

Department of Psychology
(Prof. Rajendra Singh (Rajju Bhaiya) University, Prayagraj)

(2024-2025 onwards)

Structure of Syllabus for the Program:
BA Psychology (2024-2025 onwards)

Syllabus Developed by:

Name	Designation	Affiliation
Steering Committee		
Mrs. Monika. Garg {I.A.S.}, Chair person Steering	Additional Chief Secretary	Dept. of Higher Education U.P., Lucknow
Prof. PoonamTandon	Professor, Dept. of Physics	Lucknow University, U.P.
Prof. Hare Krishna	Professor, Dept. of Statistics	CCS University Meerut, U.P.
Dr. DineshC.Sharma	Associate Professor	K. M. Govt. Girls P.G. College Badalpur, G.B. Nagar,U.P.
Supervisory Committee		
Arts and Humanities Stream		
Prof. Divya Nath	Principal	K.M. Govt. Girls P.G.College Badalpur,G.B. Nagar,U.P.
Prof. Ajay Pratap Singh	Dean, Faculty of Arts	Ram Manohar Lohiya University, Ayodhya
Dr. Nitu Singh	Associate Professor	HNB Govt P.G College Prayagaraj
Dr. Kishor Kumar	Associate Professor	K.M. Govt.Girls P.G.College Badalpur, G.B. Nagar,U.P.
Dr. Shweta Pa ndey	Assistant Professor	Bundelkhand University, Jhansi

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3 Year Undergraduate Programme

Year	Sem.	Course Code	Course Type	Course Name	Maximum Credits	MM : 100	
						CIE	ETE
1	I	A090101T	T	Basic Psychological Processes	4 Credits	25	75
		A090102P	p	Lab Work	1 Credits	25	75
	II	A090201T	T	Basic Research Methodology and Statistics	4 Credits	25	75
		A090202P	P	Psychological Testing	1 Credits	25	75
2	III	A090301T	T	Psychology of Social Behaviour	4 Credits	25	75
		A090302P	P	Lab Work and Measurement of Social Behaviour	1 Credits	25	75
	IV	A090401T	T	Abnormal Psychology	4 Credits	25	75
		A090402P	P	Assessment	1 Credits		
3	V	A090501T	T	Life Span Human Development	5 Credits	25	75
		A090502T	P	Positive Psychology	4 Credits	25	75
		A090503P	T	Lab Work/Field Visit	1 Credits	25	75
	VI	A090601T	P	Community and Health Psychology	5 Credits	25	75
		A090602T	T	Counseling Psychology	4 Credits	25	75
		A090603P	P	Lab Work/Project Work	1 Credits	25	75

Note- There is: CIE – Continuous Internal Evaluation, ETE – End Term Examination (University Exams)

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Year-1
Semester I:

A090101T: Basic Psychological Processes:

Credit : 4 (Theory)

Course Outcome: The students will learn about the fundamental processes and core psychological concepts, models, classical theories, varied perspectives, and will be able to apply them in their own and in others lives. It will also give the learner a clear understanding of the concepts like intelligence, motivation, emotion and personality. It will develop critical analytical skills regarding these individualistic traits

- I. Psychology: Nature Scope and Applications; Approaches: Psychodynamic, Behavioristic, Cognitive, Humanistic and Indian Psychology (with special reference to Shrimad Bhagwad Gita, Sankhya Darshan and Buddhism).
- II. Attention Processes: Selective and Sustained Attention: nature and Determinants: Perceptual Processes: Nature and. Determinants; Perceptual Organizations, Perceptual Illusions.
- III. Learning: Classical Conditioning, Operant Conditioning and Verbal Learning: Methods and Procedures.
- IV. Memory and Forgetting: Stages of Memory, Types of Memory, Forgetting: Interference and Cue- Dependent Forgetting
- V. Intelligence: Nature and Definition; Concept of IQ: Theories on Introduction: Spearman, Thurston, Guilford, Sternberg, Gardner.
- VI. Personality: Definition and Determinants; Approach of Personality (Basic Concepts): Trait approaches (Allport and Cattell); Psychodynamic (Freud); Humanistic (Rogers and Maslow).
- VII. Motivation: Nature and Concept (Needs, Drives, Instincts); Types of Motives: Biological and Social Motives; Pull and Push Mechanism; Intrinsic Motivation.
- VIII. Emotion: Nature of Basic , Emotions. Expressions of Emotion: Universal Versus, Culture Specific; Theories of Emotion: James-Lange, Cannon-Bard, Schachter-Singer.

Suggested Readings:

1. Baron, R. A. (2002). Psychology (5th Edition), New Delhi, Pearson Education.
2. Feldman, R.S. (2004). Understanding Psychology (6th Edition), New Delhi, Tata Mc. Graw Hill.

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3. Dash, U.N., Dash, A.S., Mishra, H.C., Nanda, G.K. & Jena, N. (2004). Practical Exercises in Psychology: Learning about Yourself and Others. Panchasila, Bhubaneswar
4. Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, Divya Prakashani, Samantarapur, Bhubaneswar.
5. Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (2008). Introduction to psychology (7th edition) Bombay: Tata-McGraw Hill.
6. Hilgard & Atkinson- Introduction to Psychology (2003) 14th Edition, Thomson Learning Inc
7. Ciccarelli, S.K., White, N.J., & Misra, G. (2017). Psychology(5th Edition, South Asian Edition) New Delhi: Pearson Education.
8. Suhotra(2007). Vedantic Psychology: India's ancient version of the Mind. The Bhaktivedanta Academy.
9. Singh, Arun Kumar (2006). Advance Social Psychology. Motilal Banarasidas Publication, Varanasi .
10. Swami Akhilanand (2001) Hindu Psychology: It's meaningfor theWest. Taylor & Francis
11. Suggested digital platform web links:
[http://heecontent.upsdc.gov.in/ Home.aspx](http://heecontent.upsdc.gov.in/Home.aspx)
<http://www.apa.org>

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A090102 P: Lab Work:

Credit: 1 (Practical)

Course Outcome: Students will be imparted a variety of skills to design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report.

- I. Any one experiment based on Attention/ Perceptual Processes
- II. Any one experiment based on Classical Conditioning/ Operant Conditioning/ Verbal Learning
- III. Any one experiment based on Memory/ Forgetting
- IV. Any one experiment based on Motivational/Emotional Processes.

Suggested Readings:

Suggested digital platform web links: [http://heecontent.upsdc.gov.in/](http://heecontent.upsdc.gov.in/Home.aspx) Home.aspx

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SEMESTER II

A090201T : Basic Research Methodology And Statistics:

Credit: 4 (Theory)

Course Outcome: The learner will be able to comprehend psychological data and can put them on appropriate scaling method. Moreover, they will be getting hold of essential of psychological testing along with various kinds of tests implemented.

- I.** Measurement: Nature and Scales of Psychological Measurement; Properties and Functions of Measurement.
- II.** Scientific Approach: Aim and Functions; Research Methods: Experimental, Correlational and Observational; Variable concept and types; Hypothesis: Types and Criteria.
- III.** Psychological Statistics: Introduction; Descriptive Statistics: Measures of Central Tendency and Measures of Variability; Graphical Representation of Data.
- IV.** The Normal Distribution: Meaning and Uses, Significance of Statistics, t test.
- V.** Correlation: Types and Interpretation; Chi-Square tests.
- VI.** Tests: Concepts and Types ; Psychometric Properties of Tests: Validity and Reliability: Nature and Types.
- VII.** Intelligence Testing: Measurement of abilities: Stanford Binet, and Wechler Test of Intelligence, Culture Fair Test: Structure and Application.
- VIII.** Personality Tests: Self Report Inventories (16 PF, NEO-PIR), Projective Techniques: Nature and Types.

Suggested Reading:

1. Cronbach, L.J. (1960) (2nd Edition). Essentials of Psychological Testing. New York: Harper.
2. Anastasi, A. (1950). Psychological Testing. Prentice Hall
3. Freeman, F.S. (1962) (3rd Edition). *Theory and practice of psychological testing*. New York: Holt, Rinehart & Winston.
4. Garrett, H. E. (1966). *Statistics in Psychology and Education*. Paragon International
5. Suggested digital platform web links: <http://heecontent.upsdc.gov.in/> Home.aspx, <http://www.apa.org>

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A090202P: Psychological Testing:

Credit: (Practical)

Course Outcome: Students will be conferred an array of skills to carry out experiments in lab setting, design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report.

- I. Plan Conduct and report on experiment using Experimental method.
- II. Ascertain the Reliability of any Psychological test using any method of Reliability and report.
- III. Administer any one Self- Report Inventory on a subject, score and report.
- IV. Administer any one Intelligence Test on a subject/ subjects, score and report,

1. Suggested Readings:

Suggested digital platform web links: [http://heecontent.upsdc.gov.in/](http://heecontent.upsdc.gov.in/Home.aspx) Home.aspx

www.psytoolkit.org

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Year: 2
SEMESTER III

A090301T : Psychology of Social Behaviour:

Credit : 4 (Theory)

Course Outcome: By the end of the course, students will be able to summarize general information, through in-class discussion and assignments, pertaining to social psychological theories and an opportunity to apply social psychological theories to their lives. Critically evaluate research to understand and explain distressing human social behavior and relate social psychological concepts and theories to the context of historic and current world, national, and local events.

- I.** Social Psychology: Nature and Scope; Methods of Studying Social Behaviour.
- II.** Person Perception: Concepts , Determinants of Impression Formation.
- III.** Social Cognition: Schema, Schematic Processing. Attribution of causality: Horald Kelly and Bernard Weiner.
- IV.** Attitude: Nature, Formation and Measurement. Interpersonal Attraction: Concepts and Determinants.
- V.** Aggression: Concept, Theories; Frustration- Aggression Hypothesis.Social Learning Theories of Aggression.
- VI.** Pro- Social Behaviour: Motives to help; Bystander Effect; Determinants: Personal , Situational and Socio- Cultural.
- VII.** Social Influence Processes: Conformity and Compliance. Intergroup Relations: Prejudice and Discrimination.
- VIII.** Groups: Norms, Status & Cohesiveness. Group Influence Processes: Social Facilitation, Social Loafing and De- individualization.

Suggested Readings:

1. Baron R. A & Byrne. D. (2003). Social Psychology. 10 th Edition, Prentice Hall
2. Baron. R.A., Byrne, D. &Bhardwaj. G (2010).Social Psychology (12th Ed).New Delhi: Pearson
3. Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, DivyaPrakashani, Samantarapur, Bhubaneswar.
4. Dash, U.N., Dash, A.S., Mishra, H.C., Nanda, G.K. & Jena, N. (2004). Practical Exercises in Psychology: Learning about Yourself and Others. Panchasila, Bhubaneswar Reference Books:
5. Developments (ICSSR survey of advances in research). New Delhi: Pearson.
6. Misra, G. (1990).Applied Social Psychology. New Delhi: Sage.
7. Misra, G. (2009). Psychology in India, Volume 4: Theoretical and Methodological Implications

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A090302P: Lab Work and Measurement of Social Behaviour: Credit: 1 (Practical)

Course Outcome: Students will be exposed to the mixture of skills such as how to conduct a psychological experiment for understanding social behavior as psychological measurements and scientific reporting of the data.

- I. Measurement of Attitude/ Interpersonal Attraction.
- II. Measurement of Helping Behaviour / Prejudice.
- III. Conduct an experiment on Attribution/ Aggression/ Impression Formation.
- IV. Conduct an experiment on Social Facilitation/Conformity/ Compliance.

Suggested Reading:

1. Suggested digital platform web links:
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SEMESTER IV

A090401T : Abnormal Psychology:

Credit: 4 (Theory)

Course Outcome: The student will be able to understand criteria of abnormality and one's own behaviour and behaviour of others. By applying the knowledge of assessment, diagnosis, classification system and DSM categories, the learners' will develop the sensitivity towards individual diversity and various approaches to the diagnosis and treatment of psychological disorders.

- I. Abnormal Psychology: Concept and Criteria of Abnormality, Classification of Abnormality (DSM V): An Introduction.
- II. Anxiety Disorders: Clinical Pictures and Etiology.
- III. Somatic and Dissociative Disorders: Types and Symptoms.
- IV. Depressive and Bipolar Disorders: Types, Clinical Picture and Etiology.
- V. Schizophrenia: Types , Clinical Picture and Etiology.
- VI. Learning Disabilities: Reading, Written expression and Mathematics disorders.
- VII. Substance Related Disorder: Substance Abuse and Dependence.
- VIII. Attention – Deficit/ Hyperactivity Disorder, Autism Spectrum Disorders, Intellectual Disability.

Suggested Readings:

1. Carson R.C., Butcher J.N., Mineka, S., & Hooley J.M. (2007). Abnormal Psychology (13th Ed.).ND: Pearson Education.
2. Irwin G. Sarason, Barbara Sarason (2005). Abnormal Psychology. New Delhi: Prentice Hall Publication
3. Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, DivyaPrakashani, Samantarapur, Bhubaneswar.
4. Kring,A.M.,Johnson,S.L.,Davison G.C. & Neale J.M. (2010). Abnormal Psychology (11th Ed.).NY: John Wiley.
5. Suggested digital platform web links: [http://heecontent.upsdc.gov.in/ Home.aspx](http://heecontent.upsdc.gov.in/Home.aspx)
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A090402P: Assessment

Credit: 1 (Practical)

Course Outcome: At the end of the course, the students will be imparted a variety of proficiency to conduct the screening and assessment of psychological tools for examining developmental issues and disorders.

- I. Administration, Scoring and Interpretation of any anxiety test
- II. Administration, Scoring and Interpretation of any test of Depression
- III. Administration, Scoring and Interpretation of any test of Intelligence to screen any cognitive or learning impairment.
- IV. Administration, Scoring and Interpretation of any test of any Neuropsychological test/ Cognitive function test.

Suggested Readings:

1. Suggested digital platform web links: [http://heecontent.upsdc.gov.in/](http://heecontent.upsdc.gov.in/Home.aspx) Home.aspx
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Year -3
SEMESTER V

A090501T: Life Span Development:

Credit: 5 (Theory)

Course Outcome: At the end of the course, the student will be able to develop an ability to identify the milestones in diverse domains of human development across the child, adolescent, and adulthood stages, understand the contributions of socio- cultural context toward shaping human development and acquire an ability to decipher key developmental challenges and issues.

- I. Human Development: Introduction; Principles of Development; Methods of Studying Human Development.
- II. Prenatal Development: Stages and Hazards; Neonatal Development
- III. Infancy: Physical, Social and Language Development.
- IV. Childhood Development: Cognitive, Emotional and Moral Development.
- V. Adolescence: Physical Changes, Development of Identity, Cognitive, Social, Emotional and Moral Development.
- VI. Early Adulthood- Role Adjustment, Diversity of ADULT Lifestyles, Career Development.
- VII. Middle Adulthood: Changes in Mental Abilities, Relationship at Midlife, Vocational Life.
- VIII. Late Adulthood: Life Expectancy, Physical Changes, Change in Self- Concept and Personality, Psychological Well- being, Retirement and Leisure.

Suggested Reading:

2. Santrock, J.W. (2012). *Life Span Development* (13th ed.). New Delhi: McGraw-Hill.
3. Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi:
4. Sigelman, G.K. & Schaffer, D.R. (1995). *Life-span Human Development*, Brooks / Cole Publishing Co. Pacific Grove, California
5. Berk, L. E. (2010). *Child Development* (8th Ed.). New Delhi: Prentice Hall.
6. Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). *Explorations of Human Nature and Strength: Practicals in Psychology*, Divya Prakashani, Samantarapur, Bhubaneswar. Reference Books:
7. Papalia, Diane E., Sally Wendos Olds (2006). *Human Development*. 9th Edition. New Delhi: Tata McGraw Hill
8. Baron, R. A. (2002). *Psychology* (5th Edition), New Delhi, Pearson Education.
9. Suggested digital platform web links: <http://heecontent.upsdc.gov.in/> Home.aspx
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A090502T : Positive Psychology:

Credit: 4 (Theory)

Course Outcome: By the end of the course, the students will be able to understand the basic principles of positive psychology, the major areas within positive psychology that has received a considerable amount of attention, the use of positive psychology tools and techniques in own and in other's life. It will also ease the understanding of positive aspects of human behavior .

- I. Positive Psychology: Assumptions and Goals; Eastern and Western Perspectives on Positive on Positive Psychology.
- II. Positive Emotional State: The Broaden and Build Theory of Positive Emotions; Concepts and Mindfulness in Buddhism.
- III. Positive Cognitive States: Hope, Optimism, Self efficacy, Resilience; concept and measurement.
- IV. Gratitude: Forgiveness , Empathy and Compassion: Concept and Measurement
- V. Self Awareness: Concept, Techniques to enhance self- awareness.
- VI. Social Competence- The value of Social Support and Relationships in a Fulfilling and Meaningful Life; Love and Belongingness.
- VII. Happiness: Eudemonics and Hedonistic View; Authentic Happiness.
- VIII. Psychological and Subjective Wellbeing: Concepts and Components.

Suggested Readings:

1. Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford University
2. Seligman, M.E. (2002). *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*: Oxford University Press
3. Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*.UK: Routledge
4. . Mohanty, G.B. (2018). *Positive Psychology*. Kalyani Publisher, New Delhi
5. Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). *Explorations of Human Nature and Strength: Practicals in Psychology*, DivyaPrakashani, Samantarapur, Bhubaneswar.
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A090503P : Lab Work/Field Visit:

Credit: 1 (Practical)

Course Outcome: After completing this practicum, the student will have an understanding about how to frame research objectives and questions, plan, decide and execute appropriate methods of research, data analysis, interpretation and discussion of the findings.

- I. Write a Reflection. For Example- Gratitude or Forgiveness reflection or any other of your choice by recording your entries at least 2-3 times a week and report your Reflection like any thoughts and feelings that may arise as you become aware of that. What benefits could you gain from developing the habit of mind, short and long term? Be aware of any shifts from stress/ anxiety to enhanced well-being and calm.
- II. Conduct a survey research on any topic. For Example: meaning of life/ happiness index/ positive and Negative Affect/ life satisfaction/ optimism/ well being etc. (10-12 students group can be framed).
- III. Conduct a field study on any topic of human development. Analyze the data and report (10-12 student groups can be formed).

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SEMESTER VI

A090601T : Community and Health Psychology:

Credit: 5 (Theory)

Course Outcome: At the end of the course the student will be able to recognize that individuals relate to their communities and the reciprocal effect of communities on individuals and will be able to understand and resolve community issues, analyze the data, and recommend interventions that promote community wellness.

- I. Community Psychology: Nature, Historical Development, Fields of Community Psychology.
- II. Approaches of Community Psychology: Mental Health approach; Social Problems approach.
- III. Community Interventions Issues: Poverty and Prolonged Deprivation; Marginalization; Migration & Immigration issues; Superstitions in Indian society.
- IV. Community Interventions: Community Mental Health; Gender, Discrimination and Power Issues related interventions; School Intervention.
- V. Health Psychology: Nature, Development and Goals of Health Psychology; Biopsychosocial Model of Health.
- VI. Health Behaviour: Health Compromising and Health Enhancing Behaviours; Theories of Health Behaviour: Health Belief Model, Planned Behaviour and Reasoned Action Theory.
- VII. Stress and Health: nature and Types of Stress, Stress appraisal; Coping with stress; Psychological Moderators of Stress.
- VIII. Chronic Illnesses: Coronary Heart Disease (CHD) and Diabetes: major Symptoms, Diagnosis and Psychological correlate.

Suggested Readings:

1. Dalal, A.K (2016). Cultural Psychology of Health in India: Well-being, Medicine and Traditional Health care. New Delhi: Sage Publications India Pvt. Ltd.
2. Dalal, A.K. (2015). Health Beliefs and Coping with Chronic Diseases. New Delhi: Sage Publications India Pvt. Ltd.
3. Taylor, S.E. (2006). Health Psychology (6th Ed.). New York: Tata McGraw Hill
4. Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, DivyaPrakashani, Samantapur, Bhubaneswar.
5. Misra, G (1999). Psychological perspectives on stress and health, New Delhi: Concept Publishing Company.

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A090602T: Counseling Psychology

Credit: 4 (Practical)

Course Outcome: At the end of the paper, students will be able to understand how to establish rapport and use various approaches in counseling.

- I. Counseling: Meaning, Goals; Types of Counseling: An Overview.
- II. Theoretical Bases of Counseling: Psychoanalytic; Phenomenological, Cognitive-Behavioural: Indian Contribution to Counseling.
- III. Counseling Processes: Counseling Interview, Counseling micro Skills: Attending, Paraphrasing, Encouragers, Confronting and Summarizing.
- IV. Counseling Techniques: Person-Centered and Cognitive Behavioural (Beck and Albert Ellis)
- V. Counseling in Schools and Family Counseling: Assumptions and Procedures.
- VI. Career, Marriage and Group Counseling; An Introduction
- VII. Counseling for Substance –abuse, Child Abuse: An Introduction
- VIII. Counseling Ethics; Referrals and Reporting.

Suggested Readings:

1. Gladding, S.T. (2009). Counseling: A comprehensive profession (6th Ed.). New Delhi: Pearson India
2. Mishra, H.C. & Varadwaj, K. (2009). Counseling Psychology: Theories, Issues and Applications, DivyaPrakashini, Samantarapur, Bhubaneswar, Odisha
3. Burnard Philip. (1995). Counseling Skills Training – A sourcebook of Activities. New Delhi: Viva Books Private Limited. •
4. Gibson, R.L & Mitchell M.H. (2003). Introduction to counseling and Guidance. 6th edn. Delhi: Pearson Education
5. Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, DivyaPrakashani, Samantarapur, Bhubaneswar.
6. Rao, S.N. (1991) Counseling and Guidance. New Delhi: TataMcGraw- Hill.
7. Patri, V.R. (2008). Counseling Psychology. New Delhi: Authors Press.

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Suggested equivalent online Courses:

1. Coursera
2. Swayam

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A090603P : Lab Work/ Project Work:

Credit: 1 (Practical)

Course Outcome: It will help the learner to critically reflect on, review the scientific basis for, and integrate what you have learned and accomplished as a psychology student and will prepare to explore the cultural, social and ethical impact of psychological application on community and daily life.

- I. Based on field visit observations and experiences, the student will plan to visit any identified unit, organization, community etc. to get an understanding of data collection through questionnaire or interview or with the help of audio- visual medium based on the identified research problem/ issues
- II. Analyze the data and submit a detail report and a presentation.
Each student will be evaluated on diligence in writing the research project as per APA guidelines.

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