



RKDF University, Bhopal (MP)
Faculty of Social Science
Bachelor of Arts
Syllabus
Subject-Psychology
I Year
Semester – I (Major)

Course	Category	Subject	Subject Code
B.A.	Major	Foundation of Human Behavior	BA- 101/M1T
Total Credit: 6		Max.Marks:100(Internal:40+External:60)	

Course Learning Outcomes:

- CO1.** Understand psychology, its history, and major schools (Western & Indian).
- CO2.** Explore attention, sensation, and perception from Western and Indian perspectives.
- CO3.** Examine learning, memory, and cognitive processes, including Indian memory concepts.
- CO4.** Analyze thinking, problem-solving, and intelligence theories.
- CO5.** Understand motivation and emotion through Western theories and Indian concepts (Bhāva, Rasa, Puruṣārtha)..

UNIT-I

Introduction to Indian Psychology: Concept, Characteristics, Nature, Scope, Importance; Concept of Mans, Indian Psychology and other branches of knowledge, Difference between Indian Psychology and Western Psychology, Methods of Indian Psychology, Modern Psychology: Nature goals scope and Schools/Theoretical Approaches.

UNIT-II

Sensation, Attention and Perception: Sensory system: Visual, and Auditory; Attention- concept, types and determinants, selective attention, divided and sustained attention, Concept of Dharna and Dhyaan; Perception: Nature, Perceptual Processes, Laws of Perceptual Organization, Perceptual constancy, Depth perception, illusion: Nature and Determinants, and extra-sensory-perception: Indian and western view.

UNIT-III

Learning, and Memory: Nature and types, Learning Theories: Trial and Error, Classical Conditioning, Operant Conditioning, Insight Theory, and Verbal learning and its Methods, Memory: concept, Types of memory: sensory, STM, LTM; Forgetting: Concept and Determinants, Technique of memory improvement: Concept of Sran, Manan, and Nididhyasan.

UNIT-IV

Intelligence and Thinking: Concept, Theories (Spearman, Gardner, Sternberg), Intelligence Testing; Types of Intelligence in Indian perspectives Buddhi, Pragna, Ritambhara. Thinking: Nature, types and determinants of thinking; Problem solving: Determinants and strategies: algorithm and heuristics in Decision Making.

UNIT-V

Motivation and Emotion: Nature and Theories of Motivation: Drive Reduction, Maslow's need Hierarchy theory, Self-Determination Theory; Emotion: Nature and theories: James-Lange, Cannon-Bard, Schachter-Singer, Concept of Bhaav and Rasa, Introduction of Purusharth-Chatushthaya.

Text books, Reference books and other sources

Learning Resources:

1. J. Baron, R. A., & Misra, G. (2016), Psychology (5th ed.). Pearson India.
2. Chadha, N. K. (1991) Introduction to psychology, Reliance publication.
3. Clecarelli, S. K., & Whito, J. N. (2021). Psychology (6th ed.). Pearson.
4. Feldman, R. S. (2021). Essentials of understanding psychology (14th ed.). McGraw-Hill.
5. Gluck, M. A., Mercado, E., & Myers, C. E. (2020). Learning and motivation in psychology (4th ed.). Worth Publishers.
6. Gray, P. O. (2020). Psychology (8th ed.). Worth Publishers.
7. Kuppaswamy, B. (1990). Elements of ancient Indian psychology. Konark Publishers.
8. Mishra, G. & Mohanty, A. K. (2002) Perspectives on indigenous psychology, w Delhi, Concept publishing
9. Paranjpe, A. C. (2000). Self and identity in modern psychology and Indian thought. Kluwer Academic Publishing
10. Rao, K. R., & Paranjpe, A. C. (2016). Psychology in the Indian tradition. Springer.
11. Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (Eds.). (2008). Handbook of Indian psychology. Foundation Books. <https://doi.org/10.1017/UPO9788175968448>
12. Wood, S. E., Wood, E. G., & Boyd, D. (2017). Mastering psychology (5th ed.). Pearson.
13. Zimbardo, P. G., Johnson, R. L., & McCann, V. (2020), Psychology: Core concepts (Sth ed.) Pearson.
14. रहमान, ए. (1995) सामान्य मनोविज्ञान, मोतीलाल बनारसीदास, पटना
15. रामनाथ शर्मा, रचना शर्मा, भारतीय मनोविज्ञान, अटलांटिक पब्लिशर एंड डिस्ट्रीब्यूटर्स



RKDF University Bhopal (MP)
Faculty of Social Science
Bachelor of Arts
Syllabus
Subject-Psychology
Semester – I (Minor)

Course	Category	Subject	Subject Code
B.A.	Minor	Introduction to Psychology	BA-102/M2T
Total Credit: 6		Max.Marks:100(Internal:40+External:60)	

Course Learning Outcomes:

- CO1.** Understand major Western schools of psychology and Indian psychological perspectives.
- CO2.** Understand methods of psychological research.
- CO3.** Understand the structure and functioning of the nervous system and brain.
- CO4.** Analyze sensory, attention, and perceptual processes.
- CO5.** Appreciate the role of consciousness, yogic practices, and mental well-being.

UNIT-I

Introduction to Psychology: Characteristics, Scope, Importance; Concept of Mana, Indian Psychology and other branches of knowledge; Difference between Indian Psychology and Western Psychology.

UNIT-II

Modern Psychology and Study Approaches: Nature, goals Scope, Subject Matter and Schools, Methods of studying Psychology: Experimental and Correlational,; Methods of Data collection: observation, survey, case study

UNIT-III

Biological Bases of Behavior: (Brief introduction)

Neurons: Structure and Functions; Nervous System: Central & Peripheral Nervous System; Brain Structure and Functions: Limbic System, Cerebral Cortex, Endocrine System; concept of Saptachakras and Nadi

UNIT-IV

Sensation, Attention and Perception:Sensory Processes: concept, Visual, and Auditory; Attention: Nature, Determinants and types, selective, sustained and divided Attention, Concept of Dharna and Dhyaan and Laws of Perceptual Organization; Illusions: concept and determinants, Depth and Distance Perception, Concept of Indriya: Drashya and Drishtha

UNIT-V

States of Consciousness: Indian notion of consciousness; biological rhythms, Altered and extended consciousness: sleep and dreams; Role of yoga in Consciousness; Different Yogasnaas and their psychological impacts.

Keywords/Tags:

1. Foundations of Psychology
2. Research Methods
3. Biological Bases
4. Cultural Perspectives
5. Sensation & Perception
6. States of Consciousness

Text books, Reference books and other sources

Learning Resources:

1. Baron, R. A., & Misra, G. (2016). Psychology (5th ed.), Pearson India.
2. Chadha, N. K. (1991) Introduction to psychology, Reliance publication.
3. Ciccarelli, S. K., & White, J. N. (2021). Psychology (6th ed.). Pearson.
4. Feldman, R. S. (2021). Essentials of understanding psychology (14th ed.). McGraw-Hill.
5. Gluck, M. A., Mercado, E., & Myers, C. E. (2020). Learning and motivation in psychology (4th ed.). Worth Publishers.
6. Gray, P. O. (2020). Psychology (8th ed.). Worth Publishers.
7. Kuppaswamy, B. (1990), Elements of ancient Indian psychology. Konark Publishers.
8. Mishra, G. & Mohanty, A. K. (2002) perspectives on indigenous psychology, New Delhi, Concept publishing company
9. Paranjpe, A. C. (2000). Self and identity in modern psychology and Indian thought. Kluwer Academic Publishing.
10. Rao, K. R., & Paranjpe, A. C. (2016). Psychology in the Indian tradition. Springer.
11. Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (Eds.). (2008). Handbook of Indian psychology. Foundation Books, <https://doi.org/10.1017/UPO9788175968448>
12. Wood, S. E., Wood, E. G., & Boyd, D. (2017). Mastering psychology (5th ed.). Pearson,
13. Zimbardo, P. G., Johnson, R. L., & McCann, V. (2020). Psychology: Core concepts (8th ed.). Pearson.
14. रहमान, ए. (1995) सामान्य मनोविज्ञान, मोतीलाल बनारसीदास, पटना
15. रामनाथ शर्मा, रच रचना शर्मा, भारतीय मनोविज्ञान, अटलांटिक पब्लिशर एंड डिस्ट्रीब्यूटर्स
16. लक्ष्मी शुक्ला (1998), भारतीय मनोविज्ञान, परिमल पब्लिकेशन, दिल्ली
17. शुक्ला, अनुपम, & त्रिपाठी, हरिगोविन्द (2023), मनोविज्ञान का परिचय (Introduction to Psychology). मध्यप्रदेश हिंदी ग्रन्थ अकादमी, भोपाल,
18. सिंह. ए. के. (2011) उच्चतर सामान्य मनोविज्ञान, मोतीलाल बनारसीदास, दिल्ली



RKDF University Bhopal (MP)
Faculty of Social Science
Bachelor of Arts
Syllabus
Subject-Psychology
Semester – I (Major)

Course	Category	Subject	Subject Code
B.A.	Major	Introduction to Psychology	BA-PSY-201
Total Credit: 6		Max.Marks:100(Internal:40+External:60)	

Course Learning Outcomes:

- CO1.** Understand major Western schools of psychology and Indian psychological perspectives.
- CO2.** Understand methods of psychological research.
- CO3.** Understand the structure and functioning of the nervous system and brain.
- CO4.** Analyze sensory, attention, and perceptual processes.
- CO5.** Appreciate the role of consciousness, yogic practices, and mental well-being.

UNIT-I

Introduction to Psychology: Characteristics, Scope, Importance; Concept of Mana, Indian Psychology and other branches of knowledge; Difference between Indian Psychology and Western Psychology.

UNIT-II

Modern Psychology and Study Approaches: Nature, goals Scope, Subject Matter and Schools, Methods of studying Psychology: Experimental and Correlational;; Methods of Data collection: observation, survey, case study

UNIT-III

Biological Bases of Behavior: (Brief introduction)

Neurons: Structure and Functions; Nervous System: Central & Peripheral Nervous System; Brain Structure and Functions: Limbic System, Cerebral Cortex, Endocrine System; concept of Saptachakras and Nadi

UNIT-IV

Sensation, Attention and Perception:Sensory Processes: concept, Visual, and Auditory; Attention: Nature, Determinants and types, selective, sustained and divided Attention, Concept of Dharna and Dhyaan and Laws of Perceptual Organization; Illusions: concept and determinants, Depth and Distance Perception, Concept of Indriya: Drashya and Drishtha

UNIT-V

States of Consciousness: Indian notion of consciousness; biological rhythms, Altered and extended consciousness: sleep and dreams; Role of yoga in Consciousness; Different Yogasnaas and their psychological impacts.

Keywords/Tags:

1. Foundations of Psychology
2. Research Methods
3. Biological Bases
4. Cultural Perspectives
5. Sensation & Perception
6. States of Consciousness

Text books, Reference books and other sources

Learning Resources:

1. Baron, R. A., & Misra, G. (2016). Psychology (5th ed.), Pearson India.
2. Chadha, N. K. (1991) Introduction to psychology, Reliance publication.
3. Ciccarelli, S. K., & White, J. N. (2021). Psychology (6th ed.). Pearson.
4. Feldman, R. S. (2021). Essentials of understanding psychology (14th ed.). McGraw-Hill.
5. Gluck, M. A., Mercado, E., & Myers, C. E. (2020). Learning and motivation in psychology (4th ed.). Worth Publishers.
6. Gray, P. O. (2020). Psychology (8th ed.). Worth Publishers.
7. Kuppaswamy, B. (1990), Elements of ancient Indian psychology. Konark Publishers.
8. Mishra, G. & Mohanty, A. K. (2002) perspectives on indigenous psychology, New Delhi, Concept publishing company
9. Paranjpe, A. C. (2000). Self and identity in modern psychology and Indian thought. Kluwer Academic Publishing.
10. Rao, K. R., & Paranjpe, A. C. (2016). Psychology in the Indian tradition. Springer.
11. Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (Eds.). (2008). Handbook of Indian psychology. Foundation Books, <https://doi.org/10.1017/UPO9788175968448>
12. Wood, S. E., Wood, E. G., & Boyd, D. (2017). Mastering psychology (5th ed.). Pearson,
13. Zimbardo, P. G., Johnson, R. L., & McCann, V. (2020). Psychology: Core concepts (8th ed.). Pearson.
14. रहमान, ए. (1995) सामान्य मनोविज्ञान, मोतीलाल बनारसीदास, पटना
15. रामनाथ शर्मा, रच रचना शर्मा, भारतीय मनोविज्ञान, अटलांटिक पब्लिशर एंड डिस्ट्रीब्यूटर्स
16. लक्ष्मी शुक्ला (1998), भारतीय मनोविज्ञान, परिमल पब्लिकेशन, दिल्ली
17. शुक्ला, अनुपम, & त्रिपाठी, हरिगोविन्द (2023), मनोविज्ञान का परिचय (Introduction to Psychology). मध्यप्रदेश हिंदी ग्रन्थ अकादमी, भोपाल,
18. सिंह. ए. के. (2011) उच्चतर सामान्य मनोविज्ञान, मोतीलाल बनारसीदास, दिल्ली



RKDF University Bhopal (MP)
Faculty of Social Science
Bachelor of Arts
Syllabus
Subject-Psychology
Semester – II (Minor)

Course	Category	Subject	Subject Code
B.A.	Minor	Guidance and Counseling	BA-PSY-202
Total Credit: 6		Max.Marks:100(Internal:40+External:60)	

Course Learning Outcomes:

CO1. Student will gain knowledge of nature and process of counseling along with the difference between guidance and counseling.

CO2. Students will develop skills of counseling for solving the problems of clients in different areas.

CO3. Students will be able to understand counseling techniques.

CO4. Students will develop the abilities to become an effective counselor.

CO5. Students will be able to provide counseling in special areas such as old age people, drug abuse, HIV, AIDS & cancer patients and career counseling

UNIT-I

Guidance and Counseling: Nature and Areas-Meaning, definition and its Goals. Principles of guidance. Different areas of Guidance and Counseling

UNIT-II

Effective Counseling: Characteristics of an Effective Counselor, Training of a Counselor Counseling Relationship- Establishing, Maintaining & Termination, Ethical issues in Counseling.

UNIT-III

Approaches of Counseling: Psychoanalytic, Behavioral, Humanistic and Cognitive Approaches, Indian Approaches- Yoga and Meditation.

UNIT-IV

Processes and Types of Counseling: Counseling Interview- Process, Types. Stages and Advantages. Group Counseling. Family Counseling, Marital Counseling. School Counseling.

UNIT-V

Counseling Applications: Counseling of Old Age People, Alcohol and Drug Abusers, HIV/ AIDS and Cancer patients, Career, Counseling.

Keywords/Tags:

1. Guidance and Counseling
2. Effective Counselor
3. Training of Counselor
4. Counseling interview

Text books, Reference books and other sources**Learning Resources:**

1. अस्थाना, एम.राय, पी (2014) निर्देशन एवं परामर्श मोतीलाल बनारसीदास
2. Chandurashekhar, CR. (2008) "Manual for College Teachers on Students Counselling" National Institute of Mental Health and Neuro, Sciences (NIMHANS) Bangalore.
3. George, R.L. Cristiani, T.S. (1986) Counselling, Theory and Practice Prentice-Hall, Inc. Englewood Chiffs, New Jersey 07632 M
4. गुप्ता एम.पी. गुप्ता एम (2012) शैक्षिक निर्देशन एवं परामर्श एच.पी. भार्गव बुक हाउस, आगरा
5. Nelson J. (1982) Theory and Practice of Counselling Psychology. New York: Holt Rinehart and Winston.
6. Rao. S. Narayan (1981) Counselling Psychology. Tata McGraw Hill Publishing Co. Bombay.