



Integral University, Lucknow

Effective from Session: 2019-20							
Course Code	HS305	Title of the Course	COMMUNITY PSYCHOLOGY	L	T	P	C
Year	III	Semester	V	5	1	0	6
Pre-Requisite	Intermediate (10+2)	Co-requisite	None				
Course Objectives	To learn the link between individuals and communities and deal with social issues more effectively with people's participation.						

Course Outcomes	
CO1	Describe community psychology, types of communities and modals.
CO2	Acquaint with core values related to Individual and family wellness empowerment and citizen participation; collaboration and community strengths.
CO3	Analyse the process of community organization for health promotion and its importance.
CO4	Identify community programs for child and maternal health, physical challenged and old age in the Indian context
CO5	Explain community development and empowerment; case studies in Indian context.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction	Definition of community psychology; types of communities; models.	18 hrs	CO1
2	Core Values	Individual and family wellness; sense of community; respect for human diversity; social justice; empowerment and citizen participation; collaboration and community strengths.	18 hrs	CO2
3	Health Promotion	Process of community organization for health promotion, importance.	18 hrs	CO3
4	Community Programs	Community programs for child and maternal health, physical challenged and old age in the Indian context.	18 hrs	CO4
5	Interventions	Community development and empowerment; case studies in Indian context.	18 hrs	CO5

Reference Books:

- McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to community health. United States: Jones and Bartlett Publishers.
- Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). Community Psychology: Linking Individuals and Communities, Wadsworth Cengage Learning.
- Misra, G. (Ed). (2010) Psychology in India. Indian Council of Social Science Research. Dorling Kindersley (India) Pvt Ltd. Pearson Education.
- Banerjee, A., Banerji, R., Duflo, E., Gleneske, R., & Khenani, S. (2006) Can Information Campaign start local participation and improve outcomes? A study of primary education in Uttar Pradesh, India, World Bank Policy Research, Working Paper No.3967

e-Learning Source:

- Community Action For Health Promotion: A Strategy To Empower Individuals And Communities. <https://www.jstor.org/stable/45130632>
- Schemes for The Welfare of Senior Citizens. <https://pib.gov.in/PressReleasePage.aspx?PRID=1806506>
- Physically Disabled/Challenged In India - Govt. Initiatives for their Welfare – Government. <https://www.mapsofindia.com/my-india/government/welfare-of-physically-disabled-in-india-government-initiatives>
- Introduction to the Field of Community Psychology [https://socialsci.libretexts.org/Bookshelves/Psychology/Book%3A_Introduction_to_Community_Psychology_\(Jason_et_al.\)/01%3A_Introduction/1.01%3A_Introduction_to_the_Field_of_Community_Psychology](https://socialsci.libretexts.org/Bookshelves/Psychology/Book%3A_Introduction_to_Community_Psychology_(Jason_et_al.)/01%3A_Introduction/1.01%3A_Introduction_to_the_Field_of_Community_Psychology)

Course Articulation Matrix: (Mapping of COs with POs and PSOs)													
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	3	3	3	3	3	3	3	1	2	3	3	3	3
CO2	3	3	3	3	3	3	3	1	2	3	3	3	3
CO3	3	3	3	3	3	3	3	1	2	3	3	3	3
CO4	3	3	3	3	3	3	3	1	2	3	3	3	3
CO5	3	3	3	3	3	3	3	1	2	3	3	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

(Name & Sign of Program Coordinator)	(Sign & Seal of HoD)
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Integral University, Lucknow

Effective from Session: 2019-2020							
Course Code	HS303	Title of the Course	Positive Psychology	L	T	P	C
Year	III	Semester	V	5	1	0	6
Pre-Requisite	Intermediate (10+2)	Co-requisite	None				
Course Objectives	To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.						

Course Outcomes	
CO1	To understand the meaning and perspective of positive psychology
CO2	To know about positive emotions and its importance
CO3	To understand the meaning and importance of emotional intelligence
CO4	To study the positive cognitive states and processes
CO5	To work on the applications of positive psychology in detail

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction:Positive Psychology	An Introduction, Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.	18	CO1
2	Positive Emotional StatesAnd Processes-I	Happiness and Well being Positive Affect and Positive Emotions	18	CO2
3	Positive Emotional StatesAnd Processes-II	Emotional Intelligence, Resilience	18	CO3
4	Positive Cognitive States And Processes	Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness	18	CO4
5	Applications	Work, education, ageing, health Practicum: Any two practicum can be designed from the syllabus provided so as to enhance the understanding of the concepts and applications of positive psychology	18	CO5

Reference Books:

1. Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.
2. Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.
3. Peterson, C. (2006). A Primer in Positive Psychology. NewYork: Oxford University Press.
4. Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.
5. Snyder, C.R., & Lopez,S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
6. Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.

e-Learning Source:

- <https://www.scribd.com/document/374854620/Positive-Psychology>
<https://swayam.gov.in/>
<https://egyankosh.ac.in/handle/123456789/1>

PO- PSO	Course Articulation Matrix: (Mapping of COs with POs and PSOs)												
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	3	2	1	2	1	2	2	2	1	2	2	3	5
CO2	3	3	1	1	2	1	2	3	2	2	3	3	3
CO3	3	3	1	2	1	2	1	2	2	1	2	4	1
CO4	2	2	3	2	2	1	1	2	3	4	2	3	2
CO5	3	2	2	2	1	1	1	3	2	2	3	2	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2019-20							
Course Code	HS301	Title of the Course	UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS	L	T	P	C
Year	III	Semester	V	5	1	0	6
Pre-Requisite	Intermediate (10+2)	Co-requisite	None				
Course Objectives	1. To introduce the etiological understanding and therapeutic interventions for the various psychological disorders. 2. Help students develop and understanding of how to deal with moderate to severe psychopathology						

Course Outcomes	
CO1	Students will be able to define Schizophrenia.
CO2	Students will be able to define Psychoanalytic perspective.
CO3	Students will be able to understand concept of Humanistic Perspective.
CO4	Students will be able to understand different types of Phobias.
CO5	Students will be able to define group therapies.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Biological Etiology-Explanations and Interventions for Mood Disorders and Schizophrenia	Application in case of mood disorders and schizophrenia.	18 hrs	CO1
2	Insight Oriented Explanations and Interventions	Psychoanalytic perspective – Conversion disorder, OCD, Dissociative disorder.	18 hrs	CO2
3	Humanistic and Existential Perspective	Application in case of crises intervention.	18 hrs	CO3
4	Behavioural and Cognitive Explanations and Interventions	Application in case of any two from phobias/panic disorder, depression/eating disorders	18 hrs	CO4
5	Going Beyond The Individual and Singular Approaches	Family therapy and group therapies, Efforts towards integration of approaches.	18 hrs	CO5

Reference Books:

1. Bennett, P. (2011) Abnormal and Clinical Psychology: An introductory Textbook, McGraw Hill.
2. Carson,R.C., Butcher,J.N., Mineka,S.&Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
3. Plante, T.G. () Contemporary Clinical Psychology John Wiley & Sons.
4. Riskind, J.H., Manos,M.J. and Alloy,L.B. (2004) Abnormal Psychology : Current Perspectives. McGraw Hill

e-Learning Source:

<https://swayam.gov.in/>

<https://egyankosh.ac.in/handle/123456789/1>

PO-PSO CO	Course Articulation Matrix: (Mapping of COs with POs and PSOs)												
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	1	3	3	3	2	2	2	3	3	3	3	3	3
CO2	1	3	3	1	3	3	2	2	3	3	3	3	3
CO3	1	3	2	1	3	3	3	1	3	3	3	3	3
CO4	1	2	2	1	3	3	3	1	3	3	3	3	3
CO5	1	2	2	1	3	3	3	1	3	3	1	3	3

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(Name & Sign of Program Coordinator)	(Sign & Seal of HoD)
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Integral University, Lucknow

Effective from Session: 2019-20							
Course Code	HS302	Title of the Course	DEVELOPMENTAL PSYCHOLOGY	L	T	P	C
Year	III	Semester	V	5	1	0	6
Pre-Requisite	Intermediate (10+2)	Co-requisite	None				
Course Objectives	1. To equip the learner with an understanding of the concept and process of human development across the life span To impart an understanding of the various domains of human development. 2. To inculcate sensitivity to socio-cultural context of human development.						

Course Outcomes	
CO1	Students will be able to define Human Development.
CO2	Students will be able to define Prenatal Development.
CO3	Students will be able to understand concept of Cognitive Development.
CO4	Students will be able to understand Moral Development.
CO5	Students will be able to define Media and Schooling.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction	Concept of Human Development; Theories, themes and research designs.	18 hrs	CO1
2	Stages of Life Span Development	Prenatal Development, Birth and Infancy, Childhood, Adolescence, Adulthood.	18 hrs	CO2
3	Domains of Human Development-I	Cognitive development: perspectives of Piaget and Vygotsky; Language Development; Emotional Development.	18 hrs	CO3
4	Domains of Human Development-II	Moral Development: Perspective of Kohlberg; Personality Development.	18 hrs	CO4
5	Socio-Cultural Contexts For Human Development	Family; Peers, Media & Schooling; Human Development in the Indian context.	18 hrs	CO5

Reference Books:	
1.	Santrock, J.W. (2012).Life Span Development (13 th ed.) New Delhi: McGraw Hill.
2.	Mitchell, P. and Ziegler, F. (2007).Fundamentals of development: The Psychology of Childhood. New York: Psychology Press.
3.	Saraswathi, T.S. (2003). Cross-cultural perspectives in Human Development: Theory, Research and Applications. New Delhi: Sage Publications.
4.	Santrock, J. W. (2011). Child Development (13th Ed.). New Delhi: McGraw Hill.
e-Learning Source:	
	https://nios.ac.in/media/documents/srsec328newE/328EL12.pdf
	https://www.verywellmind.com/what-is-sociocultural-theory-2795088
	https://www.verywellfamily.com/definition-of-domain-3288323
	https://www.verywellmind.com/kohlbergs-theory-of-moral-development-2795071

PO-PSO	Course Articulation Matrix: (Mapping of COs with POs and PSOs)												
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO													
CO1	3	3	3	3	3	3	3	3	3	3	3	3	3
CO2	3	3	3	3	3	3	3	3	3	3	3	3	3
CO3	3	3	3	3	3	3	3	3	3	3	3	3	3
CO4	3	3	3	3	3	3	3	1	3	3	3	3	3
CO5	3	3	3	3	3	3	3	1	3	3	1	3	3

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UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS PRACTICAL
Paper Code HS398

LTPC
0 0 4 2
Max. Marks: 100
ESE: 40
CA: 60

Contact Hours: 4 Contact Hours/week
Examination Duration: 3 Hours

Practicum: The students will conduct two practicum during the semester

1. Anxiety, Depression and Stress Scale – P. Bhatnagar
2. Psychological Well Being Scale –D. S. Sisodia

**Effective from Session:** 2024-2025

Course Code	A090504R/324	Title of the Course	Problem Identification & Research Proposal Writing	L	T	P	C
Year	III	Semester	V	0	0	3	3
Pre-Requisite	Only for psychology students	Co-requisite	None				
Course Objectives	After completing this practicum, students will have a comprehensive understanding about carrying out research project, how to frame research objectives and questions, plan, decide and execute appropriate methods of research and intended data analysis.						

Unit No.	Unit Title	Content of Unit	Contact Hrs.	Mapped CO
1	Community Visit	Visit to any community of surrounding and identification of problems, issues, good practices, skills, community services, etc. For example- Health services, women self-help groups, NGOs, banks, organizations, industries, villages, panchayats, etc. (10-12 student groups can be formed)	20	1
2	Research Proposal	Based on the field visit observations and experiences, each student will write a research proposal in this semester. The research proposal is an important process in providing a clear statement of the problem, a review of literature, how the literature relates to the study, formal research questions and hypotheses, a full methods section, and the data analysis. Each student will be evaluated on diligence in writing the research proposal as per APA guidelines.	25	2

Suggested Continuous evaluation methods

PPT presentation of experiences of observed unit and research proposal (20 marks)

Attendance (5 marks)

PO- PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
	CO1	2	3	3	3	3	2	1	3	1	3	2	3	2	2
CO2	3	2	3	2	2	1	3	3	2	2	1	3	1	3	1

Name & Sign of Program Coordinator

Sign & Seal of HoD