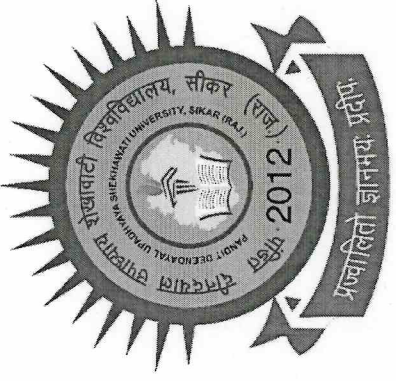


As per the NEP 2020
Psychology
(Minor Syllabus)
(Effective from Academic Year 2024-2025 onwards)



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Semester	Course Code	Course Title	Contact Hrs per Week			Credits			Weightage (%)		
			L	T	P				CWS	MTE	ETE
I	24BSY5101M	General Psychology	2	0	0	2			10	20	70
II	24BSY5201M	Youth, Gender And Identity	2	0	0	2			10	20	70
III	24BSY6301M	Psychology For Health And Wellbeing	4	0	0	4			10	20	70
IV	24BSY6401M	Organizational Psychology	4	0	0	4			10	20	70

Semester – I

Course Title:	General Psychology	Course Code: 24BSY5101M
Total Lecture hour 30		Hours
Unit I	Orientation to Psychology: Nature, fields and applications of psychology; Cognitive Processes: Learning, memory and problem solving; Conative Processes: Motivation, types of motives (Sociogenic/Psychogenic motives); Affective Processes: Emotion, Positive and negative emotion	8
Unit II	Psychology of Individual Differences: Theories of personality: Freudian psychoanalysis, type and trait ; humanistic; Theories of intelligence: Spearman ‘g’ theory, Sternberg and Gardner; Emotional intelligence; Assessment of intelligence and personality	8
Unit III	Understanding Developmental Processes: Cognitive Development: Piaget; Moral Development: Kohlberg; Psycho-social Development: Erikson	7
Unit IV	Applications of Psychology: Work; Health	7
Reference Books:		
1	Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.	
2	Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson	
3	Feldman.S.R.(2009).Essentials of understanding psychology (7rdEd.) New Delhi : Tata McGraw Hill	
4	Glassman,W.E.(2000).Approaches to Psychology(3 Ed.) Buckingham:OpenUniversity Press.	

Semester – II

Course Title:	Youth, Gender And Identity	Course Code: 24BSY5201M
Total Lecture hour 30		Hours
Unit I	Concepts of Youth: Transition to Adulthood, Extended Youth in the Indian context, Concepts of Gender: Sex, Gender Identity, Sexual Orientation, Gender Roles, Gender Role Attitudes, Gender Stereotypes Concepts of Identity: Multiple identities	10
Unit II	Youth and Identity Family: Parent-youth conflict, sibling relationships, intergenerational gap Peer group identity: Friendships and Romantic relationships Workplace identity and relationships	6

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	Youth culture: Influence of globalization on Youth identity and Identity crisis	
Unit III	Gender and Identity Issues of Sexuality in Youth Gender discrimination Culture and Gender: Influence of globalization on Gender identity	7
Unit IV	Issues related to Youth, Gender and Identity Youth, Gender and violence Enhancing work-life balance Changing roles and women empowerment Encouraging non-gender stereotyped attitudes in youth	7
Reference Books:		
1	Berk, L. E. (2010).Child Development (9th Ed.). New Delhi: Prentice Hall.	
2	Baron, R.A., Byrne, D. &Bhardwaj,G (2010). Social Psychology (12th Ed).New Delhi: Pearson.	

Semester – III

Course Title:	Psychology For Health And Wellbeing	Course Code: 24BSY6301M
Total Lecture hour 60		
Unit I	Illness, Health and Wellbeing: Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health; health and wellbeing.	Hours 15
Unit II	Stress and Coping: Nature and sources of stress; Effects of stress on physical and mental health; Coping and stress management	15
Unit III	Health Management: Health-enhancing behaviors: Exercise, Nutrition, Health compromising behaviours; Health Protective behaviours, Illness Management	15
Unit IV	Human strengths and life enhancement: Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism; gainful Employment and Me/We Balance	15
Reference Books:		
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. Forshaw, M. (2003). Advanced Psychology: Health Psychology. London: Hodder and Stoughton. Hick,	
3	Snyder, C.R., & Lopez, S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.	
4	Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.	

Semester – IV

Course Title:	Organizational Psychology	Course Code: 24BSY6401M
Total Lecture hour 60		
Unit I	Introduction to I/O Psychology: Definition, Brief History, Contemporary Trends and Challenges	Hours 15
Unit II	Work Motivation: Theories and applications: Maslow, Herzberg, Goal Setting, Expectancy, Equity	15
Unit III	Communication in Organizations: Communication process, purpose of communication in organizations, barriers to effective communication, managing communication	15

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(Mamam)

Unit IV	Leadership: Early approaches to leadership, contemporary approaches to leadership-Transformational & Transactional Leadership	15
Reference Books:		
1	Menon, N. (2008). Sexualities: Issues in contemporary Indian feminism. New Delhi: Sage.	
2	Mohanty, M. (2008). Class, caste and gender. New Delhi: Sage.	
3	Saikia, N. (2008). Indian women: A socio-legal perspective. New Delhi: Serials publications.	

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