### **CENTRAL UNIVERSITY OF SOUTH BIHAR**



(Five - Year Integrated UG-PG Program in Psychology)

# **Syllabus**

**Under Choice Based Credit System/NEP-2020 Draft** (Effective from Academic Session 2024-2025 onwards)

# Department of Psychological Sciences School of Human Sciences

#### **Proposed**

#### Five- Year Integrated UG-PG Program(Psychology)

#### **According to NEP-2020**

Department of Psychological Sciences, CUSB, Gaya (Bihar)

#### School of Human Sciences

The School of Human Sciences aims to study human beings as a social, cultural and biological species as well as in the context of their experiences, activities, constructs and artefacts. The Human nature is not discipline bound and therefore the School emphasizes interdisciplinary approach to understand it. The vision of the School is to meet challenges imposed on human beings and humanity at large, and to accomplish prosperous human society. The school has a mission to pursue quality education and research for greater understanding of human nature and challenges faced by humanity. Disciplines like Anthropology, Psychology, Social Work and other Social Sciences interactively may engage in research leading to knowledge system that serves the development of mankind. The objective of the school is to create of advance scientific knowledge in various human sciences through research.

Presently the School of Human Sciences has one department- the Department of Psychological Sciences. The Department of Psychological Sciences is fully functional and offering Masters Programme and Ph.D programme.

## **Department of Psychological Sciences**

The Department of Psychological Sciences came in existence in August 2011. The Department was set up to develop an awareness of the importance of studying human behaviour and the societal relevance of psychology. It is presently offering Master's and Ph.D programmes in Psychology. Department also participates in enhancing the

overall well-being of students by facilitating their emotional, interpersonal and intellectual development through Students Career Counselling Cum Well Being Centre.

The **Vision** behind starting this department is to spread and create world class knowledge in the field of psychology. The department recognizes the immense potential of psychology and its utility in improving quality of life of individuals and society.

The **Mission** of the department is to educate and train such psychologist who can serve the humanity.

#### Name of the program:

#### Five-Year Integrated UG-PG Program in Psychology

Vision of the Program: To impart quality knowledge about psychology, enhance research orientation, updating skills and cultivating values and ethics among students. Objectives/Goals of the Program: The Department offers *Five-Year Integrated UG-PG Program in Psychology* which is of 10 semesters with multiple entry and exist, and the curriculum is so designed as to provide strong theoretical, methodological and contemporary knowledge of various areas of Psychology to the students. This provide an opportunity to student for multiple entry and exist. The purpose is to equip the students with knowledge, skills and values to become effective and competent professional psychologist. During the course, the students are taken for field visit at mental health centers and other allied field related organizations besides interactive classroom teaching and laboratory training. This programme also offering learning opportunities to orient the students towards scientific study of the complexities of human mind and behaviour, imparting knowledge of basic psychological concepts and methods and developing ability to appreciate the challenges in field setting. This would also be helping the students to develop professional skills that empowers the student to

gain employment, as well as contribute towards the well-being of individuals and community at large and promote harmony in the society. Time to time extended lectures from experts in relevant field is also conducted. Department provides specialization in the field of Clinical Psychology, Health Psychology, Organizational Behaviour and Social Psychology. The dissertation/ project work is intended to give an essence of research work for excellence in specific areas.

#### **Program outcomes:**

The prime outcomes of Five - year Integrated UG- PG programme in Psychology are as follows:

- To create a strong research oriented theoretical and practical foundations in consonance with recent advances in the psychology.
- To promote healthy interface between academia and society
- To cultivate human values, ethics and positive life skill in the students
- To familiarize the students with rich system of psychology in Indian knowledge system.
- A) **Program learning specific outcomes**: The learning outcomes that a student should be able to demonstrate on completion of this programme are as follows:

#### Academic and professional competencies:

- Students would get scientific knowledge about basic human nature and methods of psychology.
- Basic professional skills pertaining to psychological testing, assessment, research,
   psychological intervention and counselling processes
- This academic training enables the students to work in a broad range of settings such as, medical, organization, counselling centers, NGOs, researchers and academicians. They would develop ability to use learned skills in specific areas.

- Employ skills and competencies required for practicing as a clinical psychologist
- Conduct research in the area of clinical psychology/ Counselling Psychology
  relevant to practice needs and to take step to understand and provide solution of
  the social-personal problems.

#### Personal and Behavioral competencies:

- Some of the courses of this programme would help the students in developing positive attributes in self and equipped them with skills of self-monitoring.
- Students would develop cultural sensitivity especially our enriched Indian traditions, values etc.

#### **Social Competencies:**

- Have an adequate grasp of the ethical standards of the profession and apply them in their practice.
- Developing commitment to health and well-being at different levels (Personal, Group, Community)
- Course under this programme also help the students to understand some current social problems from the psychological perspective and provide some solution also.

#### **Eligibility Criteria:**

The eligibility conditions for admission into Five-Year Integrated UG-PG Program

in Psychology degree program shall as follows:

10+2 or equivalent examination in any stream from any recognized Board/University with at least 50% marks for General/OBC and 45% marks for SC / ST/PWD candidate.

However, the eligibility conditions for admission into **Five - Year Integrated UG-PG Program in Psychology** and intake of the program shall be directed by the University Admission, Teaching and Evaluation Committee (UATEC) from time to time.

Multiple exist and entry criteria is as per the ordinance Governing Five Year Integrated UG-PG Programme: Science, Arts and Commerce-2024" or its revision which will occur time to time.

Different levels of Multiple Entry and Exist System and its credits requirements:

SN	<b>Entry Points</b>	Basic Eligibility	Mode of entrance
1	Semester -I	10+2 or equivalent examination in any stream from any recognized Board/ University with at least 50% marks for General/OBC and 45% marks for SC/ST/PWD candidate.	Common Entrance Test organized by University or any recognized body
2	Semester-III	40 credits with a UG certificate	Counselling- Cuminteraction comprising 100 marks
3	Semester-V	80 Credits with a two Year UG Diploma	Counselling- Cuminteraction comprising 100 marks
4	Semester-VII	120 Credits with a Degree of Bachelor in Arts/ Science	Counselling- Cuminteraction comprising 100 marks
5	Semester-IX	160 Credits with a Degree of Bachelor in Arts/ Science with Research	Counselling- Cuminteraction comprising 100 marks

**Intake:** As per the decision of University (CUSB, Gaya)

# Award of the degree after this completion of the program/ Award of the certificate/ Diploma/Degree along with multiple exist options:

SN	<b>Exit Points</b>	Prerequisites	Qualification	NHEQF level
			title	
1	After completion of	Earning of 40 credits	UG certificate	
	Semesters 1 & 2	along with an exist 4	in Psychology	Level 4.5
		credit skill	with	
		enhancement course	specialization	
			in (Specific	
			Skill)	
2	After completion of	Earning of 80 credits	UG Diploma in	Level 5
	semesters 1,2,3,&4	along with an exist 4	Psychology	
		credit skill	with	
		enhancement course	specialization	
			in	
			(Psychological	
			<b>Issues</b> and	
			First Aid)	
3	After completion of	Earning of 120 credits	B.A./B.Sc. In	Level 5.5
	semesters 1-6		Psychology*	
4	After completion of	Earning of 160 credits	B.A./B.Sc. In	Level 6
	semesters 1-8		Psychology	
			with Honours/	
			Research*	

5	After completion of	Earning of 200 credits	M.A./M.Sc.( I	Level 6.5
	semesters 1-10		ntegrated) in	
			Psychology	
6	After completion of	80 credits	Two Year	Level 6.5
	semesters 7,8,9,10		M.A./M.Sc in	
			Psychology**	
7	After completion of	40 credits	PG Diploma in	Level 6
	semesters 7 &8		Psychology	
8	After completion of	48 credits	One year	Level 6.5
	semesters 9 & 10		Master Degree	
			in	
			Psychology**	

<sup>\*</sup>Student shall receive degrees in such streams Science or Arts in which s/he earns credits more than 50 % out of total credits to be earned in minor subjects opted by him or her.

#### **Course Structure**

**Central University of South Bihar** 

<sup>\*\*</sup> Student shall receive degrees in such streams Science or Arts in which s/he earns credits more than 50 % out of total credits to be earned in minor subjects opted by him or her or at entry level having degree in Arts or Science whichever is applicable

### Department of Psychological Sciences School of Human Sciences COURSE STRUCTURE

# Five Year Integrated UG- PG Program in Psychology (Effective from academic session 2024-2025 )

#### **SEMESTER-I**

Semester	Nature of the Course	Credits	Course Title	Credits
	Major	PSY51MJ00104	Introduction to Psychology	4
ı	Minor*			4
	Multi-Disciplinary			3
	Ability Enhancement			2
	Course (AEC)*			
	Skill Enhancement			3
	Course (SEC)			
	Value Added Course			2
	(VAC) I & II			2
	•	Total Credits	•	20

Skill enhancement courses ( Basket)						
Opt any one from the basket						
Course Code Course Title Credit Opt						
PSY51SE00203	Emotional Intelligence	3				
PSY51SE00303	Coping & Stress Management	3				

,	Value Added courses ( Basket)  Opt any two from the basket  Course Code Course Title Credit Opt in						
Course Code							
PSY51VA00402	Science of Happiness	2					
PSY51VA00502	Indian Knowledge System & Psychology	2					
PSY51VA00602	Psycho Social Rehabilitation	2					
Mu	   lti-disciplinary courses ( Basket)						

Opt any one from the basket						
Course Code Course Title Credit O						
PSY51MD00703	Youth and Mental health	3				
PSY51MD00803	Youth Gender and Identity	3				

Minor ( Offered for other Department)								
Course Code	Course Title	Credit	Opt in					
PSY51MJ00104	Introduction to Psychology	4						

#### **SEMESTER-II**

Semester	Nature of the Course	Course Code	Course Title	Credit
II	Major	PSY52MJ00904	Biopsychology	4
	Minor*			4
	Multi-Disciplinary			3
	Ability Enhancement Course			2
	(AEC)			
	Skill Enhancement Course			3
	(SEC)			
	Value Added Course (VAC) III			2
	& IV			2
	To	tal Credit		20
	Exit with	h UG certificate		
Summer Vacation (8 weeks)	Exit 4 credit skills enhan	cement course: Summer internsh	ip/ Fieldwork	
	Grand Tota	al (Semester I & II)		40

The students on exit shall be awarded Undergraduate Certificate (in the Field of Study/Discipline) after securing the requisite 40 Credits in Semester 1 and 2 provided he/she should earn additional 4 credits through Summer Internship/ Fieldwork.

#### EXIT WITH UNDERGRADUATE CERTIFICATE IN PSYCHOLOGY

Skill enhancement courses ( Basket)					
Course Code	Course Title	Credit	Op in		
PSY52SE01003	Effective Decision Making	3			
PSY52SE01103	Counselling skills for Psychological Intervention	3			
Val	lue Added courses ( Basket)				
Course Code	lue Added courses ( Basket)  Course Title	Credit	_		
		Credit 2	Op in		
Course Code	Course Title Yoga, Health and Mental Well		_		
Course Code PSY52VA01202	Course Title  Yoga, Health and Mental Well Being Neuropsychological	2	_		

Multi-disciplinary courses ( Basket)						
Course Code	Course Title	Credit	Opt in			
PSY52MD01603	Psychology for Health and Well Being	3				
PSY52MD01703	Psychology at work	3				
PSY52MD01803	Inter Group Relation	3				

Minor ( Offered for other Department)								
		T						
Course Code	Course Title	Credit	Opt in					
PSY52MJ00904	Biopsychology							

#### **SEMESTER-III**

Semester	Nature of the Course	Course Code	Course Title	Credits
		PSY61MJ01904	Social psychology	4
	Major			
		PSY61MJ02004	Statistical Methods for	4
Ш			Psychological Research	
	Minor*			4
	Multi-Disciplinary			3
	Ability Enhancement			2
	Course (AEC)			
	Skill Enhancement			3
	Course (SEC)			
		Total Credit	·	20

Skill enhancement courses ( Basket)				
Course Code	Credit	Opt in		
PSY61SE02103	Life Skills	3		
PSY61SE02203	Sports and Exercise Psychology	3		

Mul	Multi-disciplinary courses (Basket)				
Course Code	Course Title	Credit	Opt in		
PSY61MD02303	Cyber bullying	3			
PSY61MD02403	Psychology of Human Development	3			
		3			

Minor ( Offered for other Department)						
Course Code	Course Code Course Title Credit Opt in					
PSY61MJ01904	Social psychology	4				
PSY61MJ02004	Statistical Methods for Psychological Research	4				

### **SEMESTER-IV**

Semester	Nature of the Course	Course Code	Course Title	Credits
	Major	PSY62MJ02504	Introduction to Psychological Research Methods	4
IV	, l	PSY62MJ02604	System and School of Psychology	4
		PSY62MJ02704	Psychological Disorders and Therapy	4
		PSY62MJ02802	Practicum	2
	Minor*			4
	Ability Enhancement Course (AEC)			2
I I	000.00 (7.120)	Total Credit		20
		Exit with UG Diploma		
Summer Vacation (8 weeks)	Exit 4 credit sk	xills enhancement course: □□Su	mmer internship/ Fieldwork	
	Gran	d Total (Semester I, II, III and I	IV)	80 credit
tudy/Discip rovided the	line) after securin y he/she should ea	rn additional 4 credits thr	on completion of Semester IV ough Summer Internship/	
ieldwork of	fered during First	t Year or Second Year sum	nmer term.	
EXI	T WITH DIPL	OMA IN PSYCHOLO	GY with specialization in	

# **EXIT WITH DIPLOMA IN PSYCHOLOGY with specialization in Psychological Issues and First Aid**

Minor ( Offered for other Department)				
Course Code	Course Title	Credit	Opt in	
PSY62MJ02604	System and School of Psychology	4		
PSY62MJ02704	Psychological Disorders and Therapy	4		
PSY62MJ02504	Introduction to Psychological Research Methods	4		

#### **SEMESTER-V**

Semester	Nature of the Course	Course Code	Course Title	Credits
		PSY71MJ02904	Clinical psychology	4
		PSY71MJ03004	Life Span Development	4
	Major	PSY71MJ03104	Industrial and	4
v			Organizational Psychology	
		PSY71MJ03202	Psychodiagnostic	2
	Minor			4
	Internship#	PSY71MJ03302		2
		Total Credit		20

Minor ( Offere	Minor ( Offered for other Department)				
Course Code	Course Title	Credit	Opt in		
PSY71MJ02904	Clinical psychology	4			
PSY71MJ03004	Life Span Development	4			
PSY71MJ03104	Industrial and Organizational Psychology	4			

#Students may go for internship in offline / online mode. In online mode it may be workshop or hand on training program of one week/ two weeks.

#### **SEMESTER-VI**

Semester	Nature of the Course	Course Code	Course Title	Credits
		PSY72MJ03404	Guidance and Counselling	4
VI		PSY72MJ03504	Applied Psychology	4
	Major	PSY72MJ03604	Advanced Research	4
			methodology & Design	
		PSY72MJ03704	Educational Psychology	4
	Minor			4

Total Credit	20
Grand Total (Semester I, II, III and IV, V and VI)	120
The students on Exit shall be awarded with Bachelor Degree	
Exit with Bachelor Degree in Psychology (B.A./ B.Sc in Psychology)	

<sup>\*</sup>A student shall be eligible for the award of Bachelor Degree in Psychology after successful completion of 120 credits from semester 1 to semester 6. No summer internship or Fieldwork of additional 4 credits will be required to achieve this award (ordinance page no 19).

Minor ( Offered for other Department)				
Course Code	Course Title	Credit	Opt in	
PSY72MJ03404	Guidance and Counselling	4		
DCVZZNAJOZEGA	Annillad Banahalama			
PSY72MJ03504	Applied Psychology	4		
PSY72MJ03704	Educational Psychology	4		

#### **SEMESTER-VII**

Semester	Nature of the Course	Course Code	Course Title	Credits
	Major	PSY81MJ03804	Neuropsychology	4
VII	,	PSY81MJ03904	Advanced Cognitive	4
			Psychology	
		PSY81MJ04004	Psychological Assessment	4
		PSY81MJ04104	Quantitative Methods of Data	4
			Analysis	
	Minor/ OEIC			4
		Total Credit		20

Minor ( Offer	ed for other Department)		
Course Code	Course Title	Credit	Opt in
PSY81MJ03804	Neuropsychology	4	
PSY81MJ03904	Advanced Cognitive Psychology	4	
PSY81MJ04004	Psychological Assessment	4	
PSY81MJ04104	Quantitative Methods of Data  Analysis	4	

#### **SEMESTER-VIII**

	Semester	Nature of the Course	Course Code	Course Title	Credits
			PSY82MJ04204	Advanced Social Psychology	4
	VIII	Major	Select either three theory of 4 credits each		cts of 12
			crec	iits	
		_	PSY82MJ04304	Positive Psychology	12
		-	PSY82MJ04404	Motivation and Emotion	(4 credits
			PSY82MJ04504	Self and Personality	each)
			PSY82MJ04612	Research projects*	12
		Minor/OEIC*			4
			Total Credit		20
			Grand Total (Semester I - VIII)		160
H			be awarded Bachelor of (in the Field rs) after securing the requisite 160 C		
	Exit wi	th Degree of	f B.A./B.Sc in Psychology with I	Honours/ Research	

Minor ( Offe	ered for other Department)		
Course Code	Course Title	Credit	Opt in
PSY82MJ04204	Advanced Social Psychology	4	
PSY82MJ04304	Positive Psychology	4	
PSY82MJ04404	Motivation and Emotion	4	
PSY82MJ04504	Self and Personality	4	

<sup>\*</sup>Students entered in two-year PG programme will not allowed to choose project in this semester.

#### **SEMESTER-IX**

Semester	Nature of the	Course Code	Course Title	Credits
	Course			
				4
				4
IX	Major			4
				4
				4
		Select either all theory courses of	of 4 credits each or either select Research	projects
			of 20 credits	
		PSY91MJ05320	Research project: 1 *	20
		Total Credit		20
	Exit with	Post Graduate Diploma	in Psychology	

# (Research in IX semester is only for those students who want to earn 40 credits from the Research Project)

\* Research project in this semester will be carried out in the university.

	Basket					
Opt a	Opt any five from the basket					
Course Code	Course Title	Credit	Opt in			
PSY91MJ04704	Advanced Psychopathology	4				
PSY91MJ04804	Counselling skills	4				

PSY91MJ04904	Qualitative Methods of Data  Analysis	4	
PSY91MJ05004	Human Resource Management	4	
PSY91MJ05104	Health Psychology :Theory and Practice	4	
PSY91MJ05204	Media Psychology	4	
	SWAYAM	4	

Minor ( Of	Minor ( Offered for other Department)/ OEIC				
	1	_			
Course Code	Course Title	Credit	Opt in		
PSY91MJ04704	Advanced Psychopathology	4			
PSY91MJ04804	Counselling skills	4			
PSY91MJ04904	Qualitative Methods of Data Analysis	4			
PSY91MJ05004	Human Resource Management	4			
PSY91MJ05104	Health Psychology :Theory and Practice	4			
PSY91MJ05204	Media Psychology	4			

#### **SEMESTER-X**

Semester	Nature of	Course Code	Course Title	Credits
	the Course			
				4
				4
Х	Major			4
				4
				4
		Select either all theory courses of	4 credits each or either select Research pro	ojects of
			20 credits	
		PSY92MJ06120		20
			Research project-II*	

	Total Credit		20
	Exit with Master Deg	gree	
	M.A./M.Sc in Psychol	logy	

<sup>\*</sup>Research project in this semester will be carried out either in the university or outside the university.

	Basket					
Opt any	Opt any five from the basket					
Course Code	Course Title	Credit	Opt in			
PSY92MJ05404	Advanced Psychotherapy	4				
PSY92MJ05504	Clinical Assessment	4				
PSY92MJ05604	Rehabilitation Psychology	4				
PSY92MJ05704	Community Psychology	4				
PSY92MJ05804	Cultural psychology	4				
PSY92MJ05904	Forensic Psychology	4				
PSY92MJ06004	Developmental Disabilities and Psychological Intervention	4				
	SWAYAM					

Minor ( Offer	Minor ( Offered for other Department)/ OEIC					
Course Code	Course Title	Credit	Opt in			
PSY92MJ05404	Advanced Psychotherapy	4				
PSY92MJ05504	Clinical Assessment	4				
PSY92MJ05604	Rehabilitation Psychology	4				
PSY92MJ05704	Community Psychology	4				
PSY92MJ05804	Cultural psychology	4				
PSY92MJ05904	Forensic Psychology	4				
PSY92MJ06004	Developmental Disabilities and Psychological Intervention	4				

#### **Remarks:**

#### **Types of Courses:**

1. **Major Courses (Core/ Elective):** The core Major Courses are those courses whose knowledge is deemed essential for the students registered for a particular Integrated Program and the students admitted in that Program shall be required to study these courses compulsory as a core requirement. The core courses aim to cover the basics that a student is expected to imbile in that particular discipline. **The core elective courses** are courses which can be chosen from a pool of courses and which may be very specific or specialized or advanced or supportive to the discipline / Subject of study or which provides extended scope or enables an exposure to some other discipline subjects/domain or which nurtures the candidate's proficiency skills.

#### These courses are offered by the department itself.

- 2. **Minor Course:** Major courses can be opted by students of other departments as Minor Courses. Any paper offered by other department of the School of Social Sciences or any other allied Departments /Schools as minor course. The course code will depend on the course opted by the student from concerned department or **Any one paper/course offered by SWAYAM/MOOCs with the permission and approval of the department.**
- 3. Multidisciplinary Courses (09 Credits): (Courses from other Discipline). All UG students are required to undergo 3 introductory level courses relating to any of the broad disciplines. Students are not allowed to choose or repeat courses already undergone at the higher secondary level (12<sup>th</sup> Class) in the proposed major and minor stream under this category. Any paper offered by department /other department of the School of Social Sciences or any other allied Departments /Schools as multidisciplinary course. The course code will depend on the course opted by the student from concerned department. Or Any one paper/course offered by SWAYAM/MOOCs which is multidisciplinary in nature with the permission and approval of the department.
- 4. Ability Enhancement Course (08 Credits): Modern Indian Language(MIL) & English Language focused on language and communication skills. Any course which is offered by the department of Hindi/ English or other Department as Ability Enhancement Course or Any one paper/course offered by SWAYAM/MOOCs which is Ability Enhancement Course in nature with the permission and approval of the department.
- 5. **Skills Enhancement Courses (09 credits):** These courses are aimed at imparting practical skills, hands on training, soft skills etc, to enhance the employability of students. *Any paper/ Course offered by department /other department of the School of Social Sciences or any other allied Departments /Schools as skills enhancement course.* The course code will depend on the course opted by the student from concerned department. **Any one paper/course offered by SWAYAM/MOOCs which is skill enhancement in nature with the permission and approval of the department.**
- 6. Value Added Courses (08 credits): Any paper/ Course offered by department /other department of the School of Social Sciences or any other allied Departments /Schools as value added course. The course code will depend on the course opted by the student from concerned department. Or Any one paper/course offered by

# SWAYAM/MOOCs which is value added in nature with the permission and approval of the department.

- 7. Only those students having CGPA more than 7.5 throughout the previous semesters may undertake Research projects (of 12 credits in VIII semester & 20 credits in IX & X semesters).
- 8. In semesters 9 & 10, there are three choices for the students:
- 1) Earn all 40 credits from courses
- 2) Earn 20 credits from courses and 20 credits from research project
- 3) Earn 40 credits from research project
- 9. A student shall be required to earn a minimum of 10 percent and a maximum of 40 percent of the total required credits to have a certificate / diploma/degree from other departments or SWAYAM platform.
- 10. Number of course/s open or offered by the department in concerned semester under the Minor course, Skill enhancement Course, Multi-disciplinary course and Value added course will be depending upon the availability of the course instructor and resources.

#### **About SWAYAM Platform:**

The Department of Psychological Sciences is committed to encourage blended mode of learning among students in congruence with the implementation of NEP-2020 at CUSB. The details regarding SWAYAM platform is enumerated below:

- \* SWAYAM approved courses (up to 40% of the courses may be taken from SWAYAM platform) subject to approval from the concerned Department.
- \*\* Since courses from SWAYAM are flexible and may tend to change, hence students may opt/select/ choose when it is available on SWAYAM platform.\
- \*\*\*The students should opt SWAYAM courses after concerned with the departmental SWAYAM course coordinator.
- \*\*\*\*SWAYAM course credits and duration of course will be decided by departmental SWAYAM course coordinator and departmental committee.