

# Chaudhary Bansi Lal University, Bhiwani

(A State University established by Govt. of Haryana Act No. 25 of 2014)

Session: 2020-21

## Scheme of Examination for Bachelor of Arts with Psychology

Semester-I to VI

Credits= 36

Total Marks = 600

Course/ Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical/ Tutorial	Total	Theory	Practical	Total	Theory	Internal Assessment	Practical	
20 UPPSY 101 Semester-I	Foundations of Psychology	C.C.	04	04	08	04	02	06	60	15	25	100
20 UPPSY 201 Semester-II	Social Psychology	C.C.	04	04	08	04	02	06	60	15	25	100
20 UPPSY 301 Semester-III	Psychological Disorders	C.C.	04	04	08	04	02	06	60	15	25	100
20 UPPSY 401 Semester-IV	Statistical Methods & Psychological Research	C.C.	04	04	08	04	02	06	60	15	25	100
20 UPPSY 501 Semester-V	Psychological Intervention											
20 UPPSY 502 Semester-V	Bio-Psychology	D.S.E	04	04	08	04	02	06	60	15	25	100
20 UPPSY 503 Semester-V	Developmental Psychology											
20 UPPSY 601 Semester-VI	Counseling Psychology											
20 UPPSY 602 Semester-VI	Health and Wellbeing	D.S.E	04	04	08	04	02	06	60	15	25	100
20 UPPSY 603 Semester-VI	Industrial and Organizational Psychology											
<b>Total</b>			<b>24</b>	<b>24</b>	<b>48</b>	<b>24</b>	<b>12</b>	<b>36</b>	<b>240</b>	<b>90</b>	<b>150</b>	<b>600</b>
20 UPPSY701 O.E	Psychology and Life	O.E	05	01 Tutorial	06	05	01 Tutorial	06	80	20		100

C.C. = Core Course

O.E.= Open Elective

D.S.E = Discipline Specific Collective

B. B. B. B.

**B.A Psychology**  
**Semester-1**  
**Paper Name: Foundations of Psychology (CC)**  
**Paper Code: 20UPSY101**

Theory: 60  
Internal Assessment: 15  
Time: 3 Hours

**Note - (i)** The question paper will comprise of nine questions. First question will be of short answer type not exceeding 30 words consisting of six parts (2 marks each) to be set from the whole syllabus. This question would be compulsory.

**(ii)** Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.

**(iii)** Each question carries 12 marks.

**Unit 1**

Introduction:

Psychology: A Science and a Perspective, Origin and Development of Psychology, Historical Perspective of Psychology in India, Methods: Experimental, Observation

**Unit 2**

Cognitive Processes:

Sensory Processes- Sensation: Meaning and Characteristics

Perception: Nature of Perception, Laws of Perceptual Organization, Learning: Classical Conditioning, Operant Conditioning, Observational Learning, Memory Processes: Information Processing Model.

**Unit 3**

Motivation and Emotion:

Motives: Biogenic and Sociogenic

Emotions: Aspects of Emotions, Theories of Emotion: James-Lange, Cannon-Bard

**Unit 4**

Personality and Intelligence:

Personality: nature, theories: Cattle, Allport

Intelligence: nature, Theories: Spearman, Thurston

**Suggested Readings:**

1. Singh, A.K. (2009) Uchattar Samanaya Manovigyan. Delhi: Moti Lal Banarsidas.
2. Singh, A. And Singh,U. (1984). Prayogatamak Manovigyan. Bhiwani: Vedic Prakashan.
3. Singh, R. And Shyam,R. (2008). Adhunik Sangyanatmak Manovigyan. Panchkula: Haryana Sahitya Akadami.
4. Singh, A.K. (2013). Cognitive Psychology. MotiLal Banarsidas, New Delhi
5. Verma, P.and Srivastava, D.N. (2012). Adhunik Prayogatamak Manovigyan. Delhi:AggarwalPublications
6. Galotti, K.M. (2014).Cognitive Psychology: In and Out of the Laboratory. New Delhi: Sage

3. Singh

**B.A. (Semester-1) PRACTICAL**

**M.Marks:25  
Time: 3 Hours**

1. EPQ/EPI
2. Study of Emotions.
3. Verbal Test of Intelligence.
4. Performance Test of Intelligence/RPM.
5. Muller Lyer Illusion
6. Test of Motivation.
7. Maze Learning
8. STM
9. LTM

Note: Students are to conduct and report at least five (5) practicals.

The examiner will allot one practical at the time of examination.

**Open Elective**  
**Paper Name: Psychology and Life**  
**Paper Code: 20UPSY701OE**

**Unit -1**

Introduction to Psychology: Meaning, Branches of Psychology  
Methods: Observation, Experimental and Survey

**Unit -2**

Social interaction and Influence: Interpersonal attraction, Pro-Social Behaviour, Aggression, Social Influence  
Psychological Well-Being, Mindfulness, Happiness Positive Evaluation , Optimism , Hope, Self Efficacy

**Unit -3**

Personality: Perspectives on personality: Psychodynamic, Phenomenological- Humanistic and Social Cognitive.  
Intelligence: Nature, Theories: Spearman, Thurstone, Heredity, Environment and Intelligence  
Emotional Intelligence

**Unit 4**

Health risk behavior (use of Tobacco, Alcohol, Drugs), Causes, Consequences and Rehabilitation  
Health Promotion and Management: Life style Exercise, nutrition, Indian Healing Techniques (Ayurveda, Traditional Healing), Stress and Coping

**Suggested Readings:**

1. Atkinson, R.L., Atkinson, R.L, et al. (1985) Introduction to Psychology. N. Y.: HBJ Publishers.
2. Baron, R. and Misra.G. (2013). Psychology. New Delhi: Pearson.
3. Carr, A. (2011): Positive psychology. Routledge.
4. Hussain A. & Ilyas Khan, M. (2006). Recent Trends in Human Stress Management., Global Vision Publishing House
5. Singh, R. & Shyam, R. (2008) Adhunik Sangyanatmak Manovigyan. Panchkula: Haryana Sahitya Akadami.
6. Taylor, S.E. (2006) Health Psychology (6th ed.) Delhi: Tata McGraw Hill.
7. Snyder C.R.& Shane J.Lopez (2002) Handbook of Positive Psychology Oxford University Press – 2002
8. Verma, R.S., Singh, S., & Sharma, D. (1982). Vayavaharik Manovigyan. Agra: Vinod Pustak
9. Seligman, E ( 2002). Authentic Happiness, Atria Bookks

5.54 h

**B.A. (Semester-1)**

**PRACTICAL**

**M.Marks:25**  
**Time: 3 Hours**

1. EPQ/EPI
2. Study of Emotions.
3. Verbal Test of Intelligence.
4. Performance Test of Intelligence/RPM.
5. Muller Lyer Illusion
6. Test of Motivation.
7. Maze Learning
8. STM
9. LTM

Note: Students are to conduct and report at least five (5) practicals.  
The examiner will allot one practical at the time of examination.

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**B.A Psychology**  
**Semester-1**  
**Paper Name: Foundations of Psychology (CC)**  
**Paper Code: 20UPSY101**

Theory: 60  
Internal Assessment: 15  
Time: 3 Hours

Note: - (i) The question paper will comprise of nine questions. First question will be of short answer type not exceeding 30 words consisting of six parts (2 marks each) to be set from the whole syllabus. This question would be compulsory.  
(ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.  
(iii) Each question carries 12 marks.

**Unit 1**

Introduction:

Psychology: A Science and a Perspective, Origin and Development of Psychology,  
Historical Perspective of Psychology in India, Methods: Experimental, Observation

**Unit 2**

Cognitive Processes:

Sensory Processes- Sensation: Meaning and Characteristics  
Perception: Nature of Perception, Laws of Perceptual Organization, Learning: Classical  
Conditioning, Operant Conditioning, Observational Learning, Memory Processes: Information  
Processing Model.

**Unit 3**

Motivation and Emotion:

Motives: Biogenic and Sociogenic  
Emotions: Aspects of Emotions, Theories of Emotion: James-Lange, Cannon-Bard

**Unit 4**

Personality and Intelligence:

Personality: nature, theories: Cattle, Allport  
Intelligence: nature, Theories: Spearman, Thurston

**Suggested Readings:**

1. Singh, A.K. (2009) Uchattar Samanaya Manovigyan. Delhi: Moti Lal Banarsidas.
2. Singh, A. And Singh, U. (1984). Prayogatamak Manovigyan. Bhiwani: Vedic Prakashan.
3. Singh, R. And Shyam, R. (2008). Adhunik Sangyanatmak Manovigyan. Panchkula:  
Haryana Sahitya Akadami.
4. Singh, A.K. (2013). Cognitive Psychology. MotiLal Banarsidas, New Delhi
5. Verma, P. and Srivastava, D.N. (2012). Adhunik Prayogatamak Manovigyan.  
Delhi: Aggarwal Publications
6. Galotti, K.M. (2014). Cognitive Psychology: In and Out of the Laboratory. New Delhi: Sage

S. Singh

**B.A.(Semester-2)**

**PRACTICAL**

**M.Marks:25**

**Time: 3 Hours.**

1. Sociometry
2. Measurement of Attitude
3. Altruism Scale
4. Stereotypes
5. Aggression Scale
6. Prejudice Scale
7. Leadership Styles
8. Social Facilitation
9. Observation

Note: Students are to conduct and report atleast five(5) practicals.  
The examiner will allot one practical at the time of examination.

3.24h

**B.A Psychology**  
**Semester-2**  
**Paper Name: Social Psychology (CC)**  
**Paper Code: 20UPSY201**

Theory: 60  
Internal Assessment: 15  
Time: 3 Hours

- Note: - (i) The question paper will comprise of nine questions. First question will be of short answer type not exceeding 30 words consisting of six parts (2 marks each) to be set from the whole syllabus. This question would be compulsory.**
- (ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.**
- (iii) Each question carries 12 marks.**

**Unit- 1**

Introduction:

Brief history of Social Psychology (special emphasis on India), Scope of social Psychology, Levels of Social Behaviour, Approaches towards understanding Social Behaviour

**Unit -2**

Individual Level Processes:

Socialization: Meaning, Agencies

Person Perception: Attribution-theories, Biases and Errors

Attitude: Formation, Change and Resistance to Change

**Unit -3**

Interpersonal Processes:

Interpersonal Attraction, Prosocial Behaviour, Aggression: Nature, Type and Associated factors

**Unit -4**

Group dynamics:

Groups: Key Aspects, Cooperation and Conflict, Group Decision Making.

Leadership- Meaning, Need and Types, Characteristics of a Leader.

**Suggested Readings:**

1. Baron, R.A. and Byrne, D. (2008). Samajik Manovigyan (Hindi Sanskaran) Delhi: Pearson.
2. Chadha, NK. (2012). Social Psychology MacMillan
3. Chaube S.P.(1985). Social Psychology. Agra: Educational Publishers.
4. Myer, D.G, Sahajpal and Behera (2011). Social Psychology. (10<sup>th</sup> Edt) Mc Graw Hill Education.
5. Perlman, D. and Cozby, P.C.(1983). Social Psychology. New York: CBS College Publishing.
6. Rai, B.C.(1989) Social Psychology. Delhi: Sultan Pub.
7. Singh, A.K. (2009). Samaj Manovigyan ki Rooprekha. Delhi: Moti Lal Banarsidas.

S. Singh

**B.A. (Semester-3) PRACTICAL**

**M.Marks : 25  
Time: 3 Hours.**

1. Clinical Interview
2. CAQ
3. TAT
4. WAT
5. Depression Inventory
6. Anxiety Scale
7. WAIS
8. PGI Memory Scale
9. Field Visit/ Case History

Note: Students are to conduct and report atleast five (5) practicals.

The examiner will allot one practical at the time of examination.

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**B.A Psychology**  
**Semester-3**  
**Paper Name: Psychological Disorders (CC)**  
**Paper Code: 20UPSY301**

Theory: 60  
Internal Assessment: 15  
Time: 3 Hours

**Note:** - (i) The question paper will comprise of nine questions. First question will be of short answer type not exceeding 30 words consisting of six parts (2 marks each) to be set from the whole syllabus. This question would be compulsory.

(ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.

(iii) Each question carries 12 marks.

**Unit -1**

Basic Concepts: Definition and Criteria of Abnormality, Classification: Meaning, Purpose, DSM-IV (TR): Key Features, Diathesis Stress Model.

**Unit -2**

Approaches to Psychopathology: Biological, Psychodynamic, Behavioural, Cognitive and Cultural  
Clinical states: Anxiety Spectrum Disorders: Generalized Anxiety Disorder, Obsessive Compulsive Disorder,

**Unit -3**

Mood Disorders-Unipolar, Bipolar; Schizophrenia: Disorganized, Paranoid and Catatonic, Learning Disabilities:- Dyscalculia, Dysgraphia & Dyslexia.

**Unit -4**

Treatment of disorders:

- a) Biological treatment: Pharmacotherapy and Electroconvulsive Therapy
- b) Psychological treatment: Psychoanalytic Therapy, Behaviour Therapy and Cognitive-Behaviour Therapy

**Suggested Readings:**

1. Anand, V. and Srivastva, R. (2003). Manovikriti Vigyan, Delhi: Moti Lal Banarsi Das.
2. Carson, R.C.; Butcher, J.N., et al. (2007). Abnormal Psychology. (13th Ed.) New Delhi: Pearson Education.
3. Davison, G.C. and Neale, J.M. (1998). Abnormal Psychology (7th Ed. & 11th Ed.) New York: Wiley.
4. Sarason, I.G. and Sarason, B.R. (2005). Abnormal Psychology: The Problem of Maladaptive Behaviour (10th Ed.) New Delhi: Pearson Education Inc.
5. Singh, A.K. (2006). Adhunik Asamanya Manovigyan, Delhi: Moti Lal Banarasi Das.
6. Srivastava, D.N. (1991) Adhunik Asamanya Manovigyan (6th Ed.) Agra: Sahitya.
7. Butcher, J.N., Hooley, D. V. and Mineka. (2013). Abnormal Psychology. (16th Ed.) New Delhi: Pearson Education.
8. Donald, W., Black, M.D., John, E. and Grant, M.D (2017). DSM-V Guide Book The Essential Companion To The Diagnostic And Statistical Manual Of Mental Disorders, CBS Publications & Distributos Pvt Ltd

S. Singh

**B.A. (Semester-4) PRACTICAL**

**M.Marks : 25**  
**Time: 3 Hours.**

1. Data Entry by (Excel/SPSS)
2. Computation of Central Tendencies by (Excel/SPSS)
3. SPM/RPM
4. Observation Method
5. GHQ
6. Variability
7. Reliability
8. Calculation of Correlation by (Excel/SPSS)
9. Survey Method

S. S. H.

**B.A Psychology  
Semester-4**

**Paper Name: Statistical Methods and Psychological Research (CC)  
Paper Code: 20UPSY401**

**Theory: 60  
Internal Assessment: 15  
Time: 3 Hours**

**Note:** - (i) The question paper will comprise of nine questions. First question will be of short answer type not exceeding 30 words consisting of six parts (2 marks each) to be set from the whole syllabus. This question would be compulsory.  
(ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.  
(iii) Each question carries 12 marks.

**Unit 1**

Introduction: Scales of Measurement, Frequency Distribution, Graphical Representation of Data.

**Unit 2**

Data analysis: Measures of Central Tendency: Mean, Median, Mode (properties and computation). Standard Deviation: Properties and Computation.  
Correlation: Pearson Method

**Unit 3**

Psychological Testing: Introduction to Psychological Testing, Characteristics of test, Reliability, Validity, Properties of Normal Probability Curve (NPC).

**Unit 4**

Norms, Standardization, Types of Tests,  
Qualitative Methods: Interview, Observation, Case Study

**Suggested Readings:**

1. Singh, A.K. (2006). Tests Measurements and Research Methods in Behavioural Sciences. New Delhi: Bharati Bhawan.
2. Garrett, H.E. and Woodworth, R.S. (1967). Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Pvt. Ltd.
3. Mangal, S.K. and Mangal, S. (2013). Research Methodology in Behavioural Science. PHI Learning Pvt. Ltd.
4. Aiken, L.R., & Groth-Marnat, G. (2009). Psychological Testing and Assessment. New Delhi: Pearson Education.

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**B.A. (Semester-5)**

**PRACTICAL**

**M.Marks:25**

**Time: 3Hours**

1. Scale of Suicide Ideation
2. Hopelessness Scale
3. Cognitive Therapy Scale
4. Y-BOCS-( YALE-BROWN OBSESSIVE COMPULSIVE SCALE )
5. Depression Scale
6. Anxiety
7. History Taking
8. Helplessness Scale
9. Copying Style

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**B.A Psychology**  
**Semester-5**  
**Paper Name: Psychological Intervention (D.S.E)**  
**Paper Code: 20UPSY501**

Theory: 60  
Internal Assessment: 15  
Time: 3 Hours

**Note:** - (i) The question paper will comprise of nine questions. First question will be of short answer type not exceeding 30 words consisting of six parts (2 marks each) to be set from the whole syllabus. This question would be compulsory.  
(ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.  
(iii) Each question carries 12 marks.

**Unit-1**

Psychological Intervention: Nature, Types: Individual vs Groups  
Ethical, legal, Social and Practical Issues, uses of Psychological Intervention

**Unit-2**

Process of psychotherapy: Initial Phase, Middle Phase and Termination Phase  
Need of Psychotherapeutic: Management Indication for Contraindication

**Unit-3**

Behaviour Therapy: Nature, Principles of Behaviour Techniques- Flooding, Systematic Desensitization, Shaping and Modelling

**Unit-4**

Cognitive Psychotherapies: Nature, Cognitive Schema  
Assessment, Changes in Cognitive Schema, Assertive Training, Time Out, Token Economy, Contingency Management, Activity Scheduling in Child Behaviour Modification

**Suggested Readings:**

1. Freeman et al (1990). Clinical Application of Cognitive Therapy. Plenum Press, New York
2. Welberg, L (1967). The Technique of Psychotherapy, 2 Vol, Grune & Stratton. Inc, 381, Park Avenue South New York
3. Beck, J.S. (2011). Cognitive Behavior Therapy, Second Edition: Basics and Beyond. The Guilford Press: New York

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**B.A. (Semester-5) PRACTICAL**

**M.Marks : 25**  
**Time: 3 Hours.**

1. Bender Gestalt Test
2. P.G.I. Battery for Brain Dysfunctions
3. Letter Cancellation Test
4. Naher Benson Test
5. Finger Tapping Test
6. Aphasia Screening Test
7. Mini Mental Status Examination
8. Boston Dementia Scale/ Inventory
9. BBMG

Note: Students are to conduct and report atleast five (5) practicals.

The examiner will allot one practical at the time of examination

S. Singh

**B.A Psychology**  
**Semester-5**  
**Paper Name: Bio-Psychology (D.S.E)**

**Paper Code: 20UPSY502**

Theory: 60  
Internal Assessment: 15  
Time: 3 Hours

- Note: - (i) The question paper will comprise of nine questions. First question will be of short answer type not exceeding 30 words consisting of six parts (2 marks each) to be set from the whole syllabus. This question would be compulsory.  
(ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.  
(iii) Each question carries 12 marks.

**Unit 1**

Bio-Psychology: Meaning, Nature and Scope, Methods of Biopsychology.  
Ethics in Biopsychology and Divisions of Biopsychology.

**Unit 2**

Human Brain: Structure, Function of Neurons: Synapse and Postsynaptic Potentials.  
Structure & functions of muscles: Smooth, Cardiac Striated.

**Unit 3**

Nervous System: Classification, Anatomy & Division.  
Functions of Major Parts of Brain: Cerebral Cortex, Corpus Striatum, Thalamus, Hypothalamus and Hippocampus.

**Unit 4**

Structure, functions and abnormalities of major glands: Thyroid, Adrenal and Pituitary.  
Hemisphere: Division, functions and abnormalities.

**Suggested Readings:**

1. Leukel Francis (1985). Introduction to Physiological Psychology, 3<sup>rd</sup> ed. CBS, Publishers & Distributors: New Delhi.
2. Pinel, P.J. (2009). Biopsychology. (International edition). New Delhi: Pearson Edu
3. Kalat, J.N. (2016). Biological Psychology. Boston, USA: Cengage Learning.

S. Singh

**B.A. (Semester-5) PRACTICAL**

**M.Marks : 25**  
**Time: 3 Hours.**

1. Cognitive Development
2. Emotional Maturity Scale
3. Parent-Child Relationship
4. Self Concept
5. Youth Problem Inventory
6. Self Esteem Inventory
7. Study of values
8. Family Environment Inventory
- 9.

Note: Students are to conduct and report atleast five(5) practicals.  
The examiner will allot one practical at the time of examination.

S. Singh

**B.A Psychology**  
**Semester-5**  
**Paper Name: Developmental Psychology (D.S.E)**

**Paper Code: 20UPSY503**

Theory: 60  
Internal Assessment: 15  
Time: 3 Hours

Note: - (i) The question paper will comprise of nine questions. First question will be of short answer type not exceeding 30 words consisting of six parts (2 marks each) to be set from the whole syllabus. This question would be compulsory.

(ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.

(iii) Each question carries 12 marks.

**UNIT-1**

Human Development; Concept and Principles

Factors in Human Development; Biological, Social and Cultural

**UNIT-2**

Prenatal Development, Determinants and Stages.

Infancy: Characteristics, Hazards and Adjustment

**UNIT-3**

Childhood: Characteristics, Perceptual, Motor, Emotional, Cognitive Development.

Adoloscents: Characteristics and Problems of Adolescents and Adjustment

**UNIT-4**

Adulthood: Early Adulthood, Aging: Physical Conditions, Personal Relationships, Financial and Emotional Problems, Death Anxiety

**Suggested Readings:**

1. Berk, L.E. (2004). Development Through the Life Span. Delhi: Pearson Education.
2. Hurlock, E.B. (2001) Developmental Psychology: A life-span approach. New Delhi: Tata McGraw Hill.
3. Lal, J.N., & Srivasstava, A. (2001) Modern Developmental Psychology. Agra: Vinod Pustak Bhandar.
4. Sheffer, D.R. and Katherine, K. (2007). Developmental Psychology: Childhood And Adolescence New York: Thomson Wadsworth.
5. Singh, R. & Shyam, R. (2008) Comprehensive Statistics for Behavioural Sciences (in Hindi). Sanjay Prakashan, Delhi.

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**B.A. (Semester- 6)**

**PRACTICAL**

**M. Marks : 25**  
**Time: 3 Hours.**

1. Counselling Need Scale
2. Interest Inventory
3. Adjustment
4. Family Environment
5. Case History
6. 16 PF/NEO-FFI
7. GHQ
8. Report Writing
9. Aptitude Test

Note: Students are to conduct and report atleast five(5) practicals.  
The examiner will allot one practical at the time of examination.

5. Singh

**B.A Psychology**  
**Semester-6**  
**Paper Name: Counselling Psychology (D.S.E)**

**Paper Code: 20UPSY601**

Theory: 60  
Internal Assessment: 15  
Time: 3 Hours

**Note: - (i) The question paper will comprise of nine questions. First question will be of short answer type not exceeding 30 words consisting of six parts (2 marks each) to be set from the whole syllabus. This question would be compulsory.**

**(ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.**

**(iii) Each question carries 12 marks.**

**Unit -1**

Introduction: Meaning and goals; Counselling process and relationship; Counsellor Effectiveness, Counselling in the Indian context

**Unit-2**

Approaches: Overview of approaches to counselling: Psychodynamic, Behavioural, Person-Centered and Cognitive-behavioural

**Unit-3**

Techniques: Play, Art, Drama, Music, Dance; Yoga and Meditation

**Unit-4**

Applications: Family Counselling; School and Career Counselling, Personal Counselling.

**Suggested Readings:**

1. Gibson, R. L. & Mitchell, M. H. (2012). Introduction to Counselling and Guidance (7thEd.) New Delhi: Pearson
2. Gladding, S. T. (2012). Counselling: A Comprehensive Profession. (7th Ed) New Delhi. Pearson
3. Rao, S.N. and Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill.
4. Seligman, L. and Reichenberg, L.W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.
5. Udupa, K. N. (1985). Stress and its Management by Yoga. Delhi: Motilal Banarsidas.
6. Hackney, H.L. (2012). The Professional Counselor: A process guide to helping. Pearson.
7. Friedlander, M.L. & Diamond, G.M. (2012). Couple and Family Therapy. In E. M. Altmaier and J.C. Hansen (Eds.) The Oxford Handbook of Counselling Psychology. New York: Oxford University Press.

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**B.A. (Semester-6)**

**PRACTICAL**

**M.Marks:25**

**Time: 3 Hours**

1. Self Perceived Health
2. Stress Scale
3. General Well-being
4. Life Satisfaction
5. Coping Scale
6. Life Style Schedule
7. Healthiness Scale
8. Problem Behaviour
9. Happiness

Note: Students are to conduct and report atleast five(5) practicals.  
The examiner will allot one practical at the time of examination.

S. S. S. -

**B.A Psychology**  
**Semester-6**  
**Paper Name: Health and Wellbeing (D.S.E)**

**Paper Code: 20UPSY602**

Theory: 60  
Internal Assessment: 15  
Time: 3 Hours

**Note: - (i) The question paper will comprise of nine questions. First question will be of short answer type not exceeding 30 words consisting of six parts (2 marks each) to be set from the whole syllabus. This question would be compulsory.**

**(ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.**

**(iii) Each question carries 12 marks.**

**UNIT 1**

Introduction to Health Psychology: Components of Health, Relationship between Health and Psychology, Mind and Body relationship, Goals of Health Psychology

**UNIT 2**

Well-Being: Components of Well-being: Life Satisfaction, Affect

**UNIT 3**

Stress, Illness and Pain: Causes, Consequences and Coping with Stress, Pain and Illness.

**UNIT 4**

Health enhancing behaviours: Implications for Well-being: Psychological factors: Resilience, Hope, Optimism; Exercise, Safety, Nutrition.

**Suggested Readings:**

1. Carr, A. (2004). Positive Psychology: The Science of Happiness and Human Strength. UK:Routledge.
2. DiMatteo, M.R. & Martin, L.R.(2002). Health Psychology. New Delhi: Pearson.
3. Forshaw,M. (2003). Advanced Psychology: Health Psychology. London: Hodder and Stoughton.
4. Misra,G. (1999).Stress and Health. New Delhi: Concept.
5. Sarafino, E.P. (2002). Health psychology: Bio Psychosocial Interactions ( 4th Ed.).NY: Wiley.
6. Snyder, C.R., &Lopez, S.J.(2007). Positive Psychology: The scientific and Practical Explorations of Human Strengths. Thousand Oaks, CA: Sage.
7. Taylor, S.E. (2006). Health Psychology, 6th Edition. New Delhi: Tata McGraw Hill.

**B.A. (Semester-6)**

**PRACTICAL**

**M.Marks:25**

**Time: 3Hours**

1. Occupational stress
2. Job Satisfaction
3. Organization Climate Inventory
4. Work Performance Schedule
5. Work Performance
6. Job Value Questionnaire
7. Work Motivation Questionnaire
8. EQ
9. Optimism

Note: Students are to conduct and report at least five (5) practicals.  
The examiner will allot one practical at the time of examination.

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**B.A Psychology**  
**Semester-6**  
**Paper Name: Industrial and Organizational Psychology (D.S.E)**

**Paper Code: 20UPSY603**

Theory: 60  
Internal Assessment: 15  
Time: 3 Hours

**Note: - (i) The question paper will comprise of nine questions. First question will be of short answer type not exceeding 30 words consisting of six parts (2 marks each) to be set from the whole syllabus. This question would be compulsory.**

**(ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.**

**(iii) Each question carries 12 marks.**

**Unit-1**

Industrial Psychology: History, Areas of Industrial Psychology, Goals

Organizational Behaviour: Definition, Scientific Management and Human Relations Movement

**Unit-2**

Motivation: Meaning – Primary, Secondary and General Motives;

Theories of work motivation- Maslow's Need Hierarchy, Herzberg's Two Factor Theory

**Unit-3**

Employee Attitudes: Job Satisfaction, Organizational Commitment

Performance Appraisal: Methods of Appraising Performance, Error and Bias in Performance Appraisal

**Unit -4**

Leadership: Nature, Basic approaches: Trait theories, Behavioural theories

Positive Organizational Behaviour: Optimism, Emotional Intelligence

**Suggested Readings:**

1. John W Newstrom (2015). Organizational Behaviour-Human Behaviour at Work. 14<sup>th</sup> Edition Tata McGraw-Hill Publishing Company Limited. New Delhi
2. Ronald, E.R and Lyman, W.P (2013). Introduction to Industrial/ Organization Behaviour. Pearson
3. Girishbala Mohanty (2010). Industrial Psychology and Organisational Behaviour, Kalyani Publishers, Ludhiana
4. Suleman, M. and Chaudhary, V. (2006). Industrial Psychology and Organisational Behaviour, Moti Lal Banarsi Das

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**Open Elective**  
**Paper Name: Psychology and Life**  
**Paper Code: 20UPSY701OE**

**Unit -1**

Introduction to Psychology: Meaning, Branches of Psychology  
Methods: Observation, Experimental and Survey

**Unit -2**

Social interaction and Influence: Interpersonal attraction, Pro-Social Behaviour, Aggression, Social Influence  
Psychological Well-Being, Mindfulness, Happiness Positive Evaluation , Optimism , Hope, Self Efficacy

**Unit -3**

Personality: Perspectives on personality: Psychodynamic, Phenomenological- Humanistic and Social Cognitive.  
Intelligence: Nature, Theories: Spearman, Thurstone, Heredity, Environment and Intelligence  
Emotional Intelligence

**Unit 4**

Health risk behavior (use of Tobacco, Alcohol, Drugs), Causes, Consequences and Rehabilitation  
Health Promotion and Management: Life style Exercise, nutrition, Indian Healing Techniques (Ayurveda, Traditional Healing), Stress and Coping

**Suggested Readings:**

1. Atkinson, R.L., Atkinson, R.L., et al. (1985) Introduction to Psychology. N. Y.: HBJ Publishers.
2. Baron, R. and Misra.G. (2013). Psychology. New Delhi: Pearson.
3. Carr, A. (2011): Positive psychology. Routledge.
4. Hussain A. & Ilyas Khan, M. (2006). Recent Trends in Human Stress Management., Global Vision Publishing House
5. Singh, R. & Shyam, R. (2008) Adhunik Sangyanatmak Manovigyan. Panchkula: Haryana Sahitya Akadami.
6. Taylor, S.E. (2006) Health Psychology (6th ed.) Delhi: Tata McGraw Hill.
7. Snyder C.R. & Shane J. Lopez (2002) Handbook of Positive Psychology Oxford University Press – 2002
8. Verma, R.S., Singh, S., & Sharma, D. (1982). Vayavaharik Manovigyan. Agra: Vinod Pustak
9. Seligman, E (2002). Authentic Happiness, Atria Bookks

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**Common Ordinance for all Under Graduate Three Years (Six semesters) courses**

{Unless otherwise specified in any other relevant Ordinance, this Ordinance will be applicable to all Under Graduate Three Year (Six semesters) courses}

1. The duration of the course shall be three academic years, divided into six semesters. The examination for the first, third and fifth semesters shall ordinarily be held in the months of December/January and for the second, fourth and sixth semesters, in the month of May/June on such dates as may be notified by the Controller of Examinations.

A supplementary examination for 1st, 2nd, 3rd and 4th semesters shall be held along with their regular 1st, 2nd, 3rd and 4th semester examinations. However, the supplementary examination for 5<sup>th</sup> and 6<sup>th</sup> semesters shall be held simultaneously after every six months.

2. The examination schedule containing the dates of receipt of examination forms with and without late fee shall be notified by the Controller of Examinations from time to time.

3. A person who has passed the Senior Secondary Examination (10+2) from Board of School Education Haryana, Bhiwani or any other equivalent examination thereto shall be eligible for admission. The detailed eligibility conditions e.g. percentage of marks in the qualifying examination subject(s) combination etc. etc. shall be notified in the Admission Brochure as approved by the Academic Council from time to time. However, lateral entry in BBA-3<sup>rd</sup> semester is allowed to those candidates who have passed Diploma in Business Management or an equivalent examination approved by the State Board of Technical Education, Haryana with at least 45% marks in aggregate.

4. Every candidate shall be examined in the subject(s) as laid down in the syllabus and scheme of examination prescribed by the Academic Council from time to time. The fail/re-appear candidates will also appear in the exam as per syllabus applicable to regular students of that semester.

Note:

(i) A candidate coming from Non-Hindi speaking area shall if, he/she did not offer Hindi/Punjabi/Sanskrit/Urdu in the qualifying examination for admission, offer in lieu of Compulsory Hindi/Punjabi/Sanskrit/Urdu, the subject of Additional English which shall carry the same marks as for Hindi/Punjabi/Sanskrit/Urdu.

(i) The students offering restructured vocational/Career/Job-Oriented courses as per UGC scheme shall be required to take up the combination of traditional and compulsory subjects and will be entitled to additional Diploma/Advanced Diploma/Certificate as per Scheme of Examination. The minimum marks to pass the Diploma examination and for the award of division are given in clause-9 and 14 respectively.

5. 20% marks in each written paper (excluding viva-voce), shall be assigned for internal assessment.

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The Head of the Department/Principal shall forward the internal assessment marks awarded by the concerned teacher on the basis of class test, written assignment and attendance in the class etc. to the Controller of Examinations as per the following schedule:

(i) The Internal Assessment/Sessional marks shall be supplied by the Heads of the Departments/Institutions/Principals of the Colleges of the invariably within 20 days after commencement of the examination.

(i) Thereafter, a late fee @ Rs.25/- per candidate per subject shall be charged from the Department/College/Institute concerned.

(ii) Non Internal Assessment/Sessional marks shall be entertained if the same are received by the University after 30 days of the declaration of results. However, the Vice-Chancellor may condone the delay with late fee after taking into consideration the merit of each case.

6. The Head of the Department/Principal will preserve the records on the basis of which the internal assessment awards have been prepared for inspection, if needed by the University up to three months from the date of declaration of the semester examination results.

7. The candidate will be allowed to appear in the examination if he meets the following requirements: -

a) bears a good character

b) Has been on the rolls of the Department/College/institution during the semester.

c) Has attended not less than 65% of lectures delivered in theory as well as practical in aggregate. Relaxation in shortage of lectures up to 20% will be allowed by the Head of the Department/Principal of the College/Institute on the following grounds:

(i) Self illness;

(ii) illness/death of parents, brother, sister or any other close family member;

(iii) Any other reasons beyond the control of the student to the satisfaction of the Head of the Institution/Department.

8. The medium of instruction shall be Hindi/English/Language concerned.

(i) The question papers will be set in:

(a) Hindi in case of Sanskrit;

(b) The language concerned in the case of other languages;

(c) In both Hindi and English in the case of other subjects;

(d) In BBA/BCA and other professional courses, the question paper shall be set in English only.

(ii) The candidates shall write their answer in:

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(a) The language concerned in the case of English and Modern Indian and Oriental Language, except Sanskrit in which the answer may be written in Hindi;

(b) Hindi or English in the case of other subjects.

9.1. The minimum percentage of marks to pass the examination in each semester shall be:

(i) 40% in each theory paper

(ii) 40% in each practical examination or viva-voce/Project/Training Report/Dissertation wherever prescribed.

(iii) 40% in the aggregate of each theory paper and internal assessment (and practical where Practical is a component of theory paper).

9.2. The student shall be required to obtain a minimum pass marks in the Theory papers/Practicals/Seminar/Self-study/Dissertation/Field work/Project/Training separately and their corresponding Internal assessment marks (if any) taken together subject to the condition that the students must at least have secured minimum 30% marks in external/end semester Theory papers/Practicals/Seminar/Self-study/Dissertation/Field work/Project/ Training. The Internal Assessment awards of a candidate who fails in any semester examination shall be carried forward to the next examination.

10.1. Total 20% marks in each paper/practical shall be reserved for Internal Assessment. The following parameters (with weightage of each) forming the basis of award of Internal Assessment shall be adopted in the relevant scheme of examination: -

**I. For Theory Papers: (for 100 marks paper)**

(i) One class test/Minor/Sessional examination: 50% marks of the internal marks set for each paper (10 marks in case of 20 as total internal marks)

(ii) One assignment/presentation: 25% marks of the total internal marks for each paper

(iii) Attendance: 25% marks of the total internal marks for each paper

**Distribution of 50 marks paper is as under:**

Minor test	05 marks
Assignment/presentation	02 marks
Attendance	03 marks**

**Marks for Attendance (100 marks paper) will be given as under:**

- (1) 80% onwards: 5 Marks
- (2) 75% to less than 80%: 4 Marks
- (3) 70% to less than 75%: 3 Marks\*

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(4) 65% to less than 70%: 2 Mark\*

\*For students engaged in co-curricular activities of the Departments/colleges only/authenticated medical grounds/under circumstances beyond the control of student subjected to the satisfaction of concerned Chairperson/In-Charge/ Principal on valid documentary proof.

**\*\*Marks for Attendance (50 marks paper) will be given as under:**

(1) 75% onwards: 3 Marks

(2) 70% to less than 75%: 2 Marks#

(3) 65% to less than 70%: 1 Mark#

#For students engaged in co-curricular activities of the Departments/colleges only/authenticated medical grounds/under circumstances beyond the control of student subjected to the satisfaction of concerned Chairperson/In-Charge/ Principal on valid documentary proof.

**II. For Subjects with Practical, apart from the theory paper of 100 marks for which distribution remains the same as mentioned above, the distribution of practical Marks = (A + B)**

The Practical marks shall include

**A. 20% marks of Practical marks are the internal marks** (10 marks in case of 50) for which the assessment is made by the faculty who takes that practical paper.

(i). Practical Test/ Assignment & practical file maintenance: 60% of marks of the total internal marks of practical are for one practical test conducted. (6 marks out of 10)

(ii). Attendance: 40% marks of the total internal marks of practical are for attendance in the practical classes (4 out of 10 marks)

**B. 80% marks of Practical marks are the external marks** (40 marks in case of 50) for which the assessment is made by external examiner nominated by the Head of the department and/or appointed by university.

(i). Practical Test: 50% of marks of the total internal marks of practical are for one practical Exam conducted. (20 marks out of 40 marks)

(ii). Viva- Voce: 20% marks of the total external marks of practical are for Viva-Voce on practical subject. (20 marks out of 40 marks)

**\*Marks for Attendance (50 marks paper) will be given as under:**

(1) 75% onwards: 3 Marks

(2) 70% to less than 75%: 2 Marks

(3) 65% to less than 70%: 1 Mark

\*For students engaged in co-curricular activities of the Departments/colleges only/authenticated medical grounds/under circumstances beyond the control of student

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subjected to the satisfaction of concerned Chairperson/In-Charge/ Principal on valid documentary proof.

Internal assessment for practical and their distribution could be decided by the Department duly approved by BOS and Academic council in case of the above mentioned distribution is not found suitable as per requirement of the syllabus.

10.2. If a candidate remains absent in minor / sessional examinations, he/she will have to apply within 10 days from the date of conduct of the test to the Chairperson/In-Charge/Head of the Department of the concerned Department and if found genuine, the Chairperson/In-Charge/Head of the Department will allow the candidate to appear in the minor / sessional examination. However, the candidate will then be required to deposit an examination fee prescribed by the examination branch.

10.3. The student who have failed in Internal Assessment (i.e. Minor/sessional examination, Attendance, and Assignment/Presentation scores taken together) in aggregate will have the option to improve their score only in the respective Minor/sessional examination by giving the special chance to the student before the end semester examinations of that semester only. However, the candidate will then be required to deposit an examination fee prescribed by the examination branch. A student who have already secure pass marks in Internal Assessment based on Minor/sessional examination, attendance and Assignment/Presentation will not be allowed to improve his/her score of internal assessment.

11. The examination fee to be paid by the candidate for each semester shall be prescribed by the University from time to time.

12. (i) A candidate who fails to pass or having been eligible, fails to appear in any semester examination will be allowed to clear the re-appear(s) and also for improvement of result after passing a semester examination within a period of six years. While re-appearing to pass a semester examination, the candidate will be exempted from re-appearing in the papers /practical's in which he/she has secured 40% pass marks.

(ii) For promotion to 3rd semester, a student must have passed at least 50% papers of 1st semester and for promotion to 5th semester, a student must have passed al papers of 1st semester. Students to the other semesters will be promoted automatically. However, this clause is subject to fulfilment of clause 7 of this Ordinance.

Note: For the purpose of promotion, each theory and practical in any subject shall be considered as separate paper.

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13. The internal assessment awards as well as viva-voce awards of a candidate who fails in any semester examination shall be carried forward to the next examination.
14. Soon after the termination of the examination, the Controller of Examinations shall declare the result as early as possible.
15. The list of successful candidates of Fourth Semester Examination shall be arranged, as under, on the basis of the aggregate marks obtained in the First, Second, Third and Fourth Semester Examinations taken together, and the division obtained by the candidate will be stated in the Degree.

Marks (%)	Letter Grade	Grade Point
95 to 100	O	10
90 to less than 95	A+	09
80 to less than 90	A	08
70 to less than 80	B+	07
60 to less than 70	B	06
50 to less than 60	C+	05
40 to less than 50	P	04

Note: A candidate securing 90% and above marks will be awarded A+ grade with **"Distinction"**

16. (i) A candidate who has passed B.A. three years' degree course of this University may appear in additional subject(s) prescribed for the course in the subsequent examination except in the subject(s) with which he/she has already passed the course.
- (ii) A candidate who has passed B.Sc./B.Com./BBA/BCA may also appear in additional subject(s) of B.A. (Pas course) in the subsequent examination.
17. After passing each semester examination, a candidate will be allowed to appear for improvement of result in one or more theory papers only once within the period prescribed in Clause-1 (i). Only improved marks (higher score) will be taken into account. The candidate will have to appear according to the current syllabus.
18. The grace marks will be allowed as per University rules.
19. The Training Report/Field Report/Project Report etc. wherever prescribed in the syllabus/scheme of examination and required to be submitted to the University must reach in the concerned office within 20 days after the commencement of the theory examinations.

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