

**SEMESTER-I**

|                    |   |                                    |                  |
|--------------------|---|------------------------------------|------------------|
| PAPER              | : | MIC-I (T)                          | Full Marks : 100 |
| TITLE OF THE PAPER | : | Introduction to General Psychology | ESE : 70         |
| CREDIT             | : | 2                                  | CIA : 30         |

**Course Outcomes**

After the completion of the course, the students will be able to :

- CO1: Understand about psychology and its current status.  
 CO2: Get acquainted with major concepts of psychology.  
 CO3: Develop familiarity with sensation, perception, learning, motivation and memory.  
 CO4: Get acquainted with implications of experimental findings.

| MIC 1: Introduction to General Psychology<br>(Theory : 2 credit) |  |                 |
|--|--|-----------------|
| Unit   | Topics to be covered   | No. of Lectures |
| 1  | <b>Introduction</b><br>Nature and scope of Psychology, Methods, Subfields, Recent Trends in Psychology   | 04              |
| 2  | <b>Sensation and Perception</b><br>Structure and Functions of Eye and Ear, Perceptual Organization, Illusions  | 06              |
| 3  | <b>Learning and Memory</b><br>Learning : Meaning, Methods of Learning,<br>Motivation : Biological and Sociological,<br>Memory : Types of Memory, Forgetting and its causes | 10              |
|  | <b>TOTAL</b>   | 20              |

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## SEMESTER-I

|                    |   |                                    |                  |
|--------------------|---|------------------------------------|------------------|
| PAPER              | : | MIC-I (P)                          | Full Marks : 100 |
| TITLE OF THE PAPER | : | Introduction to General Psychology | ESE : 70         |
| CREDIT             | : | 1                                  | CIA : 30         |

### MIC 1: Introduction to General Psychology (Practical : 1 credit)

**Practical:-**

Based on course MIC 1(P) Introduction to General Psychology, students are required to conduct any TWO experiments from the following :-

1. Zeigarnik Effect
2. Learning by Free recall
3. Maze Learning
4. Muller-Lyer Illusion

**Suggested Readings:**

1. Morgan, C.T., King, R.A., Weiss, J.R.; and Schopler, J. (1993). Introduction to Psychology. New York: Tata McGraw Hill.
2. Ciccarelli, S.K. & Meyer, G.E. (2007). Psychology (South Asian Edition). India: Pearson Education Inc.
3. Baron, R. A. & Misra, G. (2014). Psychology, Indian Subcontinent Edition, Pearson Education
4. Singh, A.K. Uchchar Samanya Manovigyan. Motilal Banarsidas, Patna.
5. Singh, A. K. (2014). Uchchar Manovigyanik Prayog evam Parikshan. Motilal Banarsidas.
6. Mohsin, S. M. (1974). Experiments in Psychology, Oxford Publications, New Delhi.

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## SEMESTER-II

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|--------------------|---|---------------------------------|------------------|
| PAPER              | : | MIC-2 (T)                       | Full Marks : 100 |
| TITLE OF THE PAPER | : | Foundation of Social Psychology | ESE : 70         |
| CREDIT             | : | 2                               | CIA : 30         |

### Course Outcomes

After the completion of the course, the student will be able to:

- CO1: Understand the basic Socio-psychological concept and methods.  
CO2: Familiarize with different socio-psychological concepts regarding real life social issues.  
CO3: Develop understanding of group and leadership.  
CO4: Understand activities related to social interactions.

| <b>MIC 2 : Foundation of Social Psychology<br/>(Theory : 2 credit )</b> |  |                 |
|---|--|-----------------|
| Unit  | Topics to be covered   | No. of Lectures |
| 1   | <b>Introduction</b><br>1.1 Social Psychology : Definition and Scope<br>1.2 Methods of social psychology: Observation and field study   | 04              |
| 2   | <b>Social Perception and Social Interaction</b><br>2.1 Social perception: Meaning, Perceptual defense, Information formation<br>2.2 Social Interaction : Interpersonal attraction and its determinants     | 04              |
| 3   | <b>Behavior in Groups and Leadership</b><br>3.1 Group : Nature, Classification and Functions<br>3.2 Intergroup relation : Prejudice, Sources and Reduction techniques<br>3.3 Leadership : Meaning & Styles | 06              |
| 4   | <b>Attitude, Pro-social behavior and Aggression</b><br>4.1 Attitude: Nature, Components and Change of attitudes<br>4.2 Pro-social behavior: Nature, Determinants<br>4.3 Prejudice : Nature, Causes         | 06              |
|   | <b>TOTAL</b>   | 20              |

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## SEMESTER-II

|                    |   |                                 |                  |
|--------------------|---|---------------------------------|------------------|
| PAPER              | : | MIC-2 (P)                       | Full Marks : 100 |
| TITLE OF THE PAPER | : | Foundation of Social Psychology | ESE : 70         |
| CREDIT             | : | 1                               | CIA : 30         |

### MIC 2: Foundation of Social Psychology (Practical) (Practical: 1 credit)

**Practical:-**

Based on course MIC 2 (P) Foundation of Social Psychology, students are required to conduct any TWO tests from the following -

1. Attitude Measurement
2. Prejudice Measurement
3. Self-concept Measurement

**Suggested Readings:**

1. Baron, R.A. & Branscombe, N.R. (2011): Social Psychology (13th Edition), Pearson Education: New Delhi.
2. Baumister, R.F. & Bushman, B.J. (2013). Social Psychology and Human Nature, Wadsworth
3. Misra, G. (1990). Applied Social Psychology in India: Sage Publications: New Delhi.
4. Myers, D.G. (2010). Exploring Social Psychology, New York: McGraw Hill.
5. Singh, A. K. Uchhtar Samaj Manovigyan. Patna : Motilal Banarsidas.
6. Singh, A. K. (2014). Uchhtar Manovigyanik Prayog evam Parikshan. Motilal Banarsidas.

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## SEMESTER- III

### **MIC-3: Developmental Psychology**

#### Course Outcomes

After the completion of the course, the student will be able to:

- CO1:** Get the knowledge of human developmental processes along with theoretical perspectives.  
**CO2:** Understand the concept and process of human development across the life span.  
**CO3:** Know the various domains of human development.  
**CO4:** Comprehend the role of biological, social, psychological, environmental, physical and adjustment related factors in developmental process.

| MIC-3 : Developmental Psychology |  | ESE-70<br>CIA-30 |
|----------------------------------|--|------------------|
| (3 credits)<br>Full Marks -100   |  |                  |
| Unit                             | Topics to be covered   | No. of Lectures  |
| 1                                | <b>Introduction</b><br>1.1 Life Span Perspective : Nature and Importance<br>1.2 Stages of Development  | 8                |
| 2                                | <b>Cognitive Development</b><br>2.1 Cognitive development : Meaning, Theories of cognitive development:<br>Piaget's theory, Vygotsky's theory  | 10               |
| 3                                | <b>Physical and Emotional Development</b><br>3.1 Physical development – Influence of physical development on behaviour<br>3.2 Emotional development – Nature of emotional behaviour,<br>Factors affecting emotionality | 12               |
| <b>Total</b>                     |  | 30               |

#### **Suggested Readings:**

- 1 Berk, L.E. (2003). Child Development. New Delhi: Pearson Education.
- 2 Hurlock, E.B. (1981). Child Development (6th Ed.). McGraw Hill Co., Auckland.
- 3 Shrimali, S.S. (2005). Child Development. New Delhi, Pearson Education.
- 4 Stanrock, J.W. (2015). Child Development: An Introduction (12th Ed.), McGraw Hill Co
- 5 Srivastava, A.K. (1997). Child Development: An Indian Perspective. New Delhi.

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**SEMESTER- III**  
**MIC-4 : Introduction to Statistics**  
**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1: Understand the nature of psychological variables and measurement scale.  
 CO2: Comprehend the processes of describing and reporting statistical data.  
 CO3: Draw inferences and conclusions for hypothesis testing using appropriate statistical analysis.  
 CO4: Know basic statistical methods and their utility for empirical research.  
 CO5: Learn to use suitable statistical techniques for interpreting research findings.

| MIC-4: Introduction to Statistics      |   | ESE-70<br>CIA-30 |
|--|---|------------------|
| (Theory : 3 credit)<br>Full Marks :100 |   |                  |
| Unit                                   | Topics to be covered  | No. of Lectures  |
| 1                                      | <b>Fundamentals of statistics</b><br>1.1 Meaning and significance of Statistics in Psychology<br>1.2 Levels of Measurement- Nominal, Ordinal, Interval, and Ratio   | 8                |
| 2                                      | <b>Introduction to Descriptive Statistics</b><br>2.1 Basic concept of Descriptive and Inferential statistics<br>2.2 Frequency distribution of data and Graphic presentation: Histogram, Bar Diagram<br>2.3 Measures of Central tendency: Calculation of Mean, Median and Mode | 12               |
| 3                                      | <b>Correlation and t-test</b><br>3.1 Correlation: Concept; Types of correlation<br>3.2 Calculation of Correlation: Rank difference method   | 10               |
| <b>Total</b>                           |   | 30               |

**Suggested Readings:**

1. Coolican, H. (2004). Research methods and Statistics in Psychology. Hoddes Arnold. London.
2. Edwards, A.L. (1985). Experimental designs in psychological research. Harper & Row. NewYork.
3. Garrett, H. E (2005). Statistics in psychology and Education. Paragon international Publishers. New Delhi
4. Singh R., Shyam R & Gupta, L. (2015) Fundamental Statistics for Social Sciences. IntellectualFoundation. Happy Book Dept., Delhi Road, Model Town, Rohtak.
5. Mishra, G.C. (2018). Applications of Statistics in Psychology and Education, Kalyani Publisher, New Delhi.
6. Singh, A.K. (2012). Manovigyan, Samajshastra tatha Shiksha mein Saankhyiki. Novelty & Company.

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## SEMESTER – IV

### **MIC-5: Abnormal Psychology**

#### Course Outcomes

After the completion of the course, the student will be able to:

- CO1:** Understand the concept of abnormality.  
**CO2:** Gain knowledge of the different theories and models of abnormal behaviour  
**CO3:** Understand Stress, Phobias, Obsessive Compulsive disorders, Depression, Schizophrenia.  
**CO4:** Learn about developmental disorders.

| MIC-5 : Abnormal Psychology<br>(3 credit)<br>Full Marks: 100 |   | ESE-70<br>CIA-30 |
|--|---|------------------|
| Unit   | Topics to be covered  | No. of Lectures  |
| 1  | <b>Introduction</b><br>1.1 Definition and Nature of Abnormal behaviour<br>1.2 Historical Background of Abnormal Psychology<br>1.3 Criteria of abnormality | 10               |
| 2  | <b>Models of Abnormality</b><br>2.1 Biological model<br>2.2 Psychodynamic model   | 10               |
| 3  | <b>Psychological Disorders</b><br>3.1 Phobias – Symptoms, Types and Causes<br>3.2 Depressive Disorders – Clinical picture and Causes                      | 10               |
| <b>Total</b>   |   | 30               |

#### **Suggested Readings:**

1. Carson, R. C., Butcher, J. N., Mineka, S. & Hooley, J. M. Abnormal Psychology, Pearson.
2. Wilson, Nathan, O'leary Clark. Abnormal Psychology: An integrating Perspective. Allyn and Bacon.
3. Sarason, I. G & . Sarason, B. R. (2005). Abnormal Psychology: The Problem of Maladaptive Behavior, Eleventh Ed. Prentice Hall.
4. Singh A.K. Manovikriti Manovigyan, Motilal Books.
5. Coleman, JC, Abnormal Psychology and Modern Life, Scott Foreman and Company.

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## SEMESTER – IV

### **MIC-6: Educational Psychology**

#### Course Outcomes

After the completion of the course, the student will be able to:

- CO1: Understand the area of educational psychology.
- CO2: Appreciate the need and importance of study of educational psychology in understanding, analyzing and interpreting the development of learner.
- CO3: Get knowledge on effective teaching and classroom management.
- CO4: Comprehend the applications of psychology in the area of education.

| MIC-6 : Educational Psychology<br>(3 credit )<br>Full Marks :100 |   | ESE-70<br>CIA-30 |
|--|---|------------------|
| Unit   | Topics to be covered  | No. of Lectures  |
| 1  | <b>Introduction</b><br>1.1 Meaning and Nature of Educational Psychology   | 6                |
| 2  | <b>Individual Differences and Educational Implications</b><br>2.1 Individual Differences: Meaning and Significance<br>2.2 Dimensions of Individual Differences – Psychological and Physical   | 12               |
| 3  | <b>Effective Teaching and Classroom Management</b><br>3.1 Characteristics of effective teachers<br>3.2 Teaching methods related to technological advances<br>3.3 Classroom management<br>3.4 Creativity: Meaning and role of school in promoting creativity in children | 12               |
| <b>Total</b>   |   | 30               |

#### **Suggested Readings:**

1. Mangal, S.K. (2017). Essentials of Educational Psychology, PHI Learning, Delhi
2. Santrock, John, W. (2010) Educational Psychology, Inwin Professional Publishers, Delhi.
3. Woolfolk A & Woolfolk H A (2008) Educational Psychology, Pearson, New Delhi.
4. Suleman, Md, Shichha Manovigyaan
5. Singh, A.K. Shiksha Manovigyaan. Bharti Bhawan.

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## SEMESTER – IV

### **MIC-7: Systems of Psychology**

#### Course Outcomes

After the completion of the course, the student will be able to:

- CO1:** Understand the developmental history of psychology.  
**CO2:** Understand the structuralist and behaviorist schools of Psychology.  
**CO3:** Become acquainted with the role of Freud and Neo-Freudians in the development of Psychology.  
**CO4:** Acquaint with the third force of psychology.

| MIC-7 : Systems of Psychology<br>(3 Credits)<br>(Full Marks :100) |  | ESE-70<br>CIA-30 |
|---|--|------------------|
| Unit  | Topics to be covered   | No. of Lectures  |
| 1   | <b>Structuralism and Functionalism</b><br>1.1 Structuralism and Functionalism: Contribution of Wundt ,Titchner and William James                                 | 8                |
| 2   | <b>Behaviourism &amp; Psychoanalysis</b><br>2.1 Contributions of Watson , Skinner and Freud  | 10               |
| 3   | <b>Humanistic Psychology &amp; Indian Psychology</b><br>3.1 Major features of Humanistic Psychology ,Contributions of Maslow<br>3.2 Eminent Indian Psychologists | 12               |
| <b>Total</b>  |  | 30               |

#### **Suggested Readings:**

1. Boring, E.G. (1969). A History of Experimental Psychology. New Delhi: Times of India Press.
2. Marx, M.H. & Hillix, W.A.C. (1987). Systems and Theories in Psychology. New York: McGrawHill.
3. Woodworth, R.S. & Sheehan, M.R. (1970). Contemporary Schools of Psychology. London: Methuen & Co
4. Pathak R.P.(2009). Bhartiya Manovigyan. Radha Publication.
5. Singh, A. K. Manovigyaaan kay Sampradaya evam Itihaas. Motilal International.
6. Pathak R.P.(2009).Bhartiya Manovigyan. Radha Publication.

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## SEMESTER – V

### MIC-8: Clinical Psychology

#### Course Outcomes

After the completion of the course, the student will be able to:

- CO1: Develop an understanding of the nature and historical perspectives of Clinical Psychology
- CO2: Gain knowledge of clinical assessment
- CO3: Understand the activities and roles of clinical Psychologists
- CO4: Apply the knowledge in clinical intervention

| MIC-8 : Clinical Psychology<br>(3 credits)<br>Full Marks = 100 |   | ESE-70<br>CIA-30 |
|--|---|------------------|
| Unit   | Topics to be covered  | No. of Lectures  |
| 1  | <b>Introduction</b><br>1.1 Meaning, Nature and Historical perspectives<br>1.2 Distinction between Clinical and Abnormal psychology  | 10               |
| 2  | <b>Role / Functions of Clinical Psychologists in different Fields</b><br>2.1 Mental hospital<br>2.2 Child guidance clinic<br>2.3 School<br>2.4 Industry                                     | 10               |
| 3  | <b>Clinical Assessment &amp; Techniques</b><br>3.1 Nature and purpose of clinical assessment<br>3.2 Techniques: Observation; Case history; Interviews<br>3.3 Objective and Projective Tests | 10               |
| <b>Total</b>   |   | 30               |

#### **Suggested Readings:**

- 1 Singh A.K: Uchchatar Naidanik Manovigyan Motilal International Hecker, J. E. & Thorpe, G.L. (2005) Introduction to Clinical Psychology: Science, Practice and Ethics. Pearson Education, Delhi.
- 2 Korchin, S.J. (1976) Modern Clinical Psychology: Principles of Intervention in the Clinic and Community. Basic Books Publishers New York.
- 3 Phares, E.J. (1981) Clinical Psychology: Concepts, Methods & Profession, Dorsey Press
- 4 Pomerantz, A.M. (2008). Clinical Psychology. Sage Publication: New Delhi.
- 5 Md. Sulemaan: Aadhunik Naidanik Manovigyan
- 7 Singh A.K: Uchchatar Naidanik Manovigyan. Motilal International.

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## SEMESTER – V

### MIC-9: Guidance and Counselling Psychology

#### Course Outcomes

After the completion of the course, the student will be able to:

- CO1: Gain understanding of relevant concepts of counselling and guidance.  
CO2: Develop understanding of counselling process and guidance.  
CO3: Acquaint with the different areas of counselling and guidance.

| MIC-9 : Counselling and Guidance Psychology<br>(4 credits)<br>Full Marks :100 |   | ESE-70<br>CIA-30 |
|---|---|------------------|
| Unit  | Topics to be covered  | No. of Lectures  |
| 1   | <b>Introduction to Guidance and Counselling</b><br>1.1 Counselling: Meaning, Nature and Objectives<br>1.2 Guidance: Meaning, Nature and Objectives<br>1.3 Difference between guidance and counselling | 14               |
| 2   | <b>Process of Guidance and Counselling</b><br>2.1 Principle of guidance and counselling<br>2.2 Process of counselling<br>2.3 Factors influencing guidance and counselling                             | 14               |
| 3   | <b>Guidance and Conselling Specialities</b><br>3.1 Individual and Group Counselling<br>3.2 Educational and Career Counselling   | 12               |
| <b>Total</b>  |   | <b>40</b>        |

#### Reading List:

- 1 Gibson, R.L and Mitchell M.H (2006): Introduction to counselling and guidance, 6<sup>th</sup> ed., Pearson, New Delhi.
- 2 Jones and Smith: Theories of Counselling and Psychotherapy, Sage publications
- 3 Kottler, J.A., & Shepard, D.S. (2008). Counseling. Theories and Practices. New Delhi: Brooks/Cole Cengage Learning.
- 4 Narayan Rao: Counselling Psychology, Tata McGraw Hill.
- 5 Singh A.K., Nirdeshan evam Paramarshan. Motilal Books

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**SEMESTER – VI**  
**MIC-10: Cognitive Psychology**  
**Course Outcomes**

After the completion of the course, the student will be able to:

- CO1:** Become familiar with the area of study and its various approaches and methods.  
**CO2:** Understand various models and theories of domains of cognitive psychology.  
**CO3:** Comprehend the concept of attention and perception and their associated concepts.  
**CO4:** Get acquainted with the concept of memory, forgetting, thinking, decision making and problem solving.

| MIC-10 : Cognitive Psychology (T)<br>(4 credits)<br>Full Marks:100 |   | ESE-70<br>CIA-30 |
|--|---|------------------|
| Unit   | Topics to be covered  | No. of Lectures  |
| 1  | <b>Introduction</b><br>1.1 Meaning and Nature of Cognitive Psychology<br>1.2 Approaches to Cognitive Psychology   | 12               |
| 2  | <b>Perception and Attention</b><br>2.1 Attention: Meaning, Types of attention<br>2.2 Perception: Meaning, Gestalt's theory of perception, Factors of perception                           | 14               |
| 4  | <b>Memory and Forgetting</b><br>3.1 Memory: Meaning, Reconstructive nature of memory<br>3.2 Types of memory-LTM,STM, Implicit and Explicit<br>3.3 Forgetting: Meaning, Nature and Factors | 14               |
| <b>Total</b>   |   | <b>40</b>        |

**Suggested Readings :-**

1. Sternberg, R.J. (2007). Cognitive Psychology. Delhi: Thomson
2. Ciccarelli, S.K.; & Meyer, G.E. (2007). Psychology (South Asian Edition). India: Pearson Education Inc.
3. Baron, R.A. & Misra, G. (2014). Psychology, Indian Subcontinent Edition, 5th Edition, Pearson Education
4. Singh, A.K. Sangyanatmak Manovigyan. Motilal Pulishing House.

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