



પરિપત્ર:

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટીની હ્યુમનીટીસ & સોશ્યલ સાયન્સીસ વિદ્યાશાખાનાં અભ્યાસક્રમ ચલાવતી તમામ સંલગ્ન કોલેજોનાં આચાર્યશ્રીઓને સવિનય જણાવવાનું કે હ્યુમનીટીસ & સોશ્યલ સાયન્સીસ વિદ્યાશાખા હેઠળનો NEP-૨૦૨૦ અંતર્ગત મનોવિજ્ઞાન વિષય સેમેસ્ટર-૬નો અભ્યાસક્રમ આ સાથે સામેલ છે.

માનનીય કુલપતિશ્રીની મંજૂરી અનુસાર સદર અભ્યાસક્રમ શૈક્ષણિક વર્ષ જુન, ૨૦૨૫ થી અમલવારી કરવાની રહે છે. હ્યુમનીટીસ & સોશ્યલ સાયન્સીસ વિદ્યાશાખાનાં અભ્યાસક્રમ ચલાવતી તમામ સંલગ્ન કોલેજો ધ્વારા તેની અમલવારી કરવા જણાવવામાં આવે છે.



ખાસ ફરજ પરના અધિકારી
(એકેડેમિક)

ક્રમાંક/બીકેએનએમયુ/ એકેડેમિક/૭૩૧/૨૦૨૫

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી,

સરકારી પોલીટેકનિક કેમ્પસ,

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી રોડ,

ખડીયા, જૂનાગઢ-૩૬૨૨૬૩

તા.૧૫/૧૦/૨૦૨૫

પ્રતિ,

- ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી સંલગ્ન હ્યુમનીટીસ & સોશ્યલ સાયન્સીસ વિદ્યાશાખાનાં અભ્યાસક્રમો ચલાવતી તમામ કોલેજોના આચાર્યશ્રીઓ તરફ....

નકલ સાદર રવાના:-

- માન.કુલપતિશ્રી/ કુલસચિવશ્રીનાં અંગત સચિવશ્રી.
- પરીક્ષા નિયામકશ્રી, ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી, જૂનાગઢ

નકલ રવાના જાણ તથા યોગ્ય કાર્યવાહી અર્થે:

- સીસ્ટમ મેનેજરશ્રી, આઇ.ટી.સેલ વિભાગ (વેબસાઇટ ઉપર પ્રસિદ્ધ થવા અર્થે.)



BHAKTA KAVI NARSINH MEHTA UNIVERSITY
JUNAGADH



BOARD OF STUDIES

FACULTY OF HUMANITIES & SOCIAL SCIENCES

SYLLABUS FOR PSYCHOLOGY (HONOURS)

PROGRAMME (SEMESTER- VI)

EFFECTIVE FROM JUNE, 2025

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. (Honors) as per NEP-2020
Faculty of **Humanities & Social Sciences**
Effective from June 2025
Subject: Psychology
SEMESTER- VI

SUMMARY OF THE SYLLABUS

Sem No.	Sr. No.	Category of Course	Course Title	Course Level	Credit	Teaching Hrs.	SEE Marks	CCE Marks	Total Marks	Exam Duration
6	1	Major-14	Experimental Psychology (Practical)	06	04	60	50	50	100	More than 05:00 Hours
	2	Major-15	Research Method and Statistics in Psychology- 1	06	04	60	50	50	100	02:00 Hours
	3	Major-16	Bio Psychology	06	04	60	50	50	100	02:00 Hours
	4	Minor-6	Counselling Psychology	06	04	60	50	50	100	02:00 Hours
				Total	16					

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Course Level	5.5	Internal Marks	0
Programme	B.A.	External Marks	0
Semester	VI	Practical Internal	0
Category of Course	MAJOR-14	Practical External	100
Course Credit	04	Prac. External Exam Duration	More than 05:00 Hours
Teaching Hours	60	Total	100
Course Code		Exam Duration	-
Course Title	Experimental Psychology (Practical)		

Course Objectives: This course should help Students:

- To impart an understanding of the application of various Psychological theories.
- To equip the learner with an understanding of the concept and process of Experimental Psychology.
- To impart an understanding of the various domains of Experiment in Psychology.
- Develop the skill to perform an experiment in a totally scientific temper.
- Acquire competence to note, quantify, codify, analyse and interpret data.
- To acquaint Students with the basic concepts of Psychological Practical
- To Provide Students a Perspective of Psychological Practical.

Course Learning Outcomes: After completion of the course:

- Practical application Skills: An ability to apply the theoretical principles of Psychology demonstrating an understanding of behaviour, thoughts, and feelings of the individual and the individual in group settings
- Students with the procedure of conducting experiments on various subjects of psychology.
- Students with the administration, scoring and interpretation of various psychological tests.
- Students with the basic concepts of Experimental Psychology.
- Students a Perspective of Experimental Psychology
- Students with an understanding of the concept and process of Experimental Psychology.
- Students with impart an understanding of the various domains of Experiment in Psychology.
- Students with develop the skill to perform an experiment in a totally scientific temper.

Course Contents: Any **FIVE** experiments from the following are to be performed and reported in Journal:

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Sem	Practical No.	Practical Name (Any FIVE)
6	1	ભુલભુલામણી દ્વારા શિક્ષણ Maze learning (Trial and error Learning)
	2	નિયંત્રિત અને મુક્ત સાહચર્ય Compression of Control and Free Association
	3	માનસિક થાક Mental fatigue
	4	અર્થપૂર્ણતા અને શિક્ષણ Meaningfulness and Learning
	5	તસ્વીરો દ્વારા આવેગ ઓળખ Judging emotion from Photographs
	6	માનસિક સ્વાસ્થ્ય માપન Mental health measurement
	7	વ્યક્તિત્વ માપન Personality measurement
	8	સ્વ ખ્યાલ માપન Self-concept measurement

(Any Five Practical are to Performed and Reported to Journal)

- Per Batch 20 Student Per Batch Marking Scheme for Practical (Total Marks=100)
 - i) Report Writing - 40 Marks
 - ii) Performance - 20 Marks
 - iii) Journal - 20 Marks
 - iv) Viva-Voice - 20 Marks
 - v) Total Marks - 100 Marks

Pedagogical Tool: Classroom Lecture, Problem Solving, Practical Work, Demonstration

Mode of Evaluation: Evaluation will be divided in ONE part.

External: Annual Examination will be conducted by the Bhakta Kavi Narsinh Mehta University of 100 Marks (Practical Evaluation *Journal *Performance *Report Writing *Viva)

Text Books & references (Suggested Reading):

1. Collins M. and Drever J. (1949): Experimental Psychology. Matheun & Co. Ltd., London.
2. D 'Amato M. R. (1976): Experimental Psychology: Methodology Psychophysics and Learning. New York - Tokyo, McGraw Hill Kogakusha.
3. Postman L. and Egan J. (1949): Experimental Psychology. (Harper) & Row (Kalyani Pub. Ludhiana.)

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4. Underwood B. J. (1949): Experimental Psychology - An Introduction. New York: Appleton Country Crofts Indian Reprint. The Finances of India Press
5. Woodworth R. S. & Schosberg H. (1938): Experimental Psychology. New York (Holt) Rinehart and Winston Inc. Third Indian Reprint Oxford IBH Publishing Co New Delhi, Bombay, Calcutta.
6. Snodgrass and Haydon (). Human Experimental Psychology
7. Anderson John R. (1980) Cognitive Psychology: and its implications. IInd edition, W. H. Freeman and Company, New York.
8. “પ્રાયોગિક મનોવિજ્ઞાન” ડૉ. સી.ટી. ભોપટકર, યુનિવર્સિટી પ્રકાશન
9. “પ્રાયોગિક મનોવિજ્ઞાન સિધ્ધાંત અને પ્રયોગપોથી” યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, લેખક : એસ.સી. કાનાવાલા

Practical Paper Evaluation Structure:

University External Paper Exam External Evaluation Structure

University Practical Paper Exam External Evaluation: 50 Marks		
Sr. No.	Details	Marks
1	Practical Report Writing	25
2	Practical Performance	05
3	Journal Evaluation	10
4	Practical Viva	10
5	Total External Marks	50

College Practical Paper Internal Evaluation Structure

College Practical Paper Internal Evaluation: 50 Marks		
Sr. No.	Details	Marks
1	Practical Report Writing (5)	25
2	Practical Performance (5)	05
3	Journal Evaluation	10
4	Practical Viva (5)	10
5	Total Internal Marks	50

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Course Level	5.5	Internal Marks	50
Programme	B.A.	External Marks	50
Semester	VI	Practical Internal	0
Category of Course	MAJOR-15	Practical External	0
Course Credit	04	Prac. External Exam Duration	0
Teaching Hours	60	Total	100
Course Code		Exam Duration	02:00 Hours
Course Title	Research Method and Statistics in Psychology		

Course Objectives: This course should help Students:

- To acquaint Students with the basic concepts of Research methods.
- To Provide Students a Perspective of Research methods.
- To educate students with the process and the methods of quantitative and qualitative psychological research traditions.
- To make students understand the nature and course of various Methods of Psychology
- To familiarize students with the use of statistical methods in psychological research and the techniques of descriptive statistics for quantitative research.
- To acquaint Students with the basic concepts of statistics.
- To Provide Students a Perspective of statistics.
- To educate students with the process and the methods of quantitative and qualitative psychological research traditions and statistics.
- To make students understand the nature and course of various Methods of statistics
- To familiarize students with the use of statistical methods in psychological research and the techniques of descriptive statistics for quantitative research.

Course Learning Outcomes: After successful completion of this course, students will be able to:

- Define and explain the basic concepts and principles of research methods in psychology.
- Demonstrate an understanding of the nature and purpose of different research methodologies, including both quantitative and qualitative approaches.
- Describe and compare the processes involved in conducting quantitative and qualitative research in psychological studies.
- Identify and apply appropriate psychological research methods to investigate specific questions or hypotheses.
- Utilize statistical techniques and descriptive statistics to analyze and interpret quantitative data in psychological research.

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- Define and explain the fundamental concepts of statistics relevant to psychological research.
- Demonstrate an understanding of the role and importance of statistics in psychological research and practice
- Describe and apply statistical methods used in both quantitative and qualitative research traditions in psychology.
- Identify and explain various statistical techniques and their appropriate use in psychological data analysis.
- Use descriptive statistical methods to organize, summarize, and interpret quantitative research data in psychology.

Course Contents:

Sem	Unit No.	Syllabi	Teaching Hours
6	1	Psychological Research મનોવૈજ્ઞાનિક સંશોધન • Introduction પ્રસ્તાવના • Meaning & Definition of Research સંશોધનનો અર્થ અને વ્યાખ્યા • Characteristics of Research • સંશોધનના લક્ષણો -લાક્ષણિકતા • Types of research સંશોધનના પ્રકારો • Major Steps for the research process સંશોધન પ્રક્રિયાના મુખ્ય સોપાનો-પગથિયાં • Need or Utility of Research સંશોધનની ઉપયોગિતા કે જરૂરિયાત	25% 15 Hours
	2	Principles of Sampling & Interview method નિદર્શના સિદ્ધાંતો & મુલાકાત પદ્ધતિ 1. Principles of Sampling નિદર્શના સિદ્ધાંતો • Some basic concepts and definitions કેટલાક મૂળભૂત ખ્યાલો અને વ્યાખ્યાઓ • Sampling techniques નિદર્શન પ્રત્યુક્તિઓ: 1. Probability સંભાવના નિદર્શન 2. Non-Probability Sampling બિનસંભાવના નિદર્શન	25% 15 Hours

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		2. Interview method મુલાકાત પદ્ધતિ - Meaning and nature of interview મુલાકાતનો અર્થ અને સ્વરૂપ - Types of Interview Method મુલાકાત પદ્ધતિના પ્રકારો - Selection and training of the interviewer મુલાકાત લેનારની પસંદગી અને તાલીમ - Advantages and Limitations of Interview Method મુલાકાત પદ્ધતિના લાભ અને મર્યાદાઓ	
	3	Questionnaire Methods & Psychological tests પ્રશ્નાવલી પદ્ધતિ & મનોવૈજ્ઞાનિક કસોટીઓ 1. Questionnaire Methods પ્રશ્નાવલી પદ્ધતિ - Meaning of Questionnaire Method પ્રશ્નાવલી પદ્ધતિનો અર્થ - Principles of Questionnaire formation (Formulation of questionnaire) પ્રશ્નાવલીની રચનાના સિદ્ધાંતો (પ્રશ્નાવલીનું નિર્માણ) - Subject Matter of the Questions in Questionnaire (content of questions of the questionnaire) પ્રશ્નાવલીમાંના પ્રશ્નોનું વિષયવસ્તુ (પ્રશ્નાવલિના પ્રશ્નોની સામગ્રી) - Formation of words of the questions in questionnaire પ્રશ્નાવલીમાં પ્રશ્નોના શબ્દોની રચના - Limitations and advantages of Questionnaire પ્રશ્નાવલીની મર્યાદાઓ અને ફાયદા	25% 15 Hours
	4	Statistics and Measurement આંકડાશાસ્ત્ર અને માપન - Study of statistical methods is require આંકડાશાસ્ત્રની પદ્ધતિઓના અભ્યાસની જરૂર - Meaning of Scores, Discrete and Continuous series પ્રાપ્તિકોનો અર્થ, ખંડિત અને અખંડિત શ્રેણી - Approximate values in numerical- meaning about the indicator (Significant) સાંખ્યકીયમાં લગભગ કિંમતો - અર્થસૂચક અંગેનો અર્થ - Rules for calculating exact and approximate figures ચોક્કસ અને લગભગ આંકડા ગણતરીના નિયમો	25% 15 Hours

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	Frequency Distribution આવૃત્તિ વિતરણ • Preparing a Frequency Distribution Table આવૃત્તિ વિતરણના કોઠાની રચના • Intervals and Mid Value વર્ગ લંબાઈ અને મધ્ય કિંમત Graphic Methods આલેખ પદ્ધતિઓ • Columnar સ્તંભાલેખ • Frequency Polygon આવૃત્તિ બહુકોણ • Frequency Curve આવૃત્તિ વક્ર • Cumulative Frequency સંચયી આવૃત્તિ	
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Pedagogical Tools: Classroom Lecture, Problem Solving, Tutorial, Group Discussion Seminar, Case Studies, Role Play, Field Work, Hospital Visit

Mode of Evaluation: Evaluation will be divided in two parts.

External: Annual Examination will be conducted by the Bhakta Kavi Narsinh Mehta University of 50 Marks (4 Descriptive Questions and 2 Short note)

Internal: Following Tools for Evaluating performance of the students can be used. Total weightage for the Internal Examination 50 Marks.

- | | | | |
|--------------|------------------|-----------------------|-------------------------------|
| • Assignment | • MCQ Test | • Presentation | • Attendance |
| • Seminar | • Symposium | • Poster Presentation | • Essay type Questions |
| • Projects | • Questionnaires | • Interviews | • Classroom quizzes and exams |

Suggested Reading:

Text Books & References:

Reference Books:

1. Selltitz C. Jahoda, Deatch M. and Cook S. W. (1953): Research methods in behavioural Science. New York.
2. Festinger and Katz D. Research methods in behavioral Sciences, Holt, Rinehart and Winstone, New York.
3. Kerlinger F. N. (2000). "Foundation of behavioral research". Fifth edition-(Surjeet Publication, Delhi).

Available Books

1. Kothari C. R. (1990) Research Methodology. IInd edition, Wishwa Prakashan, New Delhi.
2. Anna anastach-"Psychological Testing" Mac Millan Co. Ltd., London, 6th edition.

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Modern Books

1. Research methods in Psychology Sixth Edition. David G. ELMES, BARRY H. KANTOWITZ, HENRY L. ROEDIGER III. Brooks/Cole Publishing Company I (R) P An International Thomson Publishing Company.
2. How to Research IInd edition. Loraine Blaxter, Christina Hughes, Malcolm Tight. Viva Books Private Limited (1997) New Delhi, Mumbai, Chennai, Kolkata.
3. Research Methods in Psychology IV Edition. John J. Shaughnessy. Eugene B. McGrew Hill Co., Zechmeister.

ગુજરાતી સંદર્ભ પુસ્તકો:

1. સંશોધનની પદ્ધતિઓ : ૧૯૯૯-૨૦૦૦: સી .જમનાદાસની કંપની
2. પ્રા .ડૉ .એલ.આર.યાજ્ઞિક ,પ્રા .ડૉ .બી.ડી. ઢીલા ,પ્રા .ડૉ. કે. બી .ચોથાણી (2004): (સંશોધન પદ્ધતિ) વાર્તાનિક વિજ્ઞાનાનોમાં અક્ષર પબ્લીકેશન.

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INTERNAL EVALUATION SCHEME		
NO	Particulars	Marks
1	Mid Semester Exam (Mandatory)	25
2	Class Test	05
3	Open book exam/test	05
4	Open note exam/test	05
5	Self-test/ Online test	05
6	Essay/Article writing	05
7	Quizzes/Objective test	05
8	Class assignment	05
9	Home assignment	05
10	Reports Writing	05
11	Research/Dissertation	05
12	Case Studies	05
13	Viva/Oral exam	05
14	Group Discussion	05
15	Role Play	05
16	Paper presentation/Seminar	05
17	Language Lab work	05
18	Interview	05
19	Craft work	05
20	Co-curricular work	05
21	Field Assignment	05
22	Poster Presentation	05
23	Attendance	05
24	Project Work	05
	Total	50

Note: Sr.No.1 is mandatory. Select any five from Sr.No.2 to 24. Each Contains five marks. Student should secure 18 Marks for passing in internal Exam.

Paper Style:

Ques. No.	Particulars	From which Unit	Marks
1	Question 1 OR Question 1	1	10
2	Question 2 OR Question 2	2	10
3	Question 3 OR Question 3	3	10
4	Question 4 OR Question 4	4	10
5	Write Short Note (2 out of 4)	From Each Unit	10
		Total Marks	50

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Course Level	5.5	Internal Marks	50
Programme	B.A.	External Marks	50
Semester	VI	Practical Internal	0
Category of Course	MAJOR-16	Practical External	0
Course Credit	04	Prac. External Exam Duration	0
Teaching Hours	60	Total	100
Course Code		Exam Duration	02:00 Hours
Course Title	Bio Psychology		

Course Objectives: This course should help Students:

- To explore the biological basis of experience and behaviour.
- To develop an understanding of the influence of behaviour, Nervous System, cognition, and the environment on bodily system.
- Understanding proper genetic analysis of human behaviour.
- To develop an appreciation of the neurobiological basis of psychological function and dysfunction.
- Imparting basic information regarding the fundamental Biological basics of Behaviours.

Course Learning Outcomes: After successful completion of this course, students will be able to:

- Explain the biological basis of human experience and behaviour, including the structure and function of key bodily systems.
- Analyze the role of the nervous system, cognition, behaviour, and environmental factors in influencing physiological processes.
- Apply basic genetic principles to understand human behaviour and recognize the impact of heredity on psychological traits.
- Evaluate the neurobiological underpinnings of normal and abnormal psychological functions, including mental health conditions.
- Demonstrate foundational knowledge of biological systems involved in behaviour, including neuroanatomy, neurotransmitters, and hormonal influences.

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Course content:

Sem	Unit No.	Syllabi	Teaching Hours
6	1	Introduction to Bio Psychology and Methods of Study જૈવ મનોવિજ્ઞાનનો પરિચય અને અભ્યાસ પદ્ધતિ - Meaning and definition of Bio Psychology જૈવ મનોવિજ્ઞાનનો અર્થ અને વ્યાખ્યા - Nature of Bio Psychology જૈવ મનોવિજ્ઞાનનું સ્વરૂપ - Scope of Bio Psychology જૈવ મનોવિજ્ઞાનનું અભ્યાસક્ષેત્ર - Importance of the study of Bio psychology જૈવ મનોવિજ્ઞાનનાં અભ્યાસનું મહત્વ - Introduction to the study method of Bio psychology જૈવ મનોવિજ્ઞાનની અભ્યાસ પદ્ધતિનો પરિચય i. Nerve anatomy Methods ચેતા શરીર રચના પદ્ધતિ ii. Electrical drawing method વિદ્યુત આલેખન પદ્ધતિ iii. Stimulus Methods ઉદ્દીપન પદ્ધતિ iv. Hormonal and bio chemical methods રસસ્રાવ અને જૈવિક-રાસાયણિક પદ્ધતિ	25% 15 Hours
	2	Internal Environment of Body શરીરનું આંતરિક વાતાવરણ - Meaning and Definition of Internal Environment આંતરિક વાતાવરણનો અર્થ અને વ્યાખ્યા - Metabolism યથાપયથ - Enzymes ઉત્સેચકો - Hormones (endocrine glands) હોર્મોન્સ-અંતઃસ્રાવી ગ્રંથિઓ - Vitamins પ્રજીવકો - Genes જનીન તત્વો	25% 15 Hours
	3	Nervous & Nervous Systems ચેતાકોષ અને ચેતાતંત્ર - Structure and Functions of Neuron ચેતાકોષની રચના અને કાર્ય - Nerve impulses ચેતાપ્રવાહ - Origin & Conduction of Nerve Impulse (Impulse and	25% 15 Hours

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		transmission) ચેતાપ્રવાહનો ઉદ્ભવ અને વહન - The All or None Principal સર્વ અથવા શૂન્યનો સિધ્ધાંત • Part of the nervous System ચેતાતંત્રના ભાગો - Spinal cord કરોડરજ્જુ - Brain મગજના ભાગો (Hind brain પશ્ચ મગજ, Mid Brain મધ્ય મગજ, Fore Brain and Cerebral Cortex અગ્ર મગજ અને મસ્તિષ્ક છાલ) • Peripheral Nervous System – Automatic System પરિઘવર્તી ચેતાતંત્ર સ્વયંસંચાલિત તંત્ર -	
4		Biological Basis of Motivation & Emotion પ્રેરણા અને આવેગનો શારીરિક આધાર • Biological Basis of Motivation પ્રેરણાનો શારીરિક આધાર - Meaning and Definition of motivations પ્રેરણાનો અર્થ અને વ્યાખ્યા - Homeostatic (Body balancing) શરીર સંતુલન - Biological Basis of Hunger motivation ભૂખની પ્રેરણાનો શારીરિક આધાર - Biological Basis of Thirst motivation -તરસની પ્રેરણાનો શારીરિક આધાર • Biological Basis of Emotion આવેગનો શારીરિક આધાર - Meaning and definition of Emotion આવેગનો અર્થ અને વ્યાખ્યા - Physiological changes during emotion આવેગ દરમ્યાન થતા શારીરિક ફેરફારો - Theories of emotion - આવેગના સિધ્ધાંતો (James-Lang Theory જેમ્સ-લેન્ગનો સિધ્ધાંત, Canon-Bard Theory કેનન-બાર્ડનો સિધ્ધાંત) - Lie Detector - સત્યાસત્યશોધક યંત્ર	25% 15 Hours

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Pedagogical Tools: Classroom Lecture, Problem Solving, Tutorial, Group Discussion Seminar, Case Studies, Role Play, Field Work, Hospital Visit

Mode of Evaluation: Evaluation will be divided in two parts.

External: Annual Examination will be conducted by the Bhakta Kavi Narsinh Mehta University of 50 Marks (4 Descriptive Questions and 2 Short note)

Internal: Following Tools for Evaluating performance of the students can be used. Total weightage for the Internal Examination 50 Marks.

- | | | | |
|--------------|------------------|-----------------------|-------------------------------|
| • Assignment | • MCQ Test | • Presentation | • Attendance |
| • Seminar | • Symposium | • Poster Presentation | • Essay type Questions |
| • Projects | • Questionnaires | • Interviews | • Classroom quizzes and exams |

Suggested Readings:

TEXT BOOKS & REFERENCES

1. Miller, Kenneth & Levine Joseph (2000): Biology. Prentice Hall,
2. Greenfield Susan (1996): The Human mind explained. Cassell Publishers Limited, London.
3. Morgan C.T. (1965): "Physiological Psychology" (3rd Ed) McGraw Hill book company, New York
4. M.A. Wenger (1976): "Physiological Psychology" Jones and Jones.
5. Deutch and Deutch, "Physiological Psychology"
6. Carlson N.R. (1988): "Foundations of Physiological Psychology" Boston Allyn and Bacon,
7. Levinthal C.F. (1990): introduction to physiological psychology (3rd ed), prentice hall of India private limited, New Delhi.
8. Carlson N. R. (1988): foundation of physiological psychology, boston, allyn and bacon inc.
9. Thompson R. E. (1975): Introductions to physiological psychology, Harper & row publishers. New York.
10. કાપડીયા અને ગાંધી: શારીરિક મનોવિજ્ઞાન, અનડા પ્રકાશન, અમદાવાદ.
11. ચોથાણી, કે, બી.: શરીરલક્ષી મનોવિજ્ઞાન, અક્ષર પબ્લિકેશન, અમદાવાદ.

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INTERNAL EVALUATION SCHEME		
NO	Particulars	Marks
1	Mid Semester Exam (Mandatory)	25
2	Class Test	05
3	Open book exam/test	05
4	Open note exam/test	05
5	Self-test/ Online test	05
6	Essay/Article writing	05
7	Quizzes/Objective test	05
8	Class assignment	05
9	Home assignment	05
10	Reports Writing	05
11	Research/Dissertation	05
12	Case Studies	05
13	Viva/Oral exam	05
14	Group Discussion	05
15	Role Play	05
16	Paper presentation/Seminar	05
17	Language Lab work	05
18	Interview	05
19	Craft work	05
20	Co-curricular work	05
21	Field Assignment	05
22	Poster Presentation	05
23	Attendance	05
24	Project Work	05
	Total	50

Note: Sr.No.1 is mandatory. Select any five from Sr.No.2 to 24. Each Contains five marks. Student should secure 18 Marks for passing in internal Exam.

Paper Style:

Ques. No.	Particulars	From which Unit	Marks
1	Question 1 OR Question 1	1	10
2	Question 2 OR Question 2	2	10
3	Question 3 OR Question 3	3	10
4	Question 4 OR Question 4	4	10
5	Write Short Note (2 out of 4)	From Each Unit	10
		Total Marks	50

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Course Level	5.5	Internal Marks	50
Programme	B.A.	External Marks	50
Semester	VI	Practical Internal	0
Category of Course	MINOR-6	Practical External	0
Course Credit	04	Prac. External Exam Duration	0
Teaching Hours	60	Total	100
Course Code		Exam Duration	02:00 Hours
Course Title	Counselling Psychology		

Course Objectives: This course should help Students:

- To Provide Students a Perspective of Counselling Psychology.
- To develop an understanding of basic concepts, processes, and techniques of Counselling.
- To facilitate Students with nature and process of counselling and its meaning
- To expose the Students to different factors and applications of counselling
- To enable the Students to acquire sufficient knowledge in the area of counselling in order to apply in various walks of life.

Course Learning Outcomes: After successful completion of this course, students will be able to:

- Describe the scope, principles, and significance of Counselling Psychology as a professional field.
- Explain key concepts, processes, and techniques used in counselling.
- Demonstrate an understanding of the nature and stages of the counselling process, including the roles of counsellor and client.
- Identify and analyze various factors that influence the counselling process and discuss the practical applications of counselling in different contexts.
- Apply foundational counselling knowledge and skills to real-life scenarios across personal, educational, and professional domains.

Course Contents:

Sem	Unit No.	Syllabi	Teaching Hours
6	1	Introduction of Counselling સલાહનો પરિચય • Introduction પ્રસ્તાવના • Meaning and definition of counselling સલાહનો અર્થ અને વ્યાખ્યા	25% 15 Hours

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	- Characteristics of counselling સલાહની લાક્ષણિકતાઓ - Types of counselling સલાહના પ્રકારો - Goal of counselling સલાહના ધ્યેયો Various Field of Counselling સલાહના વિવિધ ક્ષેત્રો	
2	Counseling Process સલાહ પ્રક્રિયા - Introduction પ્રસ્તાવના - Meaning of counseling process સલાહ પ્રક્રિયાનો અર્થ - Steps of counseling process સલાહ પ્રક્રિયાના સોપાનો - Affecting factors of counseling process સલાહ પ્રક્રિયાને અસર કરતા પરિબળો - Gains for the client in counseling process સલાહ પ્રક્રિયામાં અસીલ માટે ફાયદા - Characteristics and skills of an effective counsellor - અસરકારક સલાહકારની લાક્ષણિકતાઓ અને કુશળતા	25% 15 Hours
3	Counseling Relationship સલાહ સંબંધ - Introduction પ્રસ્તાવના - Meaning of counseling relationship સલાહ સંબંધનો અર્થ - Characteristics of Counseling Relationship સલાહ સંબંધની લાક્ષણિકતાઓ - Dimension of Counseling Relationship સલાહ સંબંધના પરિમાણો 1. Uniqueness-Commonality અનન્યતા) વિશિષ્ટતા – (સામાન્યતા 2. Object orientation-self orientation વસ્તુલક્ષીતા – આત્મલક્ષીતા 3. Cognitive – Impulsive બોધાત્મક – આવેગાત્મક 4. Ambiguity-clarity સંદિગ્ધતા) અસ્પષ્ટતા – (સ્પષ્ટતા 5. Liability-Responsibility જવાબદારી – ઉત્તરદાયિત્વ - Important of Counseling Relationship સલાહ સંબંધનું મહત્વ	25% 15 Hours

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	4	Counseling Techniques સલાહ ટેકનિક્સ • Introduction પ્રસ્તાવના • Meaning of Technique સલાહ ટેકનિક્સનો અર્થ • Counseling Techniques સલાહ ટેકનિક્સ 1. Opening Techniques આરંભિક ટેકનિક્સ 2. Silence Techniques મૌન ટેકનિક્સ 3. Acceptance Techniques સ્વીકૃતિની ટેકનિક્સ 4. Listening Techniques શ્રાવ્ય)સાંભળવાની (ટેકનિક્સ 5. Reflective Relationship Techniques પ્રતિબિંબિત સંબંધ ટેકનિક્સ 6. Clarification Techniques સ્પષ્ટીકરણ ટેકનિક્સ 7. Interpretation Techniques અર્થઘટન ટેકનિક્સ 8. Leading Techniques દોરવણીની અગ્રણી ટેકનિક્સ 9. Questioning Techniques પ્રશ્નાવલી પ્રશ્ન કરવાની ટેકનિક્સ 10. Reassurance Techniques ખાતરી આપવાની ટેકનિક્સ 11. Other Techniques અન્ય ટેકનિક્સ	25% 15 Hours
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Pedagogical Tools: Classroom Lecture, Problem Solving, Tutorial, Group Discussion Seminar, Case Studies, Role Play, Field Work, Hospital Visit

Mode of Evaluation: Evaluation will be divided in two parts.

External: Annual Examination will be conducted by the Bhakta Kavi Narsinh Mehta University of 50 Marks (4 Descriptive Questions and 2 Short note)

Internal: Following Tools for Evaluating performance of the students can be used. Total weightage for the Internal Examination 50 Marks.

- | | | | |
|--------------|------------------|-----------------------|-------------------------------|
| • Assignment | • MCQ Test | • Presentation | • Attendance |
| • Seminar | • Symposium | • Poster Presentation | • Essay type Questions |
| • Projects | • Questionnaires | • Interviews | • Classroom quizzes and exams |

Suggested Reading:

Text Books & References:

1. Blum, M.L. & Balinky, B. (1961): Counselling and Psychology, Bombay : Asia
2. Cuppuzzi, D & Stauffer, M. D.(2016): Counseling and psychotherapy-Theories and interventions.6th ed. American counseling Association.

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3. Jones, N.R. (2012): Theory and Practice of counselling. 5th ed., Sage publications Publishing House, New Delhi.
4. Rao, Narayan S. (1981): Counselling Psychology, Tata-mc Graw Hill Pub-co. New Delhi.
5. Rosiya Carney, Routledge (1993): Counselling in General Practice, New Fetter Lane, London,.
6. Seligman, L. & Reichenberg, L.W. (2014). Theories of counselling and psychotherapy-systems, strategies and skills. 4th Ed., PHI Learning. Delhi.
7. ડૉ. મફતલાલ પટેલ, સલાહ મનોવિજ્ઞાન, ગુજરાત ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.
8. પટેલ સોમાભાઈ ટી., (2001): સલાહ મનોવિજ્ઞાન, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.

INTERNAL EVALUATION SCHEME		
NO	Particulars	Marks
1	Mid Semester Exam (Mandatory)	25
2	Class Test	05
3	Open book exam/test	05
4	Open note exam/test	05
5	Self-test/ Online test	05
6	Essay/Article writing	05
7	Quizzes/Objective test	05
8	Class assignment	05
9	Home assignment	05
10	Reports Writing	05
11	Research/Dissertation	05
12	Case Studies	05
13	Viva/Oral exam	05
14	Group Discussion	05
15	Role Play	05
16	Paper presentation/Seminar	05
17	Language Lab work	05
18	Interview	05
19	Craft work	05
20	Co-curricular work	05
21	Field Assignment	05
22	Poster Presentation	05
23	Attendance	05
24	Project Work	05
	Total	50

Note: Sr.No.1 is mandatory. Select any five from Sr.No.2 to 24. Each Contains five marks. Student should secure 18 Marks for passing in internal Exam.

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Paper Style:

Ques. No.	Particulars	From which Unit	Marks
1	Question 1 OR Question 1	1	10
2	Question 2 OR Question 2	2	10
3	Question 3 OR Question 3	3	10
4	Question 4 OR Question 4	4	10
5	Write Short Note (2 out of 4)	From Each Unit	10
		Total Marks	50