



BACHELOR OF ARTS PSYCHOLOGY
BA PSYCHOLOGY Semester 03
(Effect from June 2024-2025)

Course Code	UA03MAPSY01	Title of the Course	DEVELOPMENTAL PSYCHOLOGY
Total Credits of the Course	04	Hours per Week	04

Course Objectives:	<ol style="list-style-type: none"> 1. To equip the learner with an understanding of the concept and process of human Development across the life span 2. To impart an understanding of the various domains of human development 3. To inculcate sensitivity to socio-cultural context of human development
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Course Content		
Unit	Description	Weight age%
1.	Introduction Concept of Human Development, Nature of Human Developmental, Field of Human Developmental.	25%
2.	Periods of Life Span Development Prenatal Development & Birth and Infancy -: Prenatal Growth and Development, Stages of the child's Pre birth development, Stages of the neonate, Affect the per-birth growth of an infant, Position of the infant at the time of birth. Physiological Growth and development, what is physiological Growth? Anatomical Growth, Physiological Growth, affect the skill development of the child.	25%
3.	Childhood Development Characteristics of childhood, physiological development of childhood, Common Emotional Pattern of childhood,(Phobia, Anger fear, Curiosity, Affection, joy) Emotional Development of childhood, Types of concept during childhood development	25%
4.	Adolescence Development Concept of Adolescence, development of Adolescence,(physical, Mental Emotional Social) Personality Development During Adolescence (psychological need, safety needs, BelongInness & love need, Status need, self-actualization), Physical & mental hygiene of Adolescence, Stress During Adolescence, Causes of stress, effect of stress therapy of stress	25%

Teaching-Learning Methodology	ICT, Group Discussion Lecture method, Class room Seminar, quiz
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Evaluation Pattern

Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to

1.	Demonstrating an ability to understand and distinguish major theoretical perspectives and methodological approaches in human development.
2.	Developing an ability to identify the milestones in diverse domains of human development across life stages.
3.	Understanding the contributions of sociocultural context toward shaping human development.
4.	Acquiring an ability to decipher key developmental challenges and issues faced in the Indian societal context.

Suggested References:

Sr.	References
1.	Berk, L. E. (2010). <i>Child Development</i> (9th Ed.). New Delhi: Prentice Hall. Santrock, J. W. (2011). <i>Child Development</i> (13th Ed.). New Delhi: McGraw Hill.
2.	Mitchell, P. and Ziegler, F. (2007). <i>Fundamentals of development: The Psychology of Childhood</i> . New York: Psychology Press.
3.	Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). <i>Human development</i> (9th Ed.). New Delhi: McGraw Hill.
4.	Saraswathi, T.S. (2003). <i>Cross-cultural perspectives in Human Development: Theory, Research and Applications</i> . New Delhi: Sage Publications
5.	Santrock, J.W. (2012). <i>Life Span Development</i> (13th ed) New Delhi: McGraw Hill

On-line resources to be used if available as reference material

On-line Resources: www.varywelmind.com www.all/about/psychology.com

www.sparknote.com www.psychologydiscussion.net www.cliffsnotes.com





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Course Code	UA03MAPSY02	Title of the Course	ADVANCE SOCIAL PSYCHOLOGY
Total Credits of the Course	04	Hours per Week	04

Course Objectives:	1. To help student understand social problems and gain knowledge about Intervention strategies. 2. To understand research methods of social psychology
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Course Content		
Unit	Description	Weightage%
1.	Introduction: Definition, Nature and field of Social Psychology, Relation of social psychology with General psychology and sociology, Special characteristics of social psychology, Uses of social Psychology, Development of Social Psychology in India.	25%
2.	Research methods of Social Psychology Primary Information of methods, Introspection, Observation (its types), Experimental method, Questionnaire, Interview, Projective method, Socio metric, Scaling, Evaluation of research methods of social Psychology	25%
3.	Social interaction Types of social interaction, Modes of interaction, Mechanisms of interaction, Imitation, Suggestion and suggestibility, Sympathy, Identification, Social projection, Social facilitation	25%
4.	Humanisation of the Individual and Social norms, roles and status Definition and meaning of socialization, Some case studies of children without socialization, Contributing factors of socialization, Aspects of Socialization, Meaning and nature of Social norms, Social Roles, definition and Determinants of Social status.	25%

Teaching-Learning Methodology	ICT, Group Discussion Lecture method, Class room Seminar, quiz
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Understanding the basic social psychological concepts and familiarize with relevant methods.
2.	Understanding the applications of social psychology to social issues like gender, environment, health, intergroup conflicts, etc.
3.	Developing skills pertaining to mapping of social reality and understanding how people evaluate social situations.
4.	Familiarizing with the concepts of social affect and affective processes including people's harming and helping behaviors.

Suggested References:	
Sr.	References
1.	Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community psychology: Linking individuals and communities. Wadsworth, Cengage.
2.	Mikkelson, B. (1995). Methods for development work and research: A guide for practioners. New Delhi: Sage.
3.	Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.
4.	Smith, P.B., Bond, M.H., & Kagitcibasi, C. (2006). Understanding social psychology across cultures. New Delhi: Sage Publication
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Course Code	UA03MAPSY03	Title of the Course	UNDERSTANDING PSYCHOLOGICAL DISORDERS
Total Credits of the Course	04	Hours per Week	04

Course Objectives:	1-The paper aims at providing an overview about the concept of abnormality and the clinical picture and dynamics of various psychological disorders. 2-This will sensitize the students to information on psychopathology and dispel myths regarding it.
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Course Content		
Unit	Description	Weightage%
1.	Understanding abnormality and Psychopathology: 1. Abnormalities: Definition, meaning difference between normal and abnormal behavior Psychopathology: Definition meaning, signs and diagnosis systems (DSM-V, ICD 11 and Research Domain Criteria- RDoC) 2. Classification of psychopathology as per DSM V 3. Professional Workers with Psychopathology	25%
2.	Factor Effecting Pathological Behavior: 1. Biological Factor 2. Psychological Factor 3. Socio-Cultural Factor 4. 4 Identifying Psychopathology	25%
3.	Anxiety and dissociative illness 1. Anxiety: Separation Anxiety Disorder, Selective Mutism, Generalized Anxiety Disorder 2. Specific Phobia, Social Anxiety Disorder (Social Phobia), Panic Disorder and Agoraphobia, 3. Obsessive Compulsive Disorder 4. Dissociative Disorder: Dissociative Identity Disorder	25%
4.	Substance-Related and Addictive Disorders 1. Alcohol Use Disorder: Alcohol abuse and Drug abuse, Caffeine-Related Disorders, Cannabis-Related Disorders, 2. Other: Phencyclidine Use Disorder, Hallucinogen Use Disorder, Opioid-Related Disorders , Sedative, Hypnotic, or Anxiolytic Use Disorder, Stimulant-Related Disorder 3. Child Illness: ADHD, Conduct disorders: Speech disorder, 4. Non-Substance-Related Disorders: Gambling	25%

Teaching-Learning Methodology	ICT, Group Discussion Lecture method, Class room Seminar, quiz Case Study
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Developing a foundational knowledge of Clinical Psychology, its historical development (especially w.r.t India) and professional ethics.
2.	Acquiring knowledge and skills for distinguishing normal and abnormal behavior and learn the criteria of determining abnormality.
3.	Developing competencies for assessing the psychological functioning of individuals through techniques such as psychological assessment, observation and interviewing.
4.	Developing familiarity with the current diagnostic systems (current edition of the Diagnostic and Statistical Manual of Mental Disorders and International Classification of Diseases- Mental Disorder section)

Suggested References:	
Sr.	References
1.	Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Integrated Approach Wadsworth: New York. Brewer, K. (2001). Clinical Psychology. Oxford : Heinemann Educational
2.	Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York
3.	Mangal, S. K. (2007). Abnormal Psychology. Sterling Publisher Pvt. Coleman, J. C. (1976). Abnormal Psychology and Modern Life
4.	Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi : Cengage learning.
5.	Asa6ar` a mnoiv) an Do.mftl al p36bl.yunvis8l gA inmaR boDR Asa6ar` a mnoiv) an Do.Am. Amln ml lk dvega6l. sl.Jmnadas pKaxn,
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Course Code	UA03IDPSY01	Title of the Course	PSYCHOLOGY OF MENTAL PROCESS
Total Credits of the Course	02	Hours per Week	02

Course Objectives:	1. To equip the learner with an understanding of the concept of higher mental process of human being 2. To impart an understanding of the application and theory of mental process.
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Course Content		
Unit	Description	Weightage%
1.	Unit 1: Motivation Definition of Motivation, Motivational Cycle, Types of Motivation 1. Biological Motivation. 2. Psychological Motivation, 3.Unconscious Motivation.	25%
2.	Unit 2: Intelligence Definition of Intelligence, Types of Intelligence, What is I.Q.? Types of Intelligence Tests, Use of Intelligence Tests.	25%
3.	Unit 3 Basic Concepts about Emotion Meaning of Emotion, Components of Emotion, Approach of Emotion.	25%
4	Unit 3 Learning : Meaning of Learning ,Principles of Classical Conditioning, Principles of Operant Conditioning, Principles of Insight Learning, Observational learning.	25%

Teaching-Learning Methodology	ICT, Group Discussion Lecture method, Class room Seminar, quiz
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Understanding of Core Concept, Critical Thinking.
2.	Students should gain experience in designing, concluding and analyzing Psychological Research
3.	To gain knowledge of Communication skill
4.	Self- awareness and Personal Growth, Interdisciplinary Integration

Suggested References:	
Sr.	References
1.	Baron, R .A.(2005) Psychology. Delhi : Pearson education Pte. Ltd .
2.	Morgan, C .T. , King , R .A. , Weisz , J .R . , Schopler, J . (2 0 0 5) Introduction to Psychology. New Delhi :Tata McGraw Hill Publishing Company Limited
3.	Morgan , C .T. (1977) A Brief Introduction to Psychology. New Delhi : Tata McGraw Hill PublishingCompany Limited
4.	General Psychology Garrate American book co.NewYork

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BACHELOR OF ARTS PSYCHOLOGY
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 (Effect from June 2024-2025)

Course Code	UA03SEPSY01	Title of the Course	Psychotherapy and Yoga Education
Total Credits of the Course	02	Hours per Week	02

Course Objectives:	1. Imparting skills in theme to introduce yoga for health to general public and yoga for total Personality development of students in College 2. To manage mental illness symptom and issues and to foster a mind body balance.
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Course Content		
Unit	Description	Weightage%
1.	Unit:1 Introduction:- Meaning and Nature of Psychotherapy, Goals of Psychotherapy, Types of Psychotherapy, Modes of Psychotherapy, Process of Psychotherapy, Why do people seek Psychotherapy?, Feature Common to most Psychotherapy, Who Provided Psychotherapeutics Services?,	25%
2.	Unit:2 Indian Approaches to mental Healing Yoga Education & Family Therapy : Meaning and Nature of Yoga, Historical Introduction to Yoga, School of Yoga, Asana of Yoga, Acupressure Therapy. Family Therapy, Goals of Family Therapy, Types of Form of Family Therapy, When Should Family therapy be Used, Problem of Family Therapy, Evaluation of Family Therapy.	25%

Teaching-Learning Methodology	ICT, Group Discussion Lecture method, Class room Seminar, quiz
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%





3.	University Examination	70%
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Course Outcomes: Having completed this course, the learner will be able to

1.	Discover the yogic concepts of disease and remedial measures. • Employ ancient yogic technique in balancing the neuron- endocrinal apparatus Demonstrate yoga Therapy as unique drugless approach to modern psychosomatic disease.
2.	Students will have knowledge of improving the health of mind and body, Basic knowledge of Yoga on Physical & Mental Level and Understanding Psychotherapy & Uses

Suggested References:

Sr.	References
1.	Ganesh Shankar., psychotherapy yoga and traditional therapies of east & west .
2.	Annellen M. Simpkins ., C. Alexander Simplins, “ Meditation and Yoga in Psychotherapy. Wiley publication
3.	Sinh., Arunkumar., “ Psychotherapy and Yoga Education., 1 st Edition 2022., Motilal Publication House Varanshi

On-line resources to be used if available as reference material

On-line Resources:

www.psychologydiscussion.net

www.cliffsnotes.com

