



પરિપત્ર:

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટીની આર્ટસ વિદ્યાશાખાનાં અભ્યાસક્રમ ચલાવતી તમામ સંલગ્ન કોલેજોનાં આચાર્યશ્રીઓને સવિનય જણાવવાનું કે આર્ટસ વિદ્યાશાખા હેઠળનો NEP-૨૦૨૦ અંતર્ગતનો સાયકોલોજી વિષયનો (બી.એ. વિથ ઓનર્સ) સેમેસ્ટર-૩ નો અભ્યાસક્રમ આ સાથે સામેલ છે.

માનનીય કુલપતિશ્રીની મંજૂરી અનુસાર સદર અભ્યાસક્રમ શૈક્ષણિક વર્ષ જુન, ૨૦૨૪ થી અમલવારી કરવાની રહે છે. આર્ટસ વિદ્યાશાખાનાં અભ્યાસક્રમ ચલાવતી તમામ સંલગ્ન કોલેજો ધ્વારા તેની અમલવારી કરવા જણાવવામાં આવે છે.

નોંધ: તા. ૧૦/૦૭/૨૦૨૪નાં પરીપત્રમાં ફક્ત સેમ-૦૩ની પપેર સ્ટાઈલ રિવાઈઝ્ડ કરેલ છે અન્ય અભ્યાસક્રમમાં કોઈ ફેરફાર કરેલ નથી.



[Signature]
16/10/2024

ખાસ ફરજ પરના અધિકારી
(એકેડેમિક)

ક્રમાંક/બીકેએનએમયુ/ એકેડેમિક/૧૩૯૪/૨૦૨૪

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી,

સરકારી પોલીટેકનિક કેમ્પસ,

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી રોડ,

ખડીયા, જૂનાગઢ-૩૬૨૨૬૩

તા.૧૬/૧૦/૨૦૨૪

પ્રતિ,

- ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી સંલગ્ન આર્ટસ 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.)





પરિપત્ર:

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટીની આર્ટસ વિદ્યાશાખાનાં અભ્યાસક્રમ ચલાવતી તમામ સંલગ્ન કોલેજોનાં આચાર્યશ્રીઓને સવિનય જણાવવાનું કે આર્ટસ વિદ્યાશાખા હેઠળનો NEP-૨૦૨૦ અંતર્ગતનો મનોવિજ્ઞાન વિષયનો (બી.એ સાયકોલોજી વિથ ઓનર્સ) નો સેમેસ્ટર-૩ નો અભ્યાસક્રમ આ સાથે સામેલ છે.

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(Signature)
૧૦/૦૭/૨૦૨૪
ખાસ ફરજ પરના અધિકારી
(એકેડેમિક)

ક્રમાંક/બીકેએનએમયુ/ એકેડેમિક/૯૨૮/૨૦૨૪

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ખડીયા, જૂનાગઢ-૩૬૨૨૬૩

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- 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 **PSYCHOLOGY** STUDIES
FACULTY OF **ARTS**
SYLLABUS FOR
B.A (PSYCHOLOGY) (HONOURS) PROGRAMME
(SEMESTER- III)
MAJOR/MINOR/MULTIDISCIPLINARY
EFFECTIVE FROM JUNE, 2024

PREAMBLE

Any programme at a higher educational institution seeks to give its students a solid foundation for the growth of their character, which directly benefits a country's well-being. All the programmes offered by the Bhakta Kavi Narsinh Mehta, University are envisioned in accordance with its "motto," which is to encourage young people to be devoted and steadfast in their search for the truth. The Learning Outcomes based Curriculum Framework (LOCF) strives to cultivate young minds for positive and fruitful character development by fostering their creative and humanistic abilities for both their individual improvement and the benefit of society as a whole. The university offers a learning outcome-based programme to give students the chance to find a way of thinking that will help them reach their full potential.

By making the courses flexible and giving students more options, the LOCF approach aims to provide targeted, outcome-based syllabi at the undergraduate level with an objective to arrange the teaching-learning experiences in a more student-centric way. The LOCF approach has been used to improve the relationship between teachers and students as they participate in programmes of their choice and discover their inner calling. The emphasis of undergraduate programs on "preparing minds" will result in people with strong intellectual faculties, interpersonal skills, courage to lead the world, and compassion and empathy for fellow human beings. So, the LOCF aspires to improve students' life skills, not just their employable abilities, in order to help them lead fulfilling personal and social life.

Each programme vividly elaborates its nature and promises the outcomes that are to be accomplished by studying the courses. The programmes also state the attributes that they offer to inculcate at the graduation level. A feeling of social justice and harmony are intertwined with ideals pertaining to students' well-being, emotional stability, critical thinking, etc. at the graduation level. In short, each programme equips students with the skills they need for employment, sustainability, and lifelong study.

The Bhaktakavi Narsinh Maheta, University hopes that the LOCF approach of the B.A-Psychology (Hons.) programme will motivate students to transit from being passive knowledge-seekers to becoming active and aware knowledge-creators.

PROGRAMME OUTCOMES (PO)

B.A. HONOURS IN PSYCHOLOGY:

- PO 1 Critical Thinking: Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.
- PO 2 Effective Communication: Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.
- PO 3 Social Interaction: Elicit views of others, mediate disagreements and help reach conclusions in group settings.
- PO 4 Effective Citizenship: Demonstrate empathetic social concern and equity centered national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.
- PO 5 Ethics: Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.
- PO 6 Environment and Sustainability: Understand the issues of environmental contexts and sustainable development.
- PO 7 Self-directed and Life-long Learning: Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes.

PROGRAMEE SPECIFIC OUTCOMES (PSO): The Program Specific outcomes that a student should be able to demonstrate on completion of a degree level programme are as follows:

- PSO 1 Knowledge about the psychology discipline.
- PSO 2 Knowledge of basic concepts of Psychology: To impart knowledge and understanding of the basic concepts, systems, theories of psychology and psychopathology.
- PSO 3 Ability to connect theory with personal experiences and varied applied settings.
- PSO 4 Understand how psychology can be applied to solve problems facing humankind.
- PSO 5 Understanding varied socio-cultural contexts, and being mindful of indigenous traditions.
- PSO 6 Basic professional skills pertaining to psychological testing, assessment and counselling.
- PSO 7 Ability to use skills in specific areas related to chosen specialization (e.g. cognitive, industrial-organizational, clinical, counselling, health, educational, social, community).
- PSO 8 Tolerating ambiguities and appreciating the limitations of the discipline, and critically analyzing conflicting theories and approaches.
- PSO 9 Creating awareness about various social, psychological and cultural issues.
- PSO10 Commitment to health and wellbeing at different levels (e.g. individual, organization, community, society).
- PSO 11 Developing skills of communication, negotiation, team work, effective presentation, etc.
- PSO 12 Appreciating and tolerating diversity.
- PSO 13 Developing positive attributes such as empathy, compassion, optimism, social participation, and accountability.
- PSO 14 Self-development and personal growth.
- PSO 15 Practical application Skills: An ability to apply the theoretical principles of Psychology demonstrating an understanding of behavior, thoughts, and feelings of the individual and the individual in group settings
- PSO 16 Assessment skills: Basic professional skills pertaining to psychological testing, assessment and counselling.
- PSO 17 Multicultural competence: To recognize, understand, and respect the complexity of multiculturalism in the practice and application of counseling and psychotherapy.

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
Sem-3	1	Major-5	Cognitive Psychology	5.0	4	60	50	50	100	2 Hours
	2	Major-6	Social Psychology-I	5.0	4	60	50	50	100	2 Hours
	3	Major-7	Psychopathology-I	5.0	4	60	50	50	100	2 Hours
	4	MDC-3	Sports Psychology	5.0	4	60	50	50	100	2 Hours
				Total	16					

BHAKTA KAVI NARSINH MEHTA UNIVERSITY**Major/Minor/Multidisciplinary****Syllabus of B.A. (Honors) as per NEP-2020****Faculty of Arts****Effective from June 2024****Subject: PSYCHOLOGY****SEMESTER-III**

Course Level	5.0	Internal Marks	50
Programme	B.A.	External Marks	50
Semester	3	Practical Internal	00
Category of Course	MAJOR - 5	Practical External	00
Course Credit	04	Prac. External Exam Duration	--
Teaching Hours	60	Total	100
Course Code	DSC-C PSY 231	Exam Duration	2 Hours
Course Title	Cognitive Psychology		

Course Objectives:

- The Course will familiarize students with the basic psychological process and studies relating to the factors which influence them. It will also focus come basic processes areas of Psychology.
- Learn to use Psychology and other information sources.
- To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.
- The student will come to understand various types of learning.
- Student will get information regarding Reinforcement and its schedule for shaping animal and human behavior.
- Student will get information of memory and utilization of it.
- Student will define various types of aptitude and its efficacy.
- Will come to know his/her own interest and aptitudes
- To understand the fundamental processes underlying human behavior such as processes underlying learning, memory, individual differences, intelligence and personality
- To apply the principles of psychology in day-to-day life for a better understanding of themselves and others

Course Contents

Sem	Unit No.	Syllabi	Teaching Hours
3	1	Cognitive Psychology-Introduction બોધાત્મક મનોવિજ્ઞાન-પ્રસ્તાવના (પરિચય) • પ્રસ્તાવના-Introduction • બોધન એટલે શું? What is Cognition? • બોધાત્મક મનોવિજ્ઞાનની વ્યાખ્યા Definition Cognitive Psychology	15

		- બોધાત્મક મનોવિજ્ઞાન Properties of Cognitive Psychology - બોધાત્મક મનોવિજ્ઞાનનું કાર્યક્ષેત્ર- Scope of Cognitive Psychology - કૃત્રિમ બુદ્ધિ-Artificial Intelligence - બોધાત્મક મનોવિજ્ઞાનની પદ્ધતિઓ Methods of Cognitive Psychology - બોધાત્મક મનોવિજ્ઞાનનાં અભિગમો Approaches/Paradigms of Cognitive Psychology	
	2	Thinking, Problem Solving and Concept ચિંતન, સમસ્યા ઉકેલ અને ખ્યાલ - ચિંતનની વ્યાખ્યા અને સ્વરૂપ Definition and Nature of Thinking - ચિંતનના પ્રકારો Types of Thinking - સમસ્યા ઉકેલનો અર્થ અને સ્વરૂપ Meaning and Nature of Problem Solving - સમસ્યા ઉકેલની પદ્ધતિઓ Methods or Strategies of Solving the Problem - સમસ્યા ઉકેલને અસર કરતા ઘટકો Factors Influencing Problem Solving - સમસ્યા ઉકેલના સોપાનો Steps of Problem Solving - ખ્યાલનું સ્વરૂપ અને મહત્વ Nature and Importance of Concept - ખ્યાલના પ્રકારો Types of Concept - ખ્યાલ ઘડતરને અસર કરતા ઘટકો Factors Influencing Concept Formation	15
	3	Creativity and Decision Making સર્જનાત્મકતા અને નિર્ણય પ્રક્રિયા - સર્જનાત્મકતાની વ્યાખ્યા અને સ્વરૂપ Definition and Nature of Creativity - સર્જનાત્મક વિચારનાં સોપાનો Stages of Creative thinking - સર્જનાત્મક વિચારાકના લક્ષણો	15

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		Characteristics of Creative Thinker - સર્જનાત્મકતાનું માપન Measurement of Creativity - તર્કક્રિયાનો અર્થ અને સ્વરૂપ Meaning and Nature of Reasoning - તર્કક્રિયામાં મહત્વના સોપાનો Important Steps in Reasoning - Decision-process and Judgement - Biases and Errors in Decision-making - Some Guidelines for Taking better Decision	
	4	Emotional Intelligence આવેગાત્મક બુદ્ધિ - પ્રસ્તાવના - Introduction - આવેગાત્મક બુદ્ધિનો અર્થ અને વ્યાખ્યા Meaning and Definitions of Emotional Intelligence - આવેગાત્મક બુદ્ધિનું માપન Measurement of Emotional Intelligence - ઉચ્ચ આવેગાત્મક બુદ્ધિ ધરાવતા લોકોની લાક્ષણિકતાઓ Characteristics of People with high Emotional Intelligence - સંચાલનમાં આવેગાત્મક બુદ્ધિનો ઉપયોગ અને ઉપયોગિતા Use and Utility of Emotional Intelligence in Administration - આવેગાત્મક બુદ્ધિનાં વિકસાવવા માટેની પ્રયુક્તિઓ Techniques for Developing Emotional Intelligence - આવેગાત્મક બુદ્ધિનો આધાર અથવા આવેગાત્મક બુદ્ધિનાં પાયાના પથ્થરો. Cornerstones of Emotional Intelligence - આવેગાત્મક રીતે બુદ્ધિશાળી લોકોની કેટલીક આદતો Some Habits of Emotionally Intelligent People	15

Pedagogical Tools:

Classroom Lecture

Problem Solving

Tutorial

Group Discussion

Seminar

Case Studies

Role Play

Field Work

Hospital Visit

Suggested Reading:

1. Bear – M.F. Connors, B.W. Pardiso – Neuro Science.
2. Handouts: Teacher Can Create And Distribute Unit Wise Detail For Easy Learning, And Concept Formation.
3. Cognitive Psychology” Second Edition. (Applying The Science Of Mind) By: Bridget Robinson-Riegle, Uni. of St.Thomas, Pub.:Pearson Publication New Delhi.
4. Cognitive Psychology, By :Robert Salsa, Uni. of Nevada, Pub.: Pearson Education New Delhi.

Online Resources:

- American psychological Association.

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Programme	B.A.	External Marks	50
Semester	3	Practical Internal	00
Category of Course	DSC-C PSY 232	Practical External	00
Course Credit	04	Prac. External Exam Duration	--
Teaching Hours	60	Total	100
Course Code		Exam Duration	2 Hours
Course Title	Social Psychology-I		

Course Objectives: This course should help Students:

- Appreciate how individual behaviour is influenced by Social and Cultural context
- Understand how social behaviour can be analysed in terms of social Psychological Theories
- Realise how social Psychological knowledge can be used in solving social problems.
- To understand how a social psychological analysis differs from other forms of analysis
- To become familiar with the wide variety of questions and topics that social psychologists' study.
- To learn the classic and contemporary theories that are relevant To become familiar with a sampling of research findings, both correlation and experimental
- To appreciate the variety of choices and limitations in the lives of women and men as they are shaped by personal and social factors
- To explore various topic areas through readings, class activities, and discussion and by thinking and writing critically and reflectively.

Course Contents

Sem	Unit No.	Syllabi	Teaching Hours
3	1	INTRODUCTION OF SOCIAL PSYCHOLOGY સમાજલક્ષી મનોવિજ્ઞાનનો પરિચય • પ્રસ્તાવના - Introduction • સમાજલક્ષી મનોવિજ્ઞાનની વ્યાખ્યા અને અર્થ • Definition and Meaning of Social Psychology • સમાજલક્ષી મનોવિજ્ઞાનનું સ્વરૂપ • Nature of Social Psychology • સમાજલક્ષી મનોવિજ્ઞાનનું કાર્યક્ષેત્ર –	15

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		• Scope of Social Psychology • સમાજલક્ષી મનોવિજ્ઞાનની અભ્યાસ પદ્ધતિઓ • Methods of study of Social Psychology • નિરીક્ષણ પદ્ધતિ – Observation Method • પ્રશ્નાવલી પદ્ધતિ - Questionnaire Method • મુલાકાત પદ્ધતિ - Interview Method • પ્રયોગ કે પ્રાયોગિક પદ્ધતિ - Experimental Method • સમાજમિતીય કે સમાજમિતિક પદ્ધતિ - Sociometric Method	
	2	GROUP & SOCIAL INTERACTION જૂથ અને સામાજિક આંતરક્રિયા • પ્રસ્તાવના - Introduction • જૂથનો અર્થ – Meaning of Group • જૂથનું વર્ગીકરણ કે પ્રકારો • Classification or Types of Group • સામાજિક આંતરક્રિયાનો અર્થ • Meaning of Social Interaction • સામાજિક આંતરક્રિયાના પ્રકારો • Types of Social Interaction • સામાજિક આંતરક્રિયાની પદ્ધતિઓ કે પ્રક્રિયાઓ • Methods or Processes of Social Interaction • અનુકરણ - Imitation • સામાજિક અવરોધ – Social Inhibition • સૂચન – Suggestion • સામાજિક પ્રક્ષેપણ– Social Projection • તાદાત્મ્યીકરણ - Identification	15
	3	ATTITUDE મનોવલણો • પ્રસ્તાવના - Introduction • મનોવલણનો અર્થ અને વ્યાખ્યા – Meaning and Definition of Attitude • મનોવલણના લક્ષણો – Characteristics of Attitude • મનોવલણનું ઘડતર – Formation of Attitude	15

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		- મનોવલણ પરિવર્તન – The Changes of Attitude - મનોવલણ માપન– Measurement of Attitude	
	4	PREJUDICE પૂર્વગ્રહ - પ્રસ્તાવના - Introduction - પૂર્વગ્રહની વ્યાખ્યા અને અર્થ – Definition or Meaning of Prejudice - પૂર્વગ્રહનું સ્વરૂપ કે લાક્ષણિકતાઓ – Nature or Characteristics of Prejudice - પૂર્વગ્રહનું ઘડતર અથવા વિકાસ – Formation or Development of Prejudice - પૂર્વગ્રહની અસરો કે પરિણામો – Effects or Results of Prejudice - પૂર્વગ્રહ નિવારવાના ઉપાયો – Measures to Overcome Prejudice ○ અથવા - પૂર્વગ્રહ દૂર કરવાની પદ્ધતિઓ કર ઉપાયો – Methods or Measures for Reducing Prejudice	15

Pedagogical Tools:

Classroom Lecture

Problem Solving

Tutorial

Group Discussion

Seminar

Case Studies

Role Play

Field Work

Hospital Visit

Suggested Reading:

1. Baron, R. A. & Byrne D. (2006)/ Social Psychology. New Delhi :Prentice Hall of India.
2. Myers, D. G. (2006). Social Psychology. New Delhi : Tata McGraw Hill Publishing.
3. Parikh, B. A. (1990). Social Psychology (Advanced). Ahmedabad :University Book Production Board, Gujarat State.
4. Worchel, S., Cooper, J., Goethals, G.R. & Olson, J. M. (2000). Social Psychology. Belmont, USA : Wadsworth / Thomson Learning.
5. Taylor, S.E.; Peplau, L.A. and Sears, D.O. (2006). Social psychology. 12th ed. N.D.: Pearson.
6. Baron, R.A.; Byrne, D. (1998). Social psychology. 10th ed. N.D.:Prentice-Hall of India Pvt. Ltd.

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7. Social Psychology – Solomon Asch
8. An outline of Social Psychology – Sheriff & Sheriff
9. Social Psychology – I. M. Newcomb
10. સમાજલક્ષી મનોવિજ્ઞાન (પ્રગત), ડૉ. બી. એ. પરીખ, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, આમદાવાદ સમાજલક્ષી મનોવિજ્ઞાન, વી. એસ. વણીકર, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, આમદાવાદ.

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Course Level	5.0	Internal Marks	50
Programme	B.A.	External Marks	50
Semester	3	Practical Internal	00
Category of Course	MAJOR – 7	Practical External	00
Course Credit	04	Prac. External Exam Duration	--
Teaching Hours	60	Total	100
Course Code	DSC-C PSY 233	Exam Duration	2 Hours
Course Title	Psychopathology - I		

Course Objectives: This course should help Students:

- To impart knowledge about the normality.
- To make students understand the nature and course of various abnormal conditions.
- To impart knowledge and skills needed for psychological assessment of different normal conditions.
- Students become familiar with concept of mental disorder.
- To provide an overview of Abnormal Psychology and major psychological problems and disorders across biological, psychological, and sociocultural processes.
- To give the information about DSM and Indian classification.
- To notified the basic difference between DSM IV & DSM V.

Course Contents

Sem	Unit No.	Syllabi	Teaching Hours
3	1	Introduction of Psychopathology I. Introduction II. Definition or Meaning of Psychopathology or Abnormal Psychology III. Nature and Concept of Abnormal Behaviour IV. The Concept of Normality and Abnormality (Viewpoints) or Criteria of Distinguishing Normal and Abnormal V. Characteristics or Criteria of Normal Personality VI. Characteristics or Criteria of Abnormal Behaviour (Personality) VII. Classification of Abnormal Behaviour / Abnormality or Psychological/ Mental Disorders (1) Indian Classification of Psychological Disorders or Abnormal Behaviour	15

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		(2) American Psychological or Mental Disorders Medical Science (3) International Classification of Abnormal Behaviour VIII. Personnel in mental health 1. Professional Experts 1.1 Clinical Psychologist 1.2 Counselling Psychologist 1.3 School Psychologist 1.4 Psychiatrist 1.5 Psychoanalyst 1.6 Psychiatric Social Worker 1.7 Psychiatric Nurse 1.8 Occupational Therapist 1.9 Pastoral Counsellor 2. Semi-Professional Experts 1.1 Group-related Mental Health 1.2 Counsellor for Addiction	
	2	Defence Mechanisms I. Introduction II. Meaning Of Defence Mechanisms III. Types of Defence Mechanisms 1. Attack Mechanisms 1.1 Increased effort 1.2 Fight into activity 1.3 Compensation 1.4 Reinterpretation 1.5 Compromise 2. Blame-Assigning or Attention Diverting Mechanism 2.1 Rationalization 2.2 Attention-getting behaviour 2.3 Identification 2.4 Projection 3. Flight Mechanism 3.1 Fantasy and Day-dreaming 3.2 Withdrawal 3.3 Repression 3.4 Regression IV. Utility of Defense Mechanisms in view point of Adjustment	15
	3	Overview of Anxiety Disorders I. Introduction II. Anxiety Disorders 1. Generalized Anxiety Disorder(GAD) 2. Symptomatology of GAD 3. Etiology of GAD	15

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		4. Treatment of GAD III. Phobia 1. Symptomatology of Phobia 2. Types of Phobia 3. Etiology of Phobia 4. Treatment of Phobia IV. Panic Disorder 1. Symptomatology of Panic Disorder 2. Etiology of Panic Disorder 3. Treatment of Panic Disorder V. Obsessive-Compulsive Disorder (OCD) 1. Meaning of Obsessive 2. Meaning of Compulsion 3. Symptomatology of OCD 4. Main Types of Obsessive-Compulsive Disorder 5. Treatment of Obsessive-Compulsive Disorder VI. Post Traumatic, Stress Disorders (PTSD) 1. Symptoms of PTSD 2. Causes of PTSD 3. Treatment of PTSD	
4		SUICIDE I. Introduction II. Meaning of Suicide III. Factors Related to Suicide 1. Sex Differences 2. Age 3. Race 4. Religion 5. Marital Status 6. Occupation 7. Climate 8. Physical Health 9. Mental Health 10. Psychiatric Patients 11. Previous Suicidal behaviour IV. General Symptoms 1. Hopelessness 2. Inner Conflict 3. Interpersonal Crises 4. self-devaluation 5. Depression 6. Maladaptive and frustration 7. Sleep Disturbance 8. Stress 9. Communication 10. Emotionality	15

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		11. Other Symptoms V. Etiology 1. Socio-Cultural Factors 2. Psychological Factors 2.1 Freud's Theory 2.2 Menniger's Theory 2.3 Recent Theory 3. Physiological Factors 3.1 Genetics 3.2 Neurotransmitter VI. Prevention of Suicide	
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Pedagogical Tools:

Classroom Lecture

Problem Solving

Tutorial

Group Discussion

Seminar

Case Studies

Role Play

Field Work

Hospital Visit

Suggested Reading:

1. Carson, Butcher and Mineka, "Abnormal Psychology and Modern Life", 11th edition (2004), Person Education Pte. Ltd, Indian Branch.
2. Abnormal Psychology and Modern Life -- James C. Coleman Published by Taraporewala & Co. Pvt Ltd
3. Comer R.J., Abnormal Psychology, Fifth Edition, (2003),
4. Arunkumar Singh, Aadhunik Asamanya Manovigyan, Published by Motilal Banarsidas
5. Patel M. (1989), 3rd Ed., "Abnormal Psychology", University book production board, Ahmedabad.
6. Lamm A. Introduction to Psychopathology, Page Pub. N.Y. 1997
7. Buss A.H. Psychopathology, John Willey N.Y. 1999
8. Diagnostic And Statistical Manual Of Mental Disorders (DSM-V) Fifth Edition. American Psychiatric Publication, A Division of Psychiatric Association. Washington, DCLondon, England.
9. Psychopathology (Vinati Aanand) Published by Motilal Banarsidas

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Course Level	5.0	Internal Marks	50
Programme	B.A.	External Marks	50
Semester	3	Practical Internal	00
Category of Course	MDC -3	Practical External	00
Course Credit	04	Prac. External Exam Duration	--
Teaching Hours	60	Total	100
Course Code	MDC- PSY 234	Exam Duration	2 Hours
Course Title	Sports Psychology		

Course Contents

Sem	Unit No.	Syllabi	Teaching Hours
3	1	રમતગમત મનોવિજ્ઞાન – પરિચય રમતગમત મનોવિજ્ઞાનનો અર્થ રમતગમતને અસર કરતા ઘટકો રમતગમત મનોવિજ્ઞાનનું ક્ષેત્ર રમતગમત મનોવિજ્ઞાનની ભારતમાં વર્તમાન સ્થિતિ કારક શિક્ષણ અને પ્રત્યક્ષીકરણ રમતગમતમાં રમતગમત મનોવૈજ્ઞાનિકની ભૂમિકા રમતગમતના મનોવૈજ્ઞાનિક સિધ્ધાંત	15
	2	આનુવંશિકતા, પર્યાવરણ અને રમતગમતમાં લક્ષ્ય નિર્ધારણની પ્રક્રિયા આનુવંશિકતા પર્યાવરણ આનુવંશિકતા અને પર્યાવરણનું સાપેક્ષ મહત્વ રમતગમત પર્યાવરણ આનુવંશિકતા, પર્યાવરણ અને એથલેટીક્સ પ્રદર્શન રમતગમતમાં લક્ષ્ય નિર્ધારણ-અર્થ માનસિક આરામ અને માનસિક તૈયારીની રણનીતિઓ	15
	3	વ્યક્તિત્વ વ્યક્તિત્વનો અર્થ અને વિશિષ્ટ હકીકત વ્યક્તિત્વના નિર્ધારક / વ્યક્તિત્વ ઘડતર	15

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		વ્યક્તિત્વના આચાર અને મૂલ્યાંકન વ્યક્તિત્વ વિકાસમાં રમતગમતનું મહત્વ વ્યક્તિત્વને અસર કરતા ઘટકો વ્યક્તિગત ભીજાતાઓ ખેલાડી (રમતવીર)નું વ્યક્તિત્વ	
	4	પ્રેરણા પ્રેરણાનો અર્થ અને મહત્વ પ્રેરણાના પ્રકારો પ્રેરણાના સિધ્ધાંત રમતગમતમાં પ્રેરણાને અસર કરતા ઘટકો રમતગમત અને આક્રમકતા રમતગમત અને ચિંતા તનાવનો અર્થ, સ્વરૂપ અને તનાવના પ્રકાર તનાવ અને ચિંતાની રમતગમત પ્રદર્શન પર અસર	15

Pedagogical Tools:

Classroom Lecture

Problem Solving

Tutorial

Group Discussion

Seminar

Case Studies

Role Play

Field Work

Hospital Visit

Suggested Reading:

1. Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson.
2. Coakley, J. (1998), Sports in Society: Issue & Controversies, McGraw-Hill, International Editions.
3. Cox, R. (2006). Sport Psychology. McGraw-Hill Education
4. Glassman, W.E.(2000).Approaches to Psychology(3rd Ed.) Buckingham: Open University Press.
5. Guttmann, A. (1986), Spectator's Sports, New York: Columbia University Press.
6. Jarvis, M. (2006). Sport Psychology: A Students handbook. Rutledge. • Morgan, C. (2017). Introduction to Psychology. McGraw Hill Education. • Passer, M.W., Smith, R.E., Holt, N. and Bremner, A.(2008). Psychology: The Science of Mind and Behaviour. McGraw-Hill Education.UK
7. Perry, J. (2016). Sports Psychology: A Complete Introduction. Kindle Edition. • Robbins, J. E & Madrigal, L. (2016). Sport, Exercise and Performance Psychology. Springer Publisher Company.

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Effective from June 2024

Subject: PSYCHOLOGY

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8. Weinberg, R. S., & Gould, D. (1995). Foundations of sport and exercise psychology (Vol. 4). Champaign, IL: Human Kinetics.
9. राय, आशुतोष, खेल मनोविज्ञान तथा समाजशास्त्र, ननपुण प्रकाशन, न्यूदिल्ली। • कुमार, अमरेश, खेल मनोविज्ञान, खेल साहित्य केंद्र, न्यूदिल्ली।

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Course Level	5.0	Internal Marks	50
Programme	B.A.	External Marks	50
Semester	3	Practical Internal	00
Category of Course	MDC -3	Practical External	00
Course Credit	04	Prac. External Exam Duration	--
Teaching Hours	60	Total	100
Course Code	MDC- PSY 234	Exam Duration	2 Hours
Course Title	Sports Psychology		

Course Contents

Sem	Unit No.	Syllabi	Teaching Hours
3	1	રમતગમત મનોવિજ્ઞાન – પરિચય રમતગમત મનોવિજ્ઞાનનો અર્થ રમતગમતને અસર કરતા ઘટકો રમતગમત મનોવિજ્ઞાનનું ક્ષેત્ર રમતગમત મનોવિજ્ઞાનની ભારતમાં વર્તમાન સ્થિતિ કારક શિક્ષણ અને પ્રત્યક્ષીકરણ રમતગમતમાં રમતગમત મનોવૈજ્ઞાનિકની ભૂમિકા રમતગમતના મનોવૈજ્ઞાનિક સિધ્ધાંત	15
	2	આનુવંશિકતા, પર્યાવરણ અને રમતગમતમાં લક્ષ્ય નિર્ધારણની પ્રક્રિયા આનુવંશિકતા પર્યાવરણ આનુવંશિકતા અને પર્યાવરણનું સાપેક્ષ મહત્વ રમતગમત પર્યાવરણ આનુવંશિકતા, પર્યાવરણ અને એથલેટીક્સ પ્રદર્શન રમતગમતમાં લક્ષ્ય નિર્ધારણ-અર્થ માનસિક આરામ અને માનસિક તૈયારીની રણનીતિઓ	15
	3	વ્યક્તિત્વ વ્યક્તિત્વનો અર્થ અને વિશિષ્ટ હકીકત વ્યક્તિત્વના નિર્ધારક / વ્યક્તિત્વ ઘડતર	15

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		વ્યક્તિત્વના આચાર અને મૂલ્યાંકન વ્યક્તિત્વ વિકાસમાં રમતગમતનું મહત્વ વ્યક્તિત્વને અસર કરતા ઘટકો વ્યક્તિગત ભીજાતાઓ ખેલાડી (રમતવીર)નું વ્યક્તિત્વ	
	4	પ્રેરણા પ્રેરણાનો અર્થ અને મહત્વ પ્રેરણાના પ્રકારો પ્રેરણાના સિધ્ધાંત રમતગમતમાં પ્રેરણાને અસર કરતા ઘટકો રમતગમત અને આક્રમકતા રમતગમત અને ચિંતા તનાવનો અર્થ, સ્વરૂપ અને તનાવના પ્રકાર તનાવ અને ચિંતાની રમતગમત પ્રદર્શન પર અસર	15

Pedagogical Tools:

Classroom Lecture

Problem Solving

Tutorial

Group Discussion

Seminar

Case Studies

Role Play

Field Work

Hospital Visit

Suggested Reading:

1. Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson.
2. Coakley, J. (1998), Sports in Society: Issues & Controversies, McGraw-Hill, International Editions.
3. Cox, R. (2006). Sport Psychology. McGraw-Hill Education
4. Glassman, W.E.(2000).Approaches to Psychology(3rd Ed.) Buckingham: Open University Press.
5. Guttmann, A. (1986), Spectator's Sports, New York: Columbia University Press.
6. Jarvis, M. (2006). Sport Psychology: A Students handbook. Rutledge. • Morgan, C. (2017). Introduction to Psychology. McGraw Hill Education. • Passer, M.W., Smith, R.E., Holt, N. and Bremner, A.(2008). Psychology: The Science of Mind and Behaviour. McGraw-Hill Education.UK
7. Perry, J. (2016). Sports Psychology: A Complete Introduction. Kindle Edition. • Robbins, J. E & Madrigal, L. (2016). Sport, Exercise and Performance Psychology. Springer Publisher Company.

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8. Weinberg, R. S., & Gould, D. (1995). Foundations of sport and exercise psychology (Vol. 4). Champaign, IL: Human Kinetics.
9. राय, आशुतोष, खेल मनोविज्ञान तथा समाजशास्त्र, ननपुण प्रकाशन, न्यूदिल्ली। • कुमार, अमरेश, खेल मनोविज्ञान, खेल साहित्य केंद्र, न्यूदिल्ली।

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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.

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Paper Style

EXTERNAL ASSESSMENT BY UNIVERSITY			
Que. No.	Particulars	Unit	Marks
Q.1	Descriptive Question (One out of Two)	1	10
Q.2	Descriptive Question (One out of Two)	2	10
Q.3	Descriptive Question (One out of Two)	3	10
Q.4	Descriptive Question (One out of Two)	4	10
Q.5	Descriptive Question (One out of Two)	From Each Unit	10
Total		50 Marks	