

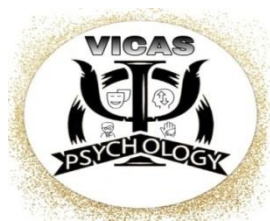


VIVEKANANDHA

College of Arts and Sciences for Women

(Autonomous)

(Affiliated to Periyar University, Approved by AICTE, Recognized u/s 2(f), 12(B) of UGC Act, 1956)
Elayampalayam-637 205, Tiruchengode, Namakkal Dt., Tamilnadu.



DEPARTMENT OF PSYCHOLOGY

B.Sc., PSYCHOLOGY

CURRICULUM

2024 - 2025

I - FIRST SEMESTER (ODD)

Category	Course code/ Subject code	Course/ Subject Name	Hours per week		Exam duration	Internal marks (CIA)	External marks (ESE)	Total marks	Credits
			Theory (T)	Practical (P)					
Part – I Languages	23U1LT01/ 23U1LH01	Foundation Tamil – I/ Foundation Hind i– I	5	-	3	25	75	100	3
Part – II English	23U1LE01	General English – I	5	-	3	25	75	100	3
Part – III Core – 1	24U1PYC01	Introduction to Psychology – I	5	-	3	25	75	100	4
Part – III Core – 2	23U1PYC02	Biological Psychology	5	-	3	25	75	100	4
Part – III Elective – 1	23U1PYDE01	Building Psychological Capital	4	-	3	25	75	100	3
Part – IV SEC (DS)- 1	24U1PYS01	Principles of Management	3	-	3	25	75	100	3
Part – IV (AECC) Soft Skill-1	23U1ENAC01	Soft skill for Effective Communication	2	-	3	25	75	100	2
Part – IV Value Education	23U1VE01	Health, Human Values and Yoga	-	-	3	-	100	100	2
TOTAL			29	-	24	175	625	800	24

II - SECOND SEMESTER (EVEN)

Category	Course code/ Subject code	Course/ Subject Name	Hours per week		Exam duration	Internal marks (CIA)	External marks (ESE)	Total marks	Credits
			Theory (T)	Practical (P)					
Part – I Languages	23U2LT02/ 23U2LH02	Foundation Tamil – II/ Foundation Hindi – II	5	-	3	25	75	100	3
Part – II English	23U2LE02	General English – II	5	-	3	25	75	100	3
Part – III Core – 3	23U2PYC03	Introduction to Psychology – II	5	-	3	25	75	100	4
Part – III Core – 4	24U2PYC04	Developmental Psychology – I	5	-	3	25	75	100	4
Part – III Elective – 2	24U2PYDE02	Human Resource Management	4	-	3	25	75	100	4
Part – IV SEC (DS)- 2	23U2PYS02	Psychological First Aid	2	-	3	25	75	100	2
Part – IV (AECC) Soft Skill-2	23U2CSAC02	Office Automation	2	-	3	25	75	100	2
Part – IV Value Education	23U2EVS01	Environmental Studies	-	-	3	25	75	100	2
TOTAL			28	-	24	200	600	800	24

III - THIRD SEMESTER (ODD)

Category	Course code/ Subject code	Course/ Subject Name	Hours per week		Exam duration	Internal marks (CIA)	External marks (ESE)	Total marks	Credits
			Theory (T)	Practical (P)					
Part – I Languages	23U3LT03/ 23U3LH03	Foundation Tamil – III/ Foundation Hindi – III	6	-	3	25	75	100	3
Part – II English	23U3LE03	General English – III	4	-	3	25	75	100	3
Part – III Core – 5	23U3PYC05	Psychopathology – I	5	-	3	25	75	100	5
Part – III Core – 6	24U3PYC06	Developmental Psychology	5	-	3	25	75	100	5
Part – III Elective – 3	23U3PYDE03	Statistics for behavioural Science	4	1	3	25	75	100	4
Part – III Core Practical (CP) – 7	24U3PYCP07	Assessments in Psychology - I (Practical)	-	2	3	40	60	100	2
Part – IV (NMEC - I)	20U3PYN01	Psychology for Personal Growth	2	-	3	25	75	100	2
TOTAL			26	3	21	190	510	700	24

IV - FOURTH SEMESTER (EVEN)

Category	Course code/ Subject code	Course/ Subject Name	Hours per week		Exam duration	Internal marks (CIA)	External marks (ESE)	Total marks	Credits
			Theory (T)	Practical (P)					
Part – I Languages	23U4LT04/ 23U4LH04	Foundation Tamil – IV/ Foundation Hindi – IV	6	-	3	25	75	100	3
Part – II English	23U4LE04	General English – IV	4	-	3	25	75	100	3
Part – III Core – 8	23U4PYC08	Psychopathology – II	5	-	3	25	75	100	5
Part – III Core – 9	23U4PYC09	Social Psychology - I	5	-	3	25	75	100	5
Part – III Elective – 4	23U4PYDE04	Introduction to Research Methodology	4	-	3	25	75	100	4
Part – III Core (P)– 10	24U4PYCP10	Assessments in Psychology - II (Practical)	-	2	3	40	60	100	2
Part – IV (NMEC -II)		Human rights/ Universal human values/ Indian knowledge system	2	-	3	25	75	100	2
TOTAL			26	2	21	190	510	700	24

V - FIFTH SEMESTER (ODD)

Category	Course code/ Subject code	Course/ Subject Name	Hours per week		Exam duration	Internal marks (CIA)	External marks (ESE)	Total marks	Credits
			Theory (T)	Practical (P)					
Core – 8	20U5PYC08	Abnormal Psychology - I	6	-	3	25	75	100	5
Core – 9	20U5PYC09	Guidance and Counselling	6	-	3	25	75	100	5
Core Practical – II	20U5PYCP02	Experimental Psychology - II (Practical)	-	6	3	40	60	100	4
Elective - I	20U5PYE01	Research Ethics	4	-	3	25	75	100	2
Elective - II	20U5PYE02	Behaviour Modification	4	-	3	25	75	100	2
SBEC-III	20U5PYS03	Organizational Behaviour	2	-	3	25	75	100	2
SBEC-IV	20U5PYS04	Communicative Skills	2	-	3	25	75	100	2
TOTAL			24	6	21	190	510	700	22

VI - SIXTH SEMESTER (EVEN)

Category	Course code/ Subject code	Course/ Subject Name	Hours per week		Exam duration	Internal marks (CIA)	External marks (ESE)	Total marks	Credits
			Theory (T)	Practical (P)					
Core – 10	20U6PYC10	Abnormal Psychology –II	6	-	3	25	75	100	5
Core – 11	20U6PYC11	Positive Psychology	6	-	3	25	75	100	4
Core – 12	20U6PYPR01	Project work / Dissertation	-	6	-	40	60	100	4
Elective - III	20U6PYE03	Health Psychology	4	-	3	25	75	100	2
Elective - IV	20U6PYE04	Self and Personal Growth	4	-	3	25	75	100	2
SBEC-V	20U6PYS05	Psychology of Adjustment	2	-	3	25	75	100	2
SBEC-VI	20U6PYS06	Consumer Behaviour	2	-	3	25	75	100	2
-	-	Extension Activities	-	-	-	-	-	-	1
TOTAL			24	6	18	190	510	700	22

Title of the Course/Paper		INTRODUCTION TO PSYCHOLOGY – I					
Paper Number		CORE - I					
Category Part - III	Core 1	Year	I	Credits	4	Course / Paper Code	23U1PYC01
		Semester	I				
Instructional Hours per week		Theory (T)		Practical (P)		Total	
		5		-		5	
Objectives of the Course		<ul style="list-style-type: none"> To offer the students a comprehensive overview and understanding of the Origins, Goals, Research Methods and Fields of Specialization in Psychology. The basic principles of sensation for vision, hearing, smell, taste and bodily senses. The principles of Perception and Illusion. Learning theories highlighting on the principles of Classical and Operant Conditioning and Observational Learning. Emotions and theoretical perspectives of emotions. 					Hour/unit
Course Outline		Unit I: Introduction to Psychology: Definition of Psychology. Nature of Psychology. Origin of Psychology. Philosophical origins: Early Indian and Greek thoughts, Major ideas of Descartes, Locke. Brief history of modern scientific Psychology: Structuralism, Functionalism, Behaviorism, Gestalt psychology, Piaget, Psychoanalysis, Cognitive approach. Scientific approach to Psychology. Branches of Psychology Research Methods in Psychology.					12
		Unit II: Scope of Psychology: Biopsychology Nervous system: Structure of the neurons – Neural impulse – Synapse – Neurotransmitter. Central nervous system: Brain – Spinal cord. Peripheral nervous system: Somatic nervous system – Autonomic nervous system. Structure of the Brain: the brain stem – Endocrine System					12
		Unit III: Attention, Sensation & Perception: Attention: Definition, Factors affecting attention, Set in attention. Sensation: Definition, Types of sensation, Elements of Sensation. Perception: Definition, Gestalt Laws, Subliminal perception, Signal Detection theory, ESP					12
		Unit IV: Learning: Characteristics of Learning. Classical conditioning (Pavlov) - Principles involved, Significance, Operant Conditioning (B.F Skinner) – Principles involved, Significance, Trial and Error (Thorndike) Conditioning – Principles Involved, Significance, Insight learning (Kohler)- Principles Involved, Significance, Social Learning Theory (Bandura)- – Principles Involved, Significance.					12
		Unit V: Emotion: Definition. Nature. Types. Physiological Responses-Arousal and Emotional Intensity. Theories: James Lange Theory, Cannon Bard					12

	Theory, Schachter-Singer Theory, Richard Lazarus' Theory. Communication of Emotion: Emotional Expression, Characteristics, Innate Expression of Emotions, Social Aspects of Emotional Expressions.	
	Total hours	60
Reference Books	<ol style="list-style-type: none"> 1. Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J.(2007). Introduction to Psychology,7th Edition. Singapore: Mcgraw- Hill. 2. Myers, D.G. (2004). Psychology.5th Edition, Worth Publishers: New York. 3. Kalat, J. (2007) Introduction To Psychology, 8th Edition, Wordsworth Pub.Co. 4. Hilgard ,E.R., Atkinson,R.L.,R.C.,(2003) Introduction To Psychology.14th Edition Wordsworth Pub. Co 5. Feldman, R.S. (2006) Understanding Psychology, 6th Edition, Tata McGraw Hill, New Delhi 	

Course Outcomes:

On successful completion of the course, students will be able to

- **CO1 (K1)** Acquire knowledge on the history, methods and special areas in the field of Psychology
- **CO2 (K3)** Explain sensory systems through which information processing happens
- **CO3 (K4)** Relate the process of attention to perception and infer how we make sense of the world around us
- **CO4 (K5)** Critically examine the process of learning
- **CO5 (K1, K4)** Gain insight into complex emotional experiences of human being and analyze the experience of self in day to day life.

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6
CO1				√		
CO2	√				√	
CO3	√		√		√	
CO4		√			√	
CO5			√		√	√

Subject In-charge: MR. P. KARTHIKEYAN

Title of the Course/Paper		BIOLOGICAL PSYCHOLOGY					
Paper Number		CORE – II					
Category Part - III	Core 2	Year	I	Credits	4	Course / Paper Code	23U1PYC02
		Semester	I				
Instructional Hours per week		Theory (T)		Practical (P)		Total	
		5		-		5	
Objectives of the Course		<ul style="list-style-type: none"> To place emphasis on the perspectives and research methods of Biological Psychology. To examine the structure and communication of the cells of the nervous system and synaptic transmission. To understand the role of brain in regulating temperature, thirst and hunger. To examine the nature and functions of the endocrine glands. To examine the causes of brain damage and its effect on behaviour. 					Hour/unit
Course Outline		Unit I: Biological Foundations of Behaviour: Introduction – Meaning of Biological Psychology, Biological explanation of behaviour, Mind Brain relationship, Divisions of Biopsychology, A model of biology of behaviour, Human evolution and the Evolution of Human brain, Research methods of Biopsychology.					12
		Unit II: Basics of Nervous System and Neurotransmission: Development of nervous system, Central Nervous System, Peripheral Nervous System; Brain – Structure, Divisions, Neurons – Structure, types, Glial cells, Cerebrospinal fluid, Blood Brain barrier; Neurotransmitters – Meaning, Types, Events at synapse, Neural conduction and Synaptic transmission; Membrane Potential – Action potential, Resting potential.					12
		Unit III: Regulation of Internal Body States: Temperature – Homeostasis, Allostasis, Temperature regulations and Behaviour; Thirst – Maintaining water balance, Causes of thirst, Osmotic thirst and hypovolemic thirst; Hunger – Physiological mechanisms of hunger and satiety, Role of Hypothalamus. Physiological mechanisms of Learning and Memory – Synaptic plasticity and long-term potentiation.					12
		Unit IV: Hormones and Behaviour: Hormones: Introduction and Definition, Principles of Hormones; Neural Versus Hormonal communication; Hormones: Classification by chemical structure; Endocrine Glands and its specific hormones: The pituitary gland; The adrenal gland; The thyroid gland; The gonads, The pineal gland; The pancreas; and The parathyroid glands.					12
		Unit V: Brain Damage, Brain Imaging Techniques and Stress: Brain Damage: Causes of Brain damage; Neurodegenerative diseases – Diseases on cognitive and emotional functioning, Brain Imaging Techniques: EEG, MEG, CT, PET, MRI, fMRI, TMS, SPECT. Stress and illness – Hypothalamic-pituitary-adrenal (HPA) axis.					12

	Total hours	60
Reference Books	<ol style="list-style-type: none"> 1. Kalat, J.W. (2011) Biopsychology. Delhi, India: CengageLearning India Private Limited. 2. Pinel, J. (2007). Biopsychology. New Delhi, India: Pearson India Education Services Pvt Ltd. 3. Rosenweig, Breedlov, Leiman (2002): Biological Psychology, 3rd edition, Sinaven Associate, Inc. 4. Carlson, N.R. (2007). Foundations of Physiological Psychology. New Delhi, India: Pearson India Education Services Pvt Ltd. 5. Levinthal, C.F. (1996). Introduction to Physiological Psychology (3rded.) Prentice-Hall of India Pvt Ltd. Psychology (6th ed.) Tata McGraw Hill, New Delhi. 6. Barnes, J. (2013). Essentials of Biological Psychological. New Delhi: Sage Publications Pvt Ltd. 7. Bremnar, J.D. (2005) Brain Imaging Handbook. New York: W.W Norton & Company Inc. 	

COURSE OUTCOMES

On successful completion of the course, students will be able to

- CO1 (K2) Describe recent research methods and perspectives on the emerging field of Behavioural neuroscience and the reciprocal relationship between brain and behaviour.
- CO2 (K2) Understand anatomy and functions of the basic cell of the nervous system and explain the process of communication between neurons
- CO3 (K4) To understand and analyse the regulations of internal body states.
- CO4 (K1, K4) To understand the function of endocrine glands and relate the knowledge to
Analyse various human behaviour.
- CO5 (K2) Describe the complex orchestrated functioning of the nervous system describe the manifestation of biological deficits in behaviour.

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6
CO1	√			√		
CO2		√			√	
CO3			√		√	
CO4		√			√	
CO5					√	√

Subject In-charge: MS. L. GOKULA PRIYA

Title of the Course/Paper		BUILDING PSYCHOLOGICAL CAPITAL					
Paper Number		ELECTIVE – I					
Category Part - III	Elective 1	Year	I	Credits	3	Course / Paper Code	23UIPYDE01
		Semester	I				
Instructional Hours per week		Theory (T)			Practical (P)		Total
		4					4
Objectives of the Course		<ul style="list-style-type: none"> To offer the students a comprehensive overview of positive psychology and Psychological capital. The basic of Self efficacy and ways to strengthen individuals Self efficacy to enhance performance. The differentiation of hope and hopelessness and its impact on mental state and strategies to imbibe hope. To understand the various spectrums of optimism and locus of control. To examine Resilience and 7 C’s Model of resilience. 					Hour/unit
Course Outline		Unit I: INTRODUCTION The need for a different approach, positive vs negative approach, contributions of positive psychology, psy cap in relation to job satisfaction motivation and performance					9
		Unit II: Definition, key ingredients of efficacy, ways to strengthen efficacy. Subjective Well – being : The science of Happiness and Life Satisfaction - Concept of Flow					9
		Unit III: PSYCAP HOPE Definition of hopelessness, effects of hopelessness, hopelessness and depression, ways to improve hope					9
		Unit IV: PSYCAP OPTIMISM Definition of optimism in locus of control, ways to develop optimism dispositional optimism, explanatory style					9
		Unit V: PSYCAP RESILIENCE Definition, ways to develop resilience 7 C's model of resilience, qualities of a resilient PERSON.					9
		Total hours					45
Reference Books		<ol style="list-style-type: none"> Fred Luthans., Carolyn, M. Youssef— Morgan. & Bruce, J. Avolio. (20 15), Psychological Capital and beyond, New York: Oxford University Press. Snyder, C.R. & Lopez, S.J. (2002). Handbook of positive psychology. (eds.). Oxford University Press. New York. Carr, A. (2004). Positive psychology, The science of happiness and human strengths. New York: Routledge. Avolio. (2006), Psychological Capital: Developing the Human Competitive Edge, New York: Oxford University Press. Singh, A.(2013).Behavioral science: Achieving behavioral excellence for success. New Delhi: Wiley India Pvt ltd. 					

COURSE OUTCOMES

On successful completion of the course, students will be able to

- **CO1 (K4)** – To analyse the positive and negative approach and its effect on work determinants like, job motivation, satisfaction and performance.
- **CO2 (K2)** – To understand the role of self-efficacy and ways to improve it.
- **CO3 (K2)** – To distinguish the various conditions that implicate in developing hope and hopelessness and analyse ways to inculcate hope and build mental well-being.
- **CO4 (K2)** – To distinguish the ways to build optimism and locus of control for better performance.
- **CO5 (K3, K4)** – To analyze and apply7C’s Model of Resilience.

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6
CO1	√			√		
CO2		√			√	
CO3			√	√	√	
CO4		√			√	
CO5					√	√

Subject In-charge: MS. R. BALA ABIRAMI

Title of the Course/Paper		PRINCIPLES OF MANAGEMENT					
Paper Number		SKILL ENHANCEMENT COURSE – 1					
Category Part - IV	SEC 1	Year	I	Credits	3	Course / Paper Code	24U1PYS01
		Semester	I				
Instructional Hours per week		Theory (T)			Practical (P)		Total
		3					3
Objectives of the Course		To enable the students to <ul style="list-style-type: none"> • -know the Meaning of Management • -understand the Concepts of Planning and Decision making • -analyze the Concept of Organization • -illustrate Leadership and Motivation • -experiencing Coordination and Control 					Hour/unit
Course Outline		Unit I: MANAGEMENT: AN INTRODUCTION Management – Definition – Importance – Nature – Scope and Functions – Principles of Management. Evolution of Management Thoughts – Contributions of F.W. Taylor - Henry Fayol – Elton Mayo – Hawthorne Experiment.					9
		Unit II: PLANNING AND DECISION MAKING Planning – Importance – Advantage – Steps in planning – Types of Plans – Management by Objectives (MBO) – Process – Merits – Limitations. Decision Making – Definition – Types of decision – Process of decision making – Rational Decision making					9
		Unit III: ORGANIZATION Nature and purpose of organizing - Organization structure - Formal and informal groups In organization - Centralization and Decentralization - Delegation of authority - Staffing - Selection and Recruitment - Orientation - Career Development - Career stages – Training - - Performance Appraisal					9
		Unit IV: LEADERSHIP AND MOTIVATION Directing – Meaning, Importance, Principles – Leadership – Styles of Leadership – Qualities for effective leadership. Motivation – Theories of motivation – Maslow's need hierarchy theory, Herzberg's two factor theory and their comparison					9
		Unit V: COORDINATION AND CONTROL Coordinating – need – Principles – Approaches to achieve effective Co-ordination. Controlling – Meaning – Elements and significance – Steps in control process – control techniques.					9
		Total hours					45
Reference Books		<ol style="list-style-type: none"> 1. DingarPagare, Business Management, Sulthan Chand & Sons 2. Tripathi P.C. & P.N. Reddy, Principal of Management, TMH 3. Bhusan Y.K. Business Organization and Management, McGraw Hill 4. Koontz and O.Donnel, Essentials of Management, McGraw Hill 5. Ramasamy. T, Principles of Management, Macmillan India Ltd., 6. Basu, Organisation & Management, S. Chand 7. M.C. Shukla, Business Organisation and Management, S.Chand 					

	8. RustomDavar, Management Process, Progressive Corporation Pvt., Ltd 9. J. Jayashankar, Principal of Management, Margham Publications. 10. RupaGunaseelan& Kulandaisamy, Vikas Pub. House, S. Chand& Sons. 11. Dr.V.R.Palanivelu, Principles of Management, Himalaya Pub. House, Mumbai 12. Dr.S.Karhtick, Principles of Management, Shanlax Publication.
--	--

COURSE OUTCOMES

On successful completion of the course, students will be able to

- **CO1 (K2)** To explain the concepts and meaning of management
- **CO2 (K4)** To analyze about planning and decision making.
- **CO3 (K5)** To understand the structure and need of the organization.
- **CO4 (K6)** To develop a leadership quality and self motivation
- **CO5 (K3)** To build the co ordination and control

PO CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14	PO 15
CO1	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO2	-	-	✓	-	-	-	-	✓	-	-	-	-	-	-	-
CO3	-	-	-	-	✓	-	-	-	-	-	-	✓	-	-	-
CO4	-	-			-	✓	✓	-	-		✓	-		✓	✓
CO5	-		-	✓	-	-	-	-	-	✓	-	-	✓	-	-

Subject In-charge: DR. C. PRASANTH

Title of the Course/Paper		INTRODUCTION TO PSYCHOLOGY – II					
Paper Number		CORE - III					
Category Part - III	Core 3	Year	I	Credits	4	Course / Paper Code	23U2PYC03
		Semester	II				
Instructional Hours per week		Theory (T)			Practical (P)		Total
		5					5
Objectives of the Course		<ul style="list-style-type: none"> To examine the various spectrum of Cognition like problem – solving and Decision making. To understand the way memory works and stages of memory. It provides an overview of theories of motivation and its implication on behaviour. To understand what is intelligence and various theoretical approaches to it and to know how to asses Intelligence. To understand the underlying concept of personality and how it applies in different settings such as the workplace, in a marriage, in forming friendship, also emphasis on the measurement of and practical applications of personality. 					Hour/unit
Course Outline		Unit I: Cognition: Meaning – Cognitive Psychology- Types of cognition: – Mental Imagery – Concept, Problem solving- Steps- Barriers to Effective problem solving- Strategies of problem solving: Algorithms, Heuristic, Decision making – Step, Reasoning – Inductive and Deductive reasoning, Language: Nature - Main Components of Language – Phonemes Morphemes – Syntax - Semantics – Pragmatics.					12
		Unit II: Memory: Definition. Nature of memory (Encoding, storage and retrieval) Memory encoding Attention, levels of Processing, Elaboration, Imagery. Memory storage – Sensory Memory, short –Term memory, Chunking and Rehearsal, working Memory, Long-Term Memory, Explicit Memory, Implicit Memory. Memory Retrieval – Retrieval Cues and retrieval tasks. Forgetting – Encoding Failure; Retrieval Failure; Memory and Study Strategies in encoding, storage and retrieval					12
		Unit III: Motivation: Meaning, Definition, Motivation Cycle; Types of Motivation- Physiological Motivation – Hunger, Thirst, Psychological Motivation – Achievement, Affiliation, Power; Theories of Motivation – Need Theories – Maslow and ERG, Drive Reduction Theories					12
		Unit IV: Intelligence: Definition. Intelligence as a process: Structure of intelligence: Approaches of Spearman, Thurstone, Cattell. Triarchic approach. Multiple intelligences. Concept of IQ. Evolution of intelligence testing: Stanford-Binet, Wechsler scales. Extremes of intelligence:					12

	Mental retardation and giftedness. Determiners of intelligence: heredity and environment. Emotional intelligence.	
	Unit V: Personality: Definition, Determinants, Approaches – Psychoanalytic – Freud- Structuring Personality, Psychosexual stages of development, defence mechanism. Type approach – Jung’s typology, Trait theory – Allport; Eysenck and BIG Five; Assessment of personality – Objective, Subjective and Projective	12
	Total hours	60
Reference Books	<ol style="list-style-type: none"> 1. Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J.(2007). Introduction to Psychology, 7th Edition. Singapore: Mcgraw- Hill. 2. Myers, D.G. (2004). Psychology.5th Edition, Worth Publishers: New York. 3. Kalat, J. (2007) Introduction To Psychology, 8th Edition, Wordsworth Pub.Co. 4. Hilgard ,E.R., Atkinson,R.L.,R.C.,(2003) Introduction To Psychology.14th Edition Wordsworth Pub. Co 5. Feldman, R.S. (2006) Understanding Psychology, 6th Edition, Tata McGraw Hill, New Delhi 	

COURSE OUTCOMES

On successful completion of the course, students will be able to

- **CO1 (K2, K4)** To Understand the different types of cognition and thinking processes and to analyse the steps in problem solving and decision making.
- **CO2 (K4)** To summarize and compare the various functions and memory processes involved in memory and forgetting.
- **CO3(K1)** To outline the various theories of motivation and to understand the implications of it.
- **CO4(K3)** To explain the theories of intelligence and the ways to assess intelligence.
- **CO5 (K3)** To explore the various theories of Personality and examine the uses of personality assessments.

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6
CO1		√		√		
CO2		√			√	
CO3	√		√		√	
CO4		√			√	
CO5			√		√	√

Subject In-charge: MS. R. BALA ABIRAMI

Title of the Course/Paper		DEVELOPMENTAL PSYCHOLOGY- I					
Paper Number		CORE - IV					
Category Part III	Core 4	Year	I	Credits	4	Course / Paper Code	24U2PYC04
		Semester	II				
Instructional Hours per week		Theory (T)		Practical (P)		Total	
		5		-		5	
Objectives of the Course		<ul style="list-style-type: none"> To know about the life span perspective and nature of development To understand the characteristics of biological beginnings and prenatal development To infer and assimilate the physical, cognitive and socioemotional development of infancy and toddler To infer and assimilate the physical, cognitive and socioemotional development of early childhood To infer and assimilate the physical, cognitive and socioemotional development of middle and late childhood 					Hour/unit
Course Outline		Unit I: Concept of human development-The Nature of Development - stages of life span development-Conception through birth: Fertilization, Prenatal development, Environmental Influences on prenatal development; stages of child Birth, types of childbirth: perinatal hazards & complications of low birth weight					12
		Unit II: Theories of Development, Body Systems of neonate, infant reflexes, infant Sensory capacities, Milestones of motor development, Environmental influences on motor development; The Postpartum Period- Physical Adjustments, Emotional and Psychological Adjustments					12
		Unit III: Infancy and it's development Physical Growth and Development in Infancy, Motor Development, Sensory and Perceptual Development, Piaget's Theory of Infant Development, Learning, Remembering, and Conceptualizing, Language Development, Emotional and Personality Development, Social Orientation/Understanding and Attachment					12
		Unit IV: EARLY CHILDHOOD Physical and Cognitive Development - Body Growth and Change, Motor and Perceptual Development, Language Development, Early Childhood Education Socioemotional Development - Families, Peer Relations, Play, and Media/Screen Time					12
		Unit V: Middle and late Childhood Physical and Cognitive Development - Physical Changes and Health, Children with Disabilities, Cognitive Changes, Language Development, Socioemotional Development - Families, peers and school					12
		Total hours					60
Reference Books		1. Santrock, J. W. (2017). Life-span development (16th ed.). McGraw-Hill Higher Education.Papilla,					

	<ol style="list-style-type: none"> 2. Diane E, Olds, Sally Wendoks(1992): Human Development, Tata McGraw Hill Publishing Co 3. Shaffer, David R. (1996): Developmental Psychology, IV Edition, Brooks/Cole Publishing Company. 4. Hurlock, E.: Developmental Psychology (1980), Tata McGraw Hill Publishing Co.
--	--

COURSE OUTCOMES

On successful completion of the course, students will be able to

CO1(K2) – To know about the life span perspective and nature of development

CO2 (K1, K2) – To understand the characteristics of biological beginnings and prenatal development.

CO3 (K2) – To infer and assimilate the physical, cognitive and socioemotional development of infancy and toddler.

CO4 (K4) – To infer and assimilate the physical, cognitive and socioemotional development of early childhood

CO5 (K4) – To infer and assimilate the physical, cognitive and socioemotional development of middle and late childhood.

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6
CO1	√					
CO2		√			√	
CO3			√		√	
CO4		√			√	
CO5				√	√	√

Subject In-charge: MS. R. BALA ABIRAMI

Title of the Course/Paper		HUMAN RESOURCE MANAGEMENT					
Paper Number		ELECTIVE - II					
Category	Elective 2	Year	I	Credits	4	Course / Paper Code	24U2PYDE02
		Semester	II				
Instructional Hours per week		Theory (T)		Practical (P)		Total	
		4				4	
Objectives of the Course		To enable the students to <ul style="list-style-type: none"> • -understand the basic concepts in HRM • -know HR planning and various Selection Procedures • -analyze the Concept of Career Planning • -apply Performance appraisal, Job Evaluation • -understand job Promotion and controlling Absenteeism 					Hour/unit
Course Outline		Unit I: HRM: AN INTRODUCTION					9
		Perspectives: Definition –Objectives – Scope – Functions of HRM. Job analysis – Process of job analysis, Team analysis – Employee Empowerment					
		Unit II: HR PLANNING AND SELECTION					9
		Human Resource Planning – Objectives – Process of HRP– Importance of Planning - Forecasting Recruitment – Sources of recruitment. Selection Procedure - Test and Interview - Types – reference check– final selection -Placement – Induction (orientation).					
		Unit III: HRD AND CAREER PLANNING					9
HRD – Need – Functions – Training – Methods – Executive Development – Differences between Training and Development. Career Planning – Process – Succession Planning - Concept of Quality of Work Life (QWL).							
Unit IV: PERFORMANCE APPRAISAL AND JOB EVALUATION					9		
Performance appraisal – Process – Techniques – Difference between Performance appraisal and Job Evaluation. Job Evaluation – Process – potential appraisal.							
Unit V: PROMOTION AND ABSENTEEISM					9		
Promotion – Criteria – Benefits of effective promotion policy, Transfer – Purpose of transfer. Absenteeism – Causes – Measures - Labour Turnover – separation – VRS - retirement – dismissal.							
		Total hours					45
Reference Books		<ol style="list-style-type: none"> 1. C.B. Mamoria, Personnel Management – Humalaya publications house. 2. J. Jayasankar, Human Resource management, Margham Pub., Chennai. 3. K. Aswathappa, Human Resources and Personnel Management, TMH, New Delhi. 4. Kaushal Kumar, Human Resources Management – ABD Publishers. 5. Keith Davis, Human Relations at work – TMH. 					

	6. G.R. Bassotia, Human Resources Management, Mangal Deep Publications. 7. Dr.K.Ramesh, “Human Resource Management”, Mithila Publications.
--	---

COURSE OUTCOMES

On successful completion of the course, students will be able to

- CO1 (K1) To define concepts of Human Resource management and job analysis.
- CO2 (K2) To illustrate about Human Resource Planning, recruitment and selection.
- CO3 (K4) To examine the importance of human resource planning.
- CO4 (K5) To evaluate importance of performance appraisal potential appraisal.
- CO5 (K3) To identify the need for promotion and benefits of promotion policy.

PO CO	P O 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14	PO 15
CO1	-	✓	-	-	-	-	-	-	-	-	-	-	-	-	-
CO2	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO3	-	-	-	✓	-	-	-	✓	-	-	-	-	-	-	-
CO4	-	-	-	-	✓	-	-	-	-	-	-	✓	-	-	-
CO5	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-

Subject In-charge: DR. C. PRASANTH

Title of the Course/Paper		PSYCHOLOGICAL FIRST AID					
Paper Number		Skill Enhancement Course (Discipline / Subject Specific) - II					
Category Part – IV	SEC 2	Year	I	Credits	2	Course / Paper Code	23U2PYS02
		Semester	II				
Instructional Hours per week		Theory (T)		Practical (P)		Total	
		2				2	
Objectives of the Course		By the end of the Team building Soft Skill Course, the students will be able to: <ul style="list-style-type: none"> To understand definitions, concepts, and historical development of PFA To understand the psychological consequences of trauma and disaster To understand RAPID PFA Model To understand psychological crisis intervention To understand self care and developing a plan 					Hour/unit
Course Outline		Unit I: Psychological First Aid (PFA) – the science – defining PFA – development of the PFA concept – PFA – PFA recommended – core competencies of PFA – Validation of the John Hopkins RAPID PFA model					6
		Unit II: Psychological consequences of trauma – PTSD – Depression – panic disorder – substance use – psycho physiological stress syndromes – In the wake of disaster – types of disaster – war related syndromes – factors that increase severity					6
		Unit III: Psychological first aid – practicing the art – R – Establishing rapport and reflective listening – A – Assessment – screening – appraisal – cognitive indicia – emotional indicia – behavioral indicia – spiritual indicia – physiological indicia – demonstration of the A in RAPID model					6
		Unit IV: Prioritization – Psychological triage – urgency – the crisis triad – The A-B-C Model of psychological triage – demonstration of the P in RAPID Model – Intervention tactics to stabilize and mitigate acute distress					6
		Unit V: Disposition and facilitating access to continued care – encouragement – resources – demonstration of the D in RAPID model – follow-up and disposition- self-care – the need for self care – 6terminology – risk factors					6
		Total hours					30
Reference Books		1. George, S. E., Jeffrey, M. L. (2017). The John Hopkins guide to psychological first aid. Johns Hopkins University Press					

Course Outcomes:

- **CO1 (K1)** Understand definitions, concepts, and historical development of PFA
- **CO2 (K3)** Understand the psychological consequences of trauma and disaster
- **CO3 (K4)** Understand RAPID PFA Model
- **CO4 (K5)** Understand psychological crisis intervention

- **CO5 (K1, K4)** Understand self care and developing a plan

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6
CO1				√		
CO2	√				√	
CO3	√		√		√	
CO4		√			√	
CO5			√		√	√

Subject In-charge: MS. L. LAVANYA

Title of the Course/Paper		PSYCHOPATHOLOGY – I					
Paper Number		CORE – V					
Category Part - III	Core 5	Year	II	Credits	5	Course / Paper Code	23U3PYC05
		Semester	III				
Instructional Hours per week		Theory (T)			Practical (P)		Total
		5			-		5
Objectives of the Course		<ul style="list-style-type: none"> To understand history and overview of Abnormal psychology. To comprehend effects of eating disorders. To gain understanding of pervasive developmental disorders. To develop insight into Somatoform and Dissociative disorder. To gain knowledge on substance related disorders and analyze its effects. 					Hour/unit
Course Outline		Unit I: History, Model and Classification of Abnormality Historical views of abnormal behaviour, , Psychoanalytic paradigm, Physiological paradigm, Cognitive paradigm, Humanistic paradigm, clinical assessment - mental status examination, clinical interviews, classification and diagnosis: DSM 5 and ICD 10 classification.					12
		Unit II: Eating Disorder. Eating Disorders: Anorexia Nervosa – Bulimia – Binge Eating Disorder– Specific risk factors- personality Characteristics and family patterns -Causes and Treatment. Sleep disorders					12
		Unit III: Pervasive Developmental Disorder Definition, classification, prevalence, interpersonal deficits and behavior problems, common intellectual disability syndromes - hypothyroidism, Fragile X syndrome, Down’s, William’s, PKU. Attention Deficit Hyperactive Disorder - clinical picture, Causes, management, treatment , Learning Disorders -Dyslexia, Dysgraphia, Dyscalculia - clinical picture, management.					12
		Unit IV: Somatoform And Dissociative Disorders Somatoform disorders- Hypochondriasis, Pain disorder, Conversion disorder and Body dysmorphic disorder Dissociative disorders- Depersonalization disorder, Dissociation amnesia and fugue, Dissociative identity disorder, Biological, Psychosocial and socio cultural causal factors of somatoform and dissociative disorders, Treatment and outcomes.					12
		Unit V: Substance-Related Disorders Substance Related Disorder – Depressants – Stimulators – Opioids – Hallucinogens – Causes and Treatment. Addiction disorders - Alcohol abuse and dependence, Drug abuse and drug dependence, Treatment and outcome.					12
		Total hours					60
Reference Books		1. Butcher, J.N., Hooley, J. M., Mineka, S., Dwivedi, C.B. (2017). <i>Abnormal psychology</i> . New Delhi, India: Pearson India Education Services Private Limited.					

	<ol style="list-style-type: none"> 2. Barlow, D. (2017). <i>Abnormal psychology and casebook in abnormal psychology</i>. Belmont, CA: Wadsworth 3. Comer, R. (2018). <i>Fundamentals of abnormal psychology</i>. New York, NY: Worth Publishers. 4. Davison, G.C., Neale, J.M &Kring, A. M. (2004). <i>Abnormal psychology</i>. Marblehead, MA: John Wiley& Sons Inc. 5. Alloy, L. B., Riskind, J. H., & Manos, M.J. (2005). <i>Abnormal psychology</i>. New Delhi, India: Tata McGraw Hill pubg Co 6. Cutting, J. (1997). <i>Principles of psychopathology</i>. New York, NY: Oxford University Press 7. Barlow, D. H., & Durand, V.M. (2007). <i>Abnormal Psychology</i>, 4th ed. Pacific Grove: Brookes / Cole Publishing Co
--	---

COURSE OUTCOMES

On successful completion of the course, the students will be able to

- CO1(K2) - To distinguish between normal & abnormal behavior and outline the historic view of abnormal psychology.
- CO2 (K2) – To understand the classification and diagnosis of eating disorders.
- CO3 (K1)–To outline the common pervasive developmental disorders.
- CO4 (K4) – To elucidate various somatoform and Dissociative disorders
- CO5 (K5)– To analyze the causes and treatment of addiction.

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6
CO1		√		√	√	
CO2	√			√	√	√
CO3	√		√		√	
CO4		√	√		√	√
CO5			√		√	√

Subject In-charge: MR. P. KARTHIKEYAN

Title of the Course/Paper		DEVELOPMENTAL PSYCHOLOGY					
Paper Number		CORE – VI					
Category Part III	Core 6	Year	II	Credits	5	Course / Paper Code	24U3PYC06
		Semester	III				
Instructional Hours per week		Theory (T)		Practical (P)		Total	
		5		-		5	
Objectives of the Course		<ul style="list-style-type: none"> To infer and assimilate the physical, cognitive and socioemotional development of infancy and toddler To infer and assimilate the physical, cognitive and socioemotional development of early childhood To infer and assimilate the physical, cognitive and socioemotional development of middle and late childhood 					Hour/unit
Course Outline		Unit I: ADOLESCENCE Physical and Cognitive Development - Physical Changes, issues in adolescents health, Adolescent cognition, school and career. Socioemotional Development - The Self, Identity, and Religious/Spiritual development, families, peers, culture, Adolescent problems					12
		Unit II: EARLY ADULTHOOD Physical and Cognitive Development - The Transition From Adolescence to Adulthood, sexuality, career and work, Socioemotional Development - Stability and Change From Childhood to Adulthood, Attraction, Love, and Close Relationships, adult lifestyle, marriage and the family					12
		Unit III: MIDDLE ADULTHOOD Physical and cognitive development - Nature, career, work and leisure - Religion, spirituality, and meaning in life. Socioemotional development - Personality theories and adult development, stability and change, close relationships					12
		Unit IV: LATE ADULTHOOD Physical and cognitive development - Longevity, course, health, cognitive functioning, language development, work and retirement and mental health. Socioemotional development - Theories, Personality, the self and society, family and social relationships, ethnicity, gender and culture and successful aging.					12
		Unit V: ENDINGS Death, Dying and Greiving - Death system and cultural contexts, developmental perspectives on death, facing one's own death, coping with death of someone else.					12
		Total hours					60
Reference Books		<ol style="list-style-type: none"> Santrock, J. W. (2017). Life-span development (16th ed.). McGraw-Hill Higher Education. Papilla, Diane E, Olds, Sally Wendoks(1992): Human Development, Tata McGraw Hill Publishing Co Shaffer, David R. (1996): Developmental Psychology, IV Edition, Brooks/Cole Publishing Company. 					

4. Hurlock, E.: Developmental Psychology (1980), Tata McGraw Hill Publishing Co.

COURSE OUTCOMES

Course Outcomes

On successful completion of the course, the students will be able to

CO1 (K6) - To describe and discuss the various physical changes and emotionality during adolescence.

CO2 (K5)- To analyse and understand the changes in morality, sex interest and family relationships in adolescence.

CO3 (K4)- To discuss and evaluate the personal and social hazards of early adulthood.

CO4 (K3)- To identify and critically analyse the vocational and marital adjustments made by early adults.

CO5 (K2)– To understand the cognitive and personality development.

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6
CO1			√	√	√	
CO2		√			√	
CO3	√		√		√	
CO4		√			√	√
CO5			√	√	√	

Subject In-charge: MS. R. BALA ABIRAMI

Title of the Course/Paper		STATISTICS FOR BEHAVIORAL SCIENCE					
Paper Number		ELECTIVE – III					
Category Part - III	Elective 3	Year	II	Credits	4	Course / Paper Code	23U3PYDE03
		Semester	III				
Instructional Hours per week		Theory (T)			Practical (P)		Total
		3			1		4
Objectives of the Course		<ul style="list-style-type: none"> To understand basic statistical concepts. To learn of qualitative data and its application in research. To gain insight into parametric analysis. To comprehend Non parametric analysis and tests To apply statistical methods using software. 					Hour/unit
Course Outline		<p>Unit I: Basic statistical concepts Definition of basic concepts - statistics, descriptive statistics, inferential statistics, population, sample, parameter, and random sampling. Applied Statistics - research question, independent variable, dependent variable, confounding variable, statistical question, statistical conclusion, research conclusion, statistical procedures. Scales of Measurement - Scales of measurement and their characteristics - nominal scale, ordinal scale, interval scale, and ratio scale - Scales of measurement and problems of statistical treatment. Measure of Central tendency - properties of mean, median, and mode - effects of score transformations, characteristics of random sampling distribution - using a table of random numbers. Standard scores and the normal curve - nature of the normal curve- standard normal curve - finding scores when the area is known.</p>					9
		<p>Unit II: Organizing qualitative data Frequency Distribution - Grouped scores- Constructing a grouped frequency distribution - Apparent vs real limits - Relative frequency distribution - Cumulative frequency distribution. Percentiles and Percentile Ranks - Percentile point, percentile rank, computing percentiles from grouped data, computation of percentile rank. Z scores, Variability and Standard (Z) scores - Measure of variability - range and semi-inter quartile range- calculation of the variance and standard deviation - raw score method - standard scores (Z) scores - comparison of Z scores and percentile ranks.</p>					9
		<p>Unit III: Parametric analysis - Basic concepts and assumptions Correlation, scatter diagram, product moment correlation coefficient- calculating r from raw scores- rank order correlation coefficient- cautions concerning correlation coefficients. Prediction - basics of regression, regression line - regression equation - criterion of best fit- error of prediction - standard error of estimate- interpretation of correlation and regression. t distribution - characteristics of student's distribution of t , degrees of freedom and student's distribution of t, computing t from raw scores,</p>					9

	<p>levels of significance vs p values</p> <p>One way analysis of variance- within group and between group variations - variance estimates and the F ratio- Post Hoc comparisons - alternative to F test - planned comparisons - ANOVA for repeated measures - factorial analysis for two factor design for independent groups, f test.</p> <p>Chi - square test for goodness of fit- interpretation of the outcome of a chi square test.</p>	
	<p>Unit IV: Non parametric analysis - Assumption - Free tests</p> <p>Randomization tests- rank order test - Mann - Whitney U test - sign test - Wilcoxon's signed - ranks test Kruskal - Wallis test - Friedman's rank test.</p> <p>Qualitative data analysis - Basic concepts - percentage analysis, content analysis, narrative analysis, thematic analysis.</p>	9
	<p>Unit V: Statistical methods using the software</p> <p>SPSS data editor and viewer, importing and exporting data, alternatives to SPSS, data entry in SPSS, and assigning variable names, sorting data types, defining variable tables, defining value tables, slotting missing values, data cleaning , working with large datasets, and software for qualitative data analysis. Graphical representation of frequency distribution - abscissa, ordinate, zero point on a graph, histogram, frequency polygon, bar diagram, pie chart, and cumulative percentage curve. Factors affecting the shape of graphs- shape of frequency distributions, such as J-shaped distribution, skewed distribution, kurtosis, ordinate, bimodal distribution, and bell-shaped distribution.</p>	9
	Total hours	45
Reference Books	<ol style="list-style-type: none"> 1. Mangal, S.K.(2002).Statistics in Psychology and EducationStatistics in Psychology and Education (2nd Ed.). Prentice Hall India Learning Private Limited. 2. Frederick,J.G,&William,L.B.(2007).Statistics for BehaviouralSciences.(7thEd.).Thomson Wadsworth. 3. Kothari,C.R.(2008).Research Methodology:Methodsand Techniques.(2ndEd.).New Age International. 1. Chadha, N.K. (2009) Applied Psychometry. Sage Pub: NewDelhi. 4. Dyer, C. (2001) Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.) Oxford: BlackwellPublishers 5. Gregory, R.J. (2006). Psychological Testing: History, Principles, and Applications (4thEd.). New Delhi: PearsonEducation. 6. Murphy, K.R. &Davidshofer, C. O. (2004). Psychological Testing: Principles &Applications (6th Ed.) New Jersey: PrenticeHall. 	

Course Outcomes:

On successful completion of the course, the students will be able to

- CO1 (K2) To understand and define statistics as a specialization to be used for behavioral research and explain the difference between descriptive and inferential statistics.

- CO2 (K3) To recognize measurements as being one of the four scales and to understand that not all numbers can be treated alike and to understand measure of central tendency and to calculate it.
- CO3 (K3) To organize scores into a frequency distribution in table form, construct a cumulative frequency distribution and a relative cumulative frequency distribution and to compute percentiles and percentile ranks.
- CO4 (K4) To analyze and interpret raw data using various parametric and non-parametric methods
- CO5 (K5) To compile data using various software analysis.

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	✓					
CO2	✓					
CO3			✓			
CO4		✓				
CO5				✓		

Subject In-charge: MS. L. GOKULA PRIYA

Title of the Course/Paper		ASSESSMENTS IN PSYCHOLOGY – I					
Paper Number		CORE PRACTICAL – VII					
Category Part -IV	Core Practical 7	Year	II	Credits	2	Course / Paper Code	24U3PYCP07
		Semester	III				
Instructional Hours per week		Theory (T)		Practical (P)		Total	
		-		3		3	
Objectives of the Course		<ul style="list-style-type: none"> To experiment and assess human psychological attributes. To learn psychological test administration and scoring. To comprehend and deduce test results. To conceptualize and report psychological tests To analyze and apply data to understand unique human psychological capacities and discrepancies. 					Hour/unit
Course Outline		1. Attention 2. Perception 3. Learning 4. Motivation & Emotion 5. Psychomotor abilities					4 4 4 4 4
		Total hours					20
Reference Books		1. Rajamanickam, (2005). Experimental Psychology with advanced experiments. (Vol.2).New Delhi: Concept Publishing Company. 2. Sharma, R.N. & Sharma, R. (2003). Experimental Psychology. New Delhi: Atlantic Publishers & Distributors. 3. Anastasi, A. & Urbina, S. (2017). Psychological Testing, Noida: Pearson. 4. Mook, D. (2004). Classic experiments in Psychology. Westport: Greenwood Press. 5. Gregory, R. J. (2004). Psychological Testing – History, Principles, and Applications, Delhi: Pearson Education. Davison, G.C., Neale, J.M., & Kring, A. M. (2004). <i>Abnormal psychology</i> . Malden, MA: John Wiley & Sons Inc. 6. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2005). <i>Abnormal psychology</i> . New Delhi, India: Tata McGraw Hill publishing Co. 7. Cutting, J. (1997) <i>Principles of Psychopathology</i> . New York, NY: Oxford University Press. 8. Barlow, D. H., & Durand, V.M. (2007). <i>Abnormal Psychology</i> , 4th ed. Pacific Grove: Brookes / Cole Publishing Co					

Course Outcomes

On successful completion of the course, the students will be able to

- CO1(K6)-Experiment and Assess human attributes such as perception, attention, learning, motivation and psychomotor abilities through standardized tests.
- CO2 (K2)- Demonstrate skills in administering and scoring assessment measures.

- CO3 (K5)-Demonstrate competence in drawing inferences from the results without bias.
- CO4 (K6)-Demonstrate competence in writing a standard report.
- CO5 (K5)- Make observation, interpret and use the data obtained from measurement to analyse individual differences in human capacities

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6
CO1	√		√		√	
CO2		√		√	√	√
CO3			√	√	√	
CO4	√		√		√	
CO5		√	√		√	√

Subject In-charge: MR. P. KARTHIKEYAN

Title of the Course/Paper		PSYCHOLOGY FOR PERSONAL GROWTH					
Paper Number		NMEC – I					
Category Part - IV	NMEC 1	Year	II	Credits	2	Course / Paper Code:	20U3PYN01
		Semester	III				
Instructional Hours per week		Theory (T)		Practical (P)		Total	
		2		-		2	
Objectives of the Course		<ul style="list-style-type: none"> Understand the meaning and nature of personality Understand their self-concept, self-esteem and analyze their attitudes for personal enrichment Understand the concept of motivation, achievement motivation and success. Understand personality assessments and Techniques in psychology for personal excellence. Maintain healthy relationships with others in turn developing personalities. 					Hour/unit
Course Outline		Unit I: Meaning and Nature of Personality: Personality: Definitions, Meanings, Elements of personality, Types of Personality, Determinants of personality, Personality SWOT Analysis					4
		Unit II: Personality Enrichment: Self, Self-concept, Self-esteem, Advantages of high self-esteem, Characteristics of people with high and low self-esteem, Steps to building positive self-esteem. Attitude, Factors that determine our attitude, Benefits of a positive attitude and consequences of a negative attitude, Steps to building a positive attitude.					4
		Unit III: Motivation and Success: Motivation: Meaning and nature, The difference between inspiration and motivation, Motivation redefined, External motivation vs. Internal motivation, Achievement motivation. Defining success-Real or imagined obstacles to success, Qualities that make a person successful, Reasons for failure – Interpersonal skills, Dealing with seniors, colleagues, juniors, customers, suppliers at the workplace.					4
		Unit IV: Techniques in Psychology: Personality Assessment- Techniques-Psychometric inventories, Projective techniques, In-depth interviews and Behavioural assessment, Anger management techniques, Stress management techniques, Anxiety reduction techniques, Assertiveness training, Techniques in developing personal excellence					4
		Unit V: Positive Relationships & Personality: Positive Relationships – Factors that prevent building and maintaining positive relationships, the difference between ego and pride, the difference between selfishness and self-interest, Love and intimacy, triangular theory of love, Steps for building a positive personality, Body language: understanding body language, Projecting positive body language.					4

	Total hours	20
Reference Books	1. Nathan Dorman (2004). Personality Development. Abishek Publication, New Delhi. 2. Jafar Mahmud (2004). Introduction to Psychology. APH Publishing Corporation, New Delhi. 3. ZigZiglar (2000). See You at the Top. Magna Publishing Co. Ltd., Mumbai. 4. Shiv Khera (1998). You can win. MacMillan India Ltd., New Delhi. 5. Walter Doyle Staples (2000). Think Like a Winner. Magna Publishing co. Ltd., Mumbai.	

Course Outcomes:

On successful completion of the course, the students will be able to

- CO1 (K2) To Illustrate meaning and nature of personality.
- CO2 (K3) To identify personality enrichment skills
- CO3 (K6) To build motivation and Success
- CO4 (K3) To learn the techniques for personal excellence
- CO5 (K4) To analyze positive relationship with others

PO C O	P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	PO8	P O 9	P O 10	P O 11	P O 12	P O 13	P O 14	P O 15
CO1	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO2	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-
CO3	-	-	-	-	-	✓	✓	-	-	-	✓	-	-	✓	✓
CO4	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-
CO5	-	-	✓	-	-	-	-	✓	-	-	-	-	-	-	-

Subject In-charge: MS. L. GOKULA PRIYA

Title of the Course/Paper		PSYCHOPATHOLOGY – II					
Paper Number		CORE – VIII					
Category	Core	Year	II	Credits	5	Course / Paper Code	23U4PYC08
Part – III	8	Semester	IV				
Instructional Hours per week		Theory (T)			Practical (P)		Total
		5			-		5
Objectives of the Course		<ul style="list-style-type: none"> ● Understand the clinical picture, causal factors and treatment for Schizophrenia. ● Know the Causes and Treatment of the Mood Disorders. ● Classify the causes and treatment of Anxiety Disorders. ● Classify personality disorder and its attributes. ● Understand Attention Deficit Hyperactive Disorder and Learning Disorders 					Hour/unit
Course Outline		UNIT I: SCHIZOPHRENIA Schizophrenia, Prevalence clinical picture, positive and negative symptoms - hallucinations, delusions, disorganized behaviour, disorganized speech, catatonia; subtypes of schizophrenia, other psychotic disorders- Schizoaffective disorder, Schizophreni form disorder, Delusional disorder, Brief psychotic disorder, Shared psychotic disorder. Causes and Treatment					12
		UNIT II MOOD DISORDERS Anxiety, phobia, Generalized anxiety disorder- clinical picture, causes and treatment, Panic disorder specific phobia, social phobia, panic disorder, agoraphobia, obsessive compulsive disorder- clinical picture, causes and treatment, post traumatic stress disorder - symptoms, causes and treatment. Mania, Depression, Major Depressive disorder, Dysthymia, Cyclothymia, Bipolar I and Bipolar II disorders, causes and treatment.					12
		UNIT III : PERSONALITY DISORDERS Personality, personality disorder, Cluster A, Cluster B and Cluster C personality disorders, causes and treatment.					12
		Unit IV: SEXUAL VARIANTS: Sexual and gender variants- Paraphilias, Gender Identity Disorders, Sexual abuse - Sexual dysfunctions -Causes and treatment of sexual dysfunctions					12
		UNIT V: PREVENTION AND TREATMENT Prevention and treatment- Perspectives on prevention, Psychological approach to treatment- Behaviour therapy, Cognitive and Cognitive Behavioural therapies, Humanistic and experiential therapy, Psychodynamic therapy, Family and marital therapy, Eclecticism and					12

	integration.	
	Total hours	60
Reference Books	<ol style="list-style-type: none"> 1. Butcher J.N., Hooley J.M., Mineka S. & Dwivedi C.B. (2017) Abnormal Psychology. (16 th Ed.) India: Pearson Education, Inc. 2. Carson R.C., Butcher J.V. & Mineka S. (2000) Abnormal Psychology and Modern Life (13 th Ed.) Allyon& Bacon Publishers. 3. Barlow, D. (2017). Abnormal psychology and casebook in abnormal psychology. Belmont, CA: Wadsworth. 4. Comer, R. (2018). Fundamentals of abnormal psychology. New York, NY: Worth Publishers. 5. Davison, G.C., Neale, J.M., &Kring, A. M. (2004). Abnormal psychology. Malden, MA: John Wiley& Sons Inc. 6. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2005). Abnormal psychology. New Delhi, India: Tata McGraw Hill publishing Co. 7. Cutting, J. (1997) Principles of Psychopathology. New York, NY: Oxford University Press. 8. David H. Barlow & Durand V. Mark (2000). Abnormal psychology. 2nd edition . New York: Brooks\Cole Publishing Co., 9. Robert C. Carson, James N. Butcher, Susan Mineka,Jill M. Hooley (2007). Abnormal psychology. 13th edition. Pearson Education. 10. James C. Coleman (1976). Abnormal psychology and modern life. 5th edition . Scott, Foresman and Company. 11. Irwin G. Sarason, Barbara Sarason (2005) . Abnormal psychology. New Delhi: Prentice Hall Publication. 12. Carson, R.C & Butcher, J.N. Abnormal Psychology & Modern life. (10th ed.) . NY Harper-Collins 13. Bootzin, R.R, Acocella,J.R& Alloy, L.B .Abnormal Psychology-current perspectives (6th ed.). McGraw Hill Inc. USA 14. Neale, J.M, Davidson. G.C, & David, A.F. Exploring Abnormal psychology. (6th ed.). John Wiley & Sons 15. Barlow, D. H., & Durand, V.M. (2007). Abnormal Psychology, 4th ed. Pacific Grove: Brookes / Cole Publishing Co 	

COURSE OUTCOME:

On successful completion of the course, the students will be able to

- **CO1 (K2):** To be able to understand schizophrenic behaviour.
- **CO2 (K2):** To explain the causes of unipolar and bipolar disorder and treatment
- **CO3 (K2):** To detail the symptoms, causes and treatment of anxiety disorders.
- **CO4 (K2):** To summarize types, causes and treatment of Personality disorder
- **CO5 (K2) :** To understand the contemporary interventions used to treat Attention

Deficit Hyperactive Disorder and Learning Disorders.

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6
CO1				√	√	
CO2	√			√	√	
CO3	√		√		√	
CO4			√		√	√
CO5			√	√	√	√

Subject In-charge: MR. P. KARTHIKEYAN

Title of the Course/Paper		SOCIAL PSYCHOLOGY – I					
Paper Number		CORE - IX					
Category Part - III	Core 9	Year	II	Credits	5	Course / Paper Code	23U4P YC09
		Semester	IV				
Instructional Hours per week		Theory (T)		Practical (P)		Total	
		5		-		5	
Objectives of the Course		<ul style="list-style-type: none"> To offer the students a comprehensive overview of Social Psychology. To comprehend the development and vicissitudes of Social Cognition. To gain insight into the formation and management of Social Perception. To develop understanding of attitudes and persuasion To learn of the dynamics of close interpersonal relationships 					Hour/unit
Course Outline		UNIT I: INTRODUCTION TO SOCIAL PSYCHOLOGY Definition of Social Psychology, History, Research method in Social Psychology, Social Psychology in new millennium.					12
		UNIT II: SOCIAL COGNITION Definition of social cognition; Schemas – Meaning, Impact of schemas on social cognition, Priming, Schema persistence; Heuristics – Meaning, Representativeness, Availability, Anchoring and adjustment; Potential sources of error in social cognition.					12
		UNIT III: SOCIAL PERCEPTION Definition of social perception; Non-verbal communication – Basic channels; Deception –Meaning. Non-verbal cues to identify deception; Attribution – Definition, Theories of attribution– Correspondent inference, Kelley’s theory of causal attribution; Basic sources of error in attribution, Impression formation, Impression management.					12
		UNIT IV: ATTITUDES Attitudes – Meaning, Types, Formation of attitudes – Classical conditioning, Instrumental conditioning, Observational learning; Strength of attitudes, Change in attitude – Persuasion, cognitive processes underlying persuasion, Resisting persuasion attempts, Cognitive dissonance, Dissonance and attitude change.					12
		UNIT V: INTERPERSONAL ATTRACTION AND CLOSE RELATIONSHIPS Meaning of interpersonal attraction, Internal determinants of attraction, External determinants of attraction; Romantic relationships and falling in love – Romance, Selecting a potential mate, Love, Jealousy, Marital happiness, Causes of relationship failure.					12
		Total hours					60
Reference Books		<ol style="list-style-type: none"> WinniCott, D.W. (1995). Counselling and Therapy. London: Sage Publications Whiston, S.C (1999). Principles ad applications of assessment in counseling 					

	<p>, Wadsworth, Belmont. Brooks- Clole</p> <p>3. Nichols, M.P. & Schwartz, R.C. (2010). Family therapy: Concepts and methods. 9th ed. Toronto: Allyn and Bacon, Pearson education, Inc. Press, Inc</p> <p>4. Patterson, J., William, L., Grauf-Grounds, C., & Chamow. (2009). Essential skills in family therapy: From the first interview to termination. 2nd Edition. New York: The Guilford Press.</p>
--	---

COURSE OUTCOMES

On successful completion of the course, the students will be able to

CO1 (K1) - To Outline the nature, history, principles and scope of social psychology and methods used in social psychology research

CO2 (K2) – To understand social cognition and its potential sources of error

CO3 (K3) – To describe the strategies used to form and maintain positive impression.

CO4 (K3) – To elucidate the ways to resist persuasion

CO5 (K4) – To analyze the causes of marital happiness and relationship failure.

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6
CO1			√	√	√	
CO2	√	√	√		√	
CO3				√	√	√
CO4	√				√	√
CO5		√	√		√	

Subject In-charge: DR. M. GOMATHI

Title of the Course/Paper		INTRODUCTION TO RESEARCH METHODOLOGY					
Paper Number		ELECTIVE - IV					
Category Part - III	Elective 4	Year	II	Credits	4	Course / Paper Code	23U4PYDE04
		Semester	IV				
Instructional Hours per week		Theory (T)		Practical (P)		Total	
		4		-		4	
Objectives of the Course		<ul style="list-style-type: none"> ● Understand how of social influence enable compliance, conformity and obedience ● Get introduced to the theories that explain selflessness and to suggest ways to increase helping behaviour. ● Comprehend knowledge about various theories that explain aggression and apply the knowledge to prevent and control aggression. ● Get acquainted to functions of a group and its influences on individual performance and to educate them about the potential dangers of decision making in group. ● Facilitate students to see the applicability of social psychological principles in various settings. 					Hour/unit
Course Outline		Unit I: Introduction Understanding behavior - empirical and non-empirical method - assumptions of scientific work - overview of research process/framework. Ethics in research - APA ethics code, plagiarism, ethics and animal experimentations. Data collection - observational method, interview method - structured, semi structured and focus group interviews, questionnaire method, case study method - its merits and limitations.					9
		Unit II: Variables , Reliability and Validity Types of variables- dependent and independent variables, confounded variables, quantitative and categorical variables, continuous and discrete variables. Reliability and Validity of measurements - types of validity test- criterion related validity, face validity, content validity, convergent validity, concurrent validity, discriminate validity, predictive validity , types of reliability tests - inter rater reliability, test retest reliability, split half reliability, internal consistency reliability.					9
		Unit III: Hypothesis and Sampling Hypothesis - Definition, types - Hypothesis testing - Type 1 and Type II errors, significance level (p value), one tailed and two tailed tests- Effect size Sampling - meaning, probability and non-probability. Sampling techniques - its merits and limitations, sample size estimation - using a table of random numbers.					9
		Unit IV: Research designs Experimental designs - independent groups' designs, completely randomized groups design, randomized factorial groups design, within participants' group design, matched group design.					9

	Non Experimental designs - quasi experimental design, time series design, case studies, correlational research design, cross sectional research, longitudinal research, non-equivalent group designs. Mixed research designs - single participant w design, base -line design. Quantitative research design and analysis - Grounded theory, discourse analysis, content analysis, dairy method, narrative methods, focus group discussions, in-depth interviews, participatory observations, action research.	
	Unit V: Report writing and computes in research Reporting and replication, experimental reports, reporting non experimental studies and qualitative studies, oral and poster presentation, APA primer - presenting research and preparation of research proposal -Computers in research - software for quantitative and qualitative data analysis.	9
	Total hours	45
Reference Books	<ol style="list-style-type: none"> 1. Shaughnessy, J J , Zechmeister, E B and Zechmeister J S (2006). Research Methods in Psychology. Singapore: Mc Graw Hill. 2. Breakwell, G. M., Smith, J, A, Wright D B. (2012). Research Methods . USA: Sage Publication. 3. Gaur A s and Gaur SS (2009). Statistical methods for practice and research. A guide to data analysis using SPSS. 2nd edition. New Delhi: Response - Sage publication. 4. Flick, U. (2004). An Introduction to Qualitative research. Edition 4. New Delhi: Sage South Asia Edition. 5. Sharlene Nagy Hesse-Biber Patricia Leavy . (2006). The Practice of qualitative Research. New York: Sage Publications, Inc. 	

COURSE OUTCOMES:

On the successful completion of the course, students will be able to

- **CO1:** (K2) Understand the ethics and various data collection methods to conduct research.
- **CO2:** (K2) Demonstrate the ability to identify independent, dependent and mediating variables and to establish reliability and validity
- **CO3:** (K3) Formulate hypothesis and research objectives and distinguish various sampling techniques
- **CO4:** (K4) Determine appropriate research design.
- **CO5:** (K6) Ability to write research report as per APA protocol

	PO1	PO2	PO3	PO4	PO5	PO6
CO1		✓				
CO2				✓		
CO3						✓
CO4		✓				
CO5					✓	

Subject In-charge: DR. C. PRASANTH

Title of the Course/Paper		ASSESSMENTS IN PSYCHOLOGY – II					
Paper Number		CORE PRACTICAL - X					
Category Part - III	Core Practical 10	Year	II	Credits	2	Course / Paper Code	24U4PYCP10
		Semester	IV				
Instructional Hours per week		Theory (T)		Practical (P)		Total	
				2		2	
Objectives of the Course		<ul style="list-style-type: none"> To experiment and assess human psychological attributes. To learn psychological test administration and scoring. To comprehend and deduce test results. To conceptualize and report psychological tests To analyze and apply data to understand unique human psychological capacities and discrepancies. 					Hour/unit
Course Outline		1. Intelligence tests 2. Personality 3. Aptitude 4. Interest 5. Achievement tests					4 4 4 4 4
		Total hours					20
Reference Books		1. Rajamanickam, (2005). Experimental Psychology with advanced experiments. (Vol.2).New Delhi: Concept Publishing Company. 2. Sharma, R.N. & Sharma, R. (2003). Experimental Psychology. New Delhi: Atlantic Publishers & Distributors. 3. Anastasi, A. & Urbina, S. (2017). Psychological Testing, Noida: Pearson. 4. Mook, D. (2004). Classic experiments in Psychology. Westport: Greenwood Press. 5. Gregory, R. J. (2004). Psychological Testing – History, Principles, and Applications, Delhi: Pearson Education. Davison, G.C., Neale, J.M., & Kring, A. M. (2004). <i>Abnormal psychology</i> . Malden, MA: John Wiley & Sons Inc. 6. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2005). <i>Abnormal psychology</i> . New Delhi, India: Tata McGraw Hill publishing Co. 7. Cutting, J. (1997) <i>Principles of Psychopathology</i> . New York, NY: Oxford University Press. 8. Barlow, D. H., & Durand, V.M. (2007). <i>Abnormal Psychology</i> , 4th ed. Pacific Grove: Brookes / Cole Publishing Co					

Course Outcomes

On successful completion of the course, the students will be able to

- CO1(K6)-Experiment and Assess human attributes such as intelligence, personality, aptitude, interest and achievement test through standardized tests.
- CO2 (K2)- Demonstrate skills in administering and scoring assessment measures.
- CO3 (K5)-Demonstrate competence in drawing inferences from the results without bias.

- CO4 (K6)-Demonstrate competence in writing a standard report.
- CO5 (K5)- Make observation, interpret and use the data obtained from measurement to analyse individual differences in human capacities

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6
CO1	√		√		√	
CO2		√		√	√	√
CO3			√	√	√	
CO4	√		√		√	
CO5		√	√		√	√

Subject In-charge: MR. P. KARTHIKEYAN

Title of the Course/Paper		ABNORMAL PSYCHOLOGY – I					
Paper Number		CORE VIII					
Category Part - III	Core 8	Year	III	Credits	5	Course / Paper Code	20U5PYC08
		Semester	V				
Instructional Hours per week		Theory (T)			Practical (P)	Total	
		6			-	6	
Objectives of the Course		<ul style="list-style-type: none"> -know the historical roots of psychopathology -understand the classification system -understand the different types of disorders, its causes and treatment 					Hour/unit
Course Outline		Unit I: HISTORICAL ROOTS, METHODS OF DIAGNOSIS AND CLASSIFICATION SYSTEM The Supernatural tradition- The Biological Tradition- the Psychological Tradition- the Present the Scientific method and an Integrative Approach. An integrative Approach to Psychopathology- Neuroscience and Its Contribution to Psychopathology- Behavioral and Cognitive Science- Emotions. Methods of Assessment-Problems in Assessment. Classification: DSM-V and ICD-10-Classification					12
		UNIT II: DISORDERS OF CHILDHOOD Common Developmental Disorders: ADHD – Learning Disorders. Pervasive Developmental Disorders: Autism – Aspergers Syndrome – other disorders – Mental Retardation– Causes and Treatment.					12
		UNIT III: EATING DISORDERS AND OBESITY Eating Disorders: Anorexia Nervosa – Bulimia – Binge Eating Disorder– Specific risk factors- personality Characteristics and family patterns -Causes and Treatment. Obesity: Causes, Treatment and Prevention.					12
		UNIT IV: DISORDERS OF EMOTIONAL DISTRESS Anxiety Disorder: Generalized Anxiety Disorder – Panic Disorder without Agoraphobia– Specific Phobia–Social Phobia – Post Traumatic disorders– Obsessive-Compulsive Disorder– Causes and Treatment. Mood Disorders: Major Depressive Disorder – Bipolar I Disorder – Bipolar II Disorder – Cyclothymic disorder– Causes and Treatment.					12
		UNIT V: SOMATOFORM DISORDERS AND DEVELOPMENTAL DISORDERS Somatoform Disorders: Hypochondriasis – Somatization Disorder – Conversion Disorder – Pain Disorder - Body Dysmorphic Disorder– Causes and Treatment. Developmental Disorders – Delirium – Dementia– Causes and Treatment					12
		Total hours					60
Reference Books		<ol style="list-style-type: none"> 1. Barlow, D. H., & Durand, V.M. (2007). Abnormal Psychology, 4th ed. Pacific Grove: Brookes / Cole Publishing Co 2. Sarason, I. G. & Sarason, B. R., (2007). Abnormal Psychology. 10th ed. New Delhi : Pearson Education. 					

3. Alloy, L. B. & Riskind, J. H., Manos, M.J. (2005). Abnormal Psychology. 9th ed. Delhi: Tata McGraw Hill Publishing Company Ltd.

COURSE OUTCOMES:

On the successful completion of the course, students will be able to

- CO1 (K2) To demonstrate methods of diagnosis and classification
- CO2 (K4) To analyze disorders of childhood and adolescence
- CO3 (K5) To determine the disorders of emotional disorders
- CO4 (K5) To measure the personality disorders
- CO5 (K6) To discuss the somatoform and development disorders

PO CO	P O 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14	PO 15
CO1	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO2	-	-	✓	-	-	-	-	✓	-	-	-	-	-	-	-
CO3	-	-	-	-	✓	-	-	-	-	-	-	✓	-	-	-
CO4	-	-	-	-	✓	-	-	-	-	-	-	✓	-	-	-
CO5	-	-	-	-	-	✓	✓	-	-	-	✓	-	-	✓	✓

Subject In-charge: MR. P. KARTHIKEYAN

Title of the Course/Paper		GUIDANCE AND COUNSELLING					
Paper Number		CORE IX					
Category	Core 9	Year	III	Credits	5	Course / Paper Code	20U5PYC09
		Part - III	Semester				
Instructional Hours per week		Theory (T)			Practical (P)		Total
		6			-		6
Objectives of the Course		<ul style="list-style-type: none"> • understand the nature, meaning and areas of guidance • know the functions of guidance services and personnel • know the historical roots of counselling • understand counselling process and types of Counselling • develop basic counselling skills 					Hour/unit
Course Outline		UNIT I: GUIDANCE: AN INTRODUCTION Guidance: Meaning– Definitions - Characteristics - Classification - Need - Fundamental Objectives - Principles. Areas of Guidance: Guidance in Education, in Vocation and Avocation, in Social Relationship, in Promotion of Health- Guidance in Personal Problems. Group Guidance: Definition- Importance- Objectives-Tools and Techniques of Group Guidance.					12
		UNIT II: GUIDANCE SERVICES AND PERSONNEL Guidance services in India: Evolution of Guidance and Counselling Movement in India- Organization Guidance Services in India- Guidance at NCERT. The Guidance and Counselling Personnel: the Administrator- the Counselling Officer- - the Teacher- the Physical Instructor- the Parents- the Medical Staff and Others. Relationship between Guidance and Counselling.					12
		UNIT III: COUNSELLING: AN INTRODUCTION Counselling: Definitions– A Brief History. Counselling as Helping Profession - the Professional Counsellor - Traditional Activities - Basic Principles- Ethical and Legal Issues in Counselling. Role and Functions of Counsellors in School Setting- Counselling in Elementary Schools - Counselling in Secondary Schools - Counselling in Higher Education Institutes - Private Practice - Future Directions					12
		UNIT IV: INDIVIDUAL COUNSELLING Theories of Counselling - Goals of counselling - The Counselling Process - Counselling Skills - Special Counselling Populations: Substance, Tobacco, and Alcohol Abusers - Women - Older Adults - AIDS Patients - Abuse Victims - People with Disabilities.					12
		UNIT V: COUNSELLING FOR CAREER PLANNING AND DECISION MAKING Current Issues in Career Planning- Theories of Career Development and Decision Making - Implications of Career Theories for Counsellors - Career Counselling and the Development of Human Potentials - Career Planning and Decision Making in Schools and Non-school settings. Computerized career assistance systems.					12

	Total hours	60
Reference Books	<ol style="list-style-type: none"> 1. Ram Nath Sharma and Rachana Sharma. (2013). Guidance and Counselling in India. New Delhi: ATLANTIC Publishers & Distributors (P) LTD. 2. Gibson,R.L. and Mitchell,M.H. (2010). Introduction to Counselling and Guidance. New Delhi: PHI Learning Private Limited. 3. Kinra. (2010). Guidance and Counselling. New Delhi: Pearson Learning Inc. 4. Kottler, J.A. and Brown, R.W. (2000). Introduction to Therapeutic Counselling. New York: Brooks / Cole. 5. McLeod, J. (2009). Counselling Skills. New Delhi: Rawat Books Ltd. 	

COURSE OUTCOMES:

On the successful completion of the course, students will be able to

- CO1 (K2) To Illustrate the nature, meaning and areas of guidance.
- CO2 (K1) To know the functions of guidance services and personnel.
- CO3 (K4) To know the historical roots of counseling
- CO4 (K6) To understand counselling process and its types.
- CO5 (K3) To develop basic counselling skills in career

PO CO	P O 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14	PO 15
CO1	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO2	-	✓	-	-	-	-	-	-	-	-	-	-	-	-	-
CO3	-	-	✓	-	-	-	-	✓	-	-	-	-	-	-	-
CO4	-	-	-	-	-	✓	✓	-	-	-	✓	-	-	✓	✓
CO5	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-

Subject In-charge: MS. R. BALA ABIRAMI

Title of the Course/Paper		EXPERIMENTAL PSYCHOLOGY - II (PRACTICAL)					
Paper Number		CORE PRACTICAL – II					
Category Part - III	Core practical 2	Year	III	Credits	4	Course / Paper Code	20U5PYCP02
		Semester	V				
Instructional Hours per week		Theory (T)			Practical (P)		Total
		-			6		6
Objectives of the Course		<ul style="list-style-type: none"> • -Understand the various psychological concepts • -Knowing tests to measure psychological concepts • -Learn the skill of administering psychological tests 					Hour/unit
Course Outline		<p>Aptitude</p> <ul style="list-style-type: none"> • Differential aptitude test • Clerical aptitude scale (Kiran Gupta) • A Battery of Mechanical Aptitude Test (Atmananda Sharma) <p>Leadership</p> <ul style="list-style-type: none"> • Leadership Preference Scale (L.I. Bhushan) • Student leadership Attitude Inventory (Bhagwat Singh) • Personality Study of Student leadership (Pramod Kumar) <p>Creativity</p> <ul style="list-style-type: none"> • The Wallach-Kogan Battery of Creativity instruments • Passi Tests of Creativity • Non-Verbal Test of Creative Thinking (Baquer Mehdi) <p>Emotion</p> <ul style="list-style-type: none"> • Emotional Maturity Scale (R. Pal) • Emotional Competence Scale (R. Bharadwa) • Emotional Stability Test for children (A.S. Gupta) <p>Decision-making</p> <ul style="list-style-type: none"> • Career Decision Scale (Samuel H. Osipow) • Decision making Capacity of Educational Administrators (Ashok Kr. Pandey) • Decision-making style questionnaire <p>Stress</p> <ul style="list-style-type: none"> • Occupational Stress Scale (A.K. Srivastava) • Stress Index for Parents of Adolescents (Peter L. Sheras, Richard R. Abidin and Timothy R. Konold) • Parents Stress Measuring Scale (M.N. Palsane) <p>Anxiety</p> <ul style="list-style-type: none"> • Sinha Anxiety Scale • Taylor's Manifest Anxiety Scale • Test Anxiety Scale for Children (Kumar) <p>Depression</p>					

	<ul style="list-style-type: none"> • Children's Depression Scale • Beck Depression Inventory-II • Reynolds Adolescent Depression Scale <p>Resilience</p> <ul style="list-style-type: none"> • Resiliency Scales for Children and Adolescents - • A Profile of Personal Strengths (Sandra Prince-Embury) <p>Self-esteem</p> <ul style="list-style-type: none"> • Self Esteem Inventories (School & Adult Form) (Stanley-Coopersmith) • Self-Concept Inventory • Self Confidence Inventory (D.D. Pandey) <p>Other tests used in education, clinic and counselling</p> <ul style="list-style-type: none"> • Educational Interest Record (V.P. Bansal & D.N. Srivastava) • Eating inventory • Indian adaptation of clinical analysis questionnaire • Minnesota Counselling Inventory (R.F. Berdie & W.L. Layton) • Pre Counselling Inventory (A. Schmilding) 	
	Total hours	30
Reference Books	<ol style="list-style-type: none"> 1. Freeman, F. (1970). Theory and Practice of Psychological Testing. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd. 2. Woodworth, R.S. & Schlosberg, H. (1977). Experimental Psychology .Rev. ed. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd. 3. Rajamanickam, M. (2005). Experimental Psychology with Advanced Experiments. New Delhi:Concept Publishing Company. 4. Pareek,U. (2007).Training Instruments In HRD And OD.2nd ed. New Delhi:TataMcGraw Hill Publishing Company Pvt. Ltd. 5. Anatasi, A., Urbina, S. (2009). Psychological Testing. New Delhi: Prentice Hall 	

COURSE OUTCOMES:

On the successful completion of the course, students will be able to

- CO1 (K5) To assess aptitude, leadership and creativity etc.,

PO CO	PO 1	PO 2	PO 3	PO 4	PO5	PO 6	PO 7	PO8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14	PO 15
CO1	-	-	-	-	✓	-	-	-	-	-	-	✓	-	-	-

Minimum of 10 experiments should be conducted Evaluation:

Internal Assessment – 40 Marks

External Assessment – 60 Marks [Components of External Assessment]

Conduction	:	10
Materials	:	5
Plan & procedure	:	5
Results & Discussion:		10
Viva-voce	:	15
Record	:	15

Subject In-charge: DR. C. PRASANTH

Title of the Course/Paper		RESEARCH ETHICS					
Paper Number		ELECTIVE – I					
Category	Elective 1	Year	III	Credits	2	Course / Paper Code	20U5PYE01
Part –IV		Semester	V				
Instructional Hours per week		Theory (T)			Practical (P)		Total
		4			-		4
Objectives of the Course		<ul style="list-style-type: none"> Enhance the fundamental knowledge about Ethics, Values and Research Integrity. Develop the basic understanding about the Theoretical aspects and Ethical Principles. Understand about plagiarism tools for a valid and ethical research report. 					Hour/unit
Course Outline		UNIT I: Foundations of Ethics Ethics, Values and Morals: Definition- History of Research Ethics – Importance- Ethical Codes-APA Guidelines for Research Ethics-Professional Codes of Ethics-Ethical Dilemmas- Ethical Decision Making.					5
		UNIT II: Scientific Aspects and Ethical Issues Ethics with respect to Science and Research- Intellectual Honesty and Research Integrity- Scientific Misconducts: Falsification, Fabrication, and Plagiarism (FFP) - Ethical issues.					5
		UNIT III: Ethical Approaches and Theories Ethical Approaches- Utilitarianism-Cultural relativism-Egoism- Absolute Moral Rules-The Social Contract -Rights Approach - Justice Approach -Common Good Approach-Virtue Approach - The HumaneCommunity Approach- Theoretical Aspects in Research Ethics					5
		UNIT IV: Practical Applications of Ethical Principles and Rules Ethical Principles- Ethical Rules -Practical Applications of Ethical Principles and Rules-Consent –Confidentiality- Types of Participants- Risks- Deception- Requirements of Professional Bodies					5
		UNIT V: Plagiarism Definition-Research Misconduct-Intentional Plagiarism- Unintentional Plagiarism-Methods to Avoid Plagiarism – Paraphrasing without Plagiarism -Use of plagiarism software like Turnitin, Urkund and other Open Source Software Tools					5
		Total hours					25
Reference Books		1. Loue, S.,(2002) Textbook of Research Ethics, Theory and Practice, Springer, Boston, MA 2. Israel, M., & Hay, I (2006) Research Ethics for Social Scientists, Sage Publications					

COURSE OUTCOMES:

On the successful completion of the course, students will be able to

- CO1 (K2) To Illustrate about definition of ethics, values and morals
- CO2 (K4) To analyze theoretical aspects of research
- CO3 (K5) To determine the various approaches in research
- CO4 (K5) To measure the quality of research.
- CO5 (K6) To discuss the Applications of Ethical Principles and Rules

PO CO	P O 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14	PO 15
CO1	-	✓	-	-	-	-	-	-	-	-	-	-	-	-	-
CO2	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO3	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-
CO4	-	-	-	-	-	✓	✓	-	-	-	✓	-	-	✓	✓
CO5	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-

Subject In-charge: DR. M. GOMATHI

Title of the Course/Paper		BEHAVIOUR MODIFICATION					
Paper Number		ELECTIVE II					
Category	Elective 2	Year	III	Credits	2	Course / Paper Code	20U5PYE02
Part - IV		Semester	V				
Instructional Hours per week		Theory (T)			Practical (P)		Total
		4			-		4
Objectives of the Course		<ul style="list-style-type: none"> Enhance the fundamental knowledge about the applications of behavioural Modification Techniques Develop the basic understanding about the Behavioural Assessments Understand about various techniques and assessment formulations 					Hour/unit
Course Outline		UNIT I: BASICS OF FORMAL ASSESSMENT Formal Behavioural Assessments- Common Features of Behavioural Assessment-Focuses of Behavioural Assessment					5
		UNIT II: BEHAVIOURAL PROBLEMS Screening and Identification of Behavioural Problems –Assessment of Specific Disorders					5
		UNIT III: BASICS OF INFORMAL ASSESSMENT Informal Behavioural Assessments- Direct Observation- Dimensions of Behaviour- Measurement of Behaviour- Baseline and Intervention Measures					5
		UNIT IV: RELAXATION TECHNIQUE Jacobson Progressive Muscular Relaxation - Procedure and Applications					5
		UNIT V: OPERANT TECHNIQUES Operant Techniques- Assessment Formulations- Intervention in Problem Behaviour					5
		Total hours					25
Reference Books		<ol style="list-style-type: none"> Martin, G & Pear, J (2019) Behaviour Modification, What it is and How to do it, Eleventh Edition, Routledge Miltenberger, R. (2015), Behaviour Modification -Principles and Procedures ,Sixth Edition, Wadsworth Publishing Co Inc Rimm, D., & Masters, J., (1974) Behaviour Therapy- Techniques and Empirical Findings , Geniza 					

COURSE OUTCOMES:

On the successful completion of the course, students will be able to

- CO1 (K2) To Illustrate about definition of assessment
- CO2 (K4) To analyze theoretical aspects of behavioural assessment
- CO3 (K5) To determine the various approaches in assessment

- CO4 (K5) To measure the behaviour
- CO5 (K6) To discuss the techniques in behaviour modification

PO CO	P O 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14	PO 15
CO1	-	✓	-	-	-	-	-	-	-	-	-	-	-	-	-
CO2	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO3	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-
CO4	-	-	-	-	-	✓	✓	-	-	-	✓	-	-	✓	✓
CO5	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-

Subject In-charge: MS. L. GOKULA PRIYA

Title of the Course/Paper		ORGANIZATIONAL BEHAVIOUR						
Paper Number		SBEC III						
Category	SBEC 3	Year	III	Credits	2	Course / Paper Code	20U5PYS03	
Part- IV		Semester	V					
Instructional Hours per week		Theory (T)		Practical (P)		Total		
		2		-		2		
Objectives of the Course		<ul style="list-style-type: none"> -know the definition and models of OB. -understand the foundations of individual and group behaviour -understand the organizational system and development 					Hour/unit	
Course Outline		UNIT- I: INTRODUCTION Definition. Models of OB; autocratic, custodial, supportive, collegial and system. Historical evolution of OB. What managers do? Contributing disciplines to OB. Challenges and Opportunities. Case studies and exercises						5
		UNIT- II: THE INDIVIDUAL IN ORGANIZATION Foundations of Individual behaviour. Attitudes and Job satisfaction. Personality and values. Perception and individual decision making. Motivation concepts and applications. Emotions and moods. Case studies and exercises						5
		UNIT- III: THE GROUP IN ORGANIZATION Foundations of Group behaviour. Understanding work teams. Communication. Basic approaches to leadership and contemporary issues. Power and politics. Conflict and negotiation. Case studies and exercises						5
		UNIT- IV: THE ORGANIZATION SYSTEM AND STRESS MANAGEMENT Foundations of Organization structure. Work design. Organizational culture. Human resource policies and practices. Work stress and its management.						5
		UNIT- V: ORGANIZATIONAL DEVELOPMENT Organizational Change – Forces for Change. Managing planned change. Resistance to change. Approaches to managing Organizational change, Contemporary change issues.						5
		Total hours						25
Reference Books		<ol style="list-style-type: none"> 1. Stephen P. Robbins and Timothy A. Judge, Organizational Behaviour, 12th edition, 2007. Prentice- Hall of India Pvt Ltd. New Delhi. 2. Eugene McKenna, Business Psychology and Organizational Behaviour, 4th edition (Special Indian Edition) Psychology Press, Distributed by I K International Pvt. ltd, New Delhi. 3. John W. Newstrom, Organizational behaviour – Human Behaviour at Work, 12th edition, 2007. Tata McGraw Hill Publishing Company ltd, New Delhi. 4. John W Slocum and Don Hellriegel, Fundamentals of Organizational Behaviour, 2007. Thomson Learning. India. 						

COURSE OUTCOMES:

On the successful completion of the course, students will be able to

- CO1 (K2) To Illustrate about definition and models of OB.
- CO2 (K3) To construct foundations of individuals behavior.
- CO3 (K3) To identify the foundations of groups in organization
- CO4 (K6) To build organization structure and stress
- CO5 (K5) To evaluate organization structure

PO C O	P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	PO8	P O 9	P O 10	P O 11	P O 12	P O 13	P O 14	P O 15
CO1	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO2	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-
CO3	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-
CO4	-	-	-	-	-	✓	✓	-	-	-	✓	-	-	✓	✓
CO5	-	-	-	-	✓	-	-	-	-	-	-	✓	-	-	-

Subject In-charge: DR. C. PRASANTH

Title of the Course/Paper		COMMUNICATIVE SKILLS					
Paper Number		SBEC IV					
Category	SBEC 4	Year	III	Credits	2	Course / Paper Code	20U5PYS04
Part - IV		Semester	V				
Instructional Hours per week		Theory (T)		Practical (P)		Total	
		2		-		2	
Objectives of the Course		<ul style="list-style-type: none"> • understand the communication process • -understand the components of listening skill • -provide constructive feed back • -acquire questioning and presentation skills 					Hour/unit
Course Outline		UNIT I : THE COMMUNICATION PROCESS Sending the Message, the Channel, Receiving the Message; misinterpretations and unintended messages, Feedback; self-monitoring, Context and Noise; Psychological. Stereotyping, Semantics.					5
		UNIT II : ACTIVE LISTENING SKILLS AND NON-VERBAL COMMUNICATION Listening Skills, Barriers to Listening, Listening Behaviours, Active Listening Skills. Non-verbal Communication Skills, Culture and Non-Verbal Messages, Forms of non-verbal communication: Facial Expressions and Eye Gaze, Posture and Gestures, Voice, Personal Space & Distance, Personal Appearance.					5
		UNIT III: GIVING CONSTRUCTIVE FEEDBACK Difficulty in providing honest feedback. Feedback Skills: Being Specific, Offering a solution, Delivering the feedback face to face, Being sensitive, Being problem oriented and not people oriented, Being descriptive and not evaluative, Owning rather than disowning and checking. Structure of feedback.					5
		UNIT IV: QUESTIONING SKILLS Questioning Techniques, Types of Questions: Probing/clarifying Questions, Reflective Questions, Direct Questions and Hypothetical Questions.					5
		UNIT V: PRESENTATION SKILLS Presentation and dealing with Fears of presentation. Planning the Presentation: Setting objective, Understanding the audience, Knowing the setting, Writing down the 'central theme' of the talk, Writing the outline, Developing visual aids, Preparing delivery notes and delivering the presentation.					5
		Total hours					25
Reference Books		1. Hargie, O., Dickson, D., Tourish, D. (2004) Communication Skills for Effective Management. Palgrave Macmillan. Hampshire.					

	2. Adler, R. B. & Elmhorst, J. M. (1999) Communicating at Work: Principles and Practices for Business and the Professions McGraw Hill Singapore 3. Dixon, T., O'Hara, M (2010). Communication Skills. Open text book. http://cw.routledge.com/textbooks/9780415537902/data/learning/11_Communication%20Skills.pdf
--	---

COURSE OUTCOMES:

On the successful completion of the course, students will be able to

- CO1 (K4) To analyze the communication process.
- CO2 (K2) To illustrate listening and non-verbal communication skills
- CO3 (K3) To construct feedback
- CO4 (K3) To develop questioning skills
- CO5 (K5) To evaluate presentation skills

PO CO	P O 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14	PO 15
CO1	-	-	✓	-	-	-	-	✓	-	-	-	-	-	-	-
CO2	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO3	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-
CO4	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-
CO5	-	-	-	-	✓	-	-	-	-	-	-	✓	-	-	-

Subject In-charge: MS. D. VANITHA

Title of the Course/Paper		ABNORMAL PSYCHOLOGY – II					
Paper Number		CORE X					
Category Part - III	Core 10	Year	III	Credits	5	Course / Paper Code	20U6PYC10
		Semester	VI				
Instructional Hours per week		Theory (T)		Practical (P)		Total	
		6		-		6	
Objectives of the Course		<ul style="list-style-type: none"> • Understand the classification system • Understand the different types of disorders, its causes and treatment 					Hour/unit
Course Outline		UNIT I: PERSONALITY DISORDERS					12
		Personality Disorders – Clinical features, Categories of personality disorders -Cluster A Personality Disorders – Cluster B Personality Disorders – Cluster C Personality Disorders – Causes and Treatment.					
		UNIT II: SUBSTANCE-RELATED DISORDERS					12
		Substance Related Disorder – Depressants – Stimulators – Opioids – Hallucinogens – Causes and Treatment. Addiction disorders - Alcohol abuse and dependence, Drug abuse and drug dependence, Treatment and outcome.					
		UNIT III: SCHIZOPHRENIA					12
Schizophrenia- Origin, Prevalence and Onset- Clinical picture, Subtypes of Schizophrenia- Undifferentiated, Catatonic, Disorganized, Paranoid and Other Schizophrenic patterns, Causes of schizophrenia, Treatment and clinical outcomes							
		UNIT IV: SEXUAL VARIANTS, ABUSE AND DYSFUNCTION					12
		Sexual and gender variants- Paraphilias, Gender Identity Disorders, Sexual abuse - Sexual dysfunctions - Causes and treatment of sexual dysfunctions					
		UNIT V: PREVENTION AND TREATMENT					12
Prevention and treatment- Perspectives on prevention, Psychological approach to treatment- Behaviour therapy, Cognitive and Cognitive Behavioural therapiess, Humanistic and experiential therapy, Psychodynamic therapy, Family and marital therapy, Eclectism and integration							
		Total hours					60
Reference Books		<ol style="list-style-type: none"> 1. Barlow, D. H., & Durand, V.M. (2007). Abnormal Psychology, 4th ed. Pacific Grove: Brookes / Cole Publishing Co 2. Sarason, I. G. & Sarason, B. R., (2007). Abnormal Psychology. 10th ed. New Delhi : Pearson Education. 3. Alloy, L. B. & Riskind, J. H., Manos, M.J. (2005). Abnormal Psychology. 9th ed. Delhi: Tata McGraw Hill Publishing Company 					

COURSE OUTCOMES:

On the successful completion of the course, students will be able to

- CO1 (K2) To demonstrate methods of diagnosis and classification
- CO2 (K4) To analyze substance-related disorders
- CO3 (K5) To determine the clinical aspects of Schizophrenia
- CO4 (K5) To measure the personality disorders
- CO5 (K6) To discuss the prevention and treatment of disorders

PO CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14	PO 15
CO1	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO2	-	-	✓	-	-	-	-	✓	-	-	-	-	-	-	-
CO3	-	-	-	-	✓	-	-	-	-	-	-	✓	-	-	-
CO4	-	-	-	-	✓	-	-	-	-	-	-	✓	-	-	-
CO5	-	-	-	-	-	✓	✓	-	-	-	✓	-	-	✓	✓

Subject In-charge: MR. P. KARTHIKEYAN

Title of the Course/Paper		POSITIVE PSYCHOLOGY					
Paper Number		CORE XI					
Category Part - III	Core 11	Year	III	Credits	4	Course / Paper Code	20U6PYC11
		Semester	VI				
Instructional Hours per week		Theory (T)			Practical (P)		Total
		6			-		6
Objectives of the Course		<ul style="list-style-type: none"> -understand the concept of positive psychology and its approaches -understand the definition of health and related behaviour -understanding the various approaches towards positive mental health 					Hour/unit
Course Outline		UNIT I: BASICS IN POSITIVE PSYCHOLOGY Positive Psychology-Definition-Basic Assumptions- Nature-Principles-A brief History of Positive Psychology-Goals of Positive Psychology- Relationship between positive psychology and psychiatry- Character strengths and virtues- Future of Positive Psychology					12
		UNIT II: EMOTION FOCUSED APPROACHES Subjective Well – being : The science of Happiness and Life Satisfaction - Resilience in Development- Concept of Flow - Positive Affectivity, Positive Emotion - Social Construction of Self esteem - Adaptive potential of coping through emotional approach - Positive Psychology of Emotional Intelligence - Emotional Creativity.					12
		UNIT III: COPING AND INTERPERSONAL APPROACHES Positive response to loss: perceiving benefit and Growth - Pursuit of Meaningfulness in Life-Humor- Meditation and Positive Psychology - Spirituality. Interpersonal approaches- Relationship Connection- Compassion -Forgiveness- Love- Empathy and Altruism- Sources of Moral motivation					12
		UNIT IV: COGNITIVE AND SELF-BASED APPROACHES Creativity - Role of personal control in Adaptive Functioning - Well-Being: Mindfulness versus positive Evaluation - Optimism - Hope Theory - Self Efficacy - Problem Solving Appraisal and Psychological Adjustment - Setting Goals for Life and Happiness. Self – Based Approaches -Reality Negotiation - Authenticity - Uniqueness seeking – Humility.					12
		UNIT – V: POSITIVE PSYCHOLOGY IN PRACTICE Positive psychology for organization- Exercises and interventions in Positive Psychology- Positive Psychotherapy: Description and Effectiveness of Positive Psychotherapy-Yoga and Positive Psychology-Interventions for life above zero.					12
		Total hours					60

Reference Books	<ol style="list-style-type: none"> 1. Snyder, C.R. & Lopez, S.J. (2002). Handbook of Positive Psychology. Oxford University Press 2. Hart, R. (2020). Positive Psychology: The Basics. United Kingdom: Taylor & Francis. 3. Joseph, S. (2015). Positive Psychology in Practice: Promoting human flourishing in Work, Health, Education and Everyday life. Germany: Wiley. 4. Boniwell, I. (2012). Positive Psychology In A Nutshell: The science of Happiness, Third Edition. Open University Press. 5. Seligman, E.P. (2002) Authentic Happiness. Atria Books.
-----------------	--

COURSE OUTCOMES:

On the successful completion of the course, students will be able to

- CO1 (K2) To introduce the background of Positive Psychology
- CO2 (K4) To demonstrate methods of being happy
- CO3 (K5) To analyze coping approaches in positive psychology
- CO4 (K5) To determine the concept mindfulness and humility
- CO5 (K6) To understand the applications of Positive Psychology

PO CO	P O 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14	PO 15
CO1	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO2	-	-	✓	-	-	-	-	✓	-	-	-	-	-	-	-
CO3	-	-	-	-	✓	-	-	-	-	-	-	✓	-	-	-
CO4	-	-	-	-	✓	-	-	-	-	-	-	✓	-	-	-
CO5	-	-	-	-	-	✓	✓	-	-	-	✓	-	-	✓	✓

Subject In-charge: DR. C. PRASANTH

Title of the Course/Paper		PROJECT WORK / DISSERTATION																																
Paper Number		CORE XII																																
Category	Core 12	Year	III	Credits	4	Course /	20U6PYPR01																											
Part - III		Semester	VI			Paper Code																												
Instructional Hours per week		Theory (T)			Practical (P)		Total																											
		-			6		6																											
Course Outline		<p>(Introducing Research Component in Under-Graduate Psychology Course)</p> <ul style="list-style-type: none"> • Project work/Dissertation is considered as a special course involving application of knowledge in solving / analyzing /exploring real life psychological variables. • The objective of the Project work is to further the student's critical thinking and scientific enquiry of psychological concepts through systematic investigation. • Project work/Dissertation is prescribed for the 6th Semester Student and the student will be working under the teacher supervisor. • The student is to undergo a 2 week data-collection field visit. • Guides for the Project work will be allotted as per the student preference. • The Project work may be a survey (fact findings or exploratory nature). collection of clinical case studies, a Problem solving assignment, Verification of existing or established theory and any other assignment as approved by the respective faculty guide and the HOD. • The Project/Dissertation work consists of 5 credits. • A Project/Dissertation work is a compulsory core paper. 																																
NORMS FOR EVALUATION FOR PROJECT REPORT		<p>Maximum Marks: 100 (Project Report 60 + Viva Voce 40)</p> <table> <tr> <td>1. Introduction</td> <td>:</td> <td>05 Marks</td> </tr> <tr> <td>2. Methodology</td> <td>:</td> <td>10 Marks</td> </tr> <tr> <td>3. Review of Literature</td> <td>:</td> <td>10 Marks</td> </tr> <tr> <td>4. Results and Discussions</td> <td>:</td> <td>20 Marks</td> </tr> <tr> <td>5. Summary and Conclusion</td> <td>:</td> <td>10 Marks</td> </tr> <tr> <td>6. References or Bibliography</td> <td>:</td> <td>05 Marks</td> </tr> <tr> <td colspan="2">Project Report</td> <td>60 Marks</td> </tr> <tr> <td colspan="2">Viva -Voce Examination</td> <td>40 Marks</td> </tr> <tr> <td colspan="2">Total</td> <td>100 Marks</td> </tr> </table>						1. Introduction	:	05 Marks	2. Methodology	:	10 Marks	3. Review of Literature	:	10 Marks	4. Results and Discussions	:	20 Marks	5. Summary and Conclusion	:	10 Marks	6. References or Bibliography	:	05 Marks	Project Report		60 Marks	Viva -Voce Examination		40 Marks	Total		100 Marks
1. Introduction	:	05 Marks																																
2. Methodology	:	10 Marks																																
3. Review of Literature	:	10 Marks																																
4. Results and Discussions	:	20 Marks																																
5. Summary and Conclusion	:	10 Marks																																
6. References or Bibliography	:	05 Marks																																
Project Report		60 Marks																																
Viva -Voce Examination		40 Marks																																
Total		100 Marks																																

Subject In-charge: DR. C. PRASANTH

Title of the Course/Paper		HEALTH PSYCHOLOGY					
Paper Number		ELECTIVE – III					
Category	Elective 3 Part - IV	Year	III	Credits	2	Course / Paper Code	20U6PYE03
		Semester	VI				
Instructional Hours per week		Theory (T)			Practical (P)		Total
		4			-		4
Objectives of the Course		<ul style="list-style-type: none"> Know the meaning of health and the models of health. Understand the concept of health promotion 					Hour/unit
Course Outline		UNIT I: INTRODUCTION Definition of Health Psychology – The Mind Body Relationship – The need for the field of Health Psychology – The Bio - psychosocial Model in Health Psychology – Occupations in Health Psychology Becoming a Health Psychologist.					5
		UNIT II: HEALTH AND BEHAVIOURS An Introduction to Health Behaviours – Changing Health Habits – Cognitive Behavioural approaches to Health Behaviour Change – Transtheoretical Model of Behaviour Change Health enhancing behaviour - Exercise - benefits, determinants of regular exercise - Accident prevention - Cancer related health behaviour- weight control, maintaining a healthy diet					5
		UNIT – III: HEALTH COMPROMISING BEHAVIOUR Health compromising behaviour - Alcoholism and problem drinking - Smoking - why do people smoke - Intervention to reduce smoking - smoking prevention					5
		UNIT IV PSYCHOLOGY AND PHYSICAL HEALTH Health Psychology and Behavioural Medicine- Role of Psychologist in Health care Delivery- Psychological Interventions to Manage Hypertension, Obesity, Coronary Heart disease, Cancer, Infertility, Migraine.					5
		UNIT V: HEALTH PROMOTION Health Promotion – Health promotion and the practice of health behaviour -Barriers to effective health promotion - factors influencing the practice of health behaviour. – Changing Health Behaviours through Social Engineering – Venues for Health Habit Modification. Health Services – Management of Serious Illness					5
		Total hours					25
Reference Books		<ol style="list-style-type: none"> Taylor, E.S. (2006). Health Psychology (6th Ed.). New Delhi: Tata McGraw-Hill Company Ltd. Insel, T. R. (2022). Healing: Our Path from Mental Illness to Mental 					

- Health. United States: Penguin Publishing Group.
3. Ogden, J. (2004). Health Psychology (3rd Ed.). Berkshire: Open University Press.
 4. Sarafino, E. P. (2002). Health Psychology: Biopsychosocial Interactions. Fourth Edition. John Wiley and Sons Inc. New York.
 5. Marks, D. F., Murray, M., Evans, B. & Willing, C. (2000). Health Psychology - Theory, Research and Applications. Sage Publications, New Delhi.

COURSE OUTCOMES:

On the successful completion of the course, students will be able to

- CO1 (K2) To Illustrate definition and models of Health Psychology
- CO2 (K4) To analyze mind-body interactions to health-care consumers and professionals
- CO3 (K5) To determine the health conditions both acute and chronic
- CO4 (K5) To demonstrate the role of behavioural medicine in illness
- CO5 (K6) To discuss the prevention chronic and terminal illness

PO CO	P O 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14	PO 15
CO1	-	✓	-	-	-	-	-	-	-	-	-	-	-	-	-
CO2	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO3	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-
CO4	-	-	-	-	-	✓	✓	-	-	-	✓	-	-	✓	✓
CO5	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-

Subject In-charge: MS. D. VANITHA

Title of the Course/Paper		SELF AND PERSONAL GROWTH					
Paper Number		ELECTIVE – IV					
Category Part - IV	Elective 4	Year	III	Credits	2	Course / Paper Code	20U6PYE04
		Semester	VI				
Instructional Hours per week		Theory (T)		Practical (P)		Total	
		4		-		4	
Objectives of the Course		<ul style="list-style-type: none"> • Develop the basic understanding about the theoretical aspects of Personality • Understand about the different perspectives of Self • Enhance the fundamental knowledge about Personal Growth 					Hour/unit
Course Outline		UNIT I: INTRODUCTION Notion of Personality- Perspectives- Self as an object and as a process- Bases of Self knowledge					5
		UNIT II: SELF FROM A DEVELOPMENTAL PERSPECTIVE Ideas of William James, M. Lewis, Mead, Cooley, Robert Kegan, Carl Rogers					5
		UNIT III: SELF IN THE INDIAN THOUGHT Contributions of Indian thought to the understanding of self					5
		UNIT IV: SELF AND RELATIONSHIPS Importance of Family and Peer groups in one's life- Importance of Emotional Intelligence- Role of culture- Social Intelligence-Spiritual Intelligence-Decision-Making- Leadership					5
		UNIT V: SELF ACTUALIZATION AND GROWTH Self and Personal growth- Developing character strengths and virtues- Subjective Well-being- Optimism-Resilience					5
		Total hours					25
Reference Books		<ol style="list-style-type: none"> 1. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi. 2. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education. 3. Atwater, E. & Grover, D. & Karen (1999). Psychology for living: Adjustment, growth and behavior today. Prentice Hall. 4. Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge 					

COURSE OUTCOMES:

On the successful completion of the course, students will be able to

- CO1 (K2) To Illustrate the definition and models of Self
- CO2 (K4) To analyze theoretical aspects of Personality
- CO3 (K5) To determine the self from different perspectives
- CO4 (K5) To measure the self-esteem and self-concept
- CO5 (K6) To discuss the fundamental knowledge about personal growth

PO CO	P O 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14	PO 15
CO1	-	✓	-	-	-	-	-	-	-	-	-	-	-	-	-
CO2	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO3	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-
CO4	-	-	-	-	-	✓	✓	-	-	-	✓	-	-	✓	✓
CO5	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-

Subject In-charge: MS. L. LAVANYA

Title of the Course/Paper		PSYCHOLOGY OF ADJUSTMENT					
Paper Number		SBEC V					
Category Part - IV	SBEC 5	Year	III	Credits	2	Course / Paper Code	20U6PYS05
		Semester	VI				
Instructional Hours per week		Theory (T)		Practical (P)		Total	
		2		-		2	
Objectives of the Course		<ul style="list-style-type: none"> • -Understand the concept of adjustment • -Analyze the relationship between personality and adjustment • -Understand the importance of adjustment in various life areas • -Explore the facets of marital adjustment 					Hour/unit
Course Outline		UNIT - I : THE DYNAMICS OF ADJUSTMENT Adjustment: Meaning – The roots of happiness- Improving Academic Performance: Developing Sound Study Habits – Improving Your Reading – Getting More out of Lectures – Applying Memory Principles.					5
		UNIT –II : PERSONALITY AND ADJUSTMENT Personality: Meaning - Personality traits – Psychoanalytic theory – Pavlov's classical conditioning – Maslow's theory – Eysenk's theory.					5
		UNIT – III : STRESS AND ADJUSTMENT The Nature of Stress – Major Types of Stress: Frustration – Conflict – Change – Pressure. Responding to Stress – The Potential Effects of Stress - Factors influencing stress tolerance – stress management.					5
		UNIT – IV : INTERPERSONAL COMMUNICATION Process of Interpersonal Communication – Non-verbal communication – Toward More Effective Communication- Communication Problems – Interpersonal conflict – Developing Assertive skills					5
		UNIT - V : MARITAL ADJUSTMENT Moving Toward Marriage: The motivation to marry – Selecting a mate – Predictors of marital success. Marital Adjustment Across the Family Life Cycle - Vulnerable areas in Marital Adjustment – Divorce– Adjusting to divorce – Remarriage					5
		Total hours					25
Reference Books		<ol style="list-style-type: none"> 1. Wayne Weiten, Margret A. Lloyd. (2004). Psychology Applied to modern Life : (7TH Edition). 2. Crisp, R.J. and Turner, R.N. (2007). Essential Social Psychology. New Delhi : Sage Publications. 					

COURSE OUTCOMES:

On the successful completion of the course, students will be able to

- CO1 (K2) To Illustrate the dynamics of adjustment
- CO2 (K2) To interpret personality and adjustment
- CO3 (K3) To identify stress and adjustment
- CO4 (K6) To build interpersonal communication
- CO5 (K4) To examine marital adjustment

PO CO	P O 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14	PO 15
CO1	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO2	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO3	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-
CO4	-	-	-	-	-	✓	✓	-	-	-	✓	-	-	✓	✓
CO5	-	-	✓	-	-	-	-	✓	-	-	-	-	-	-	-

Subject In-charge: MS. L. GOKULA PRIYA

Title of the Course/Paper		CONSUMER BEHAVIOUR					
Paper Number		SBEC – VI					
Category Part - IV	SBEC 6	Year	III	Credits	2	Course / Paper Code	20U6PYS06
		Semester	VI				
Instructional Hours per week		Theory (T)			Practical (P)		Total
		2			-		2
Objectives of the Course		<ul style="list-style-type: none"> -To know the factors and facets of consumer behaviour -To understand the consumer behaviour in different setting -To understand the attitude of consumers and communication process -To develop basic skills decision making 					Hour/unit
Course Outline		UNIT -I: INTRODUCTION					5
		Definition, scope, consumer roles, history of consumer behaviour and the marketing concept, contributing disciplines and application of consumer behaviour. Market segmentation: need, types – geographic, demographic, psychographic and life style. Product positioning: need and strategy.					
		UNIT- II: FACTORS INFLUENCING CONSUMER BEHAVIOUR					5
		Consumer motivation: needs, goals, motive arousal, reactions to frustration. Consumer Personality: nature, influences on consumer behaviour. Consumer emotions: nature, uses in advertising. Consumer Perception and its implications. Consumer Learning: Classical and Instrumental theories in the context of consumer behaviour.					
		UNIT- III: CONSUMER ATTITUDE AND COMMUNICATION PROCESS					5
Attitude: functions, Tri-component attitude model and Katz's models of attitude and attitude change. Post purchase attitude change: cognitive dissonance theory and attribution theory. Marketing communication: process, barriers, types of communication systems, Source, Message and Medium of Communication							
UNIT- IV: CONSUMERS IN THEIR SOCIAL AND CULTURAL SETTINGS					5		
Reference group: Nature, types and influences on consumers. Family life cycle stages, nature of household and purchases and family decision making and resolving conflict. Social class: Nature of social class, symbols of status, concept of money and social class, social class categories and consumer behaviour.							
UNIT- V: CONSUMER DECISION MAKING					5		
Consumer decision: Stages in consumer decision process – situational influence, problem recognition, information search, evaluation of							

	alternatives and selection, outlet selection and purchase and post purchase action. Organizational Buyer: nature, market structure and pattern of demand, characteristics, decision approach, purchase pattern and organizational buyer decision process.	
	Total hours	25
Reference Books	<ol style="list-style-type: none"> 1. Kumar, A and Singh, K. (2013). Consumer Behaviour and Marketing Communication: An Indian Perspective 1st Edition. Dreamtech Press, New Delhi. 2. Schiffman LG and Kanuk LL (2007), Consumer Behaviour, 9th edition, Prentice-Hall of India Pvt Ltd, New Delhi, India 3. Batra Satish K and S.H.H. Kazmi (2004), Consumer Behaviour – Text and Cases, Excel Books, A- 45, Naraina, Phase I, New Delhi, India. 	

COURSE OUTCOMES:

On the successful completion of the course, students will be able to

- CO1 (K1) To know the factors and facets of consumer behavior
- CO2 (K2) To demonstrate the factors influencing consumer behavior
- CO3 (K3) To develop consumer attitude and communication process
- CO4 (K6) To build consumers social and cultural settings
- CO5 (K3) To develop consumer decision making

PO CO	P O 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14	PO 15
CO1	-	✓	-	-	-	-	-	-	-	-	-	-	-	-	-
CO2	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	-
CO3	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-
CO4	-	-	-	-	-	✓	✓	-	-	-	✓	-	-	✓	✓
CO5	-	-	-	✓	-	-	-	-	-	✓	-	-	✓	-	-

Subject In-charge: DR. C. PRASANTH

QUESTION PAPER PATTERN
(For Theory & Problem oriented subjects)

Time: 3 Hours

Max. Marks: 75

PART – A (20 x 1 = 20 Marks)

Answer All the Questions (From each unit Four questions)

PART – B (5 x 5 = 25 Marks)

Answer All Questions (Either or Type) (From each unit One question)

PART – C (3 x 10 = 30 Marks)

Answer Any Three out of Five Questions (From each unit One question)