

## **FOR GENERAL COURSE**

### **CORE COURSES**

#### **PSYGCOR01T: General Psychology**

**Objectives:** Provide an overview of the basic concepts in psychology to help in better communication and enhance adjustment in life and work.

#### **Unit 1: Orientation to psychology**

- a) Nature, fields and applications of psychology
- b) Cognitive Processes: Learning, memory and problem solving
- c) Conative Processes: Motivation, types of motives (Sociogenic/Psychogenic motives)
- d) Affective Processes: Emotion, Positive and negative emotion

#### **Unit 2: Psychology of individual differences**

- a) Theories of personality: Freudian psychoanalysis, type and trait ; humanistic
- b) Theories of intelligence: Spearman 'g' theory, Sternberg and Gardner
- c) Emotional intelligence
- d) Assessment of intelligence and personality

#### **Unit 3: Understanding developmental processes**

- a) Cognitive Development – Piaget
- b) Moral Development – Kohlberg
- c) Psycho-social Development – Erikson

#### **Unit 4: Applications of psychology**

- a) Work
- b) Law
- c) Health

#### **PSYGCOR01P: Practical**

**Readings:**

- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
- Feldman.S.R.(2009).Essentials of understanding psychology ( 7<sup>th</sup> Ed.) New Delhi : Tata Mc Graw Hill.
- Glassman,W.E.(2000).Approaches to Psychology(3<sup>rd</sup> Ed.) Buckingham:Open University Press.
- Michael ,W., Passer, Smith,R.E.(2007). Psychology The science of mind and Behavior. New Delhi :Tata McGraw-Hill.

**PSYGCOR02T PSYHGEC02T: Youth, Gender And Identity**

**Objectives:** To equip the learner with an understanding of the concepts of Youth, Gender and Identity and their interface and to inculcate sensitivity to issues related to Youth, Gender and Identity within the socio-cultural context.

**Unit 1: Introduction**

- a. Concepts of Youth: Transition to Adulthood, Extended Youth in the Indian context
- b. Concepts of Gender: Sex, Gender Identity, Sexual Orientation, Gender Roles, Gender Role Attitudes, Gender Stereotypes
- c. Concepts of Identity: Multiple identities

**Unit 2: Youth and Identity**

- a. Family: Parent-youth conflict, sibling relationships, intergenerational gap
- b. Peer group identity: Friendships and Romantic relationships
- c. Workplace identity and relationships
- d. Youth culture: Influence of globalization on Youth identity and Identity crisis

**Unit 3: Gender and Identity**

- a. Issues of Sexuality in Youth
- b. Gender discrimination
- c. Culture and Gender: Influence of globalization on Gender identity

**Unit 4: Issues related to Youth, Gender and Identity**

- a. Youth, Gender and violence

- b. Enhancing work-life balance
- c. Changing roles and women empowerment
- d. Encouraging non-gender stereotyped attitudes in youth

## **PSYGCOR02P: Practical**

### **Readings:**

Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.

Baron, R.A., Byrne, D. & Bhardwaj. G (2010). *Social Psychology* (12th Ed). New Delhi: Pearson.

## **PSYGCOR03T: PSYCHOLOGY FOR HEALTH AND WELL-BEING**

**Objective:** To understand the spectrum of health and illness for better health management.

### **UNIT 1: Illness, Health And Well Being**

Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health; health and well being.

### **UNIT 2: Stress and Coping**

Nature and sources of stress; Effects of stress on physical and mental health; Coping and stress management

### **Unit 3: Health Management**

Health-enhancing behaviors: Exercise, Nutrition, Health compromising behaviours; Health Protective behaviours, Illness Management

### **Unit 4: Human strengths and life enhancement**

Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism; gainful Employment and Me/We Balance.

## **PSYGCOR03P: Practical**

## **Readings**

Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK: Routledge.

DiMatteo, M.R. & Martin, L.R.(2002). *Health psychology*. New Delhi: Pearson.

Forshaw, M. (2003). *Advanced Psychology: Health Psychology*. London: Hodder and Stoughton.

Hick, J.W. (2005). *Fifty signs of Mental Health. A Guide to understanding mental health*. Yale University Press

Misra, G. (1999). *Stress and Health*. New Delhi: Concept.

Sarafino, E.P. (2002). *Health psychology: Bio psychosocial interactions (4th Ed.)*. NY: Wiley.

Snyder, C.R., & Lopez, S.J.(2007). *Positive psychology: The scientific and practical explorations of human strengths*. Thousand Oaks, CA: Sage.

Taylor, S.E. (2006). *Health psychology, 6th Edition*. New Delhi: Tata McGraw Hill.

## **PSYGCOR01T: PSYCHOLOGY AT WORK**

**Objectives:** To understand the meaning and theoretical foundations of I/O Psychology To develop an understanding of how the various theories and methods of I/O Psychology apply to the real work settings

### **Unit I: Introduction to I/O Psychology**

Definition, Brief History, Contemporary Trends and Challenges, I/O Psychology in India.

### **Unit II: Job Satisfaction and Work Motivation**

Concept of Job satisfaction and work motivation, causes of Job Satisfaction, outcomes of Job Satisfaction, Theories of Work Motivation and Applications

### **Unit III: Communication in Organizations**

Communication process, purpose of communication in organizations, communication networks, barriers to effective communication, managing communication

### **Unit IV: Leadership**

The meaning of leadership, early approaches to leadership, contemporary approaches to leadership- Transformational & Transactional Leadership; Leadership in a Globalized World, Indian perspective on leadership.

## **PSYGCOR04P: Practical**

### **Readings**

- Adler, N.J. (1997). Global Leaders; A Dialogue with future history, *Journal of International Management*, 2, 21-33.
- Adler, N.J. (1997). Global Leadership: Women Leaders. *Management International Review*, Vol. 37, International Human Resources and Cross Cultural Management, 171-196.
- Chadha, N.K. (2007). *Organizational Behavior*. Galgotia Publishers: New Delhi.
- Greenberg, J. & Baron, R.A. (2007). *Behaviour in Organizations* (9th Ed.). India: Dorling Kindersley
- Griffin, R.W. & Moorhead, G. (2009). *Organizational Behavior: Managing People & Organizations*. Biztantra publishers
- Robbins, S. P. & Judge, T.A. (2007). *Organizational Behavior*. 12<sup>th</sup> Edition. New Delhi: Prentice Hall of India.
- Robbins, S. P. & Judge, T.A. (2008). *Essentials of Organizational Behavior*. 9<sup>th</sup> Edition. New Delhi: Prentice Hall of India.
- Singh, K. (2010). *Organizational Behavior: Texts & Cases*. India: Dorling Kindersley

## **DISCIPLINE SPECIFIC ELECTIVES**

### **PSYGDSE01T: CLINICAL PSYCHOLOGY**

Objectives: To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.

#### **UNIT 1: Models of Psychopathology**

Psychodynamic, Cognitive- behavioural, Stress-diathesis models of psychopathology

#### **Unit 2: Anxiety disorders and Obsessive compulsive related disorders**

Overview & Clinical picture of Anxiety & Obsessive Compulsive related Disorder

#### **Unit 3: Schizophrenia and Mood disorders**

Overview & Clinical picture of Schizophrenia & Mood Disorder

### **PSYGDSE01P: Practical**