

**FACULTY OF ARTS**  
**SYLLABUS FOR THE BATCH FROM THE YEAR 2023 TO**  
**YEAR 2026**

**Programme Code: BA**

**Programme Name: Bachelor of Arts**

**(Semester I-II)**

**Examinations: 2023-2026**



**Department of Psychology**

**Khalsa College, Amritsar**  
**An Autonomous College**

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**(b) Subject to change in the syllabi at any time.**  
**(c) Please visit the College website time to time.**

<b>S.No.</b>	<b>PROGRAMME OBJECTIVES</b>
1.	Education related to different domains will enable students to acquire knowledge in languages, humanities and social sciences.
2.	This programme will be helpful in cultivating critical thinking among students.
3.	It will enable students to comprehend different concepts globally in order to develop holistic understanding of the world and society.
4.	It will provide awareness to students regarding ethical, social, psychological and political issues in order to increase their sense towards rights and responsibilities towards others.
5.	It will create a better understanding of theories, concepts and methodology related to humanities and social sciences among students.
6.	It will improve the divergent ability of students by exploring the domains of creative arts.
7.	It will provide better career opportunities to students in various sectors.
8.	It will enable students to apply human values to improve human security.

<b>S.No.</b>	<b>PROGRAMME SPECIFIC OUTCOMES (PSOS)</b>
PSO-1	Students will acquire fundamentals of Psychology to build strong foundational base in order to explore careers in Psychology and allied fields. They will be able to apply different psychological concepts in everyday life
PSO-2	Students will be able to develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others.
PSO-3	Students will get a clear idea about the biological basis of behavior and the influence of behavior, cognition and environment on bodily system.
PSO-4	Students will be able to apply the theoretical knowledge in practical situations related to motivation and emotions.
PSO-5	Students will get an expertise of designing and conducting experiments in laboratory conditions particularly in relation to sensation and perception. They will better be able to look into the role of sensory modalities in influencing human behavior with the help of psychophysical methods.
PSO-6	Students' knowledge about understanding etiology, diagnosis and treatment of psychological problems will be on different level as they will be able to understand it in a better manner.
PSO-7	Students will gain expertise in analytical and counselling skills which will further help in providing remedies to prevent and resolve psychological issues.
PSO-8	Students will get expertise to provide mental health services in schools, nursing homes, old-age homes, de-addiction centers, rehabilitation centers etc.
PSO-9	Students will be able to use descriptive and inferential statistics in order to understand the results of psychological research in a better manner.

**COURSE SCHEME****SEMESTER - I**

Course Code	Course Name	Hours/Week	Credits			Total Credits	Max Marks				Page No.
			L	T	P		Th	P	IA	Total	
<b>Major Courses</b>											
BPSY-1111	Basic Psychological Processes- I	Th- 4 P- 2	3	-	1	4	50	25	25	100	4-6

**SEMESTER - II**

Course Code	Course Name	Hours/Week	Credits			Total Credits	Max Marks				Page No.
			L	T	P		Th	P	IA	Total	
<b>Major Courses</b>											
BPSY-1211	Basic Psychological Processes- II	Th- 4 P- 2	3	-	1	4	50	25	25	100	7-9

Course Code	Course Name	Hours/Week	Credits			Total Credits	Max Marks				Page No.
			L	T	P		Th	P	IA	Total	
<b>Value Added Courses</b>											
VPSY-110	Basic Counselling Skills	2	2	-	-	2	25	25	-	50	10-11
VPSY-111	Time and Stress Management	2	2	-	-	2	25	25	-	50	12-13

**(2023-2026)**  
**B.A. SEMESTER-I**  
**PSYCHOLOGY**  
**BPSY-1111**  
**BASIC PSYCHOLOGICAL PROCESSES-I**  
**(Theory)**

**Time: 3 Hours**

**Total Credits: 4**  
**L- T- P**  
**3- 0- 1**  
**Max. Marks: 100**  
**(Theory: 50**  
**Practical: 25**  
**Internal Assessment: 25)**

**Instructions for the Paper Setters:**

**Section A:** This section will consist of ten short answer type questions, each carrying 1 mark. All questions will be compulsory. Answer to each question shall be in 50 words approximately. The total weightage of this section shall be 10 marks.

**Section B:** This section will consist of six questions. Candidates are required to attempt four questions, selecting at least one question from each unit. The fourth question may be attempted from any unit. Each question carries 10 marks. The total weightage of this section shall be 40 marks.

**Note:** The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

**Course Objectives:**

The overarching aim of this course is to build strong foundation of Psychology by imparting knowledge about schools of Psychology to students. They will be taught various methods to understand the dynamics of human thoughts, feelings and behaviors. They will get an overview of theories related to learning and intelligence and how these theories can impact their day-to-day life. They will also be imparted knowledge about the nature and uses of psychological tests.

**UNIT-I**

**Nature:** Psychology as a Science, Historical background of Psychology with brief introduction to schools (Structuralism, Functionalism, Psychoanalysis, Behaviorism, Gestalt and Humanistic).

**Methods:** Introspection, Observation, Experiment, Case Study, Interview and Questionnaire.

**UNIT-II**

**Learning:** Introduction to Learning, Nature/characteristics of Learning process, Trial and Error learning, Insight learning, A brief introduction to the concepts of Classical and Instrumental Conditioning (Paradigm and the typical experiments), Schedules of Reinforcement, Social/Observational learning.

**Intelligence:** Nature of Intelligence, Theories (Spearman and Thurstone), Cognitive Theories (Gardener and Sternberg), Concept of Emotional Intelligence, Nature and Nurture issue in Intelligence.

### UNIT-III

**Understanding Individual Differences:** Nature and uses of Psychological Tests. Characteristics of Good Psychological Tests, Types of Psychological Tests (Verbal vs. Non-verbal test, Individual vs. Group, Speed vs. Power tests, Paper and Pencil Tests vs. Performance Tests, Essay vs. Objective type Tests), Ethical issues in Psychological Testing.

**Statistics:** Introduction to Parametric and Non-Parametric Statistics, Descriptive and Inferential Statistics, Meaning and Characteristics of good measure of Central Tendency. Arithmetic Mean, Median, Mode with their merits and demerits. (Numericals related with Mean, Median and Mode only)

#### Suggested Readings:

1. Aron, A., Coups, E.J., & Aron, E.N. (2012). *Statistics for Psychology*. New Delhi: Pearson Education.
2. Baron, R.A. (1996). *Psychology*. New Delhi: Prentice Hall of India.
3. Benjamin, Jr. L.T., Hopkings, J.R., & Nation, J.R. (1987). *Psychology*. New York: Mcmillan Publishing Company.
4. Chaplin, J.R., & Kraiwic, T.S. (1985). *Systems and Theories of Psychology*. New York: Holt, Rinehart and Winston, Inc.
5. Ciccarelli, S.K., & White, J.N. (2015) *Psychology*. Boston: Pearson Publishers.
6. Crooks, R.L., & String, J. (1988). *Psychology; Science, Behavior and Life*. New York: Holt Rinehart and Winston, Inc.
7. Jain, S. (2001). *Introduction to Psychology*. New Delhi: Kalyani Publishers.
8. Morgan, G.T., King, P.A., Weisz, T.R., & Schopler, J. (1999). *Introduction to Psychology*. New York: Mcgraw Hill Book Co.
9. Nolen-Hoeksema, S., Fredrickson, B., Loftus, G. and Lutz, C. (2014). *Atkinson & Hilgard's Introduction to psychology*. Hampshire, United Kingdom: Cengage Learning EMEA.

COURSE OUTCOMES (Cos)	
Sr. no.	On completing the course, students will be able to
CO1	Understand the historical roots and methods of Psychology to know the dynamics of human thoughts, feelings and behaviors.
CO2	Apply theories of learning and intelligence to modify illogical thoughts and behaviors into logical ones.
CO3	Know individual differences by assessing them on various psychological tools and questionnaires.

**(2023-2026)**  
**B.A. SEMESTER–I**  
**PSYCHOLOGY**  
**BASIC PSYCHOLOGICAL PROCESSES–I**  
**(Practical)**

**Instructions for the Practical Examination:**

Students are supposed to perform five practical out of six mentioned in the syllabus. Practical examination will be of three hours duration. External examiner will conduct the practical examination. Students will perform one practical in the exam carrying 25 marks. Evaluation of the practical would be done on the basis of write–up of file book (10 Marks), performance and viva–voce (15 Marks) related to the practical.

**Course objectives:** The main aim is to deliver practical and in-depth experience in accordance to the principles learnt in theory covering the areas of learning, intelligence and individual differences.

**Five Practical have to be performed out of the following:**

1. Simple Reaction Time/Observations by using Chronoscope.
2. Verbal Test of Intelligence- Jalota’s Mental Ability Test.
3. Nonverbal test of Intelligence- Cattell’s Culture Fair Test.
4. Performance Test of Intelligence- Koh’s Block Design Test / Alexander’s Pass A Long Test.
5. Trial and Error learning by using wooden/ electronic maze.
6. Effect of Knowledge of Results on Performance

<b>COURSE OUTCOMES (Cos)</b>	
<b>Sr. no.</b>	<b>On completing the course, students will be able to</b>
CO1	To administer, analyze and interpret results from various psychological tools.
CO2	To apply the knowledge of various assessment procedures related to intelligence and learning.
CO3	To build a rapport with subjects to perform practical effectively.

**(2023-2026)**  
**B.A. SEMESTER-II**  
**PSYCHOLOGY**  
**BPSY-1211**  
**BASIC PSYCHOLOGICAL PROCESSES-II**  
**(Theory)**

**Time: 3 hours**

**Total Credits: 4**  
**L- T- P**  
**3- 0- 1**  
**Max. Marks: 100**  
**(Theory: 50**  
**Practical: 25**  
**Internal Assessment: 25)**

**Instructions for the Paper Setters:**

**Section A:** This section will consist of ten short answer type questions, each carrying 1 mark. All questions will be compulsory. Answer to each question shall be in 50 words approximately. The total weightage of this section shall be 10 marks.

**Section B:** This section will consist of six questions. Candidates are required to attempt four questions, selecting at least one question from each unit. The fourth question may be attempted from any unit. Each question carries 10 marks. The total weightage of this section shall be 40 marks.

**Note:** The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

**Course Objectives:**

This course will enable students to associate neurophysiology of human brain to human behavior. Students will be imparted the knowledge about theories of motivation, emotions and personality and their role in the regulation of human behavior in different situations. Along with this theoretical knowledge, they will become aware about the significance of descriptive statistics.

**UNIT-I**

**Biological Basis of Behavior:**

Nervous System (Central and Peripheral), Glands (Endocrine and Exocrine), Neuron (Structure and functions), Resting and Action Potentials, Synapse, Types of Synapses

**Memory:** Nature, Encoding, Storage and Retrieval. Types of memory– Sensory, Short term and long term

**UNIT-II**

**Motivation:** Concept and Nature of Motivation, Types of Motivation, Needs, Drives and Incentives, The Need Hierarchy model, Conflicts and Frustration (Concept, Nature and Types)

**Emotions:** Concept and Nature of Emotions, Types of Emotions, Theories of Emotions (James Lange & Cannon Bard Theory), Physiological Correlates of Emotions

### UNIT-III

**Personality:** Concept of Personality, Brief introduction of theories of Personality (Freud, Allport, Murray, Cattell and Eysenck), Psychometric Techniques of Assessment (EPI, CPI & 16PF) and Projective Techniques of Assessment (WAT & Sentence Completion Test)

**Measures of Variability:** Meaning and Characteristics of good measure of Variability, Range, Quartile Deviation, Average Deviation, Standard Deviation and Variance with their merits and demerits (Numericals related with SD only)

#### Suggested Readings:

1. Aron, A., Coups, E.J., & Aron, E.N. (2012). *Statistics for Psychology*. New Delhi: Pearson Education.
2. Baron, R.A. (1996). *Psychology*. New Delhi: Prentice Hall of India.
3. Benjamin, Jr. L.T., Hopkings, J.R., & Nation, J.R. (1987). *Psychology*. New York: Mcmillan Publishing Company.
4. Chaplin, J.R., & Kraiwic, T.S. (1985). *Systems and Theories of Psychology*. New York: Holt, Rinehart and Winston, Inc.
5. Ciccarelli, S.K., & White, J.N. (2015) *Psychology*. Boston: Pearson Publishers.
6. Coon, D.L., & Mitterer, J.O. (2007). *Introduction to Psychology; Gateways to Mind And Behavior*. Thomson Wadworth.
7. Crooks, R.L., & String, J. (1988). *Psychology; Science, Behavior and Life*. New York: Holt Rinehart and Winston, Inc.
8. Hall, S.S., & Lindzey, G. (1970). *Theories of Personality*. New Delhi: Wiley Eastern Ltd.
9. Jain, S. (2001). *Introduction to Psychology*. New Delhi: Kalyani Publishers.
10. Morgan, G.T., King, P.A., Weisz, T.R., & Schopler, J. (1999). *Introduction to Psychology*. New York: Mcgraw Hill Book Co.
11. Nolen-Hoeksema, S., Fredrickson, B., Loftus, G. and Lutz, C. (2014). *Atkinson & Hilgard's Introduction to psychology*. Hampshire, United Kingdom: Cengage Learning EMEA.
12. Pinel, J.P.J. (2007). *Biopsychology*. New Delhi: Pearson Education.
13. Solso, R.L. (2007). *Cognitive Psychology*. New Delhi: Pearson Education.

COURSE OUTCOMES (Cos)	
Sr. no.	On completing the course, students will be able to
CO1	Identify the role of neurophysiology in determining human behaviors.
CO2	Know different theories of motivation, emotion and personality in order to get better view of human beings.
CO3	Apply descriptive statistics on the scores of psychological tools.



**(2023-2026)**  
**B.A. SEMESTER–II**  
**PSYCHOLOGY**  
**BASIC PSYCHOLOGICAL PROCESSES–II**  
**(Practical)**

**Instructions for the Practical Examination:**

Students are supposed to perform five practical out of six mentioned in the syllabus. Practical examination will be of three hours duration. External examiner will conduct the practical examination. Students will perform one practical in the exam carrying 25 marks. Evaluation of the practical would be done on the basis of write–up of file book (10 Marks), performance and viva–voce (15 Marks) related to the practical.

**Course objectives:** The main aim is to deliver practical and in-depth experience in accordance to the principles learnt in the theory of general psychology. It will help students to administer various psychological tools on other individuals to assess their motivation, personality and memory.

**Five Practical have to be performed out of the following:**

1. Measurement of Emotional Intelligence or Emotional Regulation.
2. Measurement of Motivation through drive induction or level of aspiration.
3. Projective techniques– Incomplete sentence Blank.
4. Personality Inventory- Eysenck’s Personality Inventory/ Revised NEO- Personality Inventory
5. Immediate Memory Span.
6. Public opinion survey on any social or psychological issue in society.

<b>COURSE OUTCOMES (Cos)</b>	
<b>Sr. no.</b>	<b>On completing the course, students will be able to</b>
CO1	To measure motivation, personality and memory of individuals by using above mentioned psychological apparatus and questionnaires.
CO2	To assess the personality of others by using psychometric and projective techniques.

2023-26  
**BASIC COUNSELLING SKILLS (VPSY-110)**  
**Value Added Course**

**Time: 1 Hour**

**Total Credit Hours: 30**

**Max. Marks: 50**

**Theory: 25**

**Practical: 25**

The question paper will consist of 50 multiple choice questions of One mark each (theory and practical) are to be set from whole syllabus.

**Course objective:**

The overarching aim of this course is to build counselling skills among students so that they can deal with cognitive, behavioral and emotional problems of people. It will help students to resolve people's conflicts effectively and create a positive mind set of society.

**Course Content:**

**UNIT-I**

Counselling and Psychotherapy: Concept, Difference and Significance  
Rapport Building Skills

**UNIT-II**

Listening and Observational Skills: Understanding verbal, vocal and bodily responses of clients

**UNIT-III**

Clarify Problem Skills: Questioning skills, challenging skills, feedback skills and self-disclosure skills

**UNIT-IV**

Ethics in Counselling: Confidentiality, Fidelity, Autonomy, Beneficence, non maleficence, Justice

**Suggested Readings:**

- 1) Manthei, R. (2005). *Counselling: The skills of finding solutions to problems*. Routledge.
- 2) Members Of British Association. (2001). *Counselling skills in context*. Hachette UK.
- 3) Nelson-Jones, R. (2005). *Practical counselling & helping skills: Text and activities for the Lifeskills counselling model*. SAGE.
- 4) Nelson-Jones, R. N. (2015). *Basic Counselling Skills - A Helper's Manual* (4th ed.). Sage.

**COURSE OUTCOMES (Cos)**

<b>Sr. no.</b>	<b>On completing the course, students will be able to</b>
CO1	Build trustworthy connection with people by using better rapport building skills.
CO2	Understand verbal and non-verbal communication skills of clients in more appropriate manner.
CO3	Perform counselling on people with different psychological issues while taking ethical issues into consideration.

**2023-26**  
**TIME AND STRESS MANAGEMENT (VPSY-111)**  
**Value Added Course**

**Time: 1 Hour**

**Total Teaching Hours: 30**

**Max. Marks: 50**

**Theory: 25**

**Practical: 25**

**Instructions of Paper Setters:**

The question paper will consist of 50 multiple choice questions of One mark each (theory and practical) are to be set from whole syllabus.

**Course objective:**

This course will prepare students for recognizing and evaluating different types of stressors in appropriate manner. It will help them in dealing with stressful situations effectively so that they can make their life happier and more meaningful. It will also inculcate time management skills among students in order to be successful and competent in life.

**Course Content:**

**UNIT-I**

Introduction to Stress, Types of Stress, Factors impacting stress, Stress vs Burn out, ABC model of stress

**UNIT-II**

Concept of Coping, Coping strategies, physiological coping, behavioral coping and cognitive coping.

**UNIT-III**

Concept of Time management, Setting SMART goals, Techniques of time management, Uses of to-do list

**Suggested Readings:**

- 1) Clear, J. (2018). *Atomic habits: The life-changing million-copy #1 bestseller*. Random House.
- 2) Cotton, D. H. (2013). *Stress management: An integrated approach to therapy*. Routledge.
- 3) Dixit, D. S. (n.d.). *Time management: 30 principles for the best utilization of your time*. Manjul Publishing.
- 4) Selhub, E. (2019). *The stress management handbook: A practical guide to staying calm, keeping cool, and avoiding Blow-UPS*. Simon & Schuster.

**COURSE OUTCOMES (Cos)**

<b>Sr. no.</b>	<b>On completing the course, students will be able to</b>
CO1	Cope with stressful situations in an effective manner.
CO2	Work on time by avoiding procrastinating behaviors.
CO3	Understand self and others by taking into consideration the stressful situations and their impact on society.