

**CURRICULUM AND CREDIT FRAMEWORK FOR BACHELOR OF ARTS (B.A.)
IN
PSYCHOLOGY
UNDER NATIONAL EDUCATIONAL POLICY - 2020
FROM THE ACADEMIC SESSION
2026 – 2027 ONWARDS**



Course Structure and Syllabus

for

Bachelor Degree in Psychology

Semester - I & II

Effective from the session 2026 – 2027 onwards

BREAKAGE OF CURRICULUM AND CREDIT FRAMEWORK FOR BACHELOR OF ARTS IN PSYCHOLOGY UNDER THE NATIONAL EDUCATIONAL POLICY - 2020 TO BE IMPLEMENTED W.E.F. 2026 ONWARDS

B.A. PSYCHOLOGY - I SEMESTER										
Nature of Course	Course Offered	Course Code	Award Type	Credit		Course Type	Marks			Credit Hours
				Th/Pr/CCA	Total		Max	Total	Min	
DSC-1A	Introduction to Psychology	BPSY-DSC-101	Theory	2	4	Major	50	100	20	50
			Pr.	1			20		08	25
			CCA	1			30		12	25
DSE										
MC-1	Introduction to Psychology	BPSY-MC-101	Theory	2	4	Minor	50	100	20	50
							20		08	25
			Pr.	1			30		12	25
			CCA	1						
MDC-1	Positive Psychology	BPSY-MDC-102	Theory	2	3	Multi-disciplinary	50	75	20	50
			CCA	1			25		10	25
SEC-1	Basic Psychological Processes	BPSY-SEC-103	Theory	2	3	Skill Enhancement	50	75	20	50
			CCA	1			25		10	25
AEC-1										
VAC										

INTRODUCTION TO PSYCHOLOGY

COURSE CODE: (BPSY-DSC-101) and (BPSY-MC-101)

SYLLABUS

OBJECTIVES - After the completion of the semester the students would be able to:

1. Comprehend the subject matter of Psychology and its scope
2. Understand Structure and function of ear and eye and its processes
3. Understand the concept of Attention and its determinants
4. Understand the fundamentals of Perception. The way in which the brain processes and communicates these senses to the rest of the body

Section: A

Unit-I: Nature and scope of psychology

Unit-II: Historical background of psychology

Unit-III: Methods of psychology: Observation and Experimentation

Section: B

Unit-I: Sensation: Concept, its characteristics and types of senses

Unit-II: Structure and function of the human eye

Unit-III: Structure and function of the human ear

Section: C

Unit-I: Concept and process of attention

Unit-II: Types of attention

Unit-III: Determinants of attention

Section: D

Unit-I: Nature of perception

Unit-II: Laws of perceptual organisation

Unit-III: Concept of figure and ground

Note: Perform any two practical from the above sections.

Readings:

Atkinson, R.L., Atkinson, R.C., Smith, E.E., Bem, D. J., & Hilgard, E.R. (1990). Introduction to Psychology (10th ed.). New York: Harcourt Brace Jovanovich.

Baron, R. A. (2005). Psychology (5th Ed.). New Delhi: Sanat Printers.

Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi Jain, Shashi (2007). Introduction to Psychology (4th Ed.). New Delhi: Kalyani Publishers.

Mangal, S. K. (2013). General Psychology. New Delhi: Sterling Publishers Pvt. Ltd.

Morgan, C.T. et al. (1979). Introduction to Psychology. New Delhi: T.M.H.

Shergill, H. K. (2010). Psychology. PHI Learning Pvt. Ltd.

Singh, A.K. (2015). Uchchar Samanya Manovigyan: Advanced General Psychology. Motilal Banarsidas, Delhi.

Singh, R. N. (2010). Mool manoviganik prakriyaen. Agra: Aggarwal Publication

Srivastava, D. N. & Verma, P. (2009). Adhunik Samanya Manovigyan. Agra: Aggarwal Publications.

Zinta, R. L. (2024). Experimental psychology. Indu Book Services. Zinta, R. L. (2024). Foundation psychology. Indu Book Services.

COURSE: INTRODUCTION TO PSYCHOLOGY

COURSE CODE: (BPSY-DSC-101) and (BPSY-MC-101)

This is an outline of the UGC recommended Curriculum and Credit framework for Bachelor of Arts in Psychology under National Educational Policy - 2020 to be implemented from the academic session 2026 – 2027 onwards. The examination pattern, CCA and paper setting scheme is as follows:

Course Code	PSY 111		
Credits-4	L	T	P
	50	25	25
Course Type	Core		
Lectures to be Delivered	100		

Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Class Test (Marks)	<i>Assignments /Presentation</i>	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the annual examination.

INTRODUCTION TO PSYCHOLOGY (BPSY-DSC-101) and (BPSY-MC-101)

Performance	<i>Practical File</i>	Viva –Voce	Total Marks
10	5	5	20

**INTRODUCTION TO PSYCHOLOGY
(BPSY-DSC-101) and (BPSY-MC-101)**

(END SEMESTER EXAMINATION)

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	50	20	2.00 Hrs
CCA	30	12	2.00 Hrs
Practical	20	08	2.00 Hrs
Total	100	40	

**INTRODUCTION TO PSYCHOLOGY
(BPSY-DSC-101) and (BPSY-MC-101)**

Unit	Allotted Time in Hours		
	L	T	P
I.	12	6	6
II.	13	6	6
III.	12	6	6
IV.	13	7	7
	50	25	25

L-Lecture, T-Tutorial and P-Practical

**INTRODUCTION TO PSYCHOLOGY
(BPSY-DSC-101) and (BPSY-MC-101)**

Paper Pattern for End-Semester Examination

Parts	No. of Questions	Syllabus Coverage	Nature of Questions	Questions to be Attempted	Marks	Total Marks
A	2	Section A	About 600 words	01	10 each	10
B	02	Section B	About 600 words	01	10 each	10
C	02	Section C	About 600 words	01	10 each	10
D	02	Section D	About 600 words	01	10 each	10
E	07	Complete	Short answer type (150 words)	05	02 each	10
TOTAL						50

BA PSYCHOLOGY - FIRST SEMESTER
POSITIVE PSYCHOLOGY (BPSY-MDC-102)

OBJECTIVES -After the completion of the semester the students would be able to:

1. To Understand the Foundations of Positive Psychology.
2. To Examine the Core Principles of Positive Psychology.
3. To Analyse Seligman's PERMA Model.
4. To Explore Positive Emotions and Engagement.

Section: A

Unit-I: Positive psychology: Concept and importance

Unit-II: Goals of positive psychology

Unit-III: Principles of positive psychology

Section: B

Unit-I: Basics of Seligman's PERMA model

Unit-II: Positive emotions and well-being - hope, optimism, love and happiness

Unit-III: Positive psychology of emotional intelligence

Section: C

Unit-I: Concept of Happiness - Types of happiness and traits associated with happiness

Unit-II: Positive psychology in education – Role of 'Character strengths and virtues, optimism and positive emotions'

Unit-III: Setting Goals for life and happiness

Readings:

- Carr, A. (2013). Positive psychology: The science of happiness and human strengths. Routledge.
- Pluskota A. (2014). The application of positive psychology in the practice of education. *Springer Plus*, 3, 147. <https://doi.org/10.1186/2193-1801-3-147>
- Compton, W. C., & Hoffman, E. (2019). Positive psychology: The science of happiness and flourishing. Sage Publications.
- Hefferon, K., & Boniwell, I. (2011). Positive psychology: Theory, research and applications. McGraw-Hill Education (UK).
- Park, N., Peterson, C., Szvarca, D., Vander Molen, R. J., Kim, E. S., & Collon, K. (2014). Positive Psychology and Physical Health: Research and Applications. *American journal of lifestyle medicine*, 10(3), 200–206. <https://doi.org/10.1177/1559827614550277>
- Lopez, S. J. (Ed.). (2011). The encyclopaedia of positive psychology. John Wiley & Sons.
- Peterson, C. (2006). A primer in positive psychology. Oxford university press.
- Seligman, M. E. (2002). Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfilment. Simon and Schuster.

Seligman, M. E., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction (Vol. 55, No. 1, p. 5). American Psychological Association.

Snyder, C. R., Lopez, S. J., Edwards, L. M., & Marques, S. C. (Eds.). (2020). The Oxford handbook of positive psychology. Oxford university press.

COURSE: POSITIVE PSYCHOLOGY (BPSY-MDC-102)

This is an outline of the UGC recommended Curriculum and Credit framework for Bachelor of Arts in Psychology under National Educational Policy - 2020 to be implemented from the academic session 2026 – 2027 onwards. The examination pattern, CCA and paper setting scheme is as follows:

Course Code	PSY 134		
Credits-3	L	T	P
	50	25	0
Course Type	Core		
Lectures to be Delivered	75		

Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Class Test (Marks)	<i>Assignments /Presentation</i>	Attendance	Total Marks
10	10	5	25

The pattern of examination for conducting the minor tests will be same as prescribed for the annual examination.

COURSE: POSITIVE PSYCHOLOGY (BPSY-MDC-102)

(END SEMESTER EXAMINATION)

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	50	20	2.00 Hrs
CCA	25	10	1.00 Hrs
Total	75	30	

COURSE: POSITIVE PSYCHOLOGY (BPSY-MDC-102)

Unit	Allotted time in hours		
	L	T	P
I			
II	17	9	0
III	16	8	0
	17	8	0
	50	25	0

L-Lecture, T-Tutorial and P-Practical

POSITIVE PSYCHOLOGY (BPSY-MDC-102)
Paper Pattern for End- Semester Examination

Parts	No. of Questions	Syllabus Coverage	Nature of Questions	Questions to be Attempted	Marks	Total Marks
A	2	Section A	About 600 words	01	12 each	12
B	02	Section B	About 600 words	01	12 each	12
C	02	Section C	About 600 words	01	12 each	12
D	10	Section D	About 150 words	07	02 each	14
TOTAL						50

BA PSYCHOLOGY – FIRST SEMESTER
BASIC PSYCHOLOGICAL PROCESSES (BPSY-SEC-103)

OBJECTIVES: This course aims to provide students with a comprehensive understanding of:

1. How the human brain actively constructs reality rather than just passively recording the physical world
2. The sequence of basic cognitive processes involved in giving meaning to the stimuli present in the environment.
3. Self-awareness and self-concept of the others
4. Characteristics of personality, their influence on behaviour and types of personality

Section: A

Unit I: Functions of attention: Alerting function, selective function, limited capacity channel and vigilance

Unit II: Perception – Illusion and its types

Unit III: Sequential relationship of sensation, attention and perception

Section: B

Unit-I: Self Concept: Definition and characteristics

Unit-II: Aspects of the self

Unit-III: Factors influencing development of the self

Section: C

Unit-I: Concept and nature of personality

Unit-II: Determinants of personality

Unit-III: Types of personality – Classification of Jung, Kretschmer and Sheldon

Readings:

Atkinson, R.L., Atkinson, R.C., Smith, E.E., Bem, D. J., & Hilgard, E.R. (1990). Introduction to Psychology (10th ed.). New York: Harcourt Brace Jovanovich.

Baron, R. & Misra. G. (2013). Psychology. Pearson

Baron, R. A. (2005). Psychology (5th Ed.). New Delhi: Sanat Printers.

Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi

Mangal, S. K. (2013). General Psychology. New Delhi: Sterling Publishers Pvt. Ltd.

Morgan, C.T. et al. (1979), Introduction to Psychology. New Delhi: T.M.H.

Shergill, H. K. (2010). Psychology. PHI Learning Pvt. Ltd.

सिंह, र. न. (2010). मूल मानविक प्रक्रियाएं. अग्रा: अग्रवाल पब्लिकेशन्स.
 जिन्ता, र. ल. (2018). Psychology: Cannon for budding brain. New Delhi: Indu Book Services.

B.A. PSYCHOLOGY- FIRST SEMESTER

BASIC PSYCHOLOGICAL PROCESSES (BPSY-SEC-103)

This is an outline of the UGC recommended Curriculum and Credit framework for Bachelor of Arts in Psychology under National Educational Policy - 2020 to be implemented from the academic session 2026 – 2027 onwards. The examination pattern, CCA and paper setting scheme is as follows:

COURSE: BASIC PSYCHOLOGICAL PROCESSES (BPSY-SEC-103)

Course Code	PSY 113		
Credits-3	L	T	P
	50	25	0
Course Type	Core		
Lectures to be Delivered	75		

Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Class Test (Marks)	<i>Assignments /Presentation</i>	Attendance	Total Marks
10	10	5	25

The pattern of examination for conducting the minor tests will be same as prescribed for the annual examination.

BASIC PSYCHOLOGICAL PROCESSES (BPSY-SEC-103)

(END SEMESTER EXAMINATION)

Components	Maximum Allotted Marks	Minimum Pass Marks	Time Allotted
Theory	50	20	2.00 Hrs
CCA	25	10	1.00 Hrs
Total	75	30	

BASIC PSYCHOLOGICAL PROCESSES (BPSY-SEC-103)

Unit	Allotted Time Hours		
	L	T	P
I.	17	9	0
II.	16	8	0
III.	17	8	0

	50	25	0
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L-Lecture, T-Tutorial and P-Practical

BASIC PSYCHOLOGICAL PROCESSES (BPSY-SEC-103)
Paper Pattern for End- Semester Examination

Parts	No. of Questions	Syllabus Coverage	Nature of Questions	Questions to be Attempted	Marks	Total Marks
A	2	Section A	About 600 words	01	12 each	12
B	02	Section B	About 600 words	01	12 each	12
C	02	Section C	About 600 words	01	12 each	12
D	10	Section D	About 150 words	07	02 each	14
TOTAL						50

BA- PSYCHOLOGY – SECOND SEMESTER

BREAKAGE OF CURRICULUM AND CREDIT FRAMEWORK FOR BACHELOR OF ARTS IN PSYCHOLOGY UNDER THE NATIONAL EDUCATIONAL POLICY - 2020 TO BE IMPLEMENTED W.E.F. 2026 ONWARDS

B.A. PSYCHOLOGY - II SEMESTER										
Nature of Course	Course Offered	Course Code	Award Type	Credit		Course Type	Marks			Credit Hours
				Th/Pr/CCA	Total		Max	Total	Min	
DSC-2A	Fundamentals of Psychology	BPSY-DSC-201	Theory	2	4	Major	50	100	20	50
			Pr.	1			20		08	25
			CCA	1			30		12	25
DSE										
MC-2	Fundamentals of Psychology	BPSY-MC-201	Theory	2	4	Minor	50	100	20	50
			Pr.	1			20		08	25
			CCA	1			30		12	25
MDC-2	Management of Stress	BPSY-MDC-202	Theory	2	3	Multi-disciplinary	50	75	20	50
			CCA	1			25		10	25
SEC-2	Counselling Skills	BPSY-SEC-203	Theory	2	3	Skill Enhancement	50	75	20	50
			CCA	1			25		10	25
AEC-1										
VAC										
I/A/P/C		BPSY-I/A/P/C-204			4	-	-	-	-	-

FUNDAMENTALS OF PSYCHOLOGY (BPSY-DSC-201)

OBJECTIVES: By the end of this semester students would be able to:

1. Understand the principles of learning
2. Concept of emotion and its implications
3. Concept of motivation to differentiate between biogenic and sociogenic motives
4. Analyse intelligence and its determinants

Section: A

Unit-I: Concept of motivation: concept and nature

Unit II: Biogenic and sociogenic motives

Unit-III: Maslow's need hierarchy theory

Section: B

Unit I: Emotions – Concept, nature and types

Unit-II: James-Lange and Cannon- Bard theories of emotion

Unit-III: Relationship of motivation and emotions – Emotions as motivators and Motivation as Emotion Sustainer

Section: C

Unit I: Nature and characteristics of learning

Unit II: Classical conditioning: concept and principles

Unit-III: Operant conditioning: concept and principles

Section: D

Unit-I: Concept and nature of intelligence

Unit-II: Determinants of intelligence

Unit-III: Concept of IQ

Note: Perform any two practical from the above-mentioned course

Readings:

Atkinson, R.L., Atkinson, R.C., Smith, E.E., Bem, D. J., & Hilgard, E.R. (1990). Introduction to Psychology (10th ed.). New York: Harcourt Brace Jovanovich.

Baron, R. A. (2005). Psychology (5th Ed.). New Delhi: Sanat Printers.

Baron, R. & Misra. G. (2013). Psychology. Pearson

Ciccarelli, S. K. & Meyer, G.E. (2008). Psychology (South Asian Edition). New Delhi

Jain, S. (2007). Introduction to Psychology (4th Ed.). New Delhi: Kalyani Publishers.

Mangal, S. K. (2013). General Psychology. New Delhi: Sterling Publishers Pvt. Ltd.

Morgan, C.T. et al. (1979), Introduction to Psychology. New Delhi: T.M.H.

Shergill, H. K. (2010). Psychology. PHI Learning Pvt. Ltd.

Singh, A. and Singh, U. (1984). Samanya Manovigyan. Bhiwani: Vaidic Prakashan.

Singh, A.K. (2015). Ucchatar Samanya Manovigyan: Advanced General Psychology. Motilal Banarsidas, Delhi.

Singh, R. N. (2010). Adhunik Samanya Manovigyan. Agra: Aggrawal Publications.

Srivastava, D. N. & Verma, P. (2009). Adhunik Samanya Manovigyan. Agra: Aggrawal Publications.

BA- PSYCHOLOGY-SECOND SEMESTER

FUNDAMENTALS OF PSYCHOLOGY (BPSY-DSC-201)

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COURSE: FUNDAMENTALS OF PSYCHOLOGY (BPSY-DSC-201)

Course Code	PSY 141		
Credits-4	L	T	P
	50	25	25
Course Type	Core		
Lectures to be Delivered	100		

Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Class Test (Marks)	<i>Assignments /Presentation</i>	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the annual examination.

COURSE: FUNDAMENTALS OF PSYCHOLOGY (BPSY-DSC-201)

Performance	<i>Practical File</i>	Viva -Voce	Total Marks
10	5	5	20

FUNDAMENTALS OF PSYCHOLOGY (BPSY-DSC-201) (END SEMESTER EXAMINATION)

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	50	20	2.00 Hrs
CCA	30	12	2.00 Hrs
Practical	20	08	2.00 Hrs
Total	100	40	

FUNDAMENTALS OF PSYCHOLOGY (BPSY-DSC-201)

Unit	Allotted Time Hours		
	L	T	P
I.	12	6	6
II.	13	6	6
III.	12	6	6
IV.	13	7	7
	50	25	25

L-Lecture, T-Tutorial and P-Practical

FUNDAMENTALS OF PSYCHOLOGY (BPSY-DSC-201)

Paper pattern for End- Semester Examination

Parts	No. of Questions	Syllabus Coverage	Nature of Questions	Questions to be Attempted	Marks	Total Marks
A	2	Section A	About 600 words	01	10 each	10
B	02	Section B	About 600 words	01	10 each	10
C	02	Section C	About 600 words	01	10 each	10
D	02	Section D	About 600 words	01	10 each	10
E	07	Complete	Short answer type (50 words)	05	02 each	10
TOTAL						50

BA- PSYCHOLOGY-IIND SEMESTER
MANAGEMENT OF STRESS (BPSY-MDC-202)

OBJECTIVES: The Objectives of the Course MDC – 2 (Management of Stress) are:

1. Understanding the nature and impact of Stress
2. Examining the physiological effects of stress
3. Learning stress management techniques
4. Developing coping strategies to deal with stress effectively

Section: A

Unit-I: Nature and types of stress

Unit-II: Sources of stress: environmental, social, physiological and psychological

Unit-III: Relationship of stress, health and illness

Section: B

Unit-I: Stress management technique: Jacobson's Progressive Muscle Relaxation

Unit-II: Indigenous techniques: yoga and meditation

Unit-III: Mindfulness and guided imagery

Section: C

Unit-I: Coping: concept and nature

Unit-II: Problem focused coping

Unit-III: Emotion focussed coping

Readings:

Carson, R. C., Butcher, J. N., Mineka, S. & Hooley, J. M. (2013). Abnormal Psychology 13th Ed. New Delhi: Pearson Education.

Carson, R.C, Butcher, J.N. and Mineka, S. (1995). Abnormal Psychology and Modern Life, 10th edition.

Coleman, James (1980). Abnormal Psychology and Modern Life. New Delhi: Pearson Publications Pvt. Ltd.

Dougall, A. L. & Baum, A. (2001). Stress, health and illness: Handbook of Health Psychology. New Delhi: Mahwah Publishers.

Lazarus, R. S. & Folkman, S. (1984). Stress, Appraisal and Coping. New York: Springer.

Mathur, S. S. (2008). Swasthay Manovigyan. Agra: Aggrawal Publications. Mishra, G. (1999). Psychological Perspectives on Stress and Health. New Delhi: Concept Publishing Company.

A.K. Mohanty, G. (2004). A textbook of abnormal Psychology. New Delhi: Kalyani Publishers.

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COURSE: MANAGEMENT OF STRESS (BPSY-MDC-202)

This is an outline of the UGC recommended Curriculum and Credit framework for Bachelor of Arts in Psychology under National Educational Policy - 2020 to be implemented from the academic session 2026 – 2027 onwards. The examination pattern, CCA and paper setting scheme is as follows:

Course Code	PSY 134		
Credits-3	L	T	P
	50	25	0
Course Type	Core		
Lectures to be Delivered	75		

Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Class Test (Marks)	<i>Assignments /Presentation</i>	Attendance	Total Marks
10	10	5	25

The pattern of examination for conducting the minor tests will be same as prescribed for the annual examination.

COURSE: MANAGEMENT OF STRESS (BPSY-MDC-202)

(END SEMESTER EXAMINATION)

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	50	20	2.00 Hrs
CCA	25	10	1.00 Hrs
Total	75	30	

Unit	Allotted Time Hours		
	L	T	P
I.	17	9	0
II.	16	8	0
III.	17	8	0
	50	25	0

COURSE: MANAGEMENT OF STRESS (BPSY-MDC-202)

L-Lecture, T-Tutorial and P-Practical

MANAGEMENT OF STRESS (BPSY-MDC-202)

Paper Pattern for End- Semester Examination

Parts	No. of Questions	Syllabus Coverage	Nature of Questions	Questions to be Attempted	Marks	Total Marks
A	2	Section A	About 600 words	01	12 each	12
B	02	Section B	About 600 words	01	12 each	12
C	02	Section C	About 600 words	01	12 each	12
D	10	Section D	About 150 words	07	02 each	14
TOTAL						50

BA – PSYCHOLOGY - SECOND SEMESTER
COUNSELLING SKILLS (BPSY-SEC-203)

Objectives:

1. Understanding the fundamentals of counselling
2. Developing essential counselling skill
3. Applying theoretical and ethical perspectives
4. Practical applications of counselling.

Section: A

Unit-I: Meaning, scope and purpose of counselling

Unit-II: Basics of counselling process

Unit-III: Ethics and values in counselling

Section: B

Unit-I: Characteristics of a good counsellor

Unit-II: Family counselling and its uses

Unit-III: Career counselling and its applications

Section: C

Unit-I: Theories of counselling: Humanistic approach

Unit-II: Techniques of counselling: Systematic de-sensitization and CBT

Unit-III: Indian knowledge system - Indian contribution to counselling – Role of yoga and meditation

Readings:

Altmaier and J.C. Hansen (Eds.) The Oxford Handbook of Counselling Psychology. New Delhi.

Belkin, G. S. (1998). Introduction to Counselling (3rd Ed.) Iowa: W. C. Brown.

Burnard, P. (2009). Counselling Skills Training: Book of activities. Viva Books, New Delhi.

Capuzzi, D. & Gross, D. R. (2007). Counselling and Psychotherapy: Theories and Interventions (4th Ed.) New Delhi. Pearson.

Corey, G. (2009) Counselling and Psychotherapy; Theory and Practice. (7th Ed.) New Delhi. Cengage Learning.

Geldard, K. & Geldard, D. (2011). Counselling Children: A Practical Introduction (3rd Ed.) New Delhi: Sage.

Gibson, R. L. & Mitchell, M. H. (2012). Introduction to Counselling and Guidance (7th Interventions (4th Ed.) New Delhi. Pearson.

Gladding, S. T. (2012). Counselling: A Comprehensive Profession. (7th Ed) New Delhi. Pearson.

Rao, S.N. & Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill. Singh, A.K. (2015).

Ucchatar Samanya Manovigyan: Advanced General Psychology. Motilal Banarsidas, Delhi.

Seligman, L.& Reichenberg, L. W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.

Sharf, R. S. (2012). Theories of Psychotherapy & Counselling: Concepts and Cases (5th Ed). Brooks/ Cole Cengage Learning.

MANAGEMENT OF STRESS (BPSY-SEC-203)

This is an outline of the UGC recommended Curriculum and Credit framework for Bachelor of Arts in Psychology under National Educational Policy - 2020 to be implemented from the academic session 2026 – 2027 onwards. The examination pattern, CCA and paper setting scheme is as follows:

Course Code	PSY 113		
Credits-3	L	T	P
	50	25	0
Course Type	Core		
Lectures to be Delivered	75		

Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Class Test (Marks)	<i>Assignments /Presentation</i>	Attendance	Total Marks
10	10	5	25

The pattern of examination for conducting the minor tests will be same as prescribed for the annual examination.

MANAGEMENT OF STRESS (BPSY-SEC-203)

(END SEMESTER EXAMINATION)

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	50	20	2.00 Hrs
CCA	25	10	1.00 Hrs
Total	75	30	

MANAGEMENT OF STRESS (BPSY-SEC-203)

Unit	Allotted Time Hours		
	L	T	P
I.	17	9	0
II.	16	8	0
III.	17	8	0
	50	25	0

L-Lecture, T-Tutorial and P-Practical

MANAGEMENT OF STRESS (BPSY-SEC-203)

Paper Pattern for End- Semester Examination

Parts	No. of Questions	Syllabus Coverage	Nature of Questions	Questions to be Attempted	Marks	Total Marks
A	2	Section A	About 600 words	01	12 each	12
B	02	Section B	About 600 words	01	12 each	12
C	02	Section C	About 600 words	01	12 each	12
D	10	Section D	About 150 words	07	02 each	14