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

Section C-(30 marks): 2 Long Answer Questions to be attempted from 4 given questions set from/across (covering) all units of the syllabus having 500-600 words of 15 marks each.



B.A. PSYCHOLOGY (HONS)

SEMESTER VI

SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2022, MAY 2023 and MAY 2024.

PRACTICUM: MINI PROJECT (UPSYHTE603)

MARKS: 20

MINI PROJECT RELATED TO UPSYHTE-603

(Internal Evaluation)

Attendance = 5marks

Record file =10 marks

Viva Voce = 05 Marks

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

DISCIPLINE SPECIFIC COURSE



B.A. PSYCHOLOGY (HONS)

SEMESTER VI

SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2022, MAY 2023 and MAY 2024.

COURSE TITLE: COMMUNITY PSYCHOLOGY

COURSE NO: UPSYHTE-604

CREDITS: 6 (Theory 4 + Practicum 2)

MAXIMUM MARKS: 100 (External 80+ Internal Asst. 20) CONTACT HOURS: 60.

DURATION OF EXAM –2 HOURS 30 MINUTES

TOTAL MARKS: 120 (THEORY= 100+ PRACTICUM= 20)

Objective: To learn the link between individuals and communities and deal with social issues more effectively with people's participation.

Unit 1: Introduction: Definition of community psychology; types of communities; models.

Unit 2: Core values: Individual and family wellness; sense of community; respect for human diversity; social justice; empowerment and citizen participation; collaboration and community strengths.

Unit 3: Health promotion: process of community organization for health promotion, importance. Community program for: child and maternal health, physical challenged and old age in the Indian context.

Unit 4: Interventions: community development and empowerment; case studies in Indian context.

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

BOOKS RECOMMENDED

Banerjee, A., Banerji, R., Duflo, E., Gleneske, R., & Khenani, S. (2006) Can Information Campaign start local participation and improve outcomes? A study of primary education in Uttar Pradesh, India, World Bank Policy Research, Working Paper No.3967

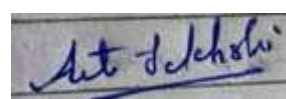
Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). Community Psychology: Linking Individuals and Communities, Wadsworth Cengage Learning.

McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to community health. United States: Jones and Bartlett Publishers.

Misra, G. (Ed). (2010) Psychology in India. Indian Council of Social Science Research. Dorling Kindersley (India) Pvt Ltd. Pearson Education.

Poland, B. D., Green, L.W. & Rootman, I. (2000) Setting for Health Promotion: Linking Theory and Practice, Sage Publication, New Delhi

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SCHEME OF EXAMINATION/ASSESSMENT:

(a) Internal Assessment Test:

Time Duration-1 Hour (20 Marks)

Section A-(10 marks) -5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B-(10 marks) -1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b) External End Semester University Examination Time Duration—2:30 Hours (80 Marks)

Section A-(15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each. Section B-(35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

Section C-(30 marks): 2 Long Answer Questions to be attempted from 4 given questions set from/across (covering) all units of the syllabus having 500-600 words of 15 marks each.



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PRACTICUM: FIELD WORK (UPSYHTE604)

MARKS: 20

Field visit to different community groups

(Internal Evaluation)

Attendance = 5marks

Field Visit Report (Observations) to be submitted =10 marks

Viva Voce = 05 Marks

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

