

**FOUR YEAR UNDERGRADUATE (FYUG) PROGRAMME
UNDER NEW EDUCATION POLICY, 2020**

DEPARTMENT OF PSYCHOLOGY



Date of Approval by AC: 30th May and 21st June 2024

Preface

Welcome to the comprehensive guide on the Bachelor's Degree Program in Psychology, a structured and meticulously designed curriculum aimed at providing a deep understanding of psychological principles and practices. This program spans over six semesters, encompassing a total of 120 credits, and is structured to facilitate a progressive and holistic development of knowledge and skills in psychology.

The journey begins with foundational courses such as Basic Foundations of Psychology (PSY: 100) and Introduction to Psychology (MDC: 117), which offer an 8-credit core grounding in the basic concepts of psychology. The semester also includes courses aimed at personality development and essential skills, complemented by elective and vocational courses, summing up to a total of 20 credits.

Building on the initial foundation, the second semester introduces Physiological Psychology (PSY: 150) and Introduction to Educational Psychology (MDC: 165), reinforcing the physiological and educational aspects of psychology. Courses in confidence building and life skills education, along with additional elective and vocational subjects, complete the 20-credit requirement. Students who successfully complete the first two semesters with 40 credits, along with an additional 4-credit internship or vocational project, can exit with a UG Certificate.

The third semester focuses on developmental aspects with courses like Development Psychology (PSY: 200) and Introduction to Mind and Behaviour (PSY: 201). It also includes a regional perspective with Development of Education in North-East India (MDC: 210) and a vocational training course (VTC: 240), maintaining the total credit count at 20.

Students delve into Social Psychology (PSY: 250), Psychology of Individual Differences (PSY: 251), and organizational psychology skills, ensuring a well-rounded understanding of individual and group dynamics. Courses on selection and training, along with another vocational training course (VTC: 260), again total 20 credits. Upon completion of 80 credits, plus an additional 4-credit project or internship, students may opt for a UG Diploma.

The penultimate semester broadens the psychological perspectives in education with Psychological Perspectives in Education (PSY: 300) and enhances decision-making and emotional intelligence skills. A significant component is the internship/apprenticeship/community engagement project, fostering real-world application of learned theories and methodologies, summing up to 20 credits.

The final semester emphasizes research and application with courses like Psychological Research (PSY: 350) and Counselling Psychology (PSY: 351). It also includes advanced topics in positive psychology and statistical methods, essential for empirical research. Completing this semester's 20 credits, students are equipped to exit with a Bachelor's Degree, provided they meet the minimum grade requirements.

This program offers multiple exit points with certificates and diplomas, ensuring flexibility and recognition of student achievements at various stages. By the end of the sixth semester, students will have acquired a solid foundation in psychology, practical skills through internships, and an in-depth understanding of specialized areas, well-preparing them for further studies or professional careers in psychology.

Programme Outcomes

By the end of the program, graduates will be able to:

1. develop a foundational understanding of psychological principles and concepts, essential for further academic pursuits in psychology
2. identify essential skills necessary for personal growth and academic success, including confidence-building and life skills
3. discover the physiological underpinnings of behavior and mental processes, as well as the psychological aspects of education and learning
4. explain human development across the lifespan and examine the influence of social factors on individual behavior.
5. make use of practical skills through vocational training, integrating academic knowledge with real-world applications
6. develop research skills, counseling expertise, and an understanding of advanced topics in positive psychology, preparing for professional roles or further academic endeavors in the field of psychology.

Course Structure of the Syllabus

Course Code	Course Title	Total Credit Hours			Total Contact Hours
		Theory	Practical	Total	
SEMESTER I					
PSY: 100	Basic Foundations of Psychology (Major)	4	-	4	60
PSY: 100	Basic Foundations of Psychology (Minor)	4	-	4	60
MDC: 117	Introduction to Psychology	3	-	3	45
AEC: 120.....129	Any of the available course as notified by the University from time to time	3	-	3	45
SEC :132	Personality Development			3	45-90
VAC :140	Environmental Science	3	-	3	45
				20	
SEMESTER II					
PSY: 150	Physiological Psychology (Major)	4	-	4	60
PSY: 150	Physiological Psychology (Minor)	4	-	4	60
MDC: 165	Introduction to	3	-	3	45

	Educational Psychology				
AEC : 170...179	Any of the available course as notified by the University from time to time	3	-	3	45
SEC: 180...189	Any of the available course as notified by the University from time to time			3	45-90
VAC: 190..199	Any of the available course as notified by the University from time to time	3	-	3	45
				20	
SEMESTER III					
PSY: 200	Development Psychology (major)	4	-	4	60
PSY:201	Introduction to Mind and Behaviour (major)	4	-	4	60
MDC:210... 219	Any of the available course as notified by the University from time to time	3	-	3	45
AEC:220... 229	Any of the available course as notified by the University from time to time	2	-	2	30
SEC:230... 239	Any of the available course as notified by the University from time to time			3	45-90
VTC: 240 ...249	Any of the available course as notified by the University from time to time	1	3	4	105
				20	
SEMESTER IV					
PSY: 250	Social Psychology (major)	4	-	4	60
PSY: 251	Psychology of Individual Differences (major)	4	-	4	60

PSY:252	Psychology Skills in Organisation (major)	4	-	4	60
PSY: 253	Selection and Training (major)	4	-	4	60
VTC: 260 ..269	Any of the available course as notified by the University from time to time	1	3	4	105
				20	
SEMESTER V					
PSY:300	Psychological Perspectives in Education (major)	4	-	4	60
PSY:301	Effective Decision Making (major)	4	-	4	60
PSY: 302	Emotional Intelligence (major)	4	-	4	60
PSY: 302	Emotional Intelligence (minor)	4	-	4	60
Sub 303	Internship/Apprentice/Community Engagement and Service field-based learning or minor project			4	120
				20	
SEMESTER VI					
PSY: 350	Psychological Research (major)	4		4	60
PSY: 351	Counselling Psychology (major)	4		4	60
EDN: 352	Positive Psychology (major)	4		4	60
EDN: 353	Statistical Methods of Psychology (major)	4		4	60
VTC: 360 ...369	Any of the available course as notified by the University from time to time	1	3	4	105
				20	

Note:

1. For a 100 marks paper (4 credits), 25 marks will be assigned for Internal and 75 marks for end semester examination.
2. For a 75 marks paper (3 credits), 19 marks will be assigned for Internal and 56 marks for the end semester examination.
3. For a 50 marks paper (2 credits), 12.5 marks will be assigned for Internal and 37.5 Marks for the end semester examination

Core Course
Semester I
PSY- 100: Basic Foundations of Psychology

Learning outcomes

At the end of the course students are able to:

- describe the scientific method and its application in psychological research
- compare theories of cognitive development (e.g., Piaget, Vygotsky)
- outline models of memory, including the information processing model.
- define psychological disorders and their criteria.

Unit I: Introduction to Psychology

- **History and Approaches:** Early Philosophical Influences; Development of Psychological Science; Major Perspectives in Psychology (e.g., Behavioral, Cognitive, Psychodynamic), Modern approaches in psychology (Biopsychosocial model, positive psychology, cultural psychology, health psychology)
- **Research Methods in Psychology:** Scientific Method; Types of Research (Experimental, Correlational, Observational)
- **Biological Bases of Behaviour:** Structure and Function of the Nervous System; The Endocrine System and Hormonal Influences
- **Sensation and Perception:** Basic Principles of Sensations; Visual, Auditory, Kinesthesia and Tactile Systems; Concept of Perception, Perceptual Organization and Interpretation

Unit 2: Stages of Human Development

- **Prenatal Development and Infancy:** Heredity and Environmental Influences; Stages of Prenatal Development; Physical and Cognitive Development in Infancy; Attachment and Early Social Development
- **Child Development:** Characteristics: Physical, Cognitive and Language, Social, Emotional.
- **Adolescence:** Physical Changes during Adolescence; Cognitive and Moral Development; Identity Formation, Day-dreaming, Fantasy; Adolescent Social Relationships.
- **Adulthood:** Early and Middle Adulthood; Cognitive and Emotional Changes in Adulthood

Unit 3: Cognitive Processes

- **Learning:** Classical Conditioning; Operant Conditioning and their Applications.
- **Memory:** Types of Memory (Sensory, Short-term, Long-term); Factors Influencing Memory; Memory Disorders and Amnesia.
- **Thinking and Problem Solving:** Nature of Concepts and Prototypes; Problem-Solving Strategies; Decision Making and Judgment; Creative Thinking.

- **Language:** Structure and Components of Language; Acquisition Language Development; Language and Thought.

Unit 4: Social and Personality Psychology

- **Social Cognition:** Attitudes and Behavior; Social Perception; Prejudice and Stereotyping
- **Social Influence:** Conformity and Obedience; Persuasion Techniques; Group Dynamics and Behaviour; The Role of Social Norms
- **Personality :** Concept and determinants of Personality
- **Personality Assessment:** Types of Personality; Assessment in Personality : Projective Methods (Thematic Apperception Tests and Rosarch's Inkblot Test)

Assignment (choose any one)-

1. Comparative Analysis of Historical and Modern Psychological Perspectives
2. Designing and Conducting a Mini Experiment
3. Biological Bases of Behaviour: Neurotransmitter Research and Presentation
4. Sensation and Perception: Sensory Experiment and Report
5. Social and Personality Psychology: Personality Assessment Project
6. Any other topic related to the paper.

Evaluation:

- Internal Marks: 25 – i. Theory- 19 (Test-10, Assignment-9) ii. Practical- 6
- External Marks: 75 (End Semester Examination: Theory: 56 Marks Practical: 19 Marks)

Suggested Readings

- Anderson John R. (1980) "Cognitive Psychology and Its Implications" published by W.H. Freeman and Company, San Francisco, USA.
- Aronson Elliot (1972), "The Social Animal" , published by W.H. Freeman and Company, San Francisco, USA.
- Baron R A (2013). Psychology, 5th edition. Pearson, New Delhi
- Coon, D., & Mitterer, J.O. (2007). Introduction to Psychology (11th ed.). New Delhi: Cengage Learning India Pvt Ltd.
- Feldman R S (2011). Understanding Psychology, 10th edition, Tata McGraw-Hill, New Delhi
- Freud Sigmund (1900) "The Interpretation of Dreams" published by Franz Deuticke, Leipzig and Vienna, Austria.
- Freud Sigmund (1923), "The Ego and the Id" published by International Psychoanalytic Press, Vienna, Austria.
- Hayes Nicky (2002), "Psychology: The Study of Human Behaviour", published by Tata McGraw-Hill Education, New Delhi.

- Hilgard, Atkinson & Atkinson (2003) Introduction to Psychology. IBH Publishing Co Pvt Ltd. New Delhi
- James William (1890) "Principles of Psychology" published by Henry Holt and Company, New York, USA
- Kahneman Daniel (2011) "Thinking, Fast and Slow", published by Farrar, Straus and Giroux, New York, USA
- Kolesar Tara L. (2008), "General Psychology, published", by Pearson Education India, New Delhi
- Lazarus Richard S. (1991), "Emotion and Adaptation" published by Oxford University Press, New York, USA
- Mangal, S.K. (2017), "Foundations of Psychology", published by PHI Learning Pvt. Ltd. New Delhi
- Morgan Clifford T., Richard A. King, John R. Weisz, John Schopler (2009), "Introduction to Psychology", published by Tata McGraw-Hill Education, New Delhi
- Pandey Janak (Editor) (2000), "Psychology in India Revisited - Developments in the Discipline: Volume 1: Physiological Foundation and Cognitive Processes", published by Sage Publications India Pvt. Ltd. New Delhi
- Pinker Steven (2002). "The Blank Slate: The Modern Denial of Human Nature", published by Viking Press, New York, USA.
- Santrock, J.W. (2006). Psychology Essentials (Updated 2nded.). New Delhi: Tata McGraw Hill.
- Vygotsky Lev (1978). "Mind in Society: The Development of Higher Psychological Processes", published by Harvard University Press, Cambridge, USA
- Watson John B. (1924) "Behaviorism" published by W.W. Norton & Company, New York, USA.

Semester II

PSY 150: Physiological Psychology

Course Objectives

Learning Outcomes At the end of the course students are able to:

- explain the structure and function of the endocrine system
- describe how hormones influence behaviour
- discuss the relationship between stress and brain function
- interpret the impact of hormones on mental health and behaviour

Unit 1: Introduction to Physiological Psychology

- Concept and Scope of Physiological Psychology
- Historical Development of Physiological Psychology
- Research Methods in Physiological Psychology: Concept and Types
- Basic Neuroanatomy: Concept and functions

Unit 2: Neural Communication and Neurotransmitters

- Neuronal Structure and Function
- Action Potentials and Synaptic Transmission
- Major Neurotransmitters and their Functions
- Neuroplasticity and Neurogenesis

Unit 3: Sensory and Motor Systems

- The Visual System
- The Auditory System
- The Somatosensory System
- The Motor System

Unit 4: Hormones, Brain, and Behaviour

- Brain: Structure and Functions
- Introduction to the Endocrine System
- Hormonal Regulation of Behaviour
- Hormones and Mental Health

Assignment (Choose anyone)

1. Review current research articles in physiological psychology.
2. Conduct a Case Study on real-life scenario.
3. Examine brain models and/or brain imaging data (e.g., MRI or fMRI scans), identify different brain regions and discuss their functions.
4. Prepare a presentation on any topic related to physiological psychology
5. Conduct a small-scale behavioral experiment (e.g., observing the effects of sleep deprivation on cognitive performance or the impact of exercise on mood).

Evaluation:

- Internal Marks: 25 – i. Theory- 19 (Test-10, Assignment-9) ii. Practical- 6
- External Marks: 75 (End Semester Examination: Theory: 56 Marks Practical: 19 Marks)

Suggested Readings

Amartya Sen (2005), "The Argumentative Indian: Writings on Indian History, Culture and Identity", published by Penguin Books; New Delhi, India

Arundhati Roy (1997), "The God of Small Things"; published by IndiaInk (an imprint of HarperCollins); New Delhi, India

Breedlove S. Marc and Neil V. Watson (2019), "Biological Psychology: An Introduction to Behavioral, Cognitive, and Clinical Neuroscience" published by Sinauer Associates, 8th Edition. Sunderland, MA.

Carlson, N.R. (2000). "Physiology of behaviour": London: Allen and Bacon.

Chetan Bhagat (2004), "Five Point Someone: What not to do at IIT", published by Rupa Publications; New Delhi, India

Eric R. Kandel, James H. Schwartz, Thomas M. Jessell, Steven A. Siegelbaum, and A.J.

Hudspeth (2013) "Principles of Neural Science" by, McGraw-Hill Education, 5th Edition. New York, NY.

Kiran Desai (2006), "The Inheritance of Loss" published by Penguin Books India, New Delhi, India

Leukel, F. (1985). "Introduction to Physiological Psychology". CBS Publishing Company, New Delhi

Neil R. Carlson (2016), "Physiology of Behavior" published by Pearson, 12th Edition. New York, NY.

Neil R. Carlson (2017) "Foundations of Behavioral Neuroscience" by, Pearson, 9th Edition. New York, NY.

Ramachandra Guha (2007), "India After Gandhi: The History of the World's Largest Democracy", published by HarperCollins; New Delhi, India.

Schneider, A. M. & Tarshis (1975). "Physiological Psychology". New York: Random House.