

BINOD BIHARI MAHTO KOYALANCHA UNIVERSITY, DHANBAD(JHARKHAND)



FOUR YEARS UNDERGRADUATE PROGRAM (FYUGP)

**SYLLABUS: DISCIPLNE SPECIFIC MINOR- 2
(FROM VOCATIONAL/DISCIPLINE)
IN PSYCHOLOGY**

AS PER NEP-2020

FYUGP_NEP 2020 (From Session 2022-2023 onwards)

SYLLABUS MINOR-2 PSYCHOLOGY(FROM VOCATIONAL/DISCIPLINE), BBM KU, DHANBAD, JHARKHAND

Jharkhand, NEP Regulations for FYUGP, 2022 onwards
Table I: Credit Framework for Four Year Undergraduate Programme (FYUGP) under State Universities of Jharkhand [Total Credits = 160]

Level of Courses	Semester	MJ; Discipline Specific Courses – Core or Major (80)	MN; Minor from discipline (16)	MN; Minor from vocational (16)	MDC; Multidisciplinary Courses [Life sciences, Physical Sciences, Mathematical and Computer Sciences, Data Analysis, Social Sciences, Humanities, etc.] (9)	AEC; Ability Enhancement Courses (Modern Indian Language and English) (8)	SEC; Skill Enhancement Courses (9)	VAC; Value Added Courses (6)	IAP; Internship/ Dissertation (4)	RC; Research Courses (12)	AMJ; Advanced Courses in lieu of Research (12)	Credits	Double Major (DMJ)		
100-199: Foundation or Introductory courses	2	3	4	5	6	7	8	9	10	11	12	13	14		
	1	4	4		3	2	3	4				20	4+4		
	II	4+4		4	3	2	3					20	4+4		
	Exit Point: Undergraduate Certificate provided with Summer Internship/ Project (4 credits)														
	200-299: Intermediate-level courses	III	4+4	4		3	2	3					20	4+4	
		IV	4+4+4		4		2		2				20	4+4	
		Exit Point: Undergraduate Diploma provided with Summer Internship in 1 st or 2 nd year/ Project (4 credits)													
		V	4+4+4.	4						4			20	4+4	
	300-399: Higher-level courses	VI	4+4+4+4		4								20	4+4	
		Exit Point: Bachelor's Degree													
	400-499: Advanced courses	VII	4+4+4+4	4									20	4+4	
		VIII	4		4						12	4+4+4	20	4+4	
		Exit Point: Bachelor's Degree with Hons./Hons. with Research													
													160	224	

Note: Honours students not undertaking research will do 3 courses for 12 credits in lieu of a Research project / Dissertation.

**SEMESTER WISE COURSES OF STUDY FOR FOUR YEAR UNDERGRADUATE
/RESEARCH PROGRAMME**

**Table-1: Semester wise Course Code and Credit Points for Practical
Subjects:**

Semester	Common, Introductory, Major, Minor, Vocational/Discipline Specific Vocational & Internship Courses		Credit
	Code	Paper	
I	MJ	Major-1 (Discipline Specific Course)	4
	MN	Minor-IA (From Discipline)	4 (3+1)
	MDC	Multidisciplinary Course	3
	AEC	Ability Enhancement Course	2
	SEC	Skill Enhancement Course	3
	VAC	Value Added Course	4
II	MJ	Major-2 (Discipline Specific Course)	4
	MJ	Major-3 (Discipline Specific Course)	4
	MN	Minor-2A (From Vocational/Discipline)	4
	MDC	Multidisciplinary Course	3
	AEC	Ability Enhancement Course	2
	SEC	Skill Enhancement Course	3
III	MJ	Major-4 (Discipline Specific Course)	4
	MJ	Major-5 (Discipline Specific Course)	4
	MN	Minor-IB (From Discipline)	4 (3+1)
	MDC	Multidisciplinary Course	3
	AEC	Ability Enhancement Course	2
	SEC	Skill Enhancement Course	3
IV	MJ	Major-6 (Discipline Specific Course)	4
	MJ	Major-7(Discipline Specific Course)	4
	MJ	Major-8 (Discipline Specific Course)	4

	MN	Minor-2B (From Vocational/Discipline)	4
	AEC	Ability Enhancement Course	2
	VAC	Value Added Course	2
V	MJ	Major-9 (Discipline Specific Course)	4
	MJ	Major-10 (Discipline Specific Course)	4
	MJ	Major-11 (Discipline Specific Course)	4
	MN	Minor-1C(From Discipline)	4 (3+1)
	IAP	Internship/Dissertation	4
VI	MJ	Major-12 (Discipline Specific Course)	4
	MJ	Major-13 (Discipline Specific Course)	4
	MJ	Major-14 (Discipline Specific Course)	4
	MJ	Major- 15 (Discipline Specific Course)	4
	MN	Minor-2C (From Vocation/Discipline)	4
VII	AMJ	Advance Major-01 (Discipline Specific Course)	4
	AMJ	Advance Major- 02 (Discipline Specific Course)	4
	AMJ	Advance Major-03 (Discipline Specific Course)	4
	AMJ	Advance Major- 04 (Discipline Specific Course)	4
	MN	Advance Minor- 05 (From Discipline)	4 (3+1)
VIII	AMJ	Advance Major-XX (Discipline Specific Course)	4
	MN	Minor-2D (From Vocational/Discipline)	4
	RC	Research Courses(Dissertation)	12
		Total Credit	160

Abbreviations:**MJ- Major Disciplinary/Interdisciplinary Courses****VAC- Value Added Course****MN- Minor Disciplinary/Interdisciplinary Courses****IAP- Internship****AMJ- Advance Major Disciplinary/Interdisciplinary Courses****RC- Research Course****MDC Multidisciplinary Course
Course****SEC- Skill Enhancement****AEC-Ability Enhancement Course****SYLLABUS MINOR-2 PSYCHOLOGY(FROM VOCATIONAL/DISCIPLINE), BBM KU, DHANBAD, JHARKHAND**

Table-2: Title of the Papers of Minor- 2 (From Vocational/Discipline)**Courses in Psychology**

Semester	Paper Code	Title of the Paper	Theory/Practical	Credits
II	MN-2A	Counselling Skills	Theory+Practical	4
IV	MN-2B	Psychology of Health and Wellbeing	Theory+Practical	4
VI	MN-2C	Youth, Gender and Identity	Theory+Practical	4
VIII	MN2-D	Psychology at Work	Theory+Practical	4

Table-3: Distribution of Marks for Minor Papers-2(From Vocational /Discipline) Courses in Psychology:

S.No.	Semester	Paper	Credit	Full Marks		Pass Marks	
				Theory (End Semester)	Practical/(Testing (End Semester)	Theory(End Semester)	Practical
1.	II	MN-2A	4	75	25	30	10
2.	IV	MN-2B	4	75	25	30	10
3.	VI	MN-2C	4	75	25	30	10
4.	VIII	MN-2D		75	25	30	10

Semester-II

MINOR PAPER-2A Psychology (Vocational/ Discipline Specific) Theory

Instruction to faculty members and Question Setter for:

End Semester Examination (ESE):

The End Semester Exam will be of 75 marks. There will be two groups of questions. Group A is compulsory and will contain three questions. Question No. 1 will be very short type questions consisting of five questions of 1 mark each. Question No. 2 and 3 will be two short answer type questions of 5 marks each. Group B will contain descriptive type six questions of 15 marks each, out of which any four to be answered.

Note: There is no Internal Examination in Theory Paper.

Program/Class: Undergraduate Certificate	Semester-II	
Title of the Paper- Counselling Skills		
Paper Code:MN-2A	Disciplinary/Interdisciplinary Minor from Vocational/Discipline	
Credit:3 (45 hours)	1 Credit =15 hrs	
FM:75	ESE=75, PM:30	
Learning Outcomes: After successfully completing this course, the students will be able to:		
<ul style="list-style-type: none"> • Having a comprehensive understanding of the profession of counselling, particularly in the Indian context. • Acquiring basic counselling skills of problem identification, and relationship building (e.g. empathy, listening, paraphrasing, unconditional positive regard). • Demonstrating skills of helping clients. Students may choose relaxation, reducing negative/maladaptive self-talk, and also learn skills of terminating the counselling relationship. • Developing qualities of an effective counsellor including increasing self-awareness, reflexivity, self-monitoring and objectivity. • Developing proficiencies to assist professional counsellors during intake interviews. • Helping clients having mild concerns in life; for instance acting as peer counsellors in the college/community. 		
Unit	Topic	Hours
Unit 1:Introduction	Defining counselling, goals of counselling, professional counsellors, basic counselling skills, Understanding counselling process: Development of helping relationship, counselor –counseeec relationship, Counseling goal setting process, Ethical considerations in counselling	15

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K Singh *Gayadar*

Unit 2:Basic Approaches to Counselling	Person centered approach, Psychodynamic approach, Behavioural counselling, Cognitive behavioural approach : CBT	10
Unit 3:Specific Counselling Skills	Paraphrasing and reflecting feelings, asking questions, self-disclosing, facilitating problem solving, Inside and outside skills of counselling, Self-monitoring skills as a counsellor, Training clients in relaxation, Improving client's self-talk and self-perceptions, terminating helping	10
Unit 4:Models of Counselling Skills	Nature and importance of counselling skills and working alliance, Rogers model of counselling skills, Carkhuff model of counselling skills, IPR model of counselling training, Indian models of counseling: the role of detachment and self-surrender	10

Books Recommended:

- Feltham, C and Horton, I.(2000). Handbook of Counselling and Psychotherapy. London:Sage.
- Gibson, R.L. and Mitchell, M.H. (2003). Introduction to Counselling and Guidance (6th Ed). New Delhi: Pearson India.
- Gliadding, S.T.(2009). Counselling: A Comprehensive Profession (6th Ed.) New Delhi: Pearson India.
- Misra, G. (Ed) (2010). Psychology in India, (Volume 3). Clinical and Health Psychology, New Delhi: Pearson India.
- Rao, S.(2002). Counselling and Guidance (2nd Ed.) New Delhi: McGraw Hill.

PRACTICAL /TESTING

Instruction to faculty members and Question Setter for:

End Semester Examination (ESE):

The Question for semester practical exam will be of equal to 25 Marks. Distribution of marks in end semester exam will be as –Testing-15, Viva-Voce-5 and N.B-5. Two Questions will be set out of which candidates be required to answer one question.

(Note: There is no internal examination in practical paper)

Credit:1	1 Credit=30 hrs
FM:25	PM:10
Testing:	
<ul style="list-style-type: none"> • Emotional Maturity Test • Differential Personality Test • Type A and Type B Personality Test • Joshi,s General Intelligence Test 	

Handwritten signatures:



Recommended Books:

- Anastasi (1998) Psychological Testing. New York, McMillian
- Singh A. K. (2006). Advanced Psychological Experiments and Testing. Patna: MotilalBanarsidas Publication.
- Suleman, M. (1996). Manovigayan Me Prayog aum Parikashan. Patna: MotilalBanarsidas Publication.

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S. Yadav

Semester-IV

MINOR PAPER-2B Psychology (Vocational /Discipline Specific) Theory

Instruction to faculty members and Question Setter for:

End Semester Examination (ESE):

The End Semester Exam will be of 75 marks. There will be two groups of questions. Group A is compulsory and will contain three questions. Question No. 1 will be very short type questions consisting of five questions of 1 mark each. Question No. 2 and 3 will be two short answer type questions of 5 marks each. Group B will contain descriptive type six questions of 15 marks each, out of which any four to be answered.

Note: There is no Internal Examination in Theory Paper.

Program/Class: Undergraduate Diploma	Semester-IV	
Title of the Paper- Psychology of Health and Well-being		
Paper Code:MN-2B	Disciplinary/Interdisciplinary Minor from Vocational/Discipline	
Credit:3 (45 hours)	1 Credit =15 hrs	
FM:75	ESE=75, PM:30	
<p>Learning Outcomes: After successfully completing this course, the students will be able to:</p> <ul style="list-style-type: none"> • Understanding the spectrum of health and illness for better health management • Identifying stressors in one's life and how to manage them • Understanding a variety of health enhancing, health protective, and health compromising behaviours and to be able to know their application in illness management. • Developing an understanding of human strengths and virtues, and gain insights into positive aspects of work. 		
Unit	Topic	Hours
Unit 1	Illness, Health and Well being: Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health; health and well being.	15
Unit 2	Stress and Coping: Nature and sources of stress; Personal and social mediators of stress; Effects of stress on physical and mental health; Coping and stress management	10
Unit 3	Health Management: Health-enhancing behaviors: Exercise, Nutrition,	10

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	meditation, Yoga; Health compromising behaviours (alcoholism, smoking, internet addiction and the like); Health Protective behaviours, Illness Management	
Unit 4	Promoting Human strengths and life enhancement: Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism; gainful Employment and Me/We Balance	10

Books Recommended:

- Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
- DiMatteo, M.R. & Martin, L.R. (2002). Health psychology. New Delhi: Pearson.
- Forshaw, M. (2003). Advanced psychology: Health psychology. London: Hodder and Stoughton.
- Hick, J.W. (2005). Fifty signs of Mental Health. A Guide to understanding mental health. Yale University Press.
- Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
- Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.

PRACTICAL / TESTING

Instruction to faculty members and Question Setter for:

End Semester Examination (ESE):

The Question for semester practical exam will be of equal to 25 Marks. Distribution of marks in end semester exam will be as –Testing-15, Viva-Voce-5 and N.B-5. Two Questions will be set out of which candidates be required to answer one question.

(Note: There is no internal examination in practical paper)

Credit:1	1 Credit=30 hrs
FM:25	PM:10
Testing:	
<ul style="list-style-type: none"> • Defence mechanism Scale b • Self Concept Scale • Bell's Adjustment Questionnaire • Psychological Well-being Scale 	

K. Singh *Fayad*

Recommended Books:

- Anastasi (1998) Psychological Testing. New York, McMillian
- .Bhargav, M.(2009) Manovaigyanik Parikshan Awam Mapan, Bhargav Book House, Agra
- Singh A. K. (2006). Advanced Psychological Experiments and Testing. Patna: MotilalBanarsidas Publication.
- Suleman, M. (1996). Manovigayan Me PrayogaumParikashan. Patna: MotilalBanarsidas Publication.

Semester-VI

MINOR PAPER-2C Psychology (Vocational/ Discipline Specific)

Theory

Instruction to faculty members and Question Setter for:

End Semester Examination (ESE):

The End Semester Exam will be of 75 marks. There will be two groups of questions. Group A is compulsory and will contain three questions. Question No. 1 will be very short type questions consisting of five questions of 1 mark each. Question No. 2 and 3 will be two short answer type questions of 5 marks each. Group B will contain descriptive type six questions of 15 marks each, out of which any four to be answered.

Note: There is no Internal Examination in Theory Paper.

Program/Class: Bachelor's Degree	Semester-VI	
Title of the Paper- Youth, Gender and Identity		
Paper Code:MN-2C	Disciplinary/Interdisciplinary Minor from Vocational	
Credit:3 (45 hours)	1 Credit =15 hrs	
FM:75	ESE=75, PM:30	
<p>Learning Outcomes: After successfully completing this course, the students will be able to:</p> <ul style="list-style-type: none"> • Understanding the transitory phase of youth, the issues surrounding it and thereby developing sensitivity to the youth of today. • Developing an appreciation of the multiple influences that mould the identity of today's youth. 		
Unit	Topic	Hours
Unit 1: Introduction	Concepts of Youth: Transition to Adulthood, Extended Youth in the Indian context, Concepts of Gender: Sex, Gender Identity, Sexual Orientation, Gender Roles, Gender Role Attitudes, Gender Stereotypes , Concepts of Identity: Multiple identities Unit	15
Unit 2: Youth and Identity	Family: Parent-youth conflict, sibling relationships, intergenerational gap, Peer group identity: Friendships and Romantic relationships, Workplace identity and relationships, Youth culture: Influence of globalization on Youth identity and Identity crisis Unit	10
Unit 3: Gender and Identity	Issues of Sexuality in Youth, Gender discrimination, Culture and Gender: Influence of globalization on Gender identity	10

K Singh *Rayadar*

Unit 4: Issues related to Youth, Gender and Identity	Youth, Gender and violence, Enhancing work-life balance, Changing roles and women empowerment, Encouraging non-gender stereotyped attitudes in youth	10
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Books Recommended:

- Berk, L. E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall.
- Baron, R.A., Byrne, D. & Bhardwaj, G (2010). Social Psychology (12th Ed). New Delhi: Pearson.

PRACTICAL /TESTING

Instruction to faculty members and Question Setter for:

End Semester Examination (ESE):

The Question for semester practical exam will be of equal to 25 Marks. Distribution of marks in end semester exam will be as –Testing-15, Viva-Voce-5 and N.B-5. Two Questions will be set out of which candidates be required to answer one question.

(Note: There is no internal examination in practical paper)

Credit:1	1 Credit=30 hrs
FM:25	PM:10
<p>Testing:</p> <ul style="list-style-type: none"> • 16 Personality Factors Test • Allport Vernon Lindzey Scale of values • Interest Test by Raghuraj Pal • Personal Stress Source Inventory, SPSSI by A.K. Singh <p>Recommended Books:</p> <ul style="list-style-type: none"> • Anastasi (1998) Psychological Testing. New York, McMillan • Bhargav, M.(2009) Manovaigyanik Parikshan Awam Mapan, Bhargav Book House, Agra • Singh A. K. (2006). Advanced Psychological Experiments and Testing. Patna: Motilal Banarsidas Publication. • Suleman, M. (1996). Manovigayan Me Prayog aum Parikashan. Patna: Motilal Banarsidas Publication, Patna. 	

K Singh *P. Yadav*

Semester-VIII**MINOR PAPER-2D Psychology (Vocational/ Discipline Specific)****Theory**

Instruction to faculty members and Question Setter for:

End Semester Examination (ESE):

The End Semester Exam will be of 75 marks. There will be two groups of questions. Group A is compulsory and will contain three questions. Question No. 1 will be very short type questions consisting of five questions of 1 mark each. Question No. 2 and 3 will be two short answer type questions of 5 marks each. Group B will contain descriptive type six questions of 15 marks each, out of which any four to be answered.

Note: There is no Internal Examination in Theory Paper.

Program/Class: Bachelor's Degree with Hons/Hons. With Research	Semester-VIII	
Title of the Paper- Psychology At Work		
Paper Code:MN-2D	Disciplinary/Interdisciplinary Minor from Vocational	
Credit:3 (45 hours)	1 Credit =15 hrs	
FM:75	ESE=75, PM:30	
<p>Learning Outcomes: After successfully completing this course, the students will be able to:</p> <ul style="list-style-type: none"> • Understanding the meaning and theoretical foundations of Industrial/ Organizational Psychology. • Knowing how to apply knowledge Industrial/ Organizational Psychology to the real work settings. 		
Unit	Topic	Hours
Unit 1: Introduction	Introduction to I/O Psychology: Definition, Brief History, Contemporary Trends and challenges	15
Unit 2: Work Motivation	Work Motivation: Theories and applications: Maslow, Herzberg, Goal Setting, Expectancy, Equity	10
Unit 3: Communication	Communication in Organizations: Communication process, purpose of communication in organizations, barriers to effective communication, managing communication	10
Unit 4: Leadership	Early approaches to leadership, contemporary approaches to leadership. Transformational & Transactional Leadership	10

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Books Recommended:

- Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley
- Robbins, S. P. & Judge, T.A. (2008). Essentials of Organizational Behavior. 9th Edition. New Delhi: Prentice Hall of India
- Suleman, M. and Kumar, D. (2022) Adhunik Audyogic avum Sangathanatmak Manovigyan,

PRACTICAL/TESTING***Instruction to faculty members and Question Setter for:******End Semester Examination (ESE):***

The Question for semester practical exam will be of equal to 25 Marks. Distribution of marks in end semester exam will be as –Testing-15, Viva-Voce-5 and N.B-5. Two Questions will be set out of which candidates be required to answer one question.

(Note: There is no internal examination in practical paper)

Credit:1**1 Credit=30 hrs****FM:25****PM:10****Testing:**

- Job Satisfaction Scale by Singh and Sharma (1999)
- Job Involvement Scale by Kapoor and Singh (1978)
- Work Motivation Questionnaire by K.G. Agarwal
- Organizational Climate Questionnaire Chudhary and Dhar

Recommended Books:

Anastasi (1998) Psychological Testing. New York, McMillian

Singh A. K. (2006). Advanced Psychological Experiments and Testing. Patna: Motilal Banarsidas Publication.

Suleman, M. (1996). Manovigyan Me Prayogaum Parikashan. Patna: Motilal Banarsidas Publication.

K Singh
Prasad

FORMAT OF QUESTION PAPER FOR END SEMESTER UNIVERSITY EXAMINATION



Binod Bihari Mahato Koylanchal University, Dhanbad

Question format for 75 Marks:

F.M.=75	Subject/Code Time=3Hrs.	Exam Year
General Instructions:		
i.	Group A carries very short answer type compulsory question.	
ii.	Answer 4 out of 6 subjective/descriptive questions given in Group B.	
iii.	Answer in your own words as far as practicable.	
iv.	Answer all sub parts of a question at one place.	
v.	Numbers in right indicate full marks of the question.	
1.	i. ii. iii. iv. v.	$(1 \times 5 = 5)$ [5]
2.	[5]
3.	[5]
<u>Group B</u>		
4.	[15]
5.	[15]
6.	[15]
7.	[15]
8.	[15]
9.	[15]
Note: There may be subdivisions in each question asked in Theory Examination.		