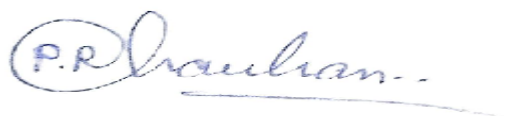


**KRANTIGURU SHYAMJI KRISHNA VERMA KACHCHH UNIVERSITY,
BHUJ- KACHCHH**

**NEW SYLLABUS
(AS PER NEP 2020 & UGC GUIDELINES)**

PSYCHOLOGY

**TO BE IMPLEMENT FROM JUNE - 2023
(Semester- I & II JUNE 2023-24)**



Dr. Pallavi R. Chauhan
Chairman
Board of studies, Psychology
K.S.K.V. Kachchh University,
Bhuj

Dr. Kalpna Satija
Dean
Faculty of Arts
K.S.K.V. Kachchh University,
Bhuj



KSKV KACHCHH UNIVERSITY

***PROGRAM /COURSE STRUCTURE AND SYLLABUS
as per the Choice Based Credit System (CBCS) designed in accordance with
Learning Outcomes-Based Curriculum Framework (LOCF)
of National Education Policy (NEP) 2020
for Undergraduate Program in PSYCHOLOGY***

w.e.f.

Academic Year 2023-24 and onwards



NATIONAL EDUCATION POLICY-2020

Common Minimum Syllabus for KSKV Kachchh University

Year	SEM.	Paper/Course Code	Major/Minor/ Multidisciplinary	Proposed Title of Papers	Theory/ Practical	Credits
B.A. 1	I	PSY-DSCM101/MI101	Major & Minor	Basic Psychological Process – I	Theory	4
		PSY-DSCM102	Major	Developmental Psychology – I	Theory	4
		PSY-MD101	Multidisciplinary	Psychology in Education – I	Theory	4
	II	PSY-DSCM201/MI201	Major & Minor	Basic Psychological Process – II	Theory	4
		PSY-DSCM202	Major	Developmental Psychology – II	Theory	4
		PSY-MD201	Multidisciplinary	Psychology in Education – II	Theory	4

B.A. 2	III	PSY-DSCM301/MI301	Major	Social Psychology-I	Theory	4
		PSY-DSCM302/MI302	Major	Cognitive Psychology	Theory	4
		PSY-DSCM303	Major	Psychopathology-I	Theory	4
		PSY-MD301	Multidisciplinary	Sports and Psychology	Theory	4
	IV	PSY-DSCM401/MI401	Major & Minor	Psychology of Adjustment	Theory	4
		PSY-DSCM402	Major	Social Psychology-II	Theory	4
PSY-DSCM403		Major	Psychopathology-II	Theory	4	
B.A. 3	V	PSY-DSCM501/MI501	Major & Minor	Experimental Psychology or Organizational Psychology		4
		PSY-DSCM502/MI502	Major & Minor	Counselling Psychology	Theory	4
		PSY-DSCM503	Major	Experimental Psychology-Practical(PR) (only Regular Students)	Theory/ Practical	4
				Or Media Psychology (only External Students)	Theory	
	VI	PSY-DSCM601/MI601	Major & Minor	Biopsychology	Theory	4
		PSY-DSCM602/MI602	Major	Research Method in Psychology-I	Theory	4
PSY-DSCM603		Major	Statistics in Psychology	Theory	4	

B.A. 4	VII (H)	PSY-DSCM701/MI701	Major & Minor	Health Psychology-I	Theory	4
		PSY-DSCM702	Major	Research Method and Psychological Testing	Theory	4
		PSY-DSCM703	Major	Clinical Psychology-I	Theory	4
		PSY-DSCM704	Major	On the Job Training (OJT)-I	Training	6
	VIII (H)	PSY-DSCM801/MI801	Major & Minor	Health Psychology-II	Theory	4
		PSY-DSCM802	Major	Community Psychology	Theory	4
		PSY-DSCM803	Major	Clinical Psychology-II	Theory	4
		PSY-DSCM804	Major	On the Job Training (OJT)-II	Training	6
	VII (RH)	PSY-DSCM701/MI701	Major & Minor	Health Psychology-I	Theory	4
		PSY-DSCM702	Major	Research Method and Psychological Testing	Theory	4
		PSY-DSCM703	Major	Clinical Psychology-I	Theory	4
		PSY-DSCM704	Major	Research Project /Dissertation(RP)-I	Research	6
	VIII (RH)	PSY-DSCM801/MI801	Major & Minor	Health Psychology-II	Theory	4
		PSY-DSCM802	Major	Community Psychology	Theory	4
		PSY-DSCM803	Major	Clinical Psychology-II	Theory	4
		PSY-DSCM804	Major	Research Project /Dissertation(RP)-II	Research	6



KSKV KACHCHH UNIVERSITY

PROGRAM /COURSE STRUCTURE AND SYLLABUS

***as per the Choice Based Credit System (CBCS) designed in accordance with
Learning Outcomes-Based Curriculum Framework (LOCF)
of National Education Policy (NEP) 2020
for Undergraduate Program in PSYCHOLOGY***

**B. A. – Semester-I PSYCHOLOGY Syllabus
(Major, Minor & Multidisciplinary)**

Paper/Course Code	Major/Minor/ Multidisciplinary	Proposed Title of Papers
PSY-DSCM101/MI101	Major & Minor	Basic Psychological Process – I
PSY-DSCM102	Major	Developmental Psychology – I
PSY-MD101	Multidisciplinary	Psychology in Education – I

Semester – I								
Sr. No	Course Category	Course Title	Course Credits			Exam Marks		
			Theory	Practical	Total	IM	EM	Total
1	DSCM 101	Basic Psychological Process – I	4	0	4	50	50	100
2	DSCM 102	Developmental Psychology – I	4	0	4	50	50	100
3	MD 101	Psychology in Education – I	4	0	4	50	50	100
4	MI-101	Basic Psychological Process – I	4	0	4	50	50	100
5	SEA-101	Stress Management	2	0	2	25	25	50
6	CVAC 101	Environmental Psychology	2	0	2	25	25	50
7	AEC 201	English/ Gujarati/ Hindi/ Sanskrit/ Sindhi	2	0	2	25	25	50
	Total Credits		22	0	22	275	275	550

Semester – II

Sr. No	Course Category	Course Title	Course Credits			Exam Marks		
			Theory	Practical	Total	IM	EM	Total
1	DSCM 201	Basic Psychological Process – II	4	0	4	50	50	100
2	DSCM 202	Developmental Psychology – II	4	0	4	50	50	100
3	MD 201	Psychology in Education – II	4	0	4	50	50	100
4	MI-201	Basic Psychological Process – II	4	0	4	50	50	100
5	SEA-101	Stress Management	2	0	2	25	25	50
6	CVAC 201	Personality Bhagavat Gita	2	0	2	25	25	50
7	AEC 201	English/ Gujarati/ Hindi/ Sanskrit/ Sindhi	2	0	2	25	25	50
	Total Credits		22	0	22	275	275	550
	EXIT COURSE	Adjustment Psychology	4					

B.A. Sem-1 Psychology
PSY-DSCM101/MI101- Basic Psychological Process -I

Programme/Class: Certificate	Year : First	Semester : First
Subject : Psychology		
Course Code : PSY-DSCM101/PSY-MI101	Course Title : Basic Psychological Process-I	
Credit : 4	COURSE CATEGORY : MAJOR / :MINOR	
Max. Marks : 50 + 50		
Total No. of Lectures – Tutorials – Practical (In hours per Week) : L-T-P: 4 - 0 – 0		

COURSE OBJECTIVES	<p>The objectives of this course are:</p> <ul style="list-style-type: none"> • To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life • To understand the fundamental processes underlying human behavior such as processes underlying Motivation, Emotion, sensation, perception and Attention • To understand the dynamics of Motivation, Emotions, Perception and Attention • To apply the principles of psychology in day-to-day life for a better understanding of themselves and others
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Sr. No	COURSE OUTCOMES
This paper will provide students with an introduction to the key concepts and theories in psychology	
1	Describe the evolution of psychology and gain basic knowledge about Psychology
2	Identify the various approaches, fields, and subfields of psychology along with their major concepts and important figures
3	Describe the value of psychology and possible careers paths for those who study psychology
4	Critically evaluate and identify determinants of motivation
5	Evaluate and understand the different human emotions
6	Describe the Attention and determinants of Attention
7	Differentiate between sensation and perception

Details of Modules

Modules	Content/ Topic	No of Hours	Weightage of Marks
<p style="text-align: center;">Unit: 1</p> <p style="text-align: center;">PSYCHOLOGY AS A SCIENCE – INTRODUCTION- મનોવિજ્ઞાન એક વિજ્ઞાન – પરિચય</p>	<p>1. Definition of Psychology – મનોવિજ્ઞાનની વ્યાખ્યા</p> <ul style="list-style-type: none"> * Old definition of Psychology – મનોવિજ્ઞાનની જૂની વ્યાખ્યા * New and Working Definition of Psychology– મનોવિજ્ઞાનની નવી અને કાર્યાત્મક વ્યાખ્યા <p>2. Psychology as a Behavioral Science – મનોવિજ્ઞાન એક વિજ્ઞાન તરીકે</p> <p>3. Goals of Psychology – મનોવિજ્ઞાનના ધ્યેયો</p> <ul style="list-style-type: none"> * Description – વર્ણન *Understanding and Explanation – સમજ અને સ્પષ્ટીકરણ *Prediction – ભવિષ્યકથન *Control – નિયંત્રણ *Application – ઉપયોગ <p>4.The Subfields of Psychology – મનોવિજ્ઞાનની પેટાશાખાઓ</p> <ul style="list-style-type: none"> *Clinical Psychology– ચિકિત્સા મનોવિજ્ઞાન *Counseling Psychology – સલાહ મનોવિજ્ઞાન *School and Educational Psychology – શાળા અને શૈક્ષણિક મનોવિજ્ઞાન *Personality and Social Psychology – 	15	25

	<p>વ્યક્તિત્વ અને સમાજલક્ષી મનોવિજ્ઞાન</p> <ul style="list-style-type: none"> *Developmental Psychology – વિકાસાત્મક મનોવિજ્ઞાન *Psychometric Psychology – મનોમાપનનું મનોવિજ્ઞાન *Industrial and Organizational Psychology – ઔદ્યોગિક અને સંગઠનનું મનોવિજ્ઞાન *Experimental Psychology – પ્રાયોગિક મનોવિજ્ઞાન *Physiological Psychology-શરીરલક્ષી મનોવિજ્ઞાન *Cognitive Psychology-બોધાત્મક મનોવિજ્ઞાન *Personality Psychology-વ્યક્તિત્વ મનોવિજ્ઞાન *Environmental Psychology- પર્યાવરણીય મનોવિજ્ઞાન *Sports Psychology-રમત મનોવિજ્ઞાન *Military Psychology-સૈન્ય મનોવિજ્ઞાન *Political Psychology-રાજનૈતિક મનોવિજ્ઞાન <p>5. Applicability of Psychology મનોવિજ્ઞાનની પ્રયોજ્યતા કે ઉપયોગીતા</p> <p>6. Indigenous Indian Approaches of Psychology મનોવિજ્ઞાનના સ્વદેશી ભારતીય અભિગમો</p> <ul style="list-style-type: none"> *Approach of Psychology in Shrimadbhagawat Geeta- શ્રીમદ્ભગવત ગીતામાં મનોવિજ્ઞાનના અભિગમ * Approach of Psychology in Sankhya Darshan સાંખ્ય દર્શનમાં મનોવિજ્ઞાનના અભિગમ *Approach of Psychology in Buddhism બૌદ્ધવાદમાં મનોવિજ્ઞાનના અભિગમ <p>7. The Methods of Psychology – મનોવિજ્ઞાનની પદ્ધતિઓ</p> <ul style="list-style-type: none"> * Natural and Systematic Observation – કુદરતી અને વ્યવસ્થિત નિરીક્ષણ * Clinical Methods – ચિકિત્સા પદ્ધતિઓ * Survey Method – સર્વે (સર્વેક્ષણ) પદ્ધતિ 		
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	<p>* Experimental Method – પ્રાયોગિક પધ્ધતિ</p> <p>*Interview Method, Questionnaire Method-પ્રશ્નાવલી પધ્ધતિ</p>		
<p>Unit: 2</p> <p>MOTIVATION</p> <p>પ્રેરણા</p>	<p>1. Definition and Nature of Motivation (Motivational Cycles) – પ્રેરણાની વ્યાખ્યા અને સ્વરૂપ (પ્રેરણા ચક્ર)</p> <p>2. Measurement of Motivation – પ્રેરણાનું માપન</p> <p>3. Primary Motives – પ્રાથમિક પ્રેરણાઓ</p> <p>(i) Hunger and Thirst – ભૂખ અને તરસ</p> <p>(ii) Sex and Maternal Drive – જાતીય અને માતૃત્વની પ્રેરણા</p> <p>4. Social Motives – સામાજિક પ્રેરણાઓ</p> <p>(i) Affection and Affiliation – સ્નેહ અને સંપર્કની પ્રેરણા</p> <p>(ii) Social approval and Esteem – સામાજિક સ્વીકાર અને આત્મગૌરવની પ્રેરણા</p> <p>(iii) Achievement Motivation – સિધ્ધિની પ્રેરણા</p>	15	25
<p>Unit: 3</p> <p>EMOTION</p> <p>આવેગ</p>	<p>1. Definition and Nature of Emotion – આવેગની વ્યાખ્યા અને સ્વરૂપ</p> <p>2. Psychological changes during Emotion – આવેગ દરમ્યાનના શારીરિક ફેરફારો</p> <p>3. Measurement of Automatic changes – સ્વયં સંચાલિત ફેરફારોનું માપન</p> <p>4. Expression of Emotion – આવેગની અભિવ્યક્તિ</p> <p>5. Dimensions of Emotion-આવેગના પરિમાણો</p> <p>6. Emotional Development-આવેગાત્મક વિકાસ</p> <p>7. Control of Emotion-આવેગનું નિયંત્રણ</p>	15	25

<p style="text-align: center;">Unit: 4</p> <p style="text-align: center;">ATTENTION AND PERCEPTION</p> <p style="text-align: center;">ધ્યાન અને પ્રત્યક્ષીકરણ</p>	<p>1. Definition and Nature of Attention – ધ્યાનની વ્યાખ્યા અને સ્વરૂપ</p> <p>2. Determinants of Attention – ધ્યાનના નિર્ધારકો</p> <ul style="list-style-type: none"> * External or Objective Determinants of Attention – ધ્યાનના બાહ્ય અથવા વસ્તુલક્ષી નિર્ધારકો * Internal or Subjective Determinants of Attention – ધ્યાનના આંતરિક અથવા વ્યક્તિલક્ષી નિર્ધારકો <p>3. Meaning or Definition of Perception – પ્રત્યક્ષીકરણનો અર્થ કે વ્યાખ્યા</p> <p>4. Object Perception – પદાર્થનું પ્રત્યક્ષીકરણ</p> <ul style="list-style-type: none"> * Figure and Ground – આકૃતિ અને પશ્ચાદ ભૂમિકા * Grouping (Law of Perceptual Organisation) – પ્રત્યક્ષીકરણનાં સંગઠનના નિયમો * Closure – પૂર્તિ 	15	25
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TEXT BOOKS & REFERENCES	
	<p>Baron, R. & Misra. G. (2013). Psychology. Pearson.</p> <p>Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.</p> <p>Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.</p> <p>Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.</p> <p>Morgan, C. T., King, R. A., Weiss, J. R. and Schopler, J. (2012). (Latest Edition). Introduction to Psychology. Tata McGraw Hill Education Pvt. New Delhi.</p>
Video Reference:	
	<p>https://youtu.be/2fbrl6WoIyo</p> <p>https://www.youtube.com/watch?v=nrBSxKZUHcs</p>
E Resources:	
Books	<p>http://gg.gg/Introduction-to-Psychology_Book_1</p> <p>http://gg.gg/Introduction-to-Psychology_Book_2</p>

Evaluation Pattern

The mode of evaluation would be through a combination of external and internal assessment in the ratio of 50: 50 respectively. Along with routine examinations, classroom participations, class assignments, project work, and presentations would also be a part of the overall assessment of the students.

Exam Paper Style for Major / Minor

Evaluation:

Internal Assessment: 50 Marks University Assessment: 50 Marks

	Section	Unit	Marks
Q-1	Essay question with Choice OR Short Notes	Unit 1	10
Q-2	Essay question with Choice OR Short Notes	Unit 2	10
Q-3	Essay question with Choice OR Short Notes	Unit 3	10
Q-4	Essay question with Choice OR Short Notes	Unit 4	10
Q-5	True and False/Twist/Filling the blanks/ Short Questions/ Objective types Question	Unit 1-4	10

B.A. Sem-I Psychology
PSY-DSCM102/MI102- DEVELOPMENTAL PSYCHOLOGY I

Programme/Class: Certificate	Year : First	Semester : First
Subject : Psychology		
Course Code : PSY-DSCM102/PSY-MI102	Course Title : Developmental Psychology-I	
Credit : 4	COURSE CATEGORY : MAJOR	
Max. Marks : 50 + 50	Min. Passing Marks :	
Total No. of Lectures – Tutorials – Practical (In hours per Week) : L-T-P: 4 - 0 – 0		

Course Overview/ Course Description:

The core course of psychology named developmental psychology consist four unit, all unit are compact and suitable to understand further development of next core course. The unit no.1 to 4 are sets according to human development which covers life span of human being, up to unit 4 teacher will teach physical development of child. The teachers have total freedom to teach and explain thoroughly as herewith a book is mentioned but a teacher want to take another of his/her choice he/she can take and run through it.

Course Objectives:

1. To acquaint students with the knowledge of human development and developmental processes along with theories.
2. To facilitate awareness of the methods of study to understand child development.
3. To provide students with an awareness about the various stages in physical, cognitive, emotional and social development in infancy and childhood.

Course Outcomes:

1. In first part of developmental psychology student will come to understand basic concept of development and Growth. Student will come to understand child development; what factors are effective in development of child.
2. Unit - 2 will introduce to Prenatal Development and complex blend of genetic and environmental influences that leads parents and children to be both alike and different. student understand genetic code. Which cell create sex of child and how? How the baby is delivering normal way.
3. Unit-3 will cover the Characteristics of the infant stage and how the child develops in the infant stage as well as patterns of child development in infant stage.
4. Unit 4 will cover the overall Childhood development as well as patterns of child development in early childhood and late childhood.

Details of Modules

Modules	Content/ Topic	No of Hours	Weightage of Marks
UNIT-1 વિકાસાત્મક મનોવિજ્ઞાન-પ્રસ્તાવના Developmental Psychology- Introduction	<ol style="list-style-type: none"> વિકાસાત્મક મનોવિજ્ઞાનનો અર્થ અને સ્વરૂપ. The Meaning and Nature of Developmental Psychology. વિકાસની વિવિધ અવસ્થાઓ Various Stages of Development વિકાસાત્મક મનોવિજ્ઞાનની પદ્ધતિઓ Method of Developmental Psychology <ul style="list-style-type: none"> ચરિત્રલેખન પદ્ધતિ-Biographical Method નિરીક્ષણ પદ્ધતિ – Observation Method પ્રશ્નાવલી પદ્ધતિ – Questionnaire Method વ્યક્તિ ઇતિહાસ પદ્ધતિ-Case Study Method પ્રયોગ પદ્ધતિ – Experimental Method વિકાસાત્મક મનોવિજ્ઞાનનાં હેતુઓ અને વિકાસાત્મક મનોવિજ્ઞાનનું મહત્વ કે ઉપયોગીતા Objectives of Developmental Psychology and Importance or Utility of Developmental Psychology. વિકાસ અને વૃદ્ધિ વચ્ચેનો તફાવત Difference between Development and Growth વિકાસલક્ષી પ્રક્રિયાઓ અને સમયગાળો: જૈવિક, જ્ઞાનાત્મક અને સામાજિક-ભાવનાત્મક પ્રક્રિયાઓ. Developmental Processes and Periods: Biological, Cognitive and Socio-Emotional Processes. વિકાસને અસર કરતાં પરિબલો Factors Affecting Development 	15	25
UNIT-2 જન્મપૂર્વનો વિકાસ	<ol style="list-style-type: none"> ગર્ભ ધારણ – Fertilization જન્મ પૂર્વના વિકાસના તબક્કાઓ 	15	25

Prenatal Development	<p>Stages of prenatal development</p> <p>3. જન્મપ્રક્રિયા – BirthProcess</p> <p>4. વારસો અને વાતાવરણ Heredity and environment</p> <p>5. જન્મપૂર્વીય વિકાસને અસર કરનારા પરિબળો Factors affecting prenatal development</p> <p>6. જન્મપૂર્વે (ગર્ભધારણ)નાં સમયગાળા સાથે સંબંધિત શારીરિક અને મનોવૈજ્ઞાનિક જોખમો Physical and Psychological hazards related to Pre-natal period</p> <p>7. ગર્ભ સંસ્કાર–Garbha sanskar</p>		
<p>UNIT-3</p> <p>શિશુ અવસ્થાનો વિકાસ Infancy Development</p>	<p>1. શિશુ અવસ્થાના લક્ષણો Characteristic of Infancy</p> <p>2. શિશુ અવસ્થામાં શારીરિક વિકાસ Physical development in Infancy</p> <p>3. શિશુ(નવજાત શિશુ)ઓની સંવેદનશીલતા સંબંધિત લાક્ષણિકતાઓ Characteristics of Infants(newborns) related to Sensitivities</p> <p>4. શિશુ અવસ્થા દરમિયાન બાળકનો ક્રિયાત્મક વિકાસ Motor development during Infancy stage</p> <p>5. શિશુ અવસ્થાનો બોધાત્મક વિકાસ Cognitive development of infancy</p> <p>6. પિયાજેનો બોધાત્મક વિકાસનો સિદ્ધાંત Piaget's theory of cognitive development</p> <p>7. શિશુ અવસ્થામાં થતો ભાષા, આવેગાત્મક, સામાજિક અને વ્યક્તિત્વ વિકાસ Language, Emotional, Social and Personality development in Infancy(Babyhood)</p> <p>8. ખ્યાલ (સંકલ્પના) ઘડતર - Concept formation</p> <ul style="list-style-type: none"> જીવન-મરણના ખ્યાલો - Concepts of life and death કારણ-કાર્યનો ખ્યાલ - Concept of Cause-Action સ્થળનો ખ્યાલ - Concept of location વજનનો ખ્યાલ - Concept of weight 	15	25

	<ul style="list-style-type: none"> સંખ્યાસંબંધીખ્યાલ - Number related concept <p>9. શિશુ અવસ્થાના વિકાસકાર્યો Development tasks of infancy</p> <p>10. નવજાત શિશુના જન્મ અને નવજાત શિશુઓના સમાયોજનને લગતા મુખ્ય જોખમો main hazards related to the birth of neonates and adjustment of neonates</p> <ul style="list-style-type: none"> - જોખમો - hazards <ul style="list-style-type: none"> i, શારીરિક જોખમો – Physical hazards ii, મનોવૈજ્ઞાનિક જોખમો – Psychological hazards - સમાયોજન - Adjustment <ul style="list-style-type: none"> i, પોષણ લેવા સંબંધિત સમાયોજન – Adjustment regarding nourishment ii, તાપમાન પરિવર્તન સંબંધિત સમાયોજન – Adjustment related to temperature changes iii, શ્વસન ક્રિયા સંબંધિત સમાયોજન – Adjustment related to respiration systems iv, મળમૂત્ર વિસર્જન સંબંધિત સમાયોજન – Adjustment related to eliminate wastes 		
<p>UNIT-4 બાલ્યાવસ્થાનોવિકાસ Childhood development</p>	<ol style="list-style-type: none"> બાલ્યાવસ્થાની લાક્ષણિકતાઓ, જરૂરીયાતો અને સમસ્યાઓ Characteristics, Needs and Problems of Childhood બાલ્યાવસ્થાનો શારીરિકવિકાસ Physical development of childhood બાલ્યાવસ્થામાં કૌશલ્યોનો વિકાસ અને બાલ્યાવસ્થાનાં મહત્વપૂર્ણ કૌશલ્યો Motor development during Childhood and Motor skill of Childhood બાલ્યાવસ્થાનો બોધાત્મક અને ભાષાકીયવિકાસ Cognitive and language development of childhood પૂર્વબાલ્યાવસ્થાના વિકાસકાર્યો Development tasks of early childhood ઉત્તરબાલ્યાવસ્થાનો વિકાસ 	15	25

	<p>Late childhood development</p> <p>7. ઉત્તરબાલ્યાવસ્થાના વિકાસકાર્યો Development tasks of late childhood</p> <p>8. બાલ્યાવસ્થાના વિવિધ ખ્યાલો(સંકલ્પના) નો વિકાસ Development of various concepts of childhood</p> <ul style="list-style-type: none"> • સાપેક્ષકદનો ખ્યાલ • નાણાં અંગેનો ખ્યાલ • સમયનો ખ્યાલ • સ્વનો ખ્યાલ • સામાજિકખ્યાલોનો વિકાસ • સૌંદર્યના ખ્યાલનો વિકાસ • વિચારણાનો વિકાસ 		
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1. Hurlock, E. (1980). Developmental Psychology, Tata McGraw Hill Publishing.
2. પ્રા. યોગેન્દ્ર દેસાઈ, (1975). વિકાસાત્મક મનોવિજ્ઞાન, યુનિ. ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ દ્વારા પ્રકાશીત.
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4. પ્રા. ડી.એમ. પેસ્તનજી, (1986) તારુણ્યનું મનોવિજ્ઞાન, યુનિ. ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ દ્વારા પ્રકાશીત.
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7. Hill. Santrock, J. W. (2007). Child Development. 11th ed. New Delhi: Tata McGraw Hill.
8. Travers, D. (1999). Human Development. Across the Life Span. 4th ed. London: McGraw Hill.
 1. <https://www.youtube.com/watch?v=XrvotGHKUr4>
 2. <https://www.youtube.com/watch?v=9H2LxJ9CuZ0>

Evaluation Pattern

The mode of evaluation would be through a combination of external and internal assessment in the ratio of 50: 50 respectively. Along with routine examinations, classroom participations, class assignments, project work, and presentations would also be a part of the overall assessment of the students.

Exam Paper Style for Major / Minor

Evaluation:

Internal Assessment: 50 Marks University Assessment: 50 Marks

	Section	Unit	Marks
Q-1	Essay question with Choice OR Short Notes	Unit 1	10
Q-2	Essay question with Choice OR Short Notes	Unit 2	10
Q-3	Essay question with Choice OR Short Notes	Unit 3	10
Q-4	Essay question with Choice OR Short Notes	Unit 4	10
Q-5	True and False/Twist/Filling the blanks/ Short Questions/ Objective types Question	Unit 1-4	10

B.A. Sem-I Psychology
PSY-MD101 Psychology in Education - I

Programme/Class: Certificate	Year : First	Semester : First
Subject : Psychology		
Course Code : PSY-MD101	Course Title : Psychology in Education –I	
Credit : 4		
Max. Marks : 50 + 50	Min. Passing Marks :	
Total No. of Lectures – Tutorials – Practical (In hours per Week) : L-T-P: 4 - 0 – 0		

Course Overview/ Course Description:

The core course of psychology named Educational psychology consist four unit, all unit are compact and suitable to understand further Educational of multidisciplinary course In unit no.1 to 4 are sets of Educational Psychology which covers education of students and teacher, up to unit 4 teacher will Teach educational psychology of student. The teachers have total freedom to teach and explain thoroughly as herewith a book is mentioned but a teacher want to take another of his/her choice he/she can take and run through it

Course Outcomes:

1. In first unit of educational psychology student will come to understand basic concept of educational psychology. Student will come to understand educational psychology, what is significance of educational psychology to students and teacher.
2. Unit-2 will introduce to different study method of educational psychology will be study
3. Unit 3 what is the function of motivation in the learning process and the importance of intrinsic and extrinsic factors of motivation in the learning process? And the element of motivation will help students and teachers. It also show the contribution of educational principles to the learning process.
4. Unit 4 shoes the importance and causes of memorization and forgetting in the learning process and also the importance of examinal process which will help the students and teachers.

Details of Modules

Modules	Content/ Topic	No of Hours	Weightage of Marks
UNIT-1 Introduction પરિચય (વિષય પ્રવેશ)	1. Meaning of Psychology and education મનોવિજ્ઞાન અને શિક્ષણનો અર્થ 2. Education and Educational Psychology શિક્ષણ અને શૈક્ષણિક મનોવિજ્ઞાન 3. Objective of Educational Psychology શૈક્ષણિક મનોવિજ્ઞાનનાં હેતુઓ 4. Nature of Educational Psychology શૈક્ષણિક મનોવિજ્ઞાનનું સ્વરૂપ 5. Scope of Educational Psychology શૈક્ષણિક મનોવિજ્ઞાનનું કાર્યક્ષેત્ર 6. Functions of Educational Psychology શૈક્ષણિક મનોવિજ્ઞાનનાં કાર્યા 7. significance of Educational Psychology શૈક્ષણિક મનોવિજ્ઞાનનું મહત્વ	15	25
UNIT-2 Methods of Educational Psychology શૈક્ષિક મનોવિજ્ઞાનની પદ્ધતિઓ	1. Introduction પ્રસ્તાવના 2. Objective observation method વસ્તુલક્ષી નિરીક્ષણ પદ્ધતિ 3. Clinical Method ચિકિત્સા પદ્ધતિ 4. Case study Method કિસ્સા (વ્યક્તિગત) અભ્યાસ પદ્ધતિ 5. Questionnaire Method પ્રશ્નાવલી પદ્ધતિ 6. Interview Method મુલાકાત પદ્ધતિ 7. Rating Method તુલા પદ્ધતિ	15	25

<p style="text-align: center;">UNIT-3 Motivation and incentive in learning & Learning શીખવામાં પ્રેરણા અને પ્રોત્સાહન & શિક્ષણ</p>	<ol style="list-style-type: none"> 1. Meaning of motivation પ્રેરણા અર્થ 2. classification of motivation પ્રેરણાનું વર્ગીકરણ 3. functions of motives in learning process શીખવાની પ્રક્રિયામાં પ્રેરણાનું કાર્ય 4. Role of importance motive and incentives in Learning શીખવામાં મહત્વપૂર્ણ પ્રેરણા અને પ્રોત્સાહનની ભૂમિકા 5. Methods of effective learning અસરકારક શિક્ષણની પદ્ધતિઓ 6. Laws of learning and their applications in classroom શિક્ષણના નિયમો અને વર્ગખંડમાં તેની ઉપયોગીતાઓ (અમલીકરણ) 7. Factors influencing Classroom Learning વર્ગખંડ શિક્ષણને અસર કરતા ઘટકો કે પરિબલો 8. Educational implication and evolution of Thorndike's theory of learning થોર્નડાઇકનાં શિક્ષણના સિધ્ધાંતનું શૈક્ષિક સુચિતાર્થ અને મૂલ્યાંકન 9. Educational implication and evolution of skinner's theory of learning સ્કીનરના શિક્ષણના સિધ્ધાંતનું શૈક્ષિક સુચિતાર્થ અને મૂલ્યાંકન 10. Educational implication and evolution of kohler's insight theory કોહલરના આંતરસૂઝ સિધ્ધાંતનું શૈક્ષિક સુચિતાર્થ અને મૂલ્યાંકન 	15	25
<p style="text-align: center;">UNIT-4 Memory, forgetting and examination</p>	<ol style="list-style-type: none"> 1. Meaning of memory સ્મૃતિ(સ્મરણ)નો અર્થ 2. Types and nature of memory સ્મૃતિ(સ્મરણ)નાં પ્રકારો અને સ્વરૂપ 3. Factors influence retention 	15	25

<p>સ્મૃતિ(સ્મરણ), વિસ્મરણ અને પરીક્ષા</p>	<p>ધારણને અસર કરતા પરિબળો</p> <p>4. Meaning and nature of forgetting વિસ્મરણનો અર્થ અને સ્વરૂપ</p> <p>5. Causes of forgetting વિસ્મરણના કારણો</p> <p>6. Meaning of examination પરીક્ષાનો અર્થ</p> <p>7. Education importance of examination પરીક્ષાનું શૈક્ષણિક મહત્વ</p> <p>8. Characteristics of a good examination સારી પરીક્ષાના લક્ષણો કે લાક્ષણિકતાઓ</p> <p>9. Types of examination પરીક્ષાના પ્રકારો</p> <p>(A) Oral (B) Eassay (C) Open book examination (અ) મૌખિક (બ) નિબંધાત્મક (ક) ખુલ્લા-પુસ્તક પરીક્ષા</p>		
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Reference Books

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5. PARIKH, B.A. (1990): Introduction of Educational Psychology (4 th ed), Surat. Popular Prakashan
6. SHUKLA S.S. (2011): Educational Psychology (1 st ed), Agra , Agrawal Publications

The mode of evaluation would be through a combination of external and internal assessment in the ratio of 50: 50 respectively. Along with routine examinations, classroom participations, class assignments, project work, and presentations would also be a part of the overall assessment of the students.

Exam Paper Style for Major / Minor

Evaluation:

Internal Assessment: 50 Marks University Assessment: 50 Marks

	Section	Unit	Marks
Q-1	Essay question with Choice OR Short Notes	Unit 1	10
Q-2	Essay question with Choice OR Short Notes	Unit 2	10
Q-3	Essay question with Choice OR Short Notes	Unit 3	10
Q-4	Essay question with Choice OR Short Notes	Unit 4	10
Q-5	True and False/Twist/Filling the blanks/ Short Questions/ Objective types Question	Unit 1-4	10

Course Type : SEA-101
Name of the Course : Stress Management
Course credit : 02
Teaching Hours : 30 (Hours)
Total marks : 50 (25+25)
Teaching Methodology : Lecture & Demonstration

COURSE OBJECTIVES:

1. This module will provide students the opportunity to know what is stress?
2. Explain physiological and psychological changes that occur in response to stress
3. Identify the positive and negative effects of stress
4. Identify various stress management techniques
5. It will be helpful in improving quality of life through yoga, music and meditation.

COURSE OUTCOMES:

1. To understand the nature of stress and learn the skill to identify symptoms demonstrating stress.
2. To get an insight into the various environmental, social, psychological and physiological concomitants of stress and develop skills to reduce the impact of these factors and promote conditions that will reduce stress.
3. To learn how stress impacts health and learn coping skills and resilience.
4. To develop skills to manage stress by learning yoga, meditation, relaxation techniques and cognitive skills to deal with stress.

Details of Modules

Modules	Content/ Topic	No of Hours	Weightage of Marks
UNIT 1. INTRODUCTION	<ol style="list-style-type: none"> 1. Definition of Stress (મનોભારની વ્યાખ્યા) 2. Nature of Stress (મનોભારનું સ્વરૂપ) 3. Positive and Negative stressors (વિધાયક અને નિષેધક મનોભાર) 4. Dimensions of stress (મનોભારના પરિમાણો) <ul style="list-style-type: none"> ○ Psychological stress મનોવૈજ્ઞાનિક મનોભાર ○ Physical stress શારીરિક મનોભાર ○ Behavioral stress વર્તનિક મનોભાર ○ Social stress સામાજિક મનોભાર 	15	25
UNIT 2. CAUSES AND EFFECTS OF STRESS (મનોભારનાં કારણો અને અસરો)	<ol style="list-style-type: none"> 1. Causes of stress મનોભારના કારણો <ul style="list-style-type: none"> ○ Internal causes આંતરિક કારણો ○ External causes બાહ્ય કારણો 2. Effects of stress (મનોભારની અસરો) <ul style="list-style-type: none"> ○ Physical શારીરિક ○ Psychological માનસિક ○ Behavioral વર્તનિક 3. Ways of coping stress (મનોભારને પહોંચી વળવું) 	15	25

REFERENCE BOOKS:

1. Stress management by Dr.N. M. Tajpuria, Jasbirkaur Thadani
2. Stress Management (Gujarati edition) by Bimal Chhajer
3. https://www.researchgate.net/publication/273946086_Stress_Management_pdf_on

4. stress management
5. <https://hydesmith.com/de-stress/files/StressMgt.pdf>
6. <https://www.mtabc.com/what-is-music-therapy/how-does-music-therapy-work/stressmanagement/>
7. Mindfulness for stress management By Dr. Robert Schachter
8. DiMatteo, M.R., & Martin, L.R.(2017). Health Psychology. New Delhi: Pearson
9. Seaward, B.L. (2018). Managing Stress: Principles and Strategies for Health and Well-Being
10. (9th Edition). Burlington, MA: Jones & Bartlett Learning.
11. Udupa, K.N. (2008). Stress and its Management by Yoga (6th Edition). New Delhi: Motilal Banarsidass Publishers.
12. ADDITIONAL RESOURCES
13. Carr, A. (2011). Positive Psychology: The Science of Happiness and Human Strength. London, UK: Routledge.

Exam Paper Style for Minor

Evaluation:

Internal Assessment : 25 Marks

University Assessment : 25 Marks

Question No.	Unit	Type of Questions	Marks
1	1	Essay question with choice OR Short Notes	10
2	2	Essay question with choice OR Short Notes	10
3	1-2	Objective Type Questions/ Definitions/ Fill in the blanks/ Short questions/ True- False/ Match A with B	05

Course Type : CVAC 101
Name of the Course : Environmental Psychology
Course credit : 02
Teaching Hours : 30 (Hours)
Total marks : 50 (25+25)
Teaching Methodology : Lecture & Demonstration

COURSE OUTCOMES:

1. Developing an understanding of the environmental consequences on our emotions, cognitions and behaviours.
2. Understanding pro-environment behaviours and human-environment transaction, and being able to design behavioural interventions to minimize the adverse effects of anti- environment behaviour.
3. Learning about the influence of climate change on psycho-social health and wellbeing.
4. Developing an insight into the processes related to environmental sustainability.
5. Forging interdisciplinary understanding and research possibilities.

Details of Modules

Modules	Content/ Topic	No of Hours	Weightage of Marks
UNIT 1 PERCEIVING THE ENVIRONMENT: (પર્યાવરણનું પ્રત્યક્ષીકરણ)	1. Understanding the Environment and Need for Conservation પર્યાવરણ સમજણ અને રૂપાંતરણની જરૂરીયાત 2. How Environment Influences Our Cognition? પર્યાવરણ કેવી રીતે આપણા બોધનને અસર કરે છે? 3. Emotions and Actions આવેગો અને ક્રિયાઓ	15	25

UNIT 2 CLIMATE CHANGE: (વાતાવરણ પરિવર્તન)	1. Cognitive Factors સંજ્ઞાન ઘટકો 2. Motivational Factors પ્રેરણાત્મક ઘટકો 3. Socio-Cultural Factors સામાજિક સંસ્કૃતિક ઘટકો 4. Developing Behavioral and Psychological Interventions to Resolve The Issues સમસ્યા નિવારણ માટે વાર્તાનિક વિકાસ અને મનોવૈજ્ઞાનિક હસ્તક્ષેપ	15	25
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REFERENCE:

1. Nagar, D. (2006). *Environmental Psychology*. New Delhi, India: Concept.
2. Jain, U. (1987). *The psychological consequences on crowding*. New Delhi, India: Sage.
3. Jain, U., & Palsane, M. N. (2004). Environment and behaviour. In J. Pandey (Ed.), *Psychology in India revisited: Developments in the discipline (Vol. 3: Applied social and organizational Psychology*, pp. 261-308). New Delhi, India: Sage.
4. Nagar Dinesh (2006) “Environmental Psychology”, Concept Publishing Company, New Delhi – 110059.
5. Bonnes, M. & Secchiaroli, G. (1995). *Environment Psychology: A Psycho-social Introduction*. London: Sage Publications.
6. Fisher, J.D., Bell, P.A., & Baum, A. (1984). *Environmental Psychology*. NY: Holt, Rinehart & Winston.
7. Jain, U. (1987). *The Psychological Consequences of Crowding*. New Delhi: Sage.
8. Steg, L., Berg, A. & Groot, J. (2019). *Environmental Psychology: An Introduction*. BPS Blackwell, UK: John Wiley.
9. પર્યાવરણનું મનોવિજ્ઞાન – સુચિતા પ્રકાશન વસ્ત્રાપુર- અમદાવાદ, ડૉ. સી. બી. દવે, એન. એસ. પટેલ અને ડૉ. ડી. જે. પંચાલ

Exam Paper Style

Evaluation:

Internal Assessment : 25 Marks

University Assessment : 25 Marks

Question No.	Unit	Type of Questions	Marks
1	1	Essay question with choice OR Short Notes	10
2	2	Essay question with choice OR Short Notes	10
3	1-2	Objective Type Questions/ Definitions/ Fill in the blanks/ Short questions/ True- False/ Match A with B	05