

SRI DEV SUMAN UTTARAKHAND VISHWAVIDHYALAY

Badshahithaul, Tehri Garhwal

SYLLABUS OF PSYCHOLOGY

for

UNDERGRADUATE COURSES

Approved by:

BOARD OF STUDIES

with effect from 2022-23



SHRI DEV SUMAN UTTARAKHAND UNIVERSITY

SRI DEV SUMAN UTTARAKHAND UNIVERSITY
Badshahithaul, Tehri Garhwal (Uttarakhand)
List of Members of Board of Studies

Sl. No.	Name of the Members	Designation	Nominated as
1	Prof. Dinesh Chandra Goswami	Dean of Arts	Chairman
2	Prof. Muktimath Yadav	Professor	Member
3	Prof. Hemant Kumar Shukla	Professor	Member
4	Prof. Sangeeta Mishra	Professor	Member
5	Prof. Preeti Kumari	Professor	Member
6	Prof. Anand Prakash Singh	Professor	Member
7	Prof. Pushpanjali Arya	Asso. Professor	Member
8	Prof. D K P. Choudhury	Professor	Member
9	Dr. Poonam Pathak	Professor	Member
10	Dr. Atal Bihari Tripathy	Asst. Professor	Member
11	Dr. Pushkar Gaur	Asst. Professor	Member
12	Dr. Shikha Mangai	Asst. Professor	Member
13	Prof. M. S. Mawri	Professor	Member
14	Dr. Preeti Gupta	Asst. Professor	Member
15	Dr. Narmadeshwar Shukla	Professor	Member
16	Dr. Poonam Pandey	Asst. Professor	Member
17	Dr. Vandana Sharma	Principal	Member
1	Prof. Janki Panwar	Principal	GPGC Kotdwar
2	Prof. Lovely Rajvanshi LOVNEY	Principal	GPGC, Jaiharikhal
3	Prof. K. L. Talwar	Principal	GDC, Chakrata
4	Dr. Himanshu Das	Director	NIVH, Rajpur Road
5	Prof. M. S. M. Negi	Professor	SRT Campus, HNAGU, Srinagar
6	Prof. M. C. Sati	Professor	HNBGU, Srinagar
7	Prof. S. L. Bhatt	Ex. Principal	GPGC, Kotdwar
8	Dr. P.C. Painuli	Asst. Professor	GPGC, New Tehri
9	Dr. Asha Devi	Asso. Prof.	GPGC, Kotdwar

[Handwritten Signature]

SRI DEV SUMAN UTTARAKHAND VISHWAVIDHYALAY

Badshahithaul, Tehri Garhwal

National Education Policy -2020



**Common Minimum Syllabus for all Affiliated Colleges and Campus
of Sri Dev Suman Uttarakhand University for first three years of
higher education.**

Proposed Structure of U. G. Psychology Syllabus 2022-2023

Dr. Poonam Pandey

Department of Psychology

S.D.M., Govt. P.G. College

Doiwala - Dehradun

Uttarakhand

Curriculum Design Committee, Uttarakhand

Sr.No.	Name & Designation	
1.	Prof. N.K. Joshi Vice-Chancellor , Kumaun University Nainital	Chairman
2.	Prof. O.P.S. Negi Vice-Chancellor , Uttarakhand Open University	Member
3.	Prof. P. P. Dhyani Vice-Chancellor , Sri Dev Suman Uttarakhand University	Member
4.	Prof. N.S. Bhandari Vice-Chancellor, Soban Singh Jeena University Almora	Member
5.	Prof. Surekha Dangwal Vice-Chancellor, Doon University, Dehradun	Member
6.	Prof. M.S.M. Rawat Advisor, Rashtriya Uchchatar Shiksha Abhiyan, Uttarakhand	Member
7.	Prof. K. D. Purohit Advisor, Rashtriya Uchchatar Shiksha Abhiyan, Uttarakhand	Member

EXPERT COMMITTEE

S.N	Name	Designation	Department	Affiliation
1	Prof. Madhu Lata Nayal	Professor & Head	Department of Psychology	S.S.J Campus S.S.J University Almora
2	Dr. Renu Jalal	Assistant Professor	Department of Psychology	M.B.Govt. P. College Haldwani Kumaun University, Nainital
3	Dr. Rekha Joshi	Assistant Professor	Department of Psychology	M.B.Govt. P. College Haldwani Kumaun University, Nainital

SYLLABUS PREPARATION COMMITTEE

S.N	Name	Designation	Department	College/University
1	Prof. Madhu Lata Nayal	Professor & Head	Department of Psychology	S.S.J Campus S.S.J University Almora
2	Dr. Renu Jalal	Assistant Professor	Department of Psychology	M.B.Govt. P. College Haldwani Kumaun University, Nainital
3	Dr. Rekha Joshi	Assistant Professor	Department of Psychology	M.B.Govt. P. College Haldwani Kumaun University, Nainital

LIST OF ALL PAPERS IN SIX SEMESTERS

Semester-wise titles of the papers in psychology

YEAR	SEMESTER	COURSE CODE	PAPER TITLE	THEORY/PRACTICAL	CREDITS
CERTIFICATE COURSE IN UNDER GRADUATE (ARTS)					
1ST YEAR	I	PSYC 101T	Basic Psychological Processes (Core Course/Major Elective)	Theory	4
		PSYC 102P	Lab work/Psychological Test	Practical	2
		PSYC 103ME	Psychology for Living (Minor Elective)	Theory	4
		PSYC 104SD	Managing stress (Skill development)	Theory	3
	II	PSYC 201T	Social Psychology (Core Course/Major Elective)	Theory	4
		PSYC 202P	Lab work/Psychological Test	Practical	2
		PSYC 203 SD	Effective decision Making (Skill development)	Theory	3
DIPLOMA IN UNDER GRADUATE (ARTS)					
2ND YEAR	III	PSYC 301T	Psychopathology (Core Course/Major Elective)	Theory	4
		PSYC 302P	Lab work/Psychological Test	Practical	2
		PSYC 303ME	Health & Well Being (Minor Elective)	Theory	4
		PSYC 304SD	Skill Development	Theory	3
	IV	PSYC 401T	Psychological Statistics (Core Course/Major Elective)	Theory	4
		PSYC 402P	Lab work/Psychological Test	Practical	2
		PSYC 403SD	Skill Development	Theory	3
BACHELOR OF ART					
3RD YEAR	V	PSYC 501T	Psychological Assessment (Core Course)	Theory	4
		PSYC 502T	Systems of Psychology (Core Course)	Theory	4
		PSYC 503P	Lab Work/Survey/Field Visit	Practical	2

		PSYC 504 RP	Research Project	Project	Qualifyi ng
	VI	PSYC 601T	Environmental Psychology (Core Course)	Theory	4
		PSYC 602T	Human Development (Core Course)	Theory	4
		PSYC 603P	Lab Work/Survey/Field Visit	Practical	2
		PSYC 604 RP	Research Project	Project	Qualifyi ng

Undergraduate Structure of (Certificate Course)

Subject – Psychology

Course	Year	Sem	Paper (T)	Credit	Paper (P)	Credit	Minor Elective	Credit	Skill	Credit	Project
Certificate Course in Arts	1	I	Basic Psychological Processes	4	Lab Work/Psychological Test	2	Psychology for Living	4	Managing Stress	3	
		II	Social Psychology	4	Lab Work/Psychological Test	2			Effective Decision Making	3	

Rest of the undergraduate courses will be updated soon.

Marks of Distribution of Internal Assessment & External assessment will be as per University norms

SEMESTER - I

CORE PAPER/MAJOR ELECTIVE

Corse Title: Basic psychological processes

UNIT 1: Introduction: definition, goals and scope of Psychology, origin and development of Psychology, Psychology in India ,Methods.

UNIT 2: Biological bases of behavior: Human Evolution: Genes and behavior, hormones and glands. Nervous system: neuron, central nervous system and peripheral nervous system.

UNIT 3: Cognitive processes: Perception: nature of perception, laws of perceptual organization, learning, conditioning, Theories of conditioning, memory- processes, information processing model ,process of forgetting, interference :proactive and retroactive interference, Ziegarnik effect.

UNIT 4: Motivation and emotion: nature of motivation, Types of motivation, biogenic and sociogenic ,The need hierarchy model of motivation. Emotions : aspects of emotions, key emotions, James-Lange and Cannon-Bard theories of emotion.

UNIT 5: Personality and intelligence:

Personality: nature, theories

Intelligence: nature, theories, concept of IQ, types of intelligence test

Practical (Topics)

- I. Bilateral transfer of training/Maze learning
- II. Attitude scale/Effect of knowledge of results on performance
- III. Retroactive Inhibition/Memory span for digits/words
- IV. Verbal test of Intelligence /Reaction Time



SEMESTER - I

Course Title: PSYCHOLOGY FOR LIVING - Minor Elective

Unit 1: Introduction: What is psychology, relevance of psychology, Psychological factors and physical illness, body image, lifestyle intervention

Unit 2: Self and relationship: Importance of family and peer groups in one's life, importance of emotional intelligence, Role of culture, Orientation of emotional intelligence scale.

Unit 3: Self in disintegrative experiences: Anxiety, Stress, depression, coping, orientation of Depression anxiety stress scale (DASS)

Unit 4: Growth and actualizing self: Self-direction, subjective well-being, hope, optimism, resilience.

SEMESTER - I

Course Title : Managing stress (Skill Development)

Unit1: Stress: Introduction, nature, symptoms. sources of stress: environmental, social, psychological and physiological.

Unit 2: Stress and health: effects of stress on health, eustress.

Unit 3: Managing stress I : Methods: yoga, meditation, relaxation techniques.

Unit 4: Managing stress II : Problem focused and emotion focused approaches.



SEMESTER – II

Core paper/Major Elective

PAPER 1: Theory-Social Psychology

Unit 1: Psychology of the social: The meaning of 'Social', scopes of social psychology. Brief history of social psychology (special emphasis on India). Approaches to social psychology and socialization.

Unit 2: Individual level processes.

Person Perception: Attributing theories, social cognition, schema, schematic processing.

Attitude: formation, measurement and change

Unit 3: Interpersonal processes:

Interpersonal attraction, pro-social behavior, aggression

Unit 4: Group dynamics and intergroup relations:

Nature of groups, group influence processes, Social Facilitation, Social Loafing and Deindividuation. Intergroup relations: Intergroup conflict, prejudices and gender stereotypes and their impact.

Practical- Topics

- I. Measurement of Attitude/Interpersonal Attraction
- II. Prejudice scale/Sociometry
- III. Social Conformity/Religiosity
- IV. Adjustment/Aggression scale



SEMESTER – II

SKILL DEVELOPMENT

Course Title: Effective Decision Making

Unit 1: Introduction: What is decision making ? Importance of making good decisions.

Unit 2: Decisions regarding career: Discovering self and creating a healthy acceptance of self. Learning to connect with self with vocational choices/career.

Unit 3: Decision making in interpersonal context: learning about conflict management in interpersonal relations, negotiation in interpersonal conflict, handling difficult people and finding solutions.

Unit 4: Decision making at the work place: developing competencies and skill required for effective decision making.

A handwritten signature in black ink, consisting of a stylized 'F' or 'E' shape with a horizontal line extending to the right.

परीक्षा प्रणाली

श्री देव सुमन उत्तराखण्ड विश्वविद्यालय परिसर, ऋषिकेश में दिनांक 10 अगस्त 2022 को कला संकाय की अध्यापन समिति (Board of Studies) में लिए गए निर्णय के क्रम में श्री देव सुमन उत्तराखण्ड विश्वविद्यालय में संचालित स्नातक पाठ्यक्रमों के निम्न विषयों -

हिन्दी ,

अंग्रेजी ,

संस्कृत ,

इतिहास ,

गृह विज्ञान ,

भूगोल ,

राजनीति विज्ञान ,

समाज शास्त्र ,

अर्थशास्त्र ,

शिक्षा शास्त्र ,

शारीरिक शिक्षा ,

संगीत ,

चित्रकला ,

मानव शास्त्र ,

मनोविज्ञान ,

दर्शन शास्त्र तथा

सैन्य विज्ञान विषयों के स्नातक कक्षाओं के सेमेस्टर परीक्षा 2022-23 हेतु पारित निर्णय निम्नवत हैं :

राष्ट्रीय शिक्षा नीति 2020 के अंतर्गत प्रवर्तित पाठ्यक्रमों के प्रत्येक सेमेस्टर में प्रत्येक लिखित प्रश्न पत्र तीन घंटों का होगा तथा प्रत्येक प्रश्न पत्र अधिकतम 75 अंकों का होगा । प्रत्येक प्रश्न पत्र के दो खंड होंगे - खंड अ और खंड ब । खंड अ में 8 लघु उत्तरीय प्रश्न पूछे जाएंगे जिनमें से परीक्षार्थी को 5 प्रश्नों के उत्तर देना अनिवार्य होगा । खंड अ का प्रत्येक प्रश्न 6 अंकों का होगा । खंड ब में 5 प्रश्न दीर्घ उत्तरीय प्रकृति के होंगे जिनमें से परीक्षार्थी को 3 प्रश्नों के उत्तर देना अनिवार्य होगा । प्रत्येक दीर्घ उत्तरीय प्रश्न 15 अंकों का होगा ।

अध्यक्ष , अध्यापन समिति (Board of Studies)

कला संकाय, श्री देव सुमन उत्तराखण्ड विश्वविद्यालय , बादशाहीथाल